

North East Rowing News

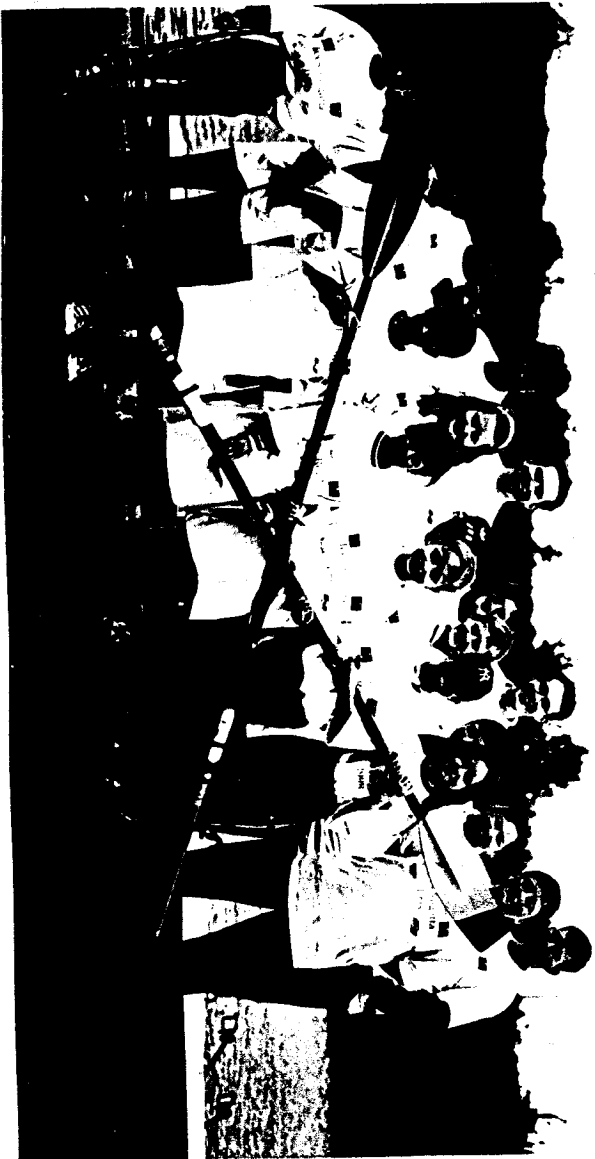
Issue 68 - June 1998



It's dead easy, Mum !

Scott Ryder (aged 8 years) shows off his quickly learned skills at the Aquajog Taster Day held the day before the Barclaycard Tees Regatta.

Full story inside this issue.



**Enthusiastic participants in the *Barclaycard Tees Regatta*
Taster Day held the day before the main Regatta.**


*The Editor's Bit**Issue 68**June 1998*

As the Regatta Season approaches it's prime, how pleasing it was for me to be part of Tees Regatta. Despite the absence of some local Clubs who chose to race outside of the region, many Clubs did give their support, and all seemed to have a thoroughly enjoyable time. Tees Regatta is one of the few remaining long-standing traditional 'Club' Regattas that I just love to give my support to, and an entry approaching 150 was Regatta Secretary Kate O'Sullivan's reward for all her hard work in hosting the event.

Hexham Regatta also received an entry approaching 150 and again was a very well run event, in the capable hands of Regatta Secretary Dr. Peter Hoare. Unfortunately the weather Gods did were not kind to the 'Sunshine Regatta' this year, the heavy and persistent rain causing all sorts of minor problems from communications to wellies being needed along the main walkway.

Congratulations are in order to both Clubs.

How to get in touch...

North East Rowing News is published four times a year and is circulated to every Club, School and Collage Boat Club in the North East region. Personal subscribers are welcome at £6.40 per 8 issues (two years). Cheques made out to North East Rowing News. Contributions towards the editorial content are always welcome, preferably supplied on diskette, e-mailed to ken.hastie@elfab.co.uk, or faxed to 0191 2585733.

If facilities are not available to do that, then send it handwritten anyway, to 11 Brislee Avenue, Tynemouth NE30 2SQ. We'll still use it, providing it isn't slanderous or libellous!



