

# into our 61st year...

## and it's no time to rest on our laurels

One could take the view that this club has all the facilities and boats that it needs. However the club has only got to where it is in 61 years because the members have been forward looking and have worked hard to achieve improvements. In the early years the aspirations were such things as installing the first cold shower and a 12 volt generator to provide some lighting. Much more recently the desire was to triple the size of the gym and extend the boat storage area.

On the back of two sound financial years the Management Committee of the club, with the backing of our Treasurer Hugo Spiegl, has recently given the go-ahead (albeit a little cautiously in view of the loss of some income due to the cancellation of the Peterborough Head) to look at a variety of improvement projects. Members of the committee have identified a list of projects which will improve the club's facilities even more.

However, each year has its challenges and this year is no exception in that there is a completely new Sport England grant



J16 Quad with gold medals at Regional Championships - Sam Tuck, Tom Chung, Ed Rippon and Harry Neal

regime to get to grips with and the club has had to incur a substantial legal fee to protect its charitable status from unexpected effects of the Charities Act 2006. Therefore it is very important that all of this years fund-raising activities are successful.

This years budget has also allowed for extra expenditure on boat maintenance and building maintenance to make up for some lack of work over the last few years.

A recession is a good time to get value for money and we want to try and take advantage of any cost savings that we can.

Improvements that are being looked at by the committee include:

- Extra gym ventilation** - recently installed at a cost of about £700
- Refurbishment of the Ladies and Gents toilets** - John Bishop dealing
- New furniture for the clubroom** - Social Committee and Keith Blackman
- Replacement of the kitchen units** - Jo Canton
- A new coxless pair and extra sculling blades** - Rowing Committee
- Equipment for adaptive rowing** - Steve Brown
- Replacement patio doors** - John Bishop
- Extra ergos, cross-trainer and new weight bars** - Bob Bridges
- Improved landing stages** - Julian Popple
- Refurbishment of the weedcutting boat** - Julian Popple
- New communication equipment** for regattas on the rowing course - Nick Hubble

**If you can offer any help or suggestions to contribute to any of these projects please speak to the relevant person listed above or to me.**

**If you have any ideas on additional fund raising to help pay for these please come forward as we do not have all the money we need to achieve everything we want.**

IF you have any ideas of your own that you think will make the club a better facility for rowing – **speak up!**

**John Canton**  
Chairman

# pondlife

gallery for inclusion send your photographs



Senior 2 at Bedford Head - Claire Hartley, Nikki Williams, Bridge Lloyd, and Sarah Cook coxed by Kate Wallace



ABOVE: The club sent a fine bunch of athletes to the Tideway Head!  
(ED: unfortunately there wasn't a photograph available of the fine athletes so we have used the two photographs above instead)



Vet C 2 - at Norwich Head - Ian Davis and Pete Dolby

## Showing our true colours

The colours of the club have always been Royal Blue and Old Gold since it was founded in 1948 but the interpretation of these colours has changed over the years with the blue varying from being quite dark to bright and the gold varying from yellow to almost orange!

In order to try and achieve consistency the club committee has recently agreed on

precise colours defined by pantone and ral numbers which enable paints to be mixed to the precise shade. With cloth materials it is not quite so easy in that usually it is only possible to get precise colours in very large quantities. However we can now get clothing in the nearest colour match available.

To make these defined colours accessible there are two blocks on the end

of the bar in the clubroom painted in the correct colours. The pantone and RAL numbers are written on the back of each. If you are planning to do something or buy something in club colours please check these first.



## Row Safe

OK, admit it. Who has read the ARA Water Safety Code? You know, that 15 page close-typed dirge buried deep (page 273...) in the ARA Almanack that's all about keeping us safe whilst involved in rowing, the one we're all supposed to read and practice..... You have?! That must make you an umpire – or maybe an inky swot!

It's alright, relax! You don't have to read it anymore. Why? Because now we

have Row Safe: A Guide to Good Practice in Rowing. And it is so much better! It really is very accessible – anyone can pick it up, flick over the pages and find quick and easy reference to all the major topics.

Everything from the weather, risk assessment, health and competition to transport and trailers (do you now the legal limits for boat overhang?), and how it affects our rowing.

Each section has the Minimum standards to be adopted but also includes Further good practice. And at the front, a simple chart to highlight who has

responsibility for doing what, be that the ARA, Eastern Region, PCRC – or YOU! pondlife is no place to repeat it – so we won't. But there are copies around the Club, hanging on the Safety notice board and others loitering in the bar. Take a look; see what you need to do and what the Club is doing to keep us all safe. Then leave the copies where you found them so everyone can use them!

**Chris Gill is your Club Safety Adviser**, but any umpire or coach will be happy to chat about any aspect of Row Safe that interests or concerns you.

and (suggested!) captions to: pondlife@lloyddesign.demon.co.uk



Our mens and womens novices fours gained respectable placings against tough opposition at Bedford Head recently

Spring sees the clubs mens and womens novices gain racing experience. What will the class of 2009 produce - any Steve Redgraves or Katherine Graingers? All are looking forward to the regatta season and competing for the hard won first "pot"

## We've got your number....

The ARA has made a change to the requirements for identifying boats. For some time, each boat used on the tidal River Thames had to display a 6-character code. You've probably noticed them on some of the boats in the boathouse (PET201, PET802 etc). From 1 April 2009 (that's this year!), every boat must display its code. That includes private boats, coaching launches – basically anything that goes afloat, no exceptions. Each club has to keep a register of every boat and its code.

