

Blues News...

November 2006

Firstly, a big thank you to Rob Pullen who has photocopied the club newsletter free of charge.

Congratulations to Peter Hockin who has been selected to represent the international team 045s in 10K at Falkirk in November.

RACE RESULTS

SHERBORNE IRONMAN

Mark Alderman	11-17.04	Jeff Harding	11-41.57
Simon Lacey	12-05.46	Jimmy Murray	12-58

TORRINGTON BACK IN FIVE

Peter Hockin 27-27	Mark Jenkin 28-03	Wayne Stephens 28-45
Bill O'Donnell 29-33	Craig Bellew 31-23	Stuart Philps 32-05
Chris Stone 32-28	Mark Sussex 33-22	Maurice Cockwill 33-30
Dan Mapp 34-49	Andy Glover 34-58	Andrew Oke 40-13
Alan Heard 40-54	Alan Cox 40-55	Jenny Cockwill 44-36
Lois Vickers 46-30	Angela Davies 51-05	Alison Trigell 57-37
Frank Dunlop 59-28	Glen Martin 59-28	

Well done to Craig Bellew (fastest junior male) and Maurice Cockwill (fastest over 50.)

BATTLE OF SEDGEMOOR 10K

Peter Hockin 32-53	Bill O'Donnell 34-39	Stuart Philps 37-39
Mark Sussex 39-36	Maurice Cockwill 40-23	Neil Marke 41-24
Lorraine Kenneally 43-24	Tim Oke 47-27	Karen Ballantyne 48-23
Andrew Oke 48-57	Eric Hubber 51-09	Jenny Cockwill 52-03
Glen Martin 52-41	Doug Birghall 55-45	Liz Oke 1-06-14
Frank Dunlop 1-09-47		

BIDEFORD 10 MILE

First running of this event and 114 runners took part in very windy conditions

John Ward 54-00	Peter Hockin 58-35	Stuart Hearn 1-02-14
Stuart Philps 1-03-35	Mark Sussex 1-08-07	Maurice Cockwill 1-08-22
Jimmy Murray 1-09-00	Alec McLaren 1-09-43	Charlie Davis Jnr 1-11-07
Mark Gilbert 1-11-25	Andy Jewell 1-13-06	Alan Cox 1-13-43
Lorraine Kenneally 1-14-35		Andy Walter 1-27-00
Neil Marke 1-17-19	Elizabeth Higgins 1-17-47	
Andy Warner 1-17-54		
Sam Wilson-Hammond 1-18-58		Stuart Wilson-Hammond 1-19-20
Rob Floyde 1-21-08	Jane Jackson 1-21-36	Derek Jackson 1-21-37

Carol Davies 1-22-20 Kaye Allen 1-24-34 Andy Oke 1-24-51
Matthew Figes 1-26-18 Tony Andrews 1-28-15 Pam Paddon 2-18-59
Bob Wootton 1-29-20 David Mellor 1-31-27 Michelle Bright 1-32-42
Clive Bright 1-32-42 Andrea Brend 1-43-25 Angela Davies 1-44-52
Charlie Davis Snr 1-48-58 Natalie Hammond 1-53-15 Liz Oke 1-57-01

DOONE RUN

Rob Floyde 1-45-38 Andy Jewell 1-51-29 Alan Heard 1-56-39
Karen Ballantyne 1-56-59 Paul Strutt 2-03-37 Lois Vickers 2-14-13
Andrea Chance 2-19-04 Stephanie Jenkins 2-22-31 Kay Eastwood 2-31-06
Liz Oke 2-53-19 Glen Martin 2-53-19

