


FRIENDS OF



UCBC

NEWSLETTER

From the President

Dear Friends,

Another successful term of rowing is over, and we are all looking forward to the lighter evenings and warmer days that Trinity term will bring. UCBC fielded an impressive six crews this term with many novices enjoying the opportunity to join the senior squads.

Both the men's and the women's sides have been successful this term. It was brilliant to see M1 win blades after hours of hard work in training and many trips to Dorney. The highlight on the women's side was W1 placing 39th in the Women's Head of the River, finishing as the fastest Oxbridge college. It was wonderful to see the commitment that all six crews gave to training, despite the bad weather that limited the outings, and to know that the passion and unwavering dedication that makes UCBC successful runs throughout the club.

The 24 Hour Ergathon was a great success; we exceeded our target and were able to raise over £1,200 in aid of Shelter and UCBC, which will make a real difference. Thank you to everyone who supported us and to all those who took part.

I would like to say a massive thank you to all of the UCBC Committee, coaches, senior members and college staff for their hard work and enthusiasm that enables UCBC to be as successful as it is. I would particularly like to thank all of our old members and friends who have supported, and continue to support UCBC, as it makes a huge difference to the running of the club.

I hope you will be able to join us at the boathouse to watch the racing on Saturday of Summer Eights, and for the Annual Boat Club Dinner in hall in the evening on 28th May. Invitations will follow shortly in the post, but please save the date and start planning your visit. We look forward to seeing you there.

Best wishes,
Vicky Olive
UCBC President



M1 bumping Lincoln at the entrance to the gut, to win blades on Saturday of Torpids

From the Captains

With a strong foundation set in Michaelmas, M1 looked towards a successful Torpids. During Hilary, and after crew selection, M1 worked on the water at Godstow and made four weekend trips to Dorney Lake when the Isis and Godstow were red flag. These trips were extremely useful in continuing our training and we're thankful for having the funds available to do so. Unfortunately, due to high stream, our first head race – Henley 4s & 8s – was cancelled and so Torpids came with the crew having little race experience this term.

On day one of Torpids, Brasenose were ahead of us and LMH behind. With confidence in our ability, we went off hard from the start and bumped Brasenose within 45 strokes, just upstream of Donny Bridge. A successful first day gave the crew more confidence going into Thursday where we were chasing Jesus M1 with scores to settle from last year's dubious bump on us. Again, we went off hard from the start and gained ground on Jesus quickly. Coming out of the gut, the ground we had made was lost due to sharp steering around Pembroke M2 who had already bumped out but were sitting in the optimal racing line. Much to our disappointment the race finished with no bump on Jesus despite being very close. Although, our cox James thought he had saw the Jesus cox concede. With an appeal and evidence from Go-Pro footage, we were awarded the bump and with two races to go blades were in our sight. Day three came and the whole crew was fired up to bump St Anne's. We got the bump on St Anne's just in the gut with another strong effort from the guys. Onto Saturday and the pressure was on to get the fourth bump. With a better and more composed row than the races before, we bumped Lincoln M1 just before the gut and therefore won blades, the first for M1 in seven years.

After an exciting and successful Torpids week, we are looking forward to resuming training and taking on Summer Eights next term.

Reilly Knight
Men's Captain



M1 racing on Saturday of Torpids 2016

Our term this year started with the dreaded red flag, which persisted throughout W1 training camp in oth week. Luckily, thanks to the support of our old members, we were able to make a trip to Eton Dorney Rowing Lake with M1 and get some training on the water during training camp. Lots of red flag this term meant lots of land training and another trip to Dorney later in term! Even when we didn't have red flag, the demanding schedules of some of our rowers (with Dora commuting from Reading and Jenny teaching in a school) meant we relied heavily on the help of Sophie Wicken, Katie Hammond, and Jojo Bowman (who is now at CORC) to help us get training done during the week.

By the time IWL C came around in third week, we had had some much-needed water time on the Isis and at Godstow, and were ready to race. With coach John cycling alongside shouting "We want to win this by at LEAST 10 seconds", our eight won the women's category (but only by 3.5 seconds, to John's chagrin). The two fours came 1st and 2nd in the W4+ category, with the second four beating our nearest contender, Wolfson, by 6 seconds. All this despite having to overtake in each race meant a very strong performance indeed!

