



University of Bristol Boat Club

ALUMNI

Christmas 2017

Long and strong.

Never mind the inevitable Bristol bias, one can't help being impressed by the talent sandwich - more than twenty years of high performance coaching and management from Sir David Tanner and then a tale of GB potential from current students and an outstanding coach. Again, the remarkable generosity of the Rutley family is rightly highlighted, their involvement and engagement is both brilliant and omnipresent. How lucky Bristol is with this firmament of stars - now to build on this season's promising start on the water.

Those of you who were at Henley Royal this year would have seen another remarkable Club succeed like few others in the Thames Cup, the Regatta event for Club crews. The normally 'oh so proper' Regatta commentators loosened up considerably to the extent of announcing the winning Club prior to the race starting - as one could do with Thames Rowing Club 'A' vs Thames Rowing Club 'B' in the final, (actually their 1st and 3rd crews). TRC have driven their own path by quite clearly stating a racing intent within a broader framework to create a thriving Club. Inclusivity as well as high performance can be a tricky balance for Club Committees and Coaches but TRC have got it right and have been rewarded on the river. Given our ambitions of 'Top 5 in 5' we have to tread a similar route. As you read and inwardly digest this outstanding newsletter, it would be tremendous if you could reflect on how

you might contribute to the Club's journey. UBBC has a lot of talented and generous Alumni whose perspectives and contributions are much valued. Please get in touch.

Wherever you are at Christmas and at whatever stage you are on your post UBBC journey, may your catches be clean and your finishes long and strong.

Merry Christmas and Happy 2018.

Sir David Tanner CBE



Over the Summer we had the pleasure of welcoming Sir David Tanner, Performance Director at British Rowing and Bristol Boat Club Alumnus, back to Saltford. Sir David was in Bristol to receive an honorary degree from the University but also took the opportunity to visit Saltford.

Sir David came to Bristol to complete his undergraduate degree, graduating in 1970. David learnt to row whilst attending Abingdon School but continued to row whilst at Bristol. In his second year at University and after the winter head race

season David found himself without any summer racing plans and so began volunteering as a coach at Clifton College. It was here that he caught the "bug" for coaching and started on the path that would lead to his current position and success. Sir David's first major coaching success came in the late 70's when he coached four schoolboys from Ealing Grammar School to win three junior and senior world championship medals and in 1980 to an Olympic bronze.

Of course, before Lottery funding came along David had to fund his coaching career some other way, developing a full-time career in education and becoming headmaster for 10 years at a comprehensive school in West London. As well as the day job, his full-time headship, Sir David was also the Great Britain Senior Team Manager between 1991 and 1996, a period which included both the Barcelona and Atlanta Olympic games.

Rowing became a lottery funded sport in 1996 and Sir David its Performance Director, the position he's held ever since. I could spend the next hour telling you about the success the British Rowing team has enjoyed ever since but instead shall endeavour to provide an abridged version of the highlights package.

At the Sydney Olympics in 2000 GB won it's first ever medal in women's rowing and saw Sir Steve Redgrave take an historic fifth successive gold medal. GB's

first ever lightweight rowing medal came in 2008 in Beijing, and it wasn't just any colour, but a Gold one, adding to another six medals won by the sport along with two Paralympic Golds.

Then on to London in 2012. Prior to 2012 no country had won more than six medals in the sport at the Olympic games for 20 years. At those games, on Dorney Lake in Eton, GB's rowing team racked up an amazing haul of 9 medals. Four of these were gold along with the country's first ever in women's rowing. Following this success, and in recognition of the pivotal role he had played in its delivery, David was awarded a knighthood in the Queen's birthday honours in 2012.

The Rio Olympics marked Sir David's ninth summer games and once again saw the British Rowing Olympic and Paralympic teams top the medal table. I'm sure you'll agree, it is one thing to



Outgoing Captain's Message

During my 4 years at UBBC, a lot has changed. A new boathouse, new coaches, new boats and several cohorts of rowers. I have been very fortunate to be Club Captain during a time of real forward progression within UBBC, due solely to the work of those who have taken on the role, and any committee position, over the years. I'm looking forward to working more with the Alumni, as we move to support the club in such a pivotal time.

