

# The Scarlet Blade



**FREE TO MEMBERS** **ISSUE 4**

## Chairmans Message

I must say that it does not seem like a year ago that I wrote an article for the Scarlet Blades having just taken over the job of Chairman of the Executive Committee from Paul Reynolds.

I am pleased to be able to report that the Club is fit and well with a thriving membership which is ably looked after by Colin Greene. Whilst a Henley win once again eluded us, the Club notched up a massive 160 wins over the season, and also had one of its members winning a gold medal in the womens lightweight four at the world championships in Roudnice. Our congratulations to Jane Hall for this very fine achievement. Also at these Championships, stroking the mens lightweight quad was another of our members and whilst a medal position eluded them by a couple of seconds, our congratulations must also go to Stuart Whitelaw for a superb effort. I would also like to take this opportunity of congratulating Stuart on his Henley performance and flying the club's colours so ably in the composite Notts County Goldie quad.

Those of you that have been down to the club will know that we have had to spend a fair amount of money on the kitchen in order to bring it up to the required standard to comply with current regulations, and we have also refurbished the entrance hall.

Unfortunately it is a fact that the clubhouse is now over 25 years old and in order to maintain the fabric of the club it is necessary to have a refurbishment program each year.

As the start of the new season approaches may I congratulate all the oarsmen and women who have represented the Club over the last year and thank them for all their hard work.

I would like to end by thanking Andy Tompkins for all his time and effort as last years Captain, anyone who has held a position such as this in a club the size of ours will know just how demanding it is, and he is to be commended for the degree of professionalism he brought to the job. Alison Barnett who was elected at the A.G.M. creates a little bit of history for us, she is the first lady Captain in the Club's 135 years, and I am sure you will all, like me, want to wish her every success.

In ending may I take this opportunity of reminding you all that the subscriptions will be due in a few weeks, it would be tremendously helpful if as many members as possible could pay their subs as promptly, as this makes a terrific difference to the Club's cash flow and keeps our costs down.

**P.A.KING**

## AGM REPORT

The AGM and SGM were held at the Club on Thursday 22 July.

The meeting was reasonably well attended although numbers were somewhat smaller than last year.

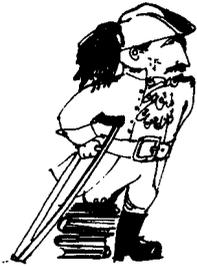
The rule change proposed at the SGM was not agreed on the basis that there is to be a general overview of the Club rules by a sub-committee, and the issues raised by the SGM motion are to be investigated by that committee.

Sadly, the President, Leslie Parsons was unable to attend the meeting due to ill-health. Peter King chaired the meeting and gave Leslie's address in his absence.

The out-going Captain, Andy Tompkins delivered his report which is detailed elsewhere.

The Committee election was held for the 93/94 season with the following outcome;

- President: Dick Offer
- Chairman: Peter King
- Captain: Alison Barnett
- Secretary: Colin Ellis
- Treasurer: Mike Bate
- Committee: Matthew Christie
- John Gilsenan
- Colin Greene
- Peter Land
- Nigel Main X
- Nick Ronald
- Steve Ross
- Andy Tompkins



# CAPTAINS Report

**G**ravel flying she came to a halt and put a silence to the throbbing engine. A leather clad leg peeled off the machine as her hair cascaded from the lifted helmet and one glove then the other fell to the ground. She unzipped her jacket to reveal the first female Captain of Kingston Rowing Club - Allison Barnett, commonly known as Aggie due to words starting with Agg-ression, Agg-ro, Agg-y Agg-y Agg-y, Agg-ravating, etc.

Holder of a been there, done that T-shirt, Nat Champs, World Champs, Olympic Games, Stourport Mixed Fours and Rum Punch Eights. Working for ICL in Customer Support for the MoD, the Super Squirrel Secret Act forbids me to talk about work so find me in the bar on Tuesday and Thursday nights to talk about the weather and cultivating Snail Fungus to increase your athletic performance. Food will be available on these nights from October 5th.

