


FRIENDS OF



UCBC

NEWSLETTER

From the President

Dear Friends,

It's hard to believe a term has already gone by, since we were first meeting all the novices at the UCBC taster day. Training for Torpids is well underway, and UCBC is looking forward to another opportunity to race. Both the Men and Women's First VIIIs are in strong positions in Torpids and are hoping to continue moving up the Division.

We were very fortunate with the weather in Michaelmas, giving all the crews lots of opportunity to train and compete. It was great to see the improvement our 40 novices made over the term; they all should be extremely proud of how they performed at the Nephthys and Christ Church Regattas, and we hope many will continue to brave the early mornings and bad weather this term. The Senior Women had a number of wins, in Oxford and beyond, the highlight being placing first in the IM3 Coxed Fours at Wallingford Head, whilst the Senior Men also performed well throughout the term.

We are looking forward to what we hope will become the Biennial UCBC 24 hour Ergathon. UCBC members will be using an indoor rowing machine constantly for 24 hours, in order to raise money for UCBC and Shelter. Please see the Facebook event (<http://on.fb.me/1WNuelT>) for more information, and if you would like to support us, you can donate online at <https://www.sponsorme.co.uk/ucbc/24hr-ergathon.aspx>.

I would like to say a huge thank you to all the committee members, coaches, college staff, and senior members who have supported us over the last term and continue to help UCBC to grow, in size and success. I am especially grateful to all the friends and old members who have supported us, allowing for the purchase of two new Cox Orbs and a new set of blades for the Women's First VIII, and the continuing growth of the 1990 Fund.

If you would like to help us with our continued push towards Headship you can donate online by visiting www.ucbc.org.uk/give or by getting in touch with me on victoria.olive@univ.ox.ac.uk to discuss any donations further.

Best wishes,

Vicky Olive
UCBC President



Erging at the UCBC Taster Day

Captains' Reports

The Univ Senior Men have started the year well with a term which saw the introduction of new M1 coach Tom Godleman and racing in the Isis Winter League.

With a small squad of 11 rowers, we developed our technique on the water in the 8+ and 4+ and made strong improvements each session, leading to a very satisfactory quality of rowing to build upon next term. Hard work was done by all rowers in the gym, greatly helped by a structured training plan involving ergs, weights and core strength sessions. This accumulated in smashed PBs on the ergs. Consequently, we did well in the Isis Winter League B, coming 4th in the 8+ and 1st in the 4+. With returning senior rowers and novice rowers stepping up to trial for the top crews, it looks to be an exciting Hilary term where we'll be entering Henley 4s & 8s, Men's Head of the River and, of course, Torpids.

A special mention to Dinosaur Alex Rowe-Jones who is currently trialling for a spot in the OULRC Blue Boat. Lastly a well done to the men who committed to training with UCBC in Michaelmas, braving many cold, early-morning Godstow outings.

Reilly Knight
Men's Captain



Senior men on the way to Godstow



Windy conditions at Wallingford Head

Univ's senior women started the term strongly, with a large squad of keen rowers making trips to Godstow to train together. After a couple weeks of training, the racing began, with an excellent performance in IWL A, where our eight won the women's category with a sharp and focused row, and where our two fours came first and second, with only a 5 second difference in time between them!

With this strong performance and healthy intra-squad competition, we were keen to perform at Autumn Fours. As the only college with two fours entered, we were the envy of many a boat club captain for the strength and depth of our squad. The B Four ("Bounteous Perfection") put in a solid win against Balliol before losing to Hertford in the semi final, while our A Four ("Absolutely Fabulous"), after dusting off Brasenose and Wolfson, sorted out Hertford to claim the win.

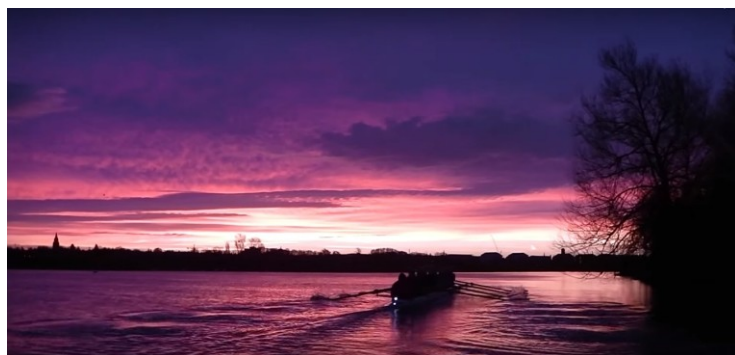
The next week, the rowers from our A Four, combined with cox Anson Cheung, making "Ansonlutely Fabulous", went on to win the senior women's fours at Nephthys, with wins over Keble and St. Peters.

After the excitement of Nephthys and Christ Church novice racing was over, thoughts turned to Wallingford Head - a race outside the bubble. With the return of Univ legend Hannah Farley to stroke both crews, excitement was growing, tempered only by the horrendous weather forecast, with 46 mph winds forecast. The four were racing first, and won the Women's IM3 4+ category, beating Exeter University and University of London among others. Due to a late start for the first division, the four were still racing when the rowers to fill the eight arrived, and Suzanne, Stella, Vicky and Katie managed to rig the eight by themselves, somehow! With yet more crews scratching due to the wind, the eight marshalled against the bank, determined to get a good race in. We finished 5th out of 15 crews, beating Lea RC and only five seconds slower than Oxford Brookes University.

