


# FRIENDS OF



# UC BC

# NEWSLETTER

## From the President

Dear Friends,

It was wonderful to see so many Old Members, families and current students supporting Univ at Summer Eights this year and able to join us in celebrating the success of our crews. It was especially inspiring to see the reunion of the 1990 and 1991 headship crews, particularly when the women's and men's first VIIIs are in with a real chance of gaining headship over the next few years.

UCBC was highly successful this year at all levels. A real highlight was seeing W1 win blades in division 1, to finish 4th on the river and in with an excellent chance of gaining headship. It was a testament to the hours of training and commitment in the run-up to Eights that characterises all crews at Univ. It was also great to see M3 moving up into fixed divisions this year, so that Univ now has five crews in fixed divisions. All six Univ crews demonstrated unwavering dedication, passion and team spirit.

I am extremely proud of everyone who rowed with UCBC this year for their dedication to training, come rain or shine. I hope that all the rowers were able to take lots away from their involvement in UCBC, from the friendships they have formed, to the brilliant achievements in Torpids, Eights and other races both on and off the Isis. It was good to see Univ end the year by putting out four mixed eights at Oriel Regatta, giving everyone a final chance to enjoy rowing with Univ this season.

Our first VIIIs have also enjoyed the opportunity to compete off the Isis, in the Men and Women's



*M1 and W1 with coach John after Eights*

Head of the River Races, Henley Fours and Eights and Bedford Regatta, and performed well in all. I hope next year this will continue and we will also be able to give our second VIIIs this invaluable opportunity.

None of the achievements or experiences our rowers have had this year would have been possible without the support of UCBC friends and Old Members. Your generosity has enabled us to get this far, as one of the biggest and most successful boat clubs in Oxford, and will allow us to continue to push for headship over the next few years.

I am excited for the possibilities of the year ahead and look forward to working with the new committee to build upon, with your help, this year's success.

Vicky Olive  
*UCBC President*

# From the Captains

Fresh from the Men's Head of the River, M1 entered Trinity term with optimism and a change of coach, leading to a strong Summer Eights performance.

Univ 1<sup>st</sup> VIII opened the racing season with the Head of the River Race. Thankfully, despite choppy conditions and a stiff tail wind, racing wasn't cancelled this year. M1 finished 167<sup>th</sup> out of 343 crews and 5<sup>th</sup> out of 10 among Oxford colleges. With the feeling in the boat being that more technical progress could have been made, long term coach Oliver Collins was replaced by W1 coach John Ewans.

A new term and a new coach: Trinity kicked off with a training camp in -1<sup>st</sup> week. The turnout from the men was impressive, with the squad size reaching a peak of 23 people, often enabling us to have two boats training on the Isis. City of Oxford Bumping Races rounded off the week - a day of coxed fours non-contact bumps over the Summer Eights course. Both of the two men's boats entered gained a bundle of bumps throughout the day with one winning (mini) blades.

In the couple of weeks following M1 selection, changes made to individuals' stroke technique and the overall feel of the boat was complemented by hard graft on the erg. A great way to put us to the test was Bedford Regatta. Although losing to a Borlase school crew we finished in a quick time relative to Oxford colleges and things were looking up. More improvements came on and off the water and in the two weeks leading up to Eights, the crew demonstrated the obvious steps we had taken forward in some heated fixtures against other crews. Out-rowing Mansfield M1, Lincoln M1, and Abingdon School 2<sup>nd</sup> VIII inspired the crew with confidence.

When the first day of Eights came we were in good shape and all looked forward to performing like we had in training. Unfortunately we were not able to do so. Never closing on Trinity more than a length, the Wolfson crew closed on us from the gut where we held them off up to the top of green banks.



*Univ M1 in Eights 2015*

The next day we rowed over with a calm composure grown from the 'vacuum' provided by a Wolfson bump on Trinity and a Keble bump on Balliol, who were chasing us.

