

HOUSE NEWS

The York City Rowing Club Newsletter

Summer 2011

Election of Rowing Officers

Notice is hereby given that the Election of Rowing Officers for 2011/12 will take place in the bar on Tuesday 13th September at 7.30pm.

Notice is also given that the Club AGM will take place on Wednesday 16th November at 7.30pm.



A Word from the Club Captain

In the blink of an eye the regatta season is almost over. In the autumn of 2010 everyone trained consistently in anticipation of competition. Both the head and regatta seasons achieved good results for the club across the board. Congratulations to the members of all squads who trained hard over the cold winter months and achieved some impressive results in both provincial and national events.

I would like to highlight that for the last two consecutive years YCRC has gained the highest number of wins for a UK club for which we should be proud.

It was disappointing not to have YCRC representation at Henley Royal Regatta this year but let us look to next year. With greater collective focus on the Club's interest, I would like to think that our presence will be apparent throughout 2011/12. Let us fulfil the ideal of keeping up the good work into, including, and following the Olympic year.

Nic Price, YCRC Club Captain



Women's Squad

The 09-10 year came to an end with a club Scratch Regatta, which a number of the squad attended, providing an opportunity for some mixed racing and BBQ before the transition phase into the new head season.

I plan to run the same event this year, keep the 20th/21st Aug in your diaries!

The squad trained hard in the first phase of the year, despite the water and weather conditions proving to be somewhat awkward, and sent three boats to Fullers Fours Head in November. The crews performed well in each of their categories. Unfortunately the IM14x were forced to stop and restart when Nottingham RC 4x rowed across their bows just after Hammersmith. This resulted in a loss of time for the YCRC crew; the NRC crew were awarded a time penalty for this providing some small conciliation! The crew then raced at the YSBH and gained the fastest women's crew slot with the WS24+ winning their category also.

The squad kick started the New Year well and despite losing some members to sunnier climates, had high numbers attending water sessions and were able to start integrating new "learn to Row" members with more experienced oarswomen in 8s and 4s. The squad built a strong group that formed the two 8s for Trent Head and the WEHRR and a Masters 8 that raced at Trent.

WEHRR drew the head season to an end for the women's squad producing some very creditable results. The IM3 8+ finished 128 after starting 261 and finished 32 in IM3 8+'s.

The IM2 8+ finished 43rd, and despite being slightly disappointed with some aspects of the race and final placing, the crew finished 6th in the IM2 category and also managed to achieve one of the goals set of winning the Provincial Club Pennant..

The Women's squad prepared for the regatta season following an Easter training camp on a very sunny Molesey stretch and commando style circuits on the sunny banks of the river Ouse!

The Women's squad took three boats to Wallingford but due to adverse weather were unable to race all events. (The IM2 8+ finished 4th in their final and the IM2 4+ 6th overall) whilst other crews stayed to race on home waters.

June proved to be a busy month seeing the squad travel the length of the country. We took two boats to Notts City which provided some important information and lessons to learn for the racing season. The crews went to test themselves again at the Metropolitan regatta at Dorney, with the 4x taking 1st and 2nd on the consecutive days in IM14x (despite having an injury on board which withdrew them from the senior event at Met and Durham).

The IM24+ struggled to find form in the conditions on the Sat at Met but picked up the baton again for their event on the Sunday making it into the repechage.

The WIM34+ went to Nat vets for their pre-Henley racing coming home 4th in their event. Some graduates from last years L2R were able to enter a Nov 4+ at Durham along with current squad Novices; unfortunately after their opposition false started they were unnerved off the restart and were unable to pull it back. They raced again at York, along with S Cook racing and winning in her 1x, and rounded up their season racing at St Neots.