St. Aidan's College Boat Club

The only recent news is of our Spring trip to Tideway, an eventful one at the very least. Most of us travelled down on the Friday, to ensure a good nights sleep, apart from one group whose car engine exploded on the outskirts of London.

The phone call just after midnight, "Oh boys, we've had a shocker, Dan's cars just blown up", seemed to sum it up quite nicely.

The next day went pretty smoothly, however. We took 2 men's boats down for the first time this year. Last year the first boat finished 180th, and improved this year to a fantastic 153. The new second VIII started at 389, at the rear of the field, and improved to 366, despite taking on water from the moment we boated.

All in all it was a magical trip, and we'll be back again next year to take on that cocky Mr Redgrave.

New Boat on way

Arthur Wood rued the day that Cambois Rowing Club was burnt down by arsonists, as his Janousek Sculling Boat was stored there. Most people have insurance to cover their singles against such a catastrophe, and Arthur was no exception except his premium had fallen due, and because of a house move at the time, it had not been taken up. The result was that Arthur lost his boat and had no valid insurance to call upon.

Well, at the age of 58, and after using a Berwick ARC Club Boat for a few seasons, Arthur has now placed his order for a new Glyn Locke single at a cost of over £3000. Former crewmate John Matthews commented that Arthur will have to make sure he orders the correct weight hull, having lost a couple of stone in recent years, leading to the current 'Slim-line' Woody

Food (and drink) for thought

Northern Umpire Chris Brown ran a successful tenancy at the Cumberland Arms in Tynemouth until the brewery decided he was doing such a good job

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that they should not renew his lease, and revert to a managed house, and rake in more cash.

Chris and Moira almost bought a pub near Durham City during 1996/7 but the deal fell through at the last moment when the sellers pulled out. However, during 1997 they were successful in purchasing the Manor House Inn near Shotley Bridge, and all rowing friends will be made most welcome there.

Already, the members of Durham ARC have made numerous forays in that direction and have apparently thoroughly enjoyed themselves. The Inn featured in an edition of Tyneside's Evening Chronicle recently where the writer was most impressed with the culinary delights that were on offer.

Anyone wishing to make contact with Chris again can find him at the Manor House Inn, Carterway Heads, Shotley Bridge DH8 9LX. Telephone (01207) 255268 or 255332

NUGGETS

Many competitors are often puzzled by the badges worn by Umpires in the North of this Country which display the logo NUGGETS. This fine body of men are born and bred in the North, this being a pre-qualification for admittance to the group. However, as these same Umpires are often to be found at major National events, the curiosity of Southern Umpires has been aroused, and one or two of them have been told to mind their own business when they have enquired about the origins and purpose of the group.

The qualifications for membership are:

1. Must have attended National Schools Regatta in 1995 and 1996
2. Must have permanent residence North of a line drawn from Harlech to Mablethorpe.
3. Must be fluent in Cockney, Glaswegian and Scouse.
4. Must have attended other Regattas at Holme Pierrepont AND Strathclyde Country Park.
5. Must have been subjected to Cuban Midge repellent.

Despite best efforts by Southern Umpires to seek admittance, they have been resolutely denied such by one of the Groups founders, Richard Beakley, of the North West region, and simply for the reason

non-qualification point of the language difficulty. But there again, if the language they can speak is lah-di-dah, then how can they expect to communicate with those stout fellows from the North? Rumour has it that one Southern Umpire has actually managed to make it to the membership in the class of "Associated Membership", but Richard will not be drawn on this, lest it cause ructions amongst the ranks, who after having been well entertained at the many social functions following rowing events (well, in fact they often *are* the entertainment), are liable to cause severe difficulties for the group administrators. The fact remains, though, that under the NUGGETS published categories of membership, "Associated" is indeed a possibility for Southern Umpires, as the rules clearly state Associated Membership must satisfy the qualifications 3 to 5 above, and the Management Committee have been bribed.

Now why should it be that Southern Umpires seek to join such a movement? Well the answer can possibly be that they are normally quite straight laced sort of guys, and sometimes find it difficult to unwind and have a good time.

