

North East Rowing News



ISSUE NUMBER 49

APRIL 1992

Tynemouth Rowing Club's successful Junior Coxed quad pictured beside their new Jancusek boat. The crew are (from L to R) Andrew Appelby, Douglas Wilkinson, Matthew Tibbs, Ian Taylor and cox Christopher Hastie.



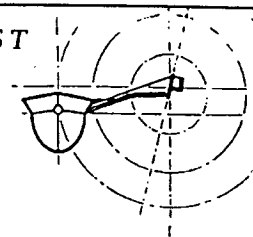
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By far the most tragic news of recent weeks is the burning down of the Cambois ARC boathouse. As a result of an arson attack the day before the Tyne Head race, the entire clubhouse was destroyed, along with all boats and oars bar one. By chance, the Club's Ayling's eight OCTOPUS was saved, as Durham University had borrowed it for the Tyne Head.

All of the other boats were lost, including a 4 week old Aylings Quad Scull/Coxed Four, and a 4 week old coxless pair. The effect to the Club will be devastating, and discussions are currently taking place as to future plans.

There is little doubt that many members thought it only a matter of time before such a tragic event happened, and with so much equipment housed in a wooden building, there is little safeguard against such an attack.

In due course, it is likely the Club will be asking other regional Clubs for assistance in some form or other, and I am sure that Clubs will give their best practical assistance in the difficult times ahead.

- - - o o o o o o o o o - - -

Phil Metcalfe of Durham ARC is still looking for old copies of the North East Rowing News. Anyone help ?

- - - o o o o o o o o o - - -

Freddy the dolphin (much featured in the news recently) left his home at Amble harbour for Tynemouth at the beginning of March; sensible lad, - who wouldn't ? A few of the Tynemouth lads immediately took the Club's tub pairs out beyond the Tyne Piers to see if Freddy would show. Not long after the leaving the Tyne estuary, Freddy leaped out of the water close to the pairs, and landed with an enormous splash. He obviously just wanted to play. The Tynemouth rowers took such a fright at the size of the dolphin that they had to make their way back to clubhouse tout suite to change their underwear !

KEN HASTIE

The North East Rowing News is available on a subscription basis for £5:50 for two years (8 issues). Send your name and address and cheque for £5:50 made out to N.E.R.N. to:
Ken Hastie, 11 Brislee Avenue, Tynemouth NE30 2SQ

MENS AND WOMENS ROWING

Nigel Reeves would like to hear from any men or women that are interested in developing mens and womens rowing in the region. During 1991 Junior rowing has seen the development of regional championships and an elite group has been set up to assist talented, motivated juniors to achieve their potential.

Could this happen for women - and indeed men ?

JUNIOR LONG DISTANCE SCULLING CHAMPIONS OF THE REGION

J18	P. Smith	Newcastle RGS
J16	C. Steel	Durham School
J14	C. Hugill	Durham ARC

WJ18	S. Kellett	St. Leonards
WJ16	J. Dulling	Durham ARC
WJ14	R. Selby	Durham ARC

NORTHERN REGION ELITE JUNIOR SCULLING SQUAD

P. Smith	Newcastle RGS	J. Dulling	Durham ARC
C. Steel	Durham School	J. Stoker	Durham ARC
P. Wright	South Hylton	R. Selby	Durham ARC
A. Richford	Tyne RC	A. Neal	Ponteland HS
B. Richford	Tyne RC	F. Ham	Ponteland HS
C. Hugill	Durham ARC	J. McHendry	St. Leonards

The group has received coaching and technique analysis from Penny Chuter, Principal National Coach.

A fitness assessment took place on the 14th December 1991.

AUTUMN SCULLING HEAD SERIES RESULTS

Many thanks to Ray Brown who has provided the North East Rowing News with a full set of results which appear elsewhere in these pages.

SPORTS COUNCIL GRANTS

The following Capital Grants have been awarded for rowing equipment:

Talkin Tarn ARC were awarded £1000 towards a project cost of £5000 for 4 sculling boats.

Tyne Green Watersports Association have been awarded a grant of £6000 towards a project cost of £16,555 for 4 sculling boats.

Other applications by Cambois RC for a double scull and South Hylton ARC for a quad scull were deferred for further discussion.

The grant to the Tyne Green Watersports Association has been the subject of some concerned discussion recently as the award has not been made to a registered club of the Amateur Rowing Association, negating one of the claimed benefits (by representatives of the A.R.A.) of being affiliated to the A.R.A.

By the awarding of this grant, the Sports Council has gone against previous practice in that an association would appear to no longer have to be affiliated to the national governing body for the sport or to the Northern Rowing Council to apply for and receive capital grant aid. Apparently, the rowing membership of the Tyne Green Watersports Association is made up almost entirely of Queen Elizabeth High School Boat Club (a body who would not normally be eligible for Sports Council Capital grant aid), the Hexham Boat Club membership having dwindled to only a few people.

Whilst this grant will still be going into the sport, the Northern Rowing Council have had to take up correspondence with the Sports Council to establish the rules for future applications, and indeed the value of applications being presented to the Northern Rowing Council when grant awards are made without it's approval.