Moving on to Friday, everyone knew that keeping the extremely strong Keble crew off our stern would be our biggest challenge yet. The men stepped up to the plate and gave an exciting yet short race. Alas, denying Keble the bump was not to be. A tap on our stern in the gut whilst inches away from Trinity demonstrated that the marginal gains made in training can make all the difference.

The Saturday of Eights came as expected with large crowds, sun and anticipation in the air. With extra inspiration from the members of the 1990 headship crew, M1 gave a meaty, composed performance, naturally spurred on by the large Univ crowd with old and current members alike; Balliol were never close.

I would like to thank John Ewans for throwing himself at the challenge of coaching M1 and for the progress we made. I'd also like to thank the Friends of UCBC for their donations.

I am proud to be next year's Men's Captain and I look forward to a fun and successful year, where we'll hopefully be welcoming a new men's head coach.

Reilly Knight  
*Men's Captain*

This term started for W1 with a two week training camp on the Isis, with the squad coming back a week before term to make sure we had enough time to train before Eights in 5<sup>th</sup> week. We trained in fours, and after the training camp we entered two crews in City Bumps. W1 saw excellent results, with the A crew being bumped once and rowing over three times, finishing third on the river, and the B crew bumping 4 times to win (mini) blades! This was an excellent start to the term and, with the men competing alongside us, was a great chance to work together as a boat club and get to know the triallists for M1.

Term then continued, with the squad settling into a routine for training. We turned our focus to Bedford Regatta, where W1, with an excellent sub in Paloma Vince, competed in two categories, putting in a fast time against a strong Magdalen in the first round of the College Eights, and losing to the South African Schools Rowing Union in the final of the IM3 category, after some excellent races to get there. It was a new experience for many of the squad and was enjoyable for all! David Hunter, our most loyal and much appreciated supporter, came to see us and took some great pictures which are up on the website and Facebook page.

Then, all thoughts turned to Eights, with seat racing and erg tests occurring and a final crew selected. We were all very nervous and excited coming up to Eights, but determined to use our growing fitness and the racing experience both from this term and last term. On the first day, we



*W1 at Bedford Regatta*

were chased by a blues-stacked Keble boat, and chasing Olympic champion and stroke of the Oxford blue boat, Caryn Davies in the Balliol 1<sup>st</sup> VIII. Keble started strongly and threatened overlap coming out of the gut, but a strong push from W1 saw us stomp away from them up the green bank. Balliol, meanwhile, had also started strongly and were gaining quickly on Christ Church. After our push, Balliol were in our sights, and we gained quickly as we came past Univ, bumping halfway along Boathouse Island.

With that bump achieved, W1 knew we had a chance of a bump on Christ Church the next day. We started strongly, leaving Balliol well behind, and were gaining steadily on Christ Church when they hit the bank in the gut, making for a short race. We then bumped Teddy Hall the next day, just after Donnington Bridge, in what became a messy pileup when they failed to clear the line and both Keble and Christ Church collided with them. However, all bumps stood as announced the next day, and St John's were the only thing between us and blades. We rowed well and stayed calm, bumping them in the gut to win blades and finish 4<sup>th</sup> on the river.

It has been an absolutely fantastic term for W1, topped off with an amazing Eights dinner and some fun racing at Oriel Regatta, where some W1 rowers were in the mixed eight that was narrowly beaten in the final by Wolfson. With an excellent season behind us, and our coach John Ewans around to steer us to further greatness, we all can't wait to come back next Michaelmas and get training again!

Niamh Broderick  
*Women's Captain*



*W1 bumping Balliol on Wednesday of Eights*

## Vice Captains' Reports

UCBC's men's side saw two lower boats compete in Summer VIIIs this year, each featuring a good mix of novice rowers and returning crew members.

