



URC newsletter



WINTER 2018

From President Dorle Pauli

Hello all,

It's hard to believe that we are more than half way through 2018 already.

As will be outlined elsewhere in this newsletter, URC had a very positive year so far, with a good showing at the

Australian Masters Champs in Tasmania, at the Kaiapoi Bridge to Bridge race and at the South Island Masters at Picton where we won three of the much coveted trophies, including sharing the top club trophy with Dunstan [see page 3]. Also, congratulations to Kirsty Mahoney for winning [for the second year running!] the CRA Masters Rower of the Year.

As the new season approaches, we are looking to keep building on our success and to implement a number of changes regarding targeted training options. The re-organisation of our shed will be the first step in that direction.

For this to work, and for our planning to result in appropriate and achievable outcomes, I want to encourage all of you to participate in the forthcoming membership survey, where you can have your say as to where the club should be heading in the next five years. A club such as ours belongs to all its members and we want to make sure we meet as many of your training and recreational needs as we can.

With that in mind, stay well and safe over winter and enjoy those calm weekend mornings while they last.

Cheers, Dorle



Kirsty receiving her award from CRA life member Gerry Dwyer

For more details of our 2018 results, go to 'Results' on www.unionrowing.co.nz

From Club Captain Deb Hymers-Ross



Firstly, A warm welcome to our newest members; men and women who have made a considered decision to return to or start the sport of rowing.

The committee is currently in the process of updating the Club's Strategic Plan to 2018-2023.

Please refer to the current Plan <http://www.unionrowing.co.nz/strategic.html>

I acknowledge the efforts of the current committee and committees past; the club has completed a good number of the actions set out in the plan in 2013:

- the Kaiapoi shed (Kaiapoi Town Council/St Margaret's/Union working together on further improvements to allow for pontoon, boat ramp and future growth of Union's footprint)
- two Learn to Row programmes per year
- appropriate plant acquisition (the most recent being the club marquee thanks to Wendy Duggan's successful application to CERT),
- increased membership and an elevated stance within the CRA.

Our membership is a good mix of existing, returning and new rowers. Requests from you, our members, for an area to stretch, more ergs, a gym with weights, fitness/yoga/pilates classes give cause to re-evaluate some of our actions such as the changing and social areas.

Two things are perfectly clear from the numbers who competed in Tasmania, Kaiapoi and Picton - the majority of you want to race and compete to the best of your ability and to enjoy each others' company and the social side of the club. This prioritises our actions going forward to guide our strategies around coaching and club culture.

In closing, here are the CRA key regatta dates:

- Sun Sept 30- Long Distance Series #1-Kerr's Reach Estuary Bridge 10am High Tide
- Sat Dec 1-Long Distance Series #2-(Estuary 8's-Mount Pleasant) 1330 High Tide
- Sat/Sun 8/9 Dec-Meridian Otago Championships -Twizel
- Sat/Sun 19/20 Jan -Meridian Canterbury Championships -Twizel
- Sat/Sun 2/3 Feb- Meridian South Island Championships

I encourage you to lock these dates in to your diaries. Having a goal gives focus and purpose to your winter training. Start the summer season feeling fit and confident!

See you out on the water, Deb





From Deputy CC Stu Wade

Following on from Deb's update, it is very exciting times at the Union Rowing Club. The last twelve months have seen some dramatic changes and improvements in our boatshed and we are very much the envy of others with the quality of our equipment, the cleanliness of our sheds, and the overall pride we have to the maintenance of our plant. A brief summary of

things that are currently underway:

New boats: the two new singles are fantastic and a joy to scull. The other two singles are currently getting specialist riggers fitted for ease of use from Rigtec and should be back soon for use. That will make four top quality singles for our members and there are some privately owned singles for use as well. Please check the new updated spreadsheet and board for usage available.

We now have eight doubles / pairs in our fleet. Athene is a great new boat, very fast as a pair and double. Please make use of her along with Aquarius, which is available for people to use as well. Just remember to clean and service the boats after use particularly with the wheels and slides as grit from the yard and our shoes is a killer on the equipment.

New storage racks for the doubles and singles have arrived and will be installed over the next week. This will mean a complete new look for the interior of the sheds as items will be moved and new areas allocated for equipment. The entire right hand side of the boatsheds will be carpeted for comfort and cleanliness. This will also allow us to make better use of the space with designated areas for a social area, yoga mats for stretching, gym equipment and weights for workouts, erg area for training and teaching purposes, and the meeting area for rowing organisation.

The committee has agreed to start the process of fundraising and gaining quotes for the purchase of two new fours / quads. One coxless (same as Phoenix) one coxed (same as Leander). We are looking to test drive some of the latest boats from other schools that have purchased over the last year from the top boat manufacturers SL Racing, Lazzlo and Proskiff. We will keep you informed as to progress on this.

A brand new trailer is currently under construction from a local engineering company and will be ready by the summer regatta season. It will be able to take our entire fleet of boats to any regatta which is very exciting and a true testament to the large numbers of members at the club who are looking to compete.

New equipment:

- large 8m x 4m marque has been approved and ordered.
- Ergs: looking to purchase 4 more new Concept 2 ergs this winter.
- Stroke meters: standard and GPS models – looking to purchase.
- New dumps: Wintech engineering – looking to purchase.

We are currently applying for funding for these items.

Fundraising: we are looking to form a new sub-committee to help with all the new equipment and future requirements of the club, especially with the costs of some of the new equipment and even regatta costs as they can be quite expensive. Sponsorships and future developments are a vital key to the success of our ever increasing membership.