And a further clue is found when the acronym NUGGET is analysed:

Northern Umpires Group Generally Enjoy Themselves

Tees Regatta

Main Sponsors Barclaycard put up sponsorship of over £2500 to enable the Regatta to develop. The Regatta is supported by Stockton Borough Council and this was the 20th year that the Council have been in partnership with the Club in promoting the event. There is a longer term aim to have a festival starting with a weekend of powered water sports, a week of opportunity for youngsters to try their hand at various activities, and then the rowing and sailing regatta at the closing weekend. In the 1998 event, Regional Coaching Development Officer Colin Brown, Susan Wareing and a handful of enthusiastic and newly qualified Rowing Instructors from the Yarm School sixth form ran a taster day on the Friday. Three enthusiastic groups of youngsters tried their hand at Aquajog Sculling, Ergo-ing and even quiz competitions. 9 of those same youngsters competed in the

main Tees Regatta and had a load of fun, even if the Aquajog organiser John Inman almost ended up pulling his hair out!

Tees RC were able to double their sponsorship money through the award of Sportsmatch grant, and they will be able to purchase a sculling boat for youngsters to use.

A Victor Ludorum prize of £600 was won by Durham ARC who appeared to have mustered all available hands. The Regatta ran so well, that on my last Umpiring stint of the day in the launch, I found time to do something I really enjoy, chatting to Competitors waiting to race and exchanging pleasantries.

Kate O'Sullivan has asked that I thank all supporting Clubs who contributed to the success of the event.

Northumbrian Water University Boat Race

In this annual race, Newcastle University avoided a repeat of the 1997 whitewash, and it was the Freshers race that went their way to the delight of the 10,000 people that watched the event.

Despite the threat of heavy rain, the weather Gods were kind, and it was hot sunshine that appeared for all three races, to the delight of the many spectators who enjoyed a full programme of water-based activities, alongside the traditional quayside market, where many bands and performer also entertained.

Durham Univ were the victors in the Ladies Race, and in the main event of the day, the Heavyweight Mens' race.

Heavyweight Men's Race: Winners Durham University by 1 + 2/3 length.

A closely fought race from the Start to the bridges in the centre of Newcastle-upon-Tyne looked to be a great contest, and indeed it was the less favoured Newcastle Univ that took the lead and held it for almost half the 1800 metre course.

Umpire Lynch Mason was not troubled by the crews courses, despite moving close together at one point. Some boisterous water conditions in the mid point of the race were handled much better by the DUBC crew, but

it was not until the landmark Swing Bridge when Durham began to draw clear. It was also at this point where the Newcastle cox had to take the marginally longer course through the bridge, both crews being out of sight of each other for some 150 metres. Despite a spirited fightback, NUBC could not hold the DUBC crew, who drew away to record a repeat win over last year.

Ladies Race: Winners Durham University by 5 lengths

Durham UBC took command right from the start, and never looked like losing this race. Their crew looked more powerful and better able to cope with occasional troublesome conditions along the way.

Freshman's Race: Winners Newcastle University by 2 lengths

For many, this was the race of the day. As the race is held in the centre of Newcastle, it was no surprise that there would be strong support for the home crew. As commentator Brian Armstrong fed the progress of the race through the P.A. system, there were huge cheers every time it was reported that Newcastle were in front. For the most part, the lead was never much more than a half length and Durham held on very well. However, as the crews came into viewing distance to the crowd, it was the Newcastle crew that edged further and further in front, crossing the line 2 lengths ahead.

Halliday Memorial Fund

Bill Burdus, joint organiser of the inaugural fund raising event for Durham University's Halliday Memorial fund, reports that the fund has already got off to an excellent start with a huge response for the Redgrave/Pinsent Dinner on the evening of Durham Regatta's first day. It seems that everyone wants the chance to rub shoulders with some of the GB heavyweight greats.

Those that can't make the Dinner will have the opportunity to see Redgrave and Pinsent at the Regatta over the weekend of 13/14th June at Durham City.

Jack Hesketh

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Toughest luck of all

Poor old Windsor Schools must have rued the day they competed in the Schools Head in their super high-tech £10,000 Stampfli quad. Just as they were in the last 500 metres of the race, a Marshall's boat crossed the course right in front of them, and when they were almost certain to take the headship in a record time, they hit the launch and lost the first 30 cm of the boat, taking in water and sinking fast.

