

Update from UBBC

Over the summer, UBBC continued to grow. A brand new launch was invested in and picked up from Eric Sims Racing in Dorney and a new VIII for the novice squad was purchased from Rob Roy in Cambridge. During September a huge amount of work was done so that the club's equipment, especially the novice fleet, would be ready for action in the early part of the season.

Freshers' Fair was largely uneventful but we signed up more than 280 people; 40 each into the two senior squads and around a 100 into each novice squad. Training started well for all four squads but there were noticeable drop offs early on resulting in only two men's and women's VIII's in full time training. The only event that we plan to attend this term is the Four's Head of the River on November 14th, where two men's crews are racing.

We are planning a training camp to Soustons in the south west corner of France between the 2nd and the 9th of January, with two women's VIII's and two men's VIII's going out. Selection for the head race season will be carried out here as well some long mileage for fitness. After that the head season starts properly and we will be attending the usual events; including both Eights Heads of the River.

Future plans for the club this year involve the upgrading of two of the launch engines (launch capacity is a limiting factor) as well as a new women's VIII, which is currently dependent on sponsorship negotiations with RBS. The new engines will mean that we are capable of fielding up to four coaching launches on the water at any one time, which will be of huge benefit to the club – the novice squads especially struggle to

get the coaching time that they need on the water. The new VIII will also push the women's squad on after the success of last year, and should enable them make the step up to a higher level of competition this year.

by Paddy Vickers, CC 2010-11



'A typical scene at Freshers 'Fair'.

The UBBC senior women's squad

The UBBC senior women's squad was re-born in the last academic year, when graduations left the number of experienced female rowers and coaches thin on the ground. We began from scratch, with a volunteer 1st year coach (Ed Fenn), an ex-novice captain (Caroline Emslie), an eight consisting of 6 girls that learnt to row the previous year and a ten-year-old vespoli. Hard work and determination resulted in an unbeaten regatta season, with wins at BUCS, varsity and women's Henley. It was the most successful year for the UBBC senior women's squad in recent history.

Our success has attracted several successful school leavers to UBBC, including a GB lightweight triallist. Our VIII, containing 5 of its original members, debuted the BUCS season with a bronze in the championship eights, behind Durham and Reading. We are proud to come third to clubs with lottery funding and GB rowers, but aim to come first! We estimate a better boat would make us 10 seconds faster over 7 minutes. Over our 20 minute race, this could have made the difference!

Despite our successes, we do not have the boats or equipment to match our rivals, and provide the right equipment for all the new women rowers that are joining. Working hard as a group this year we have managed to fundraise £10,000. With your help, we are aiming to purchase a new women's eight, which would cost in the region of £20,000. The support we seek is in the region of £10,000.

It would be brilliant for any financial gift, however small, to the women's squad. We would be delighted to provide our sponsors with titles on the



University of Bristol Women's 1st VIII winning Henley Women's Regatta 2010

boat, blades, kit, trailer and towing vehicle. We also invite you to celebrate our successes, which will hopefully include medalling at BUCS regatta, qualifying for EUSA and entering the Remenham cup at Henley Royal Regatta!

I hope this has been a useful update on the women's squad's progress and would love to see any women alumni cheering at WeHorr on March 19th, when we aim to do UBBC proud!



UBBC Women collecting the PriceWaterhouse Coopers Cup & medals at Henley Women's Regatta 2010



Dear Reader,

At long last, the latest incarnation of the UBBC Alumni newsletter is complete. I must offer thanks to all contributors, especially Mark Earnshaw, who took the time to produce articles for our newsletter. Many articles were produced nearer Autumn 2010 when I started this venture, apologies for the delay!

I would gladly welcome contributions for the next instalment and I am

hoping to instigate a 'Where are they now?' column for the next issue. Contact details are on page seven. Hope you enjoy the read; catch you on a riverbank soon.

Events:

14th May – Varsity Boat Race & Ball, Bristol
2nd July – Alumni Drinks, Henley Royal Regatta

Adam Mackenzie
Newsletter Editor

UBBC, Lego, Cricket and Sky TV

One of the more spectacular experiences on offer at the UBBC Alumni raffle was courtesy of University Vice Chancellor Eric Thomas: entry into the commentary box with David Gower at the Bristol One Day International, July 2010.

