

# The Scarlet Blade



## Chairman's Update – Guy Lewis

By the time you receive this edition of Scarlet Blade, HRR will be looming up very rapidly, with good performances from both the girls and boys at Thames Ditton the Met and Notts city, I look forward with confidence to seeing them perform at women's and men's Henley. Mike Clarke and John Hampton plus Scully and Steve Chasey should be well pleased with their results and I would like to thank them personally for their efforts so far.

As you know the committee have been working very hard to get the Project Oarsome off the ground and there is a progress report elsewhere in this edition. I would like to say thank you to the rest of the membership who are not going to benefit directly for being so patient, all efforts will now be channelled your way, the No 1 project is to buy the Stampfli V111, Graham has negotiated a price of £10K, fund raising has started and already we have about £6K, Steve Molloy is rushing around with lots of ideas to raise the rest, any support I know you will give him would be very welcome.

### **Remenham Club News.**

3 more Kingston members were elected at the last Remenham committee meeting, ensuring that KRC has the highest Remenham membership ! I am also pleased to report that Black Sheep bitter will be available on draught in the outside bar !

### **Obituaries**

I am sorry to report the deaths of 2 people, whom although not members, were nonetheless very closely connected with the club. Mac Offer, wife of our president Dick and 'Bobbie' King Father of Peter King. Our Sympathies to Dick, Jill, Wendy & Peta and to Peter & Edward King.

GL

## Kingston Scarlet Success – Graham Bailey

### **Four Regattas and Four Trophies**

We have had a good start to the season winning four events. The season started with Wallingford with a good second at Elite Men's Coxed Fours fighting the Lea and three Thames Crews. We had several final places for other crews with most crews and scullers showing themselves on pace and with the pack.

Our Women's and Men's Novice Fours then cleaned up at Marlow Spring with Mel the cox taking a perfect 10 dive / bath courtesy of the Men's Novice Four.

Our women's novices won to rounds but with only one crew on the other side of the draw lived to fight novice for another day.

So the club moved on to Thames Ditton with another win for of women's novice squad, this time through three rounds and our novice girls A crew gained their senior status (Scully what a coach). Rising to this challenge Steve Chasey's men's novice B crew went on through four round to be just pipped in a final by a Walton crew that won not only novice but the Senior 3. Both these squads seem to be shaping up to have good Senior 3 eights soon. The winning continued with our Senior 2 Men's eights picking up the trophy their coach won in 1974 and a first step towards the Thames Cup.

The latest regatta was the Sunday at Nottingham where our Top coxed four survived the North Sea conditions, just before the regatta was abandoned, to pick up another second place behind a good Northern Island crew who obviously trained on the way over.

Hopefully our bridesmaid crew will take the final step at Metropolitan Regatta!

### **Head to Head**

With the regatta season here the timetrials and the heads seem a long time ago but we had a good build up to the regattas with 8 club members at the final UK squad trials -

Rebecca, Jane, Michelle, Louisa, Kate, Kieran, Dan and Jo. Michelle and Louisa making the squad for the first time and our existing internationals retaining their places

In the WHORR we struggled to pull all our various squad rowers together however we had two ladies in the winning crew and one in the second place boat. A strong women's club eight has to be a priority for next year.

At Kingston HERR the men pulled out an excellent 5th place missing the SII pennant by 300th of a second while our women's novice four competing at SIII for there first race went out and beat a men's SIII 4+, a women's SIII 4+ and a novice women's 8 – so not a bad start.

At the Men's HERR the 1st Eight came 55th looking well placed for club events at HRR with the 2<sup>nd</sup> crew making up some 33 places on last years result and our novices finishing as one of the fastest club novice eights.

### **Project Oarsome**

As most of you now know we managed to raise the £14,000 for project oarsome and now have all the kit for the juniors turning up this quarter. A large number of you helped but I feel Guy Lewis deserves a special mention for helping to pull this money together. The club is now receiving:

- 4 Indoor Rowing Machines now at the two schools
- 3 Janousek single sculling boats
- 2 Janousek double sculling boats
- 2 Janousek coxed quadruple sculling boats
- 16 Sets of sculling blades
- 1 Catamaran Rescue/Safety launch – already at the club
- £1000 of safety equipment

We start running our new coaching programme with thirteen volunteer coaches and will be running ARA Instructor Award courses at the club to ensure we demonstrate ARA best practice as well Kingston Flare. The people that I pleased to say are helping are Lizzy Walne, Ceri, Ruth, Claire, Martin, Boyse, Scott Tunbridge, Kieth, Nigel WD Chris, Sara O'Hare, Gemma. The aim is to start the scheme on the 1<sup>st</sup> June and run a 10 week course for two groups of 20 new juniors plus continue to grow our existing club group of 20.

We will be holding a formal kick-off to **launch the 8 new oarsome boats** and two new club boats. We will be confirming the kick-off date for the launch, but please pencil in **Sunday 29<sup>th</sup> June** and would like to get as many people there as possible for club photos with a follow-up in the local press and regatta magazine.

