

From the President

Dear Friends,

Rowing in Oxford this term has been paralysed by extended periods of red flag with not a single race being held on the Isis all term. Despite this UCBC has not allowed the wet weather to dampen our spirits. For example, we have brought in whole club Sunday morning circuits which have been very popular with tyre flips, battle ropes and medicine ball slams to name a few of the exercises.

One of the most exciting developments of the past term has been the creation of a weights room in the basement of Masters Lodgings in college. This has not only made training more convenient but the increased space has allowed us to get more equipment so we can train more effectively. The movement of the weights up to college has given us the space in the erg room to let us link up the erg sliders for crew ergs and install tilting mirrors on the walls so we can get the most out of our time on the ergs.

Despite the river levels denying our eager novices their much anticipated water time, it has been great to watch them get stuck into their ergs and the ability to link up the sliders has proven to be invaluable for their development. Thanks to the continued support from the old members we were able to reward our novices hard work on the ergs with water time at Dorney.

Another highlight of the previous term was the UCBC 24 hour ergathon to raise awareness and funds for Oxfordshire Mind. It was inspiring to see the whole boat club come together to row further than the distance between Oxford and Amsterdam in the 24 hours.

We are very grateful for all the support given to us by our old members and I hope many of you can join us along the river banks and at the dinners over the next year.

Best wishes, and happy new year,

Angus Menzies

UCBC President 2019-2020



UCBC members take on a 24 hour ergathon to raise money for Oxfordshire Mind

From the Men's captain

Michaelmas term has been a remarkably dry term for the Univ rowers, ironically as a result of some very wet weather. The Isis was red flag for the majority of the term and so most of the training undertaken by the crews was land training on the ergs or in the Iffley tank. Despite this, some huge progress has been made by both the seniors and more impressively the novice crop, the latter of which have developed exceptionally well considering some managed less than two water sessions before the river became un-rowable.

The usual milestone event of Michaelmas is Christchurch regatta, a chance for the novices to show off everything they have learned and compete against other crews in their first taste of college racing. Unfortunately, this term, due to the river levels the regatta was cancelled and so instead UCBC took the novices to Dorney Lake on Saturday the 29th November for a morning of rowing on the 2012 Olympic course. We left early from Logic Lane at 6:15am with a crop of 22 Univites made up of novices, coxes and coaches.

All was going well as arrived at Dorney in good time to rig up the boats for our 8am start on the lake but, as has become

typical this term, the weather was not on our side, as it was deemed too foggy to safely send out boats. This persisted until around 10am, when the fog lifted enough for the safety launch to be happy and allow crews out. Finally, four crews of our keen novices could get on the water and try out what they had been practising over the last 6 weeks. The sessions were, by all accounts, a bit shaky to begin with. This was certainly to be expected with so little water time under their belts, but by the end of each session all the boats were moving nicely and more importantly the novice rowers got to have some fun on the Olympic lake after all of their hard work on the ergs.

The seniors have also been having a busy term, with many participating in the novice training, at least in some capacity, but also making huge strides with their own training. This has been in no small part due to the updated facilities, with a weight room now open in the basement of master's lodgings. The master generously donated some money towards some new and improved strength and conditioning equipment which has proved invaluable in training and has freed up some space in the erg room allowing for a better layout for coaching.

Andy Bridger

Men's Captain



Univ novice men at Dorney

From the Women's captains

Michaelmas term saw a good number of returning seniors along with over 20 novices starting rowing for the first time. For the first couple of weeks, training for the senior women was comprised of erg and weights sessions in the week and water outings at the weekend, as well as subbing into novice outings in the middle of the week. Unfortunately, as the term progressed the weather worsened and what felt like omnipresent rain soon made the river unrowable, giving it a red flag status on which it remained the majority of Michaelmas. This shifted the training towards ergs and weights even more. Luckily the new weights room in college facilitated this.



There were a number of races which we hoped to enter last term, however they were all cancelled due to bad river conditions caused by relentless rain. Pippa Biggs, Rebecca Te Water Naude and ex-captains Emma Lepinay and current vice-president Hannah Farley undertook impressive training as a 4 throughout the term in the hope of competing in Head of the River Fours on the Thames. Their crew was unfortunately scratched, again due to poor conditions that meant the number of crews entering had to be cut. Had they raced they would have undoubtedly done the club very proud.



