

# Tees Rowing Club

The newsletter of the Tees Rowing Club  
Founded 1864

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## PROJECT OARSOME LAUNCH

To celebrate the success of Project Oarsome on Teesside, the project was officially launched at the River Tees Watersports Centre in Stockton on Tees.

The launch took place on **Thursday March 25<sup>th</sup> 2004**. The day incorporated the official launch presentation, boat naming ceremony, water and dry land demonstrations by Project Oarsome participants. The presentation started at midday and finished at about 3pm.

The national Project Oarsome scheme aims to link state schools with rowing clubs and to introduce rowing to young people. The very best of participants will aspire to being future Olympians.

Project Oarsome, the Amateur Rowing Association's investment in young people, state schools and rowing clubs is in its fourth year. £2.5 million is being spent providing equipment, personnel, resources and training to up to 30,000 young

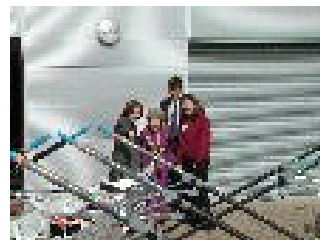
people. Participants will be afforded the opportunity to try out and enjoy rowing under the guidance of qualified coaches.

We have formed a partnership with local Teesside schools: Blakeston School, Acklam Grange School, Sport England, Henley Stewards and the Amateur Rowing Association to promote rowing in the communities of Stockton on Tees and Middlesbrough.

The nature of the partnership is that volunteers from the club are now working with students from its partner schools. The partnership, in its second year, is aimed at introducing young students to rowing and to encourage them to continue their participation in the sport.

Rowing ambassadors from the successful GB squad have visited schools and have interacted with youngsters. Rowing has had improved media coverage and Project Oarsome has benefited from this.

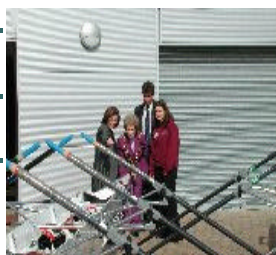
Present at the launch were Stockton Council's Lady Mayor Ann Cains, Loretta Williams ARA Community Development Officer, Alan Meegan ARA Coaching Development Officer, Deborah Connolly Henley Stewards Coach, Officers of Tees Rowing Club, Staff and pupils from Blakeston and Acklam Grange Schools, Press representatives and friends of the Rowing Club.



The Mayor, Dilwyn, Helen, Suzie in a photoshoot at Oarsome Launch Day.

## MAYOR OF STOCKTON NAMES PROJECT OARSOME BOATS

The Mayor of Stockton (Ann Cains), as part of Project Oarsome Launch day, named the Project Boats:



The Mayor and Dilwyn on duty

- Single sculls: **Teal, Preston Park**
- Double Sculls: **Broken Scar and High Force**
- Coxed Quad Sculls: **Teesdale and Tees Valley**
- Virus Boats: **Sunshine, Sunrise, Sunset, Launch: The Banana**



The boats lined up to be named

**Tees Rowing Club  
Annual Dinner: Tickets  
Sold Out!!**



## VESTA INTERNATIONAL HEAD OF THE RIVER



Helen Lawson  
CAPTAIN

**Helen, Sarah Stocking Sarah Harker, and John Heron,** did a marvellous job on the Tideway keeping cool heads in trying conditions.

On Sunday March 21st, veteran crews drawn from British Rowing clubs, and Rowing clubs from Germany, Spain, France, Italy of ages from 30 plus to the over 60's, took to the water to compete in age categories. Initially a blustery Thames was rowable, but as the start time approached conditions deteriorated and the organisers decided to attempt to run a shortened course of 1 1/4 miles rather than the full Boat Race distance. However, with weather becoming stormier by the minute, the event was cancelled and crews made their way to the safety of boathouses.

Tees boated from Civil Service boathouse near Barnes Bridge.

