



From the President

Dear Friends, It has certainly been an exciting year for UCBC. Following a flooded, dark and ultimately very positive Hilary, all our Univ crews returned to Oxford with a clear sense of purpose for the coming weeks. With the Women's VIII having put in an excellent performance at the Women's Head of the River, and the Men's IV having won blades at Oxford City bumps, there was an inspiring sense of optimism and ambition throughout our squad.

As the weather improved we enjoyed longer, warmer and later outings, and with them mounted the excitement for Summer VIIIs. With the help of large crowds of supporting students, families and Old Members we were able to produce a truly exceptional set of results across all our crews. Our M1 finished sixth on the river, whilst our W1 equaled the previous record set by the 1992 crew to move to third place in division one. In the next few years, there is nothing to say that we will not have a headship-ready crew pushing off the landing-stage.

Even as our top crews continue to perform well at the premier end of Oxford bumps racing, it is the depth and popularity of rowing at Univ that I am particularly proud of. Fielding seven boats is no mean feat, but for none of those boats to suffer a bump is truly remarkable. A great deal of the success we have enjoyed was not caused solely by the determination and dedication that is ubiquitous in both squads, but also by the insistence that rowing must be an enjoyable and good-humoured sport. This was reflected in the revelry at the Annual dinner. It is clear that a club that has fun is a club that produces fast boats and hopefully this will continue throughout next year and beyond.



As ever, this can only be the case because of the generosity of our Old Members and Friends. It is always a pleasure to see how much UCBC means to so many people, not just the current students of the college, during our racing weeks or the annual dinner. This year saw the expiry of our sponsorship with Deutsche Bank and the search for a new sponsor is under way. In the meantime, I would like to extend the thanks of the entire club to all our Friends and anyone who has supported us, financially or otherwise, this year. Without you, rowing at Univ would not be nearly as enjoyable, accessible or successful as it is now.

I am sure that you will join Univ's current rowers and myself in anticipating what promises to be another great year for this unique club and community. I would finally like to thank Vicky and her committee for the invaluable work they have done this year, and I look forward to picking up where they left off. Please have a read of the more detailed reports in the full newsletter here.

Ben Norbury

UCBC President 2016-17

From the Captains

Building upon our success in Torpids, Univ M1 had a strong term of training that culminated in an impressive performance in Summer Eights.

For the 1st VIII training began in -1st week with eleven rowers and four coxes taking part in training camp. A hard week of outings and erg tests was capped off with us entering two boats into Oxford City Bumps. The top IV+ did excellently to achieve (mini) blades, with the 2nd IV+ just missing out on them. Crew selection was then made, which resulted in a very experienced crew being named. Between this and our performances in Torpids last term and in Oxford City Bumps the crew was feeling confident of a strong showing in Summer Eights.

Luckily, the weather this term was a lot better than in Hilary, and so the Isis was rowable all term. We made the most of this by having water sessions most evenings, which really helped us row together as a crew.

We were keen to test ourselves in a race environment before Summer Eights and so entered Bedford Regatta in two categories. It was a beautiful day, perfect for racing. Our first race of the day was against Shiplake College in the IM3 category. They pulled away from us off the start, and despite a strong performance over the rest of the course we weren't able to catch up to them, and ended up narrowly losing. It was a similar story in the college category against Warwick University.

We returned to Oxford slightly disappointed in our performance at Bedford. In order to get our morale back up our coach had us do a "fun" sculling session the following day. This resulted in



a lot of capsizing, and a return of spirits for the crew. With Summer Eights looming, and the crew keen to put the disappointment of Bedford behind us, we scheduled a number of race fixtures on the Isis. We raced Jesus, Lincoln, Mansfield and Pembroke 1st VIII's, and we managed to win all our fixtures, giving us a good confidence boost.

We started Summer Eights 8th on the river chasing Trinity. A number of the crew had been in the boat last year that narrowly missed out on bumping Trinity and so we wanted to make sure that didn't happen again this year. A strong start resulting in us bumping them under Donnington Bridge, which gave us a lot of confidence for the rest of the week.

On Thursday, we were chasing Keble, who had a number of OUBC rowers in their boat. We knew that they would be able to bump Magdalen quickly, and so we gave it everything to try and get them before that. Another quick start saw us take a good chunk out of them, but as expected they managed to bump out, and so we settled for a long row over.

Friday saw us chasing Magdalen. At this point, we knew we had a quick start and that they had been falling, and so decided to go hard at them. It seems that the thought of another bump had gotten the crew a bit excited, as we rowed quite scrappily. Fortunately, all the training we had done this term shone through and we were able to get the bump on Magdalen just before the exit of The Gut.

