



© Croker Oars

CROKER OARS

Strength and agility isn't only the required in the rower but the oars they use. Each individual has different needs and the oar you choose needs to meet these needs to suit the individual. That's why Croker oars has become the world leaders in rowing oars; helping to power novices, Olympians, record breakers and adventurers across oceans. The Wave – The Coastal & Offshore Rowing Magazine chats to John at Croker Oars UK to find out more about the company, and selecting oars for coastal, offshore and Ocean rowing.

Today, Croker Oars make over 10,000 oars a year with a workforce of 17+. A far cry from the "oar a day" of yesteryear.

Through continual development of their products, by listening to and working with their customers, and the quality of their oars Croker Oars have remained at the forefront of rowing.

Croker Oars is still a family owned and run business providing top quality oars for all types of rowing throughout the world.

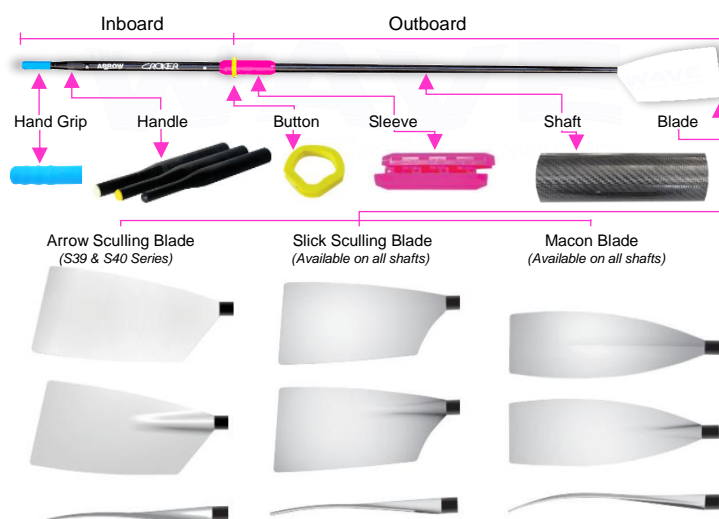
WHO ARE CROKER?

In the early 1960's, Howard Croker began his apprenticeship in boat building. As Howard mastered the skills of his chosen trade, he recognized an untapped market for good quality crafted oars. An ex-rower, Howard felt he knew how to design sleek curves and lines to make any vessel travel faster through the water. Upon completing his apprenticeship, Howard went with his instinct and in 1962 established Croker Oars. And the rest, as they say, is history.

In 1982 Croker Oars was making 400 oars a year between two oar makers. It took each craftsman one day to shape a perfectly weighted wooden oar. It was around this time that technological advances in glass composites introduced a revolutionary new material to the industry – carbon fibre.

Investing many frustratingly long hours carrying out research and development into materials, tools, design and technology, Croker Oars began moving their oar expertise into carbon fibre. Launching their first carbon fibre oars in September 1990, Croker Oars soon proved themselves as a force to be recognized in the global market.

PARTS OF AN OAR



© Images used with permission from: Croker Oars. Created by The Wave Rowing

SELECTING AN OAR TO SUIT YOUR NEEDS

You first need to determine what the oars are going to be used for as well as by whom. Next you need to know the setup of the boat so you get the correct length and inboard etc. Once you have this information it is probably best that you contact us to discuss your needs so that we can help you determine which oar would best suit these needs.

TYPE OF OARS FOR COASTAL/OFFSHORE ROWING

For Coastal/Offshore sculling we recommend our S40 Arrows, S3 and S6 sculling oars

S40 Arrows have narrow diameter shaft and are built from full carbon – these sculls have been successfully used at the last 2 World Coastal Championships.

S3s are built from 50% carbon and 50% fibreglass and until a few years ago were our standard coastal scull.

S6s are built from almost 100% fibreglass (though you wouldn't know it from looking at them) and due to their increase in weight and flex are an ideal beginners or recreational oar – though some still race with them.

Note: S40s are available in Standard and Soft flex – S3s and S6s are only available in Soft flex.

For Coastal/Gig rowing we recommend our M2 or M1 rowing Oars

M2s are built from carbon fibre to produces a lightweight high performance oar. M1s are built from a mix of carbon fibre and fibreglass to produce a slightly heavier weight oar then the M2 but with no loss of performance.

Note: M2s are available in Standard and Soft flex. M1s are only available in Standard flex.

We can provide our Sculling and Rowing oars with either a Slick (cleaver) or Macon blades

For Ocean rowing we recommend our M1 Ocean sculls:

M1 Ocean sculling oars have been specifically designed for the harsh conditions of open water rowing and utilise a specially built rowing shaft along with a rowing sleeve and sculling Macon blade. We build a number of pairs of these sculls each year for the Talisker Whisky Atlantic Challenge where they have been used to great success.

Oars are made from Carbon fibre and Fibre Glass giving the different benefits of both products properties. There are no optional extras other than our New Tip Protectors which have been designed to save the end of the blade.

