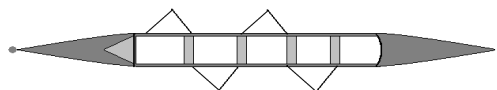
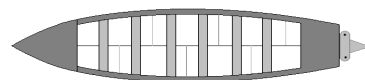


Paignton Amateur Rowing Club

Newsletter



Skiff racing since 1890



Gig racing since 2007

May 2015

Paignton Crews Find it Tough at Head of the Dart



Rob Harris and Mike Lister in the Men's Pair

Two crews from Paignton took part in the Head of the Dart on April 11th. The gruelling 15km race alternates each year between Totnes and Dartmouth this year running downstream. Times of the day were fast due to the wind, stream and tide. The men's pair from Paignton found themselves up against a very experienced Torquay crew, who managed to win the category with Paignton coming in second in 58 minutes and 45 seconds. Some four minutes slower than the Torquay crew of Nick Cleasby and Gary Lectori. The mixed gig were up against two crews from Dart Gig Club, one from Brixham and the other from Salcombe Gig Club. Paul Tucker, Steve Edwards, Mick Jackman, Alyson Whitehead, Amanda Falconer and Debbie Hopper with Shaun Pedley as cox managed 4th out of the five crews.

Ladies Super Vets finish 4th of 21 Crews



Composite crew of Paignton and Brixham running 4th in the final

Sarah Tingle, Tracey Western and Gill Kinght from Paignton ARC and Karen Marshall, Catherine Dudley and Jo Hayden from Brixham ARC teamed up to enter the Super Vets (Over 50) Gig Regatta at Appledore on the same day as the Head of the Dart. Crews must go through a heat and then into finals. The composite crew won their heat impressively on the Saturday and made it through to the finals to eventually finish a well deserved 4th. Well done girls!

Panto a Huge Success

The second pantomime written by Sue Cose, "Robin's Wood" delighted and amused just under 200 people on Saturday the 18th of April. A cast starring Rob Harris, Charlie Martin, Mike Lister, Jenny Tostevin (girlfriend of Mike Lister), Ted Evans, Jonny Evans, Nikki Windeatt, Shelly Atkins, Tracey Western, Jordyn Watkins, Karrie Spencer, Emma Windeatt and with a special guest performance from Pete Atkinson of Dart Totnes ARC, produced two, two hour long shows on the same night and have raised over £1500 for the club.

The story, loosely based on Robin Hood, is the second pantomime written by Sue. Last year the club had great success producing "Snow White and the Dustman". This year with a slightly larger cast, it was thought it would be best to perform a matinee performance as well as the evening. This meant over 150 people could watch the show. Could Sue be having thoughts of writing another? Don't rule anything out. However, when interviewed after the show she was heard to say "If you ever see me near another Pantomime, you have my permission to shoot me". Echoes of Steve Redgrave spring to mind.

For those that missed the event there will be a DVD copy available soon for £3 each.



Shelly Atkins, Nikki Windeatt and Johnny Evans performing Gangnam Style

Disaster for Paignton Juniors at JIRR

The crew of Alice Middleton, Karrie Spencer and Emily Roberts from Paignton ARC with Kate Doble from Exeter RC, competed at the Junior Inter Regional Regatta in Nottingham. In their heat the umpire started the race before the girls were ready and hence the girls qualified for the B final to compete for places 7 to 12. In the final whilst running third (9th) the tiller wire snapped and the coxswain couldn't keep the boat straight. The girls then had to meander their way to the finish with the cox struggling to steer with a broken tiller. The girls finished last but can still boast at being the 12th best crew in the country.

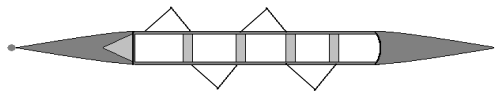


From the left: Kate Doble (Exeter RC), Karrie Spencer, Alice Middleton and Emily Roberts

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Seven Women Represent at Scillys

Seven women went to the CPGA World Championships on the May bank holiday weekend. Two crews were entered. A ladies vets crew and a ladies crew. The ladies crew competed against over 100 boats and managed a credible 63rd just edging out our local rivals, Brixham, by a few places. The crew consisted of Queenie Martin, Debbie Hopper, Alyson Whitehead, Tracey Western, Sarah Tingle and Jo Drury with Amanda Falconer coxing. Alyson and Amanda swapped places for the vets race and the girls placed 21st in the world. A brilliant performance. All the girls plan to go back next year and hopefully their success has prompted others to consider the excellent weekend! Paignton managed to get themselves in many of the photos despite only have two boats in the races. It must have been down to their cracking woolly hats!



