

The Scarlet Blade

Kingston Rowing Club's official newsletter

Spring 2005

Sponsored by St. James's Place Partnership

Captain's Report

Nigel Wilson-Dykes

Winter training officially finished with the HERR on the 19th March. The Kingston first Eight followed up a fantastic result of winning our own Head the week before, by finishing 20th, with the second eight improving their start position by 54 places to finish 138th.

The women's eight, under the guidance of Birgith Sims, also performed creditably by finishing 73rd from a start position of 190th at the Women's HERR.

The racing squads have benefited from a consistent training plan over the winter and with coaches like Peter Hope, Tim Bramfit and Michael Clarke on board, we eagerly look forward to the summer racing.

With the improved performance of the club and an exciting Henley in prospect, now is a good time to be approaching potential sponsors. If you think you may know of any companies that may be interested please let me know.

Lastly, I am pleased to inform you that £500 has so far been raised for the club from rebates from my own financial services with club members. If you have any Trust and Estate issues or just need some general financial advice please don't be afraid to ask.

Internationals

Jo Hammond is currently training with the GB squad after winning the recent lightweight sculling trial in Boston.

Jo Hammond claimed a lightweight double bronze medal at the recent FISA Team Cup event in Seville. Kieran West was a member of the VIII that won gold on both Saturday and Sunday at the same event.

Junior Squad update

Paul Reynolds

Juniors are now an everyday part of KRC. Several wins this year but competing with the independent schools is proving hard. There are some 80+ juniors training and recent relationships with The German School, Ham and Tiffin Girls have been extended. The German School have signed up for fee paying coaching for another term and Tiffin Girls have recently launched a MINI rowing programme with KRC and RBK this will involve KRC & Kingston Uni student coaches training primary school kids at Tiffin Girls. This will be done on ergos which the council have provided on a temporary basis. Guy Salmon are supporting this programme and have also offered a further £2500 sponsorship to Kingston Regatta to run a dry regatta on a Jaguar display stand - between four local primary schools - for the Guy Salmon trophy! So lots of mums and dads turning up to watch!

We have another new sponsor in the form of Knight Frank - the international property agents. They are funding a scholarship scheme to find four J13 boys from outstanding athletes in the Kingston area. This is again being supported by Kingston Council and the final testing will take place at Kingston University.

A date for your diary - we hope to have a J13/14 Octo racing at Thames Ditton so come along and watch.

Any help with Sunday volunteers coaching rota would be most appreciated. If anybody is interested in taking a crew on to prepare them for the summer - again let Boysie [Paul@the-reynolds.com] know and you will get as much help as you need.



Veteran Rowing

Richard 'Lurch' Ayling

KRC Leviathan

On 23rd January, the KRC Leviathan Group boated two eights for the first time at last Sunday's outing. Although "Double R" seemed to need rather too much persuading to join his crew, Jonesey and Tim Pride "jumped" at the opportunity to forego their pairs outing and participate as full-blown Leviathans in the Trial Eights. The crews lined up as follows: -

"NO HOPE" Bow: Brian "Jonesey" Jones, 2: Anthony "Boots" Brunt, 3: Tim "Mothers" Pride, 4: John "Crud" White, 5: Gabriel "The Doc" Steer, 6: Richard "Horatio" Nelson, 7: Ian "Twiglet" Wylie, Stroke: Angus "Gus" Gait, cox: David "Sooty" Biddulph. Boat: Aylings composite

"HOPELESS" Bow: John "Scully" Burrows, 2: Ken "Ross" Perou, 3: Di Gait, 4: Richard "RR" Rowland, 5: Richard "Lurch" Ayling, 6: Terry "Gozo" Gostling, 7: Matthew "Weasel" Christie, Stroke: Guy "Rambo" Lewis, cox: Guy "Shoulders" Wibberley. Boat: Karlisch wooden.

