

# Chairman's Newsletter

## September 2011



To RRC, RCC and LUBC members, and parents of RRC Junior members...

### *Safety Focus – Winter*

---

We will shortly be transferring to our winter timetable and pleasant rowing on warm summer days will be a distant memory. The safety focus this month is therefore about what you need to do to ensure that you stay warm and have an enjoyable experience when rowing in the winter. First and foremost, you must only go out when it is safe to do so. The decision will usually be taken by the coach in charge of your session but could be taken by the Captain or the Safety Advisor. Conditions to watch for are storm, lightning, flood, fog and ice. You should ensure that you have eaten a few hours before the outing – this is about having fuel in your tank. You are very strongly advised to do a warm up before you go on the water, this could be a run up the hill or a minimum of 5 minutes on an ergo. This will raise your metabolic rate and get the blood flowing to your extremities. This will be pointless unless you keep exercising when you get on the water – i.e. do not sit around doing nothing! You must wear the right clothing: a warm hat, pogies (now is the time to buy them if you do not have them) or gloves if you cannot get on with pogies, long sleeved tops with low backs, track suit bottoms, a gilet, a wind proof and shower proof jacket. Wear plenty of layers and take spares. All clothing should be a snug fit and made of materials which do not absorb water. Cotton clothing, e.g. cotton T shirts, is not allowed under any circumstances. Always pack a towel and a dry set of clothing to change into after an outing. Lastly, keep a look out for signs of exposure, both in yourself and others. Ask “are you ok?” and do not accept “yes” if the signs are obviously the opposite. Do not hesitate to turn back or get off the water and seek shelter should you need to: exposure can be deadly. The key points in summary are:

- only go out when it is safe to do so
- have fuel in your tank
- wear the right clothing
- do a warm up
- keep moving
- watch for signs of exposure
- turn back if necessary.

Powerhouse Sport does a range customised for our club. The fabrics are excellent and details of what they offer are pinned up in our clubhouse. Please consult Kevin our Captain if you are interested.

### *Annual Awards Evening*

---

We had our annual awards evening at Catton Hall earlier this month and I would like to thank Vivien Shaw for the organisation and particularly the River Weaver landmark photograph competition. The juniors decided at the awards evening to name our new Wintech junior 1x “Val”. Brilliant! I was very pleased to announce at the evening that we had also received a few days before a brand new

Wintech International LW 4x-. This was a gift to the club by Mrs Anne Hignell and is called "Higgy" in memory of her husband. I very much hope to see this boat in use at the National Championships and Henley Royal Regatta next summer. Kevin, our Captain, did a great job in presenting the awards. The full list is attached at the end of this newsletter. Well done to all.

### ***Recent qualifications***

---

I would like to congratulate Sam Edwards and Hugo Norris who have successfully passed their UKCC Level 2 assessment for rowing. That means they are both fully qualified rowing coaches. Well done.

I would like to congratulate John Griffiths, Anne Hignell, Sue Sljivic, Rosa Atkinson, Val Edwards, David Hannah and Nick Pettet all of whom have successfully passed their RYA Powerboat Level 2 assessment. John's assessment included the coastal endorsement. I would also like to thank Manley Mere Sail Sports who put on a course just for us at very short notice.

### ***RRC's Small Boats Head***

---

I am very pleased to announce that we have 136 entries for our Small Boats Head this weekend and the weather forecast is good! This is a very big improvement on recent years and very nearly beats our all time record! I will be awarding prizes for photographs and the winners will be announced in the next newsletter. Please Email your entries (.jpg files please, maximum of two per person) to my Email below. I will be looking for photographic merit and pictures that capture the flavour of the event.

### ***Goodbyes***

---

We say goodbye to...

- Ciara Haymer who has gone to Newcastle University to study speech therapy,
- Rosa Atkinson who has gone to The University of London to study nutrition,
- Alistair Young who has gone to Newcastle University to study engineering.

### ***Coming next...***

---

For my next newsletter I am hoping to include items about the ambitions of our senior and master sweep squads and to give you news about procedures and rules for crew selection at events such as the National Championships and Henley Royal Regatta.

### ***Erratum***

---

The new crest is based on Runcorn's coat of arms (not Halton's).