SWANSEA 10K

John Ward 31-18 Peter Hockin 32-40

HONITON 12K

Maurice Cockwill 51-48 Alan Heard 58-15
Jenny Cockwill 68-33

CARDIFF HALF MARATHON

Jon Parkinson 1-14-47 Helen Parkinson 1-26-09
Linsey Birghall 1-36-36

EXMOOR STUMBLE

Mark Sussex 1-05-59

EXMOOR STAGGER

Mark Sussex 2-15-59

DUBLIN MARATHON

Jimmy Murray 3-14-43

David Braunton 3-21-05

NORTH DEVON 10K

Kevin Heywood 30-50 Andrew Ingle 32-54 Mark Jenkin 34-17
Wayne Stephens 34-15 Craig Bellew 36-55 Holly Knight 38-01
Stuart Philps 38-29 Chris Stone 39-11 Rob Pullen 41-14
Andy Glover 41-17 Dan Mapp 41-54 Maurice Cockwill 42-12
Paul Wilson 42-56 Alan Cox 43-08 Andy Warner 43-27
Mark Davies 43-52 Lorraine Kenneally 43-57 Erica Woolgar 44-48
Howard Bone 44-52 Barry Withcombe 45-00 Annette Murray 46-06
Paul Strutt 47-03 Andrew Oke 48-00 Tony Andrews 50-18
Bob Wootton 51-36 Neil Paddon 53-06 Silas Earl 53-49
Andy Walter 53-53 Claire Bone 54-46 Jenny Cockwill 55-32
Debra Lake 56-17 Karen Wilson 57-43 Andrea Brend 1-00-05
Kay Eastwood 1-02-15 Natalie Hammond 1-04-18 Liz Oke 1-04-18
Anne Colling 1-12-24 Hilary West 1-12-24 Cathy Chick 1-12-24

JUNIORS AT THE NORTH DEVON 10K

Four of the juniors took part in this event with some VERY good performances:-

10th overall Craig Bellew 36-55
45th overall Dan Mapp 41-54
75th overall / 7th Lady Erica Woolgar 44-48
171st overall Silas Earl 53-49

Craig's time of 36-55 is a **new club record** for U17s

Erica's position as 7th lady was very impressive as it was her first ever 10k race.

Unfortunately Dan picked up a stress fracture in his foot and is not running for a while. Get well soon Dan.

Race Revue

Venice Marathon, 22nd October 2006

Imagine the scene...

Very early morning, still dark and thick mist covered the watery city. In all directions figures were emerging from the mist, all dressed similarly, carrying the same kit bags, heads down in quiet contemplation, converging on the place where we were to be picked up by the buses and taken to the start. It was like a scene from "The Night of the Undead"...

By 9:15am the scene had changed to one of bright daylight and crowds gathering at the start in excited anticipation of the starting gun. Then we were off, beginning at the town of Stra and heading back towards the city of Venice.

The first 24 miles were the flattest I've experienced in all my (many!) years of running, and hence soreness crept in and continued to build up as the same poor muscles were hit on every step. There was plenty of support along the way as we passed through villages and towns, including several great bands. I found myself singing along on more than one occasion.

As we left the mainland and reached the city of Venice we were in the last 3km of the race – surrounded by cheering crowds, the amazing decaying splendour of the buildings and lots and lots of water.

There were 13 bridges to cross – the slight rises and falls now came as a relief to my aching muscles – including a pontoon erected specially for the race across the Grand Canal.

And so came the finish... not as quick as I'd hoped, but a fabulous experience and a unique city – unforgettable!

Karen Ballantyne

Karen completed the Venice marathon in a time of 4 hours and 12 minutes.



Also Congratulations to Karen and John who have just announced a spring

wedding!!

RACE DIARY

Wyvern Christmas Cracker 17th December

Please pay £12.00 travel costs to Alan Heard ASAP if not already paid.

Torrington Christmas Caper Sunday 17th December 10 miles of multi-terrain, cross country with hills, mud and more mud!

Exeter Last Chance 10K 31st December

New Years Day race ~ two bridges

FOR SALE

Asics Gel Kayano UK size 9.5, only worn for 30 miles £50 ono contact David Mellor 01271 860601

Don't forget:-

Blues Family/Christmas Karaoke Disco

December 9th 7:30 pm

Tickets (free) available from Tracey Pearce and Denise Shel Drake

Should be a good night!

Laugh out Loud...

"I joined a running club last year to lose some weight, spent a fortune. Haven't lost a pound. Apparently you have to show up. "

A personal view of the Blues trip to Amsterdam 13-16th October 2006

By Glen Martin.