Further Head drama

Race Officials are beginning to take much stronger action these days in cases of bad steering. Following the time penalty that was reported in the last NERN at the Tyne Head, it is reported that at the Reading Head, Durham University's novice eight were disqualified when they hit an Imperial College crew.

New Boat at Nithsdale



Nithsdale ARC at Dumfries celebrated the naming of their new eight Minerva. The boat was named by the Club President, Lord Munro of Langholm. Other dignitaries in attendance were Martin Hughes, (Commodore of Nithsdale ARC), Gordon West (Club Captain) and J. Morris of Dumfries & Galloway Council.

That other Regatta...

Despite the fact that they insist on clashing with Talkin Tarn Regatta year on year, Henley Royal Regatta finances are in a fine state. Income was up 5.7% to £1,511,355 and expenditure held at only £1,387,354.

For those Clubs who shell out their hard earned cash to erect a tea marquee here is a sobering thought: Henley's expenditure on Stands and Tents came to £398,205. Printing and postage costs were £62,237

..and income from entry fees only amounted to £3,825 !

Neaves Rowing Fittings

David Neaves, manufacturer of excellent quality riggers as supplied to most North East Clubs, advises of a recent move of premises.

Their new address is Neaves Rowing Fittings, Unit 12a, Tims Boatyard, Tims Way, Staines, Middlesex TW18 3JY

Telephone 01784 449317, Fax 01784 449538

Durham Amateur Rowing Club

Durham Amateur Rowing Club



News from the Club is that Peter Burdess has been elected President. Peter takes over from Bill Golightly, who has been a Club member for 50 years

and held the positions of Captain, Chairman and President for most of that time - an exceptional record. Jim Dulling remains as Captain and Judith West and Richard 'Bod' Bodsworth are Vice Captains.

North Rowing Museum

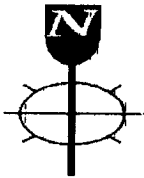
Clive Hole of Browns Boathouse, Durham reports that he has been successful in obtaining outline planning permission for a rowing museum to

be built at the old coal yard, just upstream of the Durham ARC boathouse. Clive first mentioned this possibility to us some three years ago, so it is pleasing to hear some progress is being made now. Clive is particularly keen to obtain interesting rowing memorabilia, oars and boats.

Dilwyn Jones

Dilwyn (Tees Rowing Club) has let me know that he has now returned from a year in the USA and is back in action at Tees RC. The first job they gave him when he returned was that of Safety Officer. Dilwyn's e-mail address is dilwyn_jones@compuserve.com

Mailing labels



Kevin Flannery, Treasurer of the Northern Rowing Council, is currently working on producing a set of mailing labels which can be used by Regatta Secretaries to save them having to write out all those envelopes. Contact Kevin on 0191 2902198 for more information.

Yorkshire Head

It is reported that some frustration was experienced by Competitors who made the long trip to York in March for the Yorkshire Head Race, promoted by the Yorkshire & Humberside Rowing Council.

The reason for their agitation is because they felt that the decision to cancel the race was taken too late in the day. Cambois ARC, St. Leonard's School and Tyne RC had already started their journey before the message came through to abort. It was particularly frustrating for the Captain of Durham ARC who received a message from his daughter in York the previous evening telling him he would be wasting his time making the journey the following day, as there was no way the river would subside in time.

In this day and age of mobile telephones, perhaps there is a need to state a mobile number on the entry form as well, in case of late cancellation.

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THERE HAS been a lot said about riggers in the past, such as how they need to be aerodynamic etc. Part of this is true, but in the end it is who is sitting in the boat and how good they are. These crews need a rigger they can forget about and concentrate on their rowing - a rigger with the best characteristics and reliability. That's why Neaves riggers were used to win gold in the 1988 Olympics coxless pair GB and the 1992 Olympics coxless pair and coxed pair GB.

You have the choice of 5 different types of riggers, depending on what you think would suit you best.

The stiffest rigger by far is the Multi Stay - once they are adjusted to your requirements, they will not need adjusting again. Then you have the Gull Wing rigger. This is also very stiff, but with more clearance above the water. Going one step further is the Rough Water rigger, with more lift and a shaped and tilted base tube to deflect water back from where it came. Last, but not least, we have the Carbo-type riggers 2 or 3 stay. These riggers have been made since 1976 when David Neaves helped design them for Carbocraft and the Montreal Olympics.