Chief Coach - (from a lofty position on the M25) - Peter "Queenie" King

The weather conditions were ideal as both eights took to the water on a bright sunny morning with a slight breeze and plenty of goose crap to welcome them onto the already slimy KRC boating stage. "No Hope" was first to "cast off" and headed upstream. The more reserved "Hopeless" conserved their energy and followed at a distance behind. By Ravens Ait the crews had met and continued their warm-ups in each others company "No Hope" taking to the bank, and "Shoulders" doing his best to avoid hitting too much stream.

Even the paddling was already becoming competitive, and at Dittons the crews changed station and continued their warm ups to Hampton Court with bursts of 20 and 30 strokes. At Hampton Court the crews more or less agreed to do a piece downstream to the end of Dittons Island before the bend (about 1000m) from the Mole.

As the crews paddled down to the Mole, "Hopeless" was slightly ahead - at the off at several strokes higher than Gus in "No Hope", Rambo and Weasel giving their crew an aggressive start which had soon stretched out to half a length. Nearing Dittons (and half way) "No Hope" had countered and was only a few feet down, but as the crews contested the last 200 metres down Dittons Island "Rambo" raised the rate and "Hopeless" again went into the lead to win the first race by only a canvas.

After sufficient time for both crews to regain their composure, and pacemaker settings, they paddled off gamely towards Ravens Ait. Thoughts of another 1000 metre piece were put back, and a slightly shorter piece was agreed. As the crews took off, "Hopeless" again took an initial lead. This time though the mighty Gait supported by an equally mighty "Twiglet" pulled "Hopeless" back. By halfway "No Hope" was through and third of a length to the good and moving away as a Kingston Grammar School quad decided to turn into the centre of the river giving "Shoulders" no choice other than to abort, which was the best news for everyone, but honours were even, the verdict being half length to "No Hope" at the stoppage.

Any hopes of a decider were dashed when firstly a sailing regatta had taken over the Club Reach, then more disastrously "Lurch" decided to part company with most of his seat, slide and rowing position, and with legs akimbo declared to the rest of "Hopeless" - that he didn't think he could go on. With 6 rowing - but egos intact "Hopeless" returned to the boathouse, and the various shouts of encouragement and otherwise emanating from "No Hope".

Both crews - then retreated to the warmth of the Showers and the fulfilment of the Coaching De-Brief in the De-Briefing room afterwards. As an added bonus the Leviathans were the major group in attendance where they block voted a complete raft of new revolutionary missives proposed by "Double RR" and seconded by Gus Gait. Then came the meal...

Chief Coach and Bon Vivreur "The Queen" and his lady the lovely Sylvie had prepared a marvellous New Year repast for the Leviathans. Their ladies, notably Mrs Rambo, Mrs. Twiglet, Mrs. Gozo, and



Mrs Weasel, had joined some Leviathans. Mrs Boots turned up to take Boots home and seemed to want to have attended. Pre-lunch the "Double RR" made everyone's day when on winning the 200 Club weekly draw he donated (most of) it to the Leviathan Whip standing proudly and hopefully at the bows of the de-briefing room.

The Menu was: Boeuf a la Reinne with assorted vegetables and wonderful red wine gravy, followed by Apple Crumble in a rich Calvados sauce covered discreetly by either double cream or Creme Fraise for the healthier (in mind). This was all washed down by a challenging red or white wine (out of a box), and finished off with whole Brie placed on either Ryvitas or Crackers. The cost a remarkable £6,00 only per person. Thanks to the chefs (or jugglers in the Queen's case) were proposed by the Goz. The meal had followed the Special General Meeting, coffee and cigars were handed out after 4.00pm and some Leviathans decided to make a real night of it sharing the company of such KRC stalwarts and socialisers as Ricardo Higgins and Peter Hope who were holding the bar up as dusk fell.

