

# The Scarlet Blade

Kingston Rowing Club's official newsletter

Autumn 2004

Sponsored by ...

## Captain's Report

Nigel Wilson-Dykes

Welcome back to all of our existing members and a warm welcome to all of our new members.

Although this is just a short note a few thank-yous are in order. I would like to thank Farrell for all his efforts last year. I would like to thank Paul Reynolds for the enthusiasm that he has brought to the Junior section, and thank those parents especially Martin Ellis, for their support given to him. Lastly, thank-you to this year's committee for looking after the administration of the club thus allowing me to concentrate on rowing.

I will do my best to build upon the success and momentum built up within the club last year and to that end, well done to Tom Waterfall and Simon Lack for their success in the Senior 2 Coxless Pairs at the Pairs HERR.

## Internationals

The Club congratulates the four members who achieved international recognition this year and for their achievements at the highest level of the sport at the Olympic Games and the World Championships.

Sarah Birch	Women's Lightweight Quad sculls ( Worlds' , 8 <sup>th</sup> place)
Rebecca Romero	Women's Quad sculls (Olympics, 2 <sup>nd</sup> place – silver medal)
Jo Hammond	Women's Lightweight single sculls (Worlds' 2 <sup>nd</sup> place – silver medal)
Kieran West	Men's Coxed Pair (Worlds' - 7 <sup>th</sup> place). Also rowed in the Eight's heat at the Olympics

We are proud of them and their association with this Club

## Junior Squad update

Paul Reynolds

Rebecca Romero stimulated all of us at the season kick off - 160 folk turned out to listen to her talk about junior rowing and to see her medal.

Following Rebecca's visit to KRC the Juniors have kicked off furiously - 25 mums dads and juniors spent a Saturday and Sunday cleaning out and redecorating the captains office - and putting carpet down!!! refurbishing the boats and generally getting ready for the season.

About 48 of last years athletes have come back - six more of last years project Oarsome have joined and we have a waiting list of 40 plus which we will trim down to 20. four juniors have progressed to the senior group to extend their training intensity's we are running at about 65 juniors so far this year.

Other good news, our community sports coach Fiona Lunney, has started work in earnest with training on Tuesday and Wednesday with the juniors coupled with a long session from 8.30 - 12.30 Sunday mornings. Fiona is also coaching the German School (Ham) - they have linked up with the club's juniors and train on Tuesday afternoons. Tiffin Girls' School have appointed a rowing master, Oliver Knight, to oversee weekday training of the 20 Tiffin girl's now rowing at KRCJ. Oli is an



ex-Cambridge oarsman, he has an Instructors Award (IA) and will be using some of his Triathlon experience to put the girls through their paces this year.

Lizzy Walne has come back to help get some of the parents rowing on occasional Sunday mornings - next session is, in fact, on Saturday 6 November - if parents would like to join - email Caryline Warner at [malcolm@57fairfax.freereserve.co.uk](mailto:malcolm@57fairfax.freereserve.co.uk)

One of our sponsors from last year Guy Salmon has extended their interest - we are waiting to hear about a Sportsmatch grant of £1500 to match monies put in by them - the plan is to buy some decent sculling blades and to rig an eight as an OCTUPLET for J13/J14 to race and train.

Guy Salmon have also funded KRC rear window stickers - so pick one up next time you are at the club. The Juniors are giving up their time to help at the launch of the new Range Rover Discovery on Sunday 24th at Sandown - if you'd like to come and try it out call Emma at Guy Salmon on 020 8339 0200.

A good team of Sunday volunteers have also spring forward - many of whom are enrolled in both the IA coaching course and Dry start course which Fiona has organised - these start in November - if you are interested in attending contact foams on [fionalunney@hotmail.com](mailto:fionalunney@hotmail.com) - if you are interested in helping on Sundays email Boysie on [paul@the-reynolds.com](mailto:paul@the-reynolds.com)

## Masters

### Birgith Sims

Masters is politically correct speak for veterans and this year the FISA Masters Regatta was held in Hamburg. Birgith Sims reports.

So what is it like to go to a FISA Masters Regatta? Many moons ago, I was persuaded to row in my first master's regatta. It turned out, that if you knew which end of an oar to hold on to and you were not too obese to get through the shoulders of the boat, well the medal was yours. You did also have to suffer the sight of beer bellies and rowing shorts your mother would not even contemplate cleaning the windows with.

