

ERC NEWSLETTER

ISSUE
#3



WELCOME BACK!

It's been a busy few weeks here at ERC, but the post-AGM dust has settled, and we're here to tell you all about what's new! To kick things off, we'd like to extend a heartfelt thank you and goodbye to Lesley Willmington, who took up the captaincy in March of this year and is now passing the role on to Lorna Tinkler. You'll still catch Lesley out and about on the water though, and as always, she'll never say no to a good natter!

Whilst Lorna is relatively new to ERC, she plans to use her wealth of experience and knowledge to continue Lesley's work by making this a club we all want to be a part of - so we'd like to express our warmest welcome to ERC's new captain!

CAPTAIN'S HANDOVER

Firstly, a message from our previous captain, Lesley Willmington:

'Well, it only seems like yesterday that I decided to bite the bullet and try to make a difference by stepping in to pick up the reins at ERC as it had been sailing in the doldrums without a Captain for some while. There was much to do and there still is but I'm sure that as I leave the post Lorna will carry on to bringing our great ERC through the rough seas and back to the tranquil waters that we all love to row across. Good luck to all new appointments and happy rowing all, see you on the water..!'

And now, a message from our new captain, Lorna Tinkler:

'This is my first captain's log, and by far the most important job is to say thank you to our outgoing captain Lesley for the time and dedication she has given to the club this year. Lesley is clearly very passionate about the club, so I have big boots to fill! I would like to follow this by also offering my thanks to those who have welcomed me into the role, it has certainly been a whirlwind but I am making my way around all the squads to try and get to know everyone and see what I can do to help and support. Following my first year at ERC in the junior squad, I have been swept off my feet watching the passion, energy and smiles from the children. It has been infectious and from offering a bit of help, to becoming head coach - and now captain - I have to say I am very excited. I hope that I can continue to spread my enthusiasm and experience throughout the club to assure we carry on making it stronger and better. I am keen for it to be a warm and welcoming environment for anyone to come along and have a go, whether they have their eye on a medal or just want to get some exercise and learn more about the sport we all love. I very much look forward to working with you all along the way.'

MEET THE COMMITTEE

Q & A



CLUB PRESIDENT

KEVIN DENTITH



HOW DID YOU GET INTO ROWING AND WHEN DID YOU START?

Kevin: I was 11 years old fishing on the banks of the river Severn in Worcester when a pesky rowing boat went past for the 3rd time... I threw a load of maggots at them thinking 'they can't get to me'. But then, I heard a loud "Hey You!" - And their coach was behind me on the towpath! I thought I was going for a swim, but instead he invited me down to the club to have a go. I went, and spent the next 3 years coxing and sculling on the Severn until I moved to Devon with my family.

WHAT IS IT THAT YOU LIKE ABOUT ROWING AS A SPORT?

Kevin: Mainly the people. I have met some very good friends over the years, have been best man at the weddings of 5 couples who met at the club, and made some friends for life. I also like coaching and seeing people develop, and as an engineer I like the technical aspects of the sport - as anyone who has been to my rigging workshops can testify!

WHEN AND WHY DID YOU JOIN ERC?

Kevin: When I was 19, I turned up at Exeter Regatta in 1976 - purely by chance whilst walking along the river. I met the Club Captain, a certain Paul Wilson, and before I knew it I was stroking an 8! Racing against Dart Totnes in the Under 20 event, we won by two feet and I needed some oxygen from St Johns Ambulance... up until that point I was smoking 20 a day - I gave up instantly.



MEET THE COMMITTEE

Q & A

HOW LONG HAVE YOU BEEN PRESIDENT OF THE CLUB?

Kevin: *President is an honorary position and usually only for one year, but this is my 3rd year. We do have two other people in the wings, but they would rather wait until we have been through the restructuring - and I can understand that!*

WHAT IS YOUR PROUDEST ACHIEVEMENT IN ROWING?

Kevin: *There's quite a few and difficult to single out my proudest so if you don't mind I'll mention a few:*

I've never made it big-time on the water, but I do have the club's fastest time for the Boston Marathon in a single, 3 hours 56 minutes! Only Neil Hitt has come close, and he will tell you I had better conditions the year I did it :-) So there's a challenge for our scullers!!