Veterans

Angus Gait

The distinction between the Leviathan and the veterans is starting to blur even before the post-training aperitifs are training. A regular hard core have been attending Birgith's circuit training sessions on Tuesday to build up the stamina and endurance that competitively racing four and a quarter miles requires then honing and toning particular muscles with Scully on Thursday.

The veteran squad is always on the look-out for young talent and the Remenham Head was an ideal opportunity to recruit. Such is the antiquity of some of the old stalwarts that even entering Veteran D meant that three fresh-faced hopefuls could be inducted into the mysteries of rowing when you're past it. Nigel Main, Colin Mercer and Brendan Togher were the eager young veteran virgins selected to be blooded. The head was on January 16th, conveniently held at Twickenham, and the crew consisted of Ray Merrall, Nigel Main, Andy Kapica, Colin Mercer, Brendan Togher, Tim Crooks, Andy Tompkins and Angus Gait coxed by Debbie Davies. The opposition consisted of crews full of old people from all the other Remenham Clubs. The result was not just a convincing win in Veteran D but, after handicapping was taken into account, KRC won the first division.

Buoyed by this success, the selection committee decided to see how old the crew could go and for the Molesey Head entered 'E' by replacing Colin and Brendan with Dermod Sweeney and Guy Lewis with Tristan Blaine stepping into the cox's seat after Mel Court-Smith's back could stand no further pounding from the power of the crew's catches. Sadly the elements conspired against us. The row up to Molesey was made in the teeth of a raging sou'wester, and the paddle to the start was through white horses and six foot waves. In the end 2nd place in Veteran E was the best that could be achieved against crews that train regularly and the row back to Kingston was subdued with only the brief opportunity to shout at a Walbrook cox, who was trying to ram us, brightening the proceedings.

Novice Squad

The Novice squad is growing under the guidance of Jon Shepherd and there is another Induction day on the 2nd April 2005.

This years Novices raced at the Remenham Challenge which was at Twickenham this year and enjoyed their outing and some members have recently gone through the hell that is a 2k ergo test...here's the commentary courtesy of Melanie.

Prior to start of test Jon was running around the gym with a plastic chain saw making funny noises, Good prep? Who knows?

The token Aussie, Ben, did really quite well, making the most noise and screams. Scott did not stick to the Plan given out, went off like a bullet and managed to control the finish but did not get the score he deserved. Has earned himself the nickname of "pace yourself" because he does not do it! Paddy went off like a crazy man and burnt out, the splits were dropping and dropping, then Tina and Harriett managed to save his ergo score, as he finished respectfully...Girl Power saves the day!! Paddy is a ladies man.

Alex went off like a bullet and crashed and burnt out, was it because he went off too hard or was it the constant calls from Birgith next to him going "don't let them catch you!" that scared him half to death! At the end of the test, he looked like he was lying down on the machine not pulling an ergo! Iain was the star turn, they call him Rambo; He followed the Plan to the T, got the top score and managed even



splits throughout, displaying excellent control and top scored by over 10 seconds!!!! And not the strongest man in the squad by far. "Rambo" got the top score (he wears that funny head band!)

Treasurer's Report

Angus Gait

I would like to start by thanking Brendan Togher, your new membership secretary for his hard work in collecting subscriptions and rack fees, particularly from those members who are rowing and training on a regular basis. Unfortunately there are still a few who appear to enjoy bending the payment system and generating extra work for the people who keep the Club running in the spare time they have. Whatever the reason for this, I would like to invite them to consider what they feel their behaviour contributes to the Club and what it says about their commitment. After all, the Club is no more than the people who belong to it so its not an abstract corporate entity they are messing around but the people, possibly even their friends or crew, who they see every week.

