



# T&T News



Issue 1

Tamar & Tavy Gig Club

April 2014

Welcome to Tamar & Tavy News! This will be published bi-monthly to update everyone on club news, so watch this space! It's been a great start to 2014, read on to hear all about it.

## Hub Club news

It is with great pleasure that we can announce that the Hub Club has

secured a Sport England grant of £50,000 to help finance our new facilities. This is a fantastic achievement and will go a long way to help us create the permanent home that we have been working towards for a number of years. Massive congratulations and huge thanks to those involved in the process, especially Cate Taynton and Graham Coiley (WQSC) who put together the successful bid.

This really is good news for us, and with the process of purchasing the land almost complete, it won't be too long before we can call the field our own and start the process of leveling and building!



## A massive THANK YOU to our gig fairies!



A huge thank you to our gig fairies who slaved away over the winter months to get our beautiful boats Ginette and Tamar back on

the water in time for the Three Rivers Race in March. There is an awful lot of work involved in maintaining the boats to keep them (and us!) on the water. A number of other clubs were unable to attend the Three Rivers as their boats were not ready, so to have ours back, despite problems with getting paint to dry, was fantastic. We will be doing a feature about what goes into boat maintenance in the next issue.

## T&T Committee 2014

Chair: Simon Howes

Vice chair: Rob Dawe

Secretary:

Treasurer: David Auburn

Rowing Captain: Lynn Renton

Regatta Secretary: Nicky Evans

Ladies Captain: Katie Turner

Mens Captain: Chris Dill

Juniors Captain:

MMR Coordinators: Helen Lloyd & Katie Turner

TMR/SMR Coordinator: Mel Cotton

Ladies Vice Captains: Julie Rendle & Sarah Gall

Men's Vice Captains: Becky Masters & John Rogers

Juniors Vice Captains: Julie Eastaugh & Sandra Anstey

Fundraising/Social Secretary:

Sponsorship:

Press Officer: Sarah Gall

Merchandising: Julie Eastaugh

Welfare Officer: Claire Luxton

Membership Secretary: Mary Barnaby

Bosun: Martin Painter

Safety Officer: Simon Howes

Coaches: Carolyn Dawe, Jo Cameron, Bill Stacey-Norris, Tricia Stewart

We are looking for volunteers to fill the vacant roles. Please get in touch if you would like to take one on. Thank you!

## AGM & Awards Night

Our annual AGM took place on March 11<sup>th</sup> at Bere Ferres Social Club. The new committee was voted in and the club awards announced:

**Ladies squad member of the year:** Katie Turner

**Men's squad member of the year:** John Rogers

**Junior squad member of the year:** Elliot Overall

**Club member of the year:** Mel Cotton

**New member of the year:** Jake Rendle

**The Golden Thole pin:** Bill Stacey-Norris

**Chair's award:** Simon Howes

Many congratulations to all, welcome to the new committee, and many thanks to those who stood down after many years of service. Thanks must also go to Sandra Anstey for organising the evening and to those who contributed to the tasty buffet, we had enough food to feed an army of hungry rowers! Last but by no means least, a huge thank you to those who donated some amazing 'posh' raffle prizes!

## Please remember...

We all need to take care of our backs so please remember when lifting the gigs:

1. Wait until you are counted in to lift,
  2. Lift altogether,
  3. Lift with a straight back
- Everyone needs to lift, carry and push so that no one has an undue load.

Thank you!

## Social rows

WWW.MMR.COM Sums up social rowing so far this year, Wild, Wet, Windy. Monday Morning Rowers. Cancelled Occasional and Miserable! But it hasn't always been like that. Luckily in previous years we had kept a diary to remind us that winter rowing was characterised by bright blue skies, stark outlines of trees, nesting buzzards, avocets abounding, the seal snorting and cavorting with us, the gig slipping between the deep mud banks that teemed with wild life, not a ripple on the water and the only sound our oars clunking. Social rowing numbers soared leading the club to run extra social sessions which Mel now oversees and have proved very popular particularly Thursday evening social rows and Winter Saturdays. However, in 2014 not surprisingly social rowing numbers have dwindled, the pattern has been call up....cancel, call up ... cancel.

The small group of stalwarts faithfully checking in each week... thank you, you make us feel wanted! The most exciting event was a Saturday social row when we encountered first an empty dinghy floating down stream, a buoy, a jetty compete with life ring and then.... In the water just below the surface some legs and a body. A shop mannequin!