It was another 10 years before I was persuaded to go again!!! Then, Kingston Rowing Club fielded TWO women's veteran A eights, taking first and second slots. Now 25 years after my first attempt at being an old git, it is a totally different experience. A total of 26hrs of races, 6 lanes off every 3-4 mins. German race organisation at it's best. The weather gods had been bribed so we enjoyed flat water and 26 degree C. The catering was also Germanic, Weiss beer and Bratwurst. Perhaps not the best food to race on, but for the delicate digestions (that's me) there were fresh pineapple chunks and slices of watermelon to quench the thirst.

So how did Kingston fare on the water? We fielded the smallest contingent ever. Andy Kapica who returned the proud winner of 2 medals for his efforts in the gentlemen's fours, sadly rowing as Tideway Scullers, and I had the pleasure of stroking the Danish Quad to success (rowing as Kingston I hasten to add). Sooty also took off his official blazer to cox our pan-European women's eight, but failed to organize the disqualification of the crew who beat us. Must do better next year, Sooty. Our attempts in other boats, including that of a mixed double, alas were worthy only of seconds and thirds. Later, when I sat quietly quaffing my beer, the view was no longer that of poorly disguised lard, sad married gits trying for a quick leg over or the patched up, held together by string and cellotape, waterlogged novice men's boat being loaded for return to the clubs. It was luscious legs in lycra, Brazilian female athletes who turned heads, not only because of their designer outfits, training programmes being exchanged, 'Empacher', 'Sims', 'Stamfli' and 'Fillipi' being loaded with great care. Yes, the beer was freely flowing at the end of Saturday, but it was downed by real athletes.

I guess, what I am trying to say is; Masters rowing could well be for you too. It is not a soft option any more. It is a great chance to experience multi-lane racing, and it is a good finish to the rowing season. In 2005 the Regatta will be in Glasgow. Those of us who went there 15 years ago will tell you about the best 'after racing' party ever experienced. The organisation committee has promised to do it better this time!

May I encourage all of you with an interest in going, to book off the second weekend in September. It would be fantastic if we could better the turnout from years back when the Kingston gang stole the show on the water and at the dinner (Red jackets and dresses).



## **Veteran Rowing**

### **Leonard Cheston-Porter & Terry 'Gozzo' Gostling**

#### **KRC Leviathan**

The Leviathan, which cannot be considered politically correct in any way and has adopted as its mantra "Keep the red bits dry", continues its unstoppable progress. Leonard Cheston-Porter and Gozzo have submitted the following.

The KRC Leviathan membership goes from strength to strength. Our last outing in September had an VIII and a IV+ on the water. Both returned from outings to Hampton Court in reasonable, if not perfect, condition. They were greeted in the bar afterwards by those other Leviathans who prefer to assist by offering subtle coaching comments and hints on fitness. These comments are of course greatly appreciated by the rowing athletes and many a healthy conversation has ensued.

Our sponsor money was not wasted but was invested in a splendid Sunday luncheon organised by our coach the Queen and his dedicated team. Copious amounts of mineral water and raw carrots were consumed. On this score also our coach feels that a training/bonding weekend might be appropriate and a trip to a Prague training camp is being investigated.

We are also looking at the possibility of spending some money on improving the vessel in which we take to the water. We want something that doesn't wobble about quite as much and which we can manage to lift off the rack.

Our KRC Leviathan membership continues to grow and of course stretches across all generations of KRC vets who would just like to keep in touch on a monthly basis. I have stated before that you do not have to row. It is a gathering of KRC persons who still wish to keep a contact with the club. If you have been thinking of coming down, please hesitate no more. We would all like to see you and have you swell our ranks.

Current KRC Leviathan Group members are: (in no particular order) – Terry (Goz) Gostling, Guy (Rambo) Lewis, Peter (Queenie) King, John (Le Baron) Beynon, John (Whitey) White, Patrick (Quackers) White, Peter (Piglet) Pearce, Chris (Dawsey) Dawes, Ian (Twiglet) Wylie, John (Scully or Scullido) Burrows, Richard (Lurch) and Astrid (Atilla) Ayling, Matthew (Weasel) Christie, Bob (El Bobsy) Pinsent, Tim (Brammy) Bramfitt, Terry (Tubs or Big D) Dawson, Leonard Urquart (Cheston) Cheston-Porter, Anthony (Shoeshine) Brunt, Graham (The Rat) Orriss, Richard (Horatio) Nelson, Gabriel (Gabe) Steer, Angus (Gus) and Diana (Di) Gait, Rodney (Jasper) Hedont, Guy (Shoulders) Wibberley, David (Sooty) Biddulph, Ken (Perry) Perou, Mike (Humpty) Preiss. Richard (Double R) Rowland.