After leaving Bidy at the crack of dawn, arriving at Bristol airport we were met with the news our flight had been cancelled, well it was Friday the 13th! Five hours later we took off and arrived in Amsterdam. We booked into the hotel and Eric and I, who were sharing were directed to enter the hotel via another entrance due to renovation work. Have you ever tried opening doors with one of those plastic keys? We felt like burglars! Funnily enough later on after a few beers, Eric opened the door first time! (only Heineken can do these things!)

Our room was up 2 flights of stairs and I wondered how Eric was going to manage after a marathon? Talk about the north face of the Eiger!

We needed to register at the sports hall and advised it was better to walk and as the traffic would be bad it would only take 20 minutes, off we went with me as 'tour guide', almost an hour later we found our destination and the general opinion was I should hand in my 'tourist guide' badge.

We collected numbers and chips and excellent T-shirt, and all walked back for a meal. Understandably, Eric wanted an 'early night', and being the sympathetic person I am I agreed we were in bed by 10.00pm. Eric slept really well but he forgot to mention that he snores!

Sunday 15th 'The Day'

We booked the taxis for 8.00am, Neil (Marke) jumped in beside the driver and off we went. We arrived at the destination just as two policewomen were closing it off with metal barriers, quick as a flash Neil rolled the window down and the following conversation went something like this:

Neil: Morning

PW: Good morning

Neil: Did you get the message?

Bemused look from PW: No, what message?

Neil: You're to let us through, we're elite runners, and we've probably got the first 10 finishers here.

At this moment she actually began to push the barrier aside, then suddenly stopped, rumour has it she caught sight of the 'Last of the summer wine' runners; Charlie, Eric and Myself. Whatever happened she didn't let us pass, but what a fantastic effort by Neil.

In spite of the thousands of runners (local paper estimated 16,500) we found an empty changing room, and in true 'Blues' fashion took it over ~ well almost.

Charlie Davis, Frankie Dunlop, Jane Jackson and myself were in the 10K, it took almost five minutes to cross the start line, the course was very narrow in places- dead flat naturally, not much room to pass, finishing in the Olympic stadium was great, sizeable crowds there plus the usual big screen interviews, (can't imagine why Charlie and I weren't selected). So there it was, all over; Charlie's last race and international appearance.

We went up on to the terraces in the stadium to cheer on our marathon and half-marathon runners as they finished, the atmosphere was great, and we noted the times on the digital clock. See results at the end of this report.

Charlie Davis Jnr was running his first ever marathon and finished in 3-25-50, a good time for his debut, but of course he uttered those oft repeated and never forgotten words at the end: "Never, ever again". How many times have we heard that one?

Eric must have been pleased with his run after earlier injuries interrupted his training.

From our point of view as spectators the highlight was to see John Ward enter the stadium with not another runner in sight to win the half marathon in 1-08-44, well done John! As John finished Frankie Dunlop was there – in the restricted finishing area to greet him with open arms. Having seen John approaching the finish, Frankie immediately presented himself at the barrier with "let me in, I'm his coach" access was immediate! (He's full of the blarney).

Marathon results

Paul Jennings 3-16-33 Charlie Davis Jnr. 3-25-50 Derek Jackson 3-25-57
Adrian Vanstone 3-37-59 Neil Marke 3-39-51 Mike Mears 3-43-20
Eric Hubber 4-26-12

Half Marathon

John Ward 1-08-44 Peter Hockin 1-13-23 Linda Eastmond 1-55-09

10K

Jane Jackson 48-02

Charlie Davis Snr. 1-00-08 Glen Martin 1-00-09

Frank Dunlop 1-02-31

Many thanks to Peter and Neil for providing transport return, and special thanks to Adrian for organising the trip assisted by Eric. If you're wondering (from my memories) if we visited any of the famous places in Amsterdam, the answer is – some might have – but that's another story.

Good running

Glen

P.S. If you get the chance to visit Amsterdam then do so – it's a great place.

Runners Profile: Alan Cox

What made you take up running?

Too old for football! Also I could drink copious amounts of alcohol without putting on weight, it didn't work!

