



From the President

Dear Friends,

I hope that this newsletter finds you well, and you are still reminiscing fondly about the wonderful occasion of Summer Vllls 2018, as indeed I am. The beautiful weather of Trinity term was thoroughly enjoyed by all of UCBC, whether on the water, in eights and small boats, or off, in numerous socials and whole club circuits sessions. As cliché as it might seem, the words 'work hard, play hard' come to mind: a positive, motivated and sociable mentality in UCBC paid off massively both in terms of Eights results and the atmosphere of the club as a whole. I shall let the captains tell the full story of their crews this term, but I would like to point out that the gentle downward trajectory of UCBC boats in recent years has been reversed, while the massive influx of keen, committed novices has rejuvenated the club and its appeal to college as a whole. M1 finished eighth on the river, W1 finished fifth, and the club as a whole gained seven places across its five boats.

This year has been one of fresh starts. The captains worked wonders by growing small, committed squads of experienced rowers to large groups, effectively integrating novices into the highest levels of rowing at UCBC. Special commendation must go to the novice coaches of Michaelmas term, whose dedication and enthusiasm catapulted two novices on each side

in to the first boats. W2, all of whom, bar one, began rowing and coxing in October, won blades by bumping many college's first boats to become the second highest W2 on the river. This spectacular result is in no small part down to the bond which has developed between these girls over the year and the boundless enthusiasm of their coach, Argyris Stasinakis, a fitting way to celebrate his five-year anniversary of coaching at UCBC.

This term, UCBC has also begun to spread its wings. Thanks to the incredible generosity of the Friends of the Boat Club and to the hard work of the committee, we were able to undertake a week-long training camp in the Easter vacation for first boat triallists, training at incredible locations such as Dorney Lake, used for the London 2012 Olympics, and Abingdon, whose beautiful serene stretch gave us a welcome break from the mayhem of the Isis. I cannot stress enough the positive impact this had on the club before the term even started, and we look forward to developing this into an institution over the years to come. The first Vllls continued to train from Abingdon Rowing Club during Trinity term, returning to the Isis for individual water work.

While the year has seen many positive innovations, as it comes to an end it also holds many goodbyes. The first boats bid goodbye to their committed coaches Max Lau and Ben Moule, who have thrown their all into the club over the last year, truly going above and beyond. We thank and bid farewell to the committee who



M1 and W1 with their coaches at Eights dinner

dealt with so many challenges admirably over the last year to execute their vision of growth and inclusivity for UCBC, most notably my predecessor, Joseph Dolphin, and the Captain of Coxes, Holly Metcalf, who dedicated so much of their time in Oxford to the club. Many of the men's star rowers from years past graduating this year got their chance at a last hurrah in the successful men's third boat. We will miss supporting our Blues rowers and coxes Alexander Rowe-Jones and Holly Metcalf, but look forward to the success of dedicated Blues squad rower Linda Van Bijsterveldt in the year to come. As many UCBC institutions graduate, I can't thank them enough for how much they have brought to the club and wish them all the best in the future.

As ever, none of the memories, elation and friendships built would have been possible without the generosity of our Old Members and Friends, both financial and otherwise, and without the tireless support of our coaches, Senior Members, college staff, our invaluable boatman and all those people who have made it down to the river to cheer us on. As a hugely experienced and talented coach joins us next year to mastermind the whole club's upward trajectory, I can truly say that this year's fresh start promises exciting things for the next. Watch this space.

Lara Drew

President 2018-19



UCBC Committee 2017-18

From the Captains

Trinity Term began earlier this year with UCBC's first training camp in many years. While somewhat side-tracked by the weather Univ's men and women made it to Eton Dorney for a tough week of training. It was a fantastic week with all crews making impressive steps forward in both their fitness and technique as the crews for the coming season began to take shape. Massive thanks to the senior committee for their tireless work in organising everything and keeping our spirits up no matter how wet and/or flooded our surroundings.

The term started well with a strong performance in City Bumps with our crew maintaining their lofty position of third on the river. Following a very testing and extremely close week of trialling and seat racing M1 was finally formed. Using the excellent facilities at Abingdon the crew improved every day as the novices and novices at heart in the crew took their rowing to the next level.