IT'S YOUR CHOICE.

Giants (supplied by un-named Junior rower)

Three giants were making their way around the World on a short jaunt when a dense fog settled in, and they couldn't see below their shoulders. One says to the others "I wonder where we are?", to which the second Giant replies "Paris".

"How do you know that?" the first one asks.

"Dead easy, I just felt the tip of the Eiffel Tower below the clouds".

A few miles further on, they start to get lost again until the second Giant stoops down and says "We're approaching London. I can feel the Houses of Parliament, and I've just dipped my finger in the Thames"

"That's amazing" says the third Giant. "I'll try that myself a few miles further on", and sure enough, after a further walk, he bends down and reaches below the clouds. "I know where we are; Manchester!"

"How do you know that, ask the other two?"

"Some bugger's just nicked my watch!"

New Internet addresses

Recent newcomers to the Internet who have let me know their e-mail address are Barry Hudson, Secretary of the Durham Amateur Rowing Club at barryhudson@highshin.demon.co.uk and Phil Metcalfe of Durham ARC at phil@pit-row.demon.co.uk

Hatfield College Ergo record Attempt

During the spring of 1998, Hatfield College earned a few bob for their boat fund by holding a huge ergo marathon. Boat Club Captain Richard Sanders celebrated a milestone in their attempt at 9.00 pm on 3rd March 1998 when they passed the 21 day non-stop record. The distance they rowed in that time is equivalent to having rowed one and a half times across the Atlantic Ocean.

The Boat Club members who are participating in this record challenge in a corner of the College Bar were kept in fine spirits (it is hoped not literally), but one has to feel some sympathy for the poor unfortunate rower who continued rowing whilst not just his relief failed to arrive, but three of the following relief rowers. True to the cause, he kept on the Concept II ergo machine until 3 a.m. when the next relief finally arrived, a stint of four hours!

Northumberland County R.A. - Tyne Head 14th March 1998

Division 1 - 1315 hrs

Place	Start	CLUB/CREW	STATUS	TIME	
8 SECTION					
1	5	St.Hild & St.Bede College BC	S3	16-19.9	
2	1	Tyne RC	S1	16-25.9	
3	10	Durham University BC	N	16-27.4	
5	2	St.Aidan's College BC	S2	16-29.9	
7	3	University College BC	S3	17-02.0	
8	9	St. Cuthbert's Society BC	Kitson	N	17-57.5
9	8	Hatfield College BC	N	18-26.6	
11	6	St.Cuthbert's Society BC	Wade	N	18-37.7
12	7	Durham School BC	N	18-41.0	

4- SECTION

4	12	Clyde/Heriot-Watt/Strathclyde	SO	16-29.2
6	15	Queen Elizabeth HSBC	S2	17- 0.7
22	14	Ponteland HSBC	S2	20-50.2

4x+ SECTION

15	26	St.Leonard's School BC	J15	19-30.4
23	28	St.Leonard's School BC	J14	20-54.4
38	25	Durham School BC	J15	23-47.5
42	27	Durham School BC	J14	25-44.6

W4+ SECTION

14	30	Durham University WBC	SO	19-15.7
21	32	Queen Elizabeth HSBC	S3	20-33.2

24	31	Durham University WBC	S2	20-58.5
25	33	St.Aidan's College BC	S3	21- 2.4
28	35	Grey College BC	N	21-35.5
30	34	Durham University WBC	S3	21-40.5
32	39	St.Leonard's School BC	N	22-17.2
40	37	Ponteland HSBC	N	24-25.8

2x SECTION

10	16	Tyne RC (Sadler)	SO	18-34.0
13	20	Tyne RC/Berwick ARC	SO	19- 0.5
16	24	Durham ARC	S3	19-43.3
17	40	Queen Elizabeth HSBC (A)	J15	19-55.6
18	44	St. Leonard's School BC	J15	19-59.2
19	23	Queen Elizabeth HSBC	S3	19-59.8
20	19	Hexham RC	SO	20-20.3
26	42	Chester-le-Street ARC	J15	21- 8.4
27	22	Hutcheson's Grammar School BC	S3	21-28.8
33	45	Queen Elizabeth HSBC (B)	J15	22-28.4
37	41	Durham School BC	J15	23-11.2