We entered Henley 4s and 8s on the 13th of February, but the event was sadly rained off, as was IWL D the same weekend. Cue another crew trip to Dorney, for some productive water time

and some pieces against Balliol W1, to get us ready for Torpids!

There were high expectations for our performance in Torpids, and we fulfilled them in the first two days, with two quick bumps on Teddy Hall and then St John's, both before the gut. However, on the third day, a rapid Christ Church W1 managed to bump us just as we left the gut, with a very fast start, and as Pembroke bumped Wadham ahead of us, we were left to chase the overbump. Despite our best efforts, we only managed to close on Wadham by a length, and couldn't make up the three for the overbump. The next day we had a solid row over, with Wadham bumped quickly by Christ Church ahead of us.

Although slightly disappointed by our Torpids result, we all had a great time at Torpids dinner celebrating M1's blades, and turned our thoughts to the Women's Head of the River, which was on the next Saturday. John's coaching had prepared us well for this long race, and the prospect of racing on the Tideway was very exciting for all of us. Disaster almost struck, with Suzanne Angliviell injuring her back during a Torpids race, but luckily Hannah Baddock was able to step in, and with one outing and the long row up to our marshalling slot to practice, rowed at 2 for us! With both Hannah Baddock and Dora Amos racing their first Women's Head (and for Hannah B her first race on the Tideway), it was a momentous day!

With rough weather before the race, marshalling was tough, and we were all cold by the time we raced. However, as soon as the race started, it was



W1 racing on the tideway, placing 39th in the Women's Head of the River race

all focus from everyone, and we put in a clean and powerful row, overtaking 9 crews (including 3 at once . . . twice!), to place 39th. Although John says he wasn't surprised, the result exceeded what we had hoped for, making us the fastest Oxbridge college, and beating a number of University crews. Lunch in Hammersmith with our favourite supporter David Hunter put the cherry on top of a great day, and it is a result we will all be very proud of in years to come.

Back to Oxford, and the Henley Boat Race trials were on Tuesday, where we vied with Christ Church and Oriel W1 to be the college to represent Oxford at the Henley Boat Races on the 19th of March. With Hannah B subbing in for Jennifer Firman this time, we didn't manage to repeat our success at Women's Head, with both us and Oriel timing 5:08 over the course, while Christ Church rowed 5:00, taking the prize. Although we would have loved to represent Oxford, it was good to race an undoubtedly fast Christ Church in different circumstances. On that race, over flat, clear water (no wash for once!), we finished the term, although training is continuing over Easter so we can be ready for Eights!

Thanks to all those who helped us this term, especially coach John Ewans, David Hunter for his support at Torpids and Women's Head, and the subs: Jojo Bowman, Hannah Baddock, Katie Hammond, Sophie Wicken, Hannah Hendry, Holly Metcalf, and Stella Kremer (and Katie Beckingham for almost subbing in only for the flag to change at the last minute!).

Niamh Broderick
Women's Captain



W1 Torpids crew 2016

Vice-Captains' Reports

Hilary '16 proved a tempestuous term for the lower men's boats of UCBC. High rainfall and poor conditions led to an erg-heavy term for the second and third crews. The lack of water time was especially unfortunate given the high novice turnover that the men's side enjoyed going into Hilary. Much of the term's rowing was lost to the elements, and it's unfortunate that our recent novices didn't get an appropriate amount of training going into Torpids.

Despite the best efforts of coach and former Univ W1 rower Jojo Bowman, M3's hard work for the term went unrewarded as they narrowly missed out on Rowing On qualification. M2's fortunes, sadly, were no better. For all their efforts M2 were unable to escape spoons, falling a division in the process.

Spurred on by the missed opportunities of Hilary, the rowers of M2 and M3 have been training hard in the weeks since. With rowers returning for Trinity, we can look forward to some stronger performances at the end of May.