As Captain of the club for many years, we had some great successes in the late 1990's and 00's. We won 3 South Coast Championship events in 1996 and in the same year ERC was top of the UK league for number of wins in a season - with Lea RC coming a close second. I also coached Mel Moore to the world indoor title in Boston, USA and Harriet Rawlings won British Indoors for J15 - both went on to final GB trials

But I guess the proudest moments were being awarded British Rowing honours. One for Seniors Coach of the Year 2002, and the Medal Of Merit in 2012 - which was for my 10 years as Secretary of the National Coaching Committee, and 8 years as a Coach Educator delivering Level 2 courses and developing the Level 3 content with Rosie Mayglothling.

WHAT IS YOUR FUNNIEST ROWING MEMORY/DISASTER?

Kevin: *I was in my single coaching a men's four, which included my good friend Justin Smallwood. We were doing a session to Turf, and whilst discussing the planned session at Lime Kilns, one of the crew by the name of MTB, said "Hey Deno (my nickname) is your gate undone?"... I had paddled from Double Locks with my stroke side gate open. I lent over to close it and fell in, the first and only time (so far!) in my sculling life... I could hear the crew laughing when I was under the water...*



SQUAD NEWS



JUNIOR SQUAD



Our junior squad have put 7 new children off the Learn to Row course through our development pathway in the last 3 months. They have had a fantastic time with Tim who has, as always, been patient, kind and eager to share the knowledge he's gained from years of experience.

The junior winter training plan is in the full swing of things with circuits on a Tuesday, ergs on a Wednesday and Thursday, cardio on a Monday and regular time trialing and the building of mileage on the water at the weekends!



We would like to thank Millie and Damon who hosted our fantastic end of season junior party, which everyone very much enjoyed. We found it was a great way to celebrate a brilliant season for the children and to also say our sad goodbyes to Tommy, Lily and Niamh.

The juniors also have two crews heading off to fours head in November and are looking forward to kicking off the new season! Plus, of course, the rest of the squad will be going to totnes head which is really exciting



SQUAD NEWS



CLUB SQUAD

The Club Squad have been very busy these last few weeks with the election of their new Squad Captains! Firstly, we'd like to say a huge thank you to Emma Gilbert, who has been working tirelessly as Women's Captain for the past few years and is now passing on the role to Jenny Neal and Louise Leighton who will be ERC's new Women's Captains. Similarly, Eddie Stevens has taken up the role of Men's Captain. We are all wishing Jenny, Louise and Eddie the very best of luck in their new roles, they will no doubt allow the Club Squad to continue to thrive as it already has been!

Eddie also provided a little insight into how well training is going at the moment for the men's four!

'It's been really pleasing to see and be part of a crew so keen to spend time on the water. Thanks to everyone at the club who has provided hints and tips to help us develop into better rowers. Big shout out to Martin & Georgia for being great assets on the coaching and coxing front'



SCULLING SQUAD

The Sculling Squad definitely made the most of the end of the regatta season with some phenomenal results at the World Masters Championships in Libourne, France.

*Bill Rawson came home with a gold in MJ4-
Dave Byrnes claimed 2 golds in MX E 8+ and M E 2X
Julia Wood achieved an incredible FIVE gold medals in W F 1X, W E 2X,
W F 2X, MX DG 2X and MX DG 4X
Kirstie Ffrench Constant and Di Parish gave it there all, with good
finishes in the double in particular!*



And even more incredible news for the Sculling Squad: Summer Harlow has been chosen to represent GB in the European Beach Sprints Championships at the end of this month! ERC is wishing Summer all the luck in the world and will be cheering her on every step of the way!



SQUAD NEWS



MASTERS

Earlier this month, the masters squad organised a fun get together at the Quayside Gin Distillery. They got to take part in an in depth tour of the facilities and listen to Tom, Head Distiller (and our club president's son!), explain the process of how they distill their gin!

They got to try a variety of exciting flavours, and even had a taste of a sample distilled with Pickled Onion Monster Munch - apparently it wasn't as bad as it sounds!

It's great to see squads socialising both on and off the water, and the masters are hoping this will be the beginning of regular get togethers!



NEWS FROM THE BOATHOUSE



BOAT BOOKING OUT

The boat booking out sheets have now been replaced by a whiteboard booking out system - Kevin has accrued 6 months of data showing what boats are used during our busiest period and so the sheets are no longer required and the white board is better for us all to see at a quick glance who is out there, and where, which adds to all of our safety.

Please make sure you remember to remove your entry when you return otherwise you'll have a search party out for you!

ABANDONED KIT

Juniors: it's a terrible accusation to make, but the gently humming pile of (now neatly folded) kit at the back of the boathouse really is yours! It includes a lot of jazzy blue lycra. Please would you take it away over half term ... and wash it!