Despite the lack of water time this term, the women's side have made great improvements in physical strength and power that sets us up into a very good place for Hilary and Trinity term, for both bumps races and external regattas. Hilary term is to begin with a training camp on the Isis for W1 hopefuls and current signups indicate there will be at least 3 women's boats competing in Torpids. Given the likelihood of Abingdon and Godstow being flooded next term W1 will be having water sessions at Caversham and Dorney lake next term to ensure they will get water time. Aside from bumps, they will be hopefully entering into Head of the Severn (February 8th) and Women's Head of the River (March 7th), hope to see you there!

Ellie Robinson and Nicole Szeres-Tapp
Women's co-captains



Novice report

Like many others before, most of us novices enthusiastically signed up for rowing at the Univ freshers' fair having never been on the water before. What we did not realise, though, is that we would not be able to row any time soon: the flag on River Isis would indeed stay red for the whole of Michaelmas, due to capricious weather.

But the seniors were still determined to keep our motivation levels high. We were therefore introduced to the beautiful building that is the UCBC boathouse, where we caught a first glimpse of the ergos. No one then knew how much time we would come to spend on these machines, or how many blisters would ensue.

After being split into two crews, we trained two to four times a week in the erg room. Our group of eight would either do pyramids, trying to keep up with the stroke per second rate the senior was setting; endurance sessions of thirty minutes keeping a consistent split; or dreaded 500m sprints.



Simultaneously, our trainee cox would listen attentively and imitate the instructions and tone of her mentor.

As the annual Christ Church regatta got cancelled because of the rain, novice crews were invited to the ChCh 'ergatta' instead. This allowed us to try out dynamic ergs, which felt slightly unnatural at first. We were all apprehensive on the day of the race, but as soon as the first rower started her 500 meters the atmosphere (and cheering) got crazy. We even came joint first in this first heat! Although we had to pull out of the next race because of insufficient numbers, it was a good chance to get a little competitive and see the progress achieved in strength and stamina for ourselves.

The novices would like to thank Hannah, Charlie, Emma, Lara, Ina and the captains Nicole and Ellie for their terrific coaching, support and encouragements this term, as well as consistently reminding us that the early mornings are worth it – if not for the Sunday brunch alone.

