The Scarlet Blade

Kingston Rowing Club's official newsletter Spring/Summer 2004

Sponsor

Nigel Wilson-Dykes

With ever increasing costs and the desire to keep membership fees down, the committee has accepted my offer of looking to generate an income for the club through my services at the St. James's Place Partnership. I have agreed with the committee that I will not actively prospect for business, but merely react to interest generated by my letter accompanying the Scarlet Blade. The club is not endorsing my services in any way.

A number of members have already expressed an interest in my main areas of business, Trust and Estate Planning and Banking Services and if this venture proves successful, I will be looking to make St. James's Place an official sponsor of the club so that the club has first class equipment for first class athletes.

Vamp's Rum Punch Eights

Sunday 4th January 2004

The prospect of engraved Pewter Pots encouraged enough rower's to make up four competitive eight's. Over five races, expertly umpired by Damien West, the biggest winning distance was ¾'s length whilst the closest races had verdicts of a canvas and 1 ft!!

The final, appropriately included a race between two Ellis relations, Tony and Luke, saw Tony's boat taking the spoils.

The winning crew of Matt Highty, Tony Ellis, Chris Daniel, Chris Riches, Felix Lepetit, Di Gait, Nigel Davies, Ed Young and coxed by Mary Elvin, were presented with their pots by Mrs Ellis after a fine speech by her son, Martin Ellis.

p.s Look out for the summer's Scratch Pimm's 8's!!

Thanks to Nigel Wilson-Dykes for the organizing, and congratulations to all who took part and contributed to the success of the day.

Captain's Report

Farrell Mossop

At the time of writing we have just competed in Burway Head, our first event of the year. Many crewmembers came straight from the Club Dinner held the night (and dawn) before.

We entered two men's senior 1 coxless fours, a women's S4 coxed four, novice women's eight, a S3 women's eight and a men's S1 eight.

The men's senior 1 eight did the fastest time of the day and Andy Hall threw up – lucozade allergy! The coxless fours came second and third in their event despite both crews hitting several trees (remember the dinner was the night & dawn before!).

The Novice Women came third in their first ever race, the S3 eight 4th and the women's S4 four came second.

Everyone seemed to enjoy it despite the chilly winds and in some cases sore heads. Simon Lack kept singing with joy (remember it was the day after the Dinner and he is only 20!) as if to confirm that rowing should be fun!



The next racing will be Kingston Head on the 13th of March and then the HoRR (Head of the River Race) on the 20th of March. We have three eights entered for the HoRR.

Veterans will be racing at the Veteran's Head on March 21st.

Our juniors will race at Teddington Sculls on March 27th.

Kingston Head of the River Race [KHoRR] Saturday 13th February 2004

A much needed fund raiser for Kingston Rowing Club that desperately needs volunteers to ensure its success.

A list of jobs:

Before the day...

Food and Drink to be purchased/donated.

Food preparation, sandwiches to be made up the day before, cake baking to be done

Clear the main hall and clean the club

Look at and repair the landing stage

On the day...

Cook breakfast (bacon and sausages)

Cook lunch (as before)

Barbeque duties post racing

Man the food bar

Man the bar

Clearing up after at the end of the day/ next day

Support for our athletes

Please volunteer to help make this a success for the club. All profits are reinvested in KRC.

Easter Camp Enniskillen 7th – 12th April 2004

Twenty go mad in Enniskillen...KRC is going to Northern Ireland over the Easter Bank Holiday weekend to train and enjoy the craic and possible competition with Edinburgh Uni who are training there at the same time.

Thanks to Sarah O'Hare for organizing the trip!

Junior Squad update Paul Revnolds

Junior section kindly sponsored by Lords residential property & lettings

Following on from Alan Spong's generous gift to a new safety launch for the junior section of the club - Simon Lord of Lords estate agents will join 70 members and parents from the junior section on Sunday, March 7 for a Lasagne lunch.

