

# MURWILLUMBAH ROWING CLUB "RAMBLINGS"

34



June 2023

## July Birthdays:

Michelle Johnston

3<sup>rd</sup> July



## Executive:

President – Roland Jahnke

Vice President – Rob Gee/Tamsin Brew

Treasurer – Jenny Culley

Secretary – Helen Albury

## Committee Members:

Paul Barnes

Rob Blanch

Michael Mills

## Club Captain:

Scott O'Reilly

## President Rol

Greetings club members!

It has been another exciting month and a huge congratulations to all rowers that participated in the Nationals and achieved outstanding results. Your dedication to the sport has been exceptional and all the hard work has paid off with 19 medals that placed our club 6th in the overall ranking out of over 100 clubs that participated in the regatta.

We had to cancel It Ain't Half HoTT since we did not receive the required approvals which was very disappointing. I received several emails of disappointment but let's look forward to making the event bigger and better next year. I thank all those involved in this year's preparations.

We continue progressing the ramp. It is currently in the concept design phase and once this is complete, members will be invited to discuss it and input to the final design. Thank you to Rob Gee and his subcommittee for managing all aspects of ramp construction, a huge undertaking!

We have experienced a few safety incidents over the past month which need to be recorded on the Club's Safety Incident Form. The Executive discusses these at their monthly meetings. Additionally, all incidents must be reported on the Rowing QLD Incident Safety Form on their website (<https://www.rowingqld.asn.au/incident/>) so that the frequency and severity of incidents can be monitored in case remedial action is required. Also please ensure you have lights attached to your boat in line with NSW Maritime rules and be aware of the dangers of fog moving in quickly during early morning sessions.

The Club's Annual General Meeting will be held on Thursday 17 August at 6pm. Please consider how you may support the club, either by nominating for a position on the Executive or one of the support roles. We will have a big year ahead of us and club member assistance will be appreciated.

All the best and enjoy being out on the water. Cheers, Rol.

## Ramp Update:

I'm very pleased to say that we have now received the first instalment of the Grant from the NSW Government with payment of \$191,091 coming through after formal sign off on the funding agreement. We are continuing to work closely with Tweed Shire Council through Tom Alletson their Team Leader Coast and Waterways and having completed a survey of the bank / rock wall. We expect to have the draft Concept Design ready for discussion with all members in the coming week! The Crown Lands Licence application will follow shortly after this. Once the Concept Design is finalised, requests for quotation will be sent to all potential suppliers.

We will send out a separate email in the next few days to confirm, but we are aiming to have a meeting with all club members to discuss the Concept Design as it stands on Saturday 1<sup>st</sup> July so please keep a slot from 8 – 9 am clear for that and a cuppa at the club and we'll confirm shortly.

Thanks, Rob

## Fundraising Update

After the bumper fundraising efforts of May, June has been a quieter month with \$287 added to the total. This was made up of Return and Earn, sales of Helen's amazing Davidson Plum jam (it's sooo good!) and a further commission payment from the Clay Without Borders event.

### Australian Sports Foundation – End of Financial Year Donations Needed!

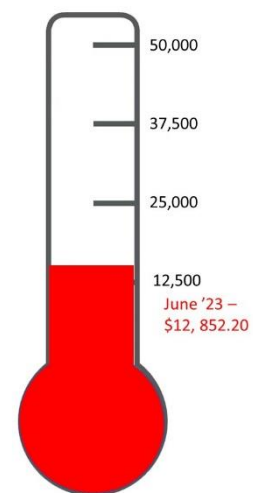


**Deadlines for making a tax free donation this tax year are fast approaching! Please consider donating!**

The end of the Financial Year is approaching and it's the ideal time to make a donation to the Club's fundraising through the Australian Sports Foundation.

Murwillumbah Rowing Club have partnered with the ASF and by accessing this web link <https://asf.org.au/projects/murwillumbah-rowing-club/building-back-better> members can donate to the club's grant fund for the ramp construction and in return receive a tax-deductible gift receipt from the Australian Sport Foundation

The Australian Sports Foundation is uniquely positioned to enable philanthropic support to Australian sport by providing tax deductibility for donations made to projects signed up with us. It is the only organisation that can provide a tax deduction for donations to sport across Australia. As a deductible gift recipient (DGR) they have a special listing in the Income Tax Assessment Act 1997 (Subdivision 30-B, s30-90).



## End of Financial Year Deadlines for FY23

- Friday 23rd June: Final day for Direct Debit payments online
- Tuesday 27th June: Final day for cheque donations to be deposited at a Westpac branch
- Tuesday 27th June: Final day for manual donation forms and cheques to be received in the post by the ASF office
- Wednesday 28th June: Final day to transfer of funds to the ASF via EFT
- Wednesday 28th June: Final day to upload manual donation forms and donor spreadsheets in the ASF platform
- Friday 30th June: Final day to make credit card and Apple/Google Pay donations online

## History Report – May 2023

The first event of the month was the Pottery Market conducted by Clay Without Borders in our premises. It was a huge success with many people attending and a lot of sales made. It was also a good fundraiser for the club with revenue raised from rent, commissions and food sales. Many club members volunteered to make the occasion work to the benefit of both the potters and the Club. There was also a display of artwork downstairs.

