

Auriol Kensington Rowing Club

# Annual Report and Accounts 2011



# Contents

- 1 List of Officers and Notice of AGM
- 2 President's report
- 3 Captain's report
- 4 Our fleet

- 5 Wins
- 6 Treasurer's report
- 8 The 2012 Fund
- 10 Membership report

- 11 Minutes of 2010 AGM
- 12 View from the novice squad
- 12 Useful information



Marieke Mangnus and Rosie Herbert



Sunday morning beginners' outing



Tim Baldwin on the way to Henley



Laura Firth at Peterborough regatta

## FRONT COVER

**Top left:** Vets row to Henley

**Top right:** Donald Kinnear with his father's Olympic medal and certificate.

**Bottom left:** Rosie Herbert and Marieke Mangnus win at Borne@Chiswick Bridge

**Bottom right:** Men's Head of the River Race



Marieke Mangnus, Derna Fearon, Rosie Herbert and Annette Coomer

# Officers 2010/11

<b>President</b>	Bernard Wills
<b>Past Presidents</b>	John Booker Bob Chambers John Culnane Jimmy Hopkins Nigel Snell
<b>Vice Presidents</b>	Richard Brittlebank Richard Fraser David Geake Nick Hubbard Ramsay Ismail Tim Koch Mike Lepper Stephen Otterburn John Rogers Phil Taylor Julie Watson
<b>Captain</b>	Kate Rennoldson
<b>Hon. Secretary</b>	Neil Chambers / Richard Moseley
<b>Hon. Treasurer</b>	Ed Peshall
<b>House Steward</b>	Tim Koch
<b>Membership</b>	Nick Hubbard
<b>Safety Advisers</b>	Marieke Mangnus
<b>Welfare Officer</b>	Steve Aitken
<b>Bar Steward</b>	Dave Robertson
<b>Committee</b>	Jo Bull Derna Fearon Tillie Rijk
<b>Hon. Auditors</b>	Mary Hood Jimmy Pigden

# Annual General Meeting

Notice is hereby given that the 30th Annual General Meeting of the Club will be held at the Club on Saturday 24th September at 12 noon for the following purposes:

- 1) To receive the accounts and Auditor's Report for the previous 12 months ending 30th June.
- 2) To elect the President, Vice Presidents, Captain, Secretary, Treasurer, Membership Secretary, Bar Steward, House Steward, Social Secretary, Welfare Officer, Safety Advisor and up to six Committee Members.  
*Rule 24:* Only those members actually present at the time votes are cast are eligible to vote and no proxy votes are permitted. *Rule 31:* All nominations for Officers and Committee Members shall be proposed and seconded and shall be posted on the Club notice board. Nominations duly proposed and seconded may also be accepted from the floor of the meeting.
- 3) To consider any other business (duly proposed and seconded) of which written notice has been given to the Secretary 28 days prior to the date thereof (ie by 29/08/11). Only amendments to rule changes proposed as above may be taken from the floor (though it is preferable that they are given in writing). *Rule 29:* No other business of which notice has not been given may be brought before the meeting.
- 4) The Captain may appoint his/her Vice Captain (s) who shall be approved by the AGM.
- 5) The level and payment method of fees for the year shall be determined.
- 6) Two people not holding any other office in the club shall be elected as auditors.
- 7) Four changes to the Club Rules are proposed by the Committee.
  - 7.1) Amend Rule (17) to read "Proof of a valid standing order or a sum equal to a year's subscription must be deposited at the time application for membership is made by a prospective member."
  - 7.2) Amend Rule (19) to read "Application for membership must be made within 1 month of a prospective member's first use of Club equipment. Reduced subscriptions may be granted to prospective members who request it only in the case of severe financial hardship, and only by express agreement between the Captain and the prospective Member as approved by the Committee."
  - 7.3) Amend Rule (27) to read "Notice of the date, time and place of the AGM or any other General Meeting shall be posted on the Club notice board, the Club web-site, and sent to members by email at least 14 days before the date by the Secretary. Members may ask to be notified by post."
  - 7.4) Amend Rule (28) to read "Notice sent by email or post shall be deemed to have been received by the member at his address last registered in the Club records three days after the date of posting."
- 8) The Committee propose Jimmy Hopkins be made an Honorary Member.

