



## NEWSLETTER      Issue 4

October 09

**Welcome to the fourth edition of the IPGC Newsletter**

**PLEASE NOTE THAT THESE NEWSLETTERS ARE PRINTED & POSTED FREE OF CHARGE THANKS TO RGB**

### What coming up

#### Quiz Night on Sunday 25<sup>th</sup> October at Ilfracombe Yacht Club

Fun Quiz will start around 8.00 (be there for 7.30), enter as a team enter fee is £1 per person entry fees will go towards club funds. If anyone would like to be quiz master for the night please speak to Sarah who is organising the night.

**Lee Kift will have the voting slips for the awards.**

### AGM

The AGM is going to be on Wednesday the 25<sup>th</sup> November at 7.30 in the Yacht Club.

At the AGM all committee posts have to be elected. At the end of the newsletter are the nomination forms and posts. If you would like to be on the committee next year you need to be proposed and seconded by an IPGC member. The form needs to be returned to me (you can email me) by the 31<sup>th</sup> October. This gives us time to send out a newsletter with who has been put forward. The current committee members who have so far indicated they are not standing for re-election are Cindy (membership) and Suzanne (Treasurer) Martyn Hocking (Junior development officer). If you would like more information please speak to any of current committee members.

There is one new post of Cox Co-ordinator. This role will be to organise the training of coxes but not necessarily to do the training, work with the crew captains and the secretary to ensure that there are coxes for all sessions. We are also looking at having a Mens and Ladies Vets/Super Captains.

### Current Proposal

- The current constitution is for 12 committee members to increase this to 16 committee members.
- To ask for £1 voluntary donation per row for all rowers excluding youth. This money to be used for the upkeep and replacement of Gigs and equipment
- Elect Mens and Ladies Vets/Super Vets Captains (2 posts)

If you have proposal that you wished to be discussed please speak to Bob or Jeremy before the 15<sup>th</sup> November so they can be incorporated.

**Ladies Vets Meeting** 8.00 19<sup>th</sup> October at Ilfracombe Yacht Club.

If you or any of your friends are interested in forming a Ladies Vets team please come along to the meeting. The purpose of the meeting is to find out the numbers that are interested and also times people are able to row.

There are two categories Vets 40+ and Super Vets is 50+. At regattas these two categories are normally combined into a single race.

We also need to elect a Ladies Vets Captain, their role will be to pick teams for regattas, organise training etc. This position will need to 'endorsed' at the AGM in November.

Any questions please get in touch with Cindy

### **Winter training**

We currently have use of Ilfracombe College Gym 6pm to 7pm Monday to Friday. Hopefully the times will be extended in due course to 10pm. At the moment the Ladies squad is training on a Wednesday night, and the Mens squad is training on Tuesday and Thursday night.

As to an idea of fitness level aim to be rowing 2000m on a Concept rowing machine in under 8 minutes. Have a look at the concept rowing web site for tips and training programmes. Another suggestion is get yourself to circuit training and toning classes such as Pilates to build up your core strength.

### **Team indoor rowing competition November the 14<sup>th</sup>**

This is being run by Looe Gig Club. Have to enter as team of 6, can enter as many teams as we like but no mixed teams. If you would like to enter a team then I need to know by 25<sup>th</sup> October as entry forms needs to be return by 30<sup>th</sup> October. Distance is 1000k with 2000 in final, average time of the team will determine the progress to next round. Cost £1 per person upfront.

### **Rowing Times**

Sundays

09.00 for 9.30 Mens Crew alternating with Ladies Crew

10.15 for 10.30 Youth rowing

11.15 for 11.30 Mens Crew alternating with Ladies Crew

12.15 for 12.30 Social rowing

We will run with all three gigs until the end of October.

Lee and Jules have requested that there squads contact them to say if they can row by Friday night, rather than them texting you.

## **Boat and Oar Maintenance**

Rapparee will be taken out in November for maintenance. We are looking for members to help most weekends in November and early December. The aim to get her ready for use over Christmas. Do not worry if you have never worked on boats before there is plenty to do in terms of rubbing down and painting.