### **Scarlet Party and The New Stampfli Eight Fund**

Scarlet Party on 17<sup>th</sup> May raised nearly £1000 towards a new stampfli eight for the men's squads. The fund raising has now reached £7000 towards our target £10,000. This eight is key for the whole men's side by enabling us to cascade down the plastic eights to ensure our Senior 3 Eight and hopefully our Sunshine veterans can row in good quality racing boats. Thank to Steve Molloy, Andy and Dionne for organizing the event and our dubious chefs Eric and Danny.

### **New Row Perfect Machines**

The club has purchased two new row perfect ergometers this new design more closely follows the actions of boat run and we have the equipment to link the output from the machines to computer to analyse stroke profiles to find out who really does move a boat not just who can belt up and down the slide. The purchase of two was made possible by Nigel Wilson Dykes who contributed to buy the second machine so the club had a pair to use side by side. Thanks very much Nigel.

### **Scarlet Dates for Up and Coming Club Events and where to see Kingston Racing**

<i>Date</i>	<i>Event</i>
<i>24<sup>th</sup> &amp; 25<sup>th</sup> May</i>	<i>Metropolitan Regatta</i>
<i>31<sup>st</sup> May</i>	<i>Twickenham Regatta</i>
<i>7<sup>th</sup> June</i>	<i>Docklands (Seniors) &amp; Walton Regatta (Novices &amp; Juniors)</i>
<i>8<sup>th</sup> June</i>	<i>Docklands</i>
<i>14<sup>th</sup> &amp; 15<sup>th</sup> June</i>	<i>Reading Amateur</i>
<i>20<sup>th</sup> – 22<sup>nd</sup> June</i>	<i>Henley Women's Regatta</i>
<i>22<sup>nd</sup> June</i>	<i>Thames Valley Park (Juniors)</i>
<i>Fri 27<sup>th</sup> June</i>	<i>Henley Royal Regatta Qualifiers</i>
<i>28<sup>th</sup> June</i>	<i>Richmond Regatta</i>

### ***Keep our boathouse a Boat House***

Many of you may be aware that the club seems to be accumulating more and more bicycles – therefore I would like to ask all individuals to please remove their bikes from the boat house so the crews and scullers can easily get boats in and out of the club. The perfectly good bike rack by the steps with an appropriate lock would seem ideal as a storage location.

This may seem a petty point but we waste thousands of pounds in needless repairs and catching boats on handle bars and the like is just one of the simple things we have to stop doing. Any bikes not removed by the end of June will be chained outside and available for retrieval on request.

### ***Membership & Boat Racks***

We are currently reviewing the bank statements, the boat racks and the membership so if you feel you haven't got round to paying just yet then please get your checks to us before Dave and Guy get to you. We do so hate people picking up injuries at this time of the season.

### ***Henley Women's Regatta (HWR)***

The club is hoping to have a women's quad scull entered of Ceri, Ruth, Gundula and Helena and potentially a second crew for a club event from our constantly growing women's senior 3 group.

### ***The road to Henley Royal Regatta (HRR)***

For HRR the club is aiming at for a Britannia Four and a Thames Cup Eight however it is still early stages in the season. Having said that the four having now racked up two second places at Elite and Senior 1 at Wallingford and Notts City respectively while the eight picked up the Senior 2 Eights trophy at Thames Ditton so the signs are good.

Thanks and please come and ask how you can help

Graham

## **Racing Update**

The **S1 4+** got second at Notts and Met (at the latter by 0.3 of a sec to Thames A), the **Women's S1 4x** won. The **S2 8** would have made the final in another heat and was only 3/4 length down on the crew that went on to win and 1/2 a length from London who also didn't make the final. The **Elite lwt 4-** had a good row and was a length clear of London A before it blew up (but that had me in - the main source of the explosion). We also made the finals in **elite pairs** and **S2 pairs**.

Not bad overall, but we need to move onward & upward & get winning!

Graham

## **Finishing Coaches needed urgently!**

**We desperately need some finishing coaches to assist Mike Clarke. If you can spare any time between now and Women's Henley / HRR to help coach one of our ladies or men's crews please let one of the committee members know.**

### **Oarsome Update – Damian West**

Project Oarsome is now up and running at KRC. In addition to the 25 existing juniors at the club we now have a new batch of kids, the first of many I hope, from Beverly Boys School and Chessington Community College.

Graham, Sarah, Lizzie, Jill Cobbet (from the ARA) and myself ran a capsizing drill for the existing and new juniors at Lady Eleanor Holles School over half term and the following weekend kicked off Project Oarsome at KRC. The feedback from the schools has been pretty good and hopefully that will encourage more of the children down.

It's also a credit to all involved that while we are now at the stage where we have taught the kids to row at the schools, done the capsizing drill with them and now have them out on the river at KRC, the other club in London that joined the scheme at the same time as us has not even kicked the scheme off in the schools. In fact our progress has been so good that we've had to launch the scheme without the benefit of our new boats, though we are assured that these will be delivered imminently and hopefully by the time you read this they will be at the club and being used by the juniors!

