



BMRC Newsletter – May 2022

And now it is a bit chilly out on the water! Please take care in the wintry conditions - when the pontoons may be icy, the light is poor, or there is fog about. And please continue to report 'on-water incidents', using the form on the Rowing ACT website. We can't try to make rowing safer without incident reports.

From the President

Welcome to the May newsletter. Competition has been the focus of the club over the past month, with pushes to both the Victorian Masters at Nagambie, and the Australian Masters at Ballarat. Of course a trip away to a regatta does not happen by itself - a big thank you to Ian Mongan and Jenny Simmons for all the arrangements in support of the regattas, and Jane Robinson for managing the complex process of entries. Congratulations to all the club members that raced at the regattas. It was great to see club members bringing home a fair smattering of medals. I would particularly like to acknowledge Ian Mongan and Jeff Howell from BMRC who combined with Mark Partridge and Seb Lang, to represent the ACT in the interstate quad at the Australian Masters, and picked up a bronze medal!

Committee Members recently met with John and Jeanette Gasson on the Big Red Shed. We very much appreciate John and Jeanette's ongoing commitment to the project, and we are currently awaiting the allocation of the Crown lease for the planned site on Black Mountain Peninsula. The granting of the lease will facilitate a number of follow on approvals. Hopefully we will have more news shortly.

Save the Date! Always a highlight of the BMR year - planning is currently underway for the Annual Dinner to be held on Friday 1 July. Please save the date - more details to come.

See you around the shed

Leigh

Main points from Committee Meeting – May

- The BMRC Annual Dinner will be held on 1 July 2022 at the Duxton in O'Connor. You should have received a 'save the date' email from Mary Bonney, and there will be information about making bookings and other contributions soon. Huge thanks to Mary B and her team for working to organise the dinner. If you would like to be involved in the organising team, please let Mary or a committee member know.
- There (still ☹) continues to be one or more (live and furry) rodents lurking in the shed, cuddling up out of the cold and eating any food left there. Please don't leave snacks or

bedding (like abandoned items of clothing) for the rodents! Eradication efforts will continue.

- There have been some changes to the membership and makeup of the Rowing ACT Board. Alison Creagh has resigned as President after she was appointed to the Board of Rowing Australia. Kent Peters will act as interim President of the RACT Board until the next RACT AGM, while Alison Chin will carry out the Finance Director role and Tobias Wehr-Candler is acting as Vice President of RACT. BMRC member Luke Letcher continues to be a member of the RACT Board.
- Plans are well advanced for the supply of some new club kit – a club cycling jersey (which will be also good to row in - with those handy pockets on the back!), cycling shorts and a splash vest. There are details about the cycling gear below – we will need to get order numbers to finalise the pricing. More information about orders for the splash vest are coming soon. Thanks to Alvar Closas and Pam Nash for their diligent work in finding suppliers and getting designs agreed.
- There are also beautiful warm pogies (wind shields for your hands and oar handles) for sale at the club, courtesy of Mary Bonney's sewing skills. Just what you need to keep your hands working well while out on the water in cold weather! Proceeds from the sale of these pogies will go to support the rowing fraternity in Murwillumbah, who have lost so much of their rowing gear in the recent floods.

From the Captains

Our competitive rowers have been busy in the last few weeks.

On 7 and 8 May a group of about 30 rowers travelled to Nagambie Lakes to compete in the Victorian Masters Championships. Competition was fierce – as were the head winds on the course! The group had a great weekend with some good results right across all the age categories and classes of boats. BMRC crews won 8 events, with 10 minor placings.

From 19 to 22 May a group of about 20 rowers travelled to Lake Wendouree at Ballarat for the Australian Masters Rowing Championships. In sometimes challenging, and other times perfect conditions, BMRC members competed in 38 events and brought home 22 medals. Particularly noteworthy was the efforts of BMRC member Ute Wegener who picked up three silver medals and a bronze racing with a number of composite crews. Well done Ute!

The club now has an additional 100kg single scull, kindly given to the club by our late member Rodney Palmer. The boat is a red dot boat.

Safety Reminder

With the weather and the water both turning colder, it's time to remind BMRC members of their responsibilities when it comes to safety this winter.

To have become members of BMRC we are all required to have read and comply with the safety procedures set out in detail on the club website.

There are a few points to note: -

- In the colder months 'four oars on the water' is a sensible choice and is strongly recommended. In other words, avoid going out alone in a single scull whenever possible.
- Be sure to have a plan for capsize in cold water (whether in a single or any other class of boat). Can you get back in your boat, or can you get your boat to land quickly? This is why being on the water alone (especially in the dark) can be so problematic.
- Fog can close in and change while you are on the water. If you can't see Kurrajong Point from the pontoons (across the water from the shed) then don't go out on the water. However, if fog comes in while you are on the water, you should make your way back to the shed straight away, carefully and safely.
 - Most long-term Lake Burley Griffin rowers have tales of being caught out in the fog with near zero visibility. It is not fun and not worth the risk of accident. There are always cross training alternatives in foggy weather (eg using the ergs, run or walk up Black Mountain, or, go for coffee!)
- The club has rechargeable lights available for the use of members. Lights (bow and stern) are a BMRC requirement if rowing before sunrise. Please return the lights to the charging point after use.
- Rowing in strong winds or heavy driving rain is highly discouraged, especially for smaller boats. Do not row if lightening is around or forecast at the time of your row.
 - As someone who has been caught out in a violent storm, I can assure you it is absolutely terrifying to be in the middle of a waterway with lightning destroying trees on the bank a few metres away.
- Lastly, do not do 'racing pieces' near the pontoons. Speed work in training should be completed at least 150m away from the pontoons (eg before the boat launching ramp if coming from the direction of Yarralumla.) Within 150m of the pontoon, you should be checking for other boats and preparing to land.