## **Father Christmas arrives via Gig Boat**

The plan is for Father Christmas to be rowed into Ilfracombe harbour in a gig with presents for children or grandchildren. We are planning to do this on the 12<sup>th</sup> December at 2.00 we would then go to the Yacht Club for mince pies. Give me a ring on 07815577860 or 01271345783 if your family would like to take part.

## **Awards Night and Dinner on the 28<sup>th</sup> November at Yacht Club.**

The awards that we have are as follows:-

Award - Best Male rower to be voted by A & B Mens rowing crew & coxes

Award - Best Female rower to be voted by Ladies A & B rowing crew & coxes

Award - Best Male Veteran rower to be voted by Vets Mens rowing crew & coxes

Award - Best Female Veteran rowed to be voted by Vets Lady rowers & coxes

Award - Best Junior girl to be voted by coxes

Award - Best Junior boy to be voted by coxes

Award - Most improved Female rower to be voted by coxes

Award - Most improved Male rower to be voted by coxes

Award - Clubmans cup to be voted by everybody present at AGM (Clubman award is for someone who you feel is the unsung hero of the club ...i.e... may donate a lot of time to cox or repair the boat or donated money or who you feel has helped you)

**Club captains have the voting slips and the ballot box is behind the bar in the Yacht Club.**

## **Date for you Diary**

Divorce lawyers permitting we are hoping to do a have a Boxing Day row and a New Years day row. Will be brought up at the AGM as to who is interested.

## **News**

### **Ilfracombe to Lynmouth Row**

We raised £1033.50 of which £516.75 will go to the Ilfracombe RNLI crew fund. Official presentation yet to be carried out.

### **Ilfracombe Regatta**

On August 29<sup>th</sup> Ilfracombe Pilot Gig Club held their first regatta. Despite strong winds and a very lumpy sea everyone had a great time. The course was shortened due to the sea conditions so the races were about 1 mile in length. The rowers had to work very hard to fight against the waves, and

they definitely won the battle! Everyone has agreed it was a fantastic day and thanks to everyone who helped make it such a success.



The Men's B team put in a historic performance and came first in their race making it the first win for the club!

It was Ilfracombe first ever race win in a regatta and much celebration followed! Well done boys! The mixed team came a close fifth after Weymouth, the team really worked hard to try and edge past. It was practically a photo finish



Here you can see all the boats lining up for the first race. These crews are the Ladies B teams, Weymouth - the 2 green boats - came first and third, Paignton - yellow and blue - came second. Ilfracombe ladies put in a good show with all three teams coming fourth in their races. It was the first outing for the ladies Vets team.

The regatta was sponsored by Dartington Crystal and local builders merchant RGB along with St Austell brewery.

### **Final results table**

	Ladies B	Mens B	Ladies A	Mens A	Mens Vets	Ladies Vets	Mixed	Total
Isolde	1	2	1	1	1	2	1	10
Top Catch	2	3	2	2	3	9	6	27
Will to Win	7	4	6	5	2	1	3	28
Rapparee	4	1	4	7	7	4	5	32
Rebel	5	6	5	3	5	5	9	38
Bedehaven	6	9	3	4	6	3	7	38
Verbena	9	8	7	6	8	9	2	49
Sir Tristan	3	7	9	9	9	9	4	50
Leah C	8	5	9	9	4	9	8	52

### **Newquay Championships**

The ladies team went to the National Championships in Newquay on the 12<sup>th</sup> September. The early heats benefited from calm water and set a fast pace. By the time it came to our heat the conditions were very different and the winning times were 2 mins slower than earlier in the day. They put up a brave fight but did not make it in the second round. Their final position was 79 out of 96 teams.

The girls would like to thank Martyn for his Baywatch style running! Hasslehock by name....

