



The Scarlet Blade



Kingston Rowing Club's Official Newsletter



Christmas 2007 Edition

Chairman's Report Guy Lewis

Here we are in Mid December with practically a third of the Rowing year gone! But what an amazing first third it has been, we have almost 200 people in training from Junior to Elite level, we now have 2 professional coaches, Richard Ayling for the Juniors and Ian South for the senior group. We have secured a £12,000 sponsorship deal with the help of Nigel Wilson-Dykes. We have built a new relationship with Tiffin School Boat Club which will enable us to work together to move forward with works required at the Boathouse, and for the opportunity to share equipment. We have also just entered into a new agreement with Kingston University Boat Club, which means

we will take over the training and coaching of their crews, have access to their Boats and launches and most importantly have the membership of about 30 students who will be able to race for KRC and Kingston University. On Health and Safety matters, we have just completed a Fire alarm and emergency lighting system and our water supply is not going to spread legionnaire's disease!

In this edition of Scarlet Blade you will read a very up-beat report from James Masters our treasurer who confirms that we now have funds available to carry out an up-grade to our fleet of boats across the board. I'm sure that you will agree we are moving into our 150th year in very good shape indeed !





Apart from all the work going on in the gym and on the river the clubhouse is also looking a little less tired , the bar has just been redecorated and cleaned by Richard Nelson and Matt Christie and is now open regularly selling good beer at club prices and we are looking forward to a decent income stream from it . Much work is still to be done particularly to the changing rooms, showers and lavatories. Money has been set aside towards these works but we are also applying for grants to help with the costs and to this end I must thank Marcus Hoskin who relishes filling in large and complicated grant application forms on our behalf. Until we know whether or not we are successful we cannot start any work as the money we are applying for is not available for anything carried out retrospectively.

Finally if you have not yet sent off your application for tickets for the 150th Dinner at Ravens Ait please do so now or you may well be disappointed, I understand a whole group of the active members have organised a mass measure up by our Blazer suppliers just after Christmas so that the new Blazers will be ready for delivery before the 15th February.

I hope you all have a splendid Christmas and New Year.



Sponsorship Update:



LAYTONS
SOLICITORS

This year, Kingston Rowing Club celebrates its 150th Anniversary and has secured sponsorship from the national law firm, Laytons. The sponsorship will be crucial in developing the club through its anniversary year.

Kingston Rowing Club is one of the world's oldest and most successful amateur rowing clubs. Based on the Thames between Kingston Bridge and Teddington Lock, the club's rowers enjoy one of the longest and calmest stretches of rowing water in the UK.

Laytons Solicitors is a national firm with offices in Manchester, London and also Guildford. Laytons sponsorship will provide KRC with vital funding which will assist in the hiring of high calibre trainers and new equipment and will support the Club's various initiatives such as Project Oarsome which opens the doors for younger rowers to become involved in the sport.

Andy Hall, Captain of Kingston Rowing Club, said: "2008 is the 150th year of Kingston Rowing Club and we have more people training and learning to row than at any other time in the past, ensuring that our anniversary will be truly memorable.



“The sponsorship money will be split between the junior and senior sides of the Club. It will enable us to upgrade boats and gym equipment, and enable us to continue to provide the high level of coaching currently available to all our members.”

Neale Andrews, Managing Partner of Laytons’ Guildford office said “Laytons shares many of the values of the Club such as working closely with its local community and being passionate about achieving success through hard work and a strong sense of team spirit. We very much look forward to becoming more involved with the Club next year and wish the Club and its members luck in future upcoming competitions.”

More than 50 men and women are currently training this season at the rowing club, in Canbury Gardens, under the guidance of a professional coach. The intensive training schedule involves land training four times a week and training on the river both days at the weekend.

Crews from Kingston are aiming to enter all of the principal regattas in 2008 culminating with Henley Royal Regatta and the National Championships in July 2008.



Picture: Laytons cheque Presentation at KRC Sunday 11th November

Subs Reminder

All Subscriptions must be paid by the 31st December, anyone who is not paid up by that time will have their name posted at the Club and all Club facilities will be withdrawn.

Social membership was also increased this year from £50 to £60.

As many of these are paid by standing order you will need to notify your banks of the change. As it is too late for this year could you please send your cheque for £10 payable to KRC at the Boathouse marked for the attention of 'The Membership Secretary' so that your account can be credited.

Please note that Membership of Remenham Club is contingent upon your continued membership of KRC.





RESULTS

Fours Head of the River Saturday 3rd November

Kingston Rowing Club Men's Senior 3 crew came a narrow second in the Head of the River Fours on Saturday 3rd November. There were 43 crews racing in the Men's Senior 3 category.

Overall 12 crews from Kingston were entered in different categories racing over a four and a quarter mile course on the River Thames from Chiswick Bridge to Putney Bridge. The Head of the River Fours is one of the world's largest one-day rowing races with more than 540 crews taking part.