*Volunteers in the kitchen during the pottery market*



*Pots galore on display upstairs before the market commenced, far left, and President Roland among the art display downstairs, left.*

Training resumed in earnest in cooler weather, in preparation for the National Masters Championship regatta which is to be held during the first week of June. Fortunately logs have been less of a problem early in the morning with the course remaining relatively clear. The club received a refurbished Wintech Competitor Pair Double scull in good condition, which was generously donated by several club members. It will be a valuable addition to our fleet, increasing the number of double sculls available for novice rowers to commence racing in.

A successful meeting was held between a subcommittee and Tom Alletson, a Shire Engineer, to discuss progress regarding the launching ramp. Preliminary planning is proceeding well. Late in Autumn, a cold snap occurred, heralding the onset of an early and cold winter, making the final preparations for the National Championship Regatta somewhat uncomfortable.

Lori took delivery of a new Wintech pair / double scull which she named "Scully". The rigging was readjusted, and the boat trialled prior to it being transported to Sydney for the Australian Masters Championship Regatta.

*Right - The Queensland State quad scull crew had its final training session on our course on the last Saturday morning of the month. Two of our club members, Doug and Scott, were selected and are in the stern seats.*



The trailer was loaded on Sunday morning before coffee and the advanced party departed for Sydney by road early on Monday morning. Other competitors chose to fly to the regatta and departed several days later. They met up at the regatta site for unloading and some preliminary training on the course. Lightweight rowers reported on Wednesday for the official weigh in.



*Michael and Jan, below, boating up for a practice row on the Sydney International Course.*

*Text and Photographs by Rob Blanch.*

## Ideas for Winter Training

Now that the racing season is (mostly!) over, below are some ideas for lower intensity, steady workouts that will help to build endurance.

Are you familiar with the UT training zones? The bulk of training should happen at lower intensity. Training at the higher intensity is called utilization training 1 (UT1), and training at the lower intensity is called utilization training 2 (UT2). A useful guide is to take the UT2 zone as 65-75% of your maximum heart rate. Essentially, you should be able to hold a conversation as you train in your UT2 zone.

As a rule of thumb, try to always do two steady state UT2 outings to one with higher intensity, so if you train 3 times a week that would be two UT2 and one intense. Below are a few ideas for some good winter training sessions:

- **30 minutes UT2 rate 20** – record your distance.
- **40 minutes UT2 at 20** with 1 minute at 24 every ten minutes.... Endurance plus some higher intensity. See if you can keep the endurance pace when you come down from the higher rates.
- **Power strokes** – UT2 rate 18 for 10 minutes then 4 sets of 25 firm at rate 14-16; 25 strokes light. The firm must be hardest you are capable. End with UT2 for 10 minutes at 18.
- **4 km at rate 20; 2 km at rate 24** – record your time.
- **Pyramid of minutes 3-2-1-2-3** rate changes up or down 2. Start at 18 or 20 and increase by 4. 11 minutes work + warmup.
- **Longer pyramid 4-3-2-1-2-3** is 15 minutes as above.
- **Short intervals** 5 x 5 strokes firm 5 strokes light; 5 x 10 strokes firm 10 strokes light; 5 x 15 strokes firm 15 strokes light; 5 x 20 strokes firm 20 strokes light at a low rate.

- **Ladders – 20 firm and 10 light** going up 2 points in rate each time. Start at rate 20 rise to 30; then rest and do a second set starting 2 points higher at 22 to 32.
- **Three lots of 6 minutes** firm with 3 mins rest in between. For the 6 minutes do 3 mins at 20; 2 mins at 22; 1 min at 24. Second set start two points higher in rating; third set start two points lower in rating.
- **2 x 1000m** at sub-maximal pace e.g. rate 28. Allow 5 minutes rest in between. Record times.
- **2 minutes at rate 20; 2 minutes at rate 22.** Repeat for 20 minutes. If you have time do this twice.

These winter workouts can be done on the erg, or on the water in a single or crew. Most take 45 minutes total, from warm up to warm down.

## MRC Polo Shirts

As there are a number of new club members we have decided to do another order of blue polo shirts. The fabric is COOL DRI - sports Plus Micro - which is described as "a high performance, quick dry, moisture management fabric for sports and casual wear. This quick-dry fabric is manufactured from 100% polyester microfibre to draw perspiration away from the skin and help the wearer comfortable on hot days".

Ladies' shirts are available in sizes 6 to 26 and men's sizes from small to 6XL.

