



JOURNAL OF THE
THAMES ROWING
CLUB

1957

THAMES ROWING CLUB

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MEMBERSHIP

Life	126
Full	145
House	133
University	62
Overseas	86
Country	129
Cadet	33
School	132
Service	42
Temporary	2
Unclassified	24
Total	<u>914</u>

STAFF

Boatman:

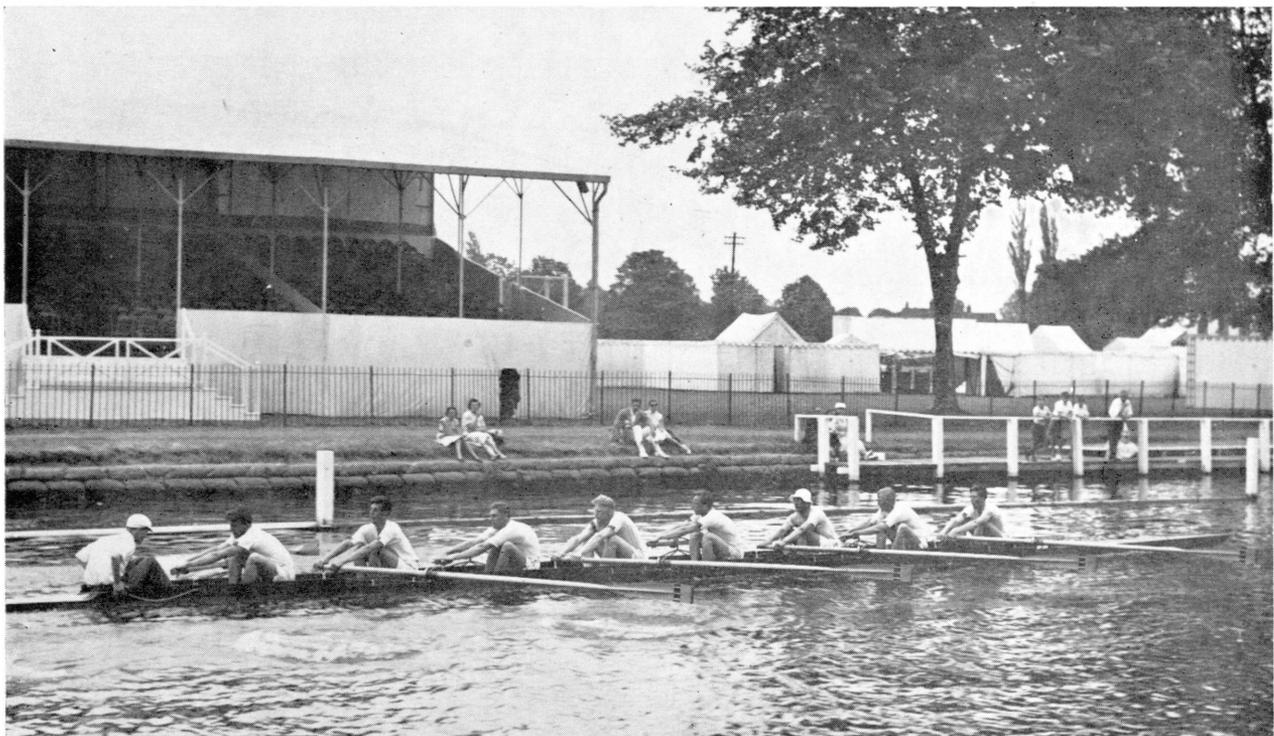
R. W. PHELPS

Assistant Boatman:

M. MEEKS

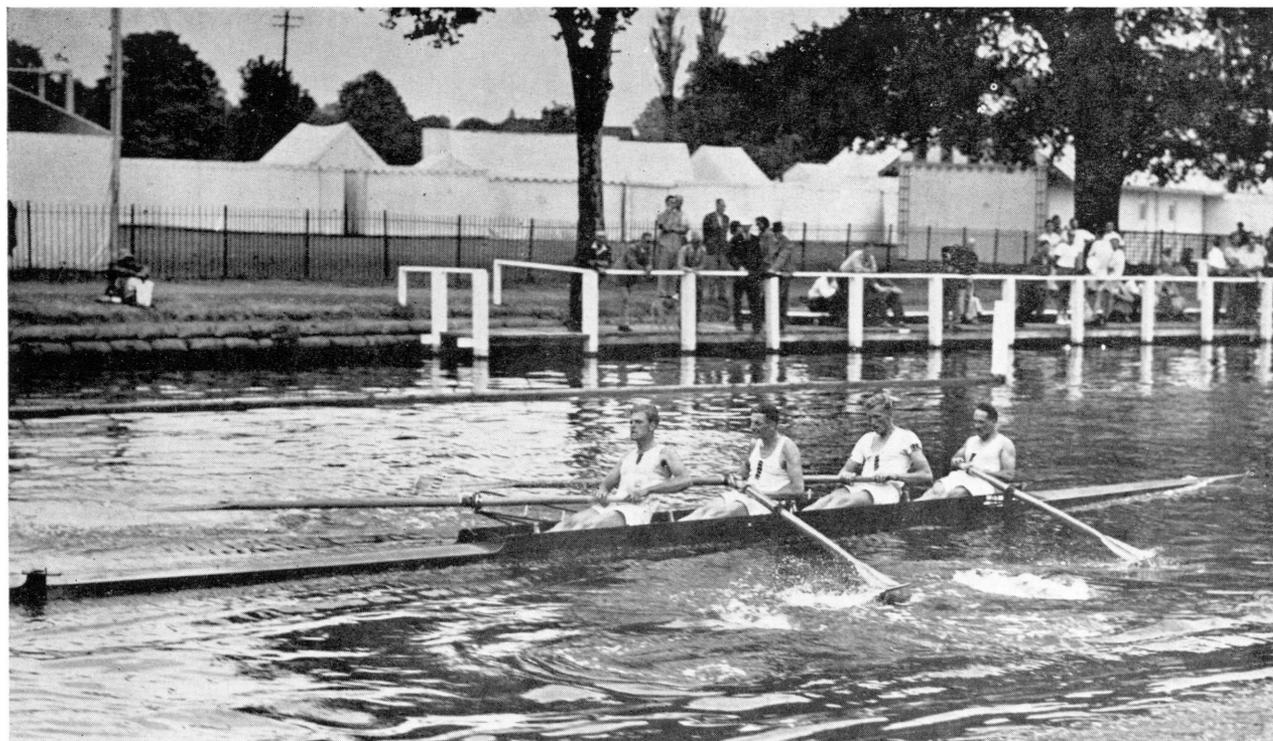
Stewards:

MR. AND MRS. E. E. HARVEY



THE 1st VIII AT HENLEY

*R. L. Penney (cox); J. Wilson (stroke); W. M. Nisbet; D. S. S. Elliot; D. H. McLellan; B. S. Tanner; A. C. Hancox;
J. F. C. Badcock; W. J. Griffith (bow).*



THE 1st IV AT HENLEY

A. R. Watson (stroke); D. R. Mount; J. N. Gladstone; G. S. Dear (bow, steers).



JUNIOR VIII

*J. C. Kalisch ; A. Mark ; D. P. Wainman ; K. A. Williams (Capt.) ; D. King ; G. I. Blanchard ; C. Vlieger.
P. J. Brown ; J. H. Hatcher ; H. M. Lane (Coach) ; T. M. Jonas ; D. P. Widdowson.*

CONTENTS

	<i>page</i>
OFFICERS	<i>Inside front cover</i>
EDITORIAL	2
CAPTAIN'S REPORT	3
THE CLUB DINNER	4
THE A.R.A. COACHING WEEK-END	4
HENLEY QUIZ	4
ON ROWING WITH A CANADIAN ACCENT	5
PROLOGUE TO THE REGATTA SEASON	7
THE SEASON'S ROWING — RACES AND REGATTAS 1957	8
HENLEY ROYAL REGATTA	10
THE GRAND EIGHT	11
JUNIOR ROWING	15
CIRCUIT TRAINING	17
THE TIDEWAY TRUST	18
BOOK REVIEWS	18
HISTORY OF THE THAMES ROWING CLUB	19
ANSWERS TO CORRESPONDENTS	20
ANSWERS TO QUIZ	20
OBITUARY	20

CALENDAR

1958

MARCH 29TH	HEAD OF THE RIVER RACE
APRIL 5TH	OXFORD AND CAMBRIDGE BOAT RACE
JULY 2ND — 5TH	HENLEY ROYAL REGATTA
JULY 18TH — 26TH	EMPIRE GAMES (LAKE PADARN, NORTH WALES)

THAMES ROWING CLUB

EDITORIAL

. in Corpore Sano

We are informed that a preliminary requirement of the Russian would-be wetbob is that he graduates in a course of gymnastics, light weight-lifting and running before he gets into a boat. He is medically examined, and, if passed as fit, is introduced to the river via tank, fixed seat, sliding seat and finally into the boat.

The new English method, prompted by setbacks in the international rowing sphere, is based on a more scientific out-of-boat training as a preliminary to the hard test of racing. The long plodding sessions on the tank have gone. In their place is a system designed to achieve the stamina and strength requisite for success, using a fresh and stimulating routine. Mr. Landon Courtney, who has been in charge of this phase of the winter training has kindly contributed an interesting article for the benefit of those who want to know — ‘What is Circuit Training?’.

Fathers and Sons

Congratulations to Sulley (Cambridge) and Badcock (Oxford) on their pre-natal perspicacity in picking Arthur and Felix as their respective fathers. It must have helped — more than somewhat.

Empire Games

With the accent on the Empire Games at Lake Padarn in July, an added interest in the coming season is apparent. After the Games a reception-cum-cocktail soiree will be held at the Club for the overseas competitors; John MacMillan is Chairman of the committee arranging this and will make a further announcement in due course.

The Rowing Heart

Many years ago a (now) venerable and (then) young member of Thames — he was only fifty years old at the time—was told by his medico, with the appropriate grave mien and hushed tone, that he had an enlarged heart.

Judge of his discomfiture when the Thames man exploded at him ‘Of course, I have, you damn fool. How could I row like this otherwise!’

Moral — row with all your heart — and live to be ninety, or a hundred years young.

CAPTAIN'S REPORT

FIVE years ago, after the journal had been published four times, a change took place in editorial policy and the current Captain, not the past Captain, wrote the report on the year under review. In this, the tenth issue of the journal—and many congratulations to Roy Swatton and Bill Williams for having been most successfully associated with it for all of that time—the current Captain would like to steal some thunder by talking about the future as well as dwelling on the past.

But a few words on 1957. A full account of the year's racing appears in the following pages; in Bill Williams' year of Captaincy, one full of administrative headaches on account of the unavoidable resignation of Bernard Ramm and later of David McLellan as Secretaries, and in a year when nearly all the executive officers rowed, much that was solid and good was achieved. The junior end of the club flourished and the first eight was an incredibly happy one. It was not only happy, but by normal standards successful. It won the Grand at Reading, at Marlow and at the Metropolitan Regatta, when it was disbanded. It won the 2000m. and 500m. races at Ostend. Most importantly it won the International Trials for the European Championships and so showed once again that Thames year after year can produce the fastest crew in the country. That it was not selected to represent Great Britain at Duisberg was on account, presumably, of the conviction of the selectors that the standard of English Grand rowing in 1957 was not good enough, not up to the brilliant year that it was, and also, one suspects, as a result of remembering our race against the Russians.

All questions of the tactics of that race apart, we were in any case outclassed. For those who may forget, we saw three, not two great Eights at Henley, and it was against the Russians that Cornell lowered the record by eight seconds. The Russians were a length behind at the finish. If one wishes to speak relatively, they were, therefore, nearly two lengths faster over the Henley course than the previous record holders, the marvellous Leander crew of 1952.

British rowing was, in 1957, made to look very poor. Now, in 1958, the situation before us is simply this: that we shall continue to be made to look poor in the international field until what we do in preparation for our races approximates to what the best of the rest are doing. The facts are quite simple. We have forgotten how to row, how to work and how to train, properly. We have, first of all, to re-learn the best of English rowing, admitting that the pace we would achieve by the methods we know would not today be good enough (however unpalatable,

that is true), recognise that we must then add to what we have re-learned the better qualities of today's successful international rowing; then to work as our top class athletes work; and finally to realise that if we want to win we do not drink, we do not smoke, we eat, very well, and we go to bed early, to sleep.