An army of parents will bring endless supplies of Lasagne for a sit down lunch to celebrate the donation by Lords.

The junior T shirt (designed by Rachel and Hayley Kugele) was officially launched and getting on for a £800 was raised on the day for club funds.

After five months from start up for many of the new recruits, crews are preparing to race at heads and regattas.

Ergo testing has started and crew selection is in place.

We will be holding a mini regatta at KRC on the afternoon of April 17th - this will be for all crews going to Birmingham multilane, short-course regatta on the following Saturday (24 April).

This is an early season regatta which targets Juniors - pre National schools to allow clubs and schools to try multiple combinations.

So far we have identified 28 combinations from J10 girls doubles to J16 boys quads! 'A baptism by fire' was how Martin Ellis described it - win or lose it will be a great kick-off to the regatta season.



Veteran Rowing Terry Gostling

It was last months article by Angus Gait that provoked me to contact some of my contemporaries to see if for just once a month they were interested in taking to the water. The response was very positive. Not that the idea of ploughing up and down to Hampton Court or as far as could be managed, enthralled them, but the idea of a refreshing ale in pleasant company seemed to tip the balance. Last month (January) therefore a coxless IV took its place on the landing stage and to much abuse from those watching, managed to push off and return in one piece. This month we have grown to a IX (Matt Christie, Astrid Ayling, Richard Rowland, Terry Dawson, Richard Ayling, Guy Lewis, Peter Pearce, myself and Dave Biddulph). In very trying, sinking conditions, we again managed Dittons Skiff and Punting Club before turning to battle the severe elements. It was the thought of that refreshing ale that kept up our spirits.

This gathering of esteemed members is intended to be a monthly gathering and is open to anyone who fancies an outing or indeed just wishes to help fill the bar area for a while. This of course is a very important element of any club and we intend to do our bit. If you feel you would like to join this elite squad of honed athletes (the average weight of the VIII was 15.5 stone and the average age about 54 years) we would really like to see you. Our aims are firstly good fellowship and to keep in touch with our club. If we can become a little fitter, help the bar profits, and have a bit of fun (all guaranteed) then it will all be worthwhile.

If you wish to join the present small, but intrepid, band please contact either Terry Gostling (01787 880576, Terry @freeserve2680.freeserve.co.uk), Matt Christie, or Gus Gait and we will be pleased to tell you anything more you wish to know; there isn't much.

Our next gathering is Sunday 28th March.

Treasurer's Report

Angus Gait

Since the last Scarlet Blade, we have been making strenuous efforts to collect outstanding sculling boat rack fees, which have met with some success in that over 90% of rack fees have now been received. Partly as a result of this, there are a few sculling boats for sale and their details are on the notice board at the Club. We will now be looking at outstanding membership fees. There are a number of aspects to this. Firstly, we need to ensure that all those currently rowing have filled in a membership form, particularly those members who have joined this year. Apart from allowing us to know who they are, it means they will receive the Club's mail shots, such as their copies of Scarlet Blade, and thereby learn about what is going on.

As important as this is, checking that those members who have currently not paid their subs actually realise this and genuinely want to resign from the Club, and from Remenham if they are members there. I will also be asking those social members who have not updated their standing orders to £50 to do so. Remember that from every sub VAT is deducted, as is the ARA levy, currently £4.75 per member. Our membership has fallen over the last couple of decades and it is an issue that needs to be addressed if we are to continue to receive sufficient income from subscriptions to maintain the boathouse. At present major items of expenditure looming are replacing the boiler, repairing and resealing the clubroom and hall floors and repairing the landing stage, which took a hammering from the floods last year. We are still keeping expenditure on rowing and training to the minimum possible commensurate with ensuring that the equipment we have is usable and that we can offer suitable facilities to our athletes.