We had entered four crews for the veterans' event:

**Veteran E (over 55)** consisted of

Bow Tor Taverner, Dick Wilkinson, Richard Harandon, Bob Bainbridge, John Green, Dilwyn Jones, Chris Kenyon, Stroke Tony Stocking and Cox John Heron.

**Veteran C Men (over 43)** Bow Tim Mallon, Brian Baldwin, Craig Noel, Russell Mills, Kevin Robinson, Steven Leigh, Paul Stiller, Stroke Guy Allen, Cox - Sarah Harker

**Veteran C Women (over 43)** Bow Deborah Ashurst, Sue Wareing, Gill Stiller, Christine Meikle, Janet Wilkinson, Angela Warburton, Ester Takacs, Stroke Adrienne Bradbury, Cox - Sarah Stocking

**Veteran B Mixed (over 36)** Bow Carol Robinson, Sarah Gardner (Mortlake Anglian Rowing Club), Rob Cree, Dave Warburton, Dave Scarr, Paul Lofts, Helen Pickering, Stroke Liz Leigh, Cox Helen Law-

son

The Club is able to report that apart from the disappointment of being unable to compete because of the conditions, there have been no ill effects to Tees Members reported as a result of rowers being exposed to quite severe weather conditions. Damage to club equipment was limited to the KOS which has structural damage and will require professional repairs. KOS will be out of use for some 10 weeks.

Crews from Tees now are in training for the summer sprint regattas with the main aims to do well at National Sprint Regattas, Henley Royal Regatta, Durham Regatta, their own Tees Regatta and National Veteran Rowing Events, as well supporting Club Regattas across the Northern Region.



Steve Vaslet  
SAFETY ADVISER

### VESTA—THE ISSUES RAISED BY TEES CLUB MEMBERS

STEVE RECEIVED 23 E-MAILS REGARDING THE RACE

**Steve Vaslet, Safety Adviser of Tees Rowing Club** wrote to the race Secretary of Vesta Veterans Head of the River and raised the following points:

- Tees can learn lessons from the weekend
- What about entry fees of those denied the chance to race?
- We place our trust in those who know the Thames to

make the right call

- Weather conditions had been predicted for several days
- No large boats to rescue people at key parts of the course
- Late crews should have been turned back
- Why was start delayed?
- On water for 4 hours for

some crews

- Limited help available at Putney

- Lack of coordination of landing at Civil Service

There were many other points raised—letter available to club members.

Vesta Race organising committee are to meet and review the race.

## THE HEAD OF THE RIVER RACE

We sent five crews on the long journey to the Tideway to compete in The Head of the River Race and also to the **Vesta International Veterans Head of the River Race**, held on March 20/21.

The main event of the weekend, The Head of the River, which is held over the Oxford and Cambridge Boat Race distance of 4 1/4 miles, was due to be held on the Saturday.

The Tees crew of, Bow Justin Rowe, Graham Hollins, Rob Cree, Dave Warburton, Dave Scarr, Paul Lofts, Steve Vaslet, Stroke Andy Pickering, Cox - Angela Warburton was disappointed to find that after training hard over the winter for this prestigious event that severe weather conditions resulted in the event being cancelled. Over 400 Club Crews from the length and

breadth of Britain and crews from many clubs across Europe had made the long journey to London to compete.

The decision to cancel the event as a result of the severe weather left our Tees members disappointed but keen to enjoy the rest of the weekend.

# RACING RESULTS—2004

## South Yorkshire Head(Feb)

Tees Rowing Club's Veteran D Eight (over 50 age group) won their event; and similarly the Tees Club Senior 3 4+ crew put in a much-improved performance to take the winners medals for their event over the same course.

The crew members of the winning Veteran D Eight were; Bow – Tor Tavener, Paul Reevel, John Green, Dick Wilkinson, Chris Kenyon, Bob Bainbridge, Richard Harandon, Stroke Tony Stocking; Cox John Heron.