For the Australian eight year old who won the prize, it was a match too far but suitable "Lego bribery" ensured a recent Bristol graduate, Jamie Bell, and his distinguished 'cricket tragic' father, Richard, had an amazing day. "Everything about the day was perfect. Excellent seats, fine weather, great atmosphere, a really interesting and tight game, plus an unexpected result."

David Gower was very hospitable and spent time chatting in the studio where he gives his panel summaries. They then spent time in the commentary box with Messrs Lloyd, Hussain, Knight, Holding, Atherton and Botham.

Richard reported that the most unexpected perspective was the fascinating tour with the Production Manager, who showed them around the Sky vans and technology used by the 85 people on the team.

"We had a tremendous time at the cricket - even more special than we could possibly imagine"

It is amazing where UBBC and Lego can get you.

Chris Hartley

Prize

Sunday lunch at The Royal Sydney Yacht Squadron, Australia, including flights.
Leander dinner for two with GB coach, plus bed and breakfast.
Salmon fishing for two rods plus dinner, bed and breakfast, Scotland
The Oxford College High Table dinner experience.
Fortnum and Mason Whitehall hamper.
Ultimate rowing experience for eight plus BBQ and photos.
Golf and lunch for three at the Wisley, Surrey
Nebuchadnezzar of 1999 claret.
Jeroboam of Moet et Chandon Brut Imperial champagne.
One Day International commentary box experience with David Gower.
The wine merchant experience, Avery's, Bristol
The Chairman's weight in aged claret.
A VIP sofa at iconic 'Folk nights upstairs at the Royal Native Oyster Store.'
Michelin two star, ten course, dining and wining for two.
Indulgent weekend in Rome including flights and transfers.
15 year old Australian gravity wine.

Winner

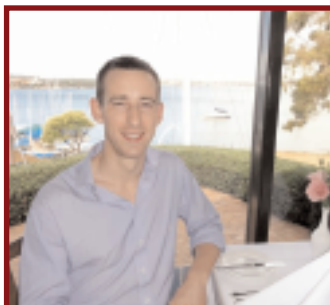
Edward Renwick
Julian Skan
Richard Burrill
Carol Hatfield
Richard Lewis
Richard Burrill
Adam Mackenzie
Jonathan Skan
Anne Buckingham
Kit Hartley
Ian Marsh
Maria Elena Caruso
Alexander Rupert West
William Rathbone
Anne Buckingham
Anita Phillips



'Life as a GB coach, page 3'

UBBC Boathouse Fundraising Dinner, Leander Club, July 2010 – Raffle Winners

It was heartening to see so many past UBBC members at the dinner, stretching back a vast number of years. The event raised £25,000 for the new boathouse at Saltford. Congratulations to all prize winners, and many thanks to all those who kindly donated prizes.



'Prize winner Edward Renwick enjoying lunch at the Royal Sydney Yacht Squadron'

A VIEW FROM THE LAUNCH – AUTUMN 2010

The past 12 months have seen the UBBC involved in some of the most exciting events in the past 7 years. The beginning of the year did not give any impression of what might lie ahead given that our 2009 intake of freshers was not as good as we had hoped. The future Pinsents and Redgraves did not appear so once again we had to go it alone with our own mainly home grown and developed talent.

Our camp at Pangbourne in January this year proved to be completely brass monkey freezing weather. We could not afford to go to Banyoles in Spain where we usually go thanks to the Euro being so strong. At Pangbourne we conducted our seat racing and our men's 1st VIII ended up the lightest we have ever had (less than 80kg average per man).

Thanks to some great leadership by Caroline Emslie and coaching by a first year student at Wills Hall, namely Ed Fenn, we managed to boat a very good women's VIII mainly consisting of our previous year's women's novices. Our women later on in the year proved to take no prisoners when they won a series of events that made it a very memorable season indeed. Wins at BUCS, the annual Varsity race against UWE and a Henley Women's Regatta medal in Intermediate VIIIs rounded off a fantastic season. With many of the VIII coming back this year our sights are set even higher for them. We are trying to find funding for some better equipment for them and the 2010 intake has proved to be very good indeed.

Our senior men came 3rd in the BUCS Head in Peterborough and won the BUCS Regatta 4- gold in Nottingham, once again beating selected GB U23 combinations from other universities. The 1st VIII narrowly failed to make the final by 1/100th of a second; a bronze was probably possible if they



had. Several members of the VIII were worried about their studies as they were in their final year and the VIII was disbanded after BUCS as the four went so well it became obvious that we should concentrate on that. The four went on to achieve some major victories especially at Reading Amateur Regatta where they won both the Elite 4- and 4+ events on both days.

