



Rob Roy Boat Club

Newsletter

November 2006



Captain's Report 2005–2006

Nick Morrell

Early Season Results

The season began with Wallingford Long Distance Sculls in September, which Simon Goodbrand won in fine style taking first and second places overall, and still being faster than his nearest opposition in the second division despite being penalised for steering inside a couple of buoys. Simon went on to take second place at the first GB assessment in October at Boston, which also saw strong performances from Holly Parker (second in Heavyweight Women's Under-23) and Laura Ralston (winner of the Lightweight Women's category).

Next came the start of the Tideway Heads, with the Pair's Head of the River over the shorter course from Chiswick to Hammersmith Bridge. Simon Goodbrand, in a composite Elite Double with Tom Johnstone from London RC, came third overall.

Onto November, and the Head of the River Fours saw Nick Morrell, Charles Cousins, Jon Davies and David Hopper in the men's first boat coming in 35th overall, with the women's first boat of Helen Ralston, Holly Parker and Laura Ralston (with Melissa Barrett from City subbing in) coming ninth of the women's boats despite being a scratch crew. The second men's crew also put in a creditable performance, finishing 121st.

December saw the Vesta Scullers Head being run in rather blustery conditions, which Jon Davies clearly revelled in as he won the Senior 3 pennant, finishing 30th overall.

At the second GB assessment, the lightweight women again put in a very strong performance, with Hester Goodsell winning overall, and Laura Greenhalgh and Helen Ralston coming third and fourth in the Under-23 category. Holly Parker also performed strongly, coming sixth in the Heavyweight Under-23 category.

New Year 2007

After Christmas, the junior squad began a successful year with the first race of the year for the World Class Start (WCS) athletes at Boston Head, where Harriet Bridges won Junior-18 Singles, and Alicia Parker came second in Junior-16 Singles.

In February, at the third GB assessment Hester Goodsell came second and Laura Ralston was sixth in the Senior Lightweight Women's category, and Holly Parker was again sixth of the Under-23 Heavyweight Women.

At the second junior GB trials, Charles Cousins began a strong season's performance in a junior pair with Mohamed Sbihi from Molesey BC, winning the pairs' trials on both days.

At the Women's Eights' Head of the River, a club-level crew performed well, finishing 94th overall having started in 196th position, and this was followed by the Head of the River Race, where the men entered two crews. The second crew finished in 189th place, moving up 21 places from their start position, while the first boat was 61st, up nine places and only 10 seconds behind the winners of the Jackson trophy, despite only having had one training outing!

Meanwhile the Boat Club Dinner was a very pleasant evening at the Crowne Plaza Hotel, attended by a good number of current athletes and supporters.

GB senior squad final trials were at Hazewinkel as normal in April, and again the lightweight women performed brilliantly with Hester Goodsell second, Laura Ralston fifth and Helen Ralston 11th.

The Early Regatta Season

The summer regatta season began with the men's squad taking the trip up to Nottingham City Regatta, where James Silk won Lightweight Singles, and Jon Davies was second in both Senior 2 and Senior 3 with a couple of exciting races, including a real scrap in Senior 2 where he lost out by just a third of a second to the winner.

The season continued with the men's squad racing at Wallingford and Metropolitan Regattas in their singles, but despite some good performances against very strong opposition there were no further wins. Meanwhile, Charles Cousins continued his winning performance in the junior pair, winning Elite Pairs at Metropolitan Regatta in the impressive time of six minutes 46 seconds and coming second at the Junior International Regatta in Munich.

Holly Parker also continued her good performances with a win in Under-23 Women's Singles at Ghent International Regatta.

At Poplar Regatta, Simon Goodbrand showed his talent by winning Elite Singles, and new boys Paul Wilkins and James

Stott showed their form by beating Andy "Gripper" Watson and Nick Shepherd to win Elite Pairs at Peterborough Spring Regatta.

Laura Ralston also continued to impress the GB selectors, finishing sixth in the A final at the Munich World Cup Regatta.

Hester Goodsell meanwhile raced in the Lightweight Doubles with Jen Goldsack (Wallingford RC) at the Poznan World Cup Regatta, finishing ninth.