International Rowing

Damian West

February 7th saw the third and final GB long distance trial held at Boston and the last opportunity for the Athletes from KRC to book a place at the all important Easter assessment. For some such as Kieran West, Rebecca Romero and Jo Hammond who were in the team last year this was just the latest in a series of assessments on the ergo and water over the previous months. All acquitted themselves well with Rebecca finishing 3rd in the women's heavyweight singles, Jo 3rd in the women's lightweight singles and Kieran 5th in the men's heavyweight pairs. Rebecca and Jo immediately left for a two week training camp in Seville. Kieran followed a week later.



Of the other Kingston athletes Kate Hewitt and Louisa Rowbotham finished 5th in the women's heavyweight pairs. This was below what they would have hoped but was almost certainly a result of injury problems they have had over the last few months. Sarah Birch finished in the top 10 of the lightweight women's scull trials and Dan Genazzini finished 19th in the men's lightweight sculls and keeps his hopes alive of selection for the World Student Games in France later this year.

The next step for those successful at the trials will be Easter assessment, held in Hazewinkle (Belgium). Here all the Senior and Under 23 athletes still in with a chance of selection will race in a regatta organized by the GB selectors. Held over three days the results will allow the selectors to cut down dramatically the pool of athletes that will be considered for the Olympics and World Championships. In some cases the summer crews will be formed immediately following these trials. In other cases there will be further assessments before the Olympic and Under 23 teams are finally announced. Look out for KRC members in the GB teams when the World Cup starts on 7th May in Poland.

Safety/Boating

Kingston Rowing Club fully supports and implements the A.R.A. Water Safety Code, The Club Safety Adviser will take all possible steps to ensure that the Club remains compliant with the Code and both he/she and the Committee will encourage all members to do likewise.

The Committee would like to remind members that there is also a responsibility of each individual to be familiar with and uphold the Safety Code at all times,

and indeed this is a condition of membership of the A.R.A. through the registration scheme (copies of the Code are available from A.R.A. H.Q.).

Every club member must assist in improving safety practice by adhering to these safety instructions.

You Must

- 1. Be able to swim 50m in light clothing.
- 2. Be in good health and wear suitable clothing
- 3. Wear buoyancy aid for coxing, coaching and launch driving.
- 4. Know the local navigation rules.
- 5. Record any accident in the log provided.
- 6. If coaching, be aware of overall responsibility for the crew.

A SAFETY/ACCIDENT book is next to the front door and is brought to every Committee meeting. ALL accidents on the water, whether involving personal injury or damage to equipment or not, and involving either club or private boats should be noted in the book which can be found in the blue folder above the notice boards.

Insurance

ARA Personal Accident Insurance:

All individual members except those over 70 years of age whilst taking part in rowing (as above). The insurance is for accidents (not illness or disease) leading to -

- Death £5,000
- Permanent and total disablement £50,000
- Permanent and total loss of use of Eye(s), Limb(s), Speech or Hearing (both ears) £50,000.

So, whilst ARA membership offers some insurance it must be stressed that this does not include much cover for general accidents. KRC would recommend that individuals take out Personal Accident Insurance.



Social Dates for the Diary

Social Events

A number of social events are currently planned for Spring 2004.

Highlighted below are some of the principle events in the forthcoming months:

March 7 th	Junior Lunch
March 13 th	KHoRR – Volunteers to help and donate needed
March 13 th	Post KHoRR Pizza party
March 20 th	HoRR (Tidesway)
March 25 th	An audience with Tim Crooks
April 4 th	Club day & Junior Review
April 7-12 th	Easter Training Camp, Enniskillen
April 23 rd	Quiz Night KRC Bar
May 15 th	KRC Party

Email updates will also be sent out from time to time both about upcoming events and club news. This is a good way of keeping up to date with the activities at the club. If you wish to receive these emails please send your email address to: info@kingstonrc.co.uk

The Naked Sculler

Tim Crooks bearing all...there is to do with the perfect rowing and sculling stroke!

Thursday 25th March 2004 8pm @ KRC

Now your attention has been grabbed by the 'sex sells' headline, please read on...