Over the long, hot summer some continued with their efforts to notch up a few more wins which at the end of the Season came to 158! Well done to everyone and especially to Andy Tompkins for all his hard work last year. In fact he did such a good job that I have asked him and Steve Ross to be my Vice-Captains next year. A successful Nat Champs in Scotland with Mike Smythe, John Bass, Jim McCall, Trevor Green, TG's Ego and Alice coming third in Men's Coxed fours and also a bronze for the heavyweight quad of Steve Ross, Adam Andrews, Dave Relphe and Donal Casey. The lightweight men's four came 6th in the final and congratulations goes to Tessa Millar whose persistence and patience finally paid off. The womens eight missed the final by 2 feet and Teresa Goddard in a composite with UL won a bronze in lightweight doubles. Keiran West won J15 sculls and his brother, Damion, rowing for UL, won a Gold at the Under 23 Champs the following weekend. The Strathclyde weekend was fun and successful, let's try and get even better results when the National Championships return to Nottingham in 1994. Vicky Morris and Vic Fangan - Silver in J15 2X. The novice women finally un-noviced themselves at Staines

Regatta - Lorna Forster, Jo Bolton, Mary Durnin and Srinka Smith and Maidenhead Regatta - Carolyn Anderson, Hermione Crease, Juliet Lack and Chris.

The Senior 3 Men (last year's Novices) notched up another win at Henley T & V (Leon Rizzi, Colin Mercer, Brendan McQueen and Nigel Main) and the group reached finals at Staines and Maidenhead. The Senior II pair of Martin Munden and Ian Taylor won at Richmond and made the finals at Monmouth, Staines and Maidenhead. Stourport lacked the sculling entries that have secured us the Victor Ludorum in previous years but we still had 5 wins over the weekend. Johny's stag eight unfortunately felt the worse for wear on Sunday never mind Saturday night. Stourport resurrected the Marquee this year, from what I can remember, a good time was had by all.

Talking of Stag Events, congratulations go to the following Club members who have done the deed: Damion Hammond and Lisa Hall, Judy Waldock and Duncan Graham, Kate Holroyd and Johny O'Donohue and Clare Hatfield and John Grove.

At the World Championships Jane Hall won gold in the lightweight fours and Stewart Whitelaw came a very credible fifth in the lightweight quads. Congratulations and thank you for representing the Club goes to you both.

Ian South had another successful year with gold and 3 bronzes at the Coupe de la Jeunesse for Nicola, Jo and Susie. Claire Fox came a commendable 9th at the World Junior Championships in the double sculls and Claire Payne after achieving a fourth place at the National Championships came 5th at the Under 23 Worlds. All in all Ian achieved 8 Great Britain vests for Kingston members.

Against the advice of the Captain the following entered the Boston Marathon - all 3 miles of it! Steve Ross (who fell in), Adam Andrews (who was hungry), Ed Davies (took 4.03), Sarah Mordaunt (took 6hrs 2mins.) and Bill Burridge/Dave Connington (won the Coxless Pairs).

We have had a deluge of meetings to

mark the beginning of the season. The coaches of the Womens Group are Ian South, Damion Hammond, Dave Longden and Les Hughes. Coaching the men's group are Tessa Millar, Nick Ronald, Alistair Graham and guest appearances from Chris Andrews, Julian Ormerod, Colin Greenaway, Tim Crooks, Peter Hope, Farrall Mossop and Kate Holroyd. Both groups will be run as a single entity until Christmas ie irrelevant of status and then after Christmas cuts will be made according to likely crew combinations for the summer season. Aims for the 93/94 season are simple: good results in the eight's heads, success at both Henleys and medallists and finalists at the National Championships. If there are enough talented athletes to make a separate group then lightweight groups will be forming.

The Novice Women will be tanking at weekends through October so make sure you stay in the Bar on Tuesday and Thursday nights. The Novice Men, only 6 in total, where are you James? are being looked after by John Robertson.

The Masters Rowing Games in Vienna were wet, cold, windy and the Russian force there. Success however for Angus Gait and Guy Lewis (Veteran B pairs) and Andy Kapica. Oh, and Andy Tompkins won in the eight - rowing for Thames Tradesman.