Henley Royal Regatta

At Marlow Regatta the men's squad had their first race in the quad in the run up to Henley Royal, but the crew, comprising Colin Scott, Nick Morrell, Jon Davies and James Silk, struggled with both the steering and the quality of the opposition. However, this didn't put them off the task in hand, and after another week's training at Ely, they went down to the HRR Qualifiers feeling confident that they could scull competently as a crew. The race went according to plan, and they qualified for the Men's Quadruple Sculls.

Meanwhile Andy "Gripper" Watson and Nick Shepherd pre-qualified their pair for the Silver Goblets and Nickalls' Challenge Cup, and Holly Parker pre-qualified in a composite GB junior crew for the Princess Grace Challenge Cup.

The first race of Henley proper saw Gripper and Shep's pair drawn against a Nottingham BC crew, who they led for most of the course, only to find that they hadn't quite enough in the tank to hold off their opposition's strong finish. The final verdict was a loss by one length.

Next up was the men's quad who raced against a lightweight crew from The Tideway Scullers School (TSS) who were well drilled, having been together for several years. The race was one of the closest of the day, with the Rob Roy quad sticking to their game plan but unable to draw away to more than half a length's advantage. The decisive move in the race came as the crews entered the Enclosures, with TSS stepping up a gear to which the Robs' men were unable to respond. The final verdict was a loss by half a length.

Finally, Holly Parker's Henley campaign ended almost as soon as it had started; their race against the University of London was stopped and Holly's quad was unfortunately disqualified after a crash between the two crews in the early stages of the race.

Town Bumps

The Bumps were an enjoyable end to the season for most of the club-level athletes, with the men's first boat of Chris Covey, Simon Goodbrand, Nick Wells, Guy Blanchard, Paddy Ryan, Nick Morrell, Jon Davies, James Silk, and Rebecca Dowbiggin retaining the headship in style, looking comfortable ahead of first Cambridge '99 RC, and later in the week Cantabrigian RC.

The men's second boat started in third place on the river, but were unable to hold off the Cantabrigian charge, ending the week down one in fourth, but still ahead of City' first boat. Meanwhile the men's third boat ended down two in seventh, and the fourth boat down three in 14th. In the second division, the fifth boat did well, moving up three places.

The women, who started in third place, were unfortunately unable to catch City on the first two nights, and then succumbed to the well drilled Cambridge '99 second boat on Thursday to finish down one in fourth.

National Championships

Mary McLachlan took a small group of her WCS athletes to the National Championships in Strathclyde, but still managed to bring home an array of medals, with Harriet Bridges winning Junior Singles, Alicia Parker winning Junior-16 Singles, and the duo teaming up with Monica Relph and another WCS athlete from Maidenhead RC to take bronze in the Women's Junior Quads.

Commonwealths

Simon Goodbrand was selected with Tom Johnstone (London RC) to represent England at the Commonwealth Regatta in Strathclyde in the coxless pair. He was unfortunate to come up against the only truly Olympic-class opposition in the Regatta, in the form of the South Africans de Clemente and Cech who won Olympic bronze in Athens. The England pair raced well to see off the rest of the opposition and bring back the silver medal.

World Championships

Following strong results at trials, Hester Goodsell and Laura Ralston were selected to race for the GB senior squad in the Lightweight Women's Quad with Lindsay Dick (Glasgow RC) and Sophie Hosking (Durham University BC). They competed well at the World Championships, held this year on the Eton Rowing Lake at Dorney. The event was dominated by the Chinese women, but the GB crew sculled well and in the final were pushing the Danes in second place in the final stages of the race, finishing with an impressive bronze medal.

Meanwhile, several former Rob Roy athletes were also racing for GB, with Anna Bebington and Annie Vernon rounding off an impressive season with a fourth place in the Heavyweight Women's Doubles event, where just one second separated the first four crews! Antonia van Deventer competed in the Lightweight Women's Single Sculls, finishing ninth.

Charles Cousins was selected with his pairs partner to represent GB at the Junior Worlds in the Men's Pair, where they finished fifth overall.

Equipment

The club has also showed strong financial management under Bill Blakemore, which resulted in the purchase of a number of new boats during the year, including a top-line heavyweight men's Filippi double/pair, an ex-ARA Janousek pair, and a heavyweight women's or lightweight men's Sims single, with further purchases planned for the coming year.