The Leviathanites meet at 10.00am, Boating by 10.30am on the appointed Sundays. The Outings last between 75-90 mins (depending on breathers!). To notify availability for outings or willing support as a Leviathan "groupie" in our de-briefing meetings held in the club bar, contact the KRC Leviathan Hon. Sec., Leonard Cheston-Porter email: [LURChestonPorter@hotmail.com](mailto:LURChestonPorter@hotmail.com) ; You will then receive the regular emails from the group.

Forthcoming Outings - November 14, December 12 (including Leviathan Christmas Lunch), January 16, February 13, March 13 – Other outings can be confirmed through the Leviathan Hon. Sec. We would lastly like to pay tribute to the KRC - Leviathan Group sponsor – Le Baron aka John Beynon, whose donations to the group "Fitness Fund" have kept the Leviathan's wheels well oiled during the year.

## **Treasurer's Report**

### **Angus Gait**

Welcome to the new rowing year and that means that subscriptions and rack fees are due. Subs are £260 for a full member, £50 for an honorary member and £130 for casual, student and junior. As a reminder of what your membership entitles you to, honorary members are entitled to use the bar, the shower and changing facilities and wear the Club tie at Henley and elsewhere but not to use the boats or training facilities. Full, junior and student members are entitled to use selected boats and training equipment subject to the Captain's permission. Casual members are also entitled to use the training



equipment and selected boats on an irregular basis, again subject to the Captain's agreement. All membership grades are acceptable for Remenham membership provided you have satisfied the other joining criteria.

I now have to bang on about insurance for a bit. As you know, if something untoward happens to you these days its not down to you or the Will of God but its someone else's fault and they can be sued. Ipso facto you too can be part of the legal profession's gravy train by being on the receiving end of a claim, so its a condition of racking your sculling boat at the Club that you have your own insurance for it. You, and anyone else using the boat, are also advised to be ARA members as this a civil liability insurance scheme and a paltry personal injury scheme. The death benefit may make a dent in the refreshments bill at your wake, but little else. The Club does not insure anyone for personal injury, so if you want this insurance, you must take it out for yourselves. Private boats in the boathouse are stored at the owner's risk; there is no acceptance of responsibility (or provision of cover) by the Club.

## **Secretary's Spot**

**Richard Rowland**

RR writes, with a nod to Lord Kitchener:

The Club Committee this year is small in number and therefore seriously challenged as to the time individually we have available to tackle properly all the problems facing the Club. Some of these problems are quite specialist – such as environmental health and food management (establishing the arrangements to run the kitchen and ability to advise on various aspects of the often abstruse regulations involved rather than actual catering), the management of the web-site (at a practical level, not necessarily with anorakical excellence) – whereas others are more prosaic – for instance, help with coordinating grant applications, running the Heads in November and March, planning work on the interior decoration of the boathouse and progressing contacts with the Council and associated bodies in a number of areas (increasingly an issue as the Club's activities acquire a higher profile in the local community and the time for replacing the current lease approaches). All this work can be done in one's own time and is not intended to include participation in the rigours of Committee meetings.

Please contact me (via 0208 892 2015 or richard.rr@tiscali.co.uk) or Guy (via 0208 878 8433 or guy@guylewis.fsnet.co.uk) if you feel you can help out at all in any of these areas or if you would like to offer particular, even esoteric, skills for which you can see a possible use. It is all grist to the mill, and complete confidentiality is guaranteed.

## **Boats & Equipment**

Without fully maintained and loved boats and equipment we would not have a Rowing Club. Each year a request is made for all active rowers to look after the boats and in particular STOP cannibalizing the fleet.

If there is a need to borrow pieces of kit from one boat to another, this should not be done without express agreement from the Club Captain and after use it should be returned.

If there are faults in the boats PLEASE inform the captain / coach or use the message board, do not walk away from the problem thinking someone else will deal with it.