One of the benefits to KRC of Project Oarsome is that we can use it as a way to develop our coaches. It was impressive the number of people who volunteered to help coach the juniors and a number of these are already benefiting from a coaching course run by the ARA especially for KRC.

Within a matter of weeks KRC will have an additional number of qualified coaches. A big thank you to all of them, especially Lizzie for running our existing junior group, to Ceri, Ruth and Boysie who have already been on the water coaching and to the others who, by the time you read this, will no doubt have been down helping as well!

Want to help? Contact [damian.west@uk.ibm.com](mailto:damian.west@uk.ibm.com)

### **Safety Update – Danny Shaw**

New safety notices (Red, Yellow & Green Blades) are ready for use and will be displayed as required dependant on River conditions.

**Red** – Not safe.

**Yellow** – Novices and Juniors may go out but must be supervised / accompanied.

**Green** -- Safe to Row.

If the notices are required during the summer, they can be located in the Captains Office.

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# Vets Supper

on

## Friday 20th June

at

### KRC

- *Get up to date with our Men's and Women's Henley prospects*
- *Hear how our squad representatives have progressed, and*
- *How Project Oarsome is taking shape*

A convivial evening with good food, good beer, fine wine and more stories.  
Why not make a few calls and gather a few old former crew members  
together to come to the supper?

**Dress:** lounge suit or blue blazer.

**The Bar:** will be open from 6.45pm

**The Meal** will be served at 8.00pm sharp.

**RSVP by 17<sup>th</sup> June in writing to:** Scott Tunbridge, 25 Silver Birches Way,  
Elstead, Godalming, Surrey GU8 6JA

**Or by email to:** [ascott.comms@btinternet.com](mailto:ascott.comms@btinternet.com)

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### **AGM – Jobz for the boyz (& girlz)**

*No sooner is Henley gone than the AGM will be upon us and a chance for all those who have spent the year saying "why doesn't the club do this or that" to stand up and be counted!*

*With the degree of activity currently underway at KRC we need enthusiastic and passionate volunteers to make it happen!*

*If you are interested in helping or understanding what role you can play in the club either on or off the committee come and talk to us or contact [carol\\_cornell@hotmail.com](mailto:carol_cornell@hotmail.com)*

*Meanwhile ...any budding Scarlet Blade enthusiasts out there willing to take on co-ordination ??*

## Easter Training Camp – David Brook



**The KRC Mens squad plus a few key oars-women** set sail for a rowing camp over the Easter break, in Tilburg Holland. Departing at the ungodly hour of 4am from Kingston, nearly all the cars made it the ferry on time for departure. Apart from the one towing the boats, that is. You do not want to know how fast the trailer was going to try and make it on time either...

During the long drive through France and Belgium there were two events of note; the first (of several) classic quotes was uttered - "Do we have to go through The Netherlands to get to Holland?" from Mary (Oxford graduate). The second was passing through a town named Kochslidje, pronounced cock-slide, which soon became the catchphrase for the trip.

**The camp** itself is set in a picturesque forest outside the town of Tilburg, with a safari park, shops, restaurants etc plus of course a 2000m rowing lake. 'Like Butlins but with rowing' was one rather harsh description of the place, which is popular with families, cyclists and evidently rowers. I think we got several disbelieving stares from the 'normal people' holidaying there, or maybe that was just the lycra.

On arrival Oarsmen and women were assigned to chalets based on what crews they were in, with one lucky chalet also getting Mike Clarke. I am reliably informed that he snores like a pneumatic drill.

**The weather** was on the whole good, certainly an improvement over the arctic conditions of the 2001 camp. The chalets themselves were I'm told luxurious by comparison to the frozen caravans of the previous trip, with all the mod cons.

All the crews got down to some serious training, with 3 to 4 training sessions per day on the 2000m lake. The fleet included two coxed fours, a coxless four, two scullers and a womens double.

All who attended thought the training was excellent, sharpening up every crew for the racing season. I think we got around a months worth of training in.



**Fun?!** The trip was also lots of fun, as can be seen in some of the photographs. Alcohol intake was moderated until the final evening, when moderation was abandoned. This resulted in Nigel Main's 'dance of the sugar plum fairy' with a swiss ball, also captured live on video. We also did our bit for international relations; a quote from Debbie ordering in a restaurant- "Can I have a Spanish coffee please, without the Tia Maria?" (i.e. a coffee ...) The following days training theme was 'drink hard, puke easy'



**The group photo** as shown is available from myself (I am the one proffering the can of beer, sat next to my two dopey looking crewmates) for the princely sum of £10, profits go to the Stampfli boat fund.

Hopefully we can expand the camp to accommodate more people for next year, a volunteer to co-ordinate is welcome to make themselves known to myself or anyone else on the committee.

*David*