

## Rowing with Stour Sailing Club

Both members and non-members are welcome to come and row. If you are not a member of the Stour Sailing Club then you can come out for three rows free of charge.

We hope that you will enjoy rowing and want to carry on, and after your three free rows we will ask you to consider joining the Club. A family membership of the Stour Sailing Club is currently £79 a year.

If you want to carry on for a while longer before deciding whether to join the Club then you can 'pay as you go' for three more rows, at a cost of £3.00 a row payable to the Cox on the day.

*We ask all Rowers to make a small contribution of £1 per person per row in the Gig which goes towards replacement of equipment (mainly thole pins) and the maintenance of our beautiful wooden gig.*

### **Getting Started**

You don't need lots of special equipment to row. Just wear comfortable clothes that you can move in. Shorts or trousers without pockets are most comfortable. You will get hot when you are rowing so wear layers that you can take off or put back on as needed.

Wear trainers or shoes/sandals that you do not mind getting wet or muddy (although we mostly stay dry unless we are taking the boats in and out of the water on trailers).

We usually row wearing gloves – any old leather gloves or flexible work gloves that you can wriggle your fingers in and grip with will do to start.

In warm weather a cap and sunglasses + sunscreen are important.

In cold weather a woolly hat or ear warmers are helpful.

Remember to bring water with you – rowing can be thirsty work!



# STOUR SAILING CLUB



## Come and Row in 2018



**LOTTERY FUNDED**

## About the Stour Sailing Club

The Sailing Club was founded in 1937 and has been part of the local community for over eighty years. The club is owned and run by its members and exists to promote access to and enjoyment of the river, including sailing, fishing, canoeing and rowing.

## Rowing at Manningtree

Rowing is a fantastic team and social activity for people of all ages and is a great way to enjoy our beautiful estuary from a whole new angle. You can row for fun or to get fit or to compete – or all three. You can also come out as a passenger to enjoy the scenery and the company.

We row as men's, women's and mixed crews and you do not have to be under twenty five, super fit and over six foot six to get rowing! The age range of our rowers has been from 16 to 70+ (and still going strong). If you don't fancy rowing there are also opportunities for Coxing (and you can learn to Cox as well as row).

Rowing at Manningtree is traditional fixed seat coastal rowing with four rowers each with a single 'sweep' oar, and a Cox, either in the Club Gig William Rose or Claydon Skiffs made available by their owners.

When light and tide allow we run two club rowing sessions a week, one during the week and one at weekends. You don't need to have any rowing experience, just sign up, turn up and be prepared to lend a hand and handle an oar.

In between Club Rows and Races the Club Gig can also be booked for use for team practice or leisure by Members who have the necessary experience to become 'Approved Gig Users'. Details are on the Club Website.

If you would like to get involved e-mail [Rowing@stoursailingclub.co.uk](mailto:Rowing@stoursailingclub.co.uk)

There is also lots more information including dates for Club rows on the Club website [www.stoursailingclub.co.uk](http://www.stoursailingclub.co.uk)

## William Rose – the Club Harker's Yard Gig

William Rose, the Club's Harker's Yard Gig joined the Club in October 2016 as part of our first Coastal Rowing project to increase opportunities for local people to participate in coastal rowing.

The Harker's Yard Gigs are built by the Pioneer Sailing Trust in Brightlingsea by marine apprentices. Despite their appearance they are wooden boats built from cold moulded mahogany ply. William Rose is the 17<sup>th</sup> Gig to be built by the yard.

The purchase of the Gig and the Gig project was made possible by a grant from the Sport England Lottery Fund and a generous donation from the Rose family in memory of William Rose for whom the boat is named.

## Basic Rules

We want everyone to be safe on the water and to enjoy rowing and we have three basic rules:

Rule Number One: The Cox is in Charge!  
Be ready to listen and respond to instructions.

Rule Number Two: Rowing is a Team Sport – the team work includes getting the boat and equipment ready, and getting the boat in and out of the water as well as rowing.

Rule Number Three: Have fun – the more you put in to rowing, the more you will get out of it