Such are the inescapable facts. And so, this year, what is the club doing so that we shall have a chance of winning? In this order of importance: we are trying to endue every oarsman with the conviction that he must win, that if he has no chance of winning it is better not to compete: the appearance of the rowing has taken on certain transatlantic characteristics, though in reality, what we are doing stems from Berry's notes; we have made certain adjustments to the equipment. So much. But the present administration is convinced that much more than alterations to boats and oars or in a method of rowing, will a schedule of training, the work of the oarsman, how it is organised and performed, produce results.

We have tried, and are still trying, to select the crews on the Keniston principle (see his article in the journal for 1952 'Why don't we win?'). The people who produce evidence of boat propelling ability stay at the top. There can be no other criterion. Work in the boat has been stepped up in duration and intensity (the second outing of the season for the top three boats was to Eel Pie Island; in every outing there is some rowing and racing). Work out of the boat has as its keynote circuit training, supervised by Landon Courtenay. He writes on page . . . What he is doing for us is an important part of the plan to toughen, to make us into athletes. When, soon now, the evenings draw out, and we are able to train almost wholly in the boat, the training will continue to run along the lines of athletics practice. How does a world miler produce his performances? To do so an athlete has been known in practice to run sixteen successive quarter miles, with a rest of a minute between each. The Leander pair last year rowed a 2000m. course each day. These are facts, and because of them we must examine our traditional way of 'bringing a crew on.' Would it be good enough? What is certain is that the fatigue barrier must be pushed further away each outing by rowing through it. It is now known that there is much more ability in the human frame to withstand continued pressure than was thought hitherto.

The oarsmen have made a good start this year. There is no lack of enthusiasm, in fact there is evidence that the physical and mental concentration and personal sacrifice that will be necessary

for success are already being shown. We look forward.

Once more to turn to the past year, the club would like to thank all those who have given help in any way. We congratulate Dick Phelps on his sixtieth birthday. Long may he be with us, as may our new Steward and his wife, Mr. and Mrs. Harvey and their admirable helper, Miss Gregory, whom we welcome. Thanks to all our coaches and administrators and all who have wished the club well.

Berry is 90 this year. Let us try to make 1958 memorable for him.

THE CLUB DINNER

The Annual Dinner was held on Friday, 6th December, in the Orchid Room of the Dorchester Hotel. The Club had the pleasure of the presence of Arthur Sulley in the Chair and Mr. K. S. Duncan, M.B.E., of the British Olympic Association, as principal guest.

The toast, 'The Club,' was proposed by Dr. W. G. R. M. Laurie, the well-known Cambridge Blue and Olympic gold medallist, and the Captain, A. C. Hancox, responded.

The health of the guests was proposed by the Deputy Captain, David R. Glynne-Jones, and Sandy Duncan made some kind remarks about the record of the Club in reply.

The health of the Chairman was then proposed by Jack Beresford and Arthur Sulley thanked the Club for a very happy evening, after he had

discussed the previous season's rowing.

The usual pilgrimage to the clubhouse took place at the close of the evening and several potions were taken to keep out the chill air before proceeding homewards.

THE A.R.A. COACHING WEEK-END

The Captain and three senior coaches enjoyed a pleasant and instructive week-end at Leander Club on 22nd February.

The A.R.A. programme included instruction to coaches on tubbing, a trip following the Oxford crew at Wallingford on Saturday afternoon, with a very interesting film show after tea.

On the Sunday morning several crews tried the Yale boat and the proceedings terminated by talks by Jack Beresford and Dr. Owen on out-of-the boat training methods and fitness generally.

Thames would like to join the numerous other clubs who sent representatives to the several week-ends and were unanimous in expressing appreciation of the scheme. We understand that it is hoped that further courses on similar lines can be arranged next season.

It was an imaginative programme with the response to which Gully Nickalls, Derek Mays-Smith and their band of stalwart mentors should be well pleased.

HENLEY QUIZ (pre-1957 Regatta)

(Try these on the omniscient bar-limpets — they should produce several glasses of refreshment on wagers)

1. What was the original trophy for the Diamond Sculls?
2. Who was the first Royal Patron of the Regatta?
3. Which foreign country has taken the Grand Challenge Cup abroad the more times America or Belgium? (be careful!)
4. What were the Silver Wherries?
5. Which open event has been won by a foreign crew once only.
6. In the Double Sculling Race instituted in 1939 to mark the Centenary Regatta the Italian Champions of Europe, Scherli and Broschi dead-heated with an English crew. Who were the English scullers?

Answers at end of Journal — we hope.

The Thelma

The 'Thelma' is now in full commission for coach outings.

Why not enjoy an interesting evening trip followed by dinner at the Club ?

You can tear up the rowing styles over the port — and feel twenty years younger (until the morning after)

ALL MEMBERS AND THEIR FRIENDS VERY WELCOME



On Rowing with a Canadian accent

By GEOFFREY PAGE

In the Olympic Games of 1956 four novices from the University of British Columbia won the Coxswainless Fours in such a convincing manner that Frank Read, their coach, was able to say on their return to Canada: 'We don't know how fast they really are because they have never been pressed!' This was, of course, a phenomenal achievement, for not one of the four had touched an oar before that season, and their success tended at the time to obscure the fact that the eight from the same University very nearly deprived the Americans of their outstanding record of winning the Olympic Eights every time they have entered. As it was, U.B.C. beat Yale in a heat and were a close second in the final.

That the U.B.C. crews did so well in Australia did not come as a complete surprise to English oarsmen, for in 1955 they had come near to winning the Grand and in 1954 they beat the Thames Grand Eight to win the Empire Games, but before then nothing had been heard of them. In fact until the Empire Games Trials they had achieved very little in the few years of their existence, and the meteoric climb to fame of the inexperienced members of this small boat club has become one of the extraordinary success stories of rowing.

Not unnaturally, a great deal of interest has been aroused by these U.B.C. crews and when, early in 1956, I was offered the chance of a year in Vancouver, ostensibly to teach art in an enormous factory of 2,000 teenagers, the Technical High School, it did not entirely escape my mind that this opportunity of watching the U.B.C. crews training in their own camp might prove to be both an interesting and instructive experience, and so it was.

U.B.C. row from Vancouver Rowing Club, in whose colours they rowed at Henley. The boathouse is a ramshackle wooden building at the entrance to Stanley Park, a pleasant, wooded peninsula which incidentally contains one of the most beautiful cricket grounds in the world. Although the University have rowed for only a few years Vancouver R.C. dates back to the 80's or earlier, from the days when Vancouver existed under the unedifying name of Gas

Town and consisted mainly of a few trading posts and a booming logging industry. In those days Skid Road was not the dockside haunt of dope addicts and hopeless alcoholics but where the logs were skidded down to the water from the hills, and rowing in the five mile inlet between the wooded banks, dominated by the magnificent mountains on the North Shore must have been very pleasant indeed.

Alas, although the mountains remain as a breathtaking backdrop to the harbour, the trees are mostly gone to be replaced by a rapidly expanding city of tall buildings and modern apartment blocks. The Rowing Club is hemmed in by yachts and houseboats and motor cruisers and the first half of the 2,000 metre course is churned up by every conceivable type of craft from busy ferries to large liners from Australia and New Zealand. A racing shell never feels so small or fragile as it does when 28,000 tons are moving slowly astern towards you, with large screws thrashing ominously in the water. That is one occasion when oar gives way to steam!

Some of the timber floating in the Burrard Inlet makes the larger lumps of wood on the Putney Tideway look like matchsticks and damage to boats and oars is frequent, and in addition to these other hazards the water can get really nasty at times. Later on during my stay in Vancouver I was talked into doing some rowing but quickly regretted my foolhardiness when I found myself swimming over a mile from home, the boat having taken a few waves green and submerging like a submarine within a minute of starting to row the course. Fortunately this did not happen every outing but I soon discovered that the chances of getting back to the boathouse dry were remote.

But if we weren't dry, the boathouse was. There is no bar to revive the weary or encourage the older members to come down. As a result there is little club spirit and little support for rowing. With practically no social side, except on Regatta days and the occasional dance, it is a surprise to me that rowing continues at all. Nevertheless, rowing in Vancouver still has its moments. It is not all slog and a battle against

the elements. On a clear sunny day, with the fresh snow startlingly white on the mountains, the new buildings take on a certain splendour and the water a calm which reflects the glistening and glimmering of the numberless yachts which line the course, and the oarsman is rewarded by one of those all too rare moments of exhilaration. But splendid as this is I used to yearn for Putney on a crisp Autumn morning, with its fleet of crews rowing up and down from P. to M. In Vancouver one is starved of other crews, the "local" rivals being 140 miles away in Seattle.

When I arrived in Vancouver at the beginning of August, 1956, the U.B.C. crews were in hot pursuit of Olympic medals. I quickly got in touch with Frank Read and was delighted to meet again some old friends from the Vedder Canel and Henley: Laurie West, Phil Kneber (of Weetabix fame, as our Henley party of 1955 will no doubt remember!) Doug Macdonald, Bob Wilson and Glen Smith. Except for Glen, they were all still rowing in the eight.

I went out a number of times on the launch with Frank and made a lot of notes and talked with Frank and others about the crews, but to analyse the success of the crews is not quite as easy as it might at first seem. It is easier to list the things which did not make them go fast. For instance, they did not have a huge squad from which to pick their eight and four. In Vancouver there is little to tempt a University Freshman to row. Rowing has not the prestige of Canadian Football or Basketball and it is a long journey from the University campus to Stanley Park and there are many other interests to tempt one away from the self denial and rigid discipline on which Frank insists. Rowing is tough and often unpleasant and in a community used to central heating, sailing, ski-ing, large cars, television and other creature comforts it is small wonder that in August 1956 the U.B.C. squad consisted of the eight, the four (originally the spare men for the eight) a sculler and one other member who had appendicitis. In fact, to find a spare man of sufficient calibre for the Olympics, Frank had to persuade Glen Smith, stroke from 1953 to 1955, to come out of retirement.

From this it is obvious that choice of material was not one of the factors in the crews' successes. On the other hand, there were no passengers. Those who do row for U.B.C. are dedicated men, and behind it all is the terrific enthusiasm and complete devotion of the architect of all the successes — Frank Read.

To U.B.C., Frank is a demigod. He is to U.B.C. what Steve was to Jesus, and the comparison is a just one. Frank and Steve have much in common, not least in their insistence on hard work and real fitness as the basis of fast crews. And like Steve, Frank's word is law, and herein probably lies one of the real causes of Frank's success, for any coach who can break down the

resistance, conscious or subconscious, in the minds of the men he is going to coach will have success, no matter what methods or style he may adopt, providing he is a reasonable judge of rowing.

In this respect it is worth noting that, as far as I know, Frank has taught all his men to row himself, and his assistant coach, John Warren, is a former U.B.C. oarsman. A novice has no preconceived ideas on rowing, whereas the more a man rows the more difficult it is to get him to do unreservedly what he is asked to do. It is therefore a great asset for a coach, if he has any experienced men, to have coached them from the novice stage. This is the advantage enjoyed by American Universities and Schools in this country as well as by U.B.C., for the number of Freshmen with rowing experience entering an American University is small, and in fact experience is considered detrimental by the coaches. At U.B.C., a Freshman with any experience is unheard of.

But while inexperience has its advantages it also presents other difficulties, and Frank says that one of his big problems is teaching a fairly immature boy to row himself out. Often a young beginner has no idea of the reserves of energy he possesses, and lack of self-discipline often results in his inability to row himself right out every outing. Of course, this is by no means confined to novices, but experience in this respect is very necessary. Frank solves the problem by almost blasting his crews off the water from the launch if he suspects they are holding back and by flogging the crew verbally he hopes he is developing the mental toughness necessary to develop the stamina and physical toughness of his charges. It is here that his good experienced men have proved a great help, for although the four were novices they were always chased over the course every outing by the Eight, which contained three men who had won the Empire Games and who knew what hard rowing means. These three had themselves been novices in 1954 but had been stroked by an experienced stroke. This continuity is important in a place where there simply is no opposition and it is significant that the U.B.C. Eight of 1957 was a failure, for it contained only one experienced man and had no opposition in practice at all. But then Frank had retired from the coaching scene for a short rest so the issue is confused. However, to stimulate opposition before the Olympics Frank often put the eight out in fours and raced all three fours together, as well as bringing up crews from Seattle now and then.