While it is good report that over 90% of the sub and rack fee income has been received, this now has to last us until next October and, the bills will continue to drop through the letter box. Hence, as ever, we need to be prudent in our expenditure and look after the equipment we have but there is much expenditure that is essential. In particular, we are having all the ergometers serviced which, while possibly not engendering unbridled joy in the hearts of the active rowers, at least means that they are all usable. We have long known that outboard motors need regular and expensive servicing so I would particularly ask those who drive them to look after them and report any problems to the Captain as soon as they occur. We have been looking to sell some of our older fours and we have ordered a new coxless four from Hudson, the Canadian boat builders. We are also moving ahead with repairing the landing stage, which is now the highest priority item on our expenditure list. We have recently fitted security lights to the outside of the building. Paul Francis and I have revised the boat asset schedule to try and reduce our boat and equipment insurance premium from its current level of £665 per month. This is in addition to the boathouse insurance of £207 per month. Finally, there are always the rent, rates, light, gas, water and cleaning bills to pay.

Oarsperson's Cross Country

Old Jogger

It was a wild and windy afternoon and nothing stood between the intrepid competitors and the elements other than a few inadequate layers of lycra and the inner glow that only the honed athlete can truly experience. Kingston's finest had assembled in a forgotten corner of Windsor Great Park to carry the Club's name round the tortuous 3.5-mile course. The senior women were represented by Ceri Jones and Lori Murray and the thirty-something women by Tina Reid and Di Gait. The senior men were represented by Andy Hall, Igor and Wayne Ogorzalek, the men's more senior squad by Brendan Togher and Colin Mercer and the much more senior squad by David Ford, Tim Crooks, Andy Tompkins and Angus Gait. On the starter's command the crowd of nearly 200 competitors surged forward with Andy Hall storming off to lead the Kingston contingent closely followed by Dinsdale. As mile followed mile, the lung-burning, muscle-tiring, stamina-draining, mind-numbing, adjective-sapping race converted the crowd to a procession. However, this year, due to the Park's ground staff, the muddy patches, the water feature and the descent from the Copper Horse had all been ironed out into a disappointingly bland horse ride. This left the old hands, of whom there were many, complaining that it wasn't the course it was when they were young men. Of course in those days it was all allotments for the war effort.

Back at the school, the nervous wait for the results was somewhat relieved by the fact that the organizers had made so many cakes and sandwiches they had to give them away to get rid of them. In the end the senior men won the senior men's team prize and the much more senior men won the much more senior men's prize. Interestingly, if all the women had entered in the senior women's category, they would have won that team prize. However, the results were not without controversy. Tina was given as pipping Ceri at the post by 0.2 sec but no one was quite sure where the post actually was. Individual results were:

18 - Andy Hall, 23 - David Ford, 34 - Angus Gait, 40 - Andrew Martin, 43 - Brendan Togher, 51 - Andy Tompkins, 65 - Tim Crooks, 67 - Colin Mercer, 88 - Wayne Ogorzalek, 91 - Tina Reid, 92 - Ceri Jones, 112 - Lori Murray, 120 - Di Gait



Secretary's Spot

Richard Rowland

Community Amateur Sports Club status

Following the Special General Meeting in January at which various changes to the Club Rules were agreed, application has been made to the Inland Revenue for the Club to be registered as a Community Amateur Sports Club. One of the principle advantages of this will be the possibility of enjoying some of the benefits of a registered Charity without having all the administrative hassles of such an organisation, principally exemption from Corporation Tax at the turnover levels at which the Club operates. It also enables individual donors to make gifts to the Club through the Gift Aid scheme (under which the Club can re-claim basic rate tax paid on sums donated through that scheme) and to claim relief from Inheritance Tax on gifts. It is also possible for companies to claim corporation tax relief on sponsorship and donations in kind, in as much as the sums / costs involved can be excluded from calculations of tax liability.

Please contact RR in the first instance (richard.rr@tiscali.co.uk or 0208 892 2015 if you would like further information on the practical working of these aspects of a CASC or may see an opportunity to take advantage of them.

107 club members and guests sat down on Friday evening for this years Dinner , All sections of the club from past present and future were in attendance from Dick Offer to 2 of the latest Novice intake.