# President's report

There have been great changes in the Club since Ramsey Ismail took over as function manager. Many innovations have been introduced, such as the coffee machine, electronic payments of accounts, a new selection of wines and beers and of course the piano. Even in these difficult times the external bookings seem to be holding up well.

Whilst leaving details of activities on the water to the Captain, I think it is worth mentioning an unusual item in that we had a sculler, Hugh Mackworth-Praed, racing in both Henley Royal and nine days later in Henley Masters.

The annual dinner was held in December at the club and although space was limited it proved a successful operation. Also the traditional events, the Port and

Stilton and the pre-Henley Sherry Party were great successes, particularly the latter with the special guests in the form Wally Kinnear's son with his wife and daughter. Many thanks are due to Tim Koch for arranging this.

The committee have worked well during the year but pressure of work has forced Richard Moseley to relinquish the position of Secretary, although he remains a member of the committee. The secretarial duties are now ably managed by Neil Chambers. Some very successful social functions have been held for which many thanks are due to Derna Fearon and her team.

One piece of bad news is that we are due to lose the regular services of Tim Koch who is being transferred to Manchester. Tim has done sterling work to make the club

what it is today, not only in internal appearance, with the pictures etc, but also in following up leads such as that which enabled him to trace Wally Kinnear's son. We shall miss all his efforts and trust that as he will remain a member we can avail ourselves of his expertise when necessary in the future.

## Bernard Wills



Bernard Wills and Derna Fearon, Henley Royal Regatta



Leaving Hammersmith, Henley Row

# Captain's report

In preparing to write this, I took a look through my annual report from last year. I didn't think resubmitting the same report would be acceptable, but there are a number of similar themes.

Firstly, most of our key wins came from our (slightly younger) masters. Similar names appear: Hugh Mackworth-Praed with wins at the Head of the Charles, Scullers Head and Henley Masters; and Frank Raschke with wins at Pairs Head, Veteran Fours Head (also with Peter Goodchild), and two wins at Henley Masters.

## Master women

I am delighted to also add a couple of new names, showing there is strength in AK's masters oarswomen: Tillie Rijk won at

Veteran Fours Head and Henley Masters where she was joined by Emily Burfoot.

Another name to add to the mix of wins is Laura Firth who won her first pot as part of the winning W IM3 8+ composite (with Furnivall and alongside Tillie Rijk and Emily Burfoot from AK) at Hammersmith Women's and Juniors' Head, then went on to wins in the summer in Nov 4+ at Hammersmith Regatta and IM3 4+ at Twickenham Regatta and Peterborough Regatta.

Quite a rosy picture. The women have benefited again from joining forces with Furnivall. The larger number of rowers has meant greater flexibility for the boats that can be put together, as well as access to some other coaching and a few more coxes.

As in last year's report, I'm disappointed not to be able to update you on wins from the men's squad. However, I believe we are building our strength and can look to greater success next year. John Culnane introduced Daniel Walker to the club in September who has been coaching the men's squad and is planning to continue. Many of our rowers from last year left early in the year, but we were also lucky to gain a number of new additions to enhance our squad.

All of the men have improved over the year, with progress shown over the course of the regatta season. I think the main issue has been our very mixed availability. Even now, as I write this, I should be in Peterborough between two days of racing, but we were unable to enter a crew due to injury and other commitments.

The position for next year, however, is looking promising, with more active rowers who are already keen to get themselves ready for the head season, we now just need a few more coxes.

Added to the members who have been competing this year, we now have a large group of beginners who have already helped to inject further vitality to the club and will move on to compete in the very near future.

Other groups of people include 'the scullers' and 'the old \*\*\*\*\* (boys?)'

Within the scullers group, Mark Gracey and Yohann Glennie are relatively recent additions. Yohann did well at Scullers Head, coming 155th out of 421, and Mark won his



Kate Rennoldson and the beginners

CHRONICLE FRIDAY 22 JULY 2011

# Team FAB thunders home in second place

**ROWING**

THINGS looked FAB for Hammersmith rowers at the recent Henley Masters regatta.

A team called FAB – neighbouring clubs Furnivall and Auriol Kensington joined forces with Bedford rowers – claimed second in the women's eight B event.

The reason the Hammersmith four gave for missing out on gold was the 6am start from W6.