In Summary

Overall, the club had a successful year, with outstanding results from the lightweight women, and massive improvements from the WCS athletes. For the club level athletes it was a year of growth, with some of the older athletes moving on a level and being added to by a number of new athletes who are picking up speed fast. It looks set to be a promising year in 2006–2007, so I look forward to seeing you all out on the water!

Nick Morrell, Captain, 2005–2006



Results

Jon Davies made a good start to the year, winning Senior 1 Singles at the Boston Marathon and setting a new course record for that category in the process. He also won Senior 2 and Senior 3 Singles at the Wallingford Long Distance Sculls but missed out on the overall title by four seconds.

The club fielded a large entry for the Small Boats' Head. Charles Cousins was the fastest men's single, closely followed by Connie Panbianco and Katie Smith in the fastest women's double (despite being novices). Pots also went to Paul Wilkins and James Stott in Senior 2 Pairs, Breton Saunders and Chris Dale in Novice Doubles, Rebecca Caroe and Zoe Rutterford in Women's Senior 3 Doubles, and Oli Campbell in Junior-16 Singles.

Jon teamed up with Nick Morrell to take fourth place at the Pairs Head on the short Tideway course from Chiswick to Hammersmith, enough to secure the Senior 2 Doubles pennant. Hester Goodsell came second of the Elite Women, sculling with Sophie Hosking of Durham University. Connie and Katie were beaten only by a strong Osiris double in Women's Senior 4, with Zoe and Katie Symons coming fifth of the 26 entries in the same category.

Charles scored a fine third place in the first GB assessment at Boston. Over the 5000m course he was only 14 seconds behind the winner Ian Lawson, and less than a second behind second place. Charles is looking to take the step up from junior to under-23 level this year. Holly Parker, who is also moving up to under-23, came 18th in Open Women. In the

Lightweight Women, newcomer Hannah Peel was 22nd and Laura Greenhalgh, who was hindered by weed, came 24th.

Harriet Bridges and Hannah won gold medals at the British Indoor Rowing Championships, in Junior-18 Heavyweight Women and BUSA Lightweight Women respectively. Harriet took a strong lead in the first 500m, and held off a challenge from Rob Roy team-mate Alicia Parker, who took silver and was just one point two seconds behind at the end. Hannah won by a more comfortable margin of six seconds, in a race in which Katie Smith won bronze in a close finish with athletes from Nottingham and Oxford.

A complete set of results can be found at the back of this newsletter.



Looking Forward...

Head of the River Fours

Rob Roy is sending five crews to the Tideway on Saturday 18 November. The two men's quads start 70th and 71st (the second is a composite with Peterborough City), whilst the two women's quads start 316th and 331st. The men's coxed four will go off 365th.

Vesta Scullers' Head

A handful of scullers will brave the Tideway on Saturday 2 December. Entries close on Saturday 18 November; contact Nick Morrell if you would like to enter.

December GB Assessment

The second trial takes place on Saturday 16 December at Boston. Hester Goodsell will launch her assault on the Lightweight Women's category, whilst Charles Cousins, in Open Men, will aim to add another solid result to his third place in the first trial. This time, he will be racing against the athletes from the World Championships who, like Hester, were not required to compete at the first trial.



World Class Start Update

Mary McLachlan

Harriet Bridges and Monica Relph are now under-23s and are training hard to move up the groups at their monthly camps, improve their erg scores and generally win some races this year.

Alicia Parker is doing junior trials and is currently ranked fourth in the country on erg score, although it is early days yet. She will team up with Harriet (who is still a domestic junior) and they hope to race National Schools in the double.

I have five new athletes: Oli Campbell and Abi White are junior-16s from Bottisham Village College. Both are training hard and will race domestically this year in preparation for trialling next year; Ollie Bawtree is an under-23 beginner who is already pulling big erg scores and he will also race domestically this year; Owen Giles is in his last year of junior and plays rugby for England. He hasn't done a huge amount of rowing yet as it is rugby term and he plays for the Perse boys; and Max Parker is Holly and Al's younger brother and while officially not on the scheme he will be training with us for the time being.