Annual Dinner

Guy Lewis

Matthew Christie, Peter King and Angus Gait organised a superb evening with excellent food a very comprehensive wine list and the club-house room.....not looking like theclub-house room ! The behaviour by everybody was perfect (well it was until about 12.30 when I left !) and everyone I have spoken to have said how much they enjoyed the evening .

The speakers were Sarah Winkless , Mike Hart, Astrid Ayling and Rebecca Romero plus of course the skip NWD and our illustrious President Dick Offer. All of them were excellent and you could have heard a pin drop through all of their Speeches , Dick Offer confirmed that he would not be standing as president at the next AGM , he will be greatly missed and enjoyed a rousing standing ovation which I am pretty sure even he heard !

Those of you who were not there will be pleased to know that we were visited by Ian South (our newest VP), Neil French who sounded like a full blown American were he now lives and Don Grey ,(yes Auntie !!!!!) who is now living on a Boat between the Baltic and the Med , he is still barmy has all his hair and still fits into his UL blazer.....b*st**d !!

It would be good to hear what you all thought about having the Dinner back at the club , the up side is that we can sell tickets virtually at cost (we only want to break even) bar profits are the clubs and we can buy our own wine to sell at realistic prices. The down side is that many of you active girls/boys probably find you spend enough time at the club already and if you are going to wear something other than smelly lycra it should be somewhere else ! We are also restricted by the Numbers we can sit down plus use the bar. Any way feed-back would be good.

Finally thanks also to Luke Ellis for working the bar and Angela Godrich for helping , Letitia Carter-Rowe and friend for looking after the wine orders and also congratulations to Brendan Togher for winning the coveted Poupart cup awarded by the captain to people who have helped the club in ways not immediately connected with Rowing . Other notable holders have been RR for services to the S bend on the bog in trap 1 and Dinsdale for sweeping, cutting up old push bikes with a wood saw and killing weeds and grass with creasote ! I assume the award to Brendan was for his sunny disposition and tolerance of Tiffin school boys ! Rather than his culinary skills on a Thursday night.

Obituaries

The Club has sadly lost two long-standing friends and supporters –



Myrtle Higgins for many years provided sustenance and welcome on Saturday afternoons after outings (for older members, an apparently lost tradition of fond memory). Younger members may not even have encountered `Doctor Who` but for those of more mature years he will for ever be associated with her suppers putting them in good heart for the rigours of a Saturday evening; for others, the experience was even older than the Good Doctor.

Leslie Wakeling joined the Club just after the Second World War and after finishing his rowing continued his involvement with the Club, being a regular supporter from the front of the Mound at Remenham.

Regalia

Smarten up for the summer when you start dusting off Regatta gear - the Club has a stock of brass blazer buttons, large and small, at £2.50 each + postage etc. Please let RR know what you need and delivery requirements (the contacts are given in the note about CASCs).

Boats & Equipment

Please can all members take note that there is an outings book in the main hall that requires completion before and after every outing. Please record time you go on the water, which boat you use and time that you come off the water.

Coaches need to do likewise with use of launches.

Dates for the Diary

Saturday 5 th March '05	WWhoRR (Tideway)
Saturday 12 th March '05	Kingston Head of the River
Saturday 19 th March '05	HoRR (Tideway)
Sunday 20 th March '05	Vet's HoRR (Tideway)
Friday 8 th April '05	Quiz Night @ KRC

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 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!!!

Who's Who Committee

The principal appointees for 2003-4 are:

President	Dick Offer
Captain	Nigel Wilson-Dykes
Treasurer	Angus Gait
Secretary	Richard Rowland
Chairman	Guy Lewis

Other useful contacts

Welfare Officer	Melanie Court-Smith
Safety Advisor	Andrew Martin



Useful Contacts

KRC & website:	www.kingstonrc.co.uk	(0208 546 8592)
Adult Rowing enquiries:	Nigel Wilson-Dykes	(07801 713558)
Junior Rowing enquiries:	Paul Reynolds	(07957 365114)
Membership:	Brendan Togher	(btoghc@hotmail.com)

Remenham

A reminder that you need to ensure your KRC membership is paid before you can be considered a member of Remenham this year. Reminders will be sent out in the near future.