The crew members of the winning Senior 3 iv+ were; Bow Steve Vaslet, Dave Warburton, Dave Scarr, Stroke Andy Pickering cox, Angie Warburton

## Tyne Head(Mar)

Tees Crews went to Tyne Head of the River in preference to the Yorkshire Head as there was a clash of dates.

Tees Veteran D Eight(Over 50), was the fastest crew in Division 1 by 4 secs after handicap had been taken into account. The Tees crew of Tor Taverner, Paul Reevel, Richard Harandon, Bob Bainbridge, John Green, Paul Buckworth, Dilwyn Jones (Stroke) and John Heron (cox) won their event in 17mins 10.7 secs, beating several much younger crews in the process.

Tees Veteran C Eight(over43) took the honours in Division 2 in a time of 19min 30.4 to make it a clean sweep for Tees Rowing Club in the Veteran classes at the Head of the Tyne. The Tees Vet C crew comprised (Bow) John Harrison, Bryan Baldwin, Craig Noel, Dilwyn Jones, Kevin Robinson, Steven Leigh, Paul Stiller, Guy Allen and Cox John Heron.

## Trent Head of the River (Mar)

Conditions were considered too dangerous for our two Tees Crews

to take to the water at the Trent Head and, wisely, we withdrew our entry.

## WHORR (Mar)

Two Tees women' crews entered the annual WHORR. Tony Stocking coxed the quicker of the two crews over the 4 1/4 mile course in a time of 22min 17.6 secs, whilst Janet Wilkinson's crew completed in the encouraging time of 23minutes 59.6 seconds. Both crews should take heart from their performance—well done girls, and Tony!

Spotted at the Tideway amongst the opposition: Joanne Lywood(Osiris), Katy Wilkinson(St. Andrews Uni), Helena Malcolm(Loughborough Uni), Jane Green (City of Bristol), Sarah Gardener(Mortlake, Anglian and Alpha)

## Winning Eights at Tyne HOR



Tees Vet E Eight



Tees Vet C Eight

# JUNIOR ROWING

JUNIOR CAPTAIN: SUZIE FRANCIS  
JUNIOR COORDINATOR: STEVEN LEIGH



Suzie Francis—Junior Captain

From Steven Leigh—Junior Coordinator

The days and months rush past, the grey hairs become more numerous and we tend to forget where we put our replacement reading glasses.

Yes, the signs of middle age come to us all. But for our juniors this is not even a possibility. Their dreams, their hopes and their passions buffer them from that future. At Tees we are lucky in having a fine group of junior members who simply require a little help ensuring their youth represents halcyon days. Their ardent commitment to the present needs direction.

Let us reflect on the best elements of our teenage years, be it playing netball or the youth club discos and try, by our commitment, to make their Tees years golden years.

Thank you, Steven, from the heart no doubt.

## Results from Ponteland Junior Head

Laura Hunter-Smith and Rebekah Warburton won the Women's J18 Double Sculls event in a time of 11minutes 24.3 seconds. Rebekah won the Women's J15 Single Sculls event in a time of 10 minutes 22.3 seconds. Also competing was Alice Runnacles from Tees who produced the creditable time of 11 29.1 seconds in the Women's J14 event; Alice joined with Jodie Mark of Talkin Tarn Rowing Club in the Women's J15 event to log a time of 12 minutes 18.2 seconds.



## Junior Ergothon

A team of 16 Juniors aged 12-17 from Tees Rowing club rowed continuously for 24hours on land based rowing machines, (Ergos) they rowed 615km (384 miles), the equivalent distance to rowing across the North Sea from Teesport to Esbjerg in Denmark.

The team were raising sponsorship for the Sir Steve Redgrave charitable trust, which provides support to encourage young people to enter the sport of Rowing. The junior team intend to present the cheque for the money they raised to Sir Steve in person when he is in Stockton for the Sir Steve Redgrave Tees Chal-

lenge on the 23rd of May this year.