Club training started on 20th September with a gentle Circuit Session taken by John Sinclair, and then Bob Crockett took us through his session the following week - ask anyone about their stomachs and buttocks!

We managed somehow to get all groups formally training by the weekend of the 25/26 September when we had some 70 rowers and scullers out on the water.

That's all Folks!

PS Please remember lights in the evenings and last one in close the boathouse.

# FIT TO DROP

Summer is over, the cold weather is here and along with it, Winter training. It is the time of year none of us look forward to, but consider it fundamental for future success.

How many of us have trained with the snuffles or a cold? - probably all, and more than once.

The BBC recently broadcast a programme on the effects of training on the immune system. Not much is known on the specific physiological and biochemical effects on the immune system, what we do know has been mostly obtained from the experiences of athletes. We have all witnessed athletes with non-specific illnesses which have affected them during major events. Many of us have also experienced the much maligned 'rowers cough', the cold that lingers throughout winter training leaving a rower significantly debilitated for the summer season.

In a normal healthy person the natural defences will deal with infection. At moderate levels the effects of exercise are extremely beneficial, but as the body is pushed to the limit the more the immune system is disrupted and the ability to fight infection reduced.

This appears to be due to the suppressive effects of hormones such as adrenalin and cortisol produced by the body during exercise.

The physical burden of rowing training is just one component in the total stress equation. The extra mental stress of competing within the group and in races certainly adds to the problems.

Awareness of these factors enables us to make sensible decisions about training.

There are seven golden rules to observe;

1. Never train or compete with a sore throat, cold, or other infection
2. Do not rush back to the same level of training you were at before the infection
3. Adapt your training to your situation with regard to levels of stress in your life, if you are suffering additional stress, reduce your training levels
4. Allow yourself to recover by building rest into your training schedule
5. Train for the right reasons, don't push your body past limits it can't cope with, don't copy other athletes training programmes
6. Taper your training, as competition approaches reduce the amount of training you do
7. Listen to your body! - if you are not well, ease off the throttle.

For further information, please send an SAE to;

Dr Lynn Fitzgerald  
Dept. of Medicine  
St George's Hospital  
Medical School  
London SW17 0RE

**Yolande Palmer**

## THE BOATERS INN

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## Treasurers report

After completing my fourth year as Treasurer and fourth Annual General Meeting by the informed and ill-informed membership, I am pleased(?) to have been elected for a fifth year.

I am coming to the conclusion that no one stood for against me because firstly they can't add up and secondly for fear of the verbal abuse I get at each AGM - next year I shall be accompanied by a bodyguard.

Having presented the figures I have discovered that the wrong opening balance for the bar was inserted and after correction, the bar made a splendid £8,877.78 instead of £7,076.11. This is an increase of nearly £4,000 over the previous year. Consequently the deficit for the financial year was £7,299.64 and not £9,101.31. Hopefully this will quieten a few people who continue to be critical of the way the bar is run.

For the members who were unable to attend the AGM I can confirm that the Club's finances are healthy and that we are continuing to make continuing efforts to increase revenue from sources such as sponsorship and donations.

A large amount of money that has been spent over the last two years has been on improvements to the clubhouse. There are however still an alarming number of careless accidents by our rowers which keep maintenance expenditure high, and too many people are paying their subscriptions late which will ultimately lead to stricter regulations for the late payers.

So... let's be careful out there... and let's drink more to improve the bar profits further because did you know that many of our wins of yesteryear were made by crews who were still pissed or hungover?!

Mike Bate

# 'Blade GOSSIP



**Spectators at Henley**

## **Punch drunk at bow**

Forget seat racing or compatibility testing, the best way to select crews is by the gladiatorial test, if you have nine crew members for eight places simply get them to fight it out until injury occurs simple!

This ancient and proven method was resurrected by the senior 3s at Reading regatta to sort out selection for Henley qualifiers.

The melee started under the resigned gaze of the Captain and elite oarsmen who could only look sagely on, knowing that they would have little effect on a group of supposed grown men with too much testosterone and whose collective IQ halves when gathered together.