Other good results included the Women's Senior 2 Quadruple Sculls crew, which came 6th out of 39 crews in their category, and the Women's Senior 3 Coxed Four crew which came 7th out of 45 crews in their category, as well as the Women's Junior 16 Quadruple sculls crew, who were racing.

Andy Hall, Captain of Kingston Rowing Club, said: "It was a great day and a shame for the crews that came so close to winning a pennant. We had a big squad racing with 48 people, ranging in age from 15 to 55, which just shows the size of the squad we have developed for the coming season."



Scullers Head 2007 Saturday 1st December

Simon Lack, 22, scored a superb victory in the Senior 4 class on Saturday 1st December at the Scullers Head race, on the Thames Tideway, competing in reverse, the same course as the Oxford/Cambridge boat race. He finished 20th overall, from 427 scullers, and won the Senior 4 title.

Simon is one of the outstanding senior rowers and scullers at Kingston Rowing Club training under the direction of international coach, Ian South. Last year he attended the GB international trials and is aiming to improve his skills in the tough single sculling event.

Junior Section

Successes at Teddington and Hampton Small Boats

As predicted, the KRC Juniors started the season well with a series of wins at Teddington Small Boats Head. The junior athletes notched up three wins in the S4 2x, WS3 2x and MJ14 2x categories.



Picture: MJ14 2x win at Teddington SBH

Along with the rest of the club we were frustrated that river conditions caused the cancellation of Kingston Small Boats Head. However, the 1st December saw some splendid team performances at Hampton Small Boats Head with the best of our results being the WJ152x Ellie Warner/ Roxy Ayling finishing 3rd in their section, beating both LEH crews, (despite stopping before the line!)

Next up was the Junior Captain Tom Lloyd and partner Max Wood in the J18 2x finishing 7th. Flo Stafford/Sian O'Sullivan headed home our three doubles in the WJ16 and 19th overall was the J15 4x+ who beat 4 crews (including two from Eton College) in their debut race for KRC in the quad event.

Coaching wise, this season the juniors are also going from strength to strength. Last newsletter, we explained that following last season's successful High Performance Group experiment Richard Ayling was to take on overall responsibility of our Junior 18-14 Year Group. I am pleased to say he has now agreed to become Senior Coach for the entire Junior Squad which will ensure that both our J18-14 group and J13-11 group are fully co-ordinated.

In addition we are grateful to Ian South who has been happy for our older juniors to train with the Senior Squad – which seems to have had the effect of bucking ideas up on both sides.

As we move into our 150th Anniversary year – the Junior Group are looking to send many more boats to competitions through the season. If enough boats can be found, at least 6 crews are planned to race at the Hampton Head Which is the next planned Junior event on February 2.

Once again I would like to thank all of our coaches and volunteers (included all the keen new parents we have this season) who continue to do a fantastic job in supporting the junior athletes – Thanks to you all.

Marcus Hoskin
- KRC Junior Coaching Team





Training Camp Easter 2008

Keeping up with the super start we have had to the year so far, and hoping for a super Regatta season, Sarah O'Hare has organised for the Senior Squad to go on a Training Camp to Hazewinkel, Belgium. Ten days of intensive training and 'squad bonding' will provide everyone with a good stepping stone for a summer season of successful racing!

Veteran Section Birgith Sims

Do we have a veteran section? Has anyone seen it?

Indeed we have...but the majority of the masters athletes have embraced the tough regime set by Mr South and can be seen training with the main squad, despite having to attend at 7.15am on weekend mornings.

Ageing bodies are being subjected to Park Runs, 2 Km and 20 min ergo tests, 5 weights sessions (core and heavy weights) and a gruelling weekend water torture. Actually, the feedback has been one of enjoyment of being included and pleasure of withstanding the pressure applied. Our star performers are undoubtedly Anna O'Rawe and Rob Thompson. Both are giving 'the young ones' a serious run for their money.

Outside the senior training squad, we have Ray Merrall doing a sterling job running Tuesday commando circuits for the novices and the remainder of the veterans, as well as ploughing up the river at weekends.

Kapica-man has returned to training and gives the pleasure of his company to both squads as he sees fit. Mr Sweeney graces us with occasional appearances between training for triathlons and the 2008 Marathon des Sables. (Yes, he IS off his trolley). On a more leisurely front we have all spotted NWD, Lesley and Tessa gliding down the river.

The racing side has been a bit quiet, with the river showing its teeth and the lock keeper the red boards. Carol and Birgith managed a win in Vet D 2x at Weybridge before the new 'Big Brother' cancelled virtually any opportunity for winter racing.

So the next veteran showing is likely the Vets Eights Head on March 17th. Certainly the Kingston/International women's Eight will appear again, and if plans allow, we hope a Vet A eight from the women too. If all the athletes stay injury free, we have a great chance of wining this event.

We certainly also have enough men over the required age to form a decent men's' crew. But I suspect this depends on how many beers they propose to consume after the Tideway Head the day before.

So yes...the Vet section is live and well, just with eggs in many baskets.