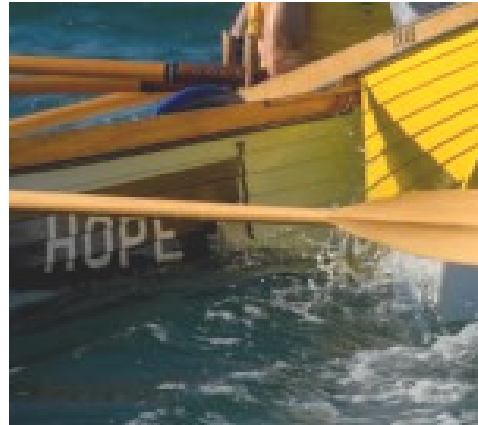
The crew was – Jules, Lisa, Zoe, Michele, Sarah and Mandy coxed by Martyn

The mens championship took place two weeks later, once again the early heats set a fast pace and the conditions worsened as the day progressed. The Mens A crew were out first with the current world champions in their heat so the pace was going to be fast. By the first buoy Ilfracombe A were in third position and pulling away from the trailing gigs. They came in with a time of 16.33 putting them into the second round.

Ilfracombe B had a tough race with the conditions getting worse they came in last in their heat with a time of 17.53

Ilfracombe A found themselves in the second round and up against Falmouth A, Weymouth B, Porthleven A, Cattewater B and Bristol B. Apart from Falmouth A all the other crews were within 10 seconds of each other based on round one times. All the crews got off to a flying start with Ilfracombe matching Bristol and Porthleven stroke for stroke. At the first turn it was Bristol B, Porthleven then Ilfracombe with Falmouth in the lead and the rest of field dropping back. Porthleven took out Bristol oars on the turn and only the swift action of Ilfracombe Cox Martyn stopping us crashing into Porthleven.

The photo shows Ilfracombe A in Hope giving Porthleven a Cornish love tap in the second round



The race continued at a fast pace with the final positions Falmouth 1<sup>st</sup> Bristol 2<sup>nd</sup> Ilfracombe 3<sup>rd</sup> Weymouth 4<sup>th</sup> Cattewater 5<sup>th</sup> with Porthleven DQ. We had improved our first round time by 2 seconds with a time of 16.31. With only one heat to go it was touch and go if they would make it thought to day 2. In the end Ilfracombe A missed out by 2 places by going in to day two. Not bad for are first year!

Final positions were Ilfracombe A 21<sup>st</sup> Ilfracombe B 58<sup>th</sup> out of 78 teams making Ilfracombe the best in Devon!

There were only two crews outside Cornwall to finish ahead of the A team these where Bristol B and Weymouth A.

Current post and members in position

1. Bob Thompson – Chairperson
2. Jeremy Webb – Secretary,
3. Suzanne McLintock – Treasure \*
4. Cindy Covill – Membership secretary \*
5. Lee Kift - Men’s Captain,
6. Julie Gordge – Ladies Captain and Child protection officer
7. Sarah Barclay - Publicity officer
8. Kevin McLintock - Funding
9. Martyn Hocking - Junior development officer \*
10. Ros Lugsden – Young person representative
11. Alan Kift - Committee member
12. Dave Clark - Committee member
13. Ian Neale - Committee member
14. Ladies Vets/Super Vets Captain – New position (subject to proposal being passed)
15. Mens Vets/Super Vets Captain – New position (subject to proposal being passed)
16. Cox Co-Ordinator – New position

\*Have confirmed stepping down from current position or have already stepped down.

The post of Safety Office has been renamed to Safety Consultant . This will continue to be fulfilled by Andy Putt. This post is no longer a committee post so not up for election. As agreed in Committee meeting on the 8<sup>th</sup> July 2009.

All posts are up for re-election, so if you would like to be more involved in running the club and would like to know more please speak to one of the current committee members.

If more than one person is nominated each person will have an opportunity to say why they would like to do the job.

Vice captains are appointed by the Captains

### Proposal for Committee member for November 09 to November 10

Position .....

Name .....

Nominated by .....

Seconded by .....