We have begun to achieve things that have been years in the making, and that hope to set in place a strong future for UBBC. The new Hudson Women's 8, Jolene, kindly donated by the Rutley Family, has been on the tip of the tongue of the committee for some time, and marks a significant stepping stone in women's rowing at the University of Bristol. The effects were both immediate

develop a successful performance program, it is quite another to sustain it for in excess of 20 years.

On the day David received a tour of the new Saltford Rowing Centre and noted it was "... a very big change!" since his days. During his visit a number of current rowers who have been training in small boats over summer demonstrated their prowess in the singles as they practiced for the British Rowing Sculling Festival in August. I had the personal pleasure of presenting Sir David with his honorary degree and his story was a fantastic example to those graduating that day, that the passions and interests you develop at university can often shape and define your life even more than the subject you studied. A sentiment that, as UBBC Alumni, we can all relate to!

Stephanie Harris
Captain 2013-15

and sustaining, with the level of internal competition sky-rocketing into the summer season. Two Vllls qualified, and progressed to the quarter finals of the HWR Academic event. This is no easy feat, and seeing the 1st VIII charge down the course in the semi-finals against Newcastle, who went on to broke the course record in the race, was a very proud moment. The shell also displayed the commitment to equal opportunities, and saw a wealth of new, experienced junior women joining the squad this September, stepping up the intensity once again.

I was lucky(?) enough to be able to see the club's supportive and cohesive approach to racing from the outside, after my deep loathing/incapacity for squats left me with a hand reconstruction and 3 months off. Watching them take on race days as one unit rather than 4 individual squads was a testament to their training mentality, and to the work done by Cam and my predecessors to

bring everyone together. The Bristol Roar in the final 250m of any regatta is now infamous (read as: annoying to anyone not at Bristol), championed by the Senior Men's Squad's chant 'Yeah the women'.

Having spent the first half of my university career fighting for one of the eight ergs in the gym to train, it was a welcome relief to move into a studio at the Centre for Sport, Exercise and Health, and begin to train as a squad properly. The squad captains/admin monkeys facilitated the club's needs with ease, bringing together 80 differing timetables and ensuring everyone had the opportunity to step on with their land training. I'm hopeful about the new 'erg facility' which is underway, which will finally allow the club their own haven of pain away from the complaints of the average gym-goer.

I would like to thank the committee of 2016/17 for their hard work and hours of time. The coaching staff have worked continuously, and we are beginning to see their knowledge and expertise pay dividends, which is undoubtedly going to compound as talented juniors notice Bristol as a top rowing University. A number of people went beyond expectation with their commitment this year, as always, but special mention must go to Morgan Gray. His eye for detail, relentless dedication and seemingly unnatural ability to drive 10 hours after a weekend of BUCS, without uttering a word or ever deviating from the 'Lizard Lounge Mix', were more than I could have asked from a Vice Captain. His efforts were rewarded with the Lifetime Contribution Award at the Sports Awards.



I leave the club safe in the knowledge that the club is moving into the capable hands of Caroline and the new committee, who will undoubtedly do a fantastic job of their year ahead. Thank you to all of you who have helped guide me and contributed to the success of the club. The future is bright, if the collective powers of the students, Alumni and University work together well. The work to this point has been fantastic, but there is still a long way to go, and the club is in a better position than it has been for some time to capitalise on its upward trajectory.

Alex Heslop
Captain 2016-17



Incoming Captain

Following a successful summer season, which saw truly impressive performances for UBBC at both BUCS regatta and Henley, our athletes were no doubt looking forward to some well-deserved time off. As usual, however, the boathouse shutters were not drawn for long. Moments later, Saltford was teeming with the largest cohort to date of GB U23 hopefuls, being whipped into shape by Coach Cam Kennedy, ready to trial at the first assessment.

