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## Anyone for a mid-life crisis?



Comings and goings to Caversham may include **Greg Searle**, (right), whose performance at the December GB trials is awaited keenly, not least by the 37-year-old Olympic champion himself.

Meanwhile, **Robin Williams** has hung up his stopwatch to consider life after 50. While Searle contemplates re-entry for 2012, Williams thinks about leaving rowing. He talks to Christopher Dodd on page 2.

Photographs:  
Peter Spurrier/  
Intersport Images



### Light success

Robin Williams talks to Chris Dodd pp 2-3

### Campbell charges

GB sculler demolishes Drysdale in the 169th Wingfield Sculls pp 4-5

### Nervous novice

Tedi de Toledo's learn-to-row tale pp 16-18

### Megaphone

Alex Henshilwood's new column on coaching juniors pp 19-20

### GBR and life

Colin Smith hangs up his blade pp 21-23

### Boat Race farce

The pre-trial eights Rant, p 28

## Voices off

### Tide of history (1)

It was announced, with something like a fanfare, last week, that the annual contest between Dark and Light Blues is now going to be called the Xchanging Boat Race. Those in the know have been aware that it's been the University Boat Race for the Xchanging Trophy for the last few years. These news came as a surprise to....

Read more with a subscription to the Rowing Voice

<http://voice.rowingservice.com>

*Hammer Smith*

*Tittle and tattle, gossip, news and banter to Hammer Smith, [voice@rowingservice.com](mailto:voice@rowingservice.com)*

## THE VOICE INTERVIEW

# Quitting on the gold standard

*The coach who revived GB lightweights is taking time out. He talks to **Christopher Dodd***



Robin Williams, Munich 2007

Photograph: Peter Spurrier

Robin Williams awarded himself a birthday present when he reached 50 by leaving his employment in Fortress Caversham. After 19 years coaching 24/7, first at London, then in Cambridge for a decade followed by five years in charge of lightweights at GB Rowing, he reckons he deserves a rest and a re-think. He would like to see what his kids get up to in the summer, and partake of a family holiday.

But Williams is not downhearted. "When I left Cambridge I made it plain that I was going to take a rain check in five years. I .....

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## RACE DESK

Championship of the Thames, 5 November 2009

# Campbell tops the Wingfields

*World silver medallist topples champion Drysdale; Hosking retains title. Christopher Dodd reports*

The 169th race for the Wingfield Sculls was an epic struggle between the two fastest scullers in the world from first to last stroke, and a slice of exhilarating experience for a comparative greenhorn who duly went to the slaughter. It was a courageous performance by Alan

Campbell who led from start to finish, a courageous performance by Mahé Drysdale who put the frighteners on Campbell for the last three and a half miles, and a courageous performance by Graeme Coleman for hanging on to world champion Drysdale for the whole of the first mile.....

Read more, including the Women's Wingfields report, by taking out a subscription

<http://voice.rowingservice.com>



Left to right: Alan Campbell, Mahé Drysdale and Graeme Coleman ride the bumpy waters towards Hammersmith Bridge.

Photograph: Peter Spurrier

## UK NEWS

**Britpix**

An A3 2010 rowing calendar has been released by the Mark Lees Foundation, a charity which supports developing GBR rowers who are not yet funded. Photographs in the calendar have been provided by expert snapper Peter Spurrier, and all proceeds go to the Foundation. Price £10, available from Rock The Boat.

[RQ]

**Veterans may become younger**

The British Rowing national competition committee met in October, and is suggesting that the reduction of the minimum veteran age to 27, agreed last year, should finally be implemented. The minimum age for UK veterans has been 31 for more than 15 years in the UK, and is four years higher than that for FISA Masters events.