At Henley Royal Regatta the coxed four was the only British to crew to make a final in one of the student events, the Prince Albert Challenge Cup. Two of this four learnt to row as freshers at UBBC only 18 months before. The four was also selected to represent Great Britain at the European Universities Regatta in Amsterdam in August where they won their heat in the fastest time of the event but collided in the final and missed out on a medal. The intake of senior rowers this year is better than last year so we are expecting another good year. In addition three of the four are coming back. Ben Bathurst, the stroke and steersman of the four was selected for the GB U23 coxless four that raced in Duisberg in August.

We were sad to say goodbye to both Rich Poole and Peter Ashford who have done some tremendous coaching work with our men's novices over the years. The men's novices had the fastest time in the BUCS Head, and

went on to a very memorable racing season. Peter Ashford will be helping occasionally again this year. The women's novices had a mixed year but it has proved to be a good building platform for the senior women this year.

The proposed new clubhouse fundraising has reached just over £400,000 against our target of £560,000. We are currently at the stage where several options are being explored to try to ensure we get our building up by this time next year. The last thing we want now is to find we have all sorts of protected birds, bats, and lizards on our site at Saltford that we cannot move until the next ice age!!

I have had the pleasure of talking to many alumni and parents this past year all of whom are passionate about our club and its future success.

My thanks to all coaches, parents, alumni and others for all their support of our hard working rowers. A special thanks to our Club Captain of last year Matt Ridley who did a superb job and made the whole year extremely enjoyable for all.

I finish on a positive note in that over 92% of our rowers get a 2.1 or better against the university average of 67%. Most senior rowers train twice per day!

Gordon Trevett
Sport High Performance Manager
Director of Rowing &
Warden of Hiatt Baker Hall

The UBBC Alumni
Newsletter is the
occasional private organ
of the UBBC Alumni

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alternatively, write to us at:
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Bristol BS8 1TH

'Where can I buy a UBBC jacket? And a tie to match?'

..... 'A common question asked at the Henley dinner last summer.'

The club now holds stock of the jacket material as well as a batch of silk ties. The jackets are tailored at Clifton Suits in Bristol. The mill that produces the cloth first started producing material for UBBC in 1918 and the weave has not changed in that time. The jackets are priced at £250, including two fittings, and the ties at £25. Both must be purchased through the club directly. If you wish to buy a jacket or have any questions contact the club's kit officer (cc the club captain) via the UBBC webpage:

<http://www.ubbconline.co.uk/contact.html>

CHAIRMAN'S MESSAGE

To walk into the second best rowing club in the World and find a marquee full of UBBC members, past and present, made for a very memorable Henley Royal Regatta. To find that members had flown in from Australia, Europe and the US was inspiring.

Enormous thanks and credit goes to all who made the UBBC fundraising dinner at Leander possible – particularly the Campaigns & Alumni Relations Office. Even better is the fact that the dinner and raffle raised an amazing £25,000 towards the new Boathouse. Fantastic.

Fantastic also, were the raffle prizes, so thank you again to all that provided those unique prizes and all who bought tickets.

As you will read elsewhere, the Club has had considerable success on the water and none more so than the UBBC Women. That is why the Alumni are supporting their acquisition of a new VIII for this season.

We can only do so thanks to the ongoing support from Alumni members so if I can leave you with one task please – call a fellow crew member today and persuade them to join up! Truly a modest investment in the future of the Club and a small gesture given previous pleasures.

With kind regards,

Chris Hartley
UBBC Alumni Chairman

'As pictured in The Telegraph'



the final bend we could all smile and enjoy the cheering from the rather wet crowd. I was also delighted that the event passed without any drama – UWE found nothing to complain about this year!

The club held two training camps this year, with both senior squads attending. I made the decision to go to Pangbourne over New Year as the exchange rate made our usual trip to Banyoles cost way above any student budget. However as soon as I arrived in Pangbourne I realised that the cost could be considered irrelevant given the suffering I was about to make myself and the other rowers go through. The club house had no heating when temperatures outside were consistently about -2_C and we had landed in the only part of the country with any snow left on the ground. The stream was so fast that it took thirty minutes of non-stop rowing to reach the top of the stretch and only fifteen minutes to get back down. After outings we would slip over the ice back into the club house, crouch around a

couple of heaters in our sleeping bags and stuff ourselves with cold ham, cheese and bread. Thankfully the Easter training camp at Tilburg went much more smoothly, and all the crews thoroughly enjoyed our homely ‘Jungalows’ in the safari park next to the lake. The weather was sunny and the resulting beauty of the Dutch canals almost made the agony of sprint training worth it!