Among those visiting our stretch of the Avon over summer was the High



Performance Director of the GB Rowing Team, Sir David Tanner. A Bristol Alumnus, Sir David had returned to accept an Honorary Doctorate of Law from the University, awarded in a ceremony orated by ex-Club Captain Dr Stephanie Harris. Sir David seemed impressed both by the boathouse and the UBBC's aspirations for the future, remarking that it was "a very big change!" since his own days at the club.

The full squad were back en masse on the 29th of August, for the boat naming of the new women's Hudson, 'Jolene'. Although a UBBC barbecue seems more than enough reason to return to University four weeks early, this year saw UBBC take on 'Miles for Minds'; a fundraising endurance challenge in memory of Alumnus René Zamudio. Over four weeks, we successfully covered the distance of the River Nile, and raised £1,203 in total split between the club and Bristol based mental health charity "Off the Record". Thanks again to all who contributed!

Pre-season training brought with it a record number of "freniors" (first years from a rowing background) to join the programme. Their talent and experience will no doubt be valuable as we bolster the ranks, and it is wonderful to see six senior eights training on the water on a regular basis. With the Women's squad lining up an assault on the Academic Eights event at HWR, and the Men hungry to build on last year's Prince Albert Challenge Cup qualification, 2017/18 is set to be a fiercely competitive year. As ever, I'm sure we will hear the now infamous Bristol Roar sweeping the banks of the nation's waters once again.

The Learn to Row programme has once again been a great success, run with consummate professionalism by Charlotte Greenwood and Novice Head Coach, Peter Jones. Over the coming weeks, we will be selecting a handful of physiologically gifted individuals to progress to the Novice Squads, who will make their first, undoubtedly clumsy foray into the rowing world at our Head Race on the 2nd December.

Our trialists will be travelling up to Boston on the 4th November for the first assessment, after which we will be hosting a Bonfire Night celebration at the boathouse. Next up on the squad calendar will be the BUCS Indoor Rowing Championships, for which UBBC currently holds the South-West Victor Ludorum. We are looking to take home the trophy once again, this time on home soil, as the club hosts the event for the second time in three years.

It was wonderful to see so many old friends at the Annual Alumni Dinner at Café Villandry in London, a fantastic evening where there was certainly no shortage of advice, nor ideas for the year ahead (nor any evident shortage of prosecco!). We're looking forward, as ever, to seeing the usual strong Nonesuch contingent at the UBBC Head Race and Ball, and hope to see many more of you throughout the coming year. Here's to a great season!

Caroline Welsh
Captain 2017-18



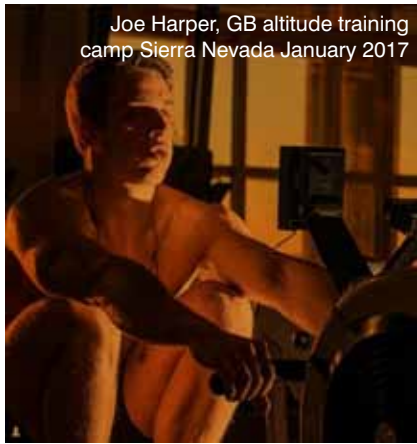
Cam's Corner

Greetings again Bristol Boat Club Alumni and friends, we bring updates for another year, a chance to reflect on a balance of triumphs and disappointments from the year gone and present some immodest aspirations for the future of the club. Before I begin, a big thank you to Peter 'PJ' Jones for creating and collating this newsletter for another year, it's not easy to diplomatically extract prose from people more adept with a pitch gauge and rigger jigger than pen and paper, but PJ has done so with gusto.

Club Development

Perhaps the most important work within the club, currently in development, is a 5 year club vision, being discussed initially with the club committee, the Director of Sport, a small number of Alumni and, if adopted, presented to a wider audience as soon as possible. Understandably the overall vision encompasses numerous aspects of club development, some requiring general facility investment in sport at the University, some requiring significant investment by the University, alumni & friends of the club to widen access to top level equipment for the rowers, some requiring further engagement with the National Governing Body. However, at the core of any development is to ensure that the positive aspects of the club are identified, acknowledged and further developed in parallel to an inevitable focus on performance indicators. While the UBBC club culture has developed organically over time, club development with a strong performance focus at the top end brings with it the risk of losing touch with the roots of the club as the premier student club within the University, and a strong source of pride for past members. And so quantifying and refining the club's culture will be a key aspect of any planning document.