This is all very well, but what were the specific reasons for the success of the U.B.C. crews, and what can we learn from them? Well, there are no secrets about rowing. The fast crews are

those that ally sound technique (which merely means timing, good bladework and rhythm) to hard physical fitness, and the fastest crews are the most dedicated and the most fanatical. Frank's ideas on technique owe something to Steve and a great deal to George Pocock. Basically, he coaches what we call the American style, which, of course, does not exist in reality, but Frank's version is extraordinarily effective. He spends the winter months on basic coaching and the rest of the season instilling a fanatical racing spirit in his crews. They race to win and

they have yet to meet a crew fitter than themselves. Can we say the same ourselves? There is nothing new about the methods employed by U.B.C. But they don't talk about their rowing very much and seldom discuss technique. They get in the boat and row hard every outing. They are very tired when they get out of the boat. They row to win rather than for pleasure, but there is a great deal of pleasure to be had out of rowing in a crew which you are convinced is going to win. I think we have a lot to learn from U.B.C.

PROLOGUE TO THE REGATTA SEASON

READING HEAD OF THE RIVER RACE

16th March

First Eight: G. S. Dear (bow); W. M. Nisbet; A. S. J. Fingland; J. F. C. Badcock; W. J. Griffith; B. S. Tanner; A. C. Hancox; R. Neale (stroke); R. L. Penney (cox).

Started 1st, finished 5th; 14 min. 58 sec.

Second Eight: R. C. Bray (bow); M. J. Long; P. J. Brown; C. J. Nash; R. F. Clipson; C. P. Baker; D. R. Mount; D. S. S. Elliot (stroke); R. W. Morris (cox).

Started 16th, finished 17th; 15 min. 19 sec.

Third Eight: E. R. G. Shelswell-White (bow); A. Birkett; A. G. Duckett; W. S. L. Woolley; P. J. E. Dowden-Parker; A. Hawes; A. E. Gros; L. E. Stevens (stroke); J. T. Shaw (cox).

Started 26th, finished 26th; 15 min. 32 sec.

Fourth Eight (Juniors in clinker): D. Widdowson (bow); C. Vlieger; G. I. Blanchard; A. Marx; G. R. Fox; P. Doyle; D. P. Wainman; T. M. Jonas (stroke); J. W. Hatcher (cox).

Started 83rd, finished 46th; 16 min. 0 sec.

HEAD OF THE RIVER RACE

23rd March

First Eight: G. S. Dear (bow); W. M. Nisbet; A. S. J. Fingland; J. F. C. Badcock; W. J. Griffith; B. S. Tanner; A. C. Hancox; R. Neale (stroke); R. L. Penney (cox).

Started 1st, finished 7th; 19 min. 42 sec.

Second Eight: R. C. Bray (bow); M. J. Long; P. J. Brown; C. J. Nash; R. F. Clipson; C. P. Baker; D. R. Mount; D. S. S. Elliot (stroke); R. W. Morris (cox).

Started 3rd, finished 26th; 20 min. 17 sec.

Third Eight: A. E. Gros (bow); L. E. Stevens; A. G. Duckett; W. S. L. Woolley; P. J. E. Dowden-Parker; P. Birkett; E. R. G. Shelswell-White; A. Hawes; (stroke); J. T. Shaw (cox).

Started 17th, finished 32nd; 20 min. 26 sec.

Fourth Eight: C. E. Harrison (bow); J. R. Cooper; D. Scott-Kennedy; S. Gladstone; I. F. H. Davison; D. H. Drury; H. L. Davy; D. C. Morton (stroke); D. A. Cook (cox).

Started 18th, finished 93rd; 21 min. 5 sec.

Fifth Eight: J. A. Wilmot (bow); J. Pope; A. Blacker; A. R. Reddin; R. A. F. Macmillan; H. G. V. Denning; F. C. Plumer; P. B. Rooksby (stroke); D. R. Glynne-Jones (cox).

Started 31st, finished 40th; 20 min. 33 sec.

Sixth Eight: J. Ruggles (bow); P. J. McKinley; R. Smart; I. G. Telfer; R. A. J. Southgate; D. Sorrell; H. C. Cameron; A. B. Martin (stroke); P. Lloyd-Williams (cox).

Started 39th, finished 108th; 21 min. 9 sec.

Seventh Eight (Juniors in clinker boat): D. Widdowson (bow); C. Vlieger; G. I. Blanchard; A. Marx; G. R. Fox; P. Doyle; D. P. Wainman; T. M. Jonas (stroke); J. W. Hatcher (cox).

Started 49th, finished 87th; 21 min. 0 sec.

Eighth Eight: S. P. D. Clough (bow); I. Niven; J. Bigland; J. A. Brookes; A. Hutchinson-Russell; R. Bigland; M. Rayner (stroke); I. K. Christmas (cox).

Started 74th, finished 252th; 23 min. 5 sec.

Ninth Eight: A. G. Thoday (bow); M. Barton; J. H. M. Ward; A. M. St. L. Ramsay-Murray; M. J. Segal; M. R. Phelps; R. S. Hollom; E. F. Bigland (stroke); J. Shepherd (cox).

Started 104th, finished 202nd; 22 min. 0 sec.

Tenth Eight: T. A. Foy (bow); J. R. M. Parker; J. C. Kalisch; F. B. Harding; J. F. Pearce; P. R. Rumney; S. W. Hunt; J. L. Cooke (stroke); C. M. Barling (cox).

Started 158th, finished 232nd; 22 min. 25 sec.

SCULLERS' HEAD OF THE RIVER RACE

13th April

D. R. Mount, started 20th, finished 16th; 22 min. 45 sec.
A. Hawes, started 27th, finished 32nd; 23 min. 8 sec.
A. M. Provan, started 34th, finished 35th; 23 min. 9 sec.
H. G. V. Denning, started 80th, finished 37th; 23 min. 13 sec.
D. H. Drury, started 66th, finished 49th; 23 min. 29 sec.

F. C. Plumer, started 17th, finished 51st; 23 min. 31 sec.
A. G. Sheil, started 61st, finished 51st; 23 min. 31 sec.
J. R. Cooper, started 78th, finished 72nd; 24 min. 12 sec.
F. P. Rumney, started 51st, finished 75th; 24 min. 20 sec.
M. Fowler, started 85th, finished 98th; 25 min. 34 sec.
*R. C. Bray, started 50th, finished 103rd; 26 min. 22 sec.

**Sculled in rum-tum.*

THE SEASON'S ROWING

Races and Regattas 1957

HAMMERSMITH REGATTA

4th May

Marshall Hays Challenge Cup (Maiden Eights)

D. P. Wainman (bow); J. C. Kalisch; G. I. Blanchard; C. Vlieger; D. King; A. Marx; P. J. Brown; T. M. Jonas (stroke); J. W. Hatcher (cox).

Heat 1: T.R.C., 1; Blackfriars R.C., 2. 2 lengths.

Final: T.R.C., 1; Parkside R.C., 2; Hampshire House R.C., 3. 2 lengths; 4 min. 13 sec.

Junior Sculls

D. H. Drury; F. P. Rumney.

Heat 2: L. G. Cole, 1; F. P. Rumney, 2.

Heat 3: D. H. Drury, 1; G. Colgan, 2; D. Long 3. 4 lengths.

Semi-Final: J. Spencer, 1; D. H. Drury, 3. 3 feet.

PUTNEY REGATTA

11th May

Reeve Challenge Cup (Junior-Senior Eights)

C. E. Harrison (bow); A. J. McN. Walter; D. H. Drury; P. C. Birkett; J. D. B. Fuller; J. R. Cooper; H. L. Davy; L. E. Stevens (stroke); D. A. Cook (cox).

Race 5: Quintin B.C., 1; Chiswick Grammar School B.C., 2; T.R.C., 3. ½ length.

Junior Sculls

F. P. Rumney.

Race 2: Rumney, 1; Dennett, 2. 1½ lengths.

Final: Arnes, 1; Rumney, 2. 2 lengths.

VESTA DASHES

14th & 15th May

Quintin Challenge Cup (Senior Eights)

W. J. Griffith (bow); J. F. C. Badcock; A. C. Hancox; B. S. Tanner; D. H. McLellan; D. S. S. Elliot; W. M. Nisbet; I. Wilson (stroke); R. L. Penney (cox).

Heat 4: T.R.C., 1; Crowland R.C., 2. Canvas; 1 min. 10 sec.

Semi-Final: London R.C. 'B', 1; T.R.C., 2. 3 feet; 1 min. 11 sec.

Fitte Challenge Cup (Senior Fours)

G. S. Dear (bow, steers); K. S. Cross; D. R. Mount; A. R. Watson (stroke).

Heat 1: Imperial College B.C., 1; T.R.C., 2; Vesta R.C., 3. 3 feet.

Tweddell Trophy (Junior-Senior Eights)

J. R. M. Parker (bow); A. J. McN. Walter; C. E. Harrison; P. C. Birkett; J. D. B. Fuller; J. R. Cooper; H. L. Davy; L. E. Stevens (stroke); D. A. Cook (cox).

Heat 2: Westminster School B.C., 1; T.R.C., 2. 3 feet; 1 min. 15 sec.

Junior Sculls

F. P. Rumney.

Heat 1: Hay-Davison, 1; Macfarlane, 2; Rumney, 3.

THAMES DITTON REGATTA

May 18th

Sawtell Cup (Junior Clinker Eights)

D. P. Wainman (bow); J. C. Kalisch; G. I. Blanchard; C. Vlieger; D. King; A. Marx; P. J. Brown; T. M. Jonas (stroke); J. W. Hatcher (cox).

Heat 1: T.R.C., 1; Lensbury R.C., 2. 2 lengths.

Heat 5: T.R.C., 1; Molesey B.C., 2. 2½ lengths.

Heat 6: T.R.C., 1; Oxford House R.C., 2. 2 lengths.

Final: T.R.C., 1; Thames Tradesmen R.C., 2. 1 length.

50th ANNIVERSARY REGATTA

S.N. BASSE SEINE

PARIS

18th & 19th May

Senior Fours with Coxswain (1750 metres)

G. S. Dear (bow); K. S. Cross; D. R. Mount; A. R. Watson (stroke); D. R. Glynn-Jones (cox).

Final: R. C. 'Reuss' Lucerne, 1; S. N. de Geneve, 2; T.R.C., 3; Bataillon de Joinville, 3; 1 length; 1 length; ¼ length.

TWICKENHAM REGATTA

25th May

Riverside Cup (Junior-Senior Fours)

J. R. M. Parker (bow, steers); H. P. C. Birkett; H. L. Davy; L. E. Stevens (stroke).

Heat 3: T.R.C., 1; Kensington R.C., 2. 1½ lengths.
Semi-Final: Lensbury R.C., 1; T.R.C., 2. 2 lengths.

Twickenham Cup (Junior Eights)

D. Widdowson (bow); J. C. Kalisch; D. P. Wainman; G. I. Blanchard; D. King; A. Marx; P. J. Brown; T. M. Jonas (stroke); J. W. Hatcher (cox).

Heat 1: T.R.C., 1; Twickenham R.C. 'A', 2. 2½ lengths; 3 min. 54 sec.

Heat 6: T.R.C., 1; Twickenham R.C. 'B', 2. ½ length; 3 min. 54 sec.

Semi-final: T.R.C., 1; Horseferry R.C., 2. ¾ length; 3 min. 33 sec.

Final: T.R.C., 1; Ibis R.C., 2. ¾ length; 3 min. 25 sec.

CHISWICK REGATTA

1st June

Allanson Memorial Trophy (Thames Cup Eights)

R. C. Bray (bow); P. S. Pusey; M. J. Long; C. P. Baker; R. F. Clipson; M. S. Atkins; A. Hawes; R. Neale (stroke); J. T. Shaw (cox).

Heat 1: London R.C., 1; T.R.C., 2. ¾ length; 3 min. 56 sec.

Family Challenge Cup (Senior Fours)

P. J. E. Dowden-Parker (bow, steers); A. M. Provan; P. Doyle; J. N. Gladstone (stroke).

Heat 5: Imperial College B.C., 1; T.R.C., disq.; Putney Town R.C., fellin.