Iris Bertrand
Novice rower 2019

Ergathon

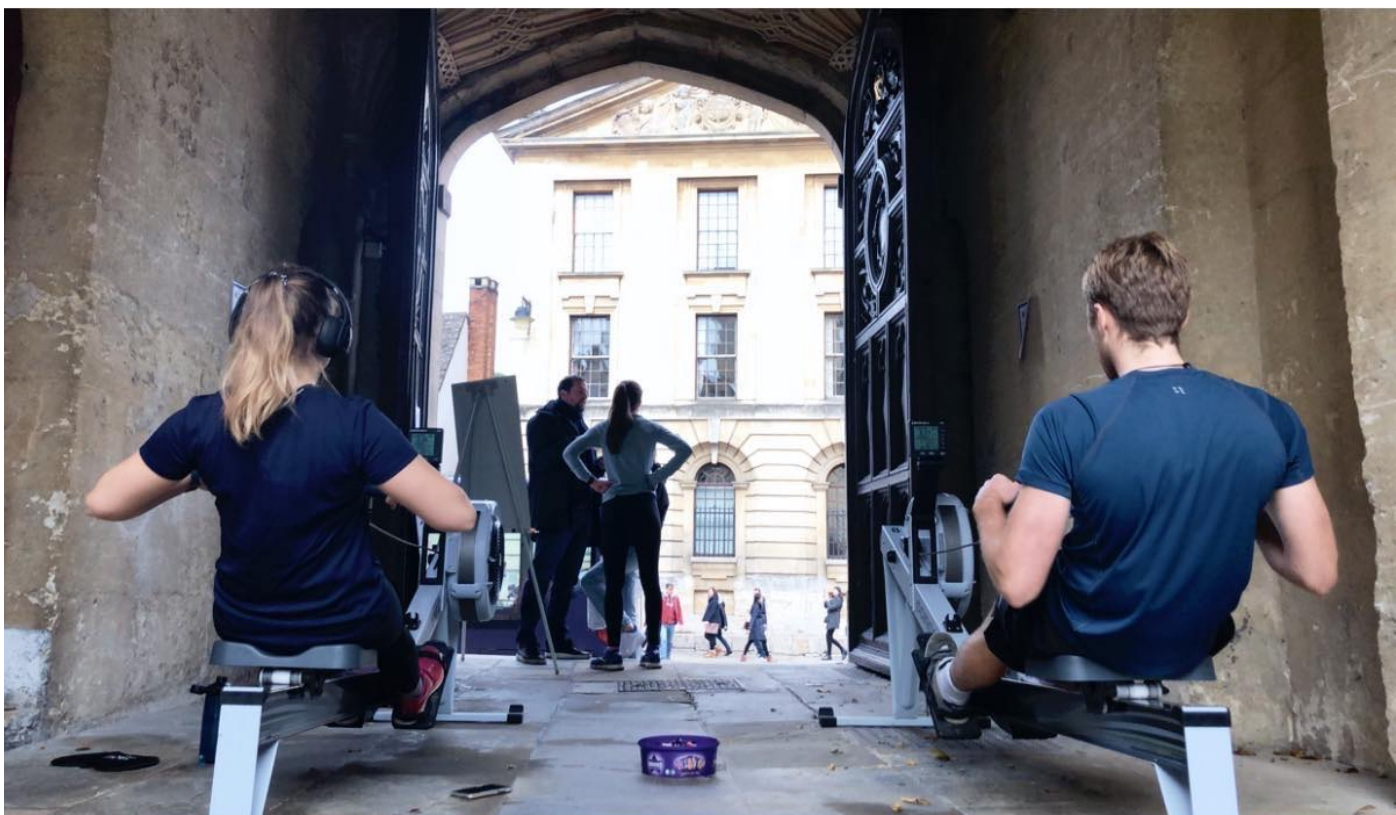
A highlight for many members of UCBC this term was the return of the 24 hour charity ergathon, this time aiming to raise money and awareness for Oxfordshire Mind, a mental health charity and incredibly worthwhile cause (visit www.oxfordshiremind.org.uk for more info). The event was held in college from 11am on the 17th of November to 11am the following day. During the day, we were based in rad quad with two ergs going and the doors open to the public. At 6pm we then moved down into the basement of Master's Lodgings for the night before coming back up to Rad Quad the following morning. The fundraiser was a massive success with more than 50 members of the boat club participating. Ultimately UCBC raised over £1500 for this very worthwhile cause which is close to our hearts. Special thanks to Hannah Farley for spear-heading the organisation and college for all their support.

Andy Bridger
Men's captain



Above: women's captains keeping morale up

Below: our efforts attracted a lot of attention from passers-by.



From the Social Secretaries

Michaelmas term was a busy one for the social secs, with the inaugural UCBC crewdate welcoming the novices into the fold early on. Last term also saw the now annual tradition of the UCBC pub crawl in all it's glory, with Oxford's finest watering holes not quite knowing what had hit them when multiple UCBC squads descended upon them in colour-coordinated outfits. Our last event was the UCBC Christmas Party, held in the bar for the first time and featuring the ever popular (amongst rowers) erg sprint challenge. The cancellation of Christchurch regatta meant that the end to the term wasn't as exciting a culmination of novice term as we normally have, and everyone is awaiting Hilary, and Trinity, and the eventual chance to get on the water with baited breath.

The annual Dinosaurs and Cassandrians dinner will take place at Univ on Friday 31st January, and we look forward to welcoming many of you back to Oxford for this occasion.



Some dates for the diary:

Torpids 2020 (note this is a week earlier than usual) – 26th – 29th February

Women's Head – 7th March, 2:30pm

Head of the River - 21st March, 2:45pm

Eights 2020 – 27th – 30th May

Hannah Farley

Vice-President 2019-2020