The 1km course between Temple Island and Upper Thames Rowing Club – a slightly shorter version of the Henley Royal course – hosted 300 races over two days – including one which resulted in a top honour for Hammersmith.

Once wide awake, the quartet of Tillie Rijk, Lorna Mitchell, Val



**BETTER THAN GOOD:** The Hammersmith women's B coxed fours with their medals

Slewin and Emily Burfoot, with Ben Zurawel in the cox's seat representing Furnivall and AK, did much better on their own. The composite team won the women's B coxed four category beating gold and silver medallists from the recent British Masters regatta in the process.

Contributed

Chronicle article featuring AK, Furniall and Bedford composite crew, July 22, 2011

## OUR FLEET

### Gold: Newer, top line boats

Tony Levis	8+	Stampfli 2004	85kg (187lbs)	Men
Phil Taylor	2-/2x	Eton RB 2006	90kg (198lbs)	Men
Mike Lepper	4-/4x	Eton RB 2006	85kg (187lbs)	Men
Harry Medlin	4+ bow coxed	Stampfli 2006	85kg (187lbs)	Men
Unnamed TSS	1x	Alyings Lola	90kg (198lbs)	Men
John Culfane	8+	Janousek 2007	75kg (165lbs)	Women
Jim Hopkins	4+ bow coxed	Janousek 2004	70kg (154lbs)	Women
Steve O'burn	4+ bow coxed	Eton RB 2006	70kg (154lbs)	Women
Bernard Wills	2-/2x	Sims 2006	60kg (132lbs)	Women
Julie Watson	4-/4x	Sims 2003	75kg (165lbs)	Men/Women
Richard Fraser	2-/2x	Janousek 2001	80kg (176lbs)	Men/Women
Hugh Mackworth-Praed	1x	WinTech 2010	90kg	Men
Sarah Thompson	1x	WinTech 2011	75kg	Men/Women

### Silver: Older, but still competitive boats

Peter Haining	8+	Sims 1993	85kg (187lbs)	Men/Vets
Ash	4+ bow coxed	Sims 1993	90kg (198lbs)	Men
Bill Sanford	4-/4x	Sims 1998	85kg (187lbs)	Men/Vets
Steve Lockey	2-/2x	Janousek 2001	90kg (198lbs)	Men
Romi H'mandi	2-/2x	Janousek 2001	75kg (165lbs)	Men/Women/Vets
Tom Nichols	8+	Janousek 1999	70kg (154lbs)	Women
Hugh Steeden	2-/2x	Janousek 2001	65kg (143lbs)	Women

### Bronze: Can be used by any competent members

Wally Kinnear	8+	Janousek 1991	80kg (176lbs)	Novices/Vets
John Thorpe	4+ stern coxed	Janousek 1988	85kg (187lbs)	Novices/Vets
John Moore	4-/4x	Janousek 1990	75kg (165lbs)	All
Bob Thompson	2-/2x	Janousek 1994	75kg (165lbs)	Men/Women/Vets
John Ward	2-/2x	Janousek 1994	75kg (165lbs)	Men/Women/Vets
Isobel	1x	Aylings	75kg (165lbs)	Women
Eileen	4+ stern coxed	Janousek 1994	70kg (154lbs)	Women

novice pot at Barnes and Mortlake regatta. Rosie Herbert and Marieke Mangnus have focused on their double sculling, winning at Borne @ Chiswick Bridge. All of these scullers have worked hard in training with coaching from Andy Young and Dan Burke.

The old boys are always to be seen on a Sunday and the club would not run nearly so smoothly without all of the things they do, almost without thinking. From putting the bins out, to Jimmy Pigden selling some old and unusable kit on eBay, and the welcome they give to new people who have turned up on a Sunday looking for 'Kate' (who is nowhere to be seen at the time).

### Thanks

That nicely leads us onto the thanks that I would like to give. As with last year, I don't think I would have got very far without the rest of the committee who have all done more than most to make AK what it is and taken much of the weight off my shoulders, providing constructive help with good grace and humour.

Other names to mention include John Culnane who sorted out our sinking pontoon after I left him a message on New Year's eve, Mark Gracey who has again looked after boat maintenance with minimal fuss (even when it's your captain who does the most 'impressive' damage), Adam Porter who has done much to organise the men's squad, and Carolyn Avery who has given us a such a good looking website that I am struggling to keep up with the enquiries it generates.