After 10 minutes, the first riot conducted at a regatta involving members from only one club ended the result no longer in question.

After a stern warning from Coach Casey and a collection of severe looks and heavy sighs from Messrs Tompkins and Ronalds it has been decided to drop the gladiatorial method of selection and rely on the usual techniques, but where this takes us heaven only knows.

(For the record Andy Marr has now recovered from his fractured rib, broken tooth and bleeding lip)

## **Betty Ford centre to open at Henley**

And so to Henley, the 'B' eight and the double having both failed to qualify (just) meant that first eight and quad would be handsomely supported. So much for land training and rowing technique, no-one prepared me for spectating at Remenham which involves drinking your own body weight in beer and Pims before lunch whilst sitting in 90 degree heat in a wool blazer, collar and tie. After the first day I didn't know who I was, on the second I didn't care and on day three, only a black box crash recorder would be able to provide details of what happened during the remainder of the week.



**Nick Ronalds takes down his trousers at the Annual Dinner**

On Saturday I'd had enough, either my cash-point card or my liver was about to expire and I didn't want to hang around long enough to find out which would be first. I beat a hasty retreat swearing an oath to return better equipped (and financed) next year when I might actually row.

## **Our fashion correspondent writes....**

The veterans (with whom we seemed to form an unholy alliance with at Henley) inform me that it is de rigueur to have your Club tie covered in beer - battle scars of Remenham. Apparently your rowing experience can be gauged by the amount of accumulated cack on the tie, and under no circumstances should the tie be washed or dry cleaned. I wonder if the same parallel can be drawn with underwear???

## **Any Stourport in a storm**

Stourport was the usual high class (social) event that Kingston excels in. The weather was excellent and the advanced raiding party managed to neck enough beer on Friday night to wake on Saturday with a considerable thirst and a hunger that only saturated animal fat could satisfy.

After a day of boat and crew hop-

ping and some moderate success Kingston lay in third place in the Victor Ludorum stakes (some Greek restaurant owner I presume) although sadly not destined to repeat the usual wiping the floor exercise on Sunday due to an absence of scullers (probably at Damian's pre-nuptial piss-up).



**Is this a future captain I see before me?**

As I found out that Saturday night, the rowing is a mere excuse for the rowing community to let their collective hair down. And with an outside disco in a huge marquee and a combination Kingston crowd that included Johnny's stag night crew including Farrell, Shane O'Brien, Chris Andrews and a few other old lags, plus the elite men and women crew sans Tessa, Damian or Nick keeping a watchful eye, plus the ebullient Senior 3's, the die was cast for a session of truly epic proportion .

What started as a quiet disco soon

turned into a rave for semi-evolved simians, I've never seen so many closet "Take That" fans gathered in one place. Fuelled by more beer than is considered prudent to consume the night before racing, dancing soon turned into a good natured scrum, which evolved into marquee-roof sliding followed by more beer ad nauseam.

At 2 o'clock the disco ended and people went back to their tents (shome mistake ?) As the first to rise the next morning I was able to witness the traditional Stourport game of trying to get back to your own tent without being noticed and pretending you spent all night there.

Following more boat hopping, delayed starts and moderate success on Sunday the '93 regatta season thus ended.

NB - For the record, Marlow won the victor Ludorum.



**Our illustrious Chairman and guest**

For many of us this was our first competitive season. Well versed in the social mores and physical excesses we're now ready to kick the arse out of the coming season. - Yahoo!



**Reprobates at Henley**

#### ADVERTISEMENT

Keith Riches has been a member of the "Club" for a number of years after a probationary period as a professional guest at the various dinners.

This followed the family tradition as his Brother, Derek, was a member for many years, being a particularly staunch supporter of the bar.

Keith is the Senior Partner of a five partner firm of Chartered Accountants practising with offices in Walton on Thames and Dover Street, Mayfair.

The practice has a very strong Tax Department, advising on all aspects of taxation for wealthy

individuals, less wealthy these days, Lloyds Underwriters, U.K. and overseas companies.