We are hopeful that numbers will bounce back once spring sets in. To be honest at times this winter we have thought about giving up on some of the social sessions but when we mooted it we were inundated with cries to continue. So if you would like them to continue remember, use them or lose them! The idea is to have a good hearty work out, to have some coaching for those who want it, to row socially, be party and club politics free, eat cake, to welcome members from all areas of the club ladies, men, juniors, novices and experienced rowers, you are all welcome. The idea is to have 'Barbarian crews' and enjoy rowing the river. They are ideal sessions for you to bring a friend to introduce to rowing. Let us know if you have ideas of how we can improve the sessions. Hope to see you on the water soon! Helen, Mel & Katie



## Juniors section

Since our club started we have had a junior section for under 16s. Originally started by Bob Turner with 6 rowers learning to row our first boat Ginette. Over the years this has grown to a squad of 35 rowers that changes most years. Coached by Bill since 2005 with loads of help from many people. Our youngest rower joined at 10 years and 1 day and earned a place in the U14 championship in Hayle. This amazing effort gained them a prize at our end of year party, he is keen to spread the word on our club and rowing. One of our original rowers has now finished his degree and is still in touch with the club. Other club juniors are now spread around the country most have continued to row and one now coaches for Bristol RC.

We now have 2 main teams: under 14s and 16s. All our rowing is mixed and good fun. Fridays have always been junior night with rowing until 9.00 and then a BBQ that pays for transport to events and also goes towards club funds. Our aim has always been to ensure that enjoyment and competition will make a better rower. This has been proven again and again with some fantastic results with all rowers gaining rowing seats at regattas when they are ready. The depth of our squads

mean that we can turn out different rowers to cover most events instead of relying on the few, a real squad and proud captain. Our vice captains have been amazing by doing all those jobs that contribute to a successful squad from phoning and chasing parents to administering first aid or rescuing the odd shoe when launching.

Following on from the long distance ambitions of the men and ladies teams we have competed in the Great London River Race after carrying out long distance training on the Tamar and indoor rowing at schools.

### Our Club junior achievements

- 1<sup>st</sup> Junior U16 crew in a Cornish Pilot gig to complete the Great London River Race finishing 3<sup>rd</sup> in the U21 event - 30 boats
- 1<sup>st</sup> U14 crew in a Cornish Pilot gig to complete the Great London River Race finishing 4<sup>th</sup>
- Partaking in Saltash Juniors since 2008
- Partaking in both Newquay and Hayle county championship's since 2006
- Setting up a working club/school link for an afterschool rowing club at Tavistock College Including partaking in Western Schools Championships and London trials for British Rowing.
- Notable rowers have made the grade in the England U23 rowing squad and others have had successes in England and county rugby placement's.

The most important contribution by all the juniors is the support they have shown each other when rowing or in selection for races. The parents don't get away without being involved 3 have trained as coxes, others have worked to make the BBQ a success as well as refereeing touch rugby when needed.

## When can I row?

The clocks have gone back....yippee!  
Currently rowing is as follows:

### Monday

Monday Morning Rowers (MMR)

Ladies ergos

### Tuesday

Ladies row

### Wednesday

Men's row

### Thursday

Men's ergos

Thursday social row

### Saturday

Ladies row

Saturday social row

### Sunday

Men's row

Many thanks to Bill Stacey-Norris for running circuits during the winter months to keep us in shape!

## Regatta news



The regatta season got off to a flying start with beautiful weather for the Three Rivers Race in Saltash on the 9<sup>th</sup> March. Two ladies and two mens crews were entered, all doing the club proud, and enjoying some lovely conditions on the river after lots of long hard training sessions in the wind, rain and even hail! The men's A crew proved they are a force to be reckoned with, coming in 21<sup>st</sup> place out of 53 crews. The B crew came 49<sup>th</sup> and the ladies A and B crews also set some fantastic times, coming in 30<sup>th</sup> and 40<sup>th</sup> place respectively out of 59 boats. Huge thanks must go to our coxes for pushing everyone hard right up until the line and to all the supporters and to the crew that rowed Ginette down and back – all in all it was a great day out!