So now it comes to the end of my report and the end of my tenure as

captain. It has been an honour to serve as your captain for the last two years. I have enjoyed getting to know more of you and seeing how everything works. It takes a lot to run a club like AK and we rely heavily on the goodwill of a few

people. Life may be a little easier if a few more can do a bit more. Please do volunteer. Be brave: no one really knows how anything works; we just make it up as we go along.

**Kate Rennoldson**

### WINS

Race	Winners
Pairs Head, MasC 2x	Frank Raschke (composite with J Burke from Thames)
Head of the Charles	Hugh Mackworth-Praed
Scullers Head, MasB	Hugh Mackworth-Praed (third overall)
Vet Fours Head: MasC 4x / overall	Frank Raschke and Peter Goodchild
W MasB 4x	Tillie Rijk (Furnivall composite)
Hammersmith Women's and Juniors Head, IM3 pennant	Laura Firth, Tillie Rijk and Emily Burfoot (Furnivall composite)
Borne@Chiswick Bridge, IM3 2x	Marieke Mangnus and Rosie Herbert
Barnes & Mortlake, Nov 1x	Mark Gracey
Hammersmith Amateur, Nov 4+	Laura Firth (Furnivall composite)
Twickenham, IM3 4+	Laura Firth (Furnivall composite)
Henley Masters: MasB 1x	Hugh Mackworth Praed
MasD 1x	Frank Raschke
MasC 2x	Frank Raschke (composite)
W MasB 4+	Emily Burfoot and Tillie Rijk (composite)



Three men in a boat: Neil Chambers, Michael Falck and Dominic Masters

THE DAILY TELEGRAPH | MONDAY, MARCH 21, 2011

**Wellbeing**

**The Fitness Workshop**  
*Rowing in an eight*

In a series in which Telegraph writers test new ways of keeping fit, Jasmine Malone gets in the mood for this weekend's boat race

THE SORT of fitness regime that requires pulling on Lycra waterproofs at the crack of dawn has never much appealed to me. But, with the Oxford and Cambridge Boat Race this weekend, I was inspired to give rowing a fair crack of the oar, which is how I found myself at the Auriol and Kensington Rowing Club boathouse in west London, where the beginners' class starts at midday.

Before my class, I had two big questions. Firstly, what to wear: a Lycra all-in-one, it turns out, is optional. "You should stick to clothes that are close fitting and wear plenty of layers," says women's captain Kate Rennoldson, who runs the beginners' squad. "But it's also worth bringing a change of clothes."

Which leads me swiftly to my second point: how likely is it that I will fall in? "You may get splashed as people around you are rowing," says Kate, "but you won't be going swimming, no."

Well, that was a relief. I was disheartened, however, to learn that my big foray into rowing would start indoors. Kate explained that it is necessary to do a warm-up and a bit of "ergo" - rower-speak for the ergometer, or rowing machine. "If you're keen to progress quickly, then doing land training will help you to get much more out of the water sessions."

During our warm-up, Kate explained the rowing basics. Firstly, there are several types of boats and styles of rowing. To emulate the rowers of the Oxford and Cambridge university teams - I could see both practising out the window - we will be forming an eight, which is the term for a boat powered by eight rowers and led by a cox.

the boat rows with one oar, or "blade", on one side of the boat. Four blades row on the right side, four on the left, and the cox acts as coach and instructs the rowers on direction, leaving the crew to focus on, well, rowing.

On the ergo machine, Kate demonstrates the correct technique for most efficient rowing. She is quick to clear up the misconception that rowing is mainly good for working the arms and shoulders. "Rowing is a pushing sport, not pulling," Kate says. "The body parts working the hardest are the legs and thighs."

Linda Dennis, physiotherapist to the Cambridge University rowing crew, agrees: "The rowing action uses most of your body, but many people are surprised to know that the main muscle group you use is your quadriceps, on the front of your thigh."

After the warm-up, we are taught how to lift, carry and place our boat in the water, a heart-in-mouth endeavour with eight beginners. But once safely in the boat and out on the water, the joy of rowing was all consuming.