Apart from routine audit and accountancy work, the firm prides itself on being very strong in general business advice and has undertaken feasibility studies for projects in Africa, Malaysia and China.

To use a car manufacturing analogy, if you think of the large firms of Chartered Accountants as Fords or Vauxhalls, Riches & Company is a Rolls Royce - albeit at Skoda prices!

# EX CAPTAIN'S REFLECTIONS

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# EX CAPTAIN'S REFLECTIONS

Now the turbulent times of Henley and the Nat. Champs. are over and with the new Captain safely installed, the old Captain can retire into a quiet backwater and reflect. I've rowed, coached and been Captain. Perhaps I should now retire, learn to smoke a pipe and write my never to be published memoirs.

Over the last year I believe that the Rowing club has flourished with a lot of activity in all the rowing groups. At many other rowing clubs, the

membership is considerably down, presumably linked to the current recession, whilst at Kingston all the different areas are strongly represented. Over my year as Captain I recorded at least 150 wins.

The Senior men's squad has been very much a developmental squad this year. At the beginning of the year the squad included a high percentage of relatively 'green' oarsmen. Tessa Millar and Nick Ronald have taken the crews in various

combinations to a variety of regattas to gain compatibility in rowing style and to get in the winning habit. This has resulted in a number of good wins, including Open Eights and Quads at Reading and bronzes in Quads (Don Casey, Adam Andrews, Dave Relfe and Steve Ross and Coxed Fours (Trevor Greene, Jim McCall, Mike Smythe and Bill Burridge, Cox:Fiona Halstead) at the National Championships at Strathclyde. I would like to thank Tessa and Nick for their excellent training

programme and the immense amount of time they have put in.

At Henley, Stuart Whitelaw gave our best performance, representing Kingston in a lightweight squad Quad and losing in the final to the squad heavyweights. The Britannia and Wyfold events proved to be relatively weak, whilst the Thames Cup and Queen Mother's were highly competitive. We had entries in the latter. The Eight lost on the Thursday to Neptune, Ireland, whilst the Quad saved themselves till the Friday to be beaten the National heavyweight squad (eventual winners). With the benefit of hindsight.....

Damian Hammond has transformed the Senior Women's squad. Whilst they have not won a great many things over the last year, it has become apparent to all who have watched them just how much more racy they have become, and I believe they now have the ability and determination to do very well in the forthcoming year.

At the lower end of the club, the sustained guidance and gruelling training programme of Don Casey for the men and Les Hughes, Dave Longden and Camilla Sykes for the women is showing dividends and the Senior squads will be considerably strengthened by them next year. The

men, especially have excelled themselves by their enthusiasm and determination to get on with their rowing and still helping with club activities. My thanks to them all.

Ian South's group of juniors and Internationals have continued to do well, though somewhat beset by a plethora of nasty disruptive school work and exams. Of particular note is Jane Hall who won Gold Medals in Lightweight Coxless fours at Lucerne and subsequently at the World Championships in Roudnice.

Other Kingston wins worthy of note are Kirian West won Gold in Junior 15 Sculls at Nat Champs.

Theresa Goddard won Bronze in Lightweight Double Sculls at Nat Champs in a UL composite.

Stuart Whitelaw came 5th in the Lightweight Quads at the World Championships.

I would also like to thank those on the committee who have worked hard and conscientiously at their job, Chairman, Treasurer and Secretary. Some of the unsung heroes of last year include Dave Firth who took on an unpopular job and doggedly collected Regatta Entry Fees, ending with a 300 surplus to help cover travel costs, Bridget Casey for quietly and profitably organising all the Thursday

night food again, Nicky Wilberforce for doing Kit and Nick Ronald for co-ordinating the reappearance of the Scarlet Blades.

Whilst still reflecting on my retirement, sitting on Steven's Ait looking out on the backwater hoping for a sighting of the lost launch, a sculler paddled effortlessly by. Elegant, I thought, and a small spark flickered within - I could learn to scull. In the meantime, I failed completely to light my damned pipe, but succeeded in setting fire to everything around me on the island, so I quickly retired from retirement back to KRC. I showed Birgith my wasted and emaciated lightweight body and she generously lent me the use of her boat (I think she no longer recognised me). Effortless it certainly isn't, and the manoeuvring, bustle and infighting that goes on in a lock to lock piece is anything but elegant. A lot of fun though!