SCULLS STORAGE AT THE BACK OF THE BOATHOUSE

Di and Justin had a happy half hour re-arranging the sculling blades so that they lie neatly and are accessible on the horizontal racks at the back of the boathouse. This means that scullers can take and return their sculls without them ending up in a snotty heap on the floor because they've been stacked one on top of each other. In order to maintain this good order, scullers are asked to make sure that:

- There are no more than 3 pairs of sculls per rack apart from the small top rack at the rear which will only take 2 pairs.
- Sculls are laid so that there are 3 handles and 3 blades at each end and collars are slightly staggered. This makes best use of space available.
- There is no more room for more private sculls on these racks.
- Over time can tall scullers migrate their sculls to the higher racks.
- My apologies to anyone whose sculls have been moved as we juggled them around.

UPDATED COMMITTEE LIST

In light of recent changes at the AGM, we thought we'd put together an updated list of ERC committee members!

CLUB PRESIDENT

KEVIN DENTITH
(president@exeterrowingclub.co.uk)

CLUB CHAIR

LUCINDA SANDERS
(chairman@exeterrowingclub.co.uk)

VICE CHAIR



PAUL WILSON

CLUB SECRETARY

ANNE MARIE ALLISON
(secretary@exeterrowingclub.co.uk)

TREASURER

SIAN MCPHEE
(treasurer@exeterrowingclub.co.uk)

VICE TREASURER

JANE ALSOP

MEMBERSHIP SECRETARIES

CLAIRE THOMAS / LIZ BONFIELD
(membership@exeterrowingclub.co.uk)



UPDATED COMMITTEE LIST

CLUB CAPTAIN

LORNA TINKLER
(captain@exeterrowingclub.co.uk)

SAFETY OFFICER

LISA COCKS
(safety@exeterrowingclub.co.uk)

BOATHOUSE TEAM

KEVIN DENTITH / DI PARISH / JUSTIN SMALLWOOD

WELFARE OFFICERS

VICKIE SINCOCK / DAN JUDD
(welfare@exeterrowingclub.co.uk)

JUNIOR COORDINATOR

ALISON CREASY
(junior-squad@exeterrowingclub.co.uk)

SOCIAL MEDIA COORDINATOR

FRANKIE BONFIELD
(social-media@exeterrowingclub.co.uk)

WEBSITE COORDINATOR

JANE TANNER
(web-admin@exeterrowingclub.co.uk)

RACE ENTRIES SECRETARY

ELEANOR BURKE
raceentries@exeterrowingclub.co.uk)



UPDATED COMMITTEE LIST

W O M E N ' S C L U B S Q U A D C A P T A I N

JENNY NEAL / LOUISE LEIGHTON

M E N ' S C L U B S Q U A D C A P T A I N

EDDIE STEVENS

S C U L L I N G S Q U A D R E P

ELEANOR BURKE

R E C R E A T I O N A L S Q U A D R E P

CAROLE ATKINSON

D I R E C T O R S

JERRY COPPING / KEVIN DENTITH / DON FRASER / SIAN
MCPHEE / LUCINDA SAUNDERS / LESLEY WILLMINGTON /
PAUL WILSON

We currently have a vacancy for a Social Secretary, so if you would be interested in taking on the role, please get in touch with Anne Marie
secretary@exeterrowingclub.com

If you need to contact anyone else on this list, please make sure you use the committee email addresses we've listed under their names (also available on the website)!

And, finally...

L e t ' s n o t f o r g e t t o s a y a h u g e

THANK YOU

T o a l l t h e s e v o l u n t e e r s !



ERC ALUMNI

REBECCA KELLY

Rebecca Kelly, who now rows for Vesta, was a member of Exeter Rowing Club for several years. Kelly sat at bow in the ERC 8+ that won the Medium Club Pennant at WEHARR in 2017, and still holds the Medium Club Course Record to this day! Now, several years later, Kelly has just been a part of the crew that won the Women's Club Fours category at Head of the Charles!

When asked about the experience, Kelly said:

'We set off number 44 so had a lot of other crews to contend with, as well as the courses famous bridges and bends! We were thrilled to come away as overall event winners and so grateful to all the coaches and supporters who have helped us on our journey.' - Rebecca Kelly



Once again, ERC alumni Ed Fuller has gone above and beyond! It seems he never fails to one-up his last achievement... And we couldn't be prouder!