### ***Feedback***

---

I welcome feedback on these newsletters. Do you read them? Are they too short or too long? Would you like more pictures? Is there anything in particular you would like to be covered? Please send your views to my Email address below.

Chris Wheatley, Chairman, Runcorn Rowing Club ([chair@runcornrowing.com](mailto:chair@runcornrowing.com)).

## Awards 2011

### *Certificates of Achievement*

---

Certificates of Achievement are awarded in recognition of effort and dedication put in by our athletes. Juniors can refer to these on their CVs for university entrance or job applications. The main criteria are:

- Finalist in a National Championship
- Selection for a GB squad
- Medalling at a national indoor rowing event.

### *Girls*

- Lucy Burgess
  - GB Junior squad member and winner of the B final at the World Junior Rowing Championships at Dorney Lake.
  - Winner with Rosa Atkinson of the WJ18 2x final at Henley Women's Regatta.
- Rosa Atkinson
  - Winner with Lucy Burgess of the WJ18 2x final at Henley Women's Regatta.
- Annie Rogers
  - GB Junior squad member and 5<sup>th</sup> in the WJ16 2x at the Coup de Jeunesse in Linz-Oppeneimer, Austria.
- Fae Atkinson
  - Finalist with Frankie of the WJ18 2x at Henley Women's Regatta.
- Frankie Sinnott
  - Finalist with Fae Atkinson of the WJ18 2x at Henley Women's Regatta.

With two crews in the final of the women's WJ18 2x at Henley Women's Regatta, Val said "Have you any idea how proud I was to say to the launch driver that I am representing both crews?"

### *Special Mentions:*

- Ciara Haymer
  - Silver in WJ18 4x at the women's HERR and the schools sculling head.
- Nina Atkinson and Poppy Burgess
  - Silver in WJ15 2x at the Inter-Regional's.
- Laura Gardiner and Alyssia Hannah
  - 6th in WJ14 2x at the Inter-Regional's.

### *Boys*

- Henry Harte
  - Silver in the J16 1x at the National Championships
  - Silver in the J16 4x at the Inter-Regional's.

### *Special Mentions*

- Matt Robinson, Lewis Parsons and Calvin Perchard
  - 4th in the J16 8+ at the Inter-Regional's (a fabulous result when you consider who their opposition were).
- The two crews who rowed in the Fawley Cup at Henley Royal Regatta. Henley A: George Patrick, Alistair Young, Ben Reeve and Phil Beattie, and Henley B: Sam Edwards, Henry Harte, Kernyus Milus and Hugo Norris.

### *Adults*

- Val Edwards
  - Invited speaker at BR Junior Coaches Conference
  - GB coach for Coupe de Jeunesse 2x.

### *The Captain's 'helping hands' awards*

---

For supporting new juniors and the summer camps...

- Laura Gardiner
- Sam Edwards
- Hugo Norris
- Rosa Atkinson

For being a credit to the club, selfless and willing to lend a hand without being asked...

- John Kerwin – happy to jump in and assist all and any coaches
- Stuart Beards – for stepping up as security adviser and re-branding the club and website
- Andy Greenwell – without whose diligence we would not have the foundations on which we consistently create successful events
- Aidan Hunt – for boat repairs and ground clearance just because they need doing
- Jean Perchard for managing the catering and sustaining fundraising through Cleaver Café
- Alyssia Hannah – for organising a fundraising event and raising ~£800 for the club development programme.

### *The Captain's most improved sculler awards*

---

- Henry Harte – most improved junior sculler
- Marc Pennington – most improved senior sculler
- Nick Pettet – most improved master sculler

### *The Silverware*

---

#### *The Brian Lewis Cup for clubman of the year*

- This was awarded to Eric Bennett for >40 years service as treasurer

#### *The Vernon Cup for coach of the year*

- This was awarded to Simon Leech, Jane Parkinson and Heather Hatt, the coaching team responsible for delivering the Yearning To Row programme.

#### *The Clifton Cup for rowing expertise*

- This was awarded to Rosa Atkinson and Lucy Burgess for winning the WJ18 2x final at Henley Women's Regatta – many observers commented on their masterful performance.