Three crews travelled to Henley this year namely:

Sen 4x: A Stevens, N Coe, L Williams, M Felter

Sen 4+: A Evans, H Mullineux, A Sankey, L Higgins cox D Stork

Int 4+: K Williams, J Brehaut, L Porte, R Cubitt, cox P Evans

The 4x unfortunately did not find their best form in the conditions against a stronger Molesey 4x and were not able to capitalise on the stroke for stroke race, with the Molesey crew pulling ahead to a canvas lead in the closing stages.

The Sen 4+ produced a strong performance in their opening round to overturn a visiting crew from America and went out in the second round to the GB Junior crew who went on to win the event.

One crew entered and raced at British rowing Champs this year:

W Elite 2x: L Williams and M Felter.

The crew did well to reach the second round but were unable to secure a place in the final against bigger, stronger crews on a very windy Nottingham course.

The squad rounded off a busy year with some fun racing in mixed crews at St Neots regatta.

Full List of Squad Results:

Hollingworth Lake Regatta: J Brehaut Masters A1x

Rowers Revenge: Anne Homa won her age category and was 9th women home overall

York SBH: WS14x- Winners and Fastest women's boat N Coe, V Johnston, L Williams, H Preston

WS24+ Winners – fastest sweep crew D Stork (cox) L Higgins, H Mullineux, F Stansfield, A Evans

WS32x H Mullineux F Stansfield

South Yorkshire Head: Fastest women's crew: D Stork, L Williams, L Higgins, A Sankey, V Johnston, H Mullineux, A Heathcote, A Evans, A Stevens

WEHARR: IM2 8+ 43rd, Provisional club pennant WINNER.

York Spring: W Master 2x L Porte, J Brehaut

Met Regatta: WIM4x A Stevens, L Williams, N Coe, M Felter

York Summer: WIM21x S Cook

As well as the results on the water worth celebrating, the women's squad also had some things to cheer about off the water with celebrations held for the wedding of Cath Smith to David Griffin and the wedding of Louisa Carr to George Scott. Congratulations to both ladies and their respective husbands!! Congratulations also to Tasha Kefford and Andy Wilkinson on their engagement.

Note of Thanks to:

Pat Evans who coached the whole women's squad throughout the year. Cath Griffin and Ian Hazel-Gant for coxing and circuit training support. Gavin Morris and guest coaches Steve Gunn and Neil Double for their time and support of the Women's squad in the lead into the summer regattas. Kathryn Wright for feeding us cakes! Hampton School and The Lady Eleanor Hollis School for making us feel so welcome at training camp.

Loretta Williams, YCRC Women's Squad Captain





Juniors

The Junior Squad has expanded during the spring and we wish all our newcomers success and enjoyment in their rowing. Juniors competed at several Head races in 2011. At the South Yorkshire Head at Doncaster, 35 juniors competed and 28 of them came away with one or more medals, from the 11 events we won. At Boston, in the middle of winter, we recorded 4 wins and at the Yorkshire Head, on our home water, we gained another 6. Finally, a few crews went to the North of England Head at Chester, where the J15 boys' quad recorded one of their numerous wins.

The J15 boys' quad of David Bruce, James Kelly, Matthew Kelly, Will Holford and Becky Briggs (cox) recorded the Region's best result in gaining Silver Medals at the Junior Inter Regional Regatta. This was Will's first regatta! A number of other York City crews also represented the region at this event.

The juniors recorded too many wins at Regattas over the summer to mention them all individually. We gained 11 wins at York Spring, 7 at Durham City, 3 at Tees, 3 at Durham, 11 at York Summer and 9 at Bradford Sprint. At the younger end, Alex Press won in J12 singles at York Spring. Also, Alex Bruce and Henry Schofield had wins at J13 singles at York and Bradford respectively. Bianca Dutton who is J12 had 2 wins in WJ13 Doubles with Gabby Butler. These two also won in WJ13 quads with Becky O'Keefe and Charlotte Holford at Bradford.