Small Boats Head

Paul Wilkins

The Cambridge Small Boats Head was run on Saturday 7 October this year with a stiff headwind throughout the day. Entries were bolstered by large contingents from Eton, Kings Ely and Broxbourne which led to over £1500 in entry fees. Though low in numbers, those marshals that helped throughout the day did a great job to keep the racing mostly to time and the competitors seemed to enjoy themselves.

A composite double from Kings Ely and Simoco were the quickest men's double (10:24), while Charles Cousins was the quickest single (11:07). Katie Smith and Connie Panbianco had a flyer as the quickest women's double (11:12) despite it being the first sculling race either had done. Thanks again to those that did their bit, especially Ed Coombs for organising the event and Mary McLachlan for sorting the entries into the draw, and well done to the many Robs winners.



Autumn Head

Rebecca Holgate

This year the Autumn Head took place on Saturday 21 October. Over 130 crews took part across the four divisions and over £4500 was raised for the club. The day ran smoothly despite a few marshals failing to turn up and the divisions ran mostly to time — delayed only by the efforts of the Nines and the lovely Georgina! The fastest crew over the course was the Cantabs Senior 1 eight with a time of nine minutes five seconds, but there was little quality opposition to challenge them.

Many thanks to all those club members who helped run the race. The event could not have been so successful without adequate competent marshals (26 throughout the day, most of them covering at least two divisions) and with the entry numbers steadily increasing each year it is important that the Robs Autumn Head maintains its good reputation. This can only be achieved by input from club members. There is certainly an opportunity to expand the head entries by contacting nearby

clubs such as Bedford and Peterborough — and hopefully raising the standard of the racing.

Robs can be pleased that there were many emails of thanks for the smooth running of the race — after the fallout from the Winter Head run this week by the Tabs it is clear that crews will not tolerate anything less than the professional events we offer.



Notices

Safety

At the end of October there was a rather nasty collision in the dark between two of our crews. We were very lucky that someone wasn't seriously injured. Please bear in mind the following points if you are rowing in the dark. This list was compiled by one of the steersmen of the crews involved:

- Stay as close as possible to the right side of the river.
- Do not take a clear river for granted.
- Use good lights at all times in the dark.
- Never row hard in high-risk areas (for example, where crews usually turn).

Please make sure you are sensible — the consequences of a serious injury would be pretty bad for the individuals involved, the club, and rowing on the Cam in general.

Equipment

The committee would like to remind members to check the booking sheet before you use a club boat; if somebody else has booked the boat you would like to use, you should either take another suitable, unbooked boat or make a booking yourself for another time.

The committee also requests that equipment is properly cleaned after each outing.

Annual Dinner

The dinner will take place on Saturday 27 January at the Gonville Hotel in Cambridge (diaries now please). The menu and details of how to book tickets will follow shortly.

Marrieds vs. Singles Race

This annual event will take place as usual on Boxing Day. We will meet at the CRA at 10:30 for some festive racing followed by drinks in the pub.

Edited by Jon Davies (jpd@cantab.net).

Feedback and contributions welcome.

Full Club Results

Boston Marathon

17 September 2006

- 6th: **3:41:51** – 1st of 5 in S1 1x
Jon Davies
- 49th: **4:10:01** – 4th of 5 in S1 1x
Guy Blanchard
- 159th: **5:03:24** – 4th of 6 in N 1x
Nicholas Cutler

Cambridge SBH

07 October 2006

- 11:07 – 1st of 6 in J18 1x
Charles Cousins
- 11:12 – 1st of 3 in WN 2x
Katie Smith
Connie Panbianco
- 11:18 – 1st of 5 in S2 2-
James Stott
Paul Wilkins
- 11:19 – 2nd of 2 in S1 2-
 Ian Watson (Cantabrigian)
Andrew Watson
- 11:23 – 1st of 5 in N 2x
Breton Saunders
Chris Dale
- 11:38 – 2nd of 5 in S3 1x
Stefan Graf
- 13:47/11:38 – 2nd of 3 in VetG 1x
Tom Davies
- 11:50 – 3rd of 5 in S3 1x
Rob Oeffner
- 11:59 – 2nd of 12 in N 1x
Chris de Mauny
- 12:08 – 1st of 3 in WS3 2x
Zoe Rutterford
Rebecca Caroe
- 12:10 – 5th of 5 in S2 2-
Adrian Verity
Dan Rainbow
- 12:11 – 3rd of 4 in S1 1x
Nick Shepherd
- 12:18/12:11 – 4th of 5 in VetB 1x
Nick Shepherd
- 12:15 – 4th of 4 in S1 1x
Andrew Watson
- 12:22/12:15 – 5th of 5 in VetB 1x
Andrew Watson
- 12:16 – 3rd of 3 in WS2 2x
Harriet Bridges
Alicia Parker
- 12:33 – 3rd of 3 in WS3 2x
Barbara Richter
Claudia Kunze
- 12:53 – 3rd of 5 in WS2 1x
Harriet Bridges