Ed competed at the World Rowing Championships 2022 in Račice, Czech Republic. He raced in the PR3 M 2- and the PR3 MX 4+, winning GOLD in both categories.



LARA HUTCHINGS

Lara Hutchings rowed for ERC for many years as a junior, and despite not being involved in rowing anymore, Lara has still been up to some pretty incredible things. After fighting Stage 4 Hodgkins Lymphoma herself last year, Lara has chosen to use her experience in the best way possible: fundraising for Teen Cancer Trust. Do take the time to look at the poster attached at the end of this issue, and If you have the means, please feel free to donate to Lara's cause, which can be found on the Just Giving website.

GENERAL INFO



UPCOMING EVENTS

19th of November - Totnes Autumn Head Race:

DIVISION ONE - 10:00							
4+	M Nov	W Open	W Mas				
4X-	MJs5	WJ14	M Mas Nov				
4X-	W Open						
2X	M Open		MJs5	WJs5	WJs5	MJs5	
1X	WSC		MJs4	W Mas	M Mas	W Open	
DIVISION TWO - 12:15							
4+	MSC	WSC	Mix Open	WJs5			
4X-	WJs5	Mix Nov	MJs5				
2+	M Open	W Open					
2X	M Mas	W Mas	W Nov	MJs4		WJs5	
1X	M Open	MJs5		MJs5	WJ14		
DIVISION THREE - 2:15							
4+	M Open	J18	W Nov	M Mas			
4X-	W Mas Nov	MJ14	WJs5				
4X-	M Open						
2X	W Open	M Nov	Mix Mas	MJs5	WJ14		
1X	MSC	W Open	WJs5	WJs5	MJs5	W Nov	

3000m on the River Dart

Entry forms:

www.darttotnes.co.uk/event/AutumnHead2022

Entries close 7.00 pm on 10th November

All entries to:

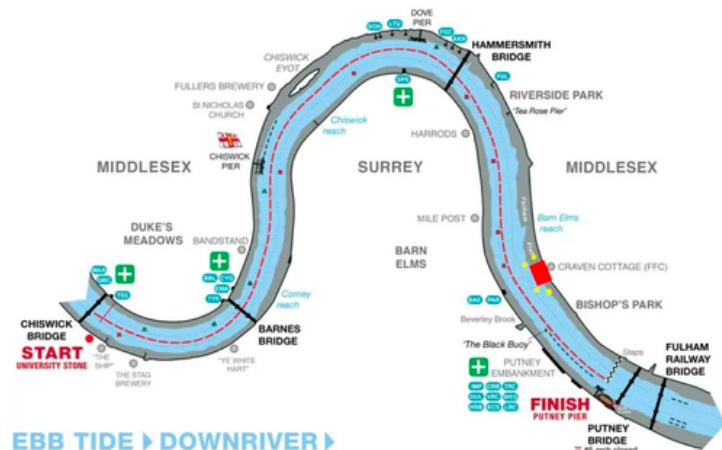
entries@darttotnes.co.uk

All boats £9 per seat

Cheques: Dart Totnes ARC

BACS: sort: 60-21-48 a/c: 59157135

19th of November - Fours Head



CHRISTMAS PARTY

Sunday is the last day to secure tickets for the ERC Christmas Party! All members, friends sand family are welcome - tickets available on the website!

ERC MARKETPLACE

Hi! Am looking to buy a second-hand set of sculling blades. Ideally Slick blade Croker soft shaft but will consider any make and any series. For use in women's single, double, quad. If you have or know anyone who has a set that they are thinking of selling I'd love to hear from you 😊 Lucy Smart (Lucy.rismart@hotmail.co.uk)