On the final day, we were chasing our boathouse rivals, Wolfson. There was a large crowd at the boathouse, including an impressive number of alumni, and we were hoping to give them something to celebrate. Another strong start saw us close on Wolfson, but unfortunately they managed to hold us off and then pull away down Greenbanks. Inspired by all the support we received as we went past our boathouse we gave it one final push, but couldn't quite catch them before the finish.

Overall, I think given our position, we performed superbly in Summer Eights, and I'm looking forward to attempting to do even better next year. With a strong core of returning 1st VIII rowers and a number of promising rowers in the lower boats it is looking like a bright future for Univ.

I would like to thank the previous captain, Reilly Knight, for all the hard work and commitment he displayed over the year, and our coach, Tom Gogleman, for his invaluable advice and coaching. I would also like to thank the Friends of UCBC for their generous donations over the year.

Joseph Page

Men's Captain 2016-17



Trinity term kicked off with training camp and trials for W1, with most of the crew returning to Oxford in -1st week, which was rounded off with getting spoons in City of Oxford Bumps, with Hannah Baddock graciously subbing in. New term and dazzling new skinny blades, with many thanks to FoUCBC for this kind donation.

Once the team was selected in 0th week, W1 settled into their training schedule on the Isis, including 4 outings and 2 land sessions each week. In our land sessions we had a particular focus on ergs, followed by 'Trunk strength and Endurance' training circuits and stretching for the remainder of each session, to make most efficient use of time. On the water, we built on our training week by week, following a strict training schedule to ensure efficient preparation.

Throughout the term, our sights were set on Summer Eights, but the end of 2nd week turned our attention to Bedford regatta. W1 were entered into the IM3 category and College Eights. The crew performed well in winning the first race easily against Lea RC but were unfortunately knocked out in the second round. In the College Eights, Univ came up against Magdalen W1 in the first stage, a source of much anticipation as we were aware that they would be starting third on the river (one position ahead of Univ) in Summer Eights. Following a close race, Univ lost by a $\frac{3}{4}$



length, alerting us to the challenge ahead of us in Eights. Many thanks to our loyal supporter, David Hunter, for not only watching our races but taking some lovely photographs too!

In light of Bedford regatta, W1 were spurred on and given several points to focus on to improve performance for Summer Eights, especially valuing the importance of ingraining and maintaining technique at speed. W1 were anxious but also excited to be starting at fourth place on the river, hoping to build on the success of last year's blades-winning crew. Surrounded by fast boats, most with exceptional performances in Torpids, was a huge incentive to train hard.

Summer Eights came round in no time. Day 1 was a big day for Univ W1, chasing Magdalen. We had our opportunity and took it in full view of supporters, bumping them right outside Univ boathouse. After this thrilling start to our Eights, we were determined to maintain our position ahead of the strong and now vengeful Magdalen team, and rowed over on Day 2. Friday brought with it an alarming challenge from the Magdalen boat, which gained on Univ after front-loading at the start. They put the pressure on along the Greenbanks stretch, spurring W1 to pull away before a klaxon ended the race. By Saturday of Summer Eights we were well aware of the threat Magdalen posed and Univ reacted accordingly to the front-loaded race we now expected. The

crowds of UCBC supporters were incredible encouragement and motivated the crew to give a strong final push and we rowed over to cement our position as third on the river.

This exceptional result at Summer Eights, in which Univ Women's 1st VIII rose to finish third on the river; the joint highest position ever held by Univ W1; is testament to the unwavering dedication and commitment of the crew and coach John Ewans. The invaluable coaching by John is undoubtedly a huge influence on the crew's ongoing accomplishments, building a strong committed team with great team spirit. Summer Eights dinner was a fun way to celebrate the year's achievements.



The year was brought to a close with members of W1 featuring in the first mixed boat at Oriel Regatta. A Four was also entered in Henley Women's Regatta. Despite missing out on qualifying, taking part in this prestigious event was a great experience, especially for two of the rowers that were novices in Michaelmas.

Thank you to Niamh for her amazing contributions as Women's Captain this year. I look forward to taking on the role and hope for W1's successes to continue to grow, with a real and exciting opportunity to gain headship over the next few years. This year has been one to remember.

Katie Hammond

Women's Captain 2016-17

From the Vice-Captains

UCBC's M2 and M3 were eager to improve on their performances in Torpids '16 this Summer Vllls. Thankfully Trinity saw much better conditions compared to Hilary, allowing the lower crews some much needed time out on the Isis. This increased amount of training was certainly reflected in the crew's Vllls performance, with M2, M3 and M4 finishing with a total of 7 bumps between them!