LONG DISTANCE SCULLING RACE SERIES

Whilst there was much praise given of running the series as a co-ordinated event, now that the financial results are out (a loss of £430.15) much thought is being given as to how the 1992 events can turn in a profit. There were some trophies purchased which will be awarded annually, and therefore the one-time cost has been covered in 1991, but it was generally agreed that entry fees were a little on the low side. A draft plan has been drawn up for discussion by the event secretaries:

The 1992 aims are:

Maintain the positive aspects of the 1991 series.

Modify, upgrade, ensure implementation of agreed rules.

Modify the promotion of the series and events.

Upgrade the quality of the organisation at all venues.

Improve administration, communication and processes.

NEW BOAT

Ian Wagstaffe of Tyne RC has a new Janousek single. Definitely worth a look - it is a most unusual shape with the saxboard flowing into the hull shape. He also has dreissigacker sculls with aluminium handles, something I've not seen before.

1992 REGATTA CALENDAR

February	15th 23rd	Durham Head Trent Head
March	7th 14th 15th 21st 28th 29th	Tyne Head Yorkshire Head Clydesdale Fours Head Schools Head (London) North of England Head (Chester) Thames Head (11.45 a.m.) Glasgow Scullers Head Vesta Veterans Head
April	4th 11th 18/19th 25th	University Boat Race Scullers Head (London) Clyde Rowing Weekend Tynemouth Regatta Castle Semple Regatta
May	2/3rd 9/10th 16th 23/24th 30th	Berwick Regatta Aberdeen Regatta Durham City Regatta Tyne-at-Home Regatta Strathclyde International National Schools Regatta Clydesdale Regatta Tyne Joint Regatta Stirling Regatta
June	6th 7th 13/14th 20th 27th	Wansbeck Regatta Glasgow Regatta Chester-le-Street Regatta Durham Regatta Scottish Championships Hexham Regatta Nithsdale Regatta South Hylton Regatta
July	1/5th 4th 11th 17/19th	Henley Royal Regatta Talkin Tarn Match des Seniors (Strathclyde Park) National Rowing Championships
August	8th 15/16th 22nd 29th	Inverness Sprint Aberdeen Rowing Challenge Scottish Jollyboat Championships Tyne Veteran Regatta Loch Lomond Sprint
September	5th 12th	Durham Veteran Regatta Castle Semple Sprint Talkin Tarn Veteran Regatta Clydesdale Sprint

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September	13th	Boston Marathon
	19th	Nithsdale Sprint
October	3rd	Wansbeck Scullers Head
		Glasgow Sprint
	10th	Tyne Scullers Head
	17th	Tees Scullers Head
	24th	Hylton Scullers Head
		Clyde Small Boats Head
November	31st	Wear Scullers Head
		Clydesdale Scullers Head
December	7th	Fours Head (London)
		Inverness Fours Head
	21st	Wansbeck Fours Head
December	5th	Rutherford Head

EXTRACTS FROM THE A.R.A. DIVISIONAL REPRESENTATIVES REPORT

A drastic pruning of the cost base has achieved an overall 25% reduction in the level of costs. The projected surplus for the current financial year is sufficient to eliminate the remaining accumulated deficit from previous years.

The purchase of the Association Headquarters for £110,000 and it's subsequent re-valuation to £500,000 has transformed the balance sheet.

The Association has adopted a financial policy which now means that budgeted income should cover budgeted expenditure plus scheduled debt repayments. The effect of this will mean that potential financial problems will be forced into early discussion and resolution before they get out of control.

From 1st January 1992 Clubs must pay £3.00 plus VAT to the ARA for each Club member as declared the previous year.

From 1st January 1993 the sum will be increased to £3.20 plus VAT (in line with assumed inflation).

Regatta Affiliation will be £21.00 plus VAT for 1992.

Registration will be at the following rates from 1.4.92:

Senior	£31.50 (No change)
New competitor	£16.00 (No change)
Junior	£14.00 (£2.00 reduction)
Associate	£13.00 (£7.00 reduction)
Day Tickets	£ 9.00

There are currently 12,000 registered members of the Association.

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The cost of the Regatta magazine to each registered member is £3.00 per annum. Constructive criticism to content is welcomed.

A new four-year plan is being produced to cover from April 1993.

Constitutional review. It was decided at a meeting of the ARA council to reject all proposals for change, and to maintain the status quo, in light of the views expressed by Regional Councils.

Sanctions are being considered for implementation against those Regattas who fail to submit returns/cash for day tickets, including no regatta date to be allocated for the following year.

Sweep oar rowing is being phased out for certain junior classes and this has now been confirmed by ARA Council:

From 1st January 1992 Womens Junior U14 and U15 events will be offered for sculling ONLY.

From 1st January 1993 Mens Junior U14 events will be offered for sculling ONLY.

At the ARA Open Veteran Championships (formerly National Veteran Championships) silver medals will be awarded in addition to gold where there are four or more entries.