M1 and W1 after Eights



M1 on the Saturday of Eights

Bedford Regatta just before Summer Eights provided a brilliant opportunity for some racing experience and as a chance to test ourselves against top college boats. Competing in both the Open and College Eights M1 put in strong performances reaching the final of the Open Eights in a close fought battle with Corpus Christi Cambridge decided by only half a length. The College Eights opened with a tight race against Churchill College Cambridge with Univ winning by 2/3 of a length before coming up short against a powerful Keble College in the semi-final. This was M1's best showing in recent years which was a great addition to the vital race experience we gained.

It was off the back of these results that M1 went into Summer Eights starting seventh on the river. The first day we were chasing Wadham with Balliol behind us and unsure what to expect. A big start saw us push on to Wadham, but Balliol matched and were just behind. Moving through Donny Bridge we struggled to find our rhythm as Balliol crept closer. Pure grit powered us through the Gut but coming on to Greenbanks the lack of cohesion showed as Balliol deservedly bumped us. Disheartened we rowed in knowing we hadn't shown our best. Rousing talks from both our coach and W1's got our heads up and focused us on day two. Chasing Balliol, with Catz behind us due to a shock concession from Magdalen, the crew were determined to row our best race regardless. Off the back of another powerful start we found the rhythm we had developed in training. Pushing easily off Catz we put pressure on Balliol straightaway and closing the gap to less than half a length by the end of the Gut. Sadly, a reversal of the previous day eluded us as Balliol performed some impressive escape manoeuvres to narrowly avoid us as we rowed over, a different crew from the day before. The crew moved into Friday with high expectations looking to

reclaim our position on the river from Balliol and avoid the quick Teddy's crew coming up the division. This attention on other crews was to be our undoing as we struggled to re-establish the speed from the day before that had almost earned us the bump. Catz behind us bumped out by Donny Bridge leaving us to row in a vacuum. The Saturday of Eights found M1 with a point to prove as we'd shown only flashes of the speed and style we'd built in training. Furthermore, Teddy's were behind us and having trained alongside them at Abingdon we were determined not to let them past. Another strong start to the race was more than matched by Teddy's at they came at us from the off, desperate to make their power count. Through Donny Bridge and onto the Gut they came within less than a length on us. Luckily our cox and stroke showed their experience, calmly moving us through the gears, onto our rhythm. We held Teddy's and onto Greenbanks began opening up clear water. By Univ each and every member of the crew was exhausted but, as always, the Univ roar drove us on and we gave it our all down Boat House Island. I have never seen a row over celebrated quite as exuberantly, but it was more than deserved as M1 had finally shown they were as quick as any boat in Div 1. It is this attitude and self-belief that we look to take into next year and reclaim our spot on the river.

George Russell

Men's Captain 2018-19



M1 and coach Ben Moule at Eights dinner



W1 on the Saturday of Eights

The W1 squad started training for summer Vllls two weeks before the start of term, allowing us to have the same amount of training time as the top crews on the river. This week also enabled us to set the W1 boat very early on in the term and therefore train in our respective teams for over a month. During the training camp, we spent a couple of days at Dorney lake where we saw rapid improvements in the boat before finishing the week at Abingdon. We also had a few land sessions during the week, allowing us to train alongside the men's squad. Just before the start of term W1 entered a four in City Bumps. Although they had had minimal training, they rowed over at every round and kept their second place on the river (in division 1) pushing away from a very strong City of Oxford crew. We then started term with regular water sessions at Abingdon, mostly having double outings on the weekend, giving us time for small boat outings and ergs during the week. We focused our attention on gaining technical skills for the first couple of weeks, with the most senior members of the boat taking the novices out in the pair to consolidate this. Midway through our training we shifted our attention to Bedford Regatta, which took place two weeks before summer Vllls. We competed in two categories: firstly against Churchill College Cambridge and in the second category against Pembroke College. Unfortunately we lost both these races, but we saw a considerable drop in our race time by the second race. So this experience gave us more motivation for the rest of term but also the confidence that we had room for improvement and a lot more speed to be gained. With two complete novices in the boat and a few girls who had only competed in summer Vllls once, we were all very excited for it to

start, but determined to prove everyone wrong about UCBC's potential following Torpids. On the first day, we had a strong start which meant that Keble did not gain on us until the gut. This was probably due to them trying to push away from the Wolfson W1 which bumped them at the end of the gut. This gave us the opportunity to focus on Christ Church to whom we got as close as half a length and we ended up rowing over.

