

RUTLAND WATER FLY FISHERS



April 2003

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John Wadham's Fishing Report

The season got off to a flier for the boats on 29th March. 20,000

stock fish have already been introduced this season. The March drought has helped dry out the ground thus enabling AWS to distribute the fish all around the lake.

On the first day, fish caught by the boats were mostly very good quality stock fish with a smattering of overwintered fish including a 5lb plus Rainbow. Many of the fish were taken very close to the bank on a range of patterns and methods.

The catch rate shows 7 fish per return for the day. There is still evidence of ergasilus in some of the overwintered fish. Despite this, those examined by the writer, which averaged about 2lb, seemed to be in remarkably good nick, bearing in mind their traumatic time last season. Mercifully, the Browns don't seem to have fallen foul of this little pest and are as silver as sea trout.

It was clear that a number of anglers have some difficulty in identifying overwintered fish. The best

proof is the absence of internal puppy fat. Also, the colour the entrails which will appear purple. The best external feature is the silvery appearance and the silver flush in the tail.

The writer went through the contents of the guts' bin – well worth doing the night before you go out! From this rather messy method of research, the diet was found to be mainly various colours of daphnia, tiny olive buzzers, sticks & stones, odd fry and the ubiquitous fag end!

The bank fishing started in similar vein with many limits bags taken particularly at Sykes and Whitwell Creek: but, in the most horrendous weather wouldn't you just know it. SW strong, veering to Westerly strong! The bulk of the fish were taken before the wind changed. In view of the diet, it quite clearly paid to fish into the wind, hard as it was. It was therefore the east side of Whitwell Creek that was most productive. A number of perfect silver browns in the 2lb to 4lb range were caught here, the best weighing over 8lb.

The best rainbow reported so far is a superbly conditioned fish of 7½lb taken in a boat out from Burley Reach

The water is a nice colour at the moment and the level is still rising and nearing top level despite the March drought. With the water temperature well up, the hatch of the larger buzzers, upon which the fish depend for their nourishment and the boat and bank angler depends for the best sport, should get underway soon. The overall catch per return for the first week is 6.64, which is just about as good as it gets. On Saturday 5th April, many bank and boat anglers had caught their limits by lunchtime. Speaking to boat and bank anglers one gets the impression that there has been a very much greater winter carry over of stock than in 2001/2.

Grafham

Well what can one say? The fish both Rainbows and Browns here seem to have wintered very well with some exceptional fish being caught. In 2002 the best Rainbow of the season was an 8lb fish. This season there has already been some five fish caught in the 8lb region: the writer being able to use his camera on one taken from the bank at "the seat". An idea of the condition of the fish can be gauged by the 5lb 9oz rainbow caught from the bank cont...

Stop press— Sunday, 6th April. RWFF member, Mike Burnside and friend have this afternoon weighed in 16 fish for just over 40 lb, 7 of which were over wintered specimens in superb condition!

Please note that subscriptions for 2003 are now overdue and if you are guilty, please forward your cheque to the treasurer ASAP.

Cont. by RWFF club member Andy Mosley which measured only 20 inches. He also caught a 6lb and near 7lb Brown (both returned to the water) all on a minkie pattern of his which also accounted for an 8lb rainbow from Rutland in 1999. The day's catch was 5 fish for 25lb 4oz. At present, for those who hunt them, overwintered fish appear to make up about 20% of the catch. The stockies are well spread out and will no doubt fatten up quickly. The main diet is as at Rutland – tiny buzzers & daphnia with overwintered fish feeding on fry around the structures. Best method from the bank is deep buzzers, preferably the wire variety, fished as low as you can get them or slime line and lures for the fry feeders.

