



URC newsletter



WINTER 2017

From the Club Captain

Hello all, doesn't time fly when you work hard in pursuit of a long-held ambition, and the World Masters Games have certainly been that – a very worthwhile goal to pursue while we rebuilt the club to its current format.

We have acknowledged the regatta and the contribution made by all participants elsewhere, it's time perhaps to move on and to set our sights on new milestones for the club. And new ideas and fresh energy come with new members. It is for this reason that we will continue our 'learn-to-row programme' this coming spring and summer. We are learning about teaching and what it takes to integrate new members into the club every time we run one of these courses, and I look forward to discuss the new season's plans with all the volunteers involved. The likely start date is the third week of September, so if you know of any keen would-be rowers let me know. And speaking of novices, just yesterday I was coxing an octi-full of rowers who (with the exception of Donna) had all come through our recent learn-to-row programmes. As we were out there in the winter sun, I felt so proud of them all again, because rowing is not an easy sport to learn as a mature adult and they were all pushing that boat (and the oversized coxswain!) along so well. Moreover, six of our new rowers raced at the WMG, which took a lot of courage and determination and all of them delivered very credible performances. But I hope that the message is still getting through that rowers of all abilities are welcome in our club, not just so who want to race at national and international level.



Another project we are involved with is the planning for better safety on the Reach. This is a concern for all clubs and schools rowing on the Avon, but Union is a driving force behind the current discussions. Health and safety is never a 'sexy' topic, but as the recent accidents our rowers were involved with show, something needs to be done. Novice coxswains from all clubs and schools need to receive better and more consistent safety instructions, and all coaches need to get on board as well. Just now we are discussing appropriate signage for the Reach, regular safety briefings and I am hoping, with the help of my students at Ara, to produce a short 'safety' video we can post on youtube.

Other items on the agenda are our possible participation in some international long-distance events, beginning perhaps with the Yarra Eights in Melbourne, and (carried over from last year) more relaxed recreational outings on some of the iconic lakes of the South Island. A rowing trip in Europe for 2018 is also on the cards, similar to the one the Tuis organised for themselves last year. So while I won't be club captain following this year's AGM, I will certainly do what I can to maintain the positive developments we all contributed to over the last few years. Thank you all for your support and encouragement thus far, it's been great fun.

Cheers, Dorle

From the President



Nothing is standing still at the club it seems. After our fantastic successes at the World Masters in April, the focus on the Nationals in September means training is ramping up again for most members.

Engagement with the interested public on various options to utilise the east red zone is positive news going forward. Recreational water users currently vying for suitable,

safe conditions will inevitably be rewarded with better facilities - when, who knows?

The committee has agreed to seek funding to invest in more plant to meet the growing needs of members.

We hope to have more news on this shortly.

Lastly I want to wish everyone all the best for a safe and enjoyable rowing experience over the rest of winter. Take care on the pontoons!

Enjoy your rowing, Neville



2017 CRA awards winners

Congratulations to Kirsty Mahoney, the well deserved winner of the CRA Masters Rower of the Year for her stellar gold winning performances at the Masters Nationals and World Masters Games - and to our fantastic Club Captain Dorle Pauli for her equally richly deserved Administrator of the Year!



World Masters gold medalists

World Masters Games postscript: Thanks, Jim – we couldn't have done it without you ...

As Jim said at the URC 150th dinner in 2014, "I come with the club." This statement has been played out time and again over the last 58 years, starting when Jim joined Union aged 16 in 1959, rowing clinker boats out of the old shed in Oxford Terrace. After his own successful rowing career, Jim has devoted much of his life since the early seventies to coaching Union rowers.

For the masters, the road to the World Masters Games started under Jim's expert guidance four years ago. In 2013, he prepared crews for the Masters nationals at Ruataniwha, then for two more nationals in 2015 and 2016 as the build up for WMG started in earnest. Since 2013, Jim's prepared expert on and off the water training programmes for at least 15 events, if you take the total number listed on the 'results' page of our website. He's clocked up hundreds of hours guiding masters from the coaching boat too.

While Jim didn't personally attend World Masters with us, in all other respects he was there with the Union squad. The benefits of his coaching were obvious each day on the water and also in the goodwill and sense of community in the Union squad over the whole demanding WMG week. It's certainly fair to say that all 30 masters rowers at Worlds wouldn't have given anything like the performances they did without Jim.

Thanks, Jim –
we couldn't have done it without you.



Celebrating a great season and thanking Jim - May 2017



Nationals held in the South Islands have been.....where?