M2 saw the return of seven rowers who were novices in Michaelmas. Determined not to repeat the events of Torpids, M2 and their new coach Hannah Lovell opted to drop ergs almost entirely and focus on water time. The crew went into Vllls more prepared, consequently bumped Linacre I on Wednesday. After a klaxon on Thursday, M2 spent Friday and Saturday trying to catch Anthony's I without success. Overall, M2 climbed one place in division III, maintaining their spot as fifth highest second crew on the river.

Following the unfortunate events of Torpids where they did not qualify, thanks to the coaching of Jojo Bowman M3 were favorites for blades in Vllls. Bumping Anne's II on day one, M3 were off to a flying start. Thursday saw M3 miss out on a bump due to the crews in front bumping out.



Although the dream of blades was no more, M3 finished of the week strong, bumping Jesus III on Friday and Queens II on Saturday. They finished +3 overall, securing their place in fixed divs.

Required to compete in Rowing On, M4 qualified in eighth out of thirty-two crews, inspiring confidence for Vllls. Narrowly missing out on a bump on day one due to crews ahead bumping out, M4 were determined. Bumping Mansfield III on Thursday, Keble IV on Friday, and Merton III on Saturday, M4 finished +3 overall!

James Tilden

Men's Vice-Captain 2016-17



The W2 team were selected in second week, after a training camp in zeroth week and a thorough selection process. Some of the team had also subbed in and trialled for W1. A general week consisted of 6 sessions; 4 water and 2 land sessions. The land session consisted of an erg session, focusing on power and endurance, and a circuit session, aiming to enhance core and explosive strength.

The performance in Eight's was outstanding leaving W2 in the third highest position of any second boat. On the Wednesday, the team quickly bumped St John's II, just under Donny Bridge, even with bow having fell off her seat! On Thursday they completed a comfortable row over, after the crew ahead and below of them bumped out. On the Friday, they bumped Worcester II before Donnington bridge. After another technical and strong row over on Saturday, this left them two positions ahead of where they started, reflecting all the hard work the girls had put in over the prior weeks. The commitment and enthusiasm of the team was commendable. The girls should be proud of leaving the boat in such strong position for next year.

W3 did amazing considering they only had two water sessions and one land session a week, and managed to do better than any other previous W3 crew in UCBC history. They got off to a very successful start by bumping Oriel III and then St



Hugh's III. On Friday, they nearly bumped St Peter's but were robbed by an untimely klaxon. Saturday brought drama, as Univ bumped Peter's II who did not concede, but in turn bumped Queen's II. Officially however the Univ crew got the bump and are at the top of division 6. The crew should be delighted especially as they had to row a total of 7 times, and the whole course once.

Overall, the women's crews did fantastically, with no Univ crew being bumped and all progressing up their respective divisions. All crews had strong rowers from cox to bow meaning the lower women's crews had a successful and enjoyable Trinity. Thank you to all who supported us, from the W2 coach Argyris Stasinakis and W3 coaches, Holly Metcalf and Hannah Henry, to all members of UCBC who helped with coaching, bankriding and subbing in.

Sophie Wicken
Women's Vice-Captain 2016-17



From the Social Secretary

Trinity Term 2016 rounded off a brilliant year of rowing social events. Before term began, a large contingent of Univ rowers and non-rowers headed to the banks of the Thames in Putney to watch The Boat Races, of course supporting Oxford ardently but with a particular rally of support for Univite Rebecca te Water Naudé who rowed in the Women's Reserve Boat.

At the start of term another fantastic Boat Club drinks was held in the splendid club room. Exams made it hard to arrange crew dates but the women enjoyed an evening with the Teddy Hall men. Of course the major feature of Trinity is the marvelous Vllls dinner. This night was the perfect way to end such a successful Vllls week and we all felt overjoyed with the week's triumphs. The dinner had a great attendance, with a majority of crew members from all 7 current boats present along with many Old Members. We all enjoyed some brilliant speeches from The Master, Michael Collins and members of the executive.

Ben Shennan

Social Secretary 2016-17



Sponsorship

With our previous sponsor Deutsche Bank having decided not to continue its relationship with the club, UCBC is looking for a new sponsor for 2016-17.

The club offers excellent exposure to students and the general public both inside and outside of Oxford. Opportunities include having a sponsor's branding on all UCBC kit, on our boathouse during events, and even branding on our blades.

If you have any contacts who may be interested in discussing sponsorship of the club, please encourage them to take a look at our Sponsorship Pack:

<https://goo.gl/a4Jmy5>

Or to get in touch with Mack Grenfell at mackenzie.grenfell@univ.ox.ac.uk