[RQ]

More news, both world and UK, with a subscription to the Rowing Voice

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**Trailer stolen**

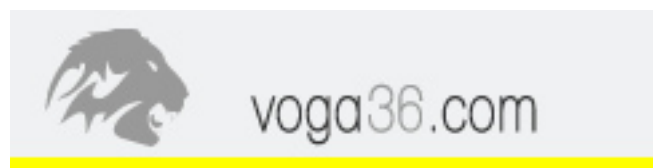
A De Graf Boat Trailer was reported stolen on October 26 from the Holme Pierrepont National Water Sports Centre in Nottingham. It did not have any boats loaded on it but did contain a set of quad riggers, a

# The Rowing Voice discount scheme – subscribe to the magazine and earn money off deals in rowing

*We have arranged a collection of exciting rowing discounts for those who are current subscribers to the magazine (annual or single-issue).*

*Discounts include up to 2.5% off new Filippi boats, money off rowing clothing, books, DVDs, videos, and boat-bags*

*Full details available online for subscribers, and companies included in the scheme so far are shown below*



*A brochure giving details of the available discounts can be downloaded by subscribers upon login*

## VOICE FEATURE

# Learning to row – a cautionary tale

*As taster courses become increasingly popular for recruitment, Tedi de Toledo tells of a different side to the novice experience*

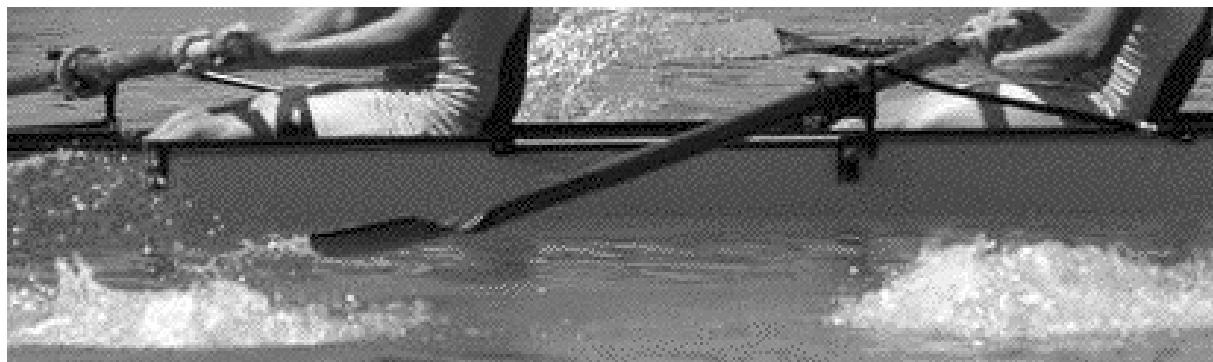
February 2009

My 22 year old daughter Zoe, an accomplished cox with GB and Henley gold medals, suggests I check out a beginners' rowing course being offered by Quintin, a club near Chiswick. £30 for a month-long course; twice a week, one afternoon session on the river and one evening session indoors, to improve fitness.

"It's a good deal" she says, "Have a go."

But I do harbour some doubts about my ability. I remember the time when I went all out on a rowing machine in the gym and reported to Zoe with pride my time for the 2000 metres (8:40).

"Dad, that's really good, only a bit slower than my 14 year olds." she said sweetly. (She also coaches rowing in a high school.) "My 14-year old girls, that is." .....



.....The outing continues with Matt/Mick giving us instructions, most of the technical terms (no doubt covered in the tank session) I do not understand, and a lot of other stuff I have a hard time hearing. The result is that, as hard as I try, I row extremely badly and can't stay in sync with anybody else for any length of time. The older Brazilian chap and I are the two rowers who are struggling the most and attracting most of the critical comments.

.....When everybody arrives, we go out to assemble on a patch of grass and form a semi-circle facing Matt/Mick. It's a motley crew ranging from a 60+ Brazilian chap to a twenty-something Aussie. We've got fat, thin, tall, short, girls, boys and all sorts of ethnic backgrounds....

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"Bow four start paddling."  
 "Who's that?" I ask.  
 "That includes you." says Matt/Mick  
 "We covered all this terminology in the tank session. Weren't you there?"  
 "No, I got caught up in the rain."  
 .....



