



December 2007

Rob Roy Boat Club Newsletter

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www.robroyboatclub.org.uk

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A New Year's message from the Chairman

It's been a good year for Rob Roy; we have seen successes in all sections of the club, Veteran, Men, Women, Junior and the world class start programme.

With a commitment from the club to subsidise a coach, members have benefited from intensive sessions with Raf Wyatt, who with years of experience has even been able to teach some of the old dogs new tricks!

Working closely with the Sports Lake and Aimee Mason we have been encouraging junior rowing with coaching sessions every other Sunday. Mary Mclachlan who heads up the World Class Start programme for Cambridge is working with the club to fast track local athletes to Olympic standard.

It has been a busy year for Robs, with members competing almost every weekend throughout the summer at Henley, The National Championships,

Head of the River, Pairs Head, Scullers Head and various domestic regattas and head races. This busy year has built a good club atmosphere, when we're not racing, training weekends see the boat-house buzzing with people. Coffee and cakes help warm everyone up between sessions and are a good opportunity to mix with fellow club mates.

The recent AGM had an "I'm Sparticus" Moment with some new faces stepping up and joining the committee and volunteering to help out with running the club.

So if you've been promising yourself that you're going to get fit in the new year and blow the dust off your rowing kit, there's never been a better time, contact me or

any of the other committee members and we'll get you on the river!

We remain committed to promoting excellence in the sport of rowing and with the good work going on by club members at the moment I am sure that 2008 will see some excellent rowing.

Andrew 'Gripper' Watson



Rob Roy Committee 2008

VOLUNTEER YOUR SERVICES

Committee Meeting Dates 2008

All committee meetings will be held at the Boathouse pub in the upstairs room at 12 noon. All welcome to attend, or you can e-mail the committee anytime at the addresses shown.

Saturday 12th January
Saturday 9th February
Saturday 8th March
Saturday 12th April
Saturday 10th May
Saturday 14th June

Saturday 12th July
Saturday 9th August
Saturday 13th September
Saturday 11th October
Saturday 8th November
Saturday 13th December

Tom Davies
Andy Watson
Nick Morrell
Bill Blakemore
Paul Wilkins
Ian Froggatt
Jon Davies
Bret Saunders
Claire Allen
Nick Shepherd
Fiona Knights
Jenny Lee
Katherine Webster

president@robroyboatclub.org.uk
chairman@robroyboatclub.org.uk
captain@robroyboatclub.org.uk
treasurer@robroyboatclub.org.uk
welfare@robroyboatclub.org.uk
secretary@robroyboatclub.org.uk
webmaster@robroyboatclub.org.uk
membership@robroyboatclub.org.uk
events@robroyboatclub.org.uk
equipment@robroyboatclub.org.uk
entries@robroyboatclub.org.uk
kit@robroyboatclub.org.uk
social@robroyboatclub.org.uk



JUNIOR ROWING

We all started somewhere...

...and in my case I started here. I learnt to scull with Rob Roy over 10 years ago as a junior. So it is my great pleasure to now be able to put something back into the club I learnt to row with and to help bring through the next generation of Cambridge rowers.

The Rob Roy junior squad has been a transient phenomenon in the past decade. But it saw a great revival this year when Monica Relph, in her role as Community Rowing Coach with Cambridge Sport Lakes Trust, took on the task. So when Monica left to take up her place at University in July the juniors were again left adrift due to lack of suitable replacements.

However, we are now back on track. Pete Shiel has stepped in as our Head Junior Coach and with help from regular juniors coach, Roger Thorogood the squad is back on the water. But, with a dozen or so scullers ranging in ability we need your help in order to make sure these budding rowers are getting the coaching they need.

Support Grass Root Robs!

It would be a great help if you could commit to assisting Pete and Roger one Sunday in the next few months. Put something back into your club and help support grass roots rowing. You never know who might be the next Annie Vernon or Charles Cousins!

The squad currently meet on the first and third Sunday of each month, 10am at the CRA boat house. Please sign up to help on the rota posted on the boat house message board or e-mail me. If you or someone you know would like to join the squad please do email me at the address below.

Aimee Mason
aimee.mason@cambridgesportlakes.org.uk

WORLD CLASS START

There are currently six World Class Start athletes training at Rob Roy, three juniors and three seniors.