BOAT FOR SALE

Filippi Lido (Model Italia/S) single sculling boat. Only one and a half years old. Suit sculler 80kg. £1800.
Contact James Valerino on Tyneside (091) 284 7982

CHANGE OF ADDRESS

Please note that JACKMATE have moved. Jackmate are suppliers of all types of club trophies and engraving. Proprietor Jack Hesketh has been supplying the rowing trade for many years now, and he can now be contacted at The Firs, 6 Pitt Road, Epsom, Surrey KT17 4ET. Telephone number 0372 725566.

NEWS FROM THE NORTH-WEST

It appears that the North West Umpires are revolting (some would say the North East Umpires are too !). However, I am not being derogatory, but commenting on their reaction to the insistence that they become registered members of the Amateur Rowing Association. Their opinion is that they already give up a lot to carry out their duties as umpires, both in terms of time and money, and why they should have to pay an extra sum when they are giving their services to the sport. It appears that in the North West they are losing 25% of umpires. Fortunately for the North East (already suffering through lack of qualified umpires) it is being strongly recommended, rather than insisted, that umpires become registered. If it were not for this, the regionally

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events would be in dire trouble.

You may remember my comments on the appeal of North Staffordshire Rowing Club to raise funds to survive, whilst at the same time ordering a new coxed four. Well, they received their new four recently, but due to the lack of a settled crew, they have only had measured success to date.

Lancaster John O'Gaunt have received 8 new dreissigacker oars- anyone wanting to purchase their 8 aluminium Ayling blades at £20 each or £150 the set should contact Neil Wigglesworth on 0524 791747. The Club sent 5 boys and 5 girls to Aalborg in Denmark where they won 3 silver and 2 bronze medals in the city's youth games. The Club's regatta is due to take place at the Club site for the first time in 15 years.

Warrington RC took a leaf out of Berwick's book and organised a Pub and Club regatta which was successful, with many new members taking up the sport.

Trafford RC have suffered with the Bridgwater Canal being frozen for several weeks. The traditional row to the Bay Malton for Xmas lunch had to be sacrificed in favour of cars - it's just not the same !

BOAT FOR SALE

Aylings Sprint eight which is in good condition and still a very competitive boat. Price £2500 or nearest offer. Offered for sale by Grosvenor RC, contact Mark (Skids) Philips at the Club on 0244 311231.

ANY OLD NERN'S ?

Phil Metcalfe of Durham ARC is keen to get hold of any copies of the North East Rowing News from Issue 1 to Issue 17 for his rowing library. If anyone can help he would gladly part with a pint or two (I assume of beer) in return.

DURHAM REGATTA

At the last Durham regatta meeting, it was agreed that the women's Senior Fours race for the Archibald trophy would be raced over the 1800m long course, and that two new events for women will be included in the programme; a Senior II race on Saturday, and a SIII eights race on the Sunday. Notes on doubling-up will be amended accordingly.

YORK REGATTA

Comments I made about York Regatta really touched a raw nerve with some of their members when they were re-printed in the Rowing Magazine, and drew a lengthy response. Since that time, communications have passed between myself and the Regatta

Secretary, the result of which is that whilst it was agreed that my comments were fact, the inference was changed somewhat. Suffice to say that I am being welcomed back again next year.

INTERNATIONAL FLAVOUR AT DURHAM

Antoinette Hudson is a French language student at University College BC who won the Silver medal at the French National Championships, and also represented France at the Crash-B Ergo championships at Boston. Whilst placed 2nd in the French Womens's Ergometer Challenge, the leading girl dropped out and Antoinette picked up the prize.

OARS FOR TRIAL

The new asymmetrical blade shape is now being promoted by more than one manufacturer. As is often the case when radical ideas are turned into reality, many are wary of parting with their money before being satisfied that the idea works, and benefit is to be obtained. Nekton-Wye (developers of the HI-LOCK POWER BLADES asymmetrical blade) are well aware of this situation and as a result have sent a set of four rowing oars to the region for trial by any interested Clubs, Colleges or Schools.

Recent HI-LOCK successes include an outright win in the Bristol Head by City of Bristol over, amongst others, Bristol University and Bradford-on-Avon. In the Oxford torpids the Worcester College men's eight 'bumped' 5 times - a feat almost unheard of; and the Somerville womens 8 took delivery of their HI-LOCKS three days before rowing head on all four days.

Anyone wishing to borrow the blades for trial purposes should contact Ken Hastie on 091 258 5733. Please note there is a price increase from April, so now is a good time to buy.

CHAMPIONS OF THE PAST

Tyneside oarsmen were once the Champions of the World, and the most famous were Harry Clasper, Bob Chambers and James Renforth. In 1980, as part of the Newcastle 900 celebrations, we had a visit by oarsmen from Renforth, Canada. They came to take part in a regatta on the Tyne, and their town was named after the famous Tynesider, James Renforth.

He was born at the Rabbit Banks, Gateshead in 1842 and he died at the age of 29 in 1871. He was a man of great muscular strength, who worked as a Smith's striker in factories on the Tyne. For a time he served as a soldier in India. He began his professional sporting career as a swimmer and met with some success. Then, in 1867, he took part in his first match in boat rowing, and from that time he enjoyed tremendous success. He rowed in 17 skiff races and won 14 of them. Out of 8 pair-oared matches, he was successful in 4, and in 10 four-oared matches he won 7.