## MEGAPHONE

# Is less more?

*Alex Henshilwood, Eton College head coach, explains why doing less training produces better results. Photographs courtesy of Eton boatman Andrew Cross*

Current wisdom suggests that rowing crews who want to be quick have to train like nutters. But isn't training harder than ever being used as a panacea to cure poor rowing technique and indifference? The program can be the easiest thing to change, but the laziest solution in the quest to find more boat speed. Train harder and longer and you don't need to think about why your strokes aren't moving the boat fast.

How do you make the leap to reduce training loads?

For Alex Henshilwood's answer to this question, take out a subscription to the Rowing Voice

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TRAILER



## THE VOICE INTERVIEW

# Making a momentous decision

Colin Smith talks to *Rachel Quarrell* about retirement and the British team

Colin Smith knows about winning and losing. In the last three years he has collected a world championship bronze medal (which counted as a win), an Olympic silver stroking the GB Beijing eight (a one-second loss), and the Boat Race Trophy as president of Oxford University boat club (a definite win). Along the way he has lost races he knows he could have won, and won races most predicted were out of his reach.

By any standards, including his own, he is right at the top of his game. Taking half of 2009 out of the British national team to study for an MBA and to skipper the Oxford Blues squad, he was unable to return for GB selection last April because his business exams clashed too severely with the World Cup regattas. The general assumption was that he would be back this year. Yet at the end of September, a few days after his 26th birthday, he told Jürgen Grobler and David Tanner that he had decided to retire from rowing. It was a huge decision.

“Yes it was a big deal”, he says. “Rowing’s been a priority for a very long time.” To many, the change might seem odd. Unlike others

who took the 2009 year off, Smith remained in rowing, taking the Boat Race ‘rest’ cure, a famously welcome change from international style training. Many return to their national squads post-Boat Race refreshed and in the best shape of their lives. For Smith, within touching distance of the Olympic gold medal he has dreamed about for a decade, three more years surely didn’t seem too long. Why didn’t he hang on and try for more in London?

.....

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All photographs: Peter Spurrier

INTERVIEW: COLIN SMITH



RowingVoice is published by  
Rowing Ink.

Editors Rachel Quarrell and  
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Published irregularly.

### Next issue dates:

Issue 10 December 24  
Volume 4 of the Rowing Voice  
will begin in early 2010.

Copy deadlines are usually 5-7 days before the publication date. Copy for issue 10 should reach us before Christmas.

To contact the Voice, please email voice@rowingservice.com. Emails sent to voicelist@rowingservice.com will add you to the alert mailing list, or sign up on the website.

See contributor information at <http://voice.rowingservice.com> regarding formats, word limits and how to submit photographs, letters, adverts, race reports and articles.

## RANT

### The Boat Race is becoming a farce

It is no longer a match between University oarsmen but a race between Admissions Tutors who must decide who may be awarded the chance to study at their university. ....

More on this topic in the full magazine

## HOLIDAY PLANNER

<b>November</b>	7	South of England Indoors
28	Vesta Scullers Head	13-14 3rd GB trials (Dorney)
	Rutherford Head	13 Henley Fours Head
	Hampton SBH	South Yorkshire Head
	Soar Head	14 Bedford Fours & Eights

<b>December</b>	20-21	GB Junior trials
5	Burway SBH	20 Molesey Veteran Head
	Wycliffe SBH	Runcorn Spring Eights
	Glasgow Fours Head	21 City of Bristol Head
	Liverpool Head of the Float	Worcester Head
6	Wallingford Fours & Eights	27 Norwich Head
	Newark Head	Trafford Head
12	Walton SBH	Tyne Head
	Maidstone Head	Burway Head
13	Monmouth Head	Head of the Taff
17	OUBC & CUBC	28 Head of the Trent
	Boat Race Trial Eights	Greenwich Head
	Bexhill Schools Indoor	Hammersmith W's & J's
19	Second GB senior trial	

### LOOK AHEAD

#### March

13	Women's Eights head
27	Head of the River
28	Henley Boat Races

#### April

3	Xchanging Boat Race
9-12	GB final trials (Hazewinkel)

#### May

28-30	World Cup I (Bled)
28-30	National Schools

#### June

13	National Veteran Champs
18-20	World Cup II (Munich)
18-20	Henley Women's Regatta
30-Jul 4	Henley Royal Regatta

#### July

9-11	World Cup III (Lucerne)
16-18	Nat Champs (Strathclyde)
22-25	World U23s (Brest, BLR)
31-Aug 1	Commonwealth Regatta