We knew that day two would be our hardest. Being chased by a boat containing seven blues rowers, we knew it was going to hurt but we were not going to go down without making them sweat. Our start was very strong and they only started gaining on us through the gut. We managed to hold them off until halfway down Greenbanks. This was a huge improvement from the W1 race during Torpids. Find below, and enjoy, a picture of our blade work vs theirs. On day three, Keble kept up the tradition of getting very close to us in the gut but after a strong push we rowed over with more than two boat lengths between us. Rumors of the Keble girls crying in their changing rooms after the race made the rounds of the boat clubs.

On the last day, we had probably one of our strongest row overs of the week. We even gained on the Wolfson boat at the start, and



W1 being chased by Wolfson on Day 2

kept a firm distance between us and the Keble boat through out. We finished the day with an incredible dinner and the term with some fun racing at Oriel regatta where we entered two mixed boats. This year was a strong growing year for the women's side of UCBC, with only four returners from the W1 boat at the start of the year to one of the strongest crew on the river. I would like to thank Lara Drew for everything she has done to build this crew over the past year and also thank you to Max Lau for being a great coach through out the year. Next term, W1 will be welcoming a new coach and we are all very excited to see our training moving to the next level.

Emma Lepinay

Women's Captain 2018-19

From the Vice-Captains

This year UCBC had two lower boats competing in Summer Vllls. M2 consisted of an equal mix of novices, who had a very successful Christchurch Regatta campaign with MNA managing to reach the final day of racing, and returning rowers, while M3 was largely comprised of ex-M1 rowers.

M2 were keen to put in a strong performance in division 3 after a disappointing Torpids campaign which saw them crash on the first day and the remaining days of racing cancelled due to heavy snow. A combination of many hours spent on the water in training and excellent coaching from new coach James Powell meant M2 were ready to chase a strong Keble M2 (whose M1 finished head of the river) on day one.

However, an unfortunate start led to strokeside's blades clashing against the bank and a subsequent bump by New M2. Thankfully the crew did not have to wait long to taste revenge as the following day saw them swiftly bump back before reaching Donny bridge. M2 now had their eyes on St. Peters M1 on



M3 at Eights dinner in their M3 blazers



M2 on their bungline

the third day and were immediately gaining on them from the start. As the two boats entered the gut Univ continued to edge closer before they finally overlapped and the two boats collided... only to realise that the klaxon had gone just seconds before due to a crash further up, resulting in a huge blockage of 8 boats accumulated in the gut. M2 had been robbed of their bump, but, now armed with the knowledge that they had the speed over Peters, were ready to challenge them on the fourth day. The final day started in a similar fashion to the previous day; M2 managing a fast start and very quickly cutting Peters' lead to around half a boat length. However, Peters themselves were creeping towards Somerville M1 ahead of them, while Univ now had Wadham M2, who had impressed in the previous days of racing, hot on their tail. This meant the crew had to try and bump as soon as possible before potential bumps behind or ahead of them could take place. Once again Univ closed in on Peters in the gut and while the crew emptied the tank in pursuit, it proved to be in vain. Peters slipped away before the exhausted Univ crew succumbed to the pursuit of Wadham just in front of Univ boathouse. M2 finished Summer Vllls with an overall -1, an unlucky result which did not reflect the quality of rowing from the crew, however they still remain the 5th highest M2 on the river. M3 began 12th in division 5 with only one thought on their mind – blades. After successfully bumping on the first two days, M3 needed to overbump on the third day to keep the dream alive after finding themselves behind a Pembroke M4 boat, which incredibly moved up +8 on the previous day alone, that were able to quickly bump before being caught. M3 raced hard but narrowly missed out and rowed over. Another bump on the final day meant M3 finished strongly, with an overall +3 for the four days of racing.