A successful term and great improvement in the squad means we are very excited for Torpids and to continue racing both in Oxford and away next term!

Niamh Broderick
Women's Captain

Visit our Facebook page at [facebook.com/univbc](https://www.facebook.com/univbc) for videos of racing!



Rowing at sunrise at Godstow

Congratulations also go to first year Rebecca te Water Naudé, who has been trialling with OUWBC this term; to former UCBC president Ali Cigari, who stroked an Oxford University Squad coxless four to victory at Fours Head; to cox Niamh Broderick and W1 coach John Ewans who won their category at Vets Head, and to former women's captain Hannah Farley who won the Elite Lightweight Doubles at the Pairs Head in October – a fantastic achievement!



Senior Women win at Autumn Fours



WNA 2015



MNB in good spirits

From the Vice Captains



MNA

Univ's men's side put together three strong novice crews this Michaelmas, with each competing in both Nephthys and Christ Church Regatta. Though MNB and MNC both battled bravely in Nephthys, their efforts went unrewarded with first round exits for each crew. MNA fared better, losing narrowly in the quarter finals.

Fortunes improved for Christ Church Regatta. Despite losing to Lincoln MNA in the first round, Univ MNC came back strong to beat Mansfield MNC easily in the repechage. Unfortunately their last minute switch to 'friendly-boat' status prevented them from advancing any further. Univ MNB stormed their first round race against St Antony's MNB despite spending the majority of the race in the transit lane and nearly bumping an empty boat. They were unable to defeat bookies' favourites Keble MNA, however, and thus exited in the second round. A stylish performance saw Univ MNA defeat GTC MNA in the first round, however they were not able to repeat this in the second round and lost very narrowly to St John's MNA.

With an unusually high novice to senior conversion rate of 75%, we look forward to seeing many of our novices racing again come Torpids and VIIIs.

Mack Grenfell
Men's Vice Captain

Michaelmas term was off to a busy start, as usual, with a rush to recruit new members of the boat club, teach them to row or cox, and prepare them to race in Christ Church Regatta in the seventh week of term. In this challenge the help of the senior club members, as coaches, coxes and subs, was invaluable.

This year the UCBC women had two novice crews, consisting of a mix of first and second year undergraduates as well as some postgraduates. We also had two of the senior women rowers try their hand at coxing - which worked well as they were able to use their experience to help the novice rowers with technique pointers. This was definitely an advantage over some other colleges, who send out a crew of novices for their first outing with a cox who has never been near a boat before!

As always, learning to row in just six weeks proved to be a steep learning curve, but after some very committed training the two novice crews performed well at the Nephthys and Christ Church regattas, both making it through to the Friday, the third of four days of racing for Christ Church. And we've been pleased to see that many of the new rowers are keen to continue in Hilary - we look forward to some new talent joining the senior crews for Torpids.

Holly Metcalf
Women's Vice Captain



WNB racing

Novice Crew Lists 2015

MNA	MNB	MNC
Stroke: Finn Lowery	Stroke: Ben Shennan	Stroke: Peter Saville
7: James Quirke	7: Tom Sittler	7: Raphaël Tulkens
6: Simon van Oort	6: Mark Brookes	6: James Canning
5: James Tilden	5: Markus Dollmann	5: Wanren Tang
4: Aash Jha	4: Felix Duxfield	4: Linden Schrecker
3: Luke Lin	3: Adrian Wong	3: Pietro Nickl
2: Gelu Vrabie	2: Jonah Oliver	2: Antoni Czerwiński
Bow: Ali Smith	Bow: George Cocks	Bow: Alex Inch
Cox: Holly Metcalf	Cox: Diarmid Xu	Cox: Karyna Mishchanchuk
Coaches: Dan Fess & Ben Norbury	Coaches: Mack Grenfell & Joe Dolphin	Coaches: Iain Dunn & Charles Evans

WNA	WNB
Stroke: Stella Kremer	Stroke: Katie Hammond
7: Anson Cheung	7: Sarah Wilker
6: Yujin Chung	6: Olivia Ashton
5: Angela Liang	5: Sophie Wicken
4: Kirsten Anderson	4: Martina Kavanova
3: Anne-Marie Neise	3: Tally Lewis
2: Fran Cullura	2: Alice Fisher
Bow: Johanna Jurgens	Bow: Venice Ma
Cox: Vicky Olive	Cox: Suzanne Angliviél
Coaches: Ann Laube & Katie Beckingham	Coaches: Niamh Broderick & Suzanne Angliviél

Upcoming Events

Event	Date
Henley 4s & 8s	13 th February
Isis Winter League D	14 th February
UCBC 24 Hour Ergathon	20 th – 21 st February
Torpids	24 th – 27 th February
Women's Head of the River Race	5 th March
Head of the River Race	19 th March
Henley Boat Races	19 th March
The Cancer Research UK Boat Races	27 th March

UCBC 24 Hour Ergathon

Following the success of the Ergathon held two years ago, over the weekend of the 20th and 21st February, UCBC will be using an indoor rowing machine for 24 hours straight to raise money for the club and for Shelter, a charity fighting bad housing and homelessness. We are hoping that this event will now be held every other year.

More information can be found on our Facebook event (<http://on.fb.me/1WNuelT>). If you would like to donate, please visit <https://www.sponsorme.co.uk/ucbc/24hr-ergathon.aspx>, or come and cheer us on in college on the day!

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