Safe is the knowledge that the cox was in control, it was easy to follow instructions, focusing on your strokes and improving them, while soaking in the amazing experience of rowing in an eight. The workout was intense, but I hardly noticed as we covered four miles of the Thames in the winter sun. And I didn't fall in, either.

For beginners' rowing classes at Auriol Kensington Rowing Club, visit [www.akrowing.com](http://www.akrowing.com). To find a class, visit [www.oriolrowing.org](http://www.oriolrowing.org). The 157th Oxford vs Cambridge University Boat Race takes place on Saturday at Sun [www.theboatrace.org](http://www.theboatrace.org)

**Inside Out** Sarah Abell answers your questions on relationships and emotional issues every Tuesday [www.telegraph.co.uk/relationships](http://www.telegraph.co.uk/relationships)

**Thames team Jasmine Malone soon gets to grips with her oars**

The style of rowing that we will be doing is what is known as "sweep", which means that each rower is

Daily Telegraph article featuring AK, March 21, 2011

# Treasurer's report

## Rowing

We have again seen a drop in subscription income this year. Last year the drop off represented a reduction in the number of members alone. This year the drop off represents a conversion of the collection of subscriptions annually with a single payment to collection on a monthly basis. It is quite difficult to produce an equivalent figure to compare with £29,563 last year but it is likely that we have seen another underlying fall in the number of members.

The club also purchased two new sculls.

## Function Activities

During the year we had a period of three months during which Phil Taylor worked out his notice period to conclude his position as function manager. From 1st October Ramsay

Ismail took over the role and has been trading successfully since then.

The relationship between the club and Ramsay Ismail is totally different to that with Phil Taylor. Under Phil, the function business belonged to the club but was managed by Phil. However, under the current regime, Ramsay owns the business and trades under a form of licence arrangement which is paid by way of a monthly retainer to the club of £1,000 and a profit share of 25% on top of this. As a concession we waived the profit share for the first six months to allow Ramsay to get the business going. This period came to an end on 31st March 2011 and the profit share over the final quarter to 30th June 2011 was £1,622.

I can confirm that the turnover for the nine-month period to 30th June for Ramsay was £94,019. The

equivalent turnover for the same period the year before, with Phil at the helm, was £46,138

The loan to the Boathouse Company will remain at the same level for the forthcoming year with the next repayment of £5,000 being paid on 1st July 2012.

I would like to thank Nick Hubbard for his work on collecting subscriptions. The payment of subscriptions makes his workload onerous but the system is now bedding down and seems to be working well. I would also like to thank Bernard Wills for his continuing work in collecting tax credits.

**Ed Peshall**







# The 2012 Fund

The year 2012 will be a special one for Auriol Kensington. The Olympics will be in London with the rowing at Dorney Lake. There will also be two important anniversaries. It will be 100 years since Wally Kinnear won the single sculls at the Stockholm Olympics and 50 years since the start of the annual veterans' row from Hammersmith to Henley.

The 2012 Fund was established to raise money to buy an eight to

be used on the 2012 Henley Row, paddled up the HRR course during a break in the regatta and then presented to the club.

The fund is run in a tax efficient way utilising the 'gift aid' procedure where we can reclaim the basic rate of tax on any donation made by a UK taxpayer. Higher rate payers can reclaim the difference between the two tax bands when they make their return.

The fund can be supported in several ways: a 'one off' donation or four annual donations or monthly donations. For example, £11 a month will raise £500 + tax (about £600) and £22 a month will raise £1,000 + tax (about £1,200).

Please support this splendid idea. Below is the Gift Aid Declaration form. There is also a separate standing order form over the page.

## Auriol Kensington Rowing Club 2012 Fund Gift Aid Declaration

Please complete and return to: The 2012 Fund, Auriol Kensington Rowing Club,  
14 Lower Mall, London W6 9DJ

**Name:** .....

**Address:** .....

..... **Postcode:** .....

I am a UK taxpayer and I want Auriol Kensington Rowing Club to treat all the donations that I make from the date of this declaration as Gift Aid Donations until I notify otherwise.