Olympic Silver medalist, Superstar winner, multiple Henley victor, Silver coach award holder and witty raconteur Tim Crooks will be offering his vast experience to Club members for free, so please attend have some food and a drink and listen, learn and enjoy KRC's inaugural 'audience with...'.

Joking aside, this talk will be invaluable to all athletes at the club and indeed all members, old and new!

See 'Who you are' below for more!!!

Sweatin' Sessions (Bar)

Ed Fox

Have you had a good workout this evening, sweated with others, tried your hardest, achieved a P.B....then reward yourself with a few drinks at the KRC Bar manned by the finest Barmen this side of Kingston. You won't find a more friendly atmosphere anywhere else with 'too good to miss bar prices' it would be criminal not to show.

KRC Bar Management work alongside with our resident chef, Brendan Togher to produce a top quality menu on Thursday nights at affordable prices. So I you want to meet more people, share your rowing stories with old and new members, fancy being the next Jamie Oliver or even kick back in are lounge area and watch the sun glistening on the river then come along to KRCs infamous Tuesday and Thursday sessions.

'All you have to do is turn up'

Tuesday 1900-1100

Thursday 1900-1100 (food night)

If anyone would like to volunteer to organize Club fundraising events, such as a quiz evening, please feel free to do so. All you need to do is speak to a committee member and agree a date, easy!

SUPPORT YOUR CLUB!!!

Annual Dinner

Damian West

February 20th saw a select and illustrious group gathered for the second year running at the Bank of England club in Roehampton. We were entertained by Tim Foster who regaled us with his time in the



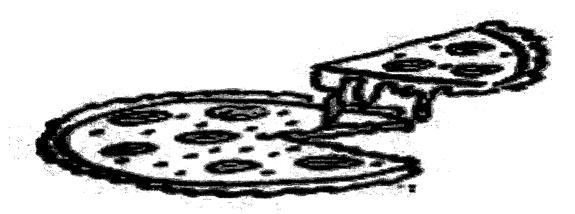
Oarsome foursome. This was rather timely seeing as a few days later the GB squad announced that they would be reforming the four, with two new members, for this year's Olympics. He also outlined how, having hung up his oar, he has appreciated the wider scope of rowing, particularly at grass routes level and voiced his support for KRC's junior programme.

Farrell Mossop reviewed the year so far and outlined his hopes for the remainder of the season. For many this will focus on Henley and KRC will once again be fine tuning its' top athletes to perform here. The club also has strong intermediate and novice squads and we look forward to them performing well later in the year. As a point of interest the day after the dinner and with half the crew still hung over the men's 1st eight won Burway Head!

Also speaking at the dinner was our President, Dick Offer. There was no greater illustration of the rowing family than Tim, who was sitting on one side of me and Dick, who was sitting on the other. Both great rowers in their day, when Tim traveled to Sydney in 2000 to race at the Olympics it took him two days and he was able to take advantage of a lengthy training camp on arrival before competing. For Dick, when he traveled with his brother to race at the Commonwealth Games in Melbourne there was no such luxury. The journey out (by boat) took him two months! He then raced almost straight away and spent another two months coming home! However, despite the 60 year age gap between them they are bound by their love of the sport and its pursuit at the highest level.

For those that attended the evening it was a great success. For those that were unable to make it I hope you will be able to come down to the club in the near future.

Fancy a pizza the action??



Post KRC Head revelry...

13th March at Kingston Rowing Club bar, 7:30 for 8pm pizzas and beer

Come and christen your newly —won pot, receive commiserations from the rest of us, or tell us what it used to be like in your day!

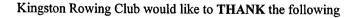
More details to follow soon...

St. George's Day Quiz Evening 23rd April 2004 @ KRC (bar)

A quiz evening is being arranged for Thursday 23rd April, further details to follow, but as many participants as possible would be welcome. There'll be food and drink and guaranteed team competitiveness.