On July 12th 1871, the Tyne four-oared crew set off for Canada, to row in a match on the Kennebecassis River near St. John, New Brunswick. The race was for 1000 dollars and the Championship of the World. The other members of the crew were Harry Kelly, Robert Chambers, James Percy and John Bright.

At 200 yards, the Tyne crew were a half length ahead, and then Renforth seemed to falter and pull out of stroke. They rowed for another 200 yards, maintaining their lead, but by this time Renforth was swaying from side to side in the boat. At half a mile, they were three lengths behind. Kelly called on Renforth to make an effort, but the oar dropped from his hands and they had to abandon the race - by which time Renforth was insensible, and despite medical attention, he died. This was all within two hours of starting off for the race. Death by natural causes was returned at the inquest.

The news was received back home with tremendous disbelief, concern and sadness. It is said that 15,000 attended the funeral in Gateshead, and a monument was erected by public subscription. The Canadians were no less concerned, and hence their commemorating the oarsman by adopting his name as the name of a township, from which, 109 years later, came the Renforth party, to take part in the regatta, and to visit James Renforth's grave in Gateshead, and that of Harry Clasper in Whickham.

Harry Clasper was perhaps the most famous and well-known of all the great Tyneside oarsmen. He was born at Dunston in 1812, and he worked as a cinder-burner at Garesfield coke ovens. When he was about 20 years old, he became a wherryman. At this time, boats were heavy and unshapely, and he made many improvements in design. In boating circles, it is still a question whether his fame as an oarsman or his renown as the inventor of the modern racing boat is the greater.

One of the first boats he built - in his spare time - was called Five Brothers, and it's crew was the Clasper Brothers. For years he was successful at the Annual Barge Thursday Gala on the Tyne. In 1845, he won the Champion prize of £100, and for the first time the Championship of the World was taken from the Thames crew. He was victorious in many more races, among them the Championship of Scotland, raced on the Clyde for a purse of £200. In 1861, a handsome sum of money was raised as a testimonial to him, and a house in Scotswood Road presented to him. He carried on a business as a licensed victualler, which took him to the Tunnel Inn, North Shields, where he died of brain congestion at the age of 58. His funeral procession went part of it's way by river, over the old Tyne Course where he had so often rowed to victory. Along the whole route, the riverside was crowded, and the high and low bridges were lined with people, while a choir sang hymns from the Mansion House steps. He was buried in Whickham churchyard, and a skiff-shaped stone marks the resting place of himself, his mother and his brothers.

The other Tyneside Champion of the World was Bob Chambers, known as "Honest Bob". He was born at St. Anthonys in 1831, and worked as a puddler in Hawk's Ironworks in Gateshead. He attracted the attention of Harry Clasper and his career under the guidance of the master was unparalleled. He rowed in 101 races, and won 89 of them. He held the Championship of the Thames for six years. He died at the age of 37, in 1868, and was buried in Walker Churchyard.

These men were great and worthy heroes of their time, richly deserving to be remembered amongst the other famous sons of Tyneside.

WANSBECK FOURS HEAD RESULTS

Saturday 23rd November 1991

Position	Crew	Status	Time
1	George Heriots A	SIII 4+	13.47
2	Tynemouth RC	Open Quad	14.04
3	St. Cuthberts	SIII 4+	14.13
4	Cambois ARC	SIII 4+	14.15
5	George Heriots B	SIII 4+	14.20
6	Durham ARC	Open Quad	14.29
7	South Hylton	SIII 4+	14.54
8	St. Leonards Sch	W J16 4+	15.33
9	Tynemouth RC	SIII 4+	15.38
10	Durham ARC (Belsey)	Open Quad	15.51
11	Durham ARC	M 2-	16.04
12	St. Leonards Sch	W 2x	16.29
13	Cambois ARC	w SIII 4+	16.38
14	St. Leonards Sch	W SIII 4+	16.43
15	Chester-Le-St	W J4+	17.42
16	Queen Eliz HS	W 2x	18.25
17	Queen Eliz HS	W SIII 4+	18.26
18	Queen Eliz HS	Open Quad	18.50
19	Queen Eliz HS	W 2x	20.00

DIVISION TWO

1	George Heriots A	SI 4+	13.34
2	Van Mildert Coll	SI 4+	13.43
3	Tynemouth RC	SI 4+	13.51
4	George Heriots B	SI 4+	13.55
5	Queen Eliz HS	J15 4+	14.22
6	George Heriots	J15 4+	14.44
7	St. Leonards Sch	W Open 4x	14.53
8	St. Cuthberts	Nov 4+	14.57
9	Collingwood Coll	Nov 4+	15.57
10	Queen Eliz HS	W 4x	16.05
11	Chester-le-st	SIII 1x	16.30
12	St. Cuthberts	SIII 1x	16.48
13	Cambois ARC	W 4x	17.27
14	South Hylton	W 4x	17.47