1x SECTION

29	48	Durham ARC	J.Appleby	VD	21-35.8
31	50	Tyne RC	I.Boyd	VD	22- 4.9
34	46	Berwick ARC	H.Black	VB	22-32.4
36	48	Tyne RC	A.Marshall	VD	23- 6.7

W1x SECTION

35	51	Durham University WBC	Gaskin	SO	22-40.7
39	53	Cambois ARC	B.Hume	S3	24- 1.0
41	54	Cambois ARC	A.Dawson	S3	24-32.3

Division 2 - 1530 hrs**8 SECTION**

2	57	Durham ARC	VC	18-53.7
3	60	Berwick/Cambois/Clyde Masters	VE	19-22.0

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7	59	Durham ARC	VE	21-40.0
10	58	Tyne RC	VE	22- 8.7

W8 SECTION

5	82	Durham University WBC	SO	20-37.7
8	63	Durham ARC	SO	21-41.6
12	65	Durham University WBC	S3	22-14.1
18	64	Trevelyan College BC	S3	23- 3.8
19	66	University College BC	N	23-12.3
21=	87	St.Cuthbert's Society BC	N	23-13.4

4x SECTION

4	88	Cambois ARC	J18	20- 0.4
37	69	Hutcheson's Grammar School BC	J18	29-26.9

W4x+ SECTION

24	102	St.Leonard's School BC	J15	23-43.4
29	101	Queen Elizabeth HSBC	J15	24-35.6

4+ SECTION

1	70	Clyde/Heriot-Watt/Strathclyde	SI	18-51.5
6	73	Queen Elizabeth HSBC	S3	21-18.6
11	76	Durham University BC	S3	22-11.3
13	78	Trevelyan College BC	N	22-19.9
14	79	University College BC	N	22-20.6
15	82	Durham University BC	N	22-33.2
17	71	Tyne RC	SI	22-53.1
21=	75	Hexham RC	S3	23-13.4
23	84	Collingwood College BC	N	23-23.5
31	81	Collingwood College BC	N	25- 2.8
32	80	Durham School BC	N	25-10.8
33	74	Ponteland HSBC	S3	25-21.0

W2x SECTION

28	104	Durham ARC	S3	24-29.7
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Ix SECTION

9	89	Queen Elizabeth HSBC	P.Wells	SI	21-57.8
16	93	Tyne RC	S.Suthers	S2	22-41.2
20	95	Tees RC	P.Buckworth	S3	23-12.8
25	92	Queen Elizabeth HSBC	A.Stubbs	S2	23-50.2
26	86	Berwick ARC	I.Black	SO	24- 7.0
27	87	Tyne RC	Q.Woolmer	SO	24-12.0
30	98	Queen Elizabeth HSBC	Grise	S3	24-54.1
34	98	Queen Elizabeth HSBC	Thornton	S3	26-24.2
35	87	Hexham RC	Drew	S3	27-35.6
36	94	Hutcheson's Grammar Sch		S3	28-48.8

Missing Buoyancy Aid

Berwick ARC lost a buoyancy aid at the 1998 Tyne Head race, and they are pretty sure they left it in a trailer (obviously not their own; they've looked).

Please look at what you have and see if you have theirs. It is an ARA issued buoyancy aid in navy blue with the ARA logo on the front, the type which inflates via a small gas cylinder.

Anyone finding it is asked to make contact with Drew Henderson on 01289 308560

Politically Correct

He does not have a beer gut; he develops a Liquid Grain Storage Facility.

He is not quiet; he is a Conversational Minimalist.

He does not have a fabulous rear end; he has achieved Buttocks Perfection.

He is not stupid; he suffers from Minimal Cranial Development.

He does not get lost all the time; he discovers Alternative Destinations.

He is not balding; he is in Follicle Regression.

You do not buy him a drink; you initiate an Alcohol-For-Conversation Exchange.

He does not fart and belch; he is Gastronomically Expressive.

His jeans are not too tight; he is Anatomically Undercirculated.

He is not a redneck; he is a Genetically-Related American.

You do not kiss him; you become Facially Conjoined.

He is not a cradle robber; he prefers Generationally Differential Relationships.