Coaching: we are looking at this area with urgency as we have had a number of requests from the members for ongoing and specific coaching in preparation for regattas and competing at the highest level. Rowing is a sport that requires constant training and commitment to learning and developing the skills required to compete and hopefully win medals.

All the best to everyone taking to the water over the winter months. Rug up warm, train sensibly, and please let me know if I can be of any assistance.

Stu

2018 AUSTRALIAN MASTERS LAKE BARRINGTON



2018 KAIAPOI BRIDGE TO BRIDGE



If at first you don't succeed... rewind 70 years

New Life to Local Rowing Kerrs Reach Should Bring

Christchurch Star-Sun headline, January 6 1951



The out-of-river lake from Kerr's Reach to Horseshoe Lake

While it's disappointing that the lake was ruled out by City Council/Crown planning agency Regenerate Christchurch in April, we should look to history to see that a dark cloud may have a silver lining.

While the racing between crews of international standard has been the highlight of the Christchurch Centennial regatta, there is another aspect of the fixture which must be a source of the greatest satisfaction to all supporters of rowing in Canterbury. It is now evident that in the Kerrs Reach course, Christchurch has an asset, the value of which was not previously realised.

It was five years ago that four well-known rowing administrators waited on the Christchurch Drainage Board to suggest the widening and straightening of the Avon to permit a course at the reach.

Members of this deputation, to whom Christchurch oarsmen must always be grateful, were Mr C. A. Stiles, now president of both the New Zealand Rowing Association and the Canterbury Rowing Association, Mr E. S. Velvin, a well-known oarsman and administrator, Mr C. H. Clemens, now president of the Canterbury Rowing Club, and Mr B. R. Walker, one of the hardest workers for the sport in Canterbury.

The deputation's submissions were sympathetically received and both the Drainage Board and the City Council have been most helpful in making the Kerrs Reach course possible.

Admittedly, arrangements were

A trip into the news archives reveals that almost 70 years ago, the City Council was receptive to the value a new rowing course would bring to the region, as reported in the Star-Sun newspaper in January 1951 when the Christchurch Centennial regatta was hosted at the Reach.



Kerrs Reach 1951: "Christchurch now has a course that cannot be equalled in New Zealand."

[the Union 8 pictured on the new Reach at the 1951 regatta]

The article records that that the proposal made five years earlier in 1946 to widen and straighten the Avon and create a rowing course was "sympathetically received and the Drainage Board and the City Council have been most helpful in making the Kerrs Reach course possible."

Perhaps the City Council and Regenerate should take the lead from their predecessors 70 years ago? The 1951 article concluded that "Christchurch now has a course that cannot be equalled in New Zealand." It shouldn't be lost on anyone - particularly Regenerate - that 70 years on, there is the opportunity to create a course unequalled in NZ once more.

2018 SOUTH ISLAND MASTERS, PICTON



South Island Adaptive Rowing

Our rowers had an awesome trip down to the South Island Adaptive Rowing Competition which was hosted by the Invercargill Rowing Club in May. This annual competition is always great fun and something our rowers train for all year as it is their main event. Unfortunately two of our team, Graham Adams and Brian Streeter were unable to make it this year, but the four rowers who went did a great job of competing and put everything into it. We had some amazing races in which to cheer our rowers on.

The event is held each year and teams from Christchurch, Dunedin and Invercargill compete over their selected options of 2,000m, 1,000m, 500m and 250m. Our competitors were Matthew Swaffield, Kieran Kramer, Josie Noble and Caitlin Fleming. The team were very excited to be heading south. It was Josie's and Kieran's first trip away for this event, after having raced in it for the first time here at home last year when we hosted it and it was Caitlin's first ever rowing competition. Some of the races were very close and some of the tightest racing was actually between our Canterbury team mates. Kieran and Matthew had a very close race together in the 1,000m with Matthew finishing the race at 4.17.2, very closely followed by Kieran at 4.17.6. It was similar for the women's 500m race, with Caitlin racing 2.52.1 to get 2nd and Josie finishing 3rd in 2.52.5. Our overall results were:

- Kieran with two 1sts and a 2nd.
- Matthew gained two 1sts and a 5th
- Josie: a 2nd and two 3rds
- Caitlin with two 2nds and a 4th.

The Invercargill team were great hosts and looked after us well. After the racing and the lovely lunch we went out on the water for a row, although it was the first day of duck shooting, so we were careful how far we went along the river! Matthew went out in a single and Kieran, Caitlin and I went out in a quad. Another wonderful trip away and the team worked very hard. They are already looking forward to our trip to Dunedin next year.

Karen Rickerby
Adaptive Rowing Coach



Union's South Islands squad



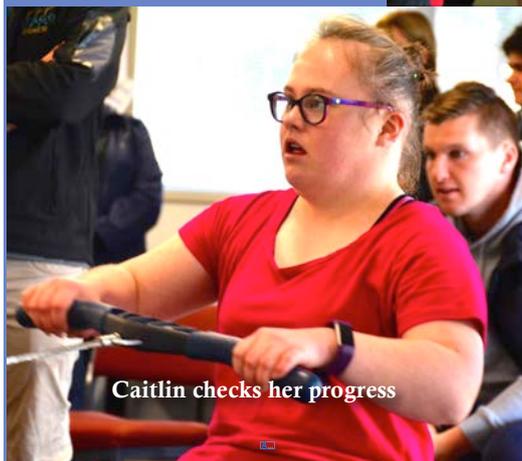
Matthew happy with his win



Josie focuses on her race



Keiran puts in the effort



Caitlin checks her progress