NORTHUMBERLAND COUNTY ROWING ASSOCIATION
TYNE HEAD OF THE RIVER

Saturday 7th March 1992

FINAL RESULTS

PLACE	No.	CLUB/CREW	STATUS		TIME
8 SECTION					
1	2	Durham Univ.BC	A	SO	15-20.7
2	7	Durham Univ.BC	B	SII	15-39.2
3	5	Newcastle Univ.BC	A	SII	15-51.1
4	12	Glasgow Univ.BC		SII	16- 6.7
5	3	Tyne RC	A	SO	16- 9.4
6	8	Newcastle Univ.BC	B	SIII	16-13.0
7	6	Durham ARC	A	SO	16-23.6
8	15	St.Cuthbert's Soc.BC		SIII	16-33.1
9	1	Edinburgh UBC	A	SIII	16-44.0
10	14	Univ.Coll.(London) BC	A	SIII	17-15.6
11	4	Univ.Coll.(Durham) BC	A	SIII	17-17.9
13	16	Tees RC	A	SIII	17-31.8
14	17	Durham Univ.BC	C	N	17-37.8
15	13	Tynemouth RC		SII	18-21.4
16	10	Durham ARC	B	VC	18-21.7
20	20	Derby RC		VF	19- 0.5
31	11	Tyne RC	B	VD	19-48.0
38	18	Strathclyde UBC	A	N	20-35.7
	19	Newcastle RGSBC	A	N	Did not start
	9	Newcastle Univ.BC	C	N	Did not finish

WS SECTION

24	23	Edinburgh UBC	B	SIII	19-17.8
29	22	Durham ARC	C	SO	19-37.6
40	24	Newcastle Univ.BC	D	N	20-50.8

4+ SECTION

12	30	Edinburgh UBC	C	SII	17-26.7
17	28	Tees RC	B	SO	18-25.0
18	32	Durham School BC	A	SIII	18-27.0
19	38	Durham Univ.BC	D	N	18-53.2
21	37	Strathclyde UBC	B	SIII	19- 6.0
22	35	Edinburgh UBC	D	SIII	19- 9.7
23	39	Edinburgh UBC	E	N	19-12.1
25	36	Durham School BC	B	SIII	19-26.7
26	33	Tyne RC	C	SIII	19-26.8
28	43	Durham ARC	D	J16	19-34.1
30	31	South Hylton RC		SIII	19-42.6
32	41	Collingwood Coll.BC		N	19-48.8
33	42	Edinburgh UBC	F	N	20-10.3
42	29	Univ.Coll.(Durham) BC	B	N	21- 3.7
47	40	Univ.Coll.(London) BC	B	N	21-34.9
49	45	Durham School BC	C	J16	21-41.1
50	44	Newcastle RGSBC	C	J16	21-41.9
59	34	Newcastle RGSBC	B	N	22-49.8

W4+ SECTION

36	48	Newcastle Univ.BC	E	SO	20-25.8
39	49	St.Leonard's School BC	A	SO	20-38.9
51	57	Glasgow UWBC	B	SIII	21-51.6
52	56	Newcastle Univ.BC	F	SIII	22-10.8
55	53	York City RC		SIII	22-32.6
62	54	St.Hild & St.Bede Coll.BC		SIII	23- 5.2
65	55	St.Leonard's School BC	B	SIII	23-29.4
67	61	Univ.Coll.(Durham) BC	C	N	23-55.2
69	52	Tees RC	C	SIII	24- 5.2
71	62	St.Aidan's Coll.BC		N	24-17.2
72	60	Newcastle Univ.BC	G	N	24-27.5
74	51	QEHSBC		SIII	25-12.9
75	58	Tyne RC	D	N	26-16.3
76	63	Newcastle Univ.BC	H	N	26-35.3
78	64	Glasgow UWBC	D	N	29-55.1
79	59	Glasgow UWBC	C	N	30- 6.2
	65	St.Leonard's School BC	C	J16	Did not start
	50	Glasgow UWBC	A	SO	Did not start

2x SECTION

27	26	Durham ARC	E	VB	19-30.1
34	27	Berwick ARC	B	VB	20-22.5
37	25	Berwick ARC	A	VB	20-29.9

1x SECTION

35	70	Stirling AS&BC	Brown	SO	20-23.5
41	72	Castle Semple RC	Inglis	SO	20-56.3
43	76	Stirling AS&BC	Plank	SIII	21-15.9
44	67	Berwick ARC	Black	SO	21-23.5
45	68	Glasgow UBC	Dennis	SIII	21-31.2
46	75	Durham ARC	Hugill	SIII	21-34.6
48	73	Tyne RC	Woolmer	SO	21-36.7
53	77	South Hylton RC	Wright	SIII	22-11.1
54	84	Durham ARC	Stevens	VB	22-21.1
56	83	Newcastle RGSBC	Smith	SIII	22-34.7
57	79	Castle Semple RC	Wightman	SIII	22-41.0
58	78	Glasgow Univ.BC	Smith	SIII	22-47.7
60	71	Nithsdale RC	Kerr	SO	22-53.8
61	74	Tyne RC	A.Richford	SII	22-57.9
63	80	Tyne RC	B.Richford	SIII	23- 8.8
64	81	Durham School BC	Thompson	SIII	23-26.3
68	69	Ponteland HSBC	Hoare	SIII	23-59.3
73	82	Durham ARC	Clack	SIII	25- 2.2
	85	St.Leonard's School BC	Parker	VE	Did not start
	86	South Hylton RC	Burn	VC	Did not start