Jefferies Memorial Trophy (Junior-Senior Eights)

D. P. Wainman (bow); J. C. Kalisch; G. I. Blanchard; C. Vlieger; D. King; A. Marx; P. J. Brown; T. M. Jonas (stroke); J. W. Hatcher (cox).

Heat 1: Cygnet R.C., 1; T.R.C., 2; London R.C., disq. ½ length, after a re-start.

Mortlake Challenge Cup (Junior-Senior Fours)

J. R. M. Parker (bow, steers); P. C. Birkett; J. R. Cooper; H. L. Davy (stroke).

Heat 1: T.R.C., r.o.

Heat 2: Anglian B.C., 1; Reading University B.C., 2; T.R.C. 3. Easily.

Anglian Challenge Cup (Senior Pairs)

'A' Crew: R. H. Nicholls (bow, steers); K. J. S. Douglas-Mann (stroke).

'B' Crew: P. S. Pusey (bow, steers); J. R. Johnson (stroke).

Heat 1: Twickenham R.C., 1; T.R.C., scr.

Heat 2: Marlow R.C., 1; St. Thomas' Hospital B.C., 2; T.R.C., 3.

Senior Sculls

A. G. Sheil.

Heat 2: F. R. Johnston, 1; A. G. Sheil, 2.

Junior Sculls

D. H. Drury.

Heat 3: Drury, 1; Colgan, 2; Hanham, 3.

Semi-Final: Vaughan, 1; Drury, 2. 4 lengths.

DUNKERQUE REGATTA

8th June

Senior Fours with Coxswain (2000 metres)

G. S. Dear (bow); K. S. Cross; D. R. Mount; A. R. Watson (stroke); D. R. Glynne-Jones (cox).

Final: S. N. Encouragement, Paris, 1; T.R.C., 2; S. N. Amiens, 3.

WALTON REGATTA

8th June

Walton Challenge Cup (Thames Cup Eights)

R. C. Bray (bow); R. C. Wright; M. J. Long; C. P. Baker; R. F. Clipson; M. S. Atkins; A. Hawes; R. Neale (stroke); J. T. Shaw (cox).

Heat C: St. Paul's School B.C., 1; T.R.C., 2. 1½ lengths.

Goring Challenge Cup (Wyfold Fours)

P. J. E. Dowden-Parker (bow, steers); A. Provan; P. Doyle; J. N. Gladstone (stroke).

Heat A: T.R.C., 1; King's College London B.C., 2. 4½ lengths.

Heat D: National Provincial Bank R.C., 1; T.R.C., 2. 2½ lengths.

Sabin Challenge Cup (Junior-Senior Eights)

D. P. Wainman (bow); J. C. Kalisch; G. I. Blanchard; C. Vlieger; D. King; A. Marx; P. J. Brown; T. M. Jonas (stroke); D. A. Cook (cox).

Heat F: Kingston R.C., 1; T.R.C., 2. Canvas; 5 min. 12 sec.

Junior-Senior Fours

J. R. M. Parker (bow, steers); L. E. Stevens; H. L. Davy; J. R. Cooper (stroke).

Heat C: Molesey B.C., 1; T.R.C., 2; 1 length, after re-row.

Senior Pairs

'A' Crew: P. S. Pusey (bow, steers); J. R. Johnson (stroke).

'B' Crew: R. H. Nicholls (bow, steers); K. J. S. Douglas-Mann (stroke).

Heat A: St. Edmund Hall, 1; T.R.C., A, 2.

Heat B: Marlow R.C., 1; T.R.C., B, 2.

OSTENDE REGATTA

9th & 10th June

President Fermon Challenge Cup (Senior Eights, 2,000 metres)

W. J. Griffith (bow); J. F. C. Badcock; A. C. Hancox; B. S. Tanner; D. H. McLellan; D. S. S. Elliot; W. M. Nisbet; I. Wilson (stroke); R. L. Penney (cox).

Heat 2: T.R.C., 1; Metro, Paris, 2; Beringen/Ostende, 3. 1½ lengths; 7 min. 7 sec.

Final: T.R.C., 1; Societe pour Encouragement de Sport Nautique, Paris, 2; London R.C., 3. 1 length; 6 min. 31 sec.

Senior Eights, Sprint (400 metres)

W. J. Griffith (bow); J. F. C. Badcock; A. C. Hancox; B. S. Tanner; D. H. McLellan; D. S. S.

Elliot; W. M. Nisbet; I. Wilson (stroke); R. L. Penney (cox).

Final: T.R.C., 1; London R.C., 2. 6 feet; 1 min. 10 sec.

Mme. Fermon Challenge Cup (Senior Fours, coxswainless, 2000 metres)

G. S. Dear (bow); K. S. Cross; D. R. Mount; A. R. Watson (stroke, steers).

Final: Sport Nautique Bordelaise, 1; T.R.C., 2; Beringen R.C., 3; London R.C., disqualified; 1½ lengths after 2 re-starts.

Senior Fours with coxswain, sprint (400 metres)

W. M. Nisbet (bow); D. S. S. Elliot; D. H. McLellan; I. Wilson (stroke); R. L. Penney (cox).

Heat 2: Soc. Encouragement de Sport Nautique, Paris, 1; T.R.C., 2; S.R.S.N., Bruges, 3. ½ length; 1 min. 16 sec.

The race was awarded to the winner of this heat.

The President Fermon Challenge Cup, having been won three times by T.R.C., becomes the property of the Club. It has been offered to the Regatta as a perpetual Challenge Cup for Senior Eights.

READING REGATTA

15th June

Grand Challenge Cup

W. J. Griffith (bow); J. F. C. Badcock; A. C. Hancox; B. S. Tanner; D. H. McLellan; D. S. S. Elliot; W. M. Nisbet; I. Wilson (stroke); R. L. Penney (cox).

Heat 1: T.R.C., 1; The Queen's College, Oxford, 2.
Final: T.R.C., 1; Molesey B.C., 2.

Stanmore Challenge Cup (Senior Fours)

G. S. Dear (bow, steers); K. S. Cross; D. R. Mount; A. R. Watson (stroke).

T.R.C., 1; Molesey B.C., 2.

Austin Balsom Challenge Cup (Thames Cup Eights)

R. C. Bray (bow); R. C. Wright; M. J. Long; C. P. Baker; R. F. Clipson; M. S. Atkins; A. Hawes; R. Neale (stroke); J. T. Shaw (cox).

Race 32: St. Paul's School B.C., 1; T.R.C., 2; Quintin B.C., 3. ¾ length; 5 min. 15 sec.

Reading Challenge Vase (Wyfold Fours)

P. J. E. Dowden-Parker (bow, steers); A. Provan; P. Doyle; J. N. Gladstone (stroke).

Race 26: Reading R.C., 1; T.R.C., 2. 2 lengths; 5 min. 32 sec.

Sandeman Challenge Cup (Junior-Senior Eights)

D. P. Wainman (bow); J. C. Kalisch; G. I. Blanchard; C. Vlieger; D. King; A. Marx; C. W. M. Hopkins; T. M. Jonas (stroke); D. A. Cook (cox).

Race 18: St. Edmund Hall B.C., 1; T.R.C., 2; Quintin B.C., 3. 2 lengths; 5 min. 11 sec.

Maiden Erlegh Challenge Cup (Junior-Senior Fours)

J. R. M. Parker (bow, steers); L. E. Stevens; J. R. Cooper; H. L. Davy (stroke).

Race 19: Lensbury R.C., 1; T.R.C., 2. 2 lengths; 5 min. 49 sec.

MARLOW REGATTA

22nd June

Grand Challenge Cup

W. J. Griffith (bow); J. F. C. Badcock; A. C. Hancox; B. S. Tanner; D. H. McLellan; D. S. S. Elliot; W. M. Nisbet; I. Wilson (stroke); R. L. Penney (cox).

Race 64: T.R.C., 1; Eton College B.C., 2; Emmanuel College B.C., 3. ½ length; 4 min. 31 sec.

Final: T.R.C., 1; Molesey B.C., 2; University of London B.C., 3. 1 length; 4 min. 37 sec.

Senior Fours Challenge Cup

G. S. Dear (bow, steers); K. S. Cross; D. R. Mount; A. R. Watson (stroke).

Race 70: National Provincial Bank R.C., 1; T.R.C., 2. 4 lengths; 4 min. 49 sec.

Marlow Eights Challenge Cup (Thames Cup Eights)

R. C. Bray (bow); R. C. Wright; M. J. Long; C. P. Baker; R. F. Clipson; M. S. Atkins; A. Hawes; R. Neale (stroke); J. T. Shaw (cox).

Race 23: Peterhouse B.C., 1; Pembroke College (Oxon.) B.C., 2; T.R.C., 3. 1½ length; 4 min. 31 sec.

Town Challenge Cup (Wyfold Fours)

P. J. E. Dowden-Parker (bow, steers); A. Provan; P. Doyle; J. N. Gladstone (stroke).

Molesey B.C., 1; T.R.C., 2. ¼ length; 5 min. 2 sec.

PUTNEY TOWN REGATTA

29th June

Junior Eights

M. S. Warren (bow); M. Mant; B. Balding; B. Dale; K. G. Webley; J. A. Hegarty; T. A. Foy; T. McQueenie (stroke); K. Condon (cox).

Heat 2: Forest School B.C., 1; T.R.C., 2.

HENLEY

ROYAL REGATTA

The Regatta was held on Wednesday, Thursday, Friday and Saturday, July 3rd, 4th, 5th, 6th.

The entries numbered 153, against 168 last year. Six eliminating races in the Ladies' Challenge Plate, two in the Princess Elizabeth Challenge Cup, and seven in the Wyfold Challenge Cup were held on Saturday, June 29th, before the draw. There were 52 races on the first day, 39 on the second, 24 on the third, and 12 on the last day.

The Grand Eight

by ARTHUR SULLEY

The weather was warm, and fine except for some rain on the Thursday morning. An abnormally low stream made for fast conditions, particularly on the Friday when there was, in addition, a slight favourable breeze. New overall record times were established in the Grand Challenge Cup and Princess Elizabeth Challenge Cup; new fastest times to Remenham Barrier and to Fawley were recorded in the Silver Goblets and Nickalls Challenge Cup and the previous best time to Remenham Barrier was equalled in the Wyfold Challenge Cup.

The prizes were presented by the Earl of Iveagh, K.G., C.B., C.M.G.

Grand Challenge Cup

	st.	lb.
W. J. Griffith (bow)	12	6
2 J. F. C. Badcock	12	1
3 A. C. Hancox	12	8
4 B. S. Tanner	12	5
5 D. H. McLellan	15	1
6 D. S. S. Elliot	12	6
7 W. M. Nisbet	11	8
I. Wilson (stroke)	12	4
R. L. Peney (cox)	8	11

Race 1: Club Krasnoe Znamia, 1; T.R.C., 2.
4 lengths; 6 min. 43 sec.
Barrier time, 1 min. 53 sec. (equals record);
Fawley time, 3 min. 14 sec.

The Stewards' Challenge Cup

	st.	lb.
G. S. Dear (bow, steers)	10	13
2 J. N. Gladstone	13	3
3 D. R. Mount	13	2
A. R. Watson (stroke)	12	8

Race 3: London R.C., 1; T.R.C., 2. Easily; 7 min.
18 sec.
Barrier time, 2 min. 6 sec.; Fawley time, 3 min.
30 sec.

Thames Challenge Cup

	st.	lb.
R. C. Bray (bow)	11	5
2 M. J. Long	11	5
3 R. F. Clipson	12	5
4 C. P. Baker	12	11
5 M. S. Atkins	12	2
6 R. C. Wright	11	1
7 A. Hawes	11	9
R. Neale (stroke)	12	1
J. T. Shaw (cox)	8	6

Race 20: Royal Air Force R.C., 1; T.R.C., 2.
½ length; 7 min. 15 sec.
Barrier time, 2 min. 6 sec.; Fawley time, 3 min.
30 sec.

Wyfold Challenge Cup

	st.	lb.
P. J. E. Dowden-Parker (bow, steers)	12	6
A. M. Provan	10	5
P. Doyle	11	8
L. E. Stevens (stroke)	11	0

Race 4: R. A. F. Cardington, 1; T.R.C., 2. 2
lengths; 7 min. 51 sec.
Barrier time, 2 min. 18 sec. (T.R.C. leading);
Fawley time, 3 min. 51 sec.