As those with their fingers on the pulse of University and Club rowing in the UK know, the few clubs and Universities elevated to High Performance Program status and supported by GB Rowing (& Scottish Rowing) are surging ahead of other UK clubs in their performances, their recruitment of talented Juniors and general resource availability for developing top rowers continues to leap ahead. UBBC and perhaps Bristol University Sport in general is teetering on the other side of this precipice and can aim to bridge the gap with an ambitious, targeted approach to join the top



University programs in the country, or risk treading water, being left behind in the lower tiers. We are working on a plan for the ambitious approach, a 5 year target to bridge this gap, a project which will require careful planning, genuine support from the University, and active support from the club's alumni and friends (both moral and financial). The working title is, 'UBBC - Top 5 in 5'. As of BUCS regatta this year, our club sits in 10th place in the University Rowing standings. Please get in touch if you would like to be involved in the early design or even later development of this project (c.kennedy@bristol.ac.uk).

In Recognition of John Rutley

In recognition of John Rutley's significant and continued support of the boat club's development in the past 14 years, earlier this year the club was pleased to award John with the title of Honorary Vice President of the club. This was formalised in a small event hosted by the club in Bristol's Hotel du Vin, we even enjoyed an appearance by the great Kiwi himself, Gordon Trevett, via an poignant and amusing reflection on John's involvement with the club, prerecorded on a beach in New Zealand. While we aren't expecting to see John sitting with the club committee on a Sunday evening helping organise transport to an upcoming regatta, or details of the Indoor Rowing Championships being hosted at Bristol this year for example, we do look forward to John and the Rutley family's continued involvement in the club as it aims to take another step forward over the coming years.

The Season Gone

'Bristol University - the nursery of GB Rowing talent', might sound like a pipe-dream now, but we hope it could one day be the opening line of a pre-olympic rowing final build-up piece, narrated by Claire Balding and dotted with misty



sunrise silhouette shots of our rowers with silky smooth catches on the Avon. And the dream is gaining some traction (though sadly not yet from Ms Balding). With a keen interest in unearthing untapped talent to put on a high performance pathway, GB Rowing are increasingly interested in our club. We had eight students picked for this years talent identification testing day at the Caversham training centre, more than any other University. This chance to sell our wares has increased dialogue with the national governing body and provided us access to professional development opportunities for myself and other coaches involved with our program.

We had no athletes trialling in the 2015 season, 2016 saw 8 current students attend the GB First Assessment. By the final selection trials it was down to Callum Gathercole and Joseph Harper remaining. Callum needed to be in the top 4 in a race-off on day one, narrowly missing out by 2 seconds to two Senior athletes and one current u23 world champion, but proving to be at the appropriate standard to be on an U23 team. Joe Harper raced at final trials, kindly lent a racing boat (and pair partner!) by GB Rowing and was invited back for seat racing after Henley Regatta where sickness and injury hampered further progress, still an impressive progression for only his 2nd year in the sport.

This year we have just taken 13 current students to the First Assessment Trials, with 7 of them meeting the erg standard requirements on day one and many personal bests achieved, with up to 9 students able to progress to the 2nd assessment in February, seven of this group started rowing as Novices at UBBC (five in the previous year). This progression may be modest, but important for the continued growth and ambition of the performance end of the club. None of this would have been



possible without the help of alumni who generously lent their singles to our top athletes for the trials period: Jack Ewans, Claire Petros and Sam Ball. Of course, we're open to storing any boats that might be tucked away in a forgotten corner of a garage or boathouse and are in need of love, attention and some milage, do let us know.

