

The Scarlet Blade

Kingston Rowing Club's official newsletter
Summer 2004

Launch Launch – Aideen S Farrell Mossop/ Angus Gait

Received
10/5/04

On Sunday 23rd May, glorious late spring sunshine bathed Alan Spong and the assembled members and their guests when Alan christened the launch he has donated to the Club "Aideen S", named after Alan's late wife.

In his introduction, Farrell Mossop said that "this is about a very generous man" and spoke of how Alan appeared to be known everywhere on the river for the support he has given to rowing and sculling.

He is a past Master of the Waterman's Company and helped found the Great River Race. He also played a large part in obtaining the clubhouse that Kingston Rowing Club currently occupies.

Farrell pointed out that there are large number of people who are working hard in many parts of the club on different projects such as the Juniors, the large novice sections, Clubmark accreditation and finances, to name just a few.

However, in a club the size of Kingston, run entirely by volunteers, there will always be other work that needs to be done. Some people who come to club see and talk only of the work that needs to be done. Others give lectures to already hard-pressed volunteers on what they could do to make it better. Many help.

Alan says nothing about the mistakes, nothing about what isn't happening but praises the people who are trying to make a difference. Earlier in the year he saw people trying to prepare a lunch and struggling with the kitchen taps so he got a plumber in to replace the taps - this is the way he helps.

Farrell said he had never heard Alan criticize, but had only witnessed him being supportive in recognizing those who are working hard and with this support he helps to motivate and keep enthusiastic those people who are trying so hard to make the club better.

In having this attitude and this ability to support Alan is an example to us all and particularly on occasions when we fall into bickering and blaming, it is invaluable that there is someone around to remind us to appreciate the effort of each other and keep working towards our goals.

For this latest gesture, where he has donated a Launch after seeing so many people working hard each Sunday to get the junior section going earlier in the year, we are incredibly grateful. This has given us a major boost, however Farrell emphasized that this is not all we are grateful to Alan for as it is his continual support over a period that is longer than most of our lifetimes that makes him really special and all of us today very grateful.

Tim Crooks rounded it off by shouting three cheers for Alan Spong.

After the launch, Alan was introduced to the newly appointed junior boys' and girls' captains and then enjoyed a ride in the launch while the rest of the company adjourned to the Bar and Clubroom to enjoy a beverage and a burger.



Captain's Report

Farrell Mossop

The Henley Problem

Every year we seem to develop a good number of promising novices and intermediates and every year we hit a familiar problem – Henley!

Just when they get themselves to a level of training and skill to support a challenge in the normal club regattas for the S4, S2 and possibly S2 events they ask if they can race at Henley!

For some reason everyone seems to get obsessed about the badge of competing at Henley and forgets about just trying to do their best at club regattas that are just as much of a challenge for them.

Depression often follows when they realise they are not ready YET and the word YET also seems to get lost as many decide to quit because they have mistakenly decided they're not any good.

Please, if you're in the above category, recognize the challenge of racing and eventually winning at events such as Richmond – ignore the Henley badge until you're ready. Ready is when you have won lots and lots at regattas like Richmond, Walton, Staines etc. It is much more worthwhile and much more enjoyable.

Crews winning at their status at Richmond, Walton, Staines is more important to the club than having crews that just turn up at Henley. When you are ready then go to Henley with the aim of winning a few rounds if not the whole event. - don't just go for the T -shirt!

We have not won at Henley Royal since 1983 when we won two events.

Luckily, this year there are a few male athletes with the talent to win who have actually followed a sensible programme and have the right attitude to succeed.

Henley Womens

In latter years the experienced female athlete within this club (often under the gentle guidance of Ian South) has adhered to a very professional all year round approach towards meeting the demands of winning Henley Womens. This started with juniors and has brought unprecedented success for Ian and his crews.

This year Kate Hewitt and Louisa Rowbotham have been aiming to capture the Double Sculls event at Henley Womens to go with the Pairs event they won last year.

Unfortunately though they have taken a "knock back" through an injury to Kate's back that has kept her from training for a few weeks. At time of writing both are considering whether the injury has healed sufficiently to allow them to perform. Lets hope they can and they can return to form in time for Henley womens.

After competing at Henley Womens regatta they are hoping to join two others and compete at Henley Royal Regatta. This will be a tough challenge, as the club has not won a women's event at Henley Royal Regatta since 1982.

Jo Hammond

At time of writing (2/06/04) Jo Hammond, lightweight sculler, continues in her quest to make the Olympic team. There is no event for a lightweight single at the Olympics so Jo has to find a way to force herself into the double that has been together as a unit for several years.

Jo has performed well at the first two World cup regattas in the single (despite having her boat damaged on the way to Munich) whilst the double has not really performed well enough to justify being left as a unit without trial.