When did you start running?

Started in 1976 with football training, London Marathon in 1982 was my first big race.

How many miles do you think you run in a year?

These days about 2 -2,500, in the late eighties I did over 3,000 miles in one year.



What is your favourite distance?

Used to be a half marathon, these days 10K.

Have your PBs changed much over the years?

1987	Marathon	2-53-26		
1987	Half Marathon	76-52	0/50	83-02
1989	10 miles	58-44	0/50	62-02
1991	10K	35-28	0/50	36-56

What is your favourite route around Bideford?

Two Bridges as a time trial.

Which is your least favourite run?

Handicap course – have run so many times I know every little gradient (and

big one!).

Which race have you enjoyed the most?

It has to be the first time I broke 3 hours for the London Marathon in 1986, 2-56-43, but a close second was my PB Half Marathon 76-52 at Taunton.

Which was your least favourite race?

When Alan Heard beat me at the Teignbridge 10 (I had a broken leg!).

What would you give as a good training tip?

- a) Alcohol.
- b) Take your races seriously but enjoy your training – and support the bar!

What is your greatest ambition?

To get Heardy (Alan Heard) to buy a round!

Who is your favourite Actor?

Glen Martin (always pretending injury).

Who is your favourite athlete?

Has to be Wattsy (Andy Watts) – to carry that much weight around is incredible!

You have travelled a lot with the 'Blues' to races, which has been your favourite?

Las Vegas Half Marathon – write up to follow in the next edition of the newsletter.

Favourite fellow tourist?

Andy Jewell – I've slept with him all over the world! (don't tell Sue!).



Interview held on a Monday evening at
A meeting of the Fat Club.

A few members of the Fat Club from left
Jeremy ?, Alan Cox, Mark Sussex,
Alan Heard & Neil Paddon.

Our best wishes for a speedy recovery go to Dougie Birghall who recently suffered a heart attack, get well soon Dougie!!

Junior Harriers

The junior section is currently enjoying fantastic success. This would not be possible without all the hard work of the coaches and helpers.

Alan Bellew and Stewart Snetzler are currently training to become level 2 coaches, while a number of other volunteers are about to undergo training to become coaching assistants.

An average of 40+ juniors aged from 8 years are presently training at Bideford College Sportshall on Tuesday evenings between 6 pm and 7 pm, with 35 + meeting at the Clubhouse on Thursdays at 6 pm for road running training (for ages 9+).

Brooks Westward League Cross Country

The League consists of a series of six cross country races across Devon and Cornwall from October 06 to March 07 for athletes aged 11+. Unfortunately, only a handful of junior athletes have taken part in the first 2 meetings, which were held at Redruth on 8 October 2006 and St Austell on 29 October 2006.

This is a great opportunity for athletes to compete against other clubs from all over the southwest, and we would like to see more young athletes participating, because this is what you and your coaches have been working towards, competing against the best athletes in the region.

The next Westward League meeting on 3 December 2006 at Exeter Arena will also incorporate the Devon Cross Country Championships. County selection will be based on performances at this meeting, which means that the top finishers will be selected for the Devon team, with additional places going to other athletes who have done well at previous Westward League meetings.

Congratulations to Erica Woolgar, who came home first to win the U15 girls' section at Redruth, and first again at St Austell, to Fergus O'Donnell who finished 3rd in the under 13 boys' section at Redruth and 6th at St Austell, and to Craig Bellew for finishing 5th in the U 17 men's section at Redruth, and 4th at St Austell.

Well done to Bridie Head for competing in both of the meetings, being the only under 13 girl to represent the club, and to Scott Cartwright, who has just joined the club, and who has also competed in both meetings in the under 13 boys' category.

Well done to all athletes that have taken part so far.

North Devon Cross Country League

The League encourages runners from schools and clubs of all abilities from age 7 to 70 to take part in a series of six cross country races held at local North Devon schools from 17 September 2006 to 11 March 2007.

Every runner who competes in 4 out of the 6 races will earn a shield. This league is proving to be very popular, and some excellent results have been achieved.