Mack Grenfell
Men's Vice Captain



M2 racing in Torpids

Univ was one of just a few colleges who had three women's crews competing in Torpids. For many crew members (five in W2; two in W3) it was their first experience of bumps racing, and both crews dealt admirably with the occasional chaos which is more common in the lower divisions, whether it was adapting to new crew combinations as people subbed in, or staying calm when their race was klaxoned due to an ejector crab in the gut (thankfully not from a Univ crew!).

W2 achieved one of the earliest bumps of the whole of Torpids, catching Green Templeton II just off the start on the Wednesday to reach second place in Women's Division IV. On Thursday they had a hard-fought row-over behind St Antony's first boat, gaining on them but not quite catching them. Thursday's Division IV was brought to a halt by a klaxon due to a contentious pile-up in the gut, from which Univ sadly emerged four places down. On Saturday, the crew were bumped early on by Oriel II, but recovered to finish their Torpids campaign with a bump on Jesus II at the end of the gut. Sadly, the chaos of Friday meant that W2's end result (fifth in Women's Division IV) didn't reflect all the hard work the girls had put in, but we saw some very



M2 coach Ian celebrates spoons

good rowing, especially on the Thursday when they gave a tough race to another college's first boat, and their enthusiasm was evident, with plans for Summer VIIIs already being discussed at Torpids dinner!

W3 had a little less water time than W2, with their third outing (their first in the new combination of crew and bow-rigged boat) being Rowing On. Nevertheless, they managed to qualify for Torpids, starting fifth in Women's Division V. As with W2, the crew had a great start, getting a clean row-past on Brasenose II in the gut. Thursday sadly ended with a penalty bump against Univ after another very messy situation in the gut, but the crew recovered to get the overbump on Hertford II on Friday. Saturday started a little chaotically; the crew were down to seven rowers going through the gut, as one rower struggled to get her oar back in its gate. St Catherine's II gained overlap on Univ, but the crew had a narrow escape, and went on to bump outside Univ boathouse on Green Templeton II (the same crew that Univ W2 bumped on the Wednesday!). Having had just three outings before Torpids, and adapting to different crew combinations every day of racing (supported by a variety of subs, from a Univ alumnus to current students, one of whom hadn't rowed in a year!), W3 managed to finish two places up.

As ever, Univ's strength in the lower boats shows the boat club's friendliness to rowers with all levels of commitment and experience, as well as helping to develop future W1 rowers. Both crews performed remarkably well given the many cancelled outings due to rising river levels. And of course we are thankful to everyone who has supported us, from the W2 coach Argyris Stasinakis, to the many members of UCBC who helped with coaching and bankriding, or subbing in to outings.

Holly Metcalf
Women's Vice Captain



*Above: Women's 2nd VIII
Below: Women's 3rd VIII*



Upcoming Events:

Event	Date
City of Oxford Bumping Races	Saturday 16 th April
Bedford Regatta	Saturday 7 th May
Summer Eights	25th-28th May
Henley Women's Regatta	17 th -19 th June
Henley Royal Regatta	29 th June-3 rd July

Torpids Crew Lists 2016

Women's 1 st VIII	Women's 2 nd VIII	Women's 3 rd VIII
Stroke: Hannah Farley 7: Dora Amos 6: Ann Laube 5: Jennifer Firman 4: Vicky Olive 3: Stella D'Ambrumenil 2: Suzanne Angliviell Bow: Amy Hughes Cox: <i>Niamh Broderick</i> Coach: <i>John Ewans</i>	Stroke: Mandy Rojek 7: Sophie Wicken 6: Hannah Hendry 5: Stella Kremer 4: Katie Hammond 3: Karyna Mishchanchuk 2: Kirsten Anderson Bow: Fran Cullura Cox: <i>Anson Cheung</i> Coach: <i>Argyris Stasinakis</i>	Stroke: Niamh Broderick 7: Izzy Rose 6: Bryony Richards 5: Laura Stokes 4: Tally Lewis 3: Martina Kavanova 2: Claudia Herresthal Bow: Emma Gillett Cox: <i>Holly Metcalf</i> Coaches: <i>Holly Metcalf & Ben Norbury</i>
Men's 1 st VIII	Men's 2 nd VIII	Men's 3 rd VIII
Stroke: Reilly Knight 7: Joe Dolphin 6: Ben Norbury 5: Dan Fess 4: Ali Cigari 3: Joe Page 2: Mack Grenfell Bow: Ollie Vince Cox: <i>James Quirke</i> Coach: <i>Tom Godleman</i>	Stroke: Mark Brookes 7: James Tilden 6: Simon van Oort 5: Markus Dollmann 4: Filip Barczentewicz 3: Ben Shennan 2: Aashraya Jha Bow: Jonah Oliver Cox: <i>Diarmid Xu</i> Coach: <i>Ian Maconnachie</i>	Stroke: Linden Schrecker 7: Alex Inch 6: Constantinos Stylianou 5: George Cocks 4: Luke Lin 3: Tom Sittler 2: James Canning Bow: Ling kai Dong Cox: <i>Harriet Drage</i> Coach: <i>Jojo Bowman</i>