**Signed:** .....

**Date:** .....

(My standing order to the 2012 Fund is for £..... a month / annually\*)

1. You must pay an amount of income tax and/or capital gains tax at least equal to the tax that the Club reclaims on your donations in the tax year. Currently this is 28p for every £1 that you give.
2. You can cancel this declaration at any time by notifying the Club.
3. If in the future your circumstances change and you no longer pay tax on your income and capital gains equal to the tax that the Club reclaims, you can cancel your declaration.
4. If you are unsure if your donations qualify for Gift Aid relief, contact [BernardWills@ukgateway.net](mailto:BernardWills@ukgateway.net) or ask your tax office for leaflet IR65.

\*Delete as appropriate



# Auriol Kensington Rowing Club 2012 Fund Standing order form

Please complete and return to: The 2012 Fund, Auriol Kensington Rowing Club,  
14 Lower Mall, London W6 9DJ

Instructions to your bank or building society to pay by standing order

**To the Manager:** ..... **Bank / Building Society\***

**Address:** .....  
.....

**Bank sort code:** ..... - ..... - .....

**Account number:** .....

**Account name:** .....

Please pay:

**Account name:** Auriol Kensington Rowing Club

**Account number:** 41 55 58 55

**Sort code:** 40 - 45 - 17

**Address:** HSBC  
54 Woodcote Road  
Wallington  
Surrey SM6 0NJ

**Quote reference:** ..... (write your name)

The sum of:

- £11 (eleven pounds) monthly\*
- £22 (twenty two pounds) monthly\*
- £44 (forty four pounds) monthly\*

**Other:** ..... pounds (in words) monthly / annually\*

Commencing:

..... / ..... / ..... and thereafter on the same day every month / year\* until further notice in writing and debit my / our\* account accordingly

**Signed:** .....

**Date:** .....

**Have you enclosed a Gift Aid Form?** Yes / No \*

(\* delete as appropriate)

# Membership secretary's report

The main change in collection of membership subscriptions over the past 12 months has been the move towards payment via monthly standing orders. Almost 50% of members now pay by this method as opposed to the more traditional methods of cash, cheque or one-off bank transfers.

This new approach offers more options for members, makes it easier for those with less disposable income, and makes it easier to get new members to start paying sooner. However, with income now spread over the whole year we no longer get the same 'spike' of payments during the first quarter, which has meant that during this transitional financial year a lower than normal income has been recorded. Obviously, this will balance in next year's figures.

While membership still remains low compared with recent years, collection has been efficient and we were only £1,000 off our £17,000 subscriptions target for 2010/11.

At 1 July 2011, total membership stood at 87 (excluding 7 new members' applications being processed). See 'Membership by Type' table for a breakdown.

**Nick Hubbard**

## **NEW MEMBERS ELECTED**

Adriane Battaglia, Ute Decker, Roland Elias, Joel EvansMichael Falck, Brian Lacey (Social), Andrew Lynch, Dominic Masters, Brie McMahon, David Miller, Tim Morton-Humphreys, Julia Payne, Nick Payne, Will Randall, Penny Range, Adam Porter, Shannon Rodgers, Deborah Rosenblum, Richard Seldon (Social), Andrew Silver, Ben Smith, Jo-Ann Stokes, Christophe Tatard, Sergio Tota, Saket Vempkala, Oonagh Wohanka

## **MEMBERSHIP BY TYPE**

Active	52
Ordinary	12
Social	8
Veteran	15
Total	87



Rosie Herbert, Derna Fearon and Andy Young at Henley



Peterborough regatta

# Minutes of the 2010 AGM

The 29th AGM of the Club was held at AK at 12 noon, 25th September 2010. 30 members attended.

**Apologies:** B Wills, E Peshall, R Herbert, and N Jackson.  
**Meeting chaired** by J Booker.

The Annual Report and Annual Accounts were accepted. Nick Hubbard proposed and Kate Rennoldson seconded.

## ELECTIONS

**President:** B Wills. Proposed by K Rennoldson and seconded by R Moseley. Agreed.

**Vice Presidents:** R Brittlebank, R Fraser, D Geake, N Hubbard, R Ismail, T Koch, M Lepper, S Otterburn, P Taylor, J Watson, JS Rogers. Proposed by the Committee. Agreed.

**Captain:** K Rennoldson. Proposed by R Moseley, Seconded by J Booker. Agreed.

K Rennoldson addressed the AGM and appointed R Masih as Vice Captain for the Men's squad. She deferred appointment of a Vice Captain for the Women's squad. Agreed by AGM.