He does not get falling-down drunk; he becomes Accidentally Horizontal.

He does not act like a total ass; he develops a Case Of Rectal-Cranial Inversion.

He is not short - he is Anatomically Compact.

He does not have a rich daddy; he is a Recipient Of Parental Asset Infusion.

He does not constantly talk about cars; he has a Vehicular Addiction.

He does not have a hot body; he is Physically Combustible.

He is not unsophisticated; he is Socially Malformed.

He does not eat like a pig; he suffers from Reverse Bulimia.

He does not hog the blankets; he is Thermally Unappreciative.

He is not a sex machine; he is Romantically Automated.

He is not a male chauvinist pig; he has Swine Empathy.

You do not undress him with your eyes; you have an Introspective Pornographic Moment.

He is not afraid of commitment; he is Monogamously Challenged.

Warning about Glass

At the Tees Regatta, a call came over the Official's radio system for First Aid assistance to the landing where it was reported that someone had cut themselves on some glass. At first, the obvious thought was that someone had stood on some glass beneath the water, and cut themselves that way, but it later transpired that a competitor had been carrying a glass drinks bottle, and had accidentally managed to break it and then cut their hand on the glass. The moral of the tale is obvious, and competitors are advised to keep to plastic drinks bottles rather than glass.

Durham Junior Regatta & Barbecue

Once again this small but friendly event is being held during half term at the end of October 1998 and it is the perfect opportunity for young rowers to

race without having the perhaps un-nerving experience of competing at a major regatta for their first race. As usual, prizes will be edible, and a lot of emphasis is being placed on ensuring all the youngsters and their supporters enjoy themselves.

The Queens Tower incident

Perhaps this memorable happening is just beginning to fade in the mists of time, but I did enjoy Clive Hole's coverage of the day Queens Tower Boat Club suffered the severe embarrassment of not seeing the second lighthouse on the Tyne Head course during the race:

Pedalling furiously to rejoin the river at Blaydon, I was greeted by the sight of the second lighthouse with an eight seemingly stopped directly in front of it. As I drew nearer, it became clear that the lighthouse had in fact engulfed the unfortunate crew as far as three's forestay, the bow end of the boat projecting a full twenty feet out of the far side. Whilst those astern of three were striving with all their might to give sternway by backing with their oars, two of the evicted oarsmen were reaching forwards to haul the boat aft.

This unrehearsed evolution proved successful and Bow who, like a cormorant, had maintained station atop the 4 metre, A-shaped structure, joined the other two who resumed their seats in the boat as these became available.

The same action took the boat to a beach on the Blaydon side where the crew disembarked and I was able to reassure them that all was not as bleak as it seemed. "That roof just there is a pub, and they're still open". I omitted to mention that I had earmarked it as being the place from which I may have had to 'phone the emergency services.

Within five minutes, Chris Grabham of Queen Elizabeth High School had arrived in his minibus and, unceremoniously tossing his Boat Club onto the verge, had spirited the oarsmen away, and the same treatment had been applied to the boat by Clyde Burgess of Durham ARC in a rescue boat. Now there was nothing to see. Phew !

**Norman Howitt pulls the pints
at the Cambois ARC bar**



**Drew Henderson (Berwick) and Duncan
McGregor (Tynemouth) enjoy a crack**

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Limit+
HeartSafe TZ
Profile
ExcelSport

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

CARDIOsport

ExcelSport Start 2 £54.99
Autozone £54.99
Limit+ £74.99
HeartSafe TZ £94.99
ExcelSport £149.99

SPORTS INSTRUMENTS
PULSE TECHNOLOGY

CT3 £68.99
CT5 £98.99
CT7 £148.99

POLAR SmartEdge

heart rate monitors

Beat £54.99
Protrainer NV £119.99
Favor £74.99
Fitwatch £84.99
Pacer £59.99
AccuSwim £149.99
AccuSwim+ £199.99

SWEAR Quality Cotton-Lycra kit in either blue or black featuring the CHEVRON striping that sets you apart. Sizes XXS-XL. Postage £2.50.