With much of the greater squad's performance progress covered by the Club Captains reports, I wanted to mention some of my own highlights in the season. Watching our top women see a roller door open (yes, literally) in a surprise reveal of their brand new Hudson women's 8+ before racing at this years BUCS Head race was a special moment, made possible through the continued generosity of John Rutley and his family and representing a relatively sudden end to what may have been a long fundraising campaign for a new flagship of the women's fleet. The women backed up this gift by getting their best result at Women's 8s Head of the River in 16 years (8th student crew, 31st overall, an 18 place improvement from last year) and by qualifying two 8's into the quarterfinals of the Academic 8+ at Henley Women's Regatta, the only Uni able to do so this year. With our top crew knocked out in the semi-finals to the eventual winners, the motivational fire is burning white-hot for this years regatta, watch this space! A big congratulations and thanks to Assistant Coach, Ed Bloomfield whose safe hands have helped guide the women's squad through to that success.

The Men's squad enjoyed (what we believe was likely) Bristol's first medal in a Men's Lightweight 8 event at BUCS regatta, a storming Silver in a strong field. The 4+ was a key development boat for the year (despite not as many outings as we'd have liked) making the Championship Final at BUCS regatta, winning IM1 4+ at Reading Regatta and Henley 4's & 8's Head and qualifying for the Prince Albert at Henley Royal. Our M8+ was of a high standard, racing well at Brit Champs ahead of most Student crews, racing under 6mins in the summer racing, certainly more competitive than last year throughout the year but was frustratingly overlooked for pre-qualification for the Temple, behind more than 8 crews from the UK who they had not lost against all season, rarely by small margins either. Unfortunately the crew missed through the cut-throat qualification races by a few seconds. Something that we will aim to redress this season.



We will tentatively be targeting another Prince Albert 4+ group this year, having just recently won a pennant at the Fullers 4's Head of the River, a promising start to their season! With another strong lightweight squad, we will aim to go one better in the eight at BUCS regatta (wouldn't that be a coupe), and be targeting the qualification of at least two crews for Henley Regatta, I can let you know closer to the time what those crews might look like.

Varsity Boat Race

Another year, and pleasingly another overall win over our local rivals, with dominant wins in the women's events, and another close call in the Men's 8+. Unfortunately 3 blade races were influenced heavily by shortcomings in course familiarity for the cox'ns, they've been unable to row the course prior to their race and always get caught out with cornering, unfair to them, a shame for the racing. For this and to improve the spectacle from the bank, this year we will be turbo-charging the Varsity Boat Race and an adjusted format should make for some very competitive and very exciting racing whether you're in a boat or on the bank! And Cox'ns... no corners! Caroline's article will cover some of the details, but this will be a Varsity Boat Race to get excited about, until the racing is done, no one will really know who will win.

Thanks

As always, a big thank you to the Squad Captains, Harry Rosen and Charlie Rogers for the huge investment in time and excellent management of the senior squad. Thanks to my Assistant Coach Ed Bloomfield, and our voluntary Alumni coaches Peter Jones, Hugh Cooper, Phil Harfield, Elly Blackwell as well as current students Adam Stapleton, Will Kinsella. Thanks to the fantastic leadership of our Captain, Alex Heslop, already diving

head-first into an Alumni support role and I'm sure another great asset for the alumni network as he has been as a student leader. Thank you for the generous support of those who have already signed on to a new avenue for supporting the club, via the alumni website direct debit scheme, exciting to see even some fresh graduates joining the newly formed '1909 club'! Each year I get to meet a few more former UBBC members and it's always interesting to hear what they're doing now, what the club was like when they rowed here, and even what the club meant to their time at University and beyond. I'd encourage anyone with a story to share, or keen to re-engage with the club to get in touch with me or the alumni group. If you find yourself in Bristol, you're welcome to set up a drop-in for a look around. I hope to catch up with many of you at one of this seasons many rowing events, or indeed at next year's Henley Regatta Alumni drinks.