It is a good training ground for the younger athletes, allowing them to get a taste of cross country competition, being good preparation for the Brooks Westward League.

Devon Sportshall League

The League consists of 5 Sportshall meetings, all held at Dawlish Leisure Centre for athletes aged between 8 and 16 years. They can compete in a maximum of three individual indoor events plus a relay. The first meeting was held on 15 October 2006 and the last meeting will be held on 25 February 2007. We currently have a small team taking part.

Dates for your Diary

Sunday	19	November	2006	Devon Sportshall League – Dawlish Leisure Centre – County Championships
Sunday	3	December	2006	N Devon Cross Country League – Edgehill College
Sunday	3	December	2006	Westward League Cross Country – Exeter – incorporating the Devon Cross Country Championships
Sat	9	December	2006	Family Christmas Karaoke/Disco
Tuesday	19	December	2006	No training at Bideford College
Thurs	21	December	2006	Around the town run to see the Christmas lights
Tuesday	26	December	2006	No training at Bideford College
Tuesday	26	December	2006	Boxing day family fun day
Thurs	28	December	2006	No training
Monday	1	January	2007	New Year's Day Fun Run
Tuesday	2	January	2007	No training at Bideford College
Thurs	4	January	2007	Training resumes as normal
Sunday	14	January	2007	Westward League Cross Country – Bideford
Sunday	28	January	2007	Devon Sportshall League – Dawlish Leisure Centre
Sunday	4	February	2007	N Devon Cross Country League – St Michael's, Tawstock
Sunday	11	February	2007	Westward League Cross Country – Bovey Tracey
Tuesday	20	February	2007	Half Term – No training
Thurs	22	February	2007	Half Term – No training
Sunday	25	February	2007	Devon Sportshall League – Dawlish Leisure Centre
Sunday	11	March	2007	N Devon Cross Country League plus Presentation – West Buckland
Sunday	18	March	2007	Westward League Cross Country - Bicton

Information about news/events is clearly displayed on the portable notice board, so please remember to check the board at every training session, to make sure that you are up to date with what is going on.

Denise Sheldrake, in the first instance, who can be found at Bideford College on Tuesday evenings and at the Clubhouse on Thursday evenings, or on 01237 473412.

Lost property – Please make sure that all kit is clearly labelled. Currently, we have a number of items that have been left behind on training nights, which have no labelling. These will be kept for a short period of time. Please see Denise if you have lost anything.
If you would like to purchase any junior club kit, please also see Denise.

Finally, please keep safe – so remember that you must all now wear your reflective bibs for outside training.

ROWING SECTION

A combination of holidays, family engagements and work meant that Bideford AAC (the Blues) were only able to send one ladies crew to Torbay Regatta, they took part in two races, and were not the usual full crew.

With Sophie Davis, deputising for Hayley Wilson, she joined usual crew members Kelly Pearce, Becka Jeffrey, Jessica Lee and coxswain Sophie Pearce in having to move up to the Senior C category, after their Novice wins, although accrediting themselves well, the competition in this higher grade meant that they could only manage a 4th place.

In the Under 18 fours race, the same crew came in 3rd.

Dartmouth regatta, held midweek on Thursday 24th August, didn't produce any wins for the club but

“Old Man (on the) River” rolled along . . .

60-year-old Barrie White stepped in to the Mixed Senior C fours when one of the original crew was unable to compete because of work commitments.

With youngsters Sophie Davis, Sarah Jane Lee and Andrew Wilson helping out they secured a fine third place finish against, obviously, far younger competitors, one of whom was his grand-daughter!!

Best placed finishes for the club on the day was a 2nd place for the Mens Veteran crew, and a 2nd place for the Under 18 girls crew.

Third place finishes were achieved by both the boys Under 16 and Under 14 coxed quad sculls.

This squad of boys comprising N Cook, R Brend, L Huxtable, R Kelly, D Harnett, C Lawrence, T Hicks, S Paddon were really looking forward to the **Bideford Regatta** that followed this weekend having secured sponsorship for themselves for that regatta from local firm Trapnell and Sherborne.
Then what happened!

