



# The SPIRIT of MAYFLOWER



## Welcome

**Sally Williams**  
President  
Mayflower Offshore Rowing Club

Welcome all to the start of a new Club year. Despite the 'inconvenient' interruptions of C-19 myself and the new Committee are still working in the background to ensure that the Club's administration and management continues to proceed. This year we are still looking at opportunities to increase our Membership base with exposure via social media and participation in community events. Given our unsure tenure at the Club we will start a work program on streamlining our assets and ensuring that our foot print is a bit more realistic. Our aim is to ensure that we can effectively use and maintain our facilities and offer a safe rowing experience with boats, blades and life support all in good working order. Alongside this we will start to actively review our finances and look at different revenue opportunities so that we can build up our capital in case of a move

If you have any questions or feel that you can contribute to these objectives, then please do not hesitate to come forward.

In the meantime, stay safe and look forward to seeing you all back in lycra on the slipway!



**Heather Pfeil**  
Club Captain  
Mayflower Offshore Rowing Club

I hope you've all stayed healthy physically and mentally during lockdown and a big thank you to NHS members and those who have provided key services during these troubling times.

Firstly, let me start by extending my thanks to everyone who voted for me to be Club Captain for 2020-2021 and a massive thank you to Andy Conbeer for his previous captaincy.

We are keeping a close eye on any developments which will allow us to return to the water and back to using our Club Facilities, but at the moment this just isn't possible. In the meantime, I'm hoping you're all keeping up with some exercise which will help your transition back into rowing. We've been publishing regular 30-day fitness challenges and the next will be issued shortly. We've also got a Mayflower 400, 66-day challenge for you to get involved in either as an individual or as part of a team.

Rowing since early December has been very limited, firstly with the bad weather we experienced over the winter and now with COVID-19. In view of this, every member will be classed as 'Return to Row' once we are back at the club. This will ensure that we make a steady re-introduction to rowing and protect ourselves from injury.

So, for now, stay safe, stay fit and stay in touch.

## WELCOME

We have created this newsletter to keep you informed on current club situation, news, club events, maintenance and other engagements.

This is a new and improved way of providing information to you and keep all of our members engaged in a more interactive way.

Please send us your photos, stories or experiences so we can share with everyone as this is YOUR club. Please email them to [secretary.morc@hotmail.co.uk](mailto:secretary.morc@hotmail.co.uk)



## Coronavirus (COVID-19) Club Update

British Rowing are currently advising maintaining lockdown of affiliated clubs until they compile new guidelines. We will keep you informed should any of this change.



The club remains closed. The MORC committee has approved certain individuals to visit the club for maintenance purposes only.

## 20/21 Regattas

Due to the current situation a lot of events this year have been cancelled. This includes, first part of the Southwest Coastal League regattas, BROCC, Coastal Rowing World Championship and many others.



SWCRL is having a meeting at the end of July to discuss the second part of the season regattas and make an informative decision. This will be then be communicated to all club members.

## Club and Boat Maintenance

Andrew Conbeer is our Facilities Manager and together with Sally, Josh and Jeff they have been doing regular inspections of the club house to make sure all is still ok.



Currently all the boats are in pretty good shape as Andy and Jeff have been undertaking boat maintenance. Our boats, however may require cleaning once the club is ready to go out on the water.

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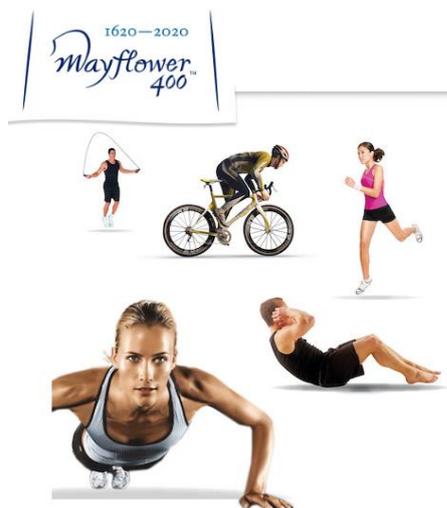
## Fitness and Virtual Challenges

It has been quite hard for everyone to keep fit during this lockdown period, but we are hoping that you have been doing some form of exercise.

There are also many virtual races and events that we can take part in, no matter the type of exercise. Some of our members have been taking part in virtual rowing races, such as Gig Rower Virtual Championship and Olderfleet International Regatta, and FGJ, promoting Mayflower and trying to win a medal.

Currently there is the Mayflower 400 virtual challenge promoting fitness and encouraging people to keep active during this time. The challenge is to do 400 miles in 66 days, no matter the type of exercise. If you would like to join just let us know whether on Facebook, Instagram, messenger, email, etc

Another challenge you may be interested in British Rowing Virtual Challenge. To find out more details about it please visit [www.britishrowing.org](http://www.britishrowing.org)



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## Your Story – The Mayflower ROW

With Mayflower 400 events being affected, one of our members Craig Chaulk has decided to challenge himself by rowing the voyage of the Mayflower. The voyage is from Plymouth UK to Plymouth USA, 3,150 miles in 66 days. He is taking this challenge by rowing on an erg starting on 18<sup>th</sup> May 2020.

He will be fundraising for the RNLI and Mayflower Offshore Rowing Club.

If you would like to support him and donate please follow Facebook page [Mayflower Row](#), where you can also follow his progress.



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## Fi and James became parents on 21<sup>st</sup> April

As many of you may already know Fi and James became parents to a beautiful baby boy George Walter on 21st April.

We would like to congratulate both of you and we hope to see you soon and meet a potential new rower.



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## Robin welcomed a baby boy on 15<sup>th</sup> May

Congratulations to Robin on welcoming Oscar Benjamin on 15<sup>th</sup> May.

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## Amazon Smile

Online shopping has massively increased during past few weeks.

You can also contribute to donating to MORC by using Amazon Smile. You need to simply go to [smile.amazon.co.uk](http://smile.amazon.co.uk), use your normal Amazon log in details, select Mayflower Offshore Rowing Club as a charity you would like to donate and then just shop ☺



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Produced by Ania Wieczorek

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[www.mayfloweroffshorerowingclub.org](http://www.mayfloweroffshorerowingclub.org)

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Mayflower Offshore Rowing Club is a registered charity: 1156693