INFO FROM THE COMMITTEE

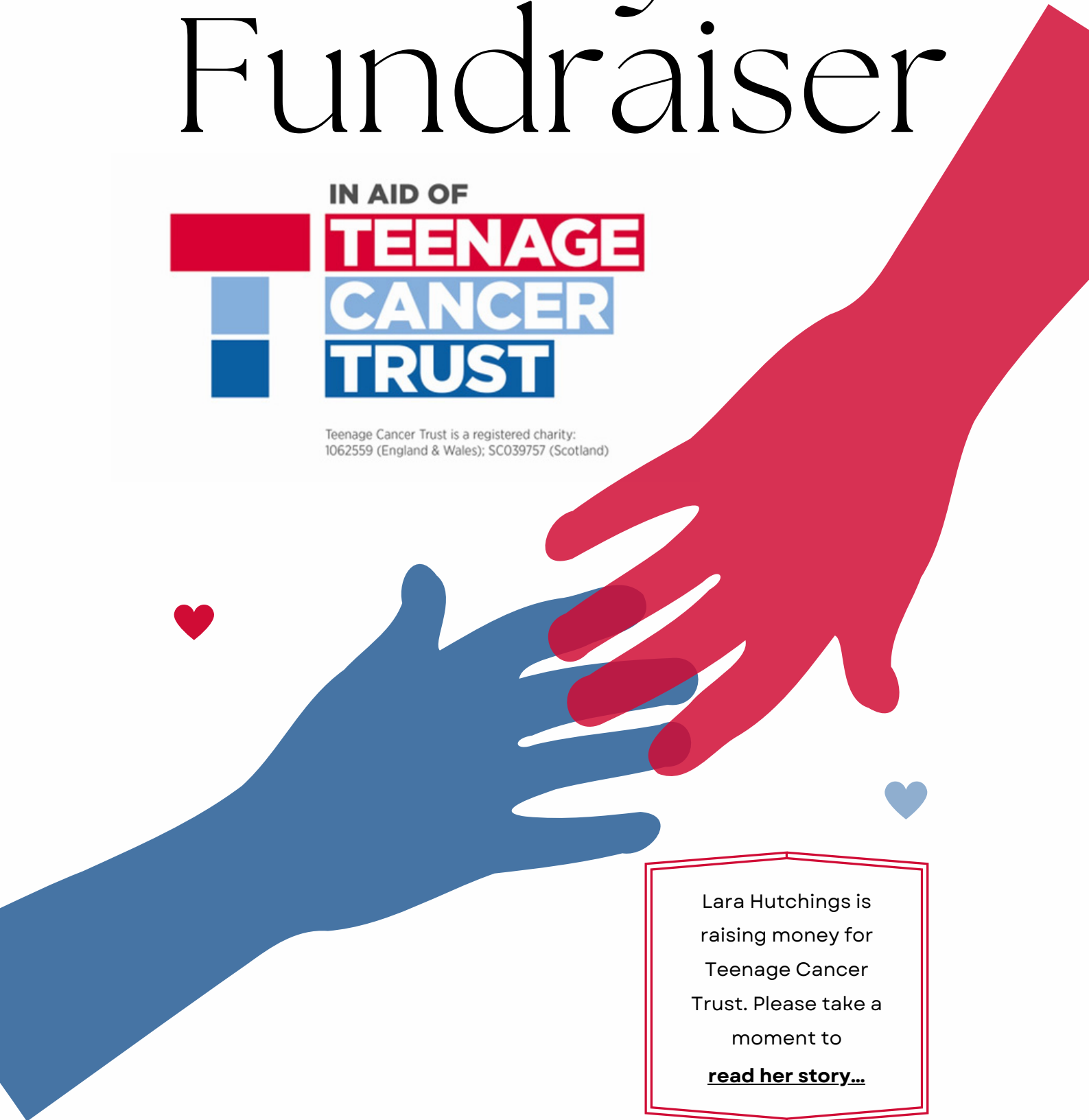
A message from our new Membership Secretaries:

Hi all, we are currently in the process of getting to grips with the club membership system, and while this is ongoing, we need your help. Please could we ask that all members log in to their ERC account and make sure that all of their info is up to date. You can do this by going to the ERC website at www.exeterrowingclub.com and selecting the 'member's area' from the Membership tab on the menu bar. You can then sign in and check that all your information is correct. In particular please check that your emergency contacts, medical details, and your British Rowing membership details are all current. If you wish to, you can also change your membership status (for example: change from an off peak to a full adult membership, or from junior to student etc.) A huge, huge thank you to you all, we really appreciate your help with this. Thank you from Claire and Liz

Lara's Charity Fundraiser



Teenage Cancer Trust is a registered charity:
1062559 (England & Wales); SC039757 (Scotland)



Lara Hutchings is
raising money for
Teenage Cancer
Trust. Please take a
moment to
[read her story...](#)

Exeter Rowing Club Christmas Ball



*Saturday 17th December 2022
18:00 till late
Happy Hour 18:00 till 19:00
At: Mercure Exeter Rougemont Hotel*

*A sparkling wine on entry
3 Course Dinner
Raffle and DJ*

*The event is black tie
Tickets are £45
Friends and family of members welcome!!
Please buy your ticket on the ERC website
by the 30th of October!*