The club was supported very well by both Gordon and an excellent committee. I also believe that I may have been one of the few club captains who benefited from having a hugely supportive AU chair. The most common complaint made about her by the other students was that she didn’t go to the AU socials enough; she played Netball and actually took her sports seriously! I suspect that this was also why she liked rowing so much.

I thoroughly enjoyed my time as Club Captain and hope that the club continues to progress at every level. My initial response to handing over to Paddy

was one of joy that I never had to organise a university sport ever again; in fact I felt nauseous even thinking about rowing for about a month after Henley. However I have very quickly come to miss it all, good or bad!

Matt Ridley
Club Captain 2009-10



‘Job done, Varsity 2010.’



An Interview with Mark Earnshaw – GB coach

What started your interest in rowing?

I started rowing at University. I initially joined the rowing club just to do some of the training and then got drawn into the rowing. It was probably the sport I was worst at as an athlete having played a lot of football and athletics. When the crews I was coaching started winning regularly I focused more on the coaching side of things.

What / when were you studying at the University of Bristol?

I studied for a PGCE in teaching in 1997-98.

Where did you complete your undergraduate studies?

I studied History at Swansea University before doing a Masters in Sport and Politics at Warwick.

How did you split your time as a student between rowing and coaching?

As a rower I trained fairly hard but didn't really understand how much training was really required to go quickly. Once I started coaching more I started to understand this a lot better and had to spend a lot of time with the rowers as I believed that if the rowers trained you should always be there. This meant I spent a lot of time on the rowing particularly as a post grad at Warwick. At Bristol it was much harder as I was teaching and had less flexibility to be at training all the time and as a result I don't think the Bristol crews ever trained to an appropriate level or a level that I was happy with. The reality of our sport is that at its core it is about hard and long training, and the technique becomes about maximising the potential of the engine of the body. If I went back again I would spend more time on the rowing monitoring the training and be much more demanding of my expectations of the athletes.

What was the route from Bristol to GB Rowing?

I was coaching some juniors that were at the school I was teaching at in Evesham. One of the juniors, Alex

Gregory, eventually went on to win a gold medal in the four at the World Championships in 2009. They were doing well and were the right kind of guys who might have the potential to row at U23 and senior level, not just junior level. At the time in 2002 GB rowing was setting up the World Class Start program under Peter Shakespeare which was designed to go out and find people with the physical potential to row at senior level from outside of the current rowing population. They approached me to see if I wanted to set up one of the pilot centres, which I said I would do but only if in the Thames Valley. Originally this was going to be based at Leander but in the end it moved to Reading due to political issues. This worked out well for me as it meant that I was able to set up my own new program where there had been little success previously and also meant I could learn by running things for myself. As a Talent Development Coach I had over 15 athletes earn GB vests in four years and as a result of this was lucky enough to follow some of the athletes into Jürgen Gröbler’s senior team as one of his team of coaches.

What prompted the switch from teaching to coaching?

One of the reasons I went into teaching was because I enjoyed the skill and challenge of maximising people's potential and thought I was pretty good at it, but I was also aware that it gave me the flexibility to explore my goals in coaching and to see if I could progress towards the top level. The switch was prompted by the fact that GB Rowing approached me and gave me the chance to do this.

What advice could you give to those interested in a career in coaching?

We are now in a fully professionalised era of coaching with funding from Government and the Lottery, it is now a fully professional vocation. However, it is important to remember that sport is a hobby and most coaches start with this as something they do

alongside another work or profession. This becomes something of a strength as you are able to develop a variety of skills and are used to working with people. The most essential skill in coaching is working with people and moulding them so that they can achieve at a very high level, this skill can be developed outside of just coaching so if people want to develop a career in coaching generally I would suggest not specialising too early and developing a range of skills and tools which can be applied as you develop as a coach. Most of all if you want to coach be very clear very early on what is really required to create success. It is a very time and emotion-consuming thing to do if you are not clear of your goals and able to shape people to gain the success that both they and you want.

Who are you coaching currently?