Bouquets





Alan Spong - for donating the new cat launch

David Ford - for the launch trailer Alan Spong - for the kitchen taps

Who's Who

Committee

The principal appointees for 2003-4 are:

President

Dick Offer

Captain

Farrell Mossop

Treasurer

Angus Gait

Secretary

Richard Rowland

Chairman

Damian West

Useful Contacts

KRC & website:

www.kingstonrc.co.uk

(0208 546 8592)

Adult Rowing enquiries:

Farrell Mossop

(07801 713558)

Junior Rowing enquiries:

Paul Reynolds

(07957 365114)

Membership: Social Events: Craig Elliott

(craig.j.elliott@lineone.net)

Mary Elvin

(07780 706445)

Who you are

This is an attempt to introduce some of the names and faces to all the club members. For this edition KRC's

... Who you are...15 QUESTIONS

Name:- Tim Crooks

Status / position with KRC?

Respected Vet., 7 times Henley winner (including 2 Diamond scull wins) and member of the GB team for 7 years

Questions:-

- How long have you been associated with KRC?
 First appearance at KRC, April 1972 however training for the Olympics took precedence until 1980 when Tim returned.
- 2. What attracted you to rowing?

When it was known Tim was a boy his granddad signed him up as a member of Thames RC

- 3. What do you consider you best achievement so far in this sport? Winning an Olympic Silver Medal in an Eight, in Montreal 1976
- 4. Do you have an anecdotal story you'd like to share (any embarrassment to other KRC members is allowable at this point)?

 Tim suggested a life changing story involving 'Nobby' would be shared with us on the

Tim suggested a life changing story involving 'Nobby' would be shared with us on the evening of 25th March...so be there!

- 5. What are your aims for the forthcoming year/ 2 years? To increase the profile of veteran rowing at KRC
- 6. What is your favourite rowing location and why? Henley...Tim spent 11 years rowing with Leander.



- 7. What do you do professionally? Quality Controller (Engineering)
- 8. Who would you want to meet most (dead/alive)? Claudia Schiffer (and who can blame him for this?)
- 9. Is this the person you respect /admire most? Or just someone that you find intriguing? (in which case who do you respect / admire most?)
 Isambard Kingdom Brunel
- 10. Desert island time, name 5 songs you'd want to be marooned with... In no particular order...In the Summertime (Mungo Jerry), Satisfaction (Rolling Stones), Swinging Safari, Whiter Shade of Pale (Procul Harlem) and Yesterday (the Beatles)...
- How do you chose to relax?
 Pottering around in his garage/ workshop working on his classic bike a'56 Matchless 350.
- 12. Back to rowing, do you think Cracknell and Pinsent should be concentrating on their pair, or do you think a four is the best chance for them to attain Gold in Athens? Tim agrees with Jurgen here, put them in the Four
- 13. So, do you think KRC should be jumping on the calendar bandwagon and putting one out next year?
 If tastefully and artistically done, why not?
- 14. Do you fancy being in it? Like a shot...where is that bowl of fruit?
- 15. What is your philosophy regarding your successes? Tim feels lucky to have been in the right races at the right time & at the right place. Being surrounded with like minded ambitious individuals and great coaches helped too... He also suggests that being MANIC is a huge advantage!!!

...next issue will be Birgith Sims

200 Club

The 200 Club still has some vacancies. For £15 per year you can enter the draw and stand the chance of winning £50, £250 or £500. Winners since the last issue of Scarlet Blade are:

£250 Dennis Peters, John Beynon and David Bowyer

To join the 200 club you can either;

1) Complete and return the standing order form that has been included at the end of this publication to:

Bryan Jones, 200 Club, Kingston Rowing Club, Lower Ham Road, Kingston, Surrey. KT2 5AU.

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2) Set up your standing order direct with your bank. If you do this please e-mail: info@kingstonrc.co.uk to let us know that you have done it.

Misceallaneous

There are a number of sculling boats for sale (priced between £550-£900) at the club, please see the Notice boards outside the changing rooms for more details.