K Rennoldson addressed the committee. She had learnt a lot about the role of Captain over the year. Kate explained she expected members to help the Club as much as Committee members. People shouldn't expect broken boats to mend themselves.

**Hon. Secretary:** R Moseley. Proposed by N Hubbard and seconded by K Rennoldson. Agreed.

**Hon. Treasurer:** E Peshall. Proposed by R Moseley and seconded by K Rennoldson. Agreed.

**House Steward:** T Koch. Proposed by R Moseley and seconded by K Rennoldson. Agreed.

**Hon. Bar Steward:** D Robertson.

Proposed by K Rennoldson and seconded by R Lebentz. Agreed

**Social Secretary:** D Fearon. Proposed by R Moseley and seconded by K Rennoldson. Agreed.

**Welfare Officer:** S Aitken. Proposed by K Rennoldson and seconded by R Moseley. Agreed.

**Water Safety Adviser:** M Mangnus. Proposed by R Moseley and seconded by K Rennoldson. Agreed.

**Membership Secretary:** N Hubbard. Proposed by J Bull and seconded by B Thorpe. Agreed.

**Hon. Auditors:** M Hood. Proposed by J Booker and seconded by N Hubbard. Agreed.  
J Pigden. Proposed by Committee. Agreed.

## General committee, including specific duties:

**N Chambers to act as deputy to the Bar Steward** proposed by R Moseley and seconded by N Hubbard. Agreed.

**J Bull to act as race day coordinator** proposed by K Rennoldson and seconded by R Moseley. Agreed.

**R Elias to be on General Committee** proposed by R Masih and seconded by B Thorpe. Agreed.

**T Rijk to be on General Committee** proposed by K Rennoldson and seconded by M Mangnus. Agreed.

## SUBSCRIPTIONS

Subscriptions will remain the same except for Active membership. Active membership will be either £400 if paid in one instalment or £425 if paid in 12 monthly instalments by standing order. Proposed by the Committee. Agreed.

## ANY OTHER BUSINESS

There was a discussion about the state of the ageing fleet. Mark Gracey was thanked for his great efforts in helping to maintain the boats. Kate Rennoldson reminded members to look after the Club's equipment and report any damage as soon as it happens. This led to a discussion concerning the procurement of new boats. Kate said her main priority was to replace the single sculls.

John Culnane reminded members that the Hammersmith Heads and Regatta have made a lot of money for the Club over the years. However, to do this it requires a lot of help from volunteers.

Graham Withers proposed a vote of thanks to the Committee for their work this year. Agreed.

## A view from the novice squad

"I really do quite enjoy ergo sessions," I said to an astounded veteran at the end of an afternoon beginners' outing in early summer 2010. After over a year with AK, that statement has understandably been revised, but every other aspect of the AK experience – and of rowing in general – has been one of enjoyment, fun and camaraderie.

Recommended by a long-term rower as one of the friendliest and most approachable clubs on the Thames, June saw me and a disparate group of other young Londoners make the decision to take up rowing with Auriol Kensington. I'm sure we'd all seen it on television – the Olympics and the Varsity race, mostly – and knew the rich heritage and some of the sport's history and some of us had had opportunities at school and university to try it (but hadn't – a bad decision!). And I'm sure the

sunny weather and buoyancy of the season had persuaded us all that an active team sport would be a good thing. From the start, being a member of Auriol Kensington was not a passive experience – even an introductory tour around the club involved getting straight out on the water. If the idea was to let the rowing bug bite, it worked.

### Beginners' sessions

The AK beginners' sessions of 2010, headed by stalwart coach Kate and vice Rahel, saw mixed crews head to the ergo room before setting out in eights. Sitting the boat successfully was eventually achieved – much to Kate's relief, as she stood to assess our techniques – and over the months our abilities and rowing knowledge, our feel for the boat, the oars and the river increased and despite rowing with different people each week, a semblance of unified

and experienced rowing appeared.

Several opportunities to sub-in for the novice eight showed some of us what being in a more senior boat is like, and what the next level of rowing is, which was a real help. It was probably at this point that the blisters first made an appearance. (NB – Savlon antiseptic cream is a winner.)