Alicia Parker and Jen Hawton are the only girls left in the group, and they have been training in a pair this year, with Alicia hoping to make the U23 sweep team and Jen hoping to make the European Championships. Alicia trialed in October and, despite being forced to stop during the race, put in a respectable performance. She also won women's junior at the erg champs, putting in a pb of 7:06, which would have put her third in the open event. Oli Campbell is trialing as a junior this year, and put in a good performance at the first set of trials in November, coming 30th. He also raced in a composite junior quad at the Fours Head and came 5th. There are three other junior men, Matt Drury and Hugh Anderson, who started this summer, and Owen Giles, who started a year ago. They will be joining Oli in a quad for the National Junior Sculling Head and National Schools Regatta. The difficult side to that project is finding a boat big enough as their average crew weight is over 95kgs! There are also three new athletes, all male, starting during December or early January. They were chosen via the Sporting Giants project run this summer and look to be exciting prospects to add to what is already a very talented group.

Mary McLachlan
Talent Development Coach

Boat Club History

A WIKI SNIPPET OF HISTORY

Here's the wikipedia collective knowledge on robs...

The club was founded in 1880, making it one of the older clubs in Cambridge. On 5 June, 1880 an item appeared in the Cambridge Chronical as follows:

"A new boat club has been started by the Church Temperance Society of Cambridge and Chesterton under the name of 'Rob Roy' and it will be open to members of the various branches.

The following officers have been elected for the present season: The Rev. J. Martin, president; Captain P. Going, vice president; the Rev. G.H. Ling (Corpus), treasurer; Mr Percy Talbot, secretary; Mr C.V. Key, first captain; Mr J.W. Chandler, second captain; and the Rev. A.E. Meredith, Messrs. R. Meddings, W. Stearn, E. Tredgett, H. Gautrey, J.R. Newman and S. Clayton, committee.

Strict temperance is to be enforced to liquors and language. Pair-oared and four-oared races have been arranged and an eight is to entered for the Town Races."

Strict temperance is no longer enforced to either language or liquors.



TRAINING

Circuits and 'lock to lock'

Rob's has re-established a club training group for men and women. Co-ordinated by Rebecca Caroe, the group structure provides coaching, a written training programme and the opportunity for squad crew development. Rebecca said "When I arrived at Rob Roy two years ago and offered to help coach, there was no training in groups and so I suggested that setting up regular times for club members to train together would enable us to bring on athletes who are new to sculling and create a good atmosphere of competitive training and racing."

Last year a club women's quad was formed out of new members and they raced at local regattas and heads achieving wins on the Cam and at Northampton. This year there are double the number of women and a new group of club men who train together regularly. The training programme allows both for athletes doing 4-5 sessions a week and up to 10 sessions a week. The "Core" sessions where we all train together include Monday and Wednesday night circuits in the CRA Boathouse at 6.30pm and Saturday and Sunday morning outings on the water at 10 am.

The club has invested in some gym mats for the circuit training and the ergos housed in the CRA are being well-used. The first ergo test of the year has produced some personal bests among the women's squad. On the water, the group started the season by building skills in singles, joining Raf's sessions on Saturday morning at 7.30. Building up to the Scullers Head of the River, an additional Sunday morning "lock to lock" race was instigated. This ran at 7.30 am and we had a great group of up to 10 boats including Simon Goodbrand, the pair of Claire Allen and Beth Davidson as well as regular group members Brett Saunders, Rob Best, Stefan Graf, Madelaine Ding, Jenny Lee and Enya Meadows. It certainly helped to build good fitness!

In the new year the focus will be on improving crew boat skills and practicing for the men's and women's eights heads in London. We aim to put out crews for both events. This will be followed by a training camp in Portugal from April 5 – 13 where crews for the summer racing season will be formed. Anyone interested in joining the group, please get in touch!

Rebecca Caroe
rebecca@Caroe.com

MENS ROWING

After finishing about 60th for a few years, Rob Roy's senior men have decided to turn their attention to Tideway a lot earlier this year. At the beginning of December, an eight went out for the first time under the watchful eye of Raf Wyatt. The aim is to have two competitive eights training and racing through to Saturday, 15th March. Not only will it help to improve results at Tideway but

it should be a good vehicle for recruitment to the club. It's also intended to act as a springboard for forming Henley crews and regaining the Bumps Headship!

The first eight will be making the most of Raf's coaching and will be going out on the Cam each weekend. The majority of training through the week will still

be done in small boats both in Cambridge and Ely. The squad will be racing in all three legs of the Winter League in eights and directly against each other in sculls, doubles and pairs. If you want to get involved, or just want to see the rabble in action, come down to the river at the weekend. Domination begins with City's Christmas Head on Saturday 15th December, 1:15pm!