M2, hot off the back of a bumps-laden Torpids, finished off the year with a strong Trinity term. Coached for their second term by Ian Macconachie, M2 hit the ground running and enjoyed a successful build up to Summer VIIIs. Despite bumping Teddy Hall II within 14 strokes on the Wednesday of Eights, M2 fell just short of overbumping Linacre M1 the day after. Having recovered from their overbump attempt, M2 took another quick bump on Magdalen II on Friday. With the task of chasing an on-form Anthony's I, Saturday of VIIIs was always going to be a challenge for M2. With Anthony's bumping out in front of them, M2 finished off the regatta by rowing over in style. Overall, M2 moved up 2 places to 10th in division 3 and are now the 5th highest second crew on the river!

After an unfortunate Hilary term in which they did not qualify for Torpids, M3 resolved to make the most of Summer VIIIs. Training hard, often as frequently as the second crew, M3 smashed Rowing On by coming 2nd out of 33 crews. Going into VIIIs placed 2nd in division 6, M3 spent the Wednesday and Thursday unsuccessfully trying to catch Benet's I at the top of the div. With Benet's having bumped up on the Thursday, M3 seized their chance by bumping a newly relegated GTC II on Friday. Chasing Benet's for the third time, now as sandwich boat in division 5, they were unfortunately frustrated once more. As the final day approached, each rower knew what they had to do. After rowing over with panache at the head of division 6, the crew threw themselves at the opportunity to bump up in their race as division 5 sandwich boat. They were rewarded for their effort with a concession from Wadham III just before the gut. M3's new position at the bottom of division 5 means that they have entered fixed divisions, and so will not be required to compete in Rowing On next year. The prized title of M3 headship awaits!

Mack Grenfell  
*Men's Vice Captain*



*Above: M2 before racing on Saturday of Eights  
Below: M3 after bumping GTC*



The first few weeks of term saw a lot of changes for W2 and W3, with trials to organise crews for Summer VIIIs. We had a mix of returning rowers who had taken Hilary off, and rowers from last term's W1, W2 and W3, and with selection finalised just a few weeks before VIIIs everyone worked hard to get used to rowing as a crew.

W2 started summer VIIIs as the fourth highest second boat on the river, but we're pleased to say that on land they are the best reserve boat, after their victory in the Tethys Erg Sprints Competition early in term. Some might attribute their success to the low turnout for the reserve crew category (no-one else entered), but we saw it as a demonstration of how commitment pays dividends!

The W3 squad was a mix of novices and more experienced rowers who had taken some time off. This range of experience brought great benefits for the crew, with Vicky and Stella - W3's coaches - commenting on how much harder everyone tried when a former W1 rower joined them at erg sessions!

With VIIIs upon us, both W2 and W3 had to call on the wider UCBC family for last minute subs, due to illness and the W3 squad being low on numbers. There were some colleges whose crew problems led them to miss the one minute cannon this year, but thanks to the enthusiastic response to a last-minute sub plea on the UCBC Facebook page, we never had that problem.

As ever, both boats faced tough competition, being highly placed amongst the W2 and W3 boats. W2 started 11th in Division 3, behind the St Antony's first boat, and made a good gain on them off the start, but with the boats on either side bumping out early on, day 1 saw a solid row-over (and a little confusion from the commentator as W2 had replaced the more commonplace Univ blue with bright yellow stash).

Thursday saw W2 chasing St John's II, and again they closed the gap to half a length before Worcester II unfortunately caught them. Friday saw W2 chased by Green Templeton, one of the fastest women's crews on the Isis. Weaker crews might have cracked under this pressure, but the crew put on brave faces, gave a strong start and made it nearly to the end of the bunglines before they were bumped. On Saturday the crew started at the bottom of division 3. With Linacre II putting pressure on them off the start, spectators on Donnington Bridge thought they were certain to be bumped, but the girls pulled off a great row-over ahead of Linacre II to defend their space in the women's senior divisions.