UCBC Social Events

It has been a fun year so far for UCBC! At the beginning of the academic year we held a drinks event in our club room for all members of the boat club, which was a lovely occasion to enjoy the wonderful boat house we have and to catch up with all members who were or weren't rowing last term. We hope to see more evenings like this in our boat house in the future! Also last term the women's first boat attended a formal hall with the Master and other UCBC members to celebrate their hard earned blades won in Summer VIIIs, which of course was an excellent celebration. More recently, after Torpids this Hilary term we all attended our Torpids Dinner in college to

celebrate the end of the regatta and all of our successes. It was terrific for everyone to come together and have fun after all our hard work, and made even better by being held on the same day that our men's first eight won blades! To finish off the term, the annual UCBC Bar Crawl was held at the end of Hilary and was an enjoyable evening for all. It was great to meet up again after the end of Torpids, with the men's and women's side teaming up with their counterpart crews to complete the challenge. We are all looking forward to many more fun times along with Summer VIIIs next term!

Hannah Hendry
Social Secretary

Remembering Derek Thurgood

UCBC recently received the sad news of the passing of Derek Thurgood, coach of the Univ women's first eight in the late eighties and early nineties. Derek was held in very high regard by those who knew him and his is a great loss for the rowing world.

He learned to row in the East End and was a member of Twickenham RC for many years, later joining Upper Thames and also being elected a member of the Leander Club. From the early seventies to the mid-eighties he was involved with the coaching of the Oxford Blues crews – both men and women – and enjoyed a long run of victories in the Boat Races, with the OUBC Blue Boat breaking the course record in 1974 when Derek helped to coach Isis.

After coaching a couple of ex-OUBC women as part of the national squad setup, he joined Univ in the summer of 1988. This was due in part to W1 member Tracey Bennett, who had learned to row at Upper Thames. At first slightly intimidated by his background, the crew came to see that Derek had a great understanding of how to work with people of a variety of abilities, and they developed a genuine affection for him which meant they were keen to earn his praise – especially after one piece, which had not gone so well, was described as “bone idle”!



Women's 1st VII, 1988: the first Univ crew coached by Derek



Derek had a great love of rowing and was committed to coaching people of all abilities

The crew vowed that he would never have cause to say that to them again. He never did, and they went on to win blades in Eights that first year.

Later that summer, Derek saw the Univ women reach the final of Henley Women's Regatta and, over the coming years, coached them into division 1 of Eights, reaching 3rd place in 1992 (which remains to this day the highest that Univ W1 has ever reached). In an email sent in 1989 when he could not attend the Eights Dinner, he said "You have all been most generous in your praise of my coaching but believe me when I tell you that you should not overstate its value. Coaches can teach, encourage, correct, motivate and drive - but they can't win races. You did that. So remember this when you are coached by others."

The crew, nevertheless, were thankful to Derek for giving them the belief and confidence that they could win, for building on their experience and propelling them to their success. A flurry of Blues rowers emerged from Univ over the years he was here, and this is no coincidence. He was fun, full of stories and able to make anyone he came across feel special – and, I am told, to wreck any bike that was leant to him to ride along the towpath.