Paul Wilkins
welfare@robroyboatclub.org.uk

GYM Training



Rob Roy is fortunate to have close links with Matt Bradney of the Atrium Club/Gym. Give them a call to see what benefits you can get as a Rob Roy member.
Tel: 01223 522522.
The Atrium Club, 64 Newmarket Road, Cambridge CB5 8DZ



ROBS RESULTS

Scullers Head 2007

On the 1st of December Ten Robs Members made the trip to Putney for the 2007 Scullers Head. Fastest sculler home for Robs was Jon Davies who finished 14 out of some 500 scullers, followed by Nick Morrell who finished 43. Claudia was the fastest woman home for the club finishing 280.

266	24:09.62 MN	R Best	320	24:39.12 WS4	C Panbianco
14	21:46.39 MS2	J Davies	220	23:38.66 MN	B Saunders
180	23:21.04 MS3	S Graf	244	23:54.40 MS1	A Watson
281	24:16.12 WS3	C Kunze			
93	22:41.41 MS4	C Leonard			
43	22:17.69 MS2	N Morrell			
300	24:25.23 WS3	C Nolan			

CRA ROWING EVENTS 2008

Sun 13 Jan	1st Winter League (X-Press BC / City RC)
Sat 19 Jan	Cambridge Head to Head (City RC)
Sun 17 Feb	2nd Winter League (X-Press BC / City RC)
Tues 26 Feb / Sat 01 Mar	University Lent Bumps
Sat 08 Mar	Cambridge Champs Junior Sculling Head (CoT)
Sun 09 Mar	3rd Winter League (X-Press BC / City RC)
Sun 27 April	St Radegund Head (St Radegund)
Sat 03 May	Head of the Cam (Hornets/Simoco)
Sun 11 May	Cambridge Sprint Regatta (City RC)
Sun 18 May	Cambridge Champions Eights Head (CoT)
Sun 25 May	Cambridge Spring Regatta (99 RC)
Wed/Sat 11/14 June	University May Bumps
Mon 16 June	X-Press Head (X-Press BC)
Tues 08 July	CRA Time Race
Tues/Fri 22/25 July	CRA Bumping Races (Reduced course for lower divisions)
Sat 06 Sept	Dragon Boats
Sun 07 Sept	Cambridge Autumn Regatta (99 RC)
Sat 04 Oct	Cambridge Small Boats Head (Rob Roy BC)
Sat 18 Oct	Cambridge Autumn Head (Rob Roy BC)
Sat 15 Nov	Cambridge Winter Head (Cantabs RC)
Sat 13 Dec	Christmas Head (City RC)

EQUIPMENT

The dubious pleasure of serving as equipment officer has fallen to me this year, so if you have any questions or problems with the equipment please contact me. Email will be the fastest way but a note pinned to the notice board will also work.

We are fortunate to have a wide range of boats available for training and racing, and the aim for the year is to keep them all in service and in good condition. To that end can we all remember to do the following:

- Book all boats on the booking sheets in the CRA. As well as reserving the boat this lets us see what is being used.
- Let me know in advance before taking boats off our stretch of the Cam, whether for a race or to train at Ely. This is so we know where the equipment is at any time.
- Keep the boats clean by wiping them down after every outing and cleaning inside and out as needed.
- Report all damage or missing parts as soon as possible so that we can get it repaired quickly.

Finally if you have any suggestions or comments about the rowing equipment let me know.

Nick Shepherd
equipment@robroyboatclub.org

OFF CAM WINTER EVENTS 2008

JAN		FEB	
13 Jan Star SBH		9 Feb Henley Junior Head	
Wallingford 4s & 8s Hd		GB Senior & U23 3rd assessment - Boston	
19 Jan Weybridge Winter Head		Scottish Indoor Rowing Championships	
Cambridge Head to Head		10 Feb Molesey Veterans Head	
20 Jan Boston Head		Greenwich Head	
26 Jan Quintin Eights Head		Bedford Eights & Fours Head	
Henley 4s Head		16 Feb Burway Head	
Northampton Head		17 Feb Hammersmith W & J Hd	
27 Jan Thames Valley Trial Head		Head of the Trent, Nottingham	
Stourport Winter Head		23 Feb Reading University Head	
FEB		Runcorn Spring 8s	
2 Henley Junior Head		Norwich Head	
Peterborough Head of the Nene		Worcester Head [date from Mar 8th]	
Durham SBH		24 Feb Medway 4s Head	
Wycliffe Big Head		City of Bristol Head	
		BUSA Champ Head - Nottingham	

AND FINALLY...

keep a space in your diary for the Robs Annual dinner - Saturday 26th January - more details will follow soon.