Rarely have I been more optimistic and enthusiastic about a crew before Henley, but never so completely baffled by its failure to rise to the occasion.

No one expected to see Thames win the Grand this year, especially in the face of such formidable opposition from abroad, but this crew, at the top of its form could have put up a very creditable performance. So what went wrong?

Several explanations have been advanced, none even partially satisfactory—the heat which overtaxed the crew, too easy a programme of outings which produced a feeling of complacency, the whip was not produced and cracked hard enough in the final stages—and so on. All these are attempts at wisdom after the event.

In actual fact practice before the Regatta was some of the happiest and most rewarding I have known. Everyone was rowing at least as well as ever before and several of the younger members had never been better. Stroke appeared to have his crew completely in hand and raised high hopes with some experienced racers behind him. The crew soon came to appreciate more than ever the enormous benefits to be had from accuracy of timing and co-ordination at all parts of the stroke, and the underlying motive was to train them to retain this when rowing under pressure.

With this in view we concentrated on three-minute rows and the first half of the course. The first full course was so satisfactory, despite a deficiency in the pacing crews, that we decided to dispense with the second one, particularly in the exceptionally hot weather. Certainly the evening outing on the hottest day of all did nobody any good, but a light outing the following morning made up for it. Even the Monday outings were far less Monday-ish than usual. In other words there were no grounds for rattling the whip or inventing tough assignments; the main thing seemed to be to encourage confidence in the younger members making their first appearance in the Grand in their ability to row well if they did not get rattled.

In the event they were so busy avoiding getting rattled that the Russians had a length off them in no time and the race was lost.

It was sad to see an unsatisfactory conclusion to so many weeks of hard work in the last race at Henley for at least one member of the crew. The disappointing performance naturally prejudiced any attempt to retrieve a reputation which had been permanently damaged, and there is little doubt that the verdict of the selectors after the A.R.A. Trials derived largely from recollections of the failure in the Regatta.

KINGSTON REGATTA

Grand Challenge Cup and Coronation Challenge Cup

G. S. Dear (bow); M. J. Long; A. Hawes; P. Doyle; M. S. Atkins; J. N. Gladstone; D. R. Mount; R. Neale (stroke); J. T. Shaw (cox).

Grand Challenge Cup:

Final: T.R.C., 1; University of London B.C., 2. 2 feet; 3 min. 58 sec.

Coronation Cup (Thames Cup Eights):

Heat A: T.R.C., 1; Molesey B.C., 2. 1½ lengths; 4 min. 4 sec.

Heat C: T.R.C., 1; Lensbury R.C., 2. 3 feet; 3 min. 59 sec.

Final: R.A.F. Cardington R.C., 1; T.R.C., 2. 1 length; 3 min. 57 sec.

Ravens Ait Challenge Cup (Senior Fours)

'B' Crew: A. Hawes (bow, steers); M. J. Long; M. S. Atkins; R. Neale (stroke).

'A' Crew: G. S. Dear (bow, steers); P. Doyle; D. R. Mount; J. N. Gladstone (stroke).

Heat A: University of London B.C., 1; T.R.C. 'A', 2. 2 lengths.

Final: University of London B.C., 1; T.R.C. 'B', 2. 3½ lengths; 4 min. 14 sec.

Sunbury Challenge Cup (Senior Sculls)

A. M. Provan.

Heat B: E. Sturges, 1; A. M. Provan, 2. 2 lengths.

Junior Sculls

D. H. Drury; F. P. Rumney:

Heat A: D. H. Drury, 1; K. J. Braun, disq.

Heat D: F. P. Rumney, 1; M. Pattison, 2.

Heat E: G. Colgan, 1; D. H. Drury, 2. 1 length.

Heat F: F. P. Rumney, 1; J. E. Dormer, 2.

Final: G. Colgan, 1; F. P. Rumney, 2.

METROPOLITAN REGATTA

16th, 17th, 18th July

Champion Eights (Senior Eights)

A. C. Hancox (bow); J. F. C. Badcock; B. S. Tanner; F. D. M. Badcock; D. H. McLellan; D. S. S. Elliot; W. M. Nisbet; I. Wilson (stroke); R. L. Penney (cox).

Final: T.R.C., 1; Molesey B.C., 2; London R.C. (Scullers), 3.

Old Barnes Cup (Thames Cup Eights)

G. S. Dear (bow); M. J. Long; J. R. White; J. N. Gladstone; M. S. Atkins; J. Rayne; A. Hawes; R. Neale (stroke); J. T. Shaw (cox).

Heat 1: T.R.C., 1; Lensbury R.C., 2. 1/3 length.

Final: London R.C., 1; T.R.C., 2. 1½ lengths.

Forster Cup (Junior-Senior Eights)

D. P. Widdowson (bow); A. Marx; D. P. Wainman; M. Walker; D. King; P. C. Birkett; G. I. Blanchard; C. W. M. Hopkins (stroke); J. W. Hatcher (cox).

Heat 2: Cygnet R.C., 1; T.R.C., 2. 2 lengths.

Old Goring Cup (Junior-Senior Fours)

D. King (bow, steers); J. C. Kalisch; G. I. Blanchard; J. R. Cooper (stroke).

Heat 5: T.R.C., 1; Imperial College B.C., 2. Easily.

Heat 7: T.R.C., 1; London Hospital B.C., 2. Easily.

Final: Anglian B.C., 1; T.R.C., 2. 1 length.

Junior-Senior Sculls

A. M. Provan.

Heat 1: Provan, 1; Marns, 2.

Final: Provan, 1; Reid, 2.

Junior Sculls

D. R. Mount; D. H. Drury.

Heat 1: Mount, 1; Drury, 2.

Final: Mount, 1; Johnson, 2.

A.R.A. TRIALS

12th & 13th July

Eights

A. C. Hancox (bow); J. F. C. Badcock; B. S. Tanner; F. D. M. Badcock; D. H. McLellan; D. S. S. Elliot; W. M. Nisbet; I. Wilson (stroke); R. L. Penney (cox).

Heat 1: T.R.C., 1; Pembroke College, Cambridge, scratched.

Final: T.R.C., 1; Molesey B.C., 2. 3½ lengths.

Fours with Coxswain

W. M. Nisbet (bow); D. S. S. Elliot; D. H. McLellan; I. Wilson (stroke); R. L. Penney (cox).

Heat 1: T.R.C., 1; Crowland R.C., 2.

Final: London R.C., 1; T.R.C., 2.

Whatever may have been said about the manner in which our Grand Eight raced at Henley — and there are critics as well as members who think they went as fast as they could there — there is no doubt whatever that in the A.R.A. trials the crew raced well and showed itself to be the fastest crew in the country. Hampered as they were by the loss of Bill Griffith only a few days before the race, they nevertheless settled down to a new order very quickly. They went over the 2000 metres course at Henley at an average rate of 36 strokes per minute and left Molesey B.C. far behind, winning by an official 3½ lengths and by a timed gap of 13 seconds.

MOLESEY REGATTA

20th July

Thames Cup Eights Challenge Cup

G. S. Dear (bow); M. J. Long; J. R. White; J. N. Gladstone; M. S. Atkins; J. Rayne; A. Hawes; R. Neale (stroke); J. T. Shaw (cox).

Race 47: T.R.C., 1; Molesey B.C., B, 2. 1½ lengths; 5 min. 2 sec.

Race 80: R.A.F. Cardington, 1; T.R.C., 2. 2/3 lengths; 4 min. 56 sec.

Junior-Senior Eights Challenge Cup

D. P. Widdowson (bow); A. Marx; D. P. Wainman; M. Walker; D. King; P. C. Birkett; G. I.

Blanchard; C. W. M. Hopkins (stroke); J. W. Hatcher (cox).

Heat 5: Quintin B.C., 1; T.R.C., 2. 1½ lengths; 5 min. 19 sec.

Garrick Pairs

F. D. M. Badcock (bow, steers); J. F. C. Badcock (stroke).

Heat A: T.R.C., 1; London R.C., 2.

Final: T.R.C., 1; Elizabethan B.C., 2.

Heat B: T.R.C., 1; Molesey B.C., 2.

Heat D: T.R.C., 1; London R.C., 2.

Final: T.R.C., 1; Elizabethan B.C., 2. 1½ lengths; 5 min. 52 sec.

Junior-Senior Sculls

A. M. Provan.

Heat 4: Provan, 1; Clasen, 2.

Semi-final: Easterling, 1; Provan, 2.

Junior Sculls

D. H. Drury.

Heat 1: Drury, 1; Hunt, 2.

Heat 2: Johnston, 1; Drury, 2.

STAINES REGATTA

27th July

Junior-Senior Eights Challenge Cup

D. P. Widdowson (bow); A. Marx; C. W. M. Hopkins; M. Walker; D. King; P. C. Birkett; G. I. Blanchard; J. R. Cooper (stroke); D. A. Cook (cox).

Heat 4: T.R.C., 1; Mortlake R.C., 2. 2 lengths; 4 min. 59 sec.

Heat 14: T.R.C., 1; Reading School B.C., 2. 3 feet; 5 min. 3 sec.

Semi-final: Bryanston School B.C., 1; T.R.C., 2. 1½ lengths; 5 min. 0 sec.

Junior-Senior Fours Challenge Cup

D. King (bow, steers); J. C. Kalisch; G. I. Blanchard; J. R. Cooper (stroke).

Heat 1: T.R.C., 1; Quintin B.C., 2. Canvas; 5 min. 17 sec.

Heat 5: T.R.C., 1; Weybridge R.C., 2.

Final: R.A.F. Marlow, 1; T.R.C., 2.

Staines Sculls

D. R. Mount; A. M. Provan.

Race 42: Wade, 1; Provan, 2.

Race 60: Wade, 1; Mount, 2.

Junior Sculls

D. H. Drury.

Race 1: D. H. Drury, 1; N. Catterall, 2. Easily.

Race 6: J. Cork, 1; D. H. Drury, 2. 2 lengths.

BEDFORD REGATTA

27th July

Talbot Jarvis Challenge Cup (Senior Eights)

G. S. Dear (bow); M. J. Long; J. R. White; J. N. Gladstone; M. S. Atkins; J. Rayne; A. Hawes; R. Neale (stroke); J. T. Shaw (cox).

Heat 5: T.R.C., 1; Oundle School B.C., 2; 1 length; 3 min. 37 sec.

Heat 7: T.R.C., 1; Norwich A.R.A., 2. 1 length; 3 min. 40 sec.

Semi-final: Bedford School, B.C., 1; T.R.C., 2. ½ length; 3 min. 33 sec.

Senior Fours

G. S. Dear (bow, steers); F. D. M. Badcock; D. H. McLellan; J. F. C. Badcock (stroke).

Heat 4: Barn Cottage R.C., 1; T.R.C., 2. ½ length; 2 min. 5 sec.

MAIDENHEAD REGATTA

3rd August

Daily Telegraph Challenge Cup (Thames Cup Eights)

A Hawes (bow); M. J. Long; J. R. White; J. N. Gladstone; M. S. Atkins; J. Rayne; A. C. Hancox; R. Neale (stroke); J. T. Shaw (cox).

Race 61: T.R.C., 1; Quintin B.C., 2. ¼ length; 3 min. 25 sec.

Race 94: T.R.C., 1; Vesta R.C., 2. Canvas; 3 min. 21 sec.

Final: Crowland R.C., 1; T.R.C., 2. ¾ length; 3 min. 20 sec.

Orkney Cottage Challenge Cup (Senior Fours)

G. S. Dear (bow, steers); F. D. M. Badcock; D. H. McLellan; J. F. C. Badcock (stroke).

Race 8: T.R.C., 1; Molesey B.C., 2. ¼ length; 3 min. 34 sec.

Race 71: T.R.C., 1; Quintin B.C., 2. Easily; 3 min. 41 sec.

Race 86: T.R.C., 1; Anglian B.C., 2. 1 length; 3 min. 47 sec.

Race 103: T.R.C., 1; Nottingham Britannia R.C., 2. 1 length; 3 min. 35 sec.

Final: T.R.C., 1; Marlow R.C., 2. 1½ lengths; 3 min. 35 sec.