Club Website

We are still 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.

200 Club

Recent Winners

£500 - Lindsay Kirby

£250 - Guy Lewis

£50 - Richard Rowland (x2), Charles Gillman, Tony Peyton

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 to let us know that you have done it.



200 Club Standing Order

Date:

The Manager,

_____ Bank PLC _____ Branch

Name of Account _____ Sort Code _____

Dear Sir,

Please make payments and debit my Current Account No.
In accordance with the following details:-

Remit to: **HSBC** (Sort Code 40 – 26 – 12)
54 Clarence Street, Kingston upon Thames, Surrey KT1 1NP
For the account of Kingston Rowing Club No.30508616

IMMEDIATELY - A payment of £(£15 for each number i.e. £15, £30, £45 etc.)

SUBSEQUENTLY - A payment of £.....(£15 for each number i.e. £15, £30, £45 etc.)
On 1st January 2006 and annually thereafter until these instructions are cancelled.

This instruction is in addition to any other instructions in favour of the same payee.

Yours faithfully,

Signature

PLEASE PRINT NAME AND ADDRESS



...The Scarlet Chopper...

HEAD OF THE RIVER TRAINING PLAN

A. Your crew got together for the Head:

1. February 7th. You began combining VIII's training along with the usual ergo sessions and long-haul water sessions after the video de-briefing session.
2. In the last week. Would have been sooner, but Igor's legs went again and Chimp's mum demanded an audience.
3. Eh? There's only five of us so far. Mind you, someone did say they knew a bloke who used to row who might be interested, that's if he's didn't take that job in Newcastle. Which he did.

B. Your cox is:

1. Ex-GB, totally committed, Masters in Sports Psychology, 51 Kg soaking wet, naturally blond. Sleeps in her life-jacket.
2. A good old stick, really. Bit lairy on corners and blind as a bat, but at least she turns up. Sometimes. 80 Kg soaking wet, which she usually is after an outing with us.
3. As of now? M. Mouse. We were supposed to be getting one of the guys' girlfriends, but she can't get up in the mornings...

C. Your boat is:

1. The club's new Stampfl, Still in its wrappers after its brush with Walbrook's wrong side of the river double! It weighs in at 13.6 Kg, theoretical top speed of Warp 12, sits like a Crufts' winner. Has a rather nice touch – NWD's autograph is on the bows.
2. The club's old Eton. Grade II Listed-Boat. Was the First Boat till '02
3. The club's old Aylings, Now composed roughly as follows: 42% Isopon; 13% Gaffer tape; 10% mastic bath sealant; 25% original carbon-fibre; 10% various species of lichen, moss, mildew, blight and mould. Sits OK, but only if you don't get in it...

D. Your blades are:

1. New set of Dreissigacker Big Blade Long-Arm Vortex Super-B*5tards. 18 feet long, weighing 400 gms (but, that is each!), breaking-strain of 4200 tonnes. Hand-laquered in club colours.
2. Mostly behind the Women's set and a bit difficult to get at. There used to be eight matching ones but now there are six stroke side and one bow side with three clams on it which we can't get off.
3. Bl00dy good question! We were told we could share with the Juniors, but it turns out there aren't any Junior sweep blades and Boysie wanted to charge commercial rates anyway.
Did find a set no-one was using the other day, but when we looked closer, we found there were six stroke side and one...

E. Your coach is:

1. Ex-GB, totally committed, PhD in Sports Psychology, former Henley winner. Catchphrase: "Stand on the footplates and squeeze..."
2. Tim, Faz, Pete, Mike? Depends on the day. They haven't seen us do a full piece yet, on account of hitting the mushroom and not getting the bike fixed



yet. We eased after that anyway. Catchphrase: "Parts of that looked ... Umm - how does it feel to you?"