Anyone for Tennis Elbow? Roy Taylor

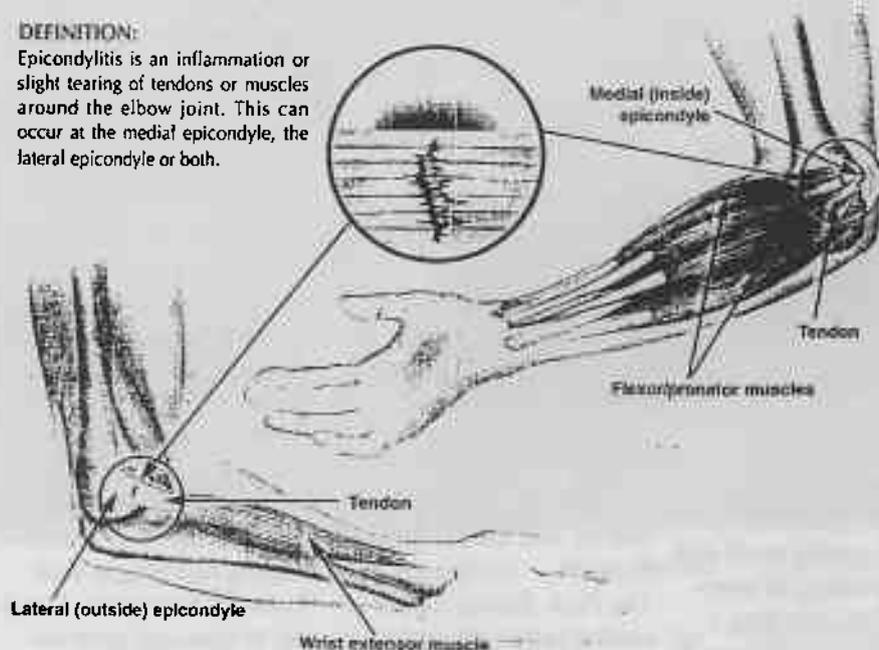
Walk the banks of any trout fishery and talk to the anglers and the subject of tennis elbow invariably arises. Recent trout fishing magazines confirm the extent of the problem but unfortunately do not tend to go into sufficient details to identify the problem, the causes and options available to try correct it. Before trying to deal with these different aspects I should make it clear,

I have no medical qualifications and this article is based on personal experience and research carried out by me due to my suffering the ailment in both elbows.

First of all then what is tennis elbow? Properly known by the medical term epicondylitis, it is an inflammation or slight tearing of the tendons or muscles around the elbow joint. This can occur on the inner or outer aspect of the forearm but with fly-fishermen occurs mostly on the outer aspect. Golfers get it on the inside of the elbow. So what causes the problem? With trout fishermen it is simply repetitive arm movements during casting action, but poor casting technique

DEFINITION:

Epicondylitis is an inflammation or slight tearing of tendons or muscles around the elbow joint. This can occur at the medial epicondyle, the lateral epicondyle or both.



and badly balanced or heavy tackle can exacerbate it. Other non-fishing activities involving repetitious bending of the elbow including tennis, painting, bricklaying, gardening, digging and using a heavily loaded wheelbarrow can inflame already sensitive tendons, so you now have the perfect excuse not to do anything. Life style changes i.e. redundancy or retirement where you go from occasional outings to fishing seven days a week can also be a factor as muscles and tendons will not take the strain.

What can be done about it once you have it? Well symptoms do not come on over night they start with a dull ache and build up to an almost permanent pain if you continue fishing or any of the other activities mentioned. At this stage rest and hot and cold compresses will often help when coupled with gentle forearm exercise and anti inflammatory drugs Ibuprofen or Vioxx which come in both cream and tablet forms. When talking about rest, it can take a minimum two to three months with no fishing and maybe longer! If symptoms persist you should seek advice from your GP who can prescribe stronger drugs.

After two to three months of rest if the pain persists it is worth going to a physiotherapist who will use a combination of massage ultra sound and laser to help it to heal. If the physiotherapy is unsuccessful after several months, the Physiotherapist should send you back to your GP who will probably consider steroid injections or refer you to an Orthopaedic Specialist for injections. A period of a month to six weeks rest is required between injections and if these fail the Specialist may recommend an operation-involving cutting the tendon. This will definitely put you out of action for three months.

What can you do if you must fish? Obviously casting lessons, reducing the weight and length of your fly rod/reel and ensuring that they are balanced will help, as will fishing static nymphs with or without a sight indicator. Dry fly is worth considering and for non competition boat fishing leaving a team of nymphs or a lure trailing over the back of the boat can be quite effective. Using a sports arm-band just below the elbow helps considerably, but the bandage type support are useless. Finally, learning to use the other arm to cast can be an option, but be warned this might not take the casting pressure and you are likely to finish up with two useless elbows like me. Enjoy your fishing and I will see you on the reservoir!!