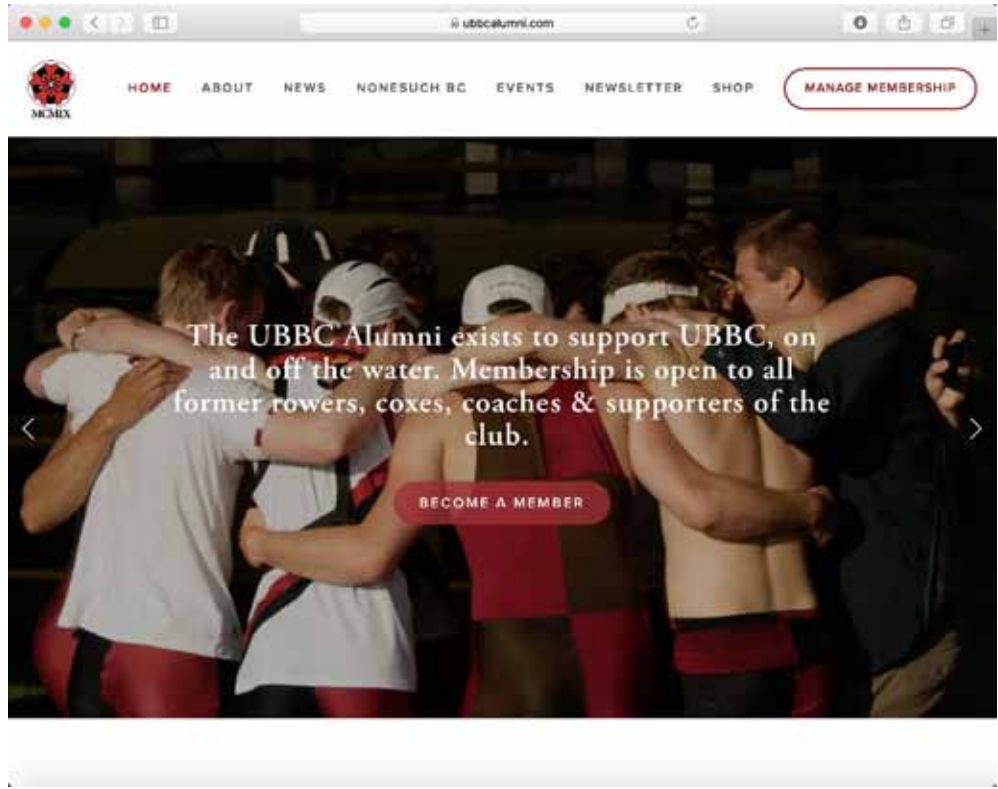
Cameron Kennedy
Head Coach

ubbcalumni.com one year on

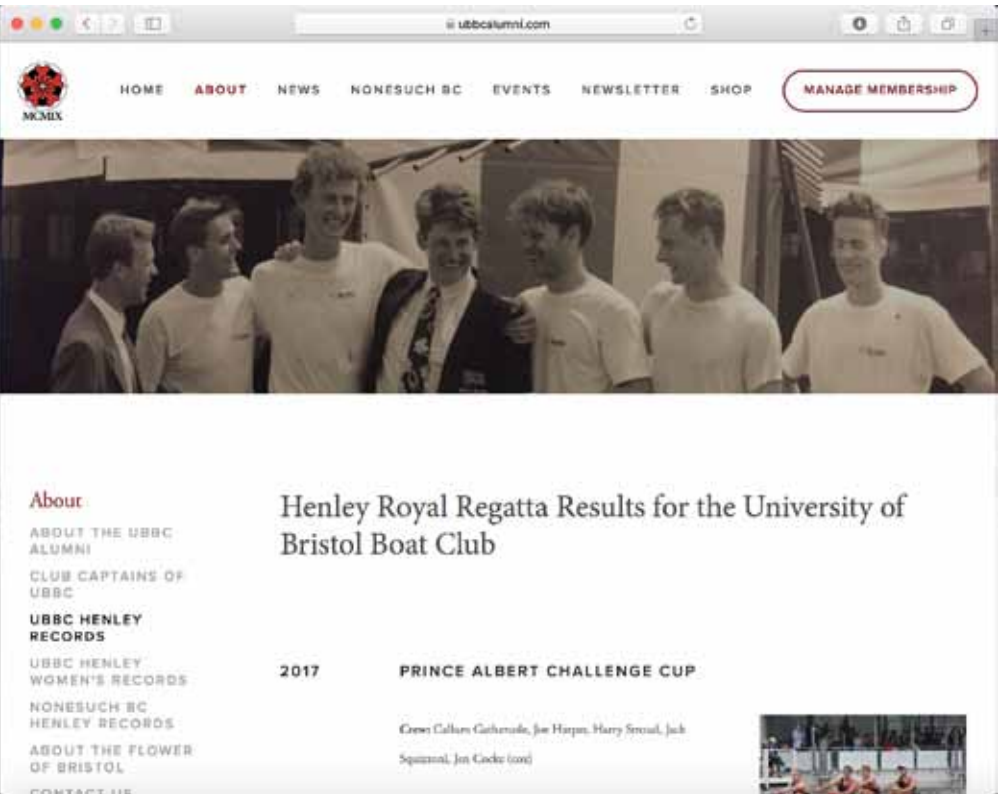
This time last year saw the launch of the UBBC Alumni's official online presence; 'ubbcalumni.com'. Since the launch, our website has received over 7,100 page views from almost 1,700 individual visitors, has enabled over £1,500 worth of kit, merchandise and event ticket purchases, and increased our annual donation income by over £4,600 a year.