Here are a few pointers that should ensure our boats last longer;

- Hose and sponge down the boats after use
- Ensure that footplates are adequately attached (with butterfly or equivalent nuts and washers) in 5 positions to minimize wear and tear.
- Do not overtighten the riggers as this causes the flat metal pins to squeeze and damage the shoulders
- Do not put your feet in the hull of the boats when getting in / out. Place your foot forward at the boxed section of the deck with your toes over the front so that your weight is within the shoulder area otherwise the boat gets damaged.

## **Safety**

A reminder that on Sunday mornings a new circulating pattern has been in operation for the Junior squad. 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 which 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 plus bank support who are in contact using walkie talkies. This worked well last year 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

## Dates for the Diary

Saturday 30<sup>th</sup> October

Club Halloween Party

Saturday 6<sup>th</sup> November

Fours Head of the River (10am)

Sunday 7<sup>th</sup> November

Kingston Small Boats Head

*Help will be required to run this successful Head, please volunteer!*

Friday 19<sup>th</sup> November

Veterans Dinner

Sunday 2<sup>nd</sup> January '05

Vamp's Rum Punch Eights

*Help will be needed to organise this successful club day, please volunteer!*

Friday 25<sup>th</sup> February '05

Annual Dinner at KRC (professional caterers, bar and black tie...book the date in your diary)

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](mailto:info@kingstonrc.co.uk)

## Social

The Club bar is open for business on Tuesday and Thursday 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



Peter Hope for the hard work performed on the Hall and landing floors

Steve Molloy for organizing the Triathlon

David Ford for updating the International and Captain Boards

The Junior parents for their great work around the Boathouse

## Successes

A win at the Pairs Head!

Tom Waterfall (S) and Simon Lack (B) won the S2 2- category.

## Who's Who

### Committee

The principal appointees for 2003-4 are:

President

Dick Offer

Captain

Nigel Wilson-Dykes

Treasurer

Angus Gait



**KINGSTON ROWING CLUB**

Secretary      Richard Rowland  
Chairman      Guy Lewis

### Other useful contacts

Welfare Officer      Melanie Court-Smith

### Useful Contacts

KRC & website:	<a href="http://www.kingstonrc.co.uk">www.kingstonrc.co.uk</a>	(0208 546 8592)
Adult Rowing enquiries:	Nigel Wilson-Dykes	(07801 713558)
Junior Rowing enquiries:	Paul Reynolds	(07957 365114)
Membership:	Craig Elliott	( <a href="mailto:craig.j.elliott@lineone.net">craig.j.elliott@lineone.net</a> )

### Remenham

At the last Remenham Club Committee meeting Nigel Main was elected on to the committee as the 2<sup>nd</sup> KRC representative together with Guy Lewis. Nigel replaces Richard Higgins who remains on the committee as vice-president.

Kingston members will be pleased to hear that Ralph (lucky legs) Scott who is the Remenham treasurer, but not in his customary position in the treasury box this year, is on his way back to good health although currently bald.

Although Henley is ages away there are some places available for Remenham membership.

Membership is limited to 1,000 places for the founding clubs (London, Kingston, Molesey, Staines, Thames, Twickenham and Vesta).

To be considered you must have been a member of a founding club for 3+ years (2 if you've competed at Henley or internationally) and attained 4 rowing/sculling points.

Annual fees of £20 represents great value, please contact Nigel Main [[nmain@compinformation.com](mailto:nmain@compinformation.com)] a.s.a.p if you are interested.

### Kingston Amateur Regatta

There is also Kingston Amateur Regatta (KAR). This is run separately from the Club but contributes significantly to the local environment within which the Club operates. It involves important elements of the local community in rowing and raises the profile of the sport in the Borough. The following review of the Regatta this year is provided courtesy of John White, the Chairman of KAR:

In each of the last few years we have improved the regatta, its profile in the town and its financial viability and this progress continued in 2004 with the following highlights:

- For the first time we had two full days racing over the weekend, with 216 races for 220 crews scheduled for Saturday and 160 races for 149 crews scheduled for Sunday. That's more than Henley in five days.
- On Saturday's we had a large entry from Calpe RC of Gibraltar in their run-up to the National Championships.
- On Sunday we had over 100 juniors (50 in the J13 and younger groups), largely stimulated by the amazing new junior section at Kingston Rowing Club.
- The subscribers' lunch on Saturday was enjoyed by selected old soaks from the club. Plus two councillors from RBK, leader of the Richmond Council, Director of Sport from KU plus guests, and the prospective parliamentary candidate for Richmond.
- Martin Ellis organised a Junior buffet for 50 KRC parents and juniors.
- The regatta was sponsored by Kingston University, Hampton Court Palace, Royal Bank of Scotland, and Honeywell. Kingston (RBK) gave a grant. We have put the finances on an even keel and have made a small profit in the last few years.
- The regatta now features in local papers in February, May, July (once before and once after).
- A banner across Clarence Street advertises the regatta for two weeks.
- The Mayor presented prizes on Saturday and Keiran West and Tom Stallard did so on Sunday.
- The commentary was relayed over to Charter Quay.



