



## From the President

What a term! I am delighted to kick off a Friends of UCBC newsletter jam-packed with term and race reports from our captains, vice-captains and novices after the past few Michaelmases of flooding and lock-downs.

We started off the term with pre-season before 0<sup>th</sup> week, featuring socials and training opportunities for our returning seniors. Seniors of all abilities could get stuck into our weights and land training programmes, as well as being able to give coxing a go and get out in small boats, alongside some very rainy battle paddling. Not to be outdone by the actual rowing, our social secretaries started the term with cocktails for the women and a pub trip for the men, meaning we were geared up and ready to recruit lots of keen novices.

I don't want to spoil things for the vice-captains so I will leave it to them to give you all the details but suffice to say that novice recruitment and training this term has been a success. I know some of the more established figures on my committee (notably newsletter editor madam vice-president) are still in disbelief that Christ Church and Nephthys Regattas happened, but believe it or not, they did, and the kids were brilliant. It has been fantastic to see not only new faces to the boat club getting stuck in and falling in love with the sport, but also to see seniors, some of whom were themselves novices just months ago, growing into coaching roles and loving that too. The close-knit and friendly nature of the club has been central to our novices' success this term, and we look forward to seeing them on the river again after the vacation.

I think the rest of the club will join me in giving a huge hand to our captains this term. Faced with unprecedented interest in Michaelmas rowing, our senior crews raced at Scullers Head, Fours Head, Wallingford Head, Fairbairns and Monmouth Head, as well as racing on the Isis at the IWLs, Autumn Fours, Nephthys Regatta and Isis Sculls. Not only were we entering these events, but we were also performing well – it is a lovely problem to have as president that we are doing so much racing that I alone cannot summarise it, so please do read on for the captain's reports. We would not have been able to achieve this without the ongoing support of the Friends, our senior members, and head coach Jono Cheesman (plus his dog Barney).



*The Seniors at Dorney*



*Monmouth 4x and 4+ crews after placing top in their divisions*

Off the river, the work of the committee continues. Notably this term we are in the process of formally registering an alumni boat club (the Martlet Club) with British Rowing, to facilitate previous UCBC members in racing for Univ after graduation. We look forward to updating you on our progress with this. Our social secretaries have plans well underway for Torpids and Eights dinners. As some of you may be aware, staffing limitations linked to the pandemic mean that Univ is not hosting society dinners this academic year, and so we will be holding the dinners outside of college - more information to follow in the next edition.

Finally, thank you all for your continued support of the boat club. You make a real difference to the life of Univ students, and a common refrain from seniors who rowed with us last summer was that the boat club was one of the best parts of Trinity term – we are very grateful for your support, and you are always welcome to come and have a look around the club or to drop by and say hello when we are out racing. We wish you and your loved ones a merry Christmas and a happy new year!

**Hannah Farley**

**President 2021-2022**



*The senior quad at Fours Head*



@Univbc



@Univbc



@Univbc

## From the Women's Captain

UCBC women's rowing was rolling in success before the term even started; three keen senior women raced at Isis Sculls in early September. Pippa Biggs won the W1x short course race and Hannah Farley won the W1x full course race in the band 2 category. Sarah Chapman also raced in the band 2 category, pushing herself to race the full course for her first 1x race.

After a successful pre-season week, our senior women's squad stood at over 20 rowers, all training regularly throughout term. This term's training has included a strong land training program devised by Jono which consisted of coached erg sessions, circuits, and weights sessions. Most water time has been in fours to push technical development. As is always the case in Michaelmas term, water time has been limited by river restrictions due to late sunrises and early sunsets, but our senior women's squad has thrived nonetheless.

With such a large and committed squad, we had enough senior women to enter two competitive 8+ crews in Wallingford Head. In a bid to gain some extra water time in eights prior to racing, both crews travelled to Dorney lake for a training day. This was a great experience for all squad members! Our Open crew finished the Wallingford 4km course in a time of 18:39.0, beating Linacre A and Wolfson B, and finishing less than 7 seconds behind Wadham A. Our U23 crew completed the course in 20:17.8, finishing just 1 second behind Linacre A.