If my records are correct, the following juniors have also recorded their first wins during 2011: Mark Davies, Dan Otter, Jack Betteridge, Cameron Whitehall, Ed Etheridge, Dom Williams, Jess Downing, Emma Widdowson, Ella Gourlay, Nuala Doyle and Nonny Kesteven. Well done to all our junior winners. It is in a large part due to our junior successes, that York City recorded more wins than any other club in 2010.

Seven junior crews recently raced at the National Championships. They all raced well, with several crews reaching their semi finals. The Girls J15 coxed quad of Laura Newby, Emma Widdowson, Ella Gourlay, Nonny Kesteven and Gabby Butler (cox) were finalists in their event, so a particularly well done to this crew.

Finally, a big thank you goes to all the many people who continue to help the juniors in various ways.

Phil Jones, YCRC Junior Coordinator

Men's Squad

It has been an exciting time this year at YCRC for the Men with lots going on with the novice, senior and masters sections. Despite a disappointing representation at Henley Royal, for a variety of reasons, I am confident that we are closer as a Men's Squad and more inclusive across the board.

We have had a good summer with attendance at most of the top events in the south and I think we did what we set out to do, have a good time and not get too serious.

The masters led by Phil Press (A-D) and Roger Snelson (E-I) have been doing an excellent job in bringing together the 50 odd masters. It has been delightful for me to see so much masters rowing going on and a big thanks to Phil and Roger for doing all the organizing. They have had great success with winning Gold in the B8s and the NovC 4x- at the National Masters Rowing Championship back in June.

There has been a large intake from the first learn to row course, who are now being prepared for integration into the squad by Alec Gilchrist, Richard Noble and myself. It has been a pleasure for me to be directly involved with this and it is great to see their progression.

Thanks must go to: Caroline Sherlock, Charlie Heise, Colin Jones, and many of others for their generous support with coaching.

Thanks to you all,

Sean Potter, YCRC Men's Squad Captain



Men's Squad Results

Eights Head of the River Race IM1 8+ 96th overall and 18th in IM1

Vets Eights Head of the River VetB8+ 8th overall and 3rd in Vet B

Notts City Regatta MasB/C 4+ 3rd in final and IM2 2x 3rd in final

Metropolitan Regatta IM1 4- 3rd in final

Durham Regatta win for the E2x

National Masters Rowing Championship B8+ and NovC 4x- gold medals

Henley Royal Regatta – 4x missed out on qualification and the 4- had to pull out due to injury of Harry Dorrance-King just before the event.

The Senior Men's squad was also represented at:

Head of the Trent, York Small Boats' Head, Boston Head, Yorkshire Head, York Spring Regatta, York Summer Regatta.



H Wilf Mellor, 2 July 1924 - 15 June 2011

It is with great sadness that York City Rowing Club heard that Past President Wilf Mellor had died.

He had first joined York City Rowing Club in 1942, but his rowing was interrupted by war service. He came back in 1946 and rowed actively until 1956. He then became an umpire, joining the national register automatically when it was set up in 1960 and continued until the mandatory retirement age of 70.

In 1947 he was elected Hon Secretary and has been a Committee member of the club ever since. During his time, Wilf has held the following posts:

Hon Secretary 1947 – 1957

Chairman 1958 – 1961

Hon Treasurer 1961 – 1964

Regatta Treasurer 1961 – 2001

Assistant Regatta Secretary 1961 – 1963

Regatta Secretary 1963 – 1976

Hon Treasurer 1977 – 2001

President of the Regatta 1976 – 2009



During Wilf's time as Hon Secretary the club suffered a disastrous fire. The committee at the time took the brave decision to relocate to the present site on West Esplanade even though it was subject to restrictions placed by the original North Eastern Railway. Throughout the negotiations and the building, Wilf took a very active part. At the end of his term, the club recognised his contribution by making him an Honorary Life Member at the young age of 33.