W1x SECTION

66	89	Univ.Coll.(Durham) BC	Hudson	SIII	23-48.4
70	87	Tyne RC	Davison	SI	24-11.9
77	91	Newcastle Univ.BC	Elliott	SIII	27-41.9
	88	Tyne RC	Murray	SII	Did not start
	90	Ponteland HSBC	Neill	SIII	Did not finish

CANNY CRACK FOR COACHES

Increasingly intense exercise raises both the heart rate and blood lactate levels. For an individual athlete the "anaerobic threshold" at which lactate levels begin to rise sharply corresponds to a fairly narrow band of pulse rates. By adjusting his workrates, the athlete can choose to work below his threshold, near it, or above it. Experienced athletes customarily use this methodical approach in order to achieve specific training objectives. For example, general endurance is improved by long periods of continuous exercise of only moderate intensity, working below the threshold. However, it takes a while for many people to get to know their own body well enough to tread the anaerobic tightrope accurately. In the excitement of a race, even the "old hands" can lose their objectivity and either "blow up" or pass the finish line with still too much left in the tank.

In the last couple of years, pulse rate monitors have become available. Early models involved wires running from a detector on the chest to a display monitor; soon these were displaced by wireless communication. Now, several manufacturers offer devices which involve a chest-band detector and wrist watch display. Now that one supplier (Healthcare Technology, City Gates, 2-4 Southgate, Chichester, West Sussex PO19 2DJ) has earthbound unit prices, I thought the time had come to benchtest such a pulse rate monitor.

The model tested was the Cardiosport PW-14. The PW-15 is more expensive, does a few more clever tricks which are of little interest to the oarsman, and has a smaller display of pulse rate.

The monitor itself is a very large wristwatch with three large control buttons on it's face - I would not care to test it's water resistance by dropping it in the Tyne ! One of the buttons switches between two alternative modes; in one mode the device is simply a normal watch, displaying hours and minutes, with seconds available by pressing another button. In the other mode, it's two display panels allow it to be simultaneously a pulse rate monitor and a stopwatch reading minutes and whole seconds. In pulse mode the power consumption is increased so your lithium battery will last only a year if you do one 40 minute workout each day.

To operate the watch as a pulse meter, you must also wear the chestband which contains a pair of electrodes constructed from electrically-conducting rubber; these maintain electrical contact with your skin through your sweat. A pair of press studs hold the detector/transmitter neatly on to the electrodes without causing any discomfort to the user. The 1v dc applied between the electrodes won't do you any harm. The chestband can be worn above a vest provided the vest is wetted around the electrodes.

Even though the transmission range is only 2 feet, the device

always worked reliably and accurately when being tested by Roger Brown, whether he was running, on the ergo, on the bike or in the boat. Either my less profuse sweating or my pigeon chest caused the pulse monitor to behave less reliably for me, but soaking the electrodes with water immediately before a workout seemed to produce the desired result. The equipment is rugged, but the electrodes need to be treated with a reasonable amount of care to avoid damage.

By presetting upper and lower pulse limits to chosen values, the user has the option of an audible signal whenever he is working outside the chosen range. In addition the device automatically changes from the stopwatch action into recovery time measurement, displaying the time taken for the pulse rate to fall from the upper limit to the lower one.

The small transmission range means that adjacent oarsmen in a crew can each have their own pulse meter without mutual interference. Pulse rate meters will soon be seen as essential equipment by every serious endurance athlete; for oarsmen they are every bit as useful as a stroke ratemeter. For example, you can monitor the effectiveness of your winter training programme by periodically drawing a graph of your pulse rate vs. ergometer power. First take your rest pulse then work steadily at 50 watts for a period of, say, 3 minutes before again recording your pulse rate. Next, step up to 100 watts for 3 minutes before again noting your pulse. Carry on in steps of 50 watts but do not proceed beyond a pulse rate of 205 minus your age in years. You might like to obtain a second series of data points as you decrement the work rate in steps of 50 watts back down to rest. If your general endurance training is effective, then as the weeks pass by, the stroke volume of the heart will increase and so any given work rate will be achieved with lower pulse rates.

Healthcare Technology scored 100% for quality and speed of service. But then they allegedly buy the kits from Taiwan at \$40 each and sell them at £179 for three (inc VAT). Oh, if anyone wants an unused one in mint condition for £60, give me a ring.

Ray Brown

SHORTS

The Northern Rowing Council has increased their fleet of performance sculling boats with addition of a Janousek single.

Ponteland High School has taken delivery of a double Aquajog sculling boat, with assistance from the Rowing Foundation.

Tyne RC have had enormous problems with their brand-new four, with unexplained leaks, and then a full width split occurring around the section.