*W3 in action*



*W2 at Summer Eights*

W3 successfully qualified in rowing on and, like W2, had a tough position to defend at the top of women's division 6 with some competitive second boats behind them. On the first day the crew was bumped by Pembroke III early off the start, but this did nothing to dampen team spirit. W3 were proud to say that each day they made it slightly further down the course before being bumped, despite being chased by second boats (Mansfield II and Peter's II) on Thursday and Friday. On Saturday W3 made it past the cheering crowds at Univ boathouse to be bumped just before the finish, thus earning their spoons in style. This was looked on as a particularly unique achievement as one each of W3's two coxes and coaches achieved both blades and spoons in the same day. The crew's positivity did them credit, and despite dropping down in the rankings, the girls had a great experience of what for many of them was their first Summer VIIIs. As was overheard from one crew member at VIIIs dinner that evening, 'I wish they'd stop commiserating us for getting spoons - I'm actually quite proud of our achievement!'

Although their achievement at VIIIs may not have been as impressive as W1's, both crews did themselves credit with the dedication and hard work they put in over the term. In just five weeks everyone made massive personal improvements which we hope will strengthen our squad going into the next year. As ever we are extremely grateful for the many (often very early) hours put in by the coaches: Argy for W2 and Vicky and Stella for W3.

Holly Metcalf  
 Women's Vice Captain

# Eights Crew Lists 2015

<b>Women's 1<sup>st</sup> VIII</b>	<b>Women's 2<sup>nd</sup> VIII</b>	<b>Women's 3<sup>rd</sup> VIII</b>
Stroke: Hannah Farley 7: Jojo Bowman 6: Hannah Baddock 5: Dora Amos 4: Ann Laube 3: Katie Beckingham 2: Vicky Olive Bow: Amy Hughes Cox: <i>Niamh Broderick</i> Coach: <i>John Ewans</i>	Stroke: Claire Weaver 7: Paloma Vince 6: Holly Metcalf 5: Suzanne Angliviell/Gusta Matthews 4: Mandy Rojek 3: Hannah Hendry 2: Holly Digne-Malcolm Bow: Claudia Herresthal Cox: <i>Anson Cheung</i> Coach: <i>Argyris Stasinakis</i>	Stroke: Melissa Sidnell 7: Lauren Gordon 6: Elizabeth Fox 5: Karyna Mishchanchuk 4: Emma Gillett 3: Bryony Richards 2: Shannon Mitchell Bow: Tara Keenan Cox: <i>Antoni Czerwinski/Katie Beckingham</i> Coaches: <i>Stella d'Ambrumenil &amp; Vicky Olive</i>
<b>Men's 1<sup>st</sup> VIII</b>	<b>Men's 2<sup>nd</sup> VIII</b>	<b>Men's 3<sup>rd</sup> VIII</b>
Stroke: Thibaut Lienart 7: Ali Cigari 6: Ben Norbury 5: Reilly Knight 4: Dan Fess 3: Tom Davis 2: Ed Beard Bow: Alex Rowe-Jones Cox: <i>Ilaria Confalonieri</i> Coach: <i>John Ewans</i>	Stroke: Tom Gourd 7: Oliver Vince 6: Mikolaj Barcentewicz 5: Joe Dolphin 4: Mack Grenfell 3: Ben Skuse 2: Eamon Byrne Bow: Iain Dunn Cox: <i>James Quirke</i> Coach: <i>Ian Macconnachie</i>	Stroke: James Scoville 7: Jeffrey Hawke 6: Cameron Cullen 5: Lukas Koebis 4: Filip Barcentewicz 3: Julian Moehlen/Julian Ostrowski 2: Paul Cheston Bow: Michael Forte Cox: <i>Holly Digne-Malcolm</i> Coach: <i>Mack Grenfell</i>

## UCBC Social Events

There has been a great social side this term for UCBC, with various formal halls and pub trips going on. The Saturday of Summer Eights brought together most of the college community, family and friends and of course many Old Members at the boat house, all there to give a lot of much appreciated support to the crews out on the river, and was a great day for everyone. That evening we celebrated at the Summer Eights Dinner in college, which was a fantastic end to the year and a great opportunity to have lots of fun after a hard week of rowing. It was wonderful to be joined by the very entertaining Old Members from Univ's 1990 & 1991 headship crews as well as everyone else involved in Eights, and hear speeches from the outgoing and new members of the committee, all celebrating the club's achievements this term.