3. One of the Club's alcoholic brethren.

F: Your Training Diet is:

1. Tons of Pasta - we're supposed to need 6000 calories a day - washed down with V8. If we do a specially fast piece, we're allowed a Shredded Wheat - no milk or sugar though, natch!
2. We were going to give up alcohol. Actually, we still are. Just haven't had time to fit it in yet.
3. A private matter...

G: The Race Plan is:

1. We'll go at them off the start, with the aim of making up quarter of a length before Chiswick Bridge. Then, we settle and maintain till we're at Barnes Bridge, at which point we'll take it back up to 42 for a burst. Push for 10 off every Bridge and wind it up at the end..
2. I reckon we've got a really fast start. Tim (or Mike) said he hadn't seen anything quite like it before. So, the plan is to whang straight into the Head at max revs before we've reached Barnes bridge. If we don't, then...ummm...well, we will, that's all!
3. To try and make sure we've got eight people on the day and someone to push us out. It'd be a real bonus if there were four of each side...

H: I joined the Club because:

1. It was a natural progression from the GB Junior Squad, which I had to give up when I moved to Kingston for work. After the Head, I not sure whether to go for the GB Senior Squad again, but actually, scaling down training to eight or nine sessions a week hasn't been as bad as I thought. I know quite a few of the other chaps in the squad by name now, which is nice. They tell me there's a women's section too, and some other men's eights, but I've never noticed them.
2. I was useless at other sports. Too scared for Footy or Rugby, too clumsy for Tennis or Cricket and not *quite* co-ordinated enough for stuff like athletics or gymnastics. So, here I am...
3. I've *got* to get fit! My GP said so. Bloke I know dropped down dead just the other week, couldn't've been more than - what - forty? Makes you think. I was hoping we'd get out more often - or at all, really - but I suppose you need to work up to it gradually. That's where my plan to cycle down to the outings is so useful. Even though we don't usually get out on the water, I still feel I've done something when I get home. Glad I live in Lower Ham Road, though...

I: After the Head, I...

1. Usually knock off a win or two in Senior 1 or Elite Pairs at a few local regattas - nothing serious, just a bit of fun before the serious training for next season gets underway, which should be on or about August 4th...actually, it's quite nice to have a break - gives me a chance to tune up for the Club Triathlon. Came first last year, but obviously I'm hoping to improve my overall time quite a bit this time round...
2. Hope to get the boat fixed so it stops rattling inside when we get it off the rack. I'm sure that can't be right. And, when you turn it over, all the speakers and most of the seats fall out. Main thing will be to make sure we have a belting Club Supper. Last year we tried to set fire to Boaters Public House just



using a magnifying glass and the light of the sun. Thank God it was 3.00am at the time...

3. Think I might give up. They say Pilates is just as good exercise, psychologically speaking...

My Proudest Rowing Moment Was...

1. The time James Cracknell actually spoke to me at Henley. Admittedly, all he said was "Pump 3. I need a VAT receipt, too", but I still couldn't sleep for a week afterwards.
2. The time I knew all our training had paid off! Tried a practice start and twenty yesterday against Walbrook Women's Third Boat AND HELD THEM! Well, until that crab, anyway. This is going to be our year, I just know it!
3. When I was allowed out in the tub with no-one on the bank! Apparently, like, it's really difficult to turn over, but I managed it! Quite pleased with that...

How to Mark This Test:

Answer 1 = 3 marks, Answer 2 = 1 mark, Answer 3 = 0 marks

How Did I do?

Score >20: Look, making friends is difficult for *everyone*! Don't despair...

Score >10: Your best days are either behind or in front of you. What they aren't is here, now.

Score <10: I hear *Walbrook* are looking for people ...