-A superb website at <http://www.kingstonregatta.co.uk/> was donated by Stephen Bedser, proprietor of WebBrew Media Company. It has now had over 7,500 hits.

- Also, a photographer, Paul J Wright, took hundreds of superb action photos that can also be seen, and even purchased, via the site.

Our objectives for the future are:

- to continue to strengthen the rowing programme;
- to continue to build up the public profile and get more of the public down to watch;
- to develop the financial strength to enable us to give financial support to local rowing.

General feedback is that the regatta is a well run and enjoyable event, which makes the experience very rewarding for the committee. However, a couple of the committee have had to resign following this year's event and help is needed with administration (Secretary, Membership Secretary), publicity or sponsorship to sustain KAR. These are not very demanding jobs and are spread throughout the year, culminating in an immensely satisfying regatta -to be held on July 10th and 11th in 2005. Please contact John ([john.white@bcs.org.uk](mailto:john.white@bcs.org.uk) or 07711 168671) if you can help at all with KAR or even if you would only like to become a member and enjoy / take advantage of the hospitality facilities of the Enclosure.

The Club stands to gain considerably from having such a successful event on our doorstep. It is also important in the wider context for the Club that KAR succeeds. To be involved with the event in some way may better suit your personal calendars.

PLEASE consider what time you have got for any of this (bearing in mind that it can be just doing things and not talking about it) and get in touch with Guy, John or myself. The Club and the Regatta desperately need it and will use it profitably.

## 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 sharp talking and shrewd wheeling, dealing second hand property salesman...yep! Guy's the man!

### ...Who you are...15 QUESTIONS

Name:- Guy Lewis

Status / position with KRC? Current chairman

Questions:-

1. How long have you been associated with KRC?  
I joined in 1969
2. What attracted you to rowing?  
I was born on the river at Chertsey and had to row across it every day to get to school. My father was a KRC member and I first attended Henley Regatta when I was 1 y/o.
3. What do you consider your best achievement so far in this sport?  
Racing over the Henley course in a time of 6 mins 27secs in a Thames Cup heat, the course record at the time was 6mins 32secs. We raced in the Karlisch which the club still owns.
4. Do you have an anecdotal story you'd like to share (any embarrassment to other KRC members is allowable at this point)?  
Boysie was always keeping several girls on the go in his youth, one year whilst at Henley all the KRC crews were staying at a hotel in the town. I was in the Thames Cup VIII and Boysie was in the successful Brit IV. Whilst sitting down to supper one evening one of his harem called round and Boysie suggested she wait in the lounge whilst we ate. He had forgotten that we had brought back a number of photo's of the crew taken that day from the booms, one clearly showing Boysie draped over across another. She obviously found them and made a



loud and hasty exit hotly pursued by a certain P Reynolds esquire...

5. What are your aims for the forthcoming year/ 2 years?  
A new landing stage and the continued resurgence at KRC at the Junior and Senior levels.
6. What is your favourite rowing location and why?  
Marlow Regatta, the old course with all the bends and varying stream conditions. It was the last regatta before Henley and all crews competing were expected to do well. All opposition was of a high standard and watermanship played a big part in winning here and I was lucky enough to row and win there in crews who had exactly that!
7. What do you do professionally?  
I sell and let residential property, yep an estate agent.
8. Who would you want to meet most (dead/alive)?  
George W Bush, preferably dead!
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! Leonardo da Vinci, I want to know if he ever invented a racing sculling boat.
10. Desert island time, name 5 songs you'd want to be marooned with...  
'Come on'-Rolling Stones, 'Requiem for a princess'-John Thjrower, Jacques Lousier playing Bach, 'New York! New York'-Frank Sinatra and 'Bohemian Rhapsody' by Queen
11. How do you chose to relax?  
Talking b01locks with John 'scully' Burrows
12. Back to rowing, do you think Cracknell and Pinsent should retire or seriously contemplate going for Beijing? If so what boat do you think they'd have the best chance of gold in?  
I think they'll both retire, but if not go for an VIII. There are enough guys around now to have a very fast VIII in 2008
13. So, do you think KRC should be jumping on the calendar bandwagon and putting one out next year?  
Certainly do!
14. Do you fancy being in it?  
Yes!
15. What is your philosophy regarding your successes?  
Sticking with yer mates! Always gets better results than with your enemies, in other words good humour and friendship will create success.