Maidenhead Challenge Cup (Junior-Senior Eights)

D. Widdowson (bow); A. Marx; C. W. M. Hopkins; M. J. Walker; D. King; P. C. Birkett; G. I. Blanchard; J. R. Cooper (stroke); D. A. Cook (cox).

Race 23: T.R.C., 1; Quintin B.C., 2. 4 feet; 3 min. 31 sec.

Westminster Watermen B.C., 1; T.R.C., 2. 1 length; 3 min. 30 sec.

Town Challenge Cup (Junior-Senior Fours)

D. King (bow, steers); J. C. Kalisch; G. I. Blanchard; J. R. Cooper (stroke).

Race 63: T.R.C., 1; Kingston R.C., scratched.

Race 81: Weybridge R.C., 1; T.R.C., 2; 1/3 length; 3 min. 53 sec.

Woodhurst Challenge Cup (Junior Eights)

M. S. Warren (bow); M. Mant; T. A. Foy; B. Dale; B. Balding; T. McQueenie; K. G. Webley; J. A. Hegarty (stroke); K. Condon (cox).

Race 22: Midland Bank R.C., 1; T.R.C., 2. 2 lengths; 3 min. 39 sec.

Junior-Senior Sculls Challenge Cup

A Hawes; D. R. Mount; A. M. Provan.

Race 91: D. R. Mount, 1; J. Cork, 2. ½ length; 4 min. 32 sec.

Race 7: C. H. Haccius, 1; A Hawes, 2. Easily; 4 min. 37 sec.

Race 56: C. H. Haccius, 1; A. M. Provan, 2. 1½ lengths; 4 min. 16 sec.

Race 55: D. R. Mount, 1; B. Vaughan, disq.

Race 105: C. H. Haccius, 1; D. R. Mount, 2. 2 feet.

HENLEY TOWN & VISITORS REGATTA

Old Town Cup (Senior Fours)

G. S. Dear (bow, steers); F. D. M. Badcock; D. H. McLellan; J. F. C. Badcock (stroke).

Heat 1: T.R.C., 1; Nottingham Britannia R.C., 2; Molesey B.C., 3; ¾ length; 4 min. 21 sec.

Heat 5: T.R.C., 1; Marlow R.C., 2; Lensbury R.C., 3. ¾ length; 4 min. 23 sec.

Final: T.R.C., 1; Royal Engineers R.C., 2; Barnes Cottage B.C., disq. 3½ lengths; 4 min. 35 sec. after re-start of T.R.C. and R.E.R.C. from the regatta start.

Haileywood Challenge Cup (Senior Eights)

A. Hawes (bow); M. J. Long; J. R. White; J. N. Gladstone; M. S. Atkins; J. Rayne; A. C. Hancox; R. Neale (stroke); R. L. Penney (cox).

Heat 4: T.R.C., 1; Colet B.C., 2; Nottingham & Union R.C., 3. 1½ lengths; 4 min. 17 sec.

Final: Molesey B.C., 1; T.R.C., 2; Wallingford R.C., 3. ½ length; 4 min. 12 sec.

Lady David Cup (Junior-Senior Eights)

D. Widdowson (bow); A. Marx; C. W. M. Hopkins; M. J. Walker; D. King; P. C. Birkett; G. I. Blanchard; J. R. Cooper (stroke); D. A. Cook (cox).

Heat 1: Vesta R.C., 1; Maidenhead R.C., 2; T.R.C., 3. 6 feet; 4 min. 30 sec.

Remenham Cup (Junior Eights)

M. S. Warren (bow); M. Mant; T. A. Foy; B. Dale; B. Valding; T. McQueenie; K. G. Webley; J. A. Hegarty (stroke); K. Condon (cox).

Heat 1: Lensbury R.C., 1; T.R.C., 2; Twickenham R.C., 3. 1 length; 4 min. 31 sec.

Peter Beresford Cup (Senior Pairs)

F. D. M. Badcock (bow, steers); J. F. C. Badcock (stroke).

Heat 5: Molesey B.C., 1; T.R.C., 2; Maidenhead R.C., 3. 1½ lengths; 5 min. 10 sec.

Junior-Senior Sculls

D. R. Mount; A. Hawes; A. M. Provan.

Heat 4: R. Willis, 1; A. M. Provan, 2.

Heat 5: D. R. Mount, 1; A. Hawes, 2; M. A. Nicholson, 3. 1½ lengths; 5 min. 17 sec.

Final: R. Willis, 1; D. R. Mount, 2; J. Hall Craggs, 3. 2 lengths, 5 min. 8 sec.

Junior Sculls

F. P. Rumney; D. H. Drury.

Heat 2: D. H. Drury, 1; A. Robertson, 2; A Young, 3. Easily; 5 min. 2 sec.

Heat 2: B. Evans, 1; F. P. Rumney, 2; J. Jonstones, 3. 2 lengths; 5 min. 17 sec.

Heat 6: B. Evans, 1; D. H. Drury, 2. 3½ lengths; 5 min. 14 sec.

SERPENTINE REGATTA

8th, 9th, 10th August

Senior Eights

A. Hawes (bow); M. J. Long; J. R. White; J. N. Gladstone; M. S. Atkins; J. Rayne; A. C. Hancox; R. Neale (stroke); R. L. Penney (cox).

Heat 2: Crowland R.C., 1; T.R.C., 2. 1½ lengths; 2 min. 37 sec.

Thames Cup Eights

Crew 'A': A. Hawes (bow); M. J. Long; J. R. White; J. N. Gladstone; M. S. Atkins; J. Rayne; A. C. Hancox; R. Neale (stroke); R. L. Penney (cox).

Crew 'B': F. C. Plumer (bow); J. Pope; M. G. C. Savage; A. R. Watson; D. H. McLellan; R. A. F. Macmillan; A. R. Davidson; J. N. Eldeen (stroke); D. R. Glynne-Jones (cox).

Heat 3: Crowland R.C., 1; London, R.C., 2. Canvas; 2 min. 29 sec.

Senior Fours

G. S. Dear (bow, steers); F. D. M. Badcock; D. H. McLellan; J. F. C. Badcock (stroke).

Heat 1: London R.C. 'B', 1; T.R.C., 2; London R.C. 'A', 3; Putney Town R.C., 4. ¼ length; 2 min. 33 sec.

Wyfold Fours

D. King (bow, steers); J. C. Kalisch; G. I. Blanchard; J. R. Cooper (stroke).

Heat 4: Anglian B.C., 1; Kingston R.C., 2; Furnival Sculling Club, 3; T.R.C., 4. ½ length; 2 min. 41 sec.

Junior-Senior Eights

D. Widdowson (bow); A. Marx; C. W. M. Hopkins; M. J. Walker; D. King; P. C. Birkett; G. I. Blanchard; J. R. Cooper (stroke); D. A. Cook (cox).

Heat 3: T.R.C., 1; Vesta R.C., 2; Crowland R.C., 3. 2 feet; 2 min. 38 sec.

Final: Elizabethan B.C., 1; Quintin B.C., 2; Poplar Blackwall & District R.C., 3; T.R.C., 4. 2 feet; 2 min. 33 sec.

Senior Pairs

F. C. Plumer (bow, steers); M. J. Long (stroke).

Heat 3: London R.C., 1; National Provincial Bank R.C., 2; T.R.C., 3. ¾ length; 2 min. 58 sec.

Junior-Senior Sculls

D. R. Mount; A. Hawes; A. M. Provan; D. H. Drury.

Heat 2: Lambert-Beeson, 1; Provan, 2; Gill, 3. ½ length; 3 min. 10 sec.

Heat 5: Haccius, 1; Mount, 2. Easily; 3 min. 10 sec.

Heat 7: Hawes, 1; Griffin, 2.

Heat 8: Roche, 1; Pattinson, 2; Drury, 3. 1 length; 3 min. 12 sec.

Heat 10: Haccius, 1; Hawes, 2; Murphy, 3; Roche, 4. 3½ lengths; 3 min. 5 sec.

Race 7: C. H. Haccius, 1; A Hawes, 2. Easily; 4 min. 37 sec.

Race 56: C. H. Haccius, 1; A. M. Provan, 2. 1½ lengths; 4 min. 16 sec.

Race 55: D. R. Mount, 1; B. Vaughan, disq.

Race 105: C. H. Haccius, 1; D. R. Mount, 2. 2 feet.

HENLEY TOWN & VISITORS REGATTA

Old Town Cup (Senior Fours)

G. S. Dear (bow, steers); F. D. M. Badcock; D. H. McLellan; J. F. C. Badcock (stroke).

Heat 1: T.R.C., 1; Nottingham Britannia R.C., 2; Molesey B.C., 3; ¾ length; 4 min. 21 sec.

Heat 5: T.R.C., 1; Marlow R.C., 2; Lensbury R.C., 3. ¾ length; 4 min. 23 sec.

Final: T.R.C., 1; Royal Engineers R.C., 2; Barnes Cottage B.C., disq. 3½ lengths; 4 min. 35 sec. after re-start of T.R.C. and R.E.R.C. from the regatta start.

Haileywood Challenge Cup (Senior Eights)

A. Hawes (bow); M. J. Long; J. R. White; J. N. Gladstone; M. S. Atkins; J. Rayne; A. C. Hancox; R. Neale (stroke); R. L. Penney (cox).

Heat 4: T.R.C., 1; Colet B.C., 2; Nottingham & Union R.C., 3. 1½ lengths; 4 min. 17 sec.

Final: Molesey B.C., 1; T.R.C., 2; Wallingford R.C., 3. ½ length; 4 min. 12 sec.

Lady David Cup (Junior-Senior Eights)

D. Widdowson (bow); A. Marx; C. W. M. Hopkins; M. J. Walker; D. King; P. C. Birkett; G. I. Blanchard; J. R. Cooper (stroke); D. A. Cook (cox).

Heat 1: Vesta R.C., 1; Maidenhead R.C., 2; T.R.C., 3. 6 feet; 4 min. 30 sec.

Remenham Cup (Junior Eights)

M. S. Warren (bow); M. Mant; T. A. Foy; B. Dale; B. Valding; T. McQueenie; K. G. Webley; J. A. Hegarty (stroke); K. Condon (cox).

Heat 1: Lensbury R.C., 1; T.R.C., 2; Twickenham R.C., 3. 1 length; 4 min. 31 sec.

Peter Beresford Cup (Senior Pairs)

F. D. M. Badcock (bow, steers); J. F. C. Badcock (stroke).

Heat 5: Molesey B.C., 1; T.R.C., 2; Maidenhead R.C., 3. 1½ lengths; 5 min. 10 sec.

Junior-Senior Sculls

D. R. Mount; A. Hawes; A. M. Provan.

Heat 4: R. Willis, 1; A. M. Provan, 2.

Heat 5: D. R. Mount, 1; A. Hawes, 2; M. A. Nicholson, 3. 1½ lengths; 5 min. 17 sec.

Final: R. Willis, 1; D. R. Mount, 2; J. Hall Craggs, 3. 2 lengths, 5 min. 8 sec.

Junior Sculls

F. P. Rumney; D. H. Drury.

Heat 2: D. H. Drury, 1; A. Robertson, 2; A Young, 3. Easily; 5 min. 2 sec.

Heat 2: B. Evans, 1; F. P. Rumney, 2; J. Jonstones, 3. 2 lengths; 5 min. 17 sec.

Heat 6: B. Evans, 1; D. H. Drury, 2. 3½ lengths; 5 min. 14 sec.

SERPENTINE REGATTA

8th, 9th, 10th August

Senior Eights

A. Hawes (bow); M. J. Long; J. R. White; J. N. Gladstone; M. S. Atkins; J. Rayne; A. C. Hancox; R. Neale (stroke); R. L. Penney (cox).

Heat 2: Crowland R.C., 1; T.R.C., 2. 1½ lengths; 2 min. 37 sec.

Thames Cup Eights

Crew 'A': A. Hawes (bow); M. J. Long; J. R. White; J. N. Gladstone; M. S. Atkins; J. Rayne; A. C. Hancox; R. Neale (stroke); R. L. Penney (cox).

Crew 'B': F. C. Plumer (bow); J. Pope; M. G. C. Savage; A. R. Watson; D. H. McLellan; R. A. F. Macmillan; A. R. Davidson; J. N. Eldeen (stroke); D. R. Glynne-Jones (cox).