If you have your own boat, it must have a code issued by the host club. If you move club, the code must be changed before you next use the boat on the water.

## A clean sweep

For some years the club has employed a cleaning contractor to come in and do a clean of the clubroom, conservatory, toilets, changing rooms and gym once a month but the heavy use of the club has meant that some areas have got pretty dirty by the time 3 weeks have gone by since the last clean.

The Club is already making sure that the codes are applied to the entire fleet. However, it is something you should check when taking a boat out. Along with the bow ball, heel restraints, buoyancy compartments, cox's lifejacket and weight certificate, the code will be part of the statutory checks at events. Better to check and fix all of these things before trailing to an event than to be excluded!

And of course, you always check these things before every outing, don't you....

The club has purchased a complete set of numbers to include private boats so that they will match. If you have a private boat and need a number see John Canton.

The Social Committee has decided to employ our own Sue Wallace, who is a self-employed cleaner, on a weekly basis in place of the old regime. Due to Sue's lower hourly charges the overall cost will be the same but the club will benefit from weekly rather than monthly cleaning.

Members should however remain conscious that they can all help to keep the place clean!

# Changes to ARA Rules of Racing

There are 3 changes to the Rules of Racing which take effect from 1 April 2009.

They will affect all of us involved in any ARA-registered competition throughout this year's regatta season and beyond, so we need to be aware of them. There was a full article in the February Rowing & Regatta magazine and the ARA website naturally contains all the details we've added the main features here in pondlife just in case you haven't caught up with those yet.

There is an extension to the points top-up for international competitors – if you need that, you probably already know the details.

There is a new Junior 17 category, logically sandwiched in between J16 and J18 – that should keep racing more competitive for "senior" juniors!

The big change is the introduction of a completely new points system. The table shows the new categories; a serious impact (sympathy here, please!) is that umpires will need to take deeper breaths before calling or announcing races – all those extra syllables!

### The important differences are that, on 1 April 2009:

Every competitor will be given one extra point. Whilst that sounds bad, it's only because there is no longer the "-1" point (NV) for novices. Point counting will now start from 0, which does make some sense and everyone is in the same boat.... (who let him out?). For any ARA racing licence renewal after 1 April, the extra point will be added automatically on OARA and your licence will be coloured red to distinguish it. Existing blue licences that aren't due for renewal until later will be clipped as necessary at regattas during the season.

Every race will be qualifying. Used to be you needed 4 crews to make a race qualifying; now, if you have 2 crews and you win, you get a point. Why? Because there have been imbalances in the system and some competitors were exploiting them – pot hunting – effectively racing below their true status. These changes should even the plot for everyone.

As the new system settles down, there will be further adjustments and we'll make sure you get to know about those. Do let us know if you experience anything you feel to be unfair resulting from the changes. If you want to chat through the meaning of these changes for you, feel free to ask your coach, Nick Hubble, Chris Gill or Julian Popple.

# Sponsors needed

The search is on for new sponsors. It may not be a brilliant time to find regatta sponsors for our regatta weekend on 6th & 7th June but even amounts as little as £50 help. We can offer advertising in the regatta programme and on site with banners during the regatta.

Can you persuade your employer to sponsor - don't forget that the club is a registered charity and this can be a benefit to corporate sponsors - or do you know anyone who might be interested in some advertising? Some businesses are actually looking to do more advertising in the recession.

If you can find a sponsor or have any suggestions please speak to John Canton.

# Committee

Committee post to fill: since the AGM there have been 3 vacancies to fill as follows-

**Boat Maintenance assistant** - to help Steve Taylor

**Press Officer assistant** - to learn the business of doing reports for the press from Anita Carter

**Minutes Secretary** - to take the minutes of the monthly Management Committee meetings

**Claire Hickey** has recently volunteered to be the Boat Maintenance assistant. If you feel that you could take on one of the other roles or want to know more about them please speak to either Anita or John Canton.

# Hot dates: Peterborough's Regattas

Please put the following dates in your diaries, if you have not done so already:-

**6th & 7th June** - Peterborough Regatta and Sprint Regatta

**27th June** - Peterborough J14 Regatta

**8th & 9th August** - Peterborough Summer Regatta and Sprint

**We need as many members present at these events as possible not just to race but also to help as they are important fund-raisers.**

# Beginners courses

**Beginners courses started:**

Now that the light nights have arrived beginners courses have started for adults and juniors. If you know someone who wants to have a go please speak to:

**Junior beginners** - Steve Fox or Jan Taylor

**Adult beginners** - Peter Forrest

# pondlife gallery continued



LEFT: J14/15 Quad over 2 seasons numerous regatta wins including 8 National Gold Medals and 1 international Gold at Anglo-French Championships. Tom Chung, Sam Tuck, Ollie Salonna and Ed Rippon

BELOW: Tom Chung's Mum Marianne with the car fully loaded at the National School Sculling Head



ABOVE: Junior 13 double getting physical with their opposition at Star Head



RIGHT: Ella coxing at Bedford Head



Club in the snow



Above: the womens intermediate quad at Bedford Head.

(ED: after this event there was an appeal from the opposition crew who claimed that our bow was actually not rowing but punting... please note the Editor has now had a change of identity and left the country)