He died peacefully in the early hours of October 11th 2015.

*Amy Hughes
Vice President*

With thanks to David Hunter and John Ewans for sharing their memories of Derek.

Univ Blues Rowers

Continuing the trend of increasing yellow-striped kit at Blues level, this year saw two Univites represent Oxford: first year medic Rebecca te Water Naudé, who rowed in the women's reserve boat, Osiris, and second year physicist Alex Rowe-Jones, who stroked the lightweight men's eight. Writing in March, Becca says:

"I've been lucky enough to train as part of OUWBC since halfway through Michaelmas term - I raced in trial eights in December, and spent New Year's Eve on training camp in Italy. It's been a truly incredible experience as well as a very sharp learning curve, as I had sculled in Year 13 but prior to coming to Oxford had only swept a handful of times. I'm now looking forward to racing in the reserve Boat Race on March 27th, and hopefully being a part of UCBC later on in Trinity term!

Alex writes:

"This year I made the tough and unenviable choice to temporarily leave the raw grunt that was UCBC M1 to take ply my trade with the finesse of OULRC. The additional training load in combination with losing 12 kg from my Summer Eights weight has been challenging to say the least, but rewarding also. I'm happy to report that having made it through the winter I'm looking forward to stroking the lightweight blue boat against Cambridge on 19th March, and can't wait to get involved with UCBC again subsequently."



Rebecca te Water Naudé rowing at 5 with OUWBC at Quintin Head in January

Despite a strong start at Henley, OULRC could not make up the early lead that Cambridge established, leading to a hard-fought loss.

In an exciting race in some of the worst conditions seen on the tideway, on 27th March Osiris strode away to a length's lead to begin proceedings. However, the light blues were not to be defeated easily and drew level at Hammersmith Bridge, going on to take the lead and the win.

OUWBC took the glory in the blue boat race, against a truly tough-spirited Cambridge crew who battled with rough conditions until the end. OUBC unfortunately lost out in the men's race, but Isis and OUWLRC secured wins for Oxford to make this year's varsity rowing honours even.



Alex Rowe-Jones (Univ M1, Abingdon School): Stroke of the 2016 OULRC crew

An Invitation to Summer Eights 2016

This year, the Saturday of Summer Eights is on 28th May. We are very excited to see as many UCBC alumni as possible at the boat house and at the annual dinner in college. Official invitations will arrive shortly by post, but please save the date! It promises to be a great day of racing and celebration.

24 Hour Ergathon

From 10am on Saturday 20th February until 10am on Sunday 21st February UCBC held a 24 Hour Ergathon to raise money for the boat club and for Shelter, the housing and homelessness charity. For 24 hours, members of UCBC participated in a relay on the rowing machines, despite the horrendous February wind and rain.

After bringing the ergs up from the boat house to Radcliffe Quad and decorating them with balloons and posters, over thirty boat club members rowed tirelessly to complete the challenge. Admittedly, those who signed up for the daytime shifts were much more sensible than those of us who were left with the 2-4am slots, but at least finishing in the small hours of the morning left just enough time for breakfast and a nap before an outing on the Isis!



Finishing 24 hours of erging in Rad Quad

All in all, the Ergathon was a huge success. A huge thank you must go to all the rowers who committed their time and energy to this event, and to everyone who has donated and made the pain of midnight erging worth it. A total of £1,261.71 has been raised, with half going to Shelter and half to UCBC to fund new shoes for some of the men's and women's boats. If you would still like to donate, please follow this link: <https://www.sponsorme.co.uk/ucbc/24hr-ergathon.aspx>

Katie Beckingham
Secretary



12 hours down, 12 to go

Supporting UCBC

It is with the continued support and generosity of our old members that UCBC continues to climb up the river in Torpids and Eights whilst remaining one of the most inclusive rowing clubs in Oxford.

You can donate via the Development Office (development.office@univ.ox.ac.uk) or online at www.ucbc.org.uk/give. Thank you, we appreciate your support.

Please feel free contact the Boat Club President (ucbc.president@univ.ox.ac.uk) to discuss our future plans.