Heat 3: Crowland R.C., 1; London, R.C., 2. Canvas; 2 min. 29 sec.

Senior Fours

G. S. Dear (bow, steers); F. D. M. Badcock; D. H. McLellan; J. F. C. Badcock (stroke).

Heat 1: London R.C. 'B', 1; T.R.C., 2; London R.C. 'A', 3; Putney Town R.C., 4. ¼ length; 2 min. 33 sec.

Wyfold Fours

D. King (bow, steers); J. C. Kalisch; G. I. Blanchard; J. R. Cooper (stroke).

Heat 4: Anglian B.C., 1; Kingston R.C., 2; Furnival Sculling Club, 3; T.R.C., 4. ½ length; 2 min. 41 sec.

Junior-Senior Eights

D. Widdowson (bow); A. Marx; C. W. M. Hopkins; M. J. Walker; D. King; P. C. Birkett; G. I. Blanchard; J. R. Cooper (stroke); D. A. Cook (cox).

Heat 3: T.R.C., 1; Vesta R.C., 2; Crowland R.C., 3. 2 feet; 2 min. 38 sec.

Final: Elizabethan B.C., 1; Quintin B.C., 2; Poplar Blackwall & District R.C., 3; T.R.C., 4. 2 feet; 2 min. 33 sec.

Senior Pairs

F. C. Plumer (bow, steers); M. J. Long (stroke).

Heat 3: London R.C., 1; National Provincial Bank R.C., 2; T.R.C., 3. ¾ length; 2 min. 58 sec.

Junior-Senior Sculls

D. R. Mount; A. Hawes; A. M. Provan; D. H. Drury.

Heat 2: Lambert-Beeson, 1; Provan, 2; Gill, 3. ½ length; 3 min. 10 sec.

Heat 5: Haccius, 1; Mount, 2. Easily; 3 min. 10 sec.

Heat 7: Hawes, 1; Griffin, 2.

Heat 8: Roche, 1; Pattinson, 2; Drury, 3. 1 length; 3 min. 12 sec.

Heat 10: Haccius, 1; Hawes, 2; Murphy, 3; Roche, 4. 3½ lengths; 3 min. 5 sec.

CIRCUIT TRAINING

LONDON COURTENAY, D.O., M.R.O., D.L.C., M.C.S.P. *Director: Putney Clinic, Putney, London, S.W.15.*

On the analogy that the crew of an Eight represent the eight cylinders of an engine, it at once becomes apparent that to produce the best performance there must be precise timing, an adequate supply of fuel and removal of waste products, the products of combustion, coupled with these factors and dependent upon them is an optimum controlled power developed in the stroke.

Power (Strength) is a fundamental requirement for, without sufficient power, there can be no precision in the timing and no speed in the stroke. Errors in style are frequently not due so much to lack of knowledge or neuro-muscular co-ordination, as to the fact that the exponent has an insufficient background of power to execute the movements with ease and grace.

Given the necessary power it is essential, particularly in a sport such as rowing, to have a sound supply of fuel to keep the muscular engines going at maximum efficiency. The pump in the human machine is the heart and the arteries are the pipe lines. The lungs supply the oxygen which is the vital factor in delaying muscular fatigue, and in promoting a sustained effort.

If the heart and lungs (Cardio-Respiratory system) are strongly developed they will be able to meet the severe demands placed upon them in endurance events and so delay the onset of exhaustion. Circuit Training¹ was invented with these physiological principles in mind. It was tried out at Leeds University when it was realised that many of the students lacked strength and stamina, as well as enthusiasm for the ordinary free standing exercises or P.T.

A circuit consists of a series of specially selected exercises, carefully arranged and based on an approximate anatomical classification as follows:²

Arm and shoulder exercises.

- (a) Grip.
- (b) Heave.
- (c) Press.
- (d) Raise.

Back Exercises.

Abdominal Exercises.

Leg and General.

Combined.

Exercises for muscular development follow the pattern used by weight lifters and body builders through the ages, namely, low repetitions using heavy weights. An exercise that can only be performed a few times, say, ten whilst maintaining correct form, is said to have a bias on strength. An exercise of thirty repetitions where-

upon near exhaustion is reached is said to have a bias on endurance. It is also stated³ that all exercises with maximum repetitions less than thirty will probably have a positive effect on both.

The stress on the circulo-respiratory system in rowing is great, and with the improvements over the years in boat and oar construction, it is probable that while the emphasis on strength has decreased that on the former has increased⁴. But it is for the Coach to decide, in arranging the Circuit, whether the need of a particular crew or individual is to further strength or endurance. The exercises must be clear cut requiring the minimum amount of skill in their performance. They must be done in identically the same manner at each repetition, and from one session to the next. Only in this way can progress be accurately assessed. 'There are two things we need to know about an exercise before we can decide upon its place in a circuit. One, is the intensity of effort it demands and the other is the part or parts of the body it affects.'⁶

It is not the purpose of circuit training to teach techniques or skills. It is not necessary or desirable therefore to choose exercises which are similar to rowing movements, or because they are thought to develop muscles used in rowing. In fact in rowing, as in other sports, imitations can be dangerous. Moreover if the Circuit is dissociated from rowing and its movements it will serve as a complete break and so help to offset staleness.

An Example of a Short (6 item) Circuit

<i>Exercise</i>	<i>Effect</i>
1 Trunk Curls	Abdominal.
2 Stepping	Leg and General
3 Chinning the Bar	Heave
4 Barbell Squats	Leg and General
5 Burpee*	Combined Abdominal. Leg and General
6 Wrist Ralling	Grip

* Burpee consists of a continuous four count movement as follows:—1 Stand; 2 Crouch, with hand support; 3 Jump legs backward to front support; 4 Jump legs forward to crouch; 5 Stand.

Unless a fully equipped gymnasium is available, weights will most likely be the best method of applying the strength exercises. Weights provide an easy and accurate means of checking progress and are convenient to handle. Moreover, exercises with weights do not, as a rule, involve complicated movements and so are especially suitable for our purpose. Having selected the exercises, the Coach should familiarise himself

The first objective was to retain the Marshall Hays Cup for Maiden Eights at Hammersmith Amateur Regatta. Nine crews had entered for this event, but the Cup returned to the Clubhouse for the second year in succession, the crew defeating Blackfrairs R.C. by three lengths in a heat and Parkside R.C. by two lengths in the final. The row back to the Boathouse from this regatta was marked by the finest piece of firm paddling ever experienced by the writer. The crew were completely relaxed between the strokes and the boat moved with speed and a delightful smoothness.

As holders of the Sawtell Cup, the next task was to retain it at Thames Ditton, and a big entry faced the crew with four races, one more than the other crews as the draw had placed Thames in the preliminary heat. In this we met Lensbury R.C. who jumped us at the start and led over the first half of the course. Pushed to their limit, they had nothing left and we moved up, and passed them to win by two lengths. In turn Molesey (2½ lengths) and Oxford House R.C. (2 lengths) were beaten and then, with less than five minutes rest, came the final against Thames Tradesmen R.C. This proved to be the hardest race of the day and not until close home did we gain the upper hand to win by one length.

The next engagement was the Junior Shell Eights at Twickenham Regatta. The day was marked by a wind of near gale force and very rough water. The crew were edgy. C. Vlieger, a Dutch member of the crew, had been suddenly called home and a reserve came into the crew.

The first race proved much too easy. Twickenham 'A' crew could not cope with the rough water and, in little more than a strong paddle, this race was won by 2½ lengths.

In the next heat, against Twickenham 'B' the crew received a very sharp lesson. Twickenham 'B' had shown no form at all at Ditton so this race was 'in the bag.'

A much too leisurely start let Twickenham slip away into a useful lead and efforts to bring them back developed into a scramble. Grand work by stroke and seven, and some blistering comments from the Coxswain steadied the crew and we got home to win by half a length!

Horseferry R.C., winners the previous week down river, gave us a hard race in the semi-final and in a good finish we won by 2/3 of a length.

The final against Ibis B.C. was somewhat adventuresome. Our stakeboat dragged in the wind and it was finally decided not to use it. Ibis had the advantage of the staggered start, and on the word 'Go' we were actually moving backwards! That start had every ounce of beef and guts the crew possessed. In ten strokes we collared Ibis, and in twenty strokes we were in front and going away. Half way home and leading by a length and a half we came into very bad water and lost rhythm, and Ibis came up, but

in a spirited finish we held them off to win by 3/4 of a length.

The crew now faced the task that had defeated their predecessors the year before. To go from Maidens to Junior-seniors undefeated in four regattas. They would have no other chance to win junior-senior status as the crew was to break up after Chiswick Regatta.

Chiswick Regatta hit the press headlines in a manner that could not have pleased the Regatta Committee. Some extraordinary Umpire decisions were given. Without any doubt the siting of the stakeboats on the up-river course were at fault. Both Surrey and Middlesex stakeboats were much too close to the banks, crews on these two stations having to move towards centre to clear the buttresses of Chiswick Bridge. In a three boat race this led to trouble. Opposed by Cygnet and London, we had the Surrey station with London centre(?) (In fact the centre stakeboat was well Middlesex side of centre). Cygnet moved out as they were bound to do to clear the bridge and a clash with London took place. We meanwhile had moved out and cleared the bridge with about a foot to spare. London had suffered most in the clash and had dropped back. Steering hard to get away from Cygnet, they came over and struck our rudder.

Our course was then parallel with Cygnet with ample room for a third crew between. The Umpire stopped the race, Cygnet then being a canvas up on us. Some minutes elapsed while London disentangled themselves from our rudder and lines, the crews drifting well down the course meanwhile. The Umpire, after warning us for a reason unstated, then restarted the race, giving Cygnet a clear length lead and bringing London up level with us!

With less than 700 yards to go, the handicap proved too much and we lost to Cygnet by half a length. The Umpire then disqualified London!

Thus the season's effort for the crew ended in controversy. Had it been possible to keep them together they would have without doubt won a junior-senior event and may well have gone on to win Thames Cup class before the end of the season. Let it not be forgotten, junior rowing is the club nursery, and important part of the club. Old members can do much by interesting and introducing youngsters for we should have at least two junior crews each year if the club is to maintain its supremacy on the river.

About Henley time it proved possible to put together a second junior eight, and this took the water with enthusiasm under the coaching of Johnny Johnson and a band of other helpers. As will be found recorded under the heading of the various regatta results, this crew tried hard to emulate its predecessors success but, for one reason or another, had not succeeded by the end of the racing season.

with them, and determine the exact technique for each one. The next step is to get Club Members together and explain the procedure, preferably with the circuit laid out before them, and a demonstrator at hand. The exercises are then tried out by the crews. At their third or fourth visit they will do their maximum at each exercise, i.e., to the point of exhaustion though still maintaining form. The timed or stamina events may be left out for testing purposes as they are predetermined. These 'Maximum Repetitions' are then halved, and it is this 'half dose' that represents the individual's score for the circuit.

At their next attendance the crews are timed round the circuit, a complete course consisting of three laps. Progress from now on is made in one of two ways, viz., by doing the same amount of work in less time, or, more work in the same time. The coach can make the work harder by adding some weights to one or more of the strength exercises. The procedure outlined above is known as the 'Individual Method'; other schemes are described in the book on Circuit Training.

Average circuits take from 15-30 minutes depending on the number of exercises lay-out and so on. At the end of each work out the

oarsman should reach a stage of near exhaustion. As Chataway has remarked — 'The body must be conditioned to take — almost to demand — regular and violent exercise.'

Circuit Training is ideal during the Winter months, during which time the oarsman should be acquiring the basic fitness upon which his rowing form is to be developed. As the competition season approaches more emphasis will naturally be made on work on the water. A maintenance dose should be kept up even at this time or much of the accumulative effect of the training will be lost.

Results from this method of training are most likely to become apparent during the second or third seasons of trial. Or, if facilities comparable to those of Russian international teams prevail, during the fourth or fifth seasons. I imagine, however, that there are few countries with six or seven seasons in which to prepare their crews!

It takes time for a new system of training to become 'ground in.' The Circuit is obviously not intended to be an end in itself but it should be wedded in with other schemes such as 'Interval' and 'Weight Training.' To achieve the best results it should be adopted to local facilities and the basic needs of individuals and individual crews.