The original idea and all the organisation, which allowed the event to run like clockwork throughout the 24 hours, were all made by the juniors themselves, led by Rebecca Warburton, Suzie Francis & David Inman.



**Back row** L-R Rebekah Warburton, Melissa Meikle, Lizzy Brophy, David Inman, Neil Hunter-Smith, Laura Hunter-Smith, Suzie Francis

**Front Row** L-R Alice Runnacles, Josh Hesselhurst, Ben Harrison, Ben Lowes, Ben Cauldwell, Ben Warburton.



## COMMITTEE NEWS

- QCBC , now splitting into John Snow College and George Stephenson College is entering into an agreement for shared boats with TRC.
- Club Mark is proceeding. More about this in next issue
- RTWC development workshop—news forthcoming.
- Trailer towing fees—cough up!
- An Alden Double Scull has been purchased for adaptive rowing
- A Quasar Single Scull has been bought—this is a shared purchase with UTRC
- Sir Steve Redgrave Tees Challenge planning is well advanced

The newsletter of the  
Tees Rowing Club

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www.teesregatta.co.uk  
www.teeschallenge.co.uk



Club Logo: Is it time for a change?  
What do you think? Comments to Victoria.

### TEES RC: 5 YEAR DEVELOPMENT PLAN AND SWOT ANALYSIS.

The plan is currently in draft form and is with Tees Rowing Club Committee for discussion.

It is a lengthy and necessary tome. Here are the main points.

*Membership to grow at 14% per annum*

*Continue to develop rowing at all levels*

*Aim to retain members to maintain the volunteer base*

*Support realistic ambitions of all members with appropriate organisation, coaching, training and equipment.*

*Maintain a strong junior section*

*Support new initiatives:*

- *Adaptive rowing*
- *Recreational rowing*
- *New competitive events*
- *Involving the local community*

*Maintain a rolling programme of equipment replacement: cost £19,000 per year rising to £38,000 in 2008, funded by grants and fund-raising activities.*

*Better links with other clubs.*

Once the committee approves it, an updated version of the development plan will be circulated to all members inviting further comment.

#### **SWOT Analysis**

*We have been asked to do a SWOT analysis of our club , i.e. identify our **Strengths, Weaknesses, Opportunities, Threats,** by the ARA.*

**So what are our strengths?** They include:

*ARA Good Practice in place*

*Membership growing at 14%pa*

*Leader in safe practice*

*Award winning club web-site*

*Community sports club*

*Support from NRC, ARA, RDO*

*Excellent facilities at RTWC*

*Convenient central location*

*Good volunteer base*

*High level networking*

*Qualified coaching base*

*Successful Junior and Veteran Sections*

*Adaptive rowing activity started*

*NRC support for Junior development*

*Developing women's section*

*Squad system partly in place*

*Tees Regatta firmly established*

*Tees LDS part of NRC series*

*Strong social programme*

*Adequate number of seats available in senior boats available at the moment*

*(W - weaknesses in next issue)*



Dilwyn Jones—President

**Dilwyn** has taken on the task of preparing the Tees Rowing Club 5 year development plan based on the useful group session in October and the Junior Coordination team's work.

# AROUND THE CLUB

## FUNDRAISING

- The Boat Race Sweepstake raised £27 and was won by Robert Meikle. Thanks Tim Mallon for organising it.
- Ian Smith has rowing photos available for purchase—check with Ian/Website for details. A contribution goes to the club with purchases.
- John Harrison's Christmas Card initiative and members generosity, helped raise £212.
- Last of the Summer Wine fundraising has reached £2400
- 100 Club—we have 36 members but we have 64 spare numbers!!! £260 has been raised to date.

## NOTICE TO MARINERS

- The Barrage Stretch will be closed May 22/23, June 13,20,27, July 31, Aug 1, Aug 22, Aug 28/29.
- There will be restrictions on the Barrage Stretch May 16, July 28, 29, 30, Aug 21, 27, Sept 19.