Ladies Vets Crew in hats!

Gig Training has changed!

Training will now commence at 6.15pm on Tuesdays and Thursdays.

As a reminder here are the other current training times:

Juniors: 5.30pm Mondays and Wednesdays and 9am on Saturdays.
Skiff Adults: Tuesdays and Thursdays at 6pm and Sunday mornings at 9am.

WE NEED MEN!

If you know of anyone who is interested get them down on a Tuesday night so they can try it!

Member of the month:

Rachel Cooper

Joined the club: 2011

Club positions: Junior Coach

Best achievement: Women's Novice Championship 2012, South Coast Championship Ladies Open 2012

Rachel and her usual doubles partner, Charlie Martin are both pregnant! It seems they have to do everything together!

2nd Instalment of memberships now due

Please contact Tracey Western.

Adult Membership £105 (or three instalments of £35 Apr, May, Jun)

Junior Membership U18: £80 and U14: £70 (Three instalments accepted)

Social Membership: £20 Coxswain Membership: £10

This year, membership includes a 125 year celebratory T shirt! As well as membership to British Rowing!

125th Anniversary Meal

See the back page for details and how to book tickets.

Results:

Head of the Dart:

Men's Open Pair: *Rob Harris and Mike Lister*: 2nd - 58min 45secs

Mixed Gig: *Steve Edwards, Mick Jackman, Paul Tucker, Alyson Whitehead, Amanda Falconer, Debbie Hopper, Shaun Pedley (cox)*: 4th - 1hr 13mins 53secs

Super Vets Gig Regatta:

Ladies: *Sarah Tingle, Tracey Western, Gill Knight, (Karen Marshall, Caroline Dadley, Jo Hayden from Brixham RC)*: 4th

JIRR:

WJ14 4x+: *Kate Doble (Exeter RC), Emily Roberts, Karrie Spencer, Alice Middleton*: 12th

Isles of Scilly CPGA World Championships:

Ladies Vets: *Queenie Martin, Debbie Hopper, Alyson Whitehead, Sarah Tingle, Tracey Western, Jo Drury, Amanda Falconer (cox)*: 21st

Ladies: *Queenie Martin, Debbie Hopper, Amanda Falconer, Sarah Tingle, Tracey Western, Jo Drury, Alyson Whitehead (cox)*: 63rd

Thatcher Rock 8k:

Safety: *The 'Terry' RIB*: Best in show

Upcoming Fixtures:

Saturday 23rd May: Weymouth Gig Regatta/ Flushing Mylor Gig Regatta

Saturday 30th May: Truro Gig Regatta

Sunday 31st May: Salcombe Gig Regatta

Saturday 13th June - Plymouth Regatta/Mevagissey Gig Regatta/Swanage Gig Regatta

Entries to Amanda by 9th May

Entries to Amanda by 16th May

Entries to Amanda by 16th May

Entries to Rob and Amanda by 28th May

Rob Harris: skiffcaptain@paigntonarc.co.uk or 07868 309715 - Amanda Falconer: gigcaptain@paigntonarc.co.uk or 07792744212

125th Anniversary Dinner

Saturday 21st November

This year is Paignton ARC's 125th Anniversary year. So we are going to celebrate in style.

We are holding a sit down meal at Living Coasts in Torquay.
Which has stunning views of the entire bay.

Tickets will cost £26 per adult and £20 per U16. Email Karen Gidley to book now!

karenlynnegidley@gmail.com

The price includes a three course meal (menu below) and we have also booked a live band to dance the night away.

7pm start until midnight

On the evening there will be a silent auction with the chance of winning some fantastic sports memorabilia amongst other prizes!

Starters

Roasted vegetable soup with crunchy croutons

Mozzarella, sun dried tomatoes, black olive salad with a basil dressing

Creedy carver duck liver parfait with red onion chutney and croutes

Mains

Supreme of chicken on crushed garlic potatoes with a creamy Mediterranean tomato sauce

Loin of pork on a whole grain mustard mash with a cider jus
tomatoes stuffed with ratatouille, sweetcorn croute (V)

Dessert

Lemon posset, chocolate design and raspberry coulis

Mint chocolate cheesecake, chocolate soil, mint sugar, chocolate sauce

Trio of local cheeses, chutney, grapes, biscuits