THE TIDEWAY TRUST

It was on the Umpire's Launch at Henley in 1953 that 'Berry' and Len Field decided that the Tideway Clubs would do well to follow Hereford in running a Football Competition to help defray the rising costs of boat racing. The Tideway Trust started in 1954, and has weathered difficulties, but with its present membership of around 1,500 subscribers, it is hoped that the Club can now expect a regular amount of at least £150 each year — a cheque was handed to the Committee at the Annual General Meeting for £75.

This Competition is a ready made scheme whereby the Clubs income can be increased from outside sources, giving it the financial support it so badly needs, and members are asked to find someone in their works who will take on the remunerative agency job. You won't want to be bothered with the explanation of the draw, ask for the form which explains it very simply, or send your representative by appointment to the Club.

In those business houses and firms where it has been given a start, the support has since been regular and increasing — John Citizen will have his 'shilling flutter,' and what more

worthwhile subscription could there be to amateur sport.

As in the past we have entered the Australian teams for the Season commencing in May, and particularly ask present Agents to enter their members in numerical order on the new cards, which are sent out at the commencement of each season.

BOOK REVIEWS

We can heartily recommend:

'A HISTORY OF ROWING'

by Hylton Cleaver

At one guinea it is very good value and a useful addition to the oarsman's library, containing as it does 250 pages of rowing history and 50 pages of appendices of the past records of all major events.

THE BRITISH ROWING ALMANAC — 7s. 6d.

(ON SALE AT CLUB)

HISTORY OF THE THAMES ROWING CLUB

F. E. C. Clark

F. E. C. Clark 'The Long 'Un' joined Thames R.C. in 1885 and was a member until his death in 1935. He was Captain in 1892 and 1893. He rowed in the Grand Challenge Cup each year from 1887 to 1894, winning it in 1888 and 1889. He rowed in the Stewards' Challenge Cup from 1888 to 1893 and won it in 1889 and 1891. He won the Champion Cup for senior eights in the Metropolitan Regatta in 1887, 1888, 1889, 1891, 1892 and 1893.

A contemporary account of his prowess speaks of him as a heavy-weight, and questions whether rowing history could show a much better man for his size, whose consistent and skilful oarsmanship had worthily won for him a place in the ranks of those who remain famous on the river. 'As many captains know to their cost, it is indeed difficult to find the class of oarsman that Mr. Clark represents; for in him we have combined size, strength, skill, and staying power. No one of these can be dispensed with in the formation of an eight-oared crew.'

He first rowed at Henley for us in the Thames Cup in 1886. That crew won two heats, but was then beaten by a London R.C. crew by a quarter of a length. Later that year he rowed at 4 in the Club junior eight in the Metropolitan Regatta, and they won. In the same regatta he rowed in the Senior Fours with Coxswain — and again won. Next year he was promoted to 5 in the Grand Eight, and it is said that his first appearance in first class company is memorable for his having taken part in two of the most gruelling heats up to then recorded in the history of Henley. Clark's crew won their first heat by 4 feet against an Oxford Etonian crew, but was defeated in the final by Trinity Hall by 2 feet. He was again successful in the Metropolitan Regatta that year, in both senior eights and fours, and won the senior eights at Molesey, Reading and Walton.

Next year, he rowed at 7 in the Club crew that won the Grand, and appears to have been as successful throughout the season as he was the year before. In 1889 Clark won both Grand and Stewards' Cups, and rowed with Looker in the Goblets. But the treble was denied them, for that race was won by 'Jumps' Gardner and Muttlebury. Success eluded him in 1890, but returned again in 1891, when he rowed in a fine four

stroked by Gardner which won the Stewards' Cup. Soon after Henley, Thames took an eight and 2 fours to Hamburg to row on the Alster Lake. The chief contest there was for the Hammonia Challenge Cup, Senior Fours. Clark rowed in this race and in the Senior Eights. While we did not win the latter, we took the former race, and for the third year, thus winning the Cup (which we still have in the Clubhouse) outright.

Four crews raced in the fours; Thames, Stettin, Berliner Ruder Club and Ruder Club Favorite-Hammonia-Hamburg. Thames got off well, Gardner striking 42 to start with, and putting some grit into their work as well, the Putney four led at once. With a stroke of over 45 however, Favorite-Hammonia stuck to them well for the half-distance, but Thames had by this time secured the best station out of the wind (Shades of F.I.S.A.!!) and about halfway they commenced to romp away. Shortly after, Doering lost his oar, and the visitors going right up ultimately beat Stettin by 12½ seconds in 8 minutes 1½ seconds.

They had Club Annual Dinners, too, in those days. We have records of that of 1893, when an enjoyable night was spent at The Cafe Royal. 'Everyone knows that this function is one of the events of the year, and the democratic feeling that prevails at the board brings rivals together as nothing else can do.' Long Clark took the Chair in the unavoidable absence of Piggy Eyre and there were about 75 present. 'No time was lost in getting the dinner out of the way, and Clark, then captain of the Club proposed the loyal toast. He followed immediately by proposing that of the Club. He reported that the club was in a good financial state and that the membership was larger than ever before. If they had not been able to carry off the Grand, they could console themselves with the thought that they had won the Thames Cup.' He finished by saying that he considered Thames and London Rowing Clubs to be the mainstay of the Henley Regatta.

Jimmie Hastie proposed the toast of Other Clubs and the Visitors, and no fewer than nine guests made speeches in reply. There were two other toasts and replies to each. Time was found for a number of songs.

ANSWERS TO CORRESPONDENTS

SUSAN (ROEDEAN)

We can only assume you are referring to a member known as 'Scooter' Mount. We regret that club rules prohibit us from furnishing his address which is Thames Rowing Club, Putney Embankment, S.W.15. We suggest you return the track suit trousers to the honorary Secretary of the Club.

'SCOOTER' (S.W.15)

We fail to see the connection between a prefect of Rowdean (?) school, lost in the fog on Putney Common after the last Club Dance — and a pair of track-suit trousers found on the hockey field of the school two days later. May we have further details please? (Photographs, telephone numbers, vital statistics, etc.).

'SECOND JUNIOR' (Hammersmith, W.6)

It is usual to return rum-tums to the Club after an outing; it is *not* usual for *Dick Phelps* to go to Southend to fetch the boat back. If you picked your tide you could probably get back yourself. We suggest you write to *the Captain*, he is always happy to hear from members (especially about Club boats).

'SLOPPY JEANS' (Putney)

The gentleman to whom you refer is rowing in this club's Junior-Senior Eight. We admit there is a resemblance—but his name is not Tommy Steele. The nickname 'Rock-'n-Roll' actually refers to his rowing technique. He is not, to our knowledge, a devotee of terpsichore.

RENE (Rue Pigalle, Paris)

We shall be pleased to consider your application for overseas membership, and enclose a form for your completion and return. We are not clear from your letter whether you are U. N. Homme or U. N. E. Femme. If the latter, it is regretted that the club accommodation presents a problem (*tres difficile*). We will ask *Dr. Williams* to call upon you and explain this when next he is in the Rue Pigalle, attending a conference (ha! ha!). No, rowing is not provided free under the National Health Scheme. (Although some members appear to suffer from that delusion.—*Ed.*)

ANSWERS TO QUIZ

1. The Diamond Sculls trophy was originally a presentation prize of a diamond scarf pin. The race was instituted in 1844 and in 1850 the Diamond Challenge Sculls were instituted when the diamond scarf pin gave way to the 'pineapple' silver-gilt presentation cup we see today.
2. His Royal Highness Prince Albert (afterwards H.R.H. The Prince Consort) became the first Royal Patron of the Regatta in 1851. Since then it has been styled 'Henley Royal Regatta.'
3. America — 4 wins (5 including 1957). Belgium — 3 wins.
4. The Silver Wherries were nine-inch silver models of pair-oared racing boats for the pair-oared race instituted in 1845. In 1850 the Silver Goblets as we now know them were brought in to replace the wherries. The Challenge Cup was presented for this race in 1895.
5. The Wyfold Challenge Cup.
6. Jack Beresford Jr. and Dick Southwood. (Thames Rowing Club).

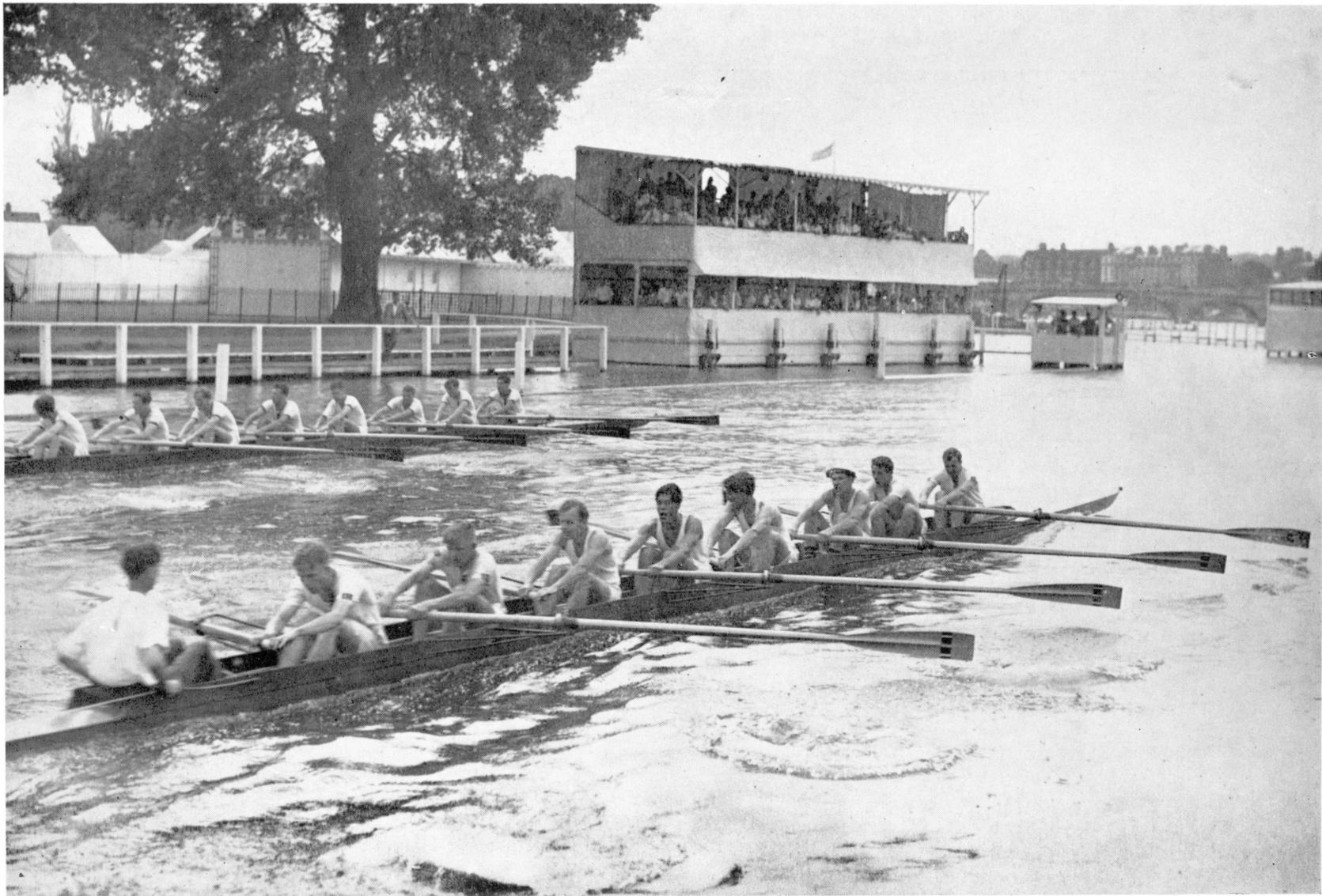
OBITUARY, 1957

Notices of deaths of the following members have been received during the last year:

C. TUGWELL. T. K. HANSON. J. BAILEY.



*STUART MACKENZIE of Australia (European Games & Diamond Sculls winner, 1957)
has first outing at Putney on arrival in this country,
assisted by Dick Phelps.*



2nd VIII AT HENLEY

J. T. Shaw (cox); R. Neale (stroke); A. Hawes; R. C. Wright; M. S. Atkins; C. P. Baker; R. F. Clipson; M. J. Long; R. C. Bray (bow).

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