Rug up and happy winter rowing,
Dave Nash, Club Safety Officer

Winter Time Trials

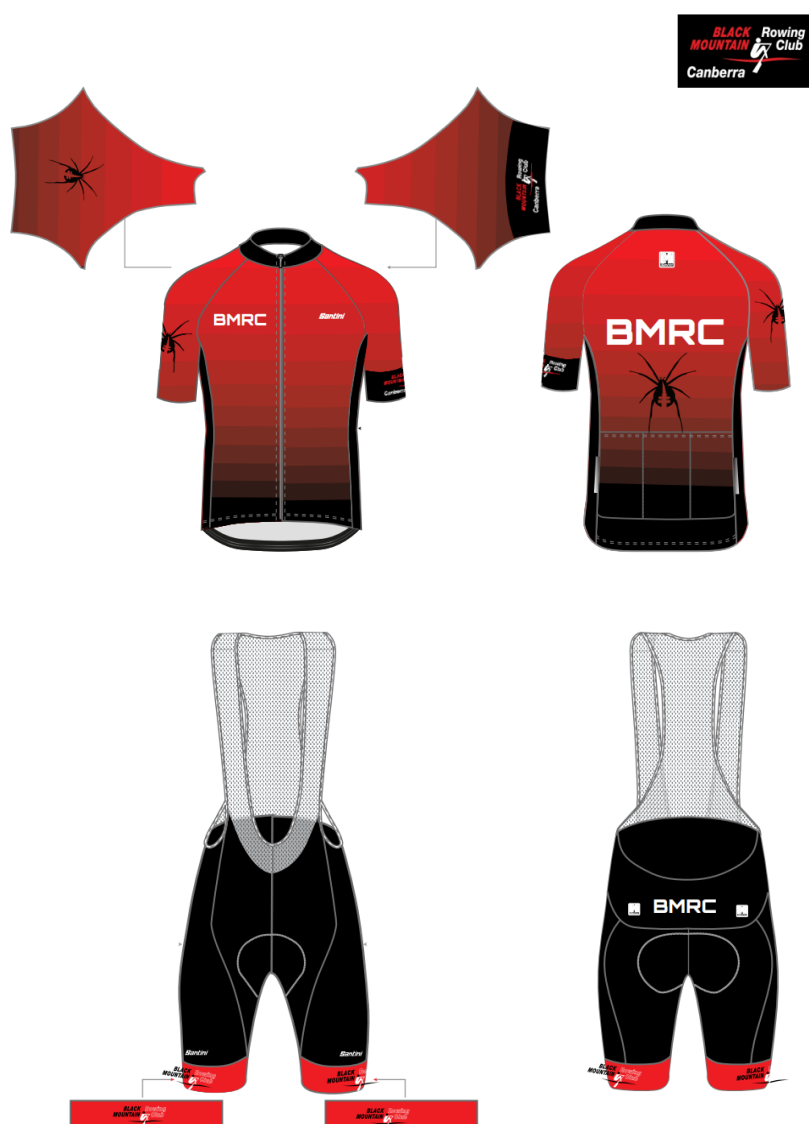
The next WTT is on 18-19 June. If you would like to have a go in a big boat in the next WTT but don't have an established crew, or you are willing to fill a seat in a June WTT crew, send an email to the club President or Secretary. Our Rowing RSVP team will try to make some matches ☐.

The first winter time trials was held on 14 and 15 May, with BMRC having a good representation of entries for both days. Unfortunately, the small boats could not compete on the Saturday due to debris on the course. BMRC had 9 crews on the water in big boats for the Sunday time trial, with the club producing the fastest Mixed 2X and fastest Mens 4X on the day. Well done to all crews, particularly those who rowed in the time trial for the first time.

BMRC Cycling Gear

New Black Mountain cycling kit to order

Black Mountain Rowing Club has its own official cycling kit! Made with premium cycling fabrics, Santini (official pro supplier) has designed for us an outstanding piece of kit. Approved by the club committee, we have a club design for a cycling jersey, bib shorts and shorts (which will be the same design as the bib shorts without the bib). Indicative prices are around \$90 for the jersey and \$117 for the bib shorts (depending on numbers).



Designed by Suzanne

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Please follow the [link to indicate your interest](#) (no need for sizes yet). You can also email me separately alvarclosas@gmail.com. Once we have a better idea on numbers, Santini has a portal we can all use to place our orders individually.

New members

Two new members, with connections to ANU, have recently joined the club. Jerushah 'JJ' Bull has transferred to BMRC from ANU, and Chris Bolwer, a graduate of ANU learn to row, has recently come across to BMRC following a period rowing with Canberra Rowing Club.

Welcome to JJ and Chris - our recent new members.

Upcoming Events 2022

June

18/19 June 2nd 2022 ACT Winter Time Trials

July

1 July BMRC Annual Dinner

9-10 July 3rd 2022 ACT Winter Time Trials

From the Editor

Newsletters are published roughly once per month after club committee meetings. Short articles or photos about club life are always welcome for inclusion. Please contact me on 0417668916 if you would like to send in a contribution. Regards, Leslee