## REGATTA SEASON

- Competitors must wear racing strip for Regattas or risk disqualification.
- Take dry clothes whenever you row be it race or training.
- Give race entries to Pauline in good time
- Junior race entries—consult Steve Leigh submitting entry.
- Crews are required to load/unload their own boat or agree with others to do it.

## AROUND THE CLUB

- **THINK SECURITY—DOORS, WINDOWS, LOCKS**
- Save energy! Switch off lights as you leave.
- We are collecting spare blankets. Give to Steve Vaslet.

## NEW MEMBERS

- When introducing new adult members, please tell Helen/Andy/Louise; for Juniors see Steve Leigh. New members details will then be passed on to the appropriate group.
- £2 per session is payable by new members into the honesty box until they join.
- We welcome the following new members to the club:

**Kent Craven, Helen Cronshaw, Sarah Douglass, Tony Flinn, Heather Halliday, Brian Halliday, Ben Harrison, Joseph Hook, Victoria Hunnam, Jenni Hunter-Smith, Lee McSorley, Vicky Phelan, Carol Robinson, Nicola Spinks, Brian Ventress, Rebecca White, Jonathan Radcliffe.**

## ERGO LADDER

- Personal best times will be submitted to Concept 2 for inclusion in their National Rankings. John Green will be collating times. Closing date for receipt of times by Concept is the end of this month. Further details can be found in the Gym.
- Top times are:
 

	<b>5k</b>	<b>2k</b>
Men	Hugh P 16'47	Paul B 6'21.
Women:	Ester T 20'40.8	Ester T 7'54.0
Juniors:	Suzie F 21'23.2	Kristina S 7'17.9

## FLOTILLA

- This will continue to operate throughout the summer—meet at 0900 on Saturdays unless notified otherwise. Pipe Bridge return is the norm. Come on down.

## CHRISTMAS ROW

- Thankyou, Ruth for organising what we hope will become an annual event: mince pies 'n all.

## SAFETY

- Report capsizes, collisions, near misses, stone throwing to Steve Vaslet via the Safety Log kept on the Safety Notice Board in Bay 6.
- Members are requested to pick up the safety code from Bay 2/3, sign the declaration if a coach, or parent of a junior, and return to Steve Vaslet.
- **All** members are **required** to record outings on the boating blackboard

## CLUB CALENDAR

- The club calendar is held by committee members, and copies of the calendar are posted on the club notice boards
- Members considering organising an event should consult the holder of the club calendar—John Green.

## DATES FOR YOUR DIARY

- Launch drivers Course—April 25
- Coxing seminar—Date in April
- ARA Competition Review—May 12
- Wednesday Club Night will be starting this month.

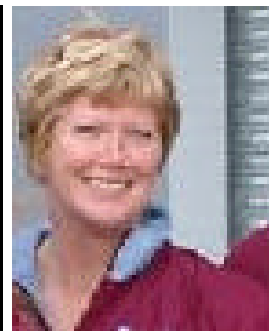


**MUSH, YOU MALAMUTE**

Just when you thought you had heard it all!! Unbeknown to most of us, Paul, our champion sculler took off for the frozen tip of Norway to mush a few huskies for fun. He has fascinating tales to tell. Then blow me, Victoria(Club Sec), unbeknown to all it seems, including Victoria, she is musing same dogs in the Arctic Circle!! Careful with the aquavit.

Hic. Gee. Haw. Whoa. On by. Come gee. Come haw. Gosh it is going to be confusing in the boat on Victoria's return.

Go girl!! Look after your lead dog.