Jo came second at final trials behind one member of the double and well ahead of the other, but apparently that member was ill –why did she compete?

Jo, coached by her partner Matt Lusance, holds the world record on the ergo and has only been sculling a couple of years.

At time of writing Jo has been offered one seat race in the double on Saturday 6th June, I really hope this works out well and Jo gets the seat.

If Jo does not get into the double she will go to Lucerne and the World Championships in the single. What ever happens, we are fully behind her.



Juniors

Fantastic! Well done to our juniors for achieving what is so far an outstanding start to the year with all the wins at Birmingham, Twickenham and the Boys silver at the National Schools Regatta. Don't want to steal Boysie's thunder so I'll let him fill in the details elsewhere in this quality tabloid.

From where it began (60 Junior starters in September all moving in a fairly frightening & disorganized fashion!) to where it is now with the smooth organization, the sponsorship opportunities, the grant for a professional coach and the probability of getting the Sport England Clubmark status it is a real achievement.

Not much due to me and everything due to the three junior leaders Boysie, Martin Ellis, Dan Ganazinni plus their army of volunteers.

Also a special mention must go to Dermod Sweeney for his hard work in preparing our Clubmark pack for submission this June. Clubmark recognition being an essential building block in the forward development of the club.

Junior Squad update

Paul Reynolds

Junior section kindly sponsored by Lords residential property & lettings

Juniors seem to get more enthusiastic as the summer goes on and I mean the parents not just the athletes. We kicked off the regatta season with Birmingham as a bit of a baptism by fire. Entering 22 crews we got into 11 finals and won five of them. Some very good racing, great weather and lost of fun to establish the racing ethos for the rest of the summer.

We have since entered Thames Ditton and Twickenham and are racing at all levels from J12 - J16 - total wins so far is eight. The group has segregated into Reds - who race regularly, Blues - they race less often but are gaining in confidence and Whites - where the guys are happy to enjoy rowing on a Sunday morning.

There are now two Junior Captain - Luke Ellis and Hayley Kugele (Hayley with her sister Rachel - both 15, won Women's Novice 2x at Twickenham against some very big oppo - and into a headwind) - they were announced by Alan Spong at the recent boat launch. All the juniors were really pleased with Alan's gift of a coaching launch. Having two launches is essential for training sessions as on a Sunday we can have up to 12 boats out at any one time. We share both launches with the senior groups and on Sundays we can have one boat as a safety boat around the club for the less experienced and one which can take the better crews off up river.

We took all the guys through capsizing drill in a local swimming pool and had the chance to meet the new Project Oarsome - Dan Genazzini is doing a great job on these new members and reports elsewhere.

Plans for the summer include Chris and Tom racing at the Nat Schools - a big challenge but great experience - a big entry for Egham, Kingston and Molesey Juniors - and perhaps a couple of crews at the Nat champs.

The J14s missed the gold at Nat Schools by 1.7 seconds almost rowing down a huge crew from Marlow. They were pretty chuffed with the silver though!

Formal interest has now been expressed by Tiffin Girls and The German School in Ham to set up formalized rowing programmes and the Local authority has offered to consider schemes to support Junior rowing at KRC.

Finally parents confirmed their support for what is happening at a recent parents meeting. A raft of volunteers came forward to help, decorate, clean, organize and even to try rowing!



Veteran Rowing Terry 'Goz'Gostling

KRC Leviathan

The idea of having a monthly row and general gathering for those KRC vets who enjoy a bit of banter has brought forth a very gratifying response. At the present time the mailing list numbers some 25 people with 18 of those being willing to take to the water. As a "Trivia" comment 22 of the group have unknown proper names but are known only by nicknames that were given in the distant past. It would be true to say that if a none KRC person turned up they would have little clue as to whom they were talking.

We have one of the finest coaches available in Queenie King. If anyone knows how to pull a cork he does. He very rarely pulled a blade, which is just what we needed. It was our coach who came up with our name. Baron Beynon is our overseas sponsor. Having won the club draw he very kindly donated the proceedings to the welfare of the Leviathan and placed a generous funding behind the bar, which in turn has played such a large part of his life. Our boatman Gus Gait looks after our equipment needs, which are few. He is even as I write looking out for some "slipper" blades, which may be more suitable for some of our group.

We will shortly be appointing a secretary in Lurch Ayling to cope with the vast amount of correspondence, some from overseas, and those who fall into the category of "Leviathan groupies".

On the last outing, without the normal stroke and coach, the Leviathan VIII made it without a stop to Hampton Court. The crew was high jacked by Rambo Lewis who showed little feeling for his 7 man, Piglet Pearce who I am told could remember nothing above Kingston Bridge. . Have no fear. Normal stroke and coach will soon re establish the scheme of frequent technical and race plan discussions during outings.