Bideford Regatta

The weather was so bad that the organising committee were forced to suspend the Regatta before the first race was started because the “wind-against-the-tide” factor and driving rain caused several boats to take in water and one boat capsized.

On the resumption of the regatta the decision was taken that because of the conditions there would be no junior races, so the hard work of securing the sponsorship was to no avail.

Because of the conditions the club, along with several other WEARA clubs, decided that they would only send out their very experienced rowers, and as such the Veteran Mens crew of Colin Pennington, Ian Mulholland, Nigel Cann and Clive Bright with Adam Glover (cox), in their final competitive outing before the South Coast championships, were the clubs only competitors and secured yet another second place.

South Coast Championships

The final regatta of the season, the 50th South Coast Championships, took place on the River Dart at Dartmouth in near perfect conditions, flat water, sunshine and only a light breeze made it ideal for the rowing that was to come.

For the very first time in its 50-year history the championships incorporated Junior events for those aged 18 and under.

And it was in the Junior events that the Ladies Under 18 crew – who are this year’s West of England Ladies’ Novice champions – Kelly Pearce, Jessica Lee, Becka Jeffrey and Hayley Wilson, with Sophie Pearce as cox, did what they have not been able to do all season in this particular event, they beat this year’s West of England Under 18 champions, their rivals from Bideford Reds but, unfortunately, they in turn were beaten by a crew from Bexhill, so only ended up taking second place.

In the Under 14 quadruple sculls the crew of Rikki Kelly, Nathan Cook, Liam Huxtable and Darren Harnett, with Matt Colwill as cox, gained a very creditable third place.

The Blues hopes in a Championship event were resting with the Men’s Veteran crew but, on the day, they just could not find their rhythm and finished in a disappointing fifth place. With Clive Bright retiring from competitive rowing, he, along with the rest of the crew, of Colin Pennington, Nigel Cann and Ian Mulholland, with Adam Glover as cox, were obviously hoping to bow out with a much better placing.

The other senior crew in the Open events was the Junior (Senior C) crew of Shaun Wilson, Adam Bright, Jon Hare and Andrew Wilson with Darren Harnett, over his exertions of the Under 14 quad, coxing them, but they missed out, narrowly, on a place in the final.

Two events took place on the River Torridge on the 8th & 9th September.

One for prizes, and one for charity.

Bideford AAC (the Blues) held their annual end-of-season club races for the prestigious Ridge Shield and Muriel Dymond cup, going to the winners, for the senior members in coxed fours and the juniors, in coxed quadruple sculls, were competing for the Quad Sculls Shield.

The Ridge Shield has been competed for since 1933. The concept used is that every rower is drawn into a crew - regardless of age, ability or gender. It is every club rower's ambition to get their name on the Ridge Shield as it is a lasting memory of their achievement and many a championship-winning rower's name does not appear!!

This year's event took place on the River Torridge on the evening of Friday 8th September on one of the highest tides of the year.

Four crews took part, some of whom, amongst the juniors, had already raced in the quad event held earlier, after a hard-fought race over the near-1000 metre course the eventual winners were declared as Nigel Cann, Adam Bright, Jessica Lee, Jon Hare and coxswain Darren Harnett. Second place went to Clive Bright, Andrew Wilson, Kelly Pearce, Becka Jeffrey and cox Sophie Pearce. Third were Ian Mulholland, Hayley Wilson, Matt Colwill, Barrie White and cox Rikki Kelly. In fourth place the crew of Colin Pennington, Shaun Wilson, Phil Kelly, Sarah-Jane Lee and cox Adam Glover.

In the Juniors quad event earlier in the evening the winning crew of Becka Jeffrey, Liam Huxtable, Jessica Lee and Adam Bright with Dale Wilson as cox pushed the crew of Hayley Wilson, Kelly Pearce, Rikki Kelly and Shaun Wilson with Sophie Pearce cox into second place who in turn beat the crew of Troy Hicks, Sarah-Jane Lee, Darren Harnett and Andrew Wilson with Adam Glover as coxswain.

On Saturday evening the Charity event took place.