- **Sculling:** Carbon Fibre or a mixture of Carbon Fibre and Fibre Glass at different percentages

- **Sweep:** Carbon Fibre or a mixture of Carbon Fibre and Fibre Glass at different percentages

- **Ocean:** Carbon Fibre and Fibre Glass

THE IMPORTANCE OF DEFLECTION AND FLEX

Deflection of an oar is tested by applying a weight to the end of the shaft and measuring the difference before and after the weight is applied. The larger the distance the greater the deflection.

Due to the typical conditions of Coastal and Ocean rowing the boat will not always be sat which can make perfect timing of all members of the crew much more difficult. This can mean that one rower may be slightly earlier than the others so taking the full weight of the boat which puts a great strain on their back if the oars are too stiff. By having more deflection (soft) it allows the shaft to bend which means that the shock loading on the back is lowered and as such reduces the chance of injury. We recommend soft shafts for anyone with a history back injury as well as for older rowers.

All Croker oar shafts are weighed and have their deflection tested.

DIFFERENCES IN BOW AND STROKE SIDE OARS

Other than the blade there is generally no difference between sides – though in Coastal and Gig Rowing there may be a difference in length – these oars are built to client specification.

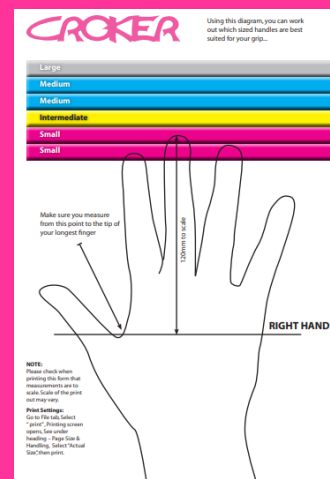
GETTING TO GRIPS

Size matters... what size are you?

"If the grip is too big the fingers will not wrap far enough around which will lead to the rower dipping their wrist which can then cause injuries/discomfort."

Download and print the following guide by clicking the image below or from the Croker Oars website via the link, at the top of the Sculling Handles & Grips page at:

www.crokeroars.com/handlesgrips



Used with permission from Croker Oars

HAND GRIPS



THE IMPORTANCE OF CORRECT HAND GRIP SIZE

It enables the rower to be connected to the oars and in turn to the water meaning they can be more effective. This will result in an enjoyable experience when rowing, make them go faster but more important enjoy our sport because they are comfortable. The correct size grip will reduce injuries.

INJURIES FROM INCORRECT HAND GRIP SIZE

A number of finger, hand, wrist and arm injuries can be caused by the incorrect size grip: Carpal Tunnel, Tenosynovitis, tightening of the forearms, locking up of the fingers etc.

But worst of all it can put people off our sport before any real injury is caused simply though the pain and discomfort caused.

"It is always better to have a grip which is too small than a grip which is too big."

I find that when choosing a grip most people simply wrap their finger and hand around the grip in a manner totally different to how they would hold (should hold!) a scull or oar. To ensure the correct grip size 2 people should be involved, one holding the handle with the grip attached and the other testing it for size.

The fingers should be pointed out and the arm, wrist and fingers should all be in a straight line – wrist and arm should stay in a straight line throughout. The grip should then be placed under the knuckles and the fingers should be wrapped around the grip – the fingers should wrap far enough around the grip to create a good hook shape. If the grip is too big the fingers will not wrap far enough around which will lead to the rower dipping their wrist which can then cause injuries/discomfort.

It is always better to have a grip which is too small than a grip which is too big.

THE PERFECT PARTNERS: HAND GRIP + HANDLE

There are 5 different hand grip sizes which are designed to fit specific handle sizes.

Grips & Handles:



Pink (Small - 31mm diameter)
Handle End Cap: Small - **Black** - 26mm diameter

Yellow (Intermediate - 34mm diameter)
Handle End Cap: Medium - **Yellow** - 29mm diameter

Blue (Medium - 35mm diameter)
Handle End Cap: Medium - **Yellow** - 29mm diameter

Grey (Large - 37mm diameter)
Handle End Cap: Large - **White** - 32mm diameter

Green (Extra Large - 39mm diameter)
Handle End Cap: Large - **White** - 32mm diameter

CROKER OARS

At Croker Oars we do not have a one fits all philosophy which is why we have a large range of oars and sculls to ensure that customer do not have to compromise and get exactly what they need. By getting the correct oar for the specific type of rowing involved ensures you get the best from your rowers.

We are more than happy to chat to discuss the requirements of the user to allow us to provide help and advice – we also build oars and sculls to the clients' individual specifications at no extra cost.

Provide a refurbishment, repair and parts service.

Our quality is second to none – all of our shafts are made to our exacting standards and are weighed and flex tested. All of our blades are closed moulded to ensure there is no delamination of the edges, these are also weighed. We use epoxy resin throughout the building process including our sleeves to ensure there is no movement, whatever the temperature.

Croker have been involved in building oars for Flat Water, Coastal, Surfboat and Ocean rowing for a very long time so we have a good understanding of all types of rowing. It is also worth noting when it comes to Surfboat rowing Croker oars are the standard oar used throughout the world and you think your oars take some abuse! ▲

CROKER

For more information on Croker Oars, please contact...

UK: +44 (0)7487 256 783

john@crokeroars.co.uk

www.crokeroars.co.uk



© Images and logo; Croker Oars