SIMON JOHNSON INTERNATIONAL

VAT No 450 4090 80

DESCRIPTION	PRICE	17.5% VAT	TOTAL
ROWING SEAT FITTINGS			
1 Double-action seat complete	41.92	7.34	49.26
2 Single-action seat complete	39.22	6.86	46.08
3 Seat top only (Obelch)	23.42	4.10	27.52
4 Seat top only (Agba)	28.55	5.00	33.55
5 Cox's seat	15.80	2.77	18.57
6 Undercarriage single action/pair	15.80	2.77	18.57
7 Bananas double action/pair	5.74	1.00	6.74
8 Support chassis large/small	2.11	0.37	2.48
9 SS Axle & wheels 6.5/9/11"(16.5/23/28cm)	10.65	1.86	12.51
INTERNAL BOAT FITTINGS			
10 Stretcher bar/unit	2.98	0.52	3.50
11 Stretcher fixing bolt/unit	1.51	0.26	1.77
12 Cylindrical thumb nut 40mm/60mm	1.17	0.20	1.37
13 Stretcher frame complete from 1x to 8+	42.88	7.50	50.38
14 Stretcher frame complete/coxless boats	47.39	8.29	55.68
15 Rowing shoes/pair	39.95	6.99	46.94
16 Stretcher plate for steering complete	13.09	2.29	15.38
17 Stretcher plate	6.66	1.17	7.83
18 Nylon heel caps/pair	2.13	0.37	2.50
19 Pommy slide-rail/pair	10.11	1.77	11.88
20 Hatch cover 4"/unit	3.52	0.62	4.14
21 T bolts pommy rail	0.85	0.15	1.00
22 Backstops pommy rail	0.85	0.15	1.00
23 Plywood stretcher unit	12.45	2.18	14.63
24 Clogs with Velcro straps	23.95	4.19	28.14
25 Velcro straps/pair	5.95	1.04	6.99
26 Pommy rail seat clips/pair	0.95	0.17	1.12
27 Pully block micro/unit	2.95	0.52	3.47
EXTERNAL BOAT FITTINGS			
28 Rudder complete small/large	17.39	3.04	20.43
29 Rudder wire per meter	1.53	0.27	1.80
30 Fin keel/small	7.23	1.27	8.50
31 Fin keel/large	7.51	1.31	8.82
32 Number plate holder	1.44	0.25	1.69
33 Bow ball	2.57	0.45	3.02
34 Rudder Yoke	3.65	0.64	4.29
35 SJI Finn keel	8.85	1.55	10.40
GATE FITTINGS			
36 Rowing gate/conical bush	8.32	1.46	9.78
37 SS pin/conical bush	21.63	3.79	25.42
38 Standard rowing gate	6.66	1.17	7.83
39 SS pin Standard rowing gate	14.36	2.51	16.87
40 Wedge-type rowing gate	7.72	1.35	9.07
41 SS pin Wedge-type rowing gate	14.36	2.51	16.87
42 Set of 4 rowing pitch wedges	2.62	0.46	3.08
43 Sculling gate/conical bush	8.38	1.47	9.85
44 SS pin/sculling gate conical bush	20.97	3.67	24.64
45 Standard sculling gate	6.55	1.15	7.70
46 Wedge-type sculling gate	7.25	1.27	8.52
47 SS pin/wedge-type sculling gate	14.36	2.51	16.87
48 Set of 4 sculling pitch wedges	2.51	0.44	2.95
49 SJI SS pin for all sculling/rowing gates	14.36	2.51	16.87
50 Height adjustment washers (10) 12-14mm	1.54	0.27	1.81
51 SS Top latch scull/oar	1.85	0.32	2.17
52 Top latch thumb-nut	0.70	0.12	0.82
53 Top latch SS pin	0.20	0.04	0.24
OAR AND SCULL FITTINGS			
54 Rubber grips orange/black/smooth pair	6.69	1.17	7.86
55 Sculling buttons red/green pair	5.38	0.94	6.32
56 Rowing buttons red/green pair	6.14	1.07	7.21
57 F1 Nylon sculling sleeve/unit	6.77	1.18	7.95
58 F1 Nylon rowing sleeve/unit	7.29	1.28	8.57
59 PVC Rowing/sculling sleeve/unit	3.75	0.66	4.41

FORMULA-ONE CARBON FIBRE OARS & SCULLS

F1 Formula-One carbon fibre oar/unit	190.00	33.25	223.25
F2 Formula-One carbon fibre sculls/pair	250.00	43.75	293.75
F3 Formula-One Standard sculls/pair	210.00	36.75	246.75
F4 Calico sculls cover	12.45	2.18	14.63
F5 Delivery 1st pair oars	15.85	2.74	18.59
F6 Delivery each additional oar	3.85	0.67	4.52
F7 Delivery 1st pair sculls	15.65	2.74	18.39
F8 Delivery each additional pair sculls	5.20	0.91	6.11