## Club Website

We are looking for a volunteer in the club to keep the KRC website up to date. This was a job previously done by an informal group including Steve Pratley and Steve Molloy, but as we are about to lose these members to oblivion and the southern hemisphere respectively, the Club is looking for someone to pick up the website mantle - the club website is becoming increasingly important and so we need someone not only to keep the current information fresh, but also someone who can introduce new features and innovations.

If anyone has some web experience and is willing to take on this role, could they put their name forward to Guy Lewis, KRC Chairman on [property@guylewis.fsnet.co.uk](mailto:property@guylewis.fsnet.co.uk).

## Looking for a job?

Relative looking for a job?? - we are seeking ways to improve the management of the boathouse. One option is to swap the current cleaning company for a caretaker - we don't have loads of money to employ somebody but are keen to look at ways we can allocate the cleaning budget to somebody



reasonably close to KRC who can do the cleaning and some extra duties of management , tidying etc - if you have a relative who would like some extra cash for a few hours work a week - contact Boysie - 07976 38 54 53

## 200 Club

Recent winners of the £50 prize in the 200 Club have been Damian West, Geoffrey Reay, Vanessa Silverside, David King and John White. By the greatest good fortune, Jonesey was able to present John White with his winnings in the Bar who nobly shared his good fortune with the assembled members by purchasing a round of refreshments. Apart from the monthly £50, there are still a £250 draw and the £500 draw to come this year so, if you are not a member of the 200 Club, why not join now and give yourself a chance to win.

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

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](mailto:info@kingstonrc.co.uk) to let us know that you have done it.



## Coxswains' Test

[Adapted by a piece from Alexandria Community Rowing by Mark McMackin on how to cox on the Potomac, Washington]

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1. The cox's primary function is to . . .
  - A. Yell at people who aren't allowed to yell back.
  - B. Look good when everyone else is sweating
  - C. Glare at other river users
  - D. Glare at stroke
  - E. Evaluate then re-interpret coaching commands
  - F. Assure the safety of the rowers and the boat.
  
2. The first part of a two part command is the warning that the second part is coming. The second part means execute. Which of the following is not a two part command?
  - A. Ready to lift, and ... LIFT.
  - B. Next Stroke. ... ROW!
  - C. Christ! - EASY ALL, DROP AND HOLD HER UP!!
  
3. One loud and long single blast from the Turk's horn indicates . . .
  - A. The party has begun on board.
  - B. The captain is just helping the Oddbins delivery guy find the boat.
  - C. It is safe to overtake
  - D. The boat is about to depart its mooring site and will be underway immediately. If you are nearby it is probably a good idea to think about avoiding it.
  
4. One short blast . . .
  - A. is nice to have when you get home from work.
  - B. is another name for a coxswain who likes parties.
  - C. means the boat intends to pass you to his port (mnemonic: port has one syllable). Two blasts means he will be passing you to his starboard (two syllables).
  
5. Right-of-way is held by . . .
  - A. the better looking crew.
  - B. whomever will suffer the least damage in a collision.
  - C. any KRC Crew
  - D. Veteran scullers - this is in their unwritten rules.
  - C. whomever is overtaking during a race, whomever is overtaken at every other time. If overtaking is not part of the situation, the boat coming upstream has the right of way just as in car traffic the vehicle to the right at an intersection has the right of way.
  
6. A collision causing major damage, or swamping of the boat requires what action . . .
  - A. Announce in a loud voice that you can't swim and then dive in.
  - B. Immediately and loudly criticise somebody/something else - almost anything will do - so as to plant the belief in the crew's mind from the off that it wasn't your fault.
  - C. Create the impression that, however bad the situation is, it would have been ten times worse if it hadn't been for your presence of mind.
  - D. Wait to get picked up by a red-suited Baywatch star on a jet ski.
  - E. If you are seriously gorgeous: Don't worry. All the crew will jump in anyway and fight each other for the privilege of saving you.
  - F. Stay with the boat at all times. The boat will not go down even if it is totally swamped. Try and swim with it to the bank.
  