I have been working with the heavyweight men's sculling group since the winter of 2005 and looking to develop the GB program in this area. That started initially with coaching the double of Rowbotham and Wells who won Bronze at the Olympics in 2008 but we have now developed the group so that we have a competitive boat in each Olympic boat class (single, double and quad). Currently I coach both the double and the quad who were second and fifth at the 2010 World Championships in New Zealand.

Do you think it is hard as a coach to blend just two mentalities/egos in a double scull?

The biggest part of the job is always about developing a good mentality and discipline amongst the athletes that you work with. It is also the biggest challenge because rowing involves people with strong views and personalities. ‘Gelling’ a crew is always a fine balance of you as the coach being strong and being in control but also making sure that the athletes are driving the project and developing their own strong way to do things. In the end you can't pull their oar for them.

Is there more pressure for a double crew to 'gel' when compared to a crew of eight?

I am not sure it is more challenging between each boat type but when you are coaching a bigger boat there are more people you have to get to, to ensure the athletes switch into the right state to perform. If you get it right quite often the crew can get there themselves with just a simple cue.

Could the UK university system be improved to get more rowers into the GB squads?

We don't have a "system" that is organised as such. You are always relying on people to produce the results so ensuring that you have the right people in the right place to motivate athletes and drive programs is the key. That is true of the best university centres; Oxford Brookes, Durham etc. This is the most essential thing. The university system currently is still limited by a lack of competition at an appropriate level to drive things forward. People can win at BUCS level and domestically doing the training the way they do currently and then are always surprised when American Colleges come over to Henley and clobber British Universities.

Should the HRR regulations be relaxed to help British Universities when it is apparent that they struggle against foreign crews?

I'm not sure how this is regulated currently but if this means should the standard for events be lowered, then no, absolutely not. Athletes and coaches have to think about the above question and how they can unlock this potential.

Why do you think many of our GB juniors end up doing degrees in the USA?

Some of the best young athletes we have in GB opt to go and study in the US, and they generally make it into the top crews and push out American athletes. This suggests that the talent is there in our system but something is blocking it from developing to its true potential here, whether it be the programs, or the athletes themselves and their expectations of balancing training and study. There are fewer restrictions here in the UK than in the US on university rowing. In the US there are restrictions on training and the weather can limit their programs much more than ours, so this is not the block.

I think that the block must arise somewhere in the athletes' expectations of themselves and what they are capable of and can achieve whilst studying, or their understanding of what is required to achieve the result that they want. All the best athletes find a way of doing this and you need the right coach to unlock this, the block is not the system of study, shortage of equipment etc. The best people still find a way.

Your name is given to a quad at UBBC. As a sculling coach, are you concerned that UK university rowing is so sweep-focused?

You're correct; we have no history in sculling at university. When the double medalled at the World Championships in 2006 it was the first



medal for 30 years and when the quad made the final this year it was the time for 28 years. As a coach there are great opportunities to develop athletes in sculling as it is not currently a big focus in the country so there is a real opportunity to make an impact here. It means you have to be strong and swim against the tide but it can be done.

The competition structure needs more outlets for success in sculling and more reasons to celebrate success in this discipline. We still in this country see the VIII as the biggest thing whereas the top single sculler can genuinely lay claim to being the best athlete.

Could you suggest a 'different' training session for the squads to try back in Bristol?

I gave up on magic bullet sessions that solve issues a long time ago. A pro-

gram is all about how it operates through a cycle and its test is always simple: Does it deliver the athletes physically, technically and psychologically to perform? There are no magic sessions; a result is always the summary of a year or four years' program and training. There are sessions that athletes like and prefer but the reality is that a lot of rowing training is following a set routine and can be long and boring without much variety. In this instance the enjoyment has to come from the hard work and the training. There is no short cut to success away from this.

Are there any exciting prospects coming through for 2012?

We know most of the faces that will be in the team for 2012 now and there

are some very talented guys. In the sculling squad we have a really exiting group of talented up and coming young guys and some with a bit more experience. It is an extremely exciting and challenging group and I hope that there are some more in the pipe line for 2016.

How do you get away from work?

Family. I have two young kids now and they fill up most of my time when I'm not coaching.

Name an activity you've always wanted to try?

I have tried most of the things on my list. I'd like to look at coaching another sport at some point in my career, to test my belief that once you have the skill to coach you can acquire the knowledge to apply this successfully in most sports.

My year as UBBC Captain

As usual, the aims for the club in the 2009-10 season were to win varsity 5-0, win Henley Royal Regatta and win Women's Henley... We came amazingly close to achieving them all!