**TEES REGATTA - May 22nd**

**SIR STEVE REDGRAVE CHARITABLE TRUST TEES CHALLENGE May 23rd**

Two multi-lane events offered on one weekend. Something for everyone on Teesside in May

**TEES REGATTA** organised by ourselves through Regatta Secretary Kate O' Sullivan, will offer events for all boat types, status, and age categories. Where possible, as in previous years, repechages will be offered. Check out website:  
<http://www.teesregatta.co.uk>  
<http://www.teeschallenge.co.uk>

**SIR STEVE REDGRAVE CHARITABLE TRUST TEES CHALLENGE**  
 This event is organised by the River Tees Watersports Centre. There will be a land based Project Oarsome whilst on the water, Rowing Clubs will enter a team(teams) of thirteen: 6 men, 6 women plus a team manager (who can be one of the twelve athletes), racing over 400m. Prize money will be divided up as follows: Winning Team £5000, 2nd-£3000, 3rd £2500, 4th £1500.

**COACH OF THE YEAR AWARDS**



Julie and Christine seen here receiving their Coach of the Year awards.

The Northern Rowing Council, at their AGM, honoured the achievements of Tees Rowing Club members Julie Gray and Christine Meikle for their work in establishing **Project Oarsome** on Teesside. Julie and Christine were presented with Junior Coaches of the Year Awards for 2003. In its first full year (2003) Julie and Christine with help from ARA development Officer Loretta Williams, have established **Project Oarsome** in two local secondary schools and Tees Rowing Club. Young people from Acklam Grange School in Middlesbrough and Blakeston School in Stockton took part in Project Oarsome, coached by staff from these two local schools with volunteer help from Tees Rowing Club members. The ARA National Project Oarsome Scheme links state schools with established rowing clubs to introduce rowing to young people. Project Oarsome offers a structured programme, expert tuition, and an enjoyable experience. Project Oarsome has considerable support from the National Lottery and from the Henley Stewards Charitable Trust. Staff at the two local schools took part in an ARA Instructors Award in order that they were able to support and supervise on-water activities as well as gaining valuable knowledge in activities using the Indoor Rowing Machine. Pupils were introduced to rowing with a dry – start programme using the Indoor Rowing Machine and were set age-related target tests. This was followed by the Wet – Start programme, when students after swim tests and capsiz drills took to the water for expert tuition in sculling boats as well as in a range of similar craft housed by The Tees Rowing Club in the River Tees Watersports Centre. Julie and Christine were immensely proud to receive their award in Durham last week and was fitting reward for their dedication to the Project Oarsome Scheme

**GB SELECTION FOR KRISTINA STILLER**

Kristina Stiller of Low Worsall, near Yarm, who started sculling just over a year ago with Tees Rowing Club, and currently a student at St. Peter's School, York, has just completed three days of selection trials for the Great Britain Junior Rowing Squad. **Following successful trials, Kristina has been selected to row for Great Britain at the German International Regatta for Juniors in Munich on May 8/9<sup>th</sup> 2004.** Six girls were selected from Great Britain; Kristina will be competing in the Double Sculls event with her partner from the Wycliffe Sculling Centre. The remaining successful participants from the GB selection trials will be competing in a coxless four. This represents a considerable achievement for Kristina. We, at Tees, are thrilled for her.



**SUCCESS FOR JOANNE IN BOAT RACE**

Joanne Lywood who is at Oxford University and who learnt her rowing at Yarm School and is a member of Tees Rowing Club was in the winning Oxford boat that won the annual Women's Oxford and Cambridge Boatrace on Sunday March 21st. Joanne, from Hutton Rudby, was in the bow of the Oxford boat and came up against her former Yarm School classmate Jessie Stanley in the Cambridge boat. Joanne rows with Tees Rowing Club whilst on vacation, and has had a particularly successful year, being in the crew that has won the University Pennant at the Women's Head of the River, the BUSA Pennant as well as her success in the Women's Boat Race at the weekend. Congratulations, Joanne on your outstanding achievements! Joanne, who is reading maths at Lady Margaret Hall, is a member of Tees Rowing Club, for whom she regularly competes when on vacation. From all your friends at Tees—well rowed, Joanne.