Tackle Auction Tuesday March 4th 2003

As usual this was a great success due in no small part to the professional expertise of our auctioneer Jeff Dale. He very generously offered his fee to help with our Juniors Evening in July. Some eighty-six people attended the function which was held at the Victoria Hall

Winter Meetings

The Winter functions were very well attended. This was I am sure due to the kind hospitality generous terms offered by Nigel Millner & Gary Cooper of the Empingham Cricket Club who made us most welcome in a very pleasant ambience. We would like to extend our thanks to them for looking after us so well.

Pre-Season Dinner

Once again the RWFF pre-season bash was a great success. For the second time it was held at The White Horse, Empingham. The food was up to its usual high standards and excellent value. Jon Marshall was thanked for all his hard work in once again organising the event.

Our after dinner speaker this year was Steve Parton. Many of you will know him as a past secretary and one of the club's founder members since 1978. He reminisced over the past 25 years and noted with regret that even now there were less than half a dozen members present who were younger than he. He recalled his very first opening day of the season when there were the best part of 2000 people fishing with traffic jams on some of the access roads at 3 a.m.! Who says that the place gets busy these days!

Steve then regaled us with tales of Rutland fishing characters over the years. Perhaps its best not to repeat them here due to our members sensitivities and the club's libel policy! What the stories emphasised was that fishing is about people. Eventually most of us can crack the fishing and will remember a few big catches, or near misses but the thing that will stand out in our memories are the characters.

In reviewing the past 3 decades at Rutland, Steve felt that the 80's were about deep fishing, the 90's up higher and now we appear to be on the way down again. He believes that Rutland gave the fishing world three things: the blob, the sparkler, and blue green algae! He is still pressing AWS to allow float tubing though he is very happy to continue fishing the rudder. Interestingly, given the countless trout he's caught, Steve hates the taste of them but went on to mischievously promote the cause of zander, suggesting that they are best filleted, floured and shallow fried, like a piece of haddock. Jon Marshall gave no indication of taking up a stocking programme, though he pointed out that to date, at least two small zander have been taken at Rutland and where there's two

Steve was both interesting, entertaining and irreverent. If you weren't there you missed a good evening and you should ensure that you make the effort next year for an evening that is the perfect aperitif to the new season.

Litter Pick Up in Aid of RACS

Once again the stalwarts turned out for the annual litter pick up. It sounds like something to avoid on an early

Spring Sunday morning. However it is anything but. Starting with a free bacon buttie and coffee, we set off in the sunshine to various points around the lake. Armed with strong gloves (provided by AWS and excellent for gardening) and black bags, we strolled along the quiet banks picking up the usual collection of drinks tins and crisp packets, filling up 38 bin liners. It took about two hours, was very satisfying and resulted in an improved environment for us all and a charity donation from AWS to RACS. Not only is this highly appreciated but it gives the club very positive press exposure which can only be good for us.



2002 PRIZEWINNERS

At our recent fly tying evening we presented a number of our annual awards



David Lang John Tattersfield Mike Barrett Luke Shevlin John Harrison

*Oliver Cup Roger Thom Trophy Hanby Cup Fario Trophy Rutland Horseshoe
& Mike Ellis Trophy*

Anglian Water WaterAid Fly Fishing Challenge 2003

Spend the day fishing with Anglian Water and raise money for charity at the same time.

Following the success of last years event – the first fundraiser of its kind in Anglian Water - the Anglian Water WaterAid Fly Fishing Challenge 2003 will be held on Friday 27 June at Rutland Water.

In June last year around 50 anglers from companies and organisations across the UK came to Rutland Water to fish and also raised a fantastic £6,700 for WaterAid. This money helped the charity to provide safe drinking water, sanitation and hygiene education for people in developing countries around the world.

The 2002 Challenge involved teams of seasoned anglers as well as beginners, all keen to experience some of the best fishing at one of the UK's premier trout fisheries.

If you or your company would like to enter a team in the 2003 event, or if you just want to send a donation to WaterAid, please contact Chris Evans by e-mail on cevans@anglianwater.co.uk.