The following Saturday, the 15<sup>th</sup> March, the ladies were out again, this time at Helford for the Mini Scillies hosted by Helford River Gig Club. It was another stunning day, with the river looking beautiful. The ladies had two hard races, but did themselves proud, coming 12<sup>th</sup> out of 23 boats, and having the satisfaction of taking a number of gigs as they neared the finish line. It was excellent practice for the IOS and a lovely day out.

## IOS prep

As the World Pilot Gig Championships in the Isles of Scilly draw closer, the crews are training hard and are building up to what promises to be yet another fantastic weekend of racing. We have A and B teams confirmed for both the Men's and the Ladies squads, and the Rowing Sub Committee have been planning hard to ensure that we are ready. Tamar reached St Marys on the 4<sup>th</sup> April and Ginette joined her on the 25<sup>th</sup>. Thanks to John Rogers and Lynn Renton for towing and seeing them safely on their way.

Training is going well, with both ladies and men's crews consistently training on the water at the weekend and on the ergos during the week. Now that the clocks have changed both squads have also started evening sessions on the water which are a great treat and a sure sign that summer is on its way!

During the championships we hope to be broadcasting updates live from St Marys on Twitter and also on the website. These will be in the IOS 2014 section of the News pages so please keep an eye on these to see how we are getting on.

## Website updates

The new club website is now going strong and looking fab. Many thanks to Alysia Maciejowska and West Country Websites for all their hard work to get the website up and running. Please refer to it regularly as club news, the fixtures list and all race reports will be posted there. We also have a Twitter account run by Sarah Gall and Jake Rendle. If you are on Twitter then please follow us and send us some Tweets! There is a live feed on the home page of the website so that everyone can see what we have been tweeting.

If you have anything you would like to contribute, either to the website or on Twitter (including beautiful pictures of our rowing adventures) then please let Sarah know.

(sarah.c.gall@gmail.com).

The same applies to anything you would like to see included in future editions of the newsletter. Thank you.



## Fundraising news

The past 12 months have been very positive for fundraising and none of it would have been possible without the continued help and support from all of our members.

- Simon Luke managed to secure £1,500 in sponsorship from the Tavistock Lyons Group and this was used to purchase two new covers for the two wooden Gigs.
- Tricia Stewart secured £500 from making a funding bid application which went towards the cost of the club's new website.
- Alycia Maciejowska very kindly agreed to build the new website for the club and matched the funding. Her company have also agreed to host it free for three years.
- Our jumble sale raised over £400 and then we had two rag collections which raised over £300 between them. so thank you for all your donations.
- The curry night was also very successful and was attended by 32 members who enjoyed a wide variety of home cooked food and a great raffle, raising just over £300 in total.
- We had sponsorship of £350 donated by a leather bag company to help fund the gigs to go to the IOS, and another £90 from the fun day in the meadows, which was brilliant.
- Jane and Andy Morton had a launch party before they set off circumnavigating the British Isles which we were able to set up a few stalls which raised £351.
- Last but not least, our own Regatta, which Katie, Lynn and Simon Howes organised with the help of a whole bunch of helpers, raised over £500.

Total amount raised for last year including the donation from The Tavistock Lyons was **£4' 291.00**

A big thank you to every one who has supported the club's fundraising over the past year.

Sandra Anstey

## Regatta dates

### May

3<sup>rd</sup> & 4<sup>th</sup> May – IOS World Championships

### June

1<sup>st</sup> June – Helford

8<sup>th</sup> June – Rock

21<sup>st</sup> & 22<sup>nd</sup> June – Mixed, Vets & Juniors, Caradon

29<sup>th</sup> June – Salcombe

### July

26<sup>th</sup> July – Rame

### August

3<sup>rd</sup> August – U16 Newquay

9<sup>th</sup> August – Cotehele race

10<sup>th</sup> August – U14 Hayle

### September

6<sup>th</sup> & 7<sup>th</sup> September – Ladies Newquay

20<sup>th</sup> & 21<sup>st</sup> September Men's Newquay

27<sup>th</sup> September – London River Race

### October

4<sup>th</sup> October – T&T Regatta



## Dates for your diary...

18<sup>th</sup> May: Tavistock Jumble Sale

Donations of jumble will be gratefully received

Sandra and Lynn would like some help with this on the day so please get in touch with them if you can lend a hand.

Summer 2014 – 10<sup>th</sup> Anniversary celebrations

August 2015 – Caledonian Canal Trip