He was the Divisional Representative for Yorkshire & Humberside on the Amateur Rowing Council from 1968 to 1974 and throughout this time a member of the ARA Regattas Committee. In recognition of his services to rowing he was awarded the ARA centenary medal in 1982. In one of his early moves, he persuaded the new National Rowing Coach, Bob Janousek to visit York and stay with him and Marjorie for a few days. As a result, York members were able to meet him and receive a little coaching. Bob noticed a couple of young scullers, one of whom, Alan Whitwell went on to gain an Olympic silver medal.

Wilf Mellor had many fine qualities, but on behalf of rowing, three stand out. His attention to detail; his liking for things to be done correctly and his energy to get things done promptly.

He was an officer of the Yorkshire & Humberside Rowing Council, later to become the Yorkshire Rowing Council, since its inception in 1964, serving 6 years as Secretary, 6 years as Chairman and from 1979 until recently as Treasurer. During the 1960s, there was an annual meeting of provincial rowing clubs which settled the regatta programme outside the Thames region. Wilf represented the Yorkshire & Northern clubs on this until it was wound up on the reorganisation of the A.R.A. In those days it made the dating of regattas much easier. He was also Chairman of the North Eastern Regional Rowing Council in its short life from 1974 to 1979.

Although rowing was the main beneficiary of his time, he was also actively involved with York City Council, Fulford Parish Council, the Yorkshire & Humberside Sports Federation, the Fulford Show, York Minster and the National Trust.

Whatever he did, he did it well and was always reliable. The rowing world, but in particular the York City Rowing Club can be grateful that Wilf gave his energy and efficiency for our benefit. Wilf's was an outstanding contribution, reflected in the present health of the club.

Stay Safe on the Water – a word from our Safety Officer

Over the current rowing season there have been two collisions resulting in injury, one of which required medical attention. There have also been a number of crashes resulting in costly equipment damage. In all cases root causes were:

- Crews not keeping to their side of the river; and
- Both crews not keeping a constant lookout.

All club members are reminded that the safety of themselves and others on the river is the crew's responsibility. So far we have not had a very serious injury, however the current record suggests one is likely to occur soon. To reduce the likelihood everyone is reminded to:

- Keep to the right-hand side of the river (just to the right of the middle is **not** sufficient);
- Always check the river ahead, minimum every 3 strokes;
- Never assume other crews, launches or bystanders will warn you of any danger;
- Shout out early if a potential for a collision arises;
- Do not cut corners or do bursts around them; and
- Double check the river is clear before starting race pace work and monitor any danger during the piece.

Remember to stay safe; waiting an extra minute or curtailing work is better than sustaining an injury which might stop you rowing for life.

To help ensure we all remain safe at the club and on the river, please also report near misses as well as any incidents on the British Rowing website.