RWFF's CLUB COMPETITIONS 2003

ROGER THOM TROPHY Sunday 25th May, Rutland Water 10.00am - 6.00pm

This competition will be an "Individual" boat competition. Fishing to International rules, 8 Fish to the Rod, with time bonus. The Club has provisionally booked 10 Boats.*

Deadline for entries will be 19th May.

JOHN WADHAM TROPHY Friday 30th May, Rutland Water 6.00pm - 10.00pm

Individual bank fishing competition to fishery rules. This will be an 8 Fish and no time bonus match. The match will both start and finish at the lodge. Enter by booking in at the Lodge in person from 5.00pm onwards, with fishing starting no sooner than 6.00pm. Your name will be then entered on the Competitors list. Only those on the list will be eligible to weigh in at the Lodge between 10.15pm & 10.30pm. **Note:** Due to the late finish, there will be no meal after this match.

OLIVER CUP – Round I Sunday 22nd June, Grafham. 10.00am - 6.00pm

Individual boat fishing competition to be fished to "International Rules".

Enter by application to Competition Secretary. Separate entry for each round. Please post your entry slips by closing deadline shown on bottom of slip. Overall winner will be determined by results from both rounds. The Club has provisionally booked 10 boats*. 8 Fish and a time bonus apply in these matches.

Note: There will be no meal after the Grafham round match.

Deadline for entries will be 16th June.

HANBY CUP Sunday 27th July, Rutland Water. 10.00am - 6.00pm

Pairs Boat fishing competition to fishery rules. Enter by booking in at the Lodge on the day. The Club has provisionally booked 15 boats.* Please note that 8 Fish and no time bonus applies for this Match and only 1st & 2nd place vouchers to be awarded. This is a Reservoir Rules Match. Weigh in at the Lodge between 6.30pm - 6.45pm.

Deadline for entries will be 21st July.

LOCH STYLE Sunday 24th August, Rutland Water. 10.00am - 6.00pm

Pair's Boat fishing competition to International "Loch Style" rules. Entry is by returning the entry slip. Limit is 16 Fish to the Boat, with no time bonus. There will be a "Best Fish" and 2nd Place Trophy presented. 1st & 2nd place vouchers only for this match. Weigh in at the lodge between 6.00pm-6.15pm prompt. The Club has provisionally booked 15 boats.*

Deadline for entries will be 18th August.

OLIVER CUP – Round II Sunday 14th September, Rutland Water. 10.00am - 6.00pm

Individual boat fishing competition to be fished to "International Rules".

Enter by application to Competition Secretary. Separate entry for each round. Please post your entry slips by closing deadline shown on bottom of slip. Overall winner will be determined by results from both rounds. The Club has provisionally booked 10 boats*. 8 Fish and a time bonus apply in these matches.

Deadline for entries will be 8th September.

RWFF's PRO-AM Unfortunately this has been cancelled due to lack of interest from club members.

PLEASE NOTE For all the above matches there will again be several things planned for this coming season.

- There will definitely be no exceptions made or people chased for late entries past the deadline date this season, as it causes the organiser too much unwanted stress!
- For this 2003 season, all matches will be an 8 fish limit. Time bonus will then apply after the 8th fish caught in the match. Time bonus will be based on a ½lb per 15 minutes.
- There will be the presentation of the Competition Trophy "Replicas" after each of the Matches. The Original Trophies will be presented at the first Club Evening in January 2004.
- Vouchers for 1st, 2nd & 3rd places will be awarded after each Match.
- As in previous seasons and in order to keep the day more of a social event, there will be a "choice of course" meal after each match at the **Horse & Panniers in North Luffenham**. The club has generously added £3 per person, per match to make up to the £6 necessary for this superb and freshly cooked food. We do need to have a minimum of 10 anglers per match meal to make it a success, so get your entries in fast!
- Due to high competition boat pressure again for 2003, the Club has provisionally booked boats for each Competition. Please will you fill in and send back your Match Slips as soon as you read this. If this does happen, then any spare boats we do not need that day can be released back to the lodge, so that other anglers who wish to fish on that day, may. Thank you for your assistance in this matter.