Just a few days later, we had returned to our fours and travelled across to Cambridge to race in the Fairbairn's Cup! Our 4+ A crew had a tough race holding off Caius W1 for the full 3.4km course. We beat 7 Cambridge college women's crews (and 5 men's crews!) to finish 4th in the SW4+ Division and were just 2 seconds away from a 3rd place finish! Our 4+ B crew finished as the 3rd W2 crew, beating both Jesus and Christ's W2s from Cambridge.



*Univ 4+A crew beating Catz W4+ A crew at Autumn Fours*

Michaelmas was a term of many regattas. We started with IWL A, where our women's A crew finished as the fastest 4+. Our senior squad was out in full force with a B 4+ and C 8+ also racing. The following weekend was Autumn Fours. Three women's 4+ crews enjoyed racing at this event and built some great racing experience just in time for Fours Head where our 4+ A and B crews made their tideway debuts.

This term we have also had a set 'Martlet's' quad training and racing in sculling events. This crew consisted of some recent alumni and some older students. The quad had early successes in Michaelmas, racing at Henley Sculls and Fours Head.

For the final race of the year, we took a 4+ and our Martlet's quad to Monmouth Head. Both crews raced the 2.25km course spectacularly and topped their divisions, giving UCBC a full sweep of gold medals to finish off a great term of racing!

The continuous improvement seen this term for all squad members wouldn't have been possible without the coaching and support from Jono; we are all very grateful for this!

Looking ahead to Hilary Term, I am excited to set crews and hope that all the UCBC's women's crews will replicate this term's pattern of success!

**Charlie Kniebe-Evans**  
**Women's Captain 2021-22**



@Univbc



@Univbc



@Univbc



*Men's 4+ at Fours Head*

## From the Men's Captain

Michaelmas is back, and in a truly unexpected turn of events, we saw a full term of almost uninterrupted rowing with scarcely a hint of flooding or national lockdown. Keen to not squander such an opportunity, the senior men enjoyed some very consistent training during the typically tumultuous term. Good progress was made by all and promising prospects for Torpids await. Compiled below are brief recaps of the major events of the term, reported with a wildly meandering tone.

### Autumn Fours

As the first side-by-side races of the season, Autumn Fours promised to be a gripping event for competitors and spectators alike, and this year was not to disappoint. The Senior men entered two coxed fours with neither crew opting for trial outings before their first races (training is, famously, cheating). Our first intrepid band of contenders, callsign "M4A" consisted of Andy Bridger, Miles Bishop, Bernd Sturdza and Marko Mayr with Nick Kanellakis coxing. After undergoing some last-minute restructuring due to illness and river conditions, crew designation "M4B" was branded with a scarlet F and reduced to a 'friendly crew' (unable to proceed past the first round regardless of outcome). M4B boasted Lloyd Arnold, Amy Hughes, Cam Lang and George Crooks with Jess Steadman at the helm. Despite their Friendly status, M4B was disqualified before their first race for tardiness, arriving at the start line a hubristic 45 seconds after the specified time, having boated 4 minutes earlier (which was obviously nothing to do with the other, unpenalised delays to racing). M4A fortunately made recompense for this injustice, winning the tournament with victorious rows against St Hugh's B, St Catz B, Teddy Hall A, St Peter's A and St Peter's B and taking home absolutely no silverware whatsoever.

### New College Indoor Regatta

New College Indoor Regatta (4x500m erg relay) was the next target in the sights of the senior men, entering only one top four, with Bishop and Mayr subbed out for almost 200kg and 14 feet of Lloyd Arnold and Theo Fawcett. The prestigious event saw a total of 6 senior crews entered: Univ, Magdalen A, Magdalen B, Teddy Hall, Regents Park and New College. A convincing 40 second victory over Magdalen B and Regents Park saw Univ into the final, but such a feat came at great physical cost to openers Sturdza and Fawcett. With only 45 minutes of rest to rally, the final was soon upon them. Arnold took the team out strong gaining a good chunk of clear water on the competition, which was consolidated by Bridger in the second leg. After a slight blip in transition, Fawcett buried the rest of the field and there was a margin of 80m lead going into the final 500m, in which Sturdza, still reeling from his first bout, controlled it over the line for victory!