Overall it has been a brilliant term, and we are looking forward to lots more excitement in the coming year!

Hannah Hendry  
*UCBC Social Secretary*



*1990/1991 reunion at Summer Eights Dinner*

# Univ Blues Rowers

This year has seen a lot of Univ representation in blues rowing.

Cox Will Hakim, studying for a Master's in Chinese Studies, recently celebrated victory in the men's Boat Race, in an historic year which saw the women join the men on the Tideway. The Oxford boat were the favourites going into the race and showed their dominance by finishing six and a half lengths ahead of their opposition, taking the win for the third year in a row.



*The men's blue boat celebrating victory*

Cassandrians Jojo Bowman and Hannah Farley have enjoyed rowing with OUWLRC this year, with Jojo being selected to row in the Tethys boat that placed 62<sup>nd</sup> in the Women's Eights Head of the River Race, and Hannah competing in the lightweight Boat Race at Henley.



*Hannah in her single*

The lightweight crew (stroked by ex-Univite and this year's OUWLRC President, Jo Green) were half a length ahead off the start, but the Cambridge boat gradually gained water and took the lead. Oxford fought back and crossed the line in one of the closest finishes the race has seen, but narrowly missed out on victory by just two feet. They exacted their revenge, however, by winning Gold in the lightweight eight at BUCS, with Durham and Cambridge placing 2<sup>nd</sup> and 3<sup>rd</sup> respectively. Hannah also won silver in the lightweight coxless four and the coxless quad.

Both girls also recently competed at Henley Women's Regatta, with Hannah posting the 8<sup>th</sup> fastest time out of 25 in the senior lightweight single sculls, but an unfortunate draw saw her lose out in the first round, to a Kiwi who went on to reach the final. Jojo rowed in the three seat of a coxed four who were pleased to qualify in a competitive field, but went out to a strong Edinburgh University crew.

Hannah is now looking forward to continuing in the GB U23 lightweight selection process.

M1 cox, Ilaria Confalonieri, who has just completed her Classics degree at Univ, also trialled with the lightweight men's squad over the 2014-2015 season.



*Jojo at 3 in OUWLRC's 4+ at HWR*

## UCBC Committee 2015-2016

Position	Name
President	Vicky Olive
Vice President	Amy Hughes
Men's Captain	Reilly Knight
Women's Captain	Niamh Broderick
Men's Vice Captain	Mack Grenfell
Women's Vice Captain	Holly Metcalf
Secretary	Katie Beckingham
Treasurer	Dan Fess
Captain of Coxes	James Quirke
Social Secretary	Hannah Hendry
IT Officer	Ali Cigari

## Upcoming Events

Event	Date
Henley Royal Regatta	1 <sup>st</sup> -5 <sup>th</sup> July
Oxford City Royal Regatta	15 <sup>th</sup> & 16 <sup>th</sup> August
Isis Winter League	Michaelmas term (dates tbc)
UCBC 24 Hour Ergathon	Michaelmas term (date tbc)
Nephthys Regatta	20 <sup>th</sup> & 21 <sup>st</sup> November
Christ Church Regatta	25 <sup>th</sup> – 28 <sup>th</sup> November
Wallingford Head	29 <sup>th</sup> November
Fairbairns (Cambridge)	3 <sup>rd</sup> & 4 <sup>th</sup> December

## UCBC 24 Hour Ergathon

UCBC will be erging continuously for 24 hours towards the end of 2015, to raise funds both for UCBC and for charity (date to be confirmed). We hope you will consider supporting us.

Our club remains one of the most competitive on the Isis thanks to the continued support we receive from our Old Members. Please help us to stay accessible and inclusive as we welcome new members during our bid for headship!

You can donate now via the Development Office ([development.office@univ.ox.ac.uk](mailto:development.office@univ.ox.ac.uk)) or online at [www.ucbc.org.uk/give](http://www.ucbc.org.uk/give). Details for ergathon donations to follow. Thank you; your generosity is much appreciated.

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