I hope this overview of the KRC Leviathan gives you some idea of our aims, and hope that a few more of our vets may wish to join us, once a month purely to enjoy the company.

FISA Masters Regatta, Hamburg, 2nd-5th September 2004

The entries for this regatta close on 1st July 2004, so if anyone is interested in going either as a competitor or a spectator, or just wants further information, could they let Angus Gait know as soon as possible.

Treasurer's Report Angus Gait

To start, some good news for a change. This year we have received donations of £2000 from the 200 Club and £2000 from the Kingston Head. Last year we received donations from the Veterans' Dinner and the Small Boats Committee. All these are run by volunteers whose contribution to the Club is rarely acknowledged and frequently unknown, so I would like to thank them all. I've taken the risk of mentioning some people, thereby leaving myself open to upsetting those I've left out, but I hope to produce a fuller list in a future issue. The Club intends to invite those of you who help like this to a luncheon to thank you for your support.

Bryan Jones runs the 200 Club and has some vacancies, so for £15 (or multiples thereof) per year you too can have the chance of winning £50, £250 or £500. Scott Tunbridge organises the Veteran Dinner. Peter King (entries), taking over from Sue and Colin Maddison, Mike Preiss (timing), Guy Lewis (start marshals), Richard Higgins (boating) and Steve Drury (chief umpire) organise their teams for the Kingston Head. Behind these luminaries are their teams of helpers who turn out, whatever the weather, to lend a hand. You may be surprised to learn that the Club receives a donation from Molesey Boat Club because Mike's team time the Molesey Veterans' Head.

You will recall that at the Financial General Meeting in December, the Club's financial year was changed to run from April to March. The purpose of this was to allow the treasurer time to prepare the accounts for presentation at the AGM, rather than having a separate FGM. This year is a transition year in that the accounts are for the period August 2003 to March 2004. You will be pleased to know

that they show a surplus of about £8,000 for these 7 months. However, this is a misleading picture of the Club's financial state. Autumn and winter are when subscriptions and rack fees should be paid, and usually most are. However, from April to September, there will be virtually no subscription income and expenditure will continue at the current rate or greater. We are, therefore, living on our savings and the current regime of restricting expenditure to essential items must continue.

Subscriptions 2004/05

The Committee will be considering the subscription rates for 2004/2005 in the next few months so that they can be presented at the AGM, so if you have an opinion on the subject, the Committee would be pleased to hear it. However, it is worth stating the following rules. Subscriptions and rack fees are due to be paid in full by 1st October. Payment of subscriptions in instalments may be allowed at the discretion of and by arrangement with the Committee but, as this involves extra costs in terms of Bank charges and administration, a charge of £5 per additional payment will be levied (e.g. £25 for paying in six instalments). Late payment of subscriptions may incur a late payment charge.

International Rowing

Damian West

While most people were getting back to work after the Easter break, the aspiring internationals from KRC were all in Hazewinkle, the international course just outside Brussels that the national squad use for their final trials. Mathew Pinsent was notable by his absence, however Jo Hammond, Sarah Birch, Kate Hewitt, Louise Rowbotham, Rebecca Romero and Kieran West were all there representing KRC and hoping to book their place in the Olympic team.

The trials took place over two days with a time trial and Semi Finals on the first day and the finals on the second day. The outstanding result of the KRC athletes came from Jo who in her final rowed through from practically last off the start to finish second, beating ex World Cup winner and World bronze medallist Helen Casey in the process.

Elsewhere Kate and Louisa put in a strong performance to finish fourth in the pairs (a result that was not reported in the national press or Regatta so we're one step ahead of them in editorial control!). They just missed out on selection to the World Championships (by one place) but hopefully the result will inspire them to continue in their efforts next year. Both Kieran and Sarah are no doubt disappointed by their results. Both are athletes of high standing and will be hoping for the opportunity to demonstrate their ability as the season unfolds.

In the first World Cup event of the year Rebecca Romero scored the result of the KRC representatives, winning the 4x competition. This was followed up by a strong 2nd place in the second World Cup event. Elsewhere Jo Hammond and Kieran West are still striving for that all important Olympic selection while Sarah Birch, selected for the World Championships in the Lwt 4x will have the opportunity to race in her Lwt 4x for the first time in Lucerne in mid June.

Safety

A reminder that on Sunday mornings a new circulating pattern has been in operation for the past two months. This allows the Junior groups to have between 6-8 small boats (depending on weather and wind) out on the club each.

Scullers leave the KRC raft and head upstream on the Surrey bank. They then turn around a buoy that is about 20' from the Surrey bank just above the old power station outlet. Scullers go around this buoy and then move downstream in the middle of the river and turn just in front of the club. There is always a safety boat out with them and bank support who are in contact using walkie-talkies.