### 2010

#### January

17	Head of the Avon Gorge
21-24	FISA Coaches Conference
23	Weybridge Winter Head
	Cambridge Head to Head
24	Boston Head
	Stourport Head
	European Indoors
30	Quintin Head
	Northampton Head
31	Thames Valley Trial Head
	Swansea Head

#### February

6	Peterborough Head
	Wycliffe Big Head
	Warrington Head of Mersey
	Durham SBH
	Hampton Head

# RESULTS

1 October to 9 November 2009

## Cancellations

Hylton LDS — gale-force winds  
 Berwick LDS — insufficient entries  
 Cardiff SBH — strong winds  
 Gloucester LDH — strong winds  
 Glasgow Fours Head — postponed, unsafe  
 Stourport — rising river levels  
 Fours Head — unsafe, gales and rough water  
 Pangbourne Junior Sculls — unsafe, high winds  
 GB sculling trials (Caversham) — high winds

Despite the change in the BR rules that all races are now qualifying, the Rowing Voice will generally continue to feature only results where three or more crews competed in the category.

## Wallingford Long Distance Sculls Sat 3 Oct 2009

IM1 M4x	Molesey	12-25.5
J18 MJ4x	Bedford Modern	12-48.9
J18 WJ4x	Molesey	154-52.2
J16 MJ4x	City of Oxford	13-38.0
J16 WJ4x	Molesey	15-18.8
J15 M4x	St George's College	14-31.8
J15 WJ4x	Ross	15-43.6
J18 MJ2x	St Paul's School	13-42.5
J18 WJ2x	Evesham	15-16.1
J16 MJ2x	St George's College	14-30.7
J16 WJ2x	St George's College	16-09.2
J15 MJ2x	Stratford-on-Avon	14-21.0
J15 WJ2x	Ross	16-19.6
VetF M2x	Henley	13-06.6
Elite M1x	Taylor (TSS)	14-20.4
Elite W1x	Ryvar (Minerva Bath)	15-43.3
Sen M1x	Fox (Peterborough)	14-11.3
Sen W1x	Ryvar (Minerva Bath)	15-22.3
IM1 M1x	Hazine (Wallingford)	14-20.3
IM1 W1x	Bodman (Minerva Bath)	16-02.4
IM2 M1x	Clarke (TSS)	14-29.3
IM2 W1x	Gooderham (UTRC)	15-56.3
IM3 M1x	Clarke (TSS)	14-52.6
IM3 W1x	Gooderham (UTRC)	16-06.7
Nov M1x	Harrop-Griffiths (Nephthys)	14-43.3
Nov W1x	Windham (UTRC)	16-28.9
J18 MJ1x	Mottram (UTRC)	15-02.4
J18 WJ1x	Scambler (Sir W Borlase)	16-38.7

J17 MJ1x	Beaumont (Maidenhead)	14-44.3
J17 WJ1x	Cook (Bedford Modern)	16-47.6
J16 MJ1x	Surman (Evesham)	15-14.9
J16 WJ1x	De Vere (Sir W Borlase)	16-36.2
J15 MJ1x	Mottram (UTRC)	15-34.9
J15 WJ1x	Bibby (Dart-Totnes)	17-48.1
VetA M1x	Mackworth-Praed (AK)	14-25.5
VetB W1x	Job (Wallingford)	17-03.9
VetC M1x	Pooley (Crabtree)	14-04.7
VetD M1x	Edge (Wallingford)	13-49.2
VetF M1x	Tubbs (Dart-Totnes)	14-13.7
VetG/H M1x	Morris (Wallingford)	13-16.5

Lots more results in the full magazine.

*More UK domestic results for November and December 2009 in the next issue of the Rowing Voice (New Year 2009-10).*

*To submit your own results email to [voice@rowingservice.com](mailto:voice@rowingservice.com) for the results style guide. Results are particularly welcomed from events which do not have them online.*