ROWING ACCESSORIES

G1 Plastic pitch meter	12.50	2.19	14.69
G2 Sachs Rowtronic	39.15	6.85	46.00
G3 Seiko rating/stopwatch	80.84	14.15	94.99
G4 Orthopaedic seat cushion	7.23	1.27	8.50
G5 Rowing rigger mirror	7.58	1.33	8.91
G6 Special anti-slip boat straps/pair	10.26	1.80	12.06
G7 Standard anti-slip boat straps/pair	6.69	1.17	7.86
G8 Thule roof rack and accessories	P O A		
G9 Thule roof rack oar/scull holder 2 pairs	10.21	1.79	12.00
G10 TOA ER66 Megaphone unit	124.95	21.87	146.82
G11 TOA ER33 Megaphone unit	98.95	17.32	116.27
G12 SJI rigger stick/adjustable	23.90	4.18	28.08
G13 Rigger-Jigger 10mm/13mm	3.40	0.60	4.00
G14 Polar heart monitor waterproof	169.95	29.74	199.69
G15 SJI sculling boat roof rack	49.95	8.74	58.69
G16 Boat trestle small/pair	14.95	2.62	17.57
G17 Boat trestle large/pair	34.95	6.12	41.07
G18 Coaching bike ATB	POA		
G19 T handle rigger spanner	9.95	1.74	11.69

SERVICES OARS & SCULLS

H1 Supply & fit new oar blade	65.95	11.54	77.49
H2 Supply & fit new scull blade	54.60	9.56	64.16
H3 Fit new oar sleeve & repitch	15.95	2.79	18.74
H4 Fit new scull sleeve & repitch	14.95	2.62	17.57
H5 Reset pitch on existing sleeve	8.85	1.55	10.40
H6 Wooden oar handle/each	10.95	1.92	12.87
H7 Wooden scull handle/each	7.45	1.30	8.75
H8 Fit new oar handle	6.45	1.13	7.58
H9 Fit pair of scull handles	7.95	1.39	9.34
H10 Shorten/lengthen oar handle	10.95	1.92	12.87
H11 Shorten/lengthen scull handles	7.45	1.30	8.75
H12 Fit grips or buttons	F O C		
H13 Paint oar/scull blades	6.50	1.14	7.64
H14 Primer coat	F O C		
H15 Each additional colour	3.00	0.53	3.53
H16 Painting of motif	P O A		

BOAT TRANSPORT AND TRAILERS

J1 Hire per day	65.00	11.38	76.38
J2 Hire per weekend 4 days without insurance	195.00	34.13	229.13
J3 Boat trailer insurance	15.75	2.76	18.51
J4 Boat trailer repairs	P O A		

PROMOTIONALS

K1 Scaled wooden oar/scull	49.95	8.74	58.69
K2 Miniature bronze blade	12.45	2.18	14.63
K3 Bronze plaque/plain	12.95	2.27	15.22
K4 Bronze plaque/oak surround	14.45	2.53	16.98
K5 Bronze shield/mounted	64.95	11.37	76.32
K6 T shirt SJI/long sleeved	5.11	0.89	6.00
K7 T shirt SJI	4.25	0.74	4.99
K8 Polo shirt SJI	5.11	0.89	6.00
K9 Rigging charts sculling/rowing	1.70	0.30	2.00

SUNDRIES

L1 6mm nut & washer	0.10	0.02	0.12
L2 8mm section nut & washer	0.20	0.04	0.24
L3 8mm X 20mm top bolt/washer	0.45	0.08	0.53
L4 10mm nut & washer	0.35	0.06	0.41
L5 1/2" UNF nut & washer	0.90	0.16	1.06
L6 9/16" UNF nut & washer	1.10	0.19	1.29
L7 Packing washers/riggers	0.20	0.04	0.24
L8 Packing plates/riggers	2.80	0.49	3.29
L9 Rowtronic battery	3.45	0.60	4.05
L10 Rowtronic magnet	2.80	0.49	3.29
L11 Velcro strip unit	0.15	0.03	0.18
L12 Rowtronic reed switch	12.45	2.18	14.63
L13 Waterproof tape 50m X 25mm	12.95	2.27	15.22
L14 Waterproof tape 50m X 38mm	15.95	2.79	18.74
L15 Red or green tape 30m X 25mm	2.95	0.52	3.47
L16 Double sided tape 30m X 12mm	4.95	0.87	5.82



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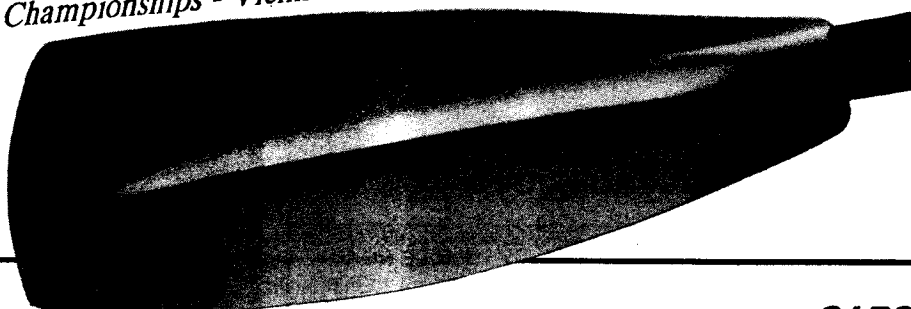
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