This seems to be working without problems - please bare with us it means juniors can be closer to the bank for security and coaching purposes.

Note - Please try to avoid 500m pieces on the club reach on Sunday mornings.

This circulating pattern also operates on Wednesday and Saturday afternoons from 4.00-6.00



The Naked Sculler

A big thanks to Tim for his talk on the rowing and sculling stroke. It was so successful and entertaining that there was a sequel.

Dates for the Diary

Sat / Sun 10 & 11th July

Kingston Regatta

Help will be needed to run this successful weekend, please volunteer!

Social Events

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

Social

The Club bar is open for business on Tuesday and Thursday (and for a trial basis –Wednesday evenings too) evening as well as Sunday lunch time.

Food is generally available on a Thursday evening. This is a voluntary service and anyone can offer to help / cook. All profits from the bar and food go straight back into the Club.

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!!!

Bouquets

Kingston Rowing Club would like to **THANK** the following



Ray Merrall (& family) – for an entertaining and successful quiz evening

Successes

Wallingford, May 2004

Three KRC pairs made it to the Final with Andy Hall and Simon Lack winning.

Twickenham, May 2004

Louisa Rowbotham won the WS3 1x and Rachel and Hayley Kugele the WN2x.

Metropolitan, May 2004

Louisa Rowbotham won the WS3 1x

Although there were no wins at Thames Ditton it is always nice to be able to report that KRC beat a near rival with the S3 8 beating Molesey in the heats.

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:	Craig Elliott	(craig.j.elliott@lineone.net)
Social Events:	Mary Elvin	(07780 706445)

Committee 2004/05

It is coming to the end of another season at KRC and it is the time to think whether you want to support your club further by joining the committee.

In the near future nominations will be taken – forms will be put on the notice board by the telephone.

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 very own iron maiden has been chosen. For those of you who partake in Tuesday evening's circuit sessions you'll understand the iron maiden reference...yes like a medieval torturing device (or is that the equally torturous eighties heavy metal onslaught?) she puts Kingston's athletes through their paces (Men, Women, Novice, Vet...all)

...Who you are...15 QUESTIONS

Name:- Birgith Sims

Status / position with KRC? Vet D sculler/ rower & leads the Tuesday night circuits class at the Club

Questions:-

1. How long have you been associated with KRC?
Been at KRC since 1980
2. What attracted you to rowing?
Watched TV and admired the elegance of the finalists in the Lwt 4- (1960)
3. What do you consider your best achievement so far in this sport?
Stroked the Danish 8 in the Finals of the European Championship in 1971
4. Do you have an anecdotal story you'd like to share (any embarrassment to other KRC members is allowable at this point)?
Won the Elite 1X at Notts City Regatta in atrocious conditions only to see the club's most technically gifted sculler pull out of his Final because it was too rough...(no names, but shame on the club's canoeist)
5. What are your aims for the forthcoming year/ 2 years?
World Masters Games in Edmonton, Canada 2005 & staying healthy
6. What is your favourite rowing location and why?
Adelaide – Sun, Sand, VB's and Mosmen
7. What do you do professionally?
Veterinary Surgeon
8. Who would you want to meet most (dead/alive)?
Linford Christie (10 years ago when his thighs were at their peak)
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?)
No...Nelson Mandela (do read his autobiography)



10. Desert island time, name 5 songs you'd want to be marooned with...
'Fields of Gold' –Eva Cassidy, 'Waltzin' Matilda'-Rod Stewart, 'Hotel California' – The Eagles, 'Surfin''-Ernest Ranelin & 'Requiem to my friend' -Preissners
11. How do you chose to relax?
I swim
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?
Four – by far!
13. So, do you think KRC should be jumping on the calendar bandwagon and putting one out next year?
Yes, why not?
14. Do you fancy being in it?
Only if I can chose the position
15. What is your philosophy regarding your successes?
Train Hard – Have fun – Win easy!
(if you don't enjoy it, it's not worth it!)

200 Club

Recent winners of the 200 Club have been:

£250 Josh Pert
£50 Dick Offer, Paul Dare, Mike Smythe, Andy Kapica and Richard Nelson.

Are you a member? Bryan Jones has some vacancies and for £15 per year per number you could join the ranks of the winners.

Many thanks to Paul Dare for donating his winnings to the KRC Vamp Memorial Welfare Fund, which among other things, allows Club members, particularly the more elderly ones, to enjoy a free drink on a Sunday lunchtime at someone else's expense. Mike Smythe has also offered a similar donation to coincide with his return from New Zealand in the Summer. KRC is definitely the place to be on a Sunday lunchtime.

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.

or

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.