Back in December 2005, the 12th to be precise, after an athletic event in Weston-super-Mare the gauntlet was thrown down by some half-dozen or so Harriers members suggesting a rowing challenge amongst themselves to be held at the end of the Regatta season in aid of a charity and the Children's Hospice South West was chosen.

The gauntlet was picked up and the date chosen that night was Saturday 9th September 2006, on the highest tide of the year.

During the discussions a third crew consisting of members of the club's cricketing fraternity were brought into the equation, at that time nobody knew it was going to be Bideford's Carnival night as well. They enlisted the help of a couple of older members of the club, namely Barrie White and John Daniel, and preparations began.

The three crews were decided. Barrie White, Dave Cloak, Alex Taylor and Mark Fundrey, joined by John Daniel, Roger Edwards, Steve Sanders and Dave Jenkins, with the cricketing crew of James Stevens, Norman Stevens, Mark Stevens and Michael Brown.

Unfortunately two from the Barrie White crew dropped out and they were replaced by Sharon White from CHSW and a young Nick Blight.

The night came, not only were the streets of Bideford thronged by people, watching the carnival, but also the riverbank and gig steps by members of the club, family and friends waiting for the spectacle that was to unfold on the river, all the training the crews had done throughout the summer, sometimes secretly, now was the moment of truth.

The three crews took to the water. One by one they made their way, tentatively at first, to the start line near the new bridge, gradually putting into practice all that they had learned. With Ian Mulholland as starter, assisted by Phil Kelly, the crews sat on the start line waiting for the signal, for a few seconds they sat there, apprehensive, anxious and nervous. What would happen over the next few minutes?

The "Go" was shouted, all three crews took the strain and pulled.

No crew was away quickly, each finding their rhythm. The young Nick Blight stroking his crew, with Barrie White in the bow calling the instructions, gradually inched in front of the crew stroked by old 'un John Daniel and the crew of cricketers.

As the race went on all three crews showed the expertise that had been gained through their training, no-one looked out of place in a fine 42ft rowing boat.

As the race entered half-way the cricketers dropped away from the other two crews leaving them to battle to the line, these two crews were neck and neck at the gig steps, with literally "hundreds" shouting encouragement from the riverbank.

With every member of the two crews pulling hard for the finishing line it came just a little too soon for the crew of John Daniel, Dave Jenkins, Steve Sanders and Roger Edwards with Neil Paddon as coxswain, and they had to concede a half-length defeat to the winning crew of Nick Blight, Sharon White, Dave Cloak and Barrie White with Sophie Pearce as coxswain.

Irrespective of the result the winner will be the Children's Hospice.

Presentation evening

On Saturday 23rd to be precise, not only did we have the Rowing Section presentations for the season, but we also had one of our members, Dave Cloak, doing a "sponsored chest wax" for his "bravery!!" he raised in the region of £1,600 for disabled facilities at the club.



He was not “press-ganged” into it as such, it was just that a discussion was taking place with friends at the club one evening re: disabled facilities and he volunteered to do something.

Pictured is an “apprehensive” Dave as “waxer” Lorna Colwill administers another dose!!

The rowing awards were presented earlier in the evening by the President of BAAC, Barrie White, to the winners of the Ridge Shield and Muriel Dymond Cup for the seniors and the BAAC Quad Shield for the Juniors.



Pictured are the winners of the Ridge Shield/Muriel Dymond Cup –
From left - Darren Harnett, cox, Jessica Lee,
Adam Bright, Jon Hare and Nigel Cann.



Pictured are the winners of the BAAC Quad Shield for Juniors: pictured from left – Liam Huxtable, Adam Bright, Dale Wilson cox, Becka Jeffrey and Jessica Lee. Adam and Jessica were two-time winners on the night, being in both the winning Junior and Senior events.

Other awards on the night went to:

Coxswain of the Year: Sophie Pearce.
Senior Rower of the Year: Hayley Wilson.
Junior Rower of the Year: Nathan Cook.

**If you'd like to receive the newsletter by email, please let us know.
If you have something you think we should all know about, please drop
either Karen or Liz an email at
kpwilson@talk21.com or ahwarner@hotmail.com**