Shorts £25.00
Tights (3) £30.00
Racer (1) £3.00
Unisuit (2) £3.00

CoolMax/Supplex Racer

CoolMax top in red and white side flesh, black SUPPLEX bottom £38

FeatherWeight jacket

Water repellent Black Magic SUPPLEX lined with HYDROFOIL to wick moisture. Black with red or gold s-xl £45

CANADA CAP (4)

Combed cotton cap with a leather strap and embroidered front and back. In a range of colours as available. £12.00

1998 ROWING ALMANACK

For all the info you need £18.50

GOGGIES

Swimming or sculling £13
Diving pair £19

FREE POSTAGE

M FRAME (1)

Medium £106.00
IndiumPrint Frame £110.00
ProFrame £114.00

ZERO 4 (2)

2 frames round, square & small in Sweet, Glitter or Cobalt. IndiumPrint frame £80.00

FROGSKIN (3)

Suit line £48.00
Indium £57.00
Polished £96.00

FIVES (9)

Suit line £48.00
Indium £57.00
FullMetal £96.00
Polished £96.00

TOPCOAT (10)

IndiumPrint £96.00
Full Metal £110.00

RACING JACKET (5)

Medium £106.00
Full Metal £125.00

EYEJACKET (4)

IndiumPrint frame £78.00
Full Metal/Electric £106.00
VCR £98.00
Polished £114.00

WIRES (6/7/8)

4Wire £115.00
Square wire £115.00
5Wire £106.00
Leather £148.00

STRAIGHT (5)

IndiumPrint £96.00
Full Metal/Electric £110.00

CASES

Micro bag £8.00
Ballistic case (small) £16.00
Ballistic case (11) £19.00
Vault (12) £26.00
Wire Vault £28.00

KATTUNA

K200 CHRONO £89.95

K1 £29.95

K1P £49.95

FREE POSTAGE

PREPARED FOR ALL MAKES OF BOAT

From a sternball to a rudder we have the stock and know-how to get you back on the water in the quickest time. Contact us for expert advice and a fast efficient service.

Sternball £3.50
Track £9.95
RoShoo rowing shoe £35.00
Single action seat £50.00
Double action seat £45.00
Trestles per pair £75.00
Etc., etc., etc.

Eagle 66 Megaphone (1) £100.00
Eagle 45 Megaphone (2) £50.00
TOA 408 Megaphone £194.00
TOA 510 Megaphone £140.00

All megaphones are supplied CW batteries.

Towpath Bike 'that folds up or down in seconds'

FREE DELIVERY

- Adjustable for most sizes
- All alloy components
- Sturdy carrying rack
- Unique folding pedals
- Single Speed £190.00
- 3 Speed £240.00

Red height Stick (3) £29.95
Pitch Gauge (4) £39.95
Pitch Gauge (5) £18.00
Nut Spinner (7) £5.50
Jigger (8) £4.25
Ring/open spanner £5.25

SUB ZERO

FREE POSTAGE

Performance clothing with superior wicking that leaves you warm and dry. Hard wearing, quick drying, easy to wash and odour resistant. Factor 1 (F1) is worn next to the skin as a base layer, Factor 2 (F2) has added fleece either worn next to the skin or on top of F1. Multifleece double-sided for outstanding wind and water resistance. Sizes Small-XLarge.

F1 short sleeve (white only) £18.00
F1 long sleeve (crew neck - blue/bk/whd) £20.00
F1 long sleeve (turtle neck - white only) £22.00
F1 long sleeve (zip polo - blue/bk) £28.00
F1 BJ leggings (blue/bk) £18.00

F2 Headband (blue) £8.00
F2 Socks (blue) £10.00
F2 long sleeve (zip turtle - cobalt/bk) £40.00
Multifleece hat (cobalt) £13.00
Multifleece balaclava (cobalt) £13.00

COMP22

Carbohydrate Energy gel for power packed performance

2 450g £6.00
2 3kg £22.00

GO-ISOTONIC 520g £6.00
Water bottle 750ml £3.00
Water bottle 800ml £3.50

NEW CREATINE OFFER

Postage £2

Two 400g tubs (800g) for an amazing £48.00

CREATINE CHRONOMED

CREDIT CARD HOTLINE
0115 981 7477

RAYMOND SIMS ROWING SUPPLIES
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NOTTINGHAM NG2 5PA
Fax 0115 982 1110
http://www.rowing.co.uk
email: 101516.300@compuserve.com