- 12:59 – 2nd of 2 in WS3 1x
Claudia Kunze
- 13:02 – 5th of 5 in WS2 1x
Rebecca Caroe
- 13:18 – 1st of 4 in J16 1x
Oli Campbell
- 13:33 – 2nd of 3 in WJ18 1x
Alicia Parker
- 13:35 – 2nd of 8 in WN 1x
Zoe Rutterford
- 14:11 – 4th of 8 in WN 1x
Barbara Richter
- 15:39/14:26 – 3rd of 3 in VetE 1x
Robert Hyde
- 14:28 – 6th of 8 in WN 1x
Sarah Hames
- 14:36 – 5th of 5 in N 2x
PwC Double
- 14:37 – 4th of 5 in WS4 1x
Lisa Watson

Wallingford LDS

07 October 2006

- 15:32 – 1st of 17 in S2 1x
Jon Davies
- 15:42 – 1st of 41 in S3 1x
Jon Davies
- 16:20 – 11th of 17 in S2 1x
Nick Morrell
- 16:24 – 4th of 9 in S1 1x
Nick Morrell

Pairs Head

14 October 2006

- 4th: **12:20** – 1st of 4 in S2 2x
Nick Morrell
Jon Davies
- 96th: **13:45** – 2nd of 4 in WE 2x
 Sophie Hosking (Durham Uni)
Hester Goodsell
- 204th: **14:38** – 2nd of 26 in WS4 2x
Katie Smith
Connie Panbianco
- 232nd: **14:57** – 5th of 26 in WS4 2x
Katie Symons
Zoe Rutterford

Cambridge Autumn

21 October 2006

- 9:53 – 2nd of 3 in S2 4x
Stefan Graf
John Dennis
Peter Varnai
Ian Froggatt
- 11:11 – 1st of 4 in WS4 4x
Zoe Rutterford
Claudia Kunze
Claire Allen
Connie Panbianco

- 11:15 – 2nd of 4 in WS4 4x
Zoe Rutterford
Monica Relph
Claudia Kunze
Jenny Lee
- 11:30 – 3rd of 4 in WS4 4x
Sarah Hames
Jane Gotts
Jenny Lee
Rebecca Caroe

GB Assessment

22 October 2006

- 19:12 – 3rd in Open Men
Charles Cousins
- 22:03 – 18th in Open Women
Holly Parker
- 22:45 – 22nd in Lwt Women
Hannah Peel
- 22:46 – 24th in Lwt Women
Laura Greenhalgh

Winter Head

11 November 2006

- 9:25 – 1st of 2 in Vet 4x
Stefan Graf
John Dennis
Peter Varnai
Ian Froggatt
- 9:30 – 1st of 2 in S2 4x
Stefan Graf
John Dennis
Peter Varnai
Ian Froggatt
- 10:04 – 1st of 3 in WS1 8+
 Composite (X-Press, City, Leic)
Claire Allen
Rebecca Caroe
Morag Hunter
- 10:17 – 1st of 1 in WS2 4x
 Composite (X-Press, City, Leic)
Claire Allen
Rebecca Caroe

British IRC

12 November 2006

- 6:49.5 – 15th in J16 Men
Oli Campbell
- 7:16.0 – 1st in J18 Hwt Women
Harriet Bridges
- 7:17.2 – 2nd in J18 Hwt Women
Alicia Parker
- 7:21.0 – 1st in BUSA Lwt Women
Hannah Peel
- 7:29.2 – 3rd in BUSA Lwt Women
Katie Smith
- 7:37.0 – 16th in Open Hwt Women
Monica Relph
- 7:39.7 – 18th in Open Hwt Women
Katie Symons