



HENLEY ROWING CLUB'S NEWLETTER – NEWS & EVENTS FROM YOUR CLUB

Chairman's Note Goodbye & welcome



Welcome to the 3rd issue of HRC Connect. With the Spring Head season now in full swing, we can already look back at excellent results at a number of races and I wish every success to those who are representing the Club at the Head of the River Race and Masters' Head this weekend. Thanks to all those who attended this week's Annual General Meeting (AGM), where the committee and I shared our long term vision for the club. If you were unable to attend, then the key presentations will be shared on our website (newsletters page). At the AGM, it was with mixed emotion that we announced three important changes to the Club's committee. For personal reasons, I announced that I am standing down as Chairman. I am delighted however that Rob Berrington (currently Vice Chairman) was elected to succeed me. I am sure that, with your support, Rob will take the management of the Club to a new level, to the benefit of all members and of the competitive success of all sections of the Club. You will continue to see me at the club, occasionally sculling (using my ancient wooden sculls) and possibly doing a little coaching, if needed.

It is also with a heavy heart that we bid farewell to Beverley Mulrooney, Club Manager. She has made a huge contribution to the Club over the past 2 years and we thank her for hard work and wish her all the best for the future. The committee is currently reviewing how best to handle Beverley's key projects. At the AGM, I was delighted to announce that Miriam Luke has accepted my invitation to take over as President of HRC. Miriam has had a fantastic rowing career, having won silver at the 2000 Olympics in the quadruple scull and gold at the 1998 World Rowing Championships in a double scull, as well as numerous other international honours. She is a Vice President of Thames Rowing Club, the club which she represented during her international competitive career, and a member of Upper Thames Rowing Club (no one is perfect!). She was also appointed Chairman of Henley Women's Regatta in 2012. With such strong connections within the sport both around Henley and nationally, Miriam will be a huge asset and we hope that members will draw inspiration from the example she has set of commitment and service to our sport. Finally, as ever, I wish all sections of the Club success at whatever you set out to do and above all, enjoyment of this wonderful sport. I know that Stan, Rob and the Committee, as well as the dozens of volunteers helping behind the scenes will continue to support you 100%. **Ian Pankhurst, Club Chairman**

New HRC President,
Miriam Luke

New HRC Chairman,
Rob Berrington

Former HRC Manager,
Beverley Mulrooney



Captain's Report Growing our Elite and Masters Squads



This season's results continue to roll-in and whilst we see the continued success of our junior squads, we are now starting to see real development within our Masters and Elite Squads.

This year we have attracted a number of Elite rowers to HRC from competitor clubs, bringing with them a wealth of experience and also helping provide both strength and depth to our senior rowing squad. With some excellent performances against Leander and Oxford at the recent Henley 4's and 8's and Reading University Head, we are starting to build a strong foundation for future success. We have also created a Development 8+ squad which combines the expertise of some of our senior men with the Masters crews, helping both groups become increasingly competitive. With the Heads season fast approaching we are looking to compete with up to four boats in many of the key races. This is a fantastic step forward from previous years, where the club has struggled to muster even one competitive boat.

This enthusiasm to compete has not just been confined to the Elite rowers. This season has seen a step change in the competitiveness of the Masters squad. This "ever growing" sector of the club have now become consistent racers, frequently joining our juniors in the local regattas and head races. Their enthusiasm has been in no doubt fuelled by the arrival of Jeff Ellison, who recently moved to the UK from the USA.

Jeff has been providing the Masters squads with some consistent and gladly received coaching. Jeff has a great pedigree, having spent the last 34 years rowing and coaching at the Duluth Rowing Club, Minnesota having himself competed at FISA



Masters World Rowing Championships and many other US/Canadian National Championships. I'd like to thank him for his contribution to the club and look forward to seeing him developing our Masters Squad yet further.

Stan Admiraal, Club Captain

Top Tips . .

With the season now in full swing, I thought it time to run a feature on top tips to help you get the most out of this season's rowing. If you are anything like me, swapping between rowing and sculling can cause new blisters in areas where your hands had no time to toughen up.