### Fours Head

The tideway, 6.8km, four oars and a cox. Fours head posed a magnitude of challenge that dwarfed the previous competitions this term, both in terms of distance and calibre of competitor. Gone were the luxurious calm waters of the Isis and the flotilla of college crews that make it their home and, in their place, stood the expansive tideway and an armada of university crews. To face the challenge: Andy Bridger, Theo Fawcett, Bernd Sturdza and Peter Manshausen (with super-sub Emily coxing, keen to make amends after winning the 2020 Women's Lightweight Boat Race in the wrong colour blue). After an extensive period of marshalling and the loss of their bow number at the spiteful hand of Imperial, Univ Men's A was ready to race. Starting between an OUL boat and an Imperial crew, Univ were aiming to make a statement.

The first half of the race saw Univ pull away from the chasing Imperial crew but hold the distance with OUL. Despite some strong pushes in the back half and an ambitious final wind, Univ were unable to close the gap and crossed the line in 21:05, 6th of 10 in a very close Op Ac4+ category (3rd place was claimed in 20:56). Ultimately, the experience was a promising outlook for the rest of the season for a crew aiming to be competitive above the college level.

### Wallingford Head

Much as the ancients might have a feast to celebrate the winter solstice and ward off evil spirits, UCBC marks the close of Michaelmas term by sending crews to Wallingford's frosty waters to foster fair omens for the upcoming bumps races. For this year's festivities, the senior men provided the customary eight as tribute. The crew was a mixed bag of experience: Bishop (6), Grier (4), Cuff (3) and Griffin (B) were enjoying their maiden competition for UCBC; Sturdza (5), despite now boasting 55 PRI was only making his first appearance at Wallingford Head; and it was a melancholy return for the seasoned stern pair of Bridger and Fawcett, who's latest paddle on this stretch of river had come only a handful of weeks prior, courtesy of some unsuccessful trials at OUBC (turns out Olympians are pretty good at rowing). To round out the crew Lightweight Rowing royalty, Matt Hudson (OUL president 2021-22), gracefully agreed to join the fray.

The race temperatures were forecast at 3°C so the men, each 3 inches of lycra thicker, took up oar and prepared to race. With the rudder in Kanellakis' safe care the Univ men weaved their way through the windy turns of the 4.3km stretch and secured a victory over fellow Isis dwellers: Wadham, Linacre and Oxford Academicals with a time of 16:23.

### Fairbairn Cup

To round out the term, the Senior Men's top 4+ packed in the working week a day early and made their way to the Cam with victory in their sights. Coming a week after Wallingford Head, the Fours Head crew hadn't seen much dedicated water time since they took to the tideway but were nonetheless optimistic about their prospects. But alas, treachery was afoot. You don't get too big in this game without putting a target on your back, and it was evident that the tabs were (rightfully) concerned about Univ claiming a W for Oxford. This can be the only explanation for such a blatantly malicious draw, which saw Univ M1 at the foot of the division, behind an alleged M1 crew and subject to a strict "No overtaking in the first 2km" policy. This meant that cox Kanellakis was faced with an impossible choice, when the men closed the substantial gap before the first kilometre was done: to overtake and risk disqualification, or to wind it down and see out the next 1200m, languishing behind the slower crew, until it was 'safe to pass'. The decision was made and the Univ men were disqualified.