While we think of Karapiro and Ruataniwha as the regular homes of all national regattas, spare a thought for where club nationals have been held:

In the last 70 years, club nationals have been hosted in the South Island at eight different venues:

- **Port Chalmers - 1949**
- **Akaroa - 1951**
- **Picton - 1954**
- **Queenstown - 1953**
- **Invercargill - 1956**
- **Kerrs Reach - 1962**
- **Waihola - six times since 1947, with the last nats at this venue in 1982**
- **Ruataniwha - first time in 1985**





WMG gallery
Check out these pix and many more on the display wall at the club - great work, Stu Wade!



South Island Adaptive Indoor Rowing

Union hosted the South Island Adaptive Indoor Rowing Competition at the Lincoln University Recreation Centre in May. This event has been running for about 9 years and is a great opportunity for our indoor rowers from the Mainland to compete against each other and renew old friendships.

Teams from Canterbury, Otago and Southland competed. The rowers all tend to be involved in Special Olympics and therefore they race in their Special Olympics provincial colours, even though rowing is not one of the 10 officially recognised Special Olympics sports. Our Canterbury team consisted of Josie Noble, Brian Streeter, Graham Adams, Matthew Swaffield and Kieran Krammer, who all row out of the Union Rowing Club and train hard on the ergs all year round on a Tuesday night. This year they came armed with an additional 'secret weapon' due to the assistance of Jim Little's legendary erg training programme that all Union rowers benefit from.

The rowers competed over distances of 2,000 metres, 1,000 metres, 500 metres and 250 metres. The event produced some amazing racing and there were some breath-holding finishes, especially in Race 4, the 1,000 metre race, which saw the lead change several times, and which was eventually won by local, Matthew Swaffield.

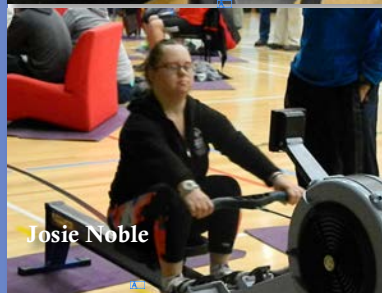
The event started with Cantabrian Josie Noble reciting the Special Olympic Oath of Athletes, which is taken at Special Olympics events throughout the world- "Let me win, but if I cannot win, let me be brave in the attempt."

The rowers were eagerly cheered on by the Southland and Otago supporters who travelled with the rowers and also by a huge number of supporters from the Union Rowing Club, which was great and gave our Union rowers another boost just when they needed it.

Our local rowers competed well and were very happy with their results, which included personal bests. Graham, Matthew and Brian have all been competing for a number of years now, but for Josie and Kieran it was their first rowing competition. The rowers from all three teams trained long and hard for this event and were very proud of their achievements and results. Like all good events, we finished with a prize giving and some lovely afternoon tea, which had been donated by many of the Union Rowing Club members. All the rowers received a certificate for each event they were in and a poster and Oarsport magazine which had been donated by Rowing New Zealand in support of the event. The awards were presented by Union Rowing Club members Des Borgfeldt, Neville Youngman, Jim Little and Dorle Pauli. Our Union rowers really enjoyed the event and definitely appreciated the additional support of other Union members who attended and cheered them on. For me and the other coach, Simon Swaffield, it is the height of our rowing calendar to see the effort and the training the adaptive rowers have all put in coming to fruition as they put all their efforts into focusing on their racing and giving it their best. I would also like to make special mention of two women who have volunteered to assist us with coaching for the last few months, Belinda Dryden and Emily Brown. They have been a great addition to the coaching team and our rowers have really enjoyed having their assistance.

There are so many people who came together to make this event a great success. Thanks also to Lincoln University Recreation Centre and their helpful staff for assisting us and letting us use the venue free of charge, and to Stuart Wade, who took some great photos and made some of them up into framed pictures for our Union rowers to take home and hang on their wall as a great reminder of their wonderful achievements.

Karen Rickerby Adaptive Rowing Coach



Results:

Graham Adams:
 2,000m = 8.08.9 (2nd)
 1,000m = 3.49.8 (2nd)
 500m = 1.52.8 (2nd)
 250m = 52.8 (2nd)

Matthew Swaffield:
 1,000m = 4.08.9 (1st)
 500m = 1.57.3 (3rd)
 250m = 54.1 (2nd)

Kieran Krammer:
 1,000m = 4.11.2 (2nd)
 500m = 2.03.1 (4th)
 250m = 58.8 (3rd)

Josie Noble:
 1,000m = 5.20.2 (3rd)
 500m = 2.38.9 (2nd)
 250m = 1.15.4 (1st)

Brian Streeter:
 500m = 2.45.1 (3rd)
 250m = 1.17.1 (3rd)