Our men's senior squad looked strong from the start, with four people heading up to Boston to take part in the first round of GB trials. In the end just Ben Bathurst made it to FISU U23s in the summer, however the UBBC profile has certainly been raised at GB level with several other club members visiting the GB training centre at Caversham throughout the year. In particular the GB coaches have been very interested in taking our strongest novices to Caversham for testing and eventually inviting the top performers to sculling camps over the summer to prepare them for GB trials.

The men's top boat looked like it might have the makings of a classic top crew; we had two American imports, a couple of crazy lightweight, Ben McSweeney at 6'7" and at least three people with outrageous facial hair. The 1st VIII scooped up a bronze at BUCS Head but then performed badly at HERR and narrowly failed to qualify for the final at BUCS Regatta. However the top four, consisting of Ben Bathurst, Ben McSweeney, Andy Turner and Andy Parrish, started their season with an impressive win in the Coxless Fours at BUCS Regatta. This crew then had a whirlwind of a summer; they won everything elite at Reading, came 3rd in Senior Coxless Fours at Metropolitan, 2nd in Senior Coxed Fours at Marlow and reached the final of Henley Royal Regatta. At Henley they rowed in the student coxed fours where they beat First & Third Trinity of Cambridge, Imperial College and Newcastle University, eventually losing to University College Dublin in the final. Watching from the bank involved a mixture of emotions; I felt helplessly frustrated as it looked like they were beaten simply by a faster crew, but at the same time immensely proud that it was my friends (for once!) that were rowing through the enclosures of a Henley final. The four eventually went onto EUSA where, having beaten all of the top crews in the semi final, came 6th in the final after some errant steering and out-of-control nerves.

The Men's second VIII had a strong year, however were extremely frustrated to walk away with few medals. They came third in Intermediate VIIIs at BUCS Head and rowed through a dying UL VIII to clinch the medal in the final 100m of BUCS Regatta. They finished 2nd in IM3 VIIIs at Metropolitan and then 2nd in both the IM2 and Senior categories at Reading. At Henley they were beaten by Queen's University, Belfast, who were the firm British favourites. Their strength last year is good news for the coming year, with almost all of the crew staying on to fight for their place in the 1st VIII.

Almost the all of the Women's Senior squad were novices from the previous year and their coach, Ed Fenn, had only just started at Bristol as a rosy faced fresher. However, led by Caroline Emslie, they proceeded to have a stellar season. The coach-captain combination worked very well as Caroline produced a brutal training program whilst Ed developed their water technique. At BUCS Regatta they won Intermediate VIIIs in a very closely contested final; it was brilliant to see just the canvas of Marie's Shadow poking out ahead of the Durham VIII on the finish line. They won their division at Reading and then won the Intermediate Academic VIIIs category at Women's Henley. They beat Edinburgh, Birmingham, Cambridge (the event favourites) and Cardiff. It was astonishing, given the inexperience of the crew; all had rowed for less than three years, six of them had been part of the novice squad the previous year and the remaining crew member was selected from the novice intake that year. I am

very much looking forward to seeing how the Women's squad develops over the next few years, as in my occasional chats with GB U23 coaches it is clear, quite rightly, that they cannot support clubs in which there is a clear difference between the male and female squad. If the squad can keep their momentum for several more years and final consistently in the Championship category at BUCS regatta I think the club will find itself in a much better 'bargaining' position than it has been during my time.

As per usual our novice squads performed well and produced some good rowers for future years at UBBC. The Men's Novices, coached by Rich Poole, came in 2nd at BUCS Head and 5th at BUCS Regatta before joining in with the seniors to become the Men's 3rd VIII for the summer. This 3rd VIII did not match the success of the 3rd VIII of the previous year, which had reached the Thursday of Henley, however it will have been an excellent way to rapidly develop the novices by making them row with experienced rowers. Unfortunately the Women's Novices, coached by Alice Floyd, were plagued by equipment failure throughout the year. This led to three of their top VIII leaving before exams, whilst their top rower was selected to row in the senior VIII. However the resulting crew trained hard throughout exams and impressively only just missed out on qualifying for Women's Henley by half a second.

Varsity this year went almost perfectly as we won everything apart from the Women's Novices, giving us a final score of 4-1. The Women's VIII came back from five years of defeats to smash UWE; whilst the Men's VIII beat them by enough this year that by