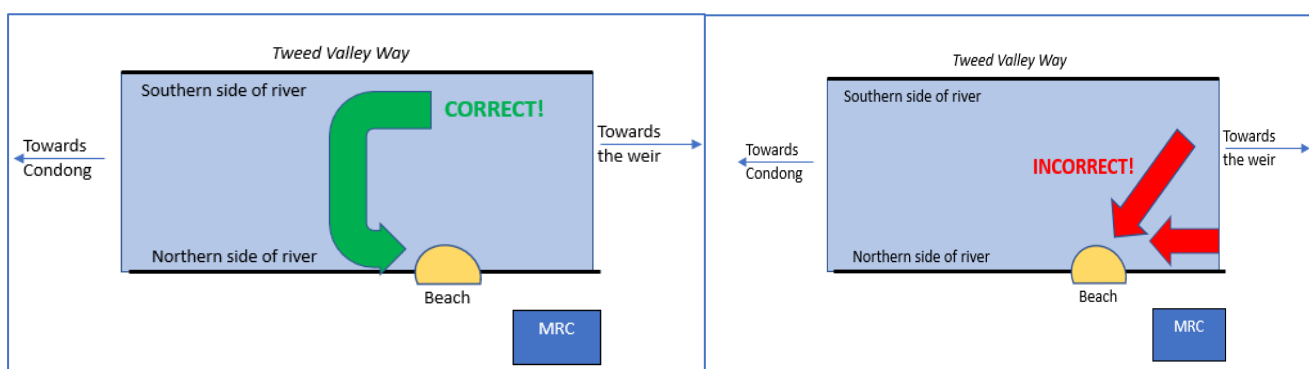


We need a minimum order of 25 so are asking people to indicate their interest first so we can establish if we have enough to meet this minimum. The price is \$30.00 per shirt. Please let Jenny know if you are interested. [jjculley@hotmail.com](mailto:jjculley@hotmail.com)



## Rules of the River

There have been instances of people returning to the beach from upstream on the incorrect (northern) side of the river, narrowly avoiding colliding with people approaching the beach on the correct side. Please ensure that if you have rowed upstream, you stay on the southern side (closest to Tweed Valley Way) when returning until you have rowed well past the beach BEFORE you cross over and approach the beach on the northern side of the river.



## Safety Audits

As outlined in Ramblings last month, the Club has started a Safety Audit process which involves a monthly check of the whole boat shed and equipment against a checklist provided by Rowing Queensland. This is aimed at making MRC a safer environment for all. The monthly audit is to be carried out by a member of the Exec Committee plus one other member. A new column has been added to the roster below, showing who is due to complete each month.

### MRC cleaning rosters - July 2023 – Jan 2024

Date/ Area	Ladies & Disabled Bathrooms	Mens bathroom	Sweeping shed- using brooms	Upstairs floors, kitchen & toilets	Safety Audit (1 member + 1 Exec Committee)
July	Jan Jacqui	Roland Chris L	Will D David	Lori	Helen A + Rob B
Aug	Lori MJ	Mark T Millsy	Scott John Henley	Helen L	Gary + Roland
Sept	Lou Dagmar	Greg David	Richard Rob B	Mark M	Michelle G + TBA
Oct	Mary Michelle G	John Macka John Ryan	Roland Chris L	Helen A	John H + TBA
Nov	Petra MJ	Jack Scott	Ron John R	Lou	Mary + TBA
Dec	Jo M Helen A	Bob M Gary	Paul Millsy	Mark M	Roland + TBA
Jan	Jan Jacqui	Roland Chris L	Will D David	Lori	MJ + TBA

#### Notes

- Jobs to be done at least twice in the month, some may require more than that.
- The cleaning products for downstairs are stored in the cupboard near front door. Cleaning products for upstairs are in the office.
- Bathrooms -You may want to divide the tasks between the 2 people on so that the jobs can be done when it is convenient to the person, e.g., one person does toilets and basin, one person sweeps and washes floors and other clean the showers.
- The sweepers are to make sure the sanitizers in the areas apart from bathrooms are kept filled.
- The safety audit is conducted monthly by a club member and a member of the Exec Committee reviewing the various items on the Rowing Queensland safety audit checklist. The Exec Committee member will bring the checklist.

## Outback Rowing



A two-day festival of Vlls racing in the Australian Outback consisting of The Outback Sprints (a short course Henley-style elimination series) in Barcaldine, Queensland - Saturday 16 September 2023 and the Head of the Outback (6 km head race on the Thomson River) Longreach, Queensland - Sunday 17 September 2023

<https://www.outbackrowing.com/home/>

## Calendar of Events – July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
						Grafton R.C. 2-Island Rowathon Grafton
16	17	18	19	20	21	22
NRRA Masters Championship Grafton						
23	24	25	26	27	28	29
				Australian Coastal Champs	Australian Coastal Champs	Australian Coastal Champs
30	31					
Australian Coastal Champs						

## August

12th August 2023 - Hyne Timber Bridge 2 Bridge (on tour in Bundaberg)

17th August – MRC AGM - 6pm at the boat shed with dinner to follow

27th August - Three Rivers Mini Marathon, Telegraph Point

**If you have any items that you would like to include in the next Ramblings, please email to [MCRamblings@gmail.com](mailto:MCRamblings@gmail.com) by 20<sup>th</sup> of the month.**