The Annual Dinner and Chairman's Sherry Party (and 'team building' exercises afterwards in local pubs and bars) consolidated our feelings as true AK rowers and we were all made very welcome by new and long-standing members alike. These were great opportunities to solidify friendships, and by this point the club had gained a set of regular rookies who had decided that rowing was most definitely for them.

The Varsity race saw the club turn into a giant bar, and the sheer number of people crammed onto the mall showed just how popular the event is. The Pimms factory in the back of the boathouse went at full whack, Michael Falck hawking our wares very successfully with cries of "get your delicious Pimms" through a loud-haler, which meant we sold out in time to head up to the bar and watch the boats and flotilla go past. The excitement surrounding the race also saw a new collection of beginners join the club.

With the inclusion of Tim Koch as a coach for our swelling ranks, and Garrett alongside us in the launch, the 2011 beginners' squad found itself able to field men's and women's eights, and the focus of the team began to get up to



competition level. Summer saw us at a day's training in the bucolic surrounds of Pangbourne, where the still, tideless waters of the upper Thames were considered heavenly. A lot of progress was made in terms of technique, and apprehension about trying the single skulls turned into delight as people whizzed up and down the river. A few fell in (and shall remain nameless) but everyone agreed that Pangbourne was a better place to topple than Hammersmith. As regular beginner David Montgomery said, "A lot still to learn but the encouragement and commitment of Kate, Tim and Garrett together with the experience and opportunity – priceless!"

### Off to Henley

With talk then of Henley, a group of beginners including Shannon, Penny, Yaka, Debbie, Jules, Brie, Sergio, Roland and Dania packed their picnics and, dressed in their finery (and an almost overwhelming amount of Ralph Lauren in Saket's case), met at Paddington early in the morning, with the advice and suggestions of previous attendees ringing in our ears. After a wide-eyed walk over the bridge to the enclosures, a suitable spot was found on the riverbank, blankets were laid out and the fizz was cracked open. A day's worth of elite rowing was definitely an informative experience (the timing was something to aspire to), and home schools and international teams were cheered on, interspersed with boater-wearing gents floating past to the strains of gramophone music. The day was a real taste of the fun and professionalism of the rowing community, and the technique on display was a reminder of the dedication and training required to compete at the regatta. So not intimidating at all.

Regular runs and circuit training joined the post-Pangbourne Sunday sessions, which were complemented by ad hoc weekend and weekday outings. With Kate coaching the women and Tim taking on the men's eight, the middle and latter parts of the summer have felt like the beginning of a new phase in the AK beginner's squad, and as some of



us reach the year mark, the basics have become more engrained, and power and speed start to become the targets of our training.

With club kit on its way (including fetching all-in-ones), British Rowing memberships ordered and forthcoming races to look forward

to, the club can be assured that there are new novice crews looking forward to many years of rowing, team-building and – hopefully – success on the water. As well as getting race-fit. Back to that ergo...

**Nick Payne**

## Important tideway races and club events\*

**Pairs Head:** Saturday 8th October

**Fours Head of the River:**  
Saturday 5th November

**Veteran Fours Head of the River:** Sunday 6th November

**Scullers' Head:** Saturday  
3rd December

**Hammersmith Women's and Juniors' Head:** Sunday 19th February

**Women's Head of the River:**  
Saturday 3rd March

**Hammersmith Men's Head:**  
Sunday 4th March

**The Boat Race:** Saturday 7th April

**Men's Head of the River Race:**  
Saturday 17 March

**AK Annual Dinner:** Saturday  
19th November

**Port & Stilton Party:**  
Sunday 18th December

**Henley Women's Regatta:**  
16-18th June

**Vice President's Sherry Party:**  
Saturday 23rd June

**Royal Henley Regatta:**  
27th June to 1st July

**Henley Club Friday:**  
29th June

\* Times and dates may change

[www.akrowing.com](http://www.akrowing.com)

Want to advertise an AK event? Have news to share with the club?

Then contact AK's website administrator Carolyn at [carolynavery@yahoo.com](mailto:carolynavery@yahoo.com)





"JOCK"

**Wally 'Jock' Kinnear**

Member of Kensington Rowing Club and won both the Diamonds at Henley Royal Regatta in 1911 and the single sculls in the 1912 Olympics. He was a member from 1905 until his death in 1974.

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