7. When it becomes apparent that someone is pinned by an oar that has caught a crab, the cox should . . .
  - A. Keep rowing but at a higher pace to teach that clown a lesson.
  - B. Stop the boat so that everyone can have a good laugh.
  - C. Stop the boat to make sure that no one is hurt.



8. The flow of the river is dependent upon . . .
- A. Effluent outflow from near the Marina.
  - B. Effluent outflow from the Walbrook RCC.
  - C. People messing about with the sluice gates at Hampton Court lock.
  - D. Tide, or/and upstream rain over the last 5 days
9. The part of a river which is affected by the tide is called . . .
- A. Really hairy
  - B. Our lane of the draw
  - C. Bestiary
  - D. Estuary
10. Chop and swell refer to . . .
- A. Nigella Lawson preparing a fruit cake
  - B. A Tae Kwon Do class that went wrong
  - C. The reasons we lost... again.
  - D. Chop is the immediate effect of the wind on the surface, and swells are the result of a fairly constant wind from one direction and results in waves that will continue to roll in that direction. Chop is a good indicator of how the wind will move the boat, and swell is an indicator of whether you can safely stay out much longer.
11. The coxswain can decide to return to the boathouse only. . .
- A. If a three quarters majority approve of his/her decision.
  - B. If it is Opening Time.
  - C. If it looks like rain
  - D. If s/he determines it is necessary, without clearing it with anyone (though s/he will inform the coach as soon as possible).
12. When approaching a Turks boat, the cox will . . .
- A. Lead the boat in prayer.
  - B. Call on VHF channel 16 and demand it gets out of the way.
  - C. Ram it. Who do these people think they are?
  - D. Think clearly ahead, giving it a wide berth as you manoeuvre past it, all the time checking for other boats coming in the opposite direction.
13. The blind zone refers to . . .
- A. A TV show from the 50's.
  - B. A dating bar for the visually impaired.
  - C. The area of the river's surface immediately in front of a boat which cannot be seen by the steerer of that boat. It extends from a few feet for a launch to almost a hundred feet for a barge. For most coxes, it extends to infinity.
14. The best way to take a really large wake is . . .
- A. To reminisce about the fine qualities of the departed, and remark how natural he looks.
  - B. At an angle so that the wave will travel down the length of the boat and get everyone equally wet.
  - C. Exactly parallel to it so the whole boat will ride up and over the wave.
15. A shortage of coxswains is . . .
- A. A group of them together, like a pride of lions or a flock of geese.
  - B. Directly attributable to the stroke's chilli and garlic diet.
  - C. A serious blow to a good rowing program.
16. A fisherman loses his line to you and becomes wrathful. You should say:
- A. "Serves you right, you chavscum loser, you could see we were coming."
  - B. (Loudly) "Let's pull in here and you guys deck him."
  - C. "Blimey! Where did he come from?" (Women don't fish)
  - D. "Awfully sorry. Would you like us to try and recover your float and hook?"
17. At the end of an outing, the cox should...
- A. Leap straight out of the boat, shouting "Can you manage, guys? I'm running a bit late..."
  - B. Explain to the crew that they are a bunch of useless spanners and that s/he is resigning as of now.



- C. Encourage the crew by summarising the progress made during the outing: "At least we overtook that WJ13 1X down at Ravens Ait...I didn't think we'd manage that."  
D. Assume and maintain full command of the boat until it is safely racked.

18. 'A.R.A' stands for...

- A. Absolute Rowing Anarchy  
B. Andy Rows Atrociously  
C. Amateur Rowing Association
- 

Answers: The correct answers are the final option in each case:

**Score:**

18 You are a coxswain extraordinaire and you are ready for the heavy traffic on the Thames. Do you already cox someone? Would you like to?

11-17 You are a knowledgeable person at the helm, and your crew had better appreciate you.

6-10 You can tell the difference between a boat and a hole in the ground.

3-5 If you came back with fewer rowers than you left with, it is not guaranteed you would notice.

1-2 Try practicing some more in your bathtub

0 Do you steer a *Lensbury pleasure craft*?