After trawling the internet I found an informative piece from Raf Wyatt called 6 Ways to Treat Rowing Blisters. Wyatt lays out methods for dealing with six types of blister:

1. Blister raised and filled with fluid: drain it and protect it
2. Top layer of skin torn / rubbed away: wash with hot soapy water
3. Red / inflamed skin around blister: seek medical advice if "angry" look persists
4. Cracked raw skin: apply antiseptic cream / Vaseline and protect it
5. New skin formed but old skin cracked around edges: trim ragged edges
6. Hard / raised callus after blister heals: soak in water and smooth skin with pumice

Ultimately however **preventing** blisters is better than a cure. For a topical solution, some pre-treat with surgical spirit, high proof rubbing alcohol or witch hazel. These methods dry and thicken the skin, but you need to be careful of it cracking with repetitive usage. To prevent this you should look to apply moisturiser containing vitamins A, C and E. Finally, as most coaches will tell you, proper grip will help protect your hands as well. We can all remember our novice years when we applied a "death grip" to our handles. Key to blister prevention is to loosen that grip (easier said than done when battling waves and wind!). Preventing blisters altogether for many however, may be an impossible goal. If you do blister, please help prevent infection for yourselves and fellow club members by washing your blade handles in the blue tubs!

Moving on to something that we often miss in our race training – post race nutrition. It is extremely important to refuel after a workout, particularly within the first 15-30 minutes after finishing a race. This helps restore muscle strength and aids recovery. British rowing have a mouth watering recipe that I thought you would like to try.

Recipe for a Post-Race/Exercise Smoothie (1 serving)

- Ingredients
- 1 banana 30g rolled oats
 - 300ml Skimmed milk
 - 100g Greek yoghurt
 - 140g frozen mixed berries (raspberries, blueberries, strawberries, blackberries)



Method

- Put ingredients into a blender and mix. Add more milk if too thick.

Keep in a cool bag until after racing and drink as soon as possible after you finish racing or exercising.

Nutritional Value (per serving)

- 497 kcals 27g protein
- 83g carbohydrate 4g fat

Crew Report Masters in focus

The masters part of our club is ever growing in both numbers and competitive spirit. With x3 8+ boats competing at Vesta at the end of March – the club has never had a more active Masters scene. The Master women and men, now frequently join the junior squads and battle it out with the local clubs for some pots to adorn their mantelpiece.

We have also a number of unsung heroes from the Masters squads. Ian Guiliani and Hugh Whitfield, can often be seen pounding up and down the Henley stretch first thing on a morning. They are one of HRC's most highly decorated Masters duos having competed and won the Boston Marathon in 2014. Ian in fact is a regular winner at Boston in a single scull, having taken 26 minutes off the record for the age group with a time of 4 hrs 20 mins! It's this 50km race that he has won across many categories over the years: in Category C (1994) 3:46secs Category E (2001) 3:52secs and Category F (2006) 4:00.

Masters success does not stop there. Mike Jennings and Rob Wilson have been consistent winners in a pair. More recently they have been combining forces with Upper Thames. In February they combined in a composite Masters E coxed four to win their event by more than a minute, in a time that was faster than the majority of the senior crews racing. Earlier that month they also combined with UTC in a composite Masters D 8+ and won the 4,800-metre Quintin Head. Mike is in fact current holder of the 2016 HRC Trophy for Best Masters.

With both competitive and social events peppering the Masters calendar across the coming months, this squad is set to grow in both numbers and performance. If any parents would like to get in on the action and join this enthusiastic group, please contact our membership secretary or any member of the club committee.

Events & Other News

OTHER CLUB NEWS

- **Junior Easter Camp.** Four days of fun, rowing tuition, quizzes & games for 12 to 15 year olds.
- Tuition in the gym & on the water by professional coaching staff. Tuesday 18th to Friday 21st April. 10am to 3pm each day. £150 - Lunch provided. For an application form please contact 01491 573943

SAVE THE DATE

- News from the club social committee: This year we will be organising a number of events including a Summer BBQ and Henley Town & Visitors BBQ. We are also looking to arrange a Casino night. Watch this space and the club noticeboards for more details.
- Rowing camps. Fancy rowing in perfect sun-drenched water, followed by great food and wine? .. well a trip to Seville Rowing Training camp could be for you. HRC is once again heading to Spain to use the excellent facilities on the bank of the Guadalquivir River. More details will follow. In the interim please contact David Mikoska at dave@cheshirenicholas.co.uk for more info.

Editor: Philip Davies, press@henleyrowingclub.org. For more club details please visit the club website www.henleyrowingclub.co.uk or contact the club on +44 (0)1491 573943 or email secretaryhrc@seilhouse.net

Safety & Welfare

National Schools Regatta WJ14 - WJ18 Recovery Bags. In line with the British Rowing example set with their competing GB athletes, "Recovery Bags" will be given out to each athlete as they come off the water after each race. Recovery starts from the time the last stroke is taken. These bags will typically contain a small carton of chocolate milk, a banana and sreen (malt loaf) bar. Parental support will be greatly appreciated in handing these out at the event. Again, the athletes are expected to consume these as part of their competing participation. Water and squash will be available in abundance at the clubs marquee throughout the regatta.