I think that Aggie Barnett will do an excellent job for Rowing at Kingston next year. Please give her your support and make sure she enjoys it!

# AN OPEN LETTER TO MY MOTHER...

Dear Mum,

Life is, as ever, centered around the rowing club. At the beginning of July they made us move to Henley for a week, just so we could do one race there. Apparently that is what all the training was for, although I'm not sure why now. We were told we were at the peak of fitness but it still felt like being stamped on for six and a half minutes. Anyway, we were up against an Irish club called Neptune. They must have been worried about the Guinness getting warm or something, because they seemed to be in quite a hurry to get to the finish. I think we would have done better if we'd had the inside of the bend. Still, at least we lost to the crew (Neptune) who lost to the crew (London) who lost to the crew (Oxford) who lost to the eventual winners (NCRA), so there's no disgrace in that.

Actually I ought to start closer to the beginning and tell you about how we came to be there. Remember I told you about Tessa, the psychopath on day release from Bedlam? well it was her idea. We went to Reading Regatta, but only on the Sunday because most people go on Saturday. I think that was to avoid us picking up any bad ideas about technique from the other crews. We had a straight final, originally just against Reading University but Molesey joined in at the last minute, volunteering to take another thrashing from us. Some may laugh at their doggedness, but it's these small clubs making up the "also rans" year after year that are the life blood of this sport. We won (again), which seemed to appeal to the Henley stewards. They invited us to their party, saving us from having to qualify. I'm glad

something good came out of that win, because the prizes were medals and you know how I hate drinking from those.

Some of us went up to Henley on Friday to watch the qualifiers, getting in a good two hours of steady state smugness. Unfortunately the two Kingston crews who were racing did not make the cut, but at least they got Remenham tickets for the week which is the main reason we all do it. Apparently they wanted to race for the experience, although I'm not sure how much more experience Simon Mephram can get. You remember him of course Mum, he went out with your mother just before she met Grandfather.

Two days after qualifiers the eight moved in with Mr and Mrs Butler, because they have a tennis court. Mrs Butler fed us every morning and we all laughed when I pointed out that Mrs Butler's Breakfast" is actually an anagram of "level of cholesterol incompatible with human life", give or take a few letters. At breakfast I would regale the lads with fascinating stories from the clubs history, in an effort to instill some pride and passion in wearing the scarlet of Kingston Rowing Club I think it mostly instilled a state of torpor. Days were occupied with paddling over the race course, which went well, and long steady state runs, to retrieve the aerobic from the other end of the Butler's garden. Evenings were passed playing Mario Cart, one of Nintendos video game offerings, where two players are given weapons for their cars and encouraged to drive like Dave Relfe.

The event we entered was the Thames cup, which is open to club crews and anyone who feels like beating club crews. They

gave us a "bye through the first round, which is another way of saying hope your friends and relatives didn't take Wednesday off work to come and see you".

Kingston also had an entry in the Queen Mother, if her Majesty will excuse the expression. It would be fair to say that the draw could have been a little kinder to them, pitting the chaps against the squad quad (try saying that by the close of the evening). They were dead level for a couple of minutes, then the official's launch chugged into view, the umpire said "go" and the betting shop closed the books.

At which point I have come back to the beginning of the letter, but please don't go back and start reading there. I did think the atmosphere of the whole occasion was summed up rather well by Paul Wensley who used to row at Kingston but went to America to get fat. As he was about to boat for his heat in the doubles (like a good K.R.C. man of the 90s he only does one heat) his partner stopped and said to him, Hold it! I just want to savour this moment, isn't it great". To which Paul replied whats so great about wanting to puke, p\*ss and sh\*t all at the same time?".

By the way, did you ever have any luck looking up the address of the Talkin Tarn regatta secretary? I think we may be needing that come the first week of next July.

Your ever tired son,

James