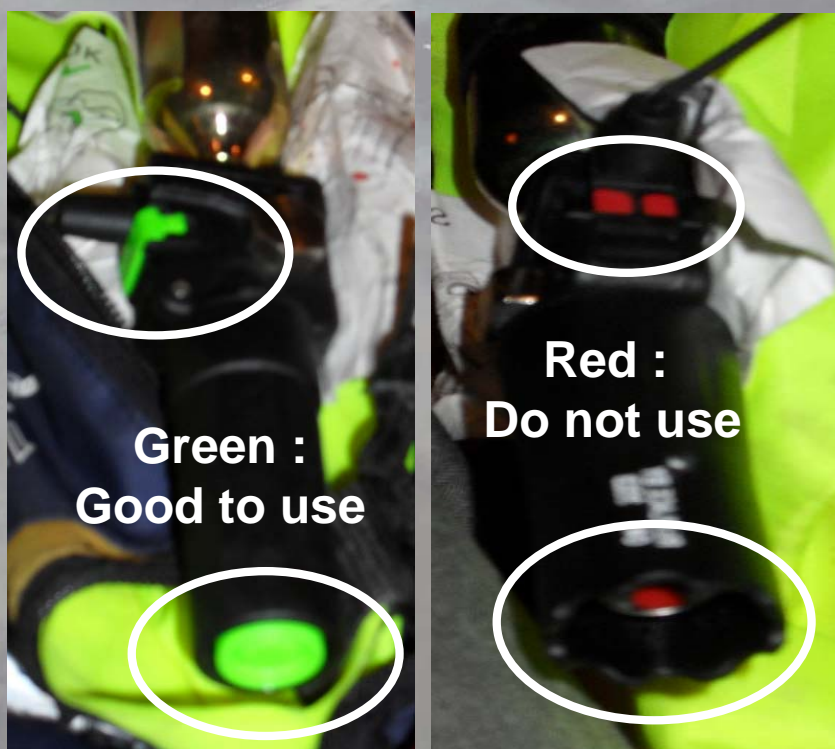
Lifejackets

Recently a lifejacket was worn, which did not activate when the individual fell into the Ouse. The river conditions were benign and the individual was able to reach the side quickly. However, it has highlighted that activated lifejackets are being returned to the store. Please note:

- The arming mechanism and gas canister are single use only;
- The fabric lifejackets are reusable.

Once you have activated a lifejacket you **must** leave it out to dry in the main gym and inform the Safety Advisor (Charlie Heise, Safety@ycrc.co.uk) or any other committee member. Do **not** repack the jacket. This will be done by specific club members, who have replacement arming kits and gas canisters. Failure to comply could potentially endanger your life or that of any other club member.

See picture below to identify that the arming kit fitted to the lifejacket is fit for use, note the two green tags **must** be present on the automatic (ProSport) lifejackets.



YCRC Scratch Regatta & Summer Party

Sunday 21st August 2011

Regatta 10:30 to 1:30pm
Club Summer Party 2pm onwards

Regatta entry fee £6 (including BBQ)

Summer Party and BBQ only £3

- BBQ from 2pm
- Guest Real Ale
- Jugs of Pimms

Support your club – all profits to our Boathouse Fund

Regatta Secretary

The Spring and Summer Regattas held in May and June attracted good entries. The standard of racing has been high, particularly in the Junior sculling events which were well contested. The Summer Regatta programme also included two invitation events with four Coxless fours racing including an entry from the The English Rowing Club, Russia who used York as a warm up prior to their race in the Ladies challenge Plate at Henley Royal. There were also four IM1/Elite VIII's who stretched their legs with fine displays of oarsmanship.

York Sprint Regatta takes place on Saturday 17th September over the short 500m course. We hope to run the Regatta with an emphasis on mixed and masters events, which attract no points. The Sprint is a great opportunity to have a final blast before the Head season begin in earnest. Please support your Club by making an entry. You have gotta be in it to win it !

Finally, a big thanks to all of you who assist in setting up, running and organising our three Regattas and the Small Boats Head. Your help is much appreciated and goes a long way to maintaining the high standard of our events and in generating income to support the Club.

Ian Hazel-Gant, YCRC Regatta Secretary

KIT CORNER

NEXT KIT ORDER GOING IN FIRST WEEK IN OCTOBER

JL will be finalising their prices for the coming season over the next couple of weeks, so order forms should be available from mid August. If anyone thinks they might want kit, send me an email and I will send you an order form and sizing chart, although the best way of deciding on the right size is to try on the kit of someone who is about the same size – please make sure you try on JL kit as other suppliers have very different sizes.

Odd bits of kit – all new and official YCRC kit.

1 Powerhouse men's lycra size L £40

1 pair JL shorts medium £15.

For an order form or if you are interested in the bits of kit, my email address is lizporte@tiscali.co.uk.



Ousenews

If you would like to receive Ousenews via email please email Mags and Tasha at ousenews@ycrc.co.uk.

We would also like to hear from you if you have anything that you would like to contribute to the next issue or The Press.

Mags Felter & Tasha Kefford, YCRC Publicity Officers