Happy Christmas to one and all and keep training. We would not like to be the reason for Mr South to get a sore throat.

Birgith Sims

Leviathan Update

Since the start of the 150th Anniversary season the Leviathans have continued to enjoy their monthly outings up to Hampton Court (sometimes) and in their November foray also enjoyed a magnificent Pheasant repast following their re-hydration (on medical advice).



Caption: Leviathans enjoying their Pheasant meal following their November outing

QUEENIE - Peter King and his lady Sylvie provided the wonderful meal and WEASEL - Matt Christie ensured there was some 'red belly wash' to provide liquid refreshment. On top of this the group raised nearly £100 for the Boat Fund at the meal.

The December outing saw an eight, double and pair 'hit' the water under SOOTY - David Biddulph's guidance. ATTILA - Astrid Ayling conjured up

some Gluewein to celebrate her birthday during the club CHRISTMAS PUDDING Day.

In January, the Leviathans are celebrating their 4th Anniversary with a FOUNDER'S DAY celebration on 13th. QUEENIE will again be providing a sensational meal to be served following the traditional re-hydration. Leviathan Chairman GOZ - Terry Gostling and Leviathans look forward to seeing as many there as possible.

For more information on the KRC Leviathans email – lurchestonporter@hotmail.com

From L.U.R. Cheston-Porter
Hon., Sec - Leviathan Group

Dates for your Diary

Sunday 6th January. 'Vamp' Scratch Eights.

Sunday 20th January ' Remenham Challenges ' Hampton Court to KRC





KRC Socials 150th Annual Dinner



2008 is Kingston Rowing Club's 150th Anniversary – a significant milestone and one which we do not want to let slide by without a few celebrations!

We want to gather together as many members and former members of the club as we can, for a sumptuous Dinner to be held at our original home on Ravens Ait on **Friday 15th February**.

We have lined up some great speakers and are putting the finishing touches to all the arrangements designed to make the evening one to remember. Ravens Ait is unrecognisable from the way it looked in the early days and it has again been transformed in the last few years into a notable and stylish conference centre.

There will be a display of club memorabilia, a chance to purchase some select clothing with the 150 logo prominent, an updated club history and of course the opportunity of meeting many old friends – probably the main reason for coming!

These anniversaries come along very rarely and we are doing our very best to make it a fantastic evening. The only ingredient we are now lacking is you, call up a few old crewmates and book a table (there are tables of 8 or 10) - I'm sure you'll agree the price of £65 a head is a small price to pay for such an august occasion.

This is an evening dress occasion but do wear your red blazer if you have one.

Contact Matthew Christie to book your tickets before the end of December at 15 Vineyard Row, Hampton Wick, Kingston upon Thames, KT1 4EG.

Tel: 020 8943 5557.

matthewchristie@btconnect.com

Or you can email *me* at: scott.tunbridge@btconnect.com

Miss it and you'll have to wait 50 years for the next one!

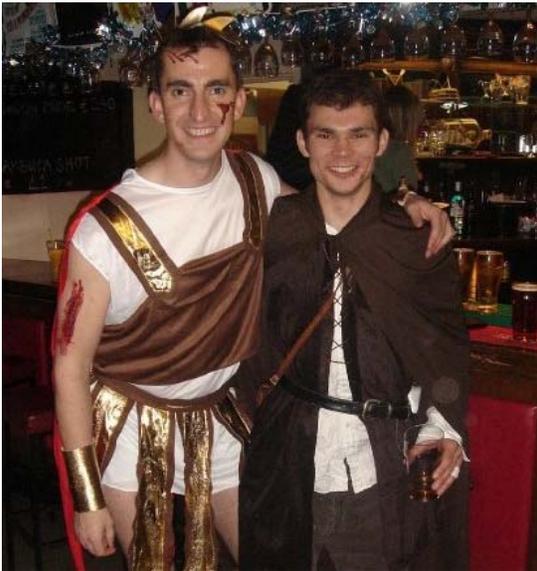
Scott Tunbridge





And Finally..... the KRC Christmas Party Mug Shots







KINGSTON ROWING CLUB

Subscription reminder 2007/2008

Subscriptions for continued membership of Kingston Rowing Club are due on 1 October 2007 and in accordance with the rules the Committee has set the rates as follows:-

Full membership	£370
Casual membership	£185
Junior membership	£270 (active) £150 (weekend)
Social membership	£ 60

Sculling boat racks

(only available providing the boat owner pays a full sub or is a life member)

Inside	£130
Outside & restricted	£ 70

Payment can be made by Standing Order or electronic transfer to KRC account #27933644 sort code 60-21-05.

Payments can also be made into the tin kept behind the bar! Whatever method is used please ensure that any transaction is referenced with your name and nature of payment.

All subs payments must be made by **31 December 2007**. After this time any defaulters will have their continued membership of KRC reviewed without exception.

In case of any query or difficulty contact Guy Lewis guylewis@btconnect.com