**Andy Bridger**  
**Men's Captain 2021-22**



(From left to right) Bernd, Lloyd, Theo and Andy following their win at New College Indoor Regatta



*WNA celebrating their success at Christ Church Regatta*

## From the Women's Vice-Captains

What a successful term we have had for the novice women! From being very tentative about morning outings, to passing swim tests, to crew breakfast and a three-hour Sunday outing, they completely smashed their novice term! This was the first proper cohort since 2018 and they successfully competed in both Nephys and Christ Church Regatta. We had a complete WNA boat and most of a WNB boat, who competed as a mixed crew in Christ Church Regatta and went on to finish in the final 16 despite almost having a different crew every day. WNA went on to come 2<sup>nd</sup> in Nephys regatta, losing by a bow ball to Lincoln WNA, and came 4<sup>th</sup> overall in Christ Church Regatta which are incredible results, and we are incredibly proud.

Amy Paterson highlights how "I found the term every kind of wonderful and fun and found everyone at the boathouse to be inclusive and encouraging. I learnt a whole new sport (with probably the most jargon of any sport) so there's always that!"

Special thank you to Hannah Farley and Jess Steadman for their time coaching, and to all those who subbed in! This was Hannah's last novice term after having trained most of our current rowers, and it is safe to say she has gone out with a bang. Hannah, thank you for everything you have done – all of the seniors are where they are thanks to your patience and your 'compliment sandwiches'.

This was also a very successful term in terms of recruiting women coxes. From struggling to have enough coxes last year, to recruiting five women, we can only say how grateful we are to be in such a privileged position and look forward to seeing their brilliant lines in Torpids next term!

The novices also had a great time at all our socials – from crew dates to a three-legged bar crawl and some erg sprints at the Christmas party, it has been a really fun term all around. We are very excited to see where rowing takes them next term and look forward to welcoming everyone to senior training and what should be a very exciting term, with hopefully some blades on the horizon!

***Chloe Bardou and Sarah Chapman***

***Women's Vice Captains 2021-22***



*MNA and WNA at Christ Church Regatta*

## From the Men's Vice-Captain

After several years of disruption, first from the weather and then from the pandemic, it is with great pleasure I can say that 2021 saw a whole term of water-based novice rowing - and what a term it was!

After huge interest at our taster day, we managed to get two men's boats training regularly right from the start of term, with a third crew signing up to occasional outings. It was with great excitement we welcomed these new faces to UCBC, alongside a warm welcome back to several older students who had had their original novice campaigns cut short by rain and viruses.

As always, the focus of term was the prospect of novice racing at the end of it; huge thanks must go to our Men's side coaches, Theo Fawcett and Andy Bridger, who in just seven short weeks were able to bring our eager novices up to speed with the basics of moving a boat quickly. The first time in competition for our top boat, MNA, was side-by-side racing in Nephthys regatta. Going into it, they were looking good, but nothing quite prepared any of us for just how well they did. After knocking out their first-round opponents, Wolfson B, by comfortable clear water, they went on to win their next race by an even larger margin. In fact, they kept up their series of clear water victories right up to the final, which they won by several lengths, making them UCBC's first Men's novice boat to win a university-wide regatta in at least a decade!

Buoyed by the successes of MNA, and having just about recovered from their celebrations, Christ Church Regatta began just four days later.

In addition to our Nephthys winning crew, its ranks swelled by three subs covering for academic commitments, we also entered a mixed boat - whilst I had hoped to get two full men's boats out, several students mentioned 'degrees' they had to 'study for'. Both crews put in a herculean effort, and I am proud to say both survived until the final day of novice racing. Unfortunately, our mixed crew got knocked out in round four by a strong St. Peter's crew, but I am filled with pride at the performance of what was essentially a scratch crew, going from having never rowed together to winning multiple races in just three days.

After winning Nephthys, everyone's eyes were very much on MNA, including those of our other novices - most stayed down to watch. After some nail-bitingly close races, including two victories by less than a canvas, the boys found themselves on the start line of the final. Unfortunately, they were beaten in this by Jesus College, making that race their only loss of the year, and leaving MNA as runners up. This is no small achievement, and was a fitting end to what is, I am reliably told, our most successful men's novice campaign in at least a decade.