Dylan Dissanayake

Men's Vice-Captain 2018-19

Trinity term began well for W2, with many of its members attending the UCBC training camp over the vacation to gain a head start on training in preparation for Summer Vllls. The crew focussed on water sessions in the five weeks before Vllls to maximise their practice rowing together as an eight, with outings four times a week; however, several crew members also chose to attend W1 erg sessions for extra training. Most of W2 had also come through together from WNA in Michaelmas 2017, and while this may have meant they were less experienced than other boats in their division, their cohesion as a crew gave them a great advantage.

W2's Vllls campaign in Division III started out strong on Wednesday, with the crew rapidly gaining on Christchurch II right from the beginning. Cheered on with enthusiasm by their coach Argy, the team managed a swift bump on Christchurch II just before Donnington bridge. From the Thursday onwards, the crew was faced with catching first boats from other colleges, but undaunted they managed to catch Queen's easily before they had the chance to reach the gut. Friday saw similar success against St. Peter's, with W2 bumping just a little further down than they had the day before.



W2 chasing down blades on the Saturday of Eights

The pressure was on for Saturday's race to catch St. Hilda's for their fourth bump of Vllls. This was the most difficult race the girls had competed in so far; though they almost caught them in the gut, Hilda's made a strong final push and managed to gain back some distance. Nonetheless, W2 maintained their pursuit and were able to catch them once again just past Hilda's boathouse for their fourth bump of the week to win blades and finish 7th in Division III.



W2 after their final training session

W2 has had an incredibly successful Trinity term, and with many set to return next year the team has a lot of potential to do well again. Their Summer Vlll's blades victory was a testament not only to their hard work but also to the huge effort from those who supported them. Special thanks goes to their fantastic coach Argy, whose training, mentoring and commitment to the team were instrumental to their success. A huge thank-you also goes to Alisa Musanovic, the 2017-18 women's Vice-Captain who was always there to support, organise and encourage W2, and who trained many of the crew from their novice days. Finally, thanks goes to all those who subbed in to row, cox, bankride or coach W2's training sessions when needed, without whom those training sessions would not have been possible.

Sarah Faulkner

Women's Vice Captain 2018-19



W2 and coach Argy at Eights dinner

From the Social Secretaries

Trinity Term 2018 has comprised some of the major highlights of the club's social calendar. Before the term's success even really kicked off, in late March UCBC broke out of its Oxford bubble for a trip to the River, but this time it wasn't the Isis. Undeterred by unfortunate weather, Univ's intrepid explorers gathered on the banks of the Thames to watch our girls and boys in (dark) blue send our arch rivals homeward to think again, with particular excitement surrounding what we thought was our very own Linda van Bijsterveldt representing the sportiest college in Osiris, who unfortunately had to pull out days beforehand. Although sadly coming up short in all four Boat Races, the fantastic communal atmosphere of like-minded people gathering in London to watch our sport is something we'd really like to preserve and execute in years to come.

The social side of UCBC has really focused on bringing the rowing community together, and giving this part of the club a bigger role through the creation of two coordinating social secretaries for the men and women. Seeing an enormous increase in the number of events for each side of the club brought the crews closer together; yet the great culmination of the calendar was the whole club events surrounding Summer VIII's.

An unprecedented number of UCBC supporters joined the crews at our boathouse and enjoyed a barbecue and music all afternoon. Yet this was just that start of what was to be an unforgettable evening. The success of our crews was celebrated at the Summer Eights Dinner in college where we were joined by Old Members and heard the speeches from the outgoing and new members of the committee.

Overall, this has been a brilliant term, and it has been fantastic to have been able to celebrate all of the club's successes.

Blanca Rivero and Ruairi Clayton

Social Secretaries 2018-19



Sponsorship

UCBC is looking for a new sponsor to partner with over the 2018-19 season.

This opportunity offers excellent exposure to students at the university and the general public both inside and outside Oxford. UCBC is the oldest society in one of Oxford's oldest colleges, and has as its core values determination, effort and inclusivity.

Advantages of the partnership include displaying branding on UCBC kit, equipment and the boathouse facility, visibility and presence at events within college and without, and internal learn-to-row and teambuilding sessions.

If you, or any contacts you know, may be interested in discussing sponsorship of the club in further detail, please contact Lara Drew at ucbc.president@univ.ox.ac.uk.