These successes were matched on the women's side, and across the club the levels of enthusiasm shown by novices this term was unprecedented - some rowers even actively asked for more 6AM erg sessions! It is with great excitement that we turn our focus towards Torpids next term - I have no doubts that our most recent intake of novices will continue to improve and go from strength to strength.

**Lloyd Arnold**  
**Men's Vice Captain 2021-22**

### *MNA at Christ Church Regatta*



@Univbc



@Univbc



@Univbc

## Novice Report

2021's first term of novice rowing at UCBC has seen great success, thanks in no small part to the commitment and enthusiasm of the senior rowers. They have tirelessly coached us, organised our outings and competitions in addition to their own training and degrees (which are, of course, the priority!). Particular thanks go to our Vice Captains Lloyd Arnold, Chloe Bardou and Sarah Chapman. However, this work comes to nothing without the commitment of the new novice rowers.

Coming to Oxford with a will to start rowing, I was fairly anxious that the environment would not be for me. I believed that my complete lack of knowledge and ability would not be welcome. My fears could not have been further from the truth! Every member of UCBC has made my first term of rowing extremely rewarding and enjoyable. I know this experience is shared by all members of my crew as well. Our enjoyment was evident even on the wet, cold and early mornings of November. I am told that it's abnormal for novices to look forward to these cold outings, and even to request extra erg sessions!

The perfect balance created by the senior rowers between fun and a serious will to improve and win produced some outstanding results in both the Nephthys and Christ Church Regatta. Rowing this term has been an experience I know we will never forget - we've caught the rowing bug. As a result, Michaelmas certainly won't be the last term of rowing for many novices who have a real desire to better themselves next term. Again, thanks must go to Theo, Andy, Jess, Chloe, Sarah, Hannah and Lloyd for coxing, coaching and organising us this term!

**Peter Moor**

**Michaelmas 2021 Novice**

## From the Social Secretaries

'I sconce anyone who has never been on a crew date' – basically the whole table stands up.

We had a lot to make up for in Michaelmas in terms of socials, so it was brilliant that everybody was so keen. The absence of crew dates last year really helped; the minute the season started our Facebook messengers were flooded with requests from other colleges for crew dates. We are booked up right into Hilary, which – in our eyes – is an amazing achievement. The crew dates, as always, were roaring successes. The novices (and all the seniors who were denied their chances for sconces and shoes by the pandemic) really took all the strange quirks and rules like a goose to the Univ raft. We also introduced new social activities to break up the endless trips to Temple Lounge. Pub golf and three-legged Pub Bumps proved to be firm favourites, traditions that will almost certainly continue. Another social highlight of the term would have to be the return of the UCBC Christmas party, including the infamous 100m erg sprint challenge. Alongside evening festivities, many a pancake was consumed after chilly early morning 6ams (thank goodness for The Breakfast Club being open from 8am – it's like it was made for rowers!) and many a hot chocolate was made to fortify us in between weekend outings.

It really has been a great term on the socials front. Thank you for everyone who came along and got stuck in with these weird rowing traditions. We can't wait for Hilary!

**Jess Steadman and Hari Pankhania**

**Social Secretaries 2021-22**

## Key Dates for 2022

- Quintin Head – Saturday 29<sup>th</sup> January 1pm start
- Dinosaurs and Cassandrians Annual Dinner – Saturday 12<sup>th</sup> February (please contact Julie Boyle [Julie.boyle@univ.ox.ac.uk](mailto:Julie.boyle@univ.ox.ac.uk) if you have not received an invitation)
- Torpids – Wednesday 2<sup>nd</sup> - Saturday 5<sup>th</sup> March, club room open during racing
- Women's Head – Saturday 12<sup>th</sup> March 10am start
- Men's Head - Saturday 26<sup>th</sup> March 11:30am start
- Eights – Wednesday 25<sup>th</sup> – Saturday 28<sup>th</sup> May, annual dinner to follow racing on Saturday

Make sure you visit our new website at [www.univboatclub.com](http://www.univboatclub.com)!



@Univbc



@Univbc



@Univbc