The key feature of our new online presence is a revolutionised membership and donation platform. Our new joining form is web-based and allows members to choose what sort of communications we receive, as well as being able to easily update our contact details and donation amounts through our new Direct Debit facility. The whole joining process has taken users on average less than 3 minutes; a far cry from the previous system of paper joining forms and standing orders!

Over the last year (as of Oct 2017) we have had 38 members use the site to sign up to membership and donate online, with their regular donations averaging £10.22 a month. Almost a quarter of these members have joined our '1909 Club', donating £19.09 a month or more. Many had previously joined the alumni through the 'old' paper standing order system, but have now updated their membership online.



The site's impact on our fundraising efforts is significant. If we aim to sign up 100 members at our current average donation amount, some rough maths gives us: 100 members x average £10 a month x 12 months x 2 years + 25% Gift Aid = £30,000, enough to gift a new boat to UBBC every other year, the impact of which would be huge. We're not far from halfway towards achieving this vision already I would invite you to join us if you have not done already.



Of course the website isn't just there to steal our money. We have a large online archive of Henley Royal and Henley Women's Regatta records for UBBC and Nonesuch BC, as well as digital copies of previous newsletters. Do take a look if you want to reminisce and reconnect with old crewmates, or if you can help to fill some of the gaps.

We have been adding regular news articles, taking a look back at UBBC's successes over the years. We have

featured Ron Lowe's (UBBC 1965-68) account of UBBC 50 years ago and we've also recounted the successes of the 2007 Men's Squad, alongside updates from UBBC's and Nonesuch BC's current endeavours. Please do get in touch if you have anything you think may be newsworthy.

Our online shop features the full range of Nonesuch Boat Club rowing kit, and has allowed for a quick and easy way to purchase event tickets.

I hope all those who have visited and interacted with the site so far have found it useful and have enjoyed their experience. Huge thanks go to those who came up with the initial concepts and helped to get it up and running, including Chris Hartley, James Diaz-Sokoloff, Adam Mackenzie, Tom Davies, Hugh Cooper and Peter Jones.

Of course the site is a constant work in progress and all feedback and suggestions are gratefully received. It's clear that UBBC has taken a big step forward towards its ambitious goals and it's important we do what we can to take that step with them. I hope our new online presence has had a big impact on how we support UBBC and engage our members and hope it will continue long into the future.

Tom Clark
UBBC 2013-16

2017/18 Race Results so far...

Fours Head
W.4+ Band 2 - 1st
4+ Band 3 - 1st & 14th
W.4x Band 2 - 2nd
U23.4x - 6th
4- Band 2- 9th

Wallingford Head
4- Band 2 - 2nd
8+ Band 2 - 2nd
W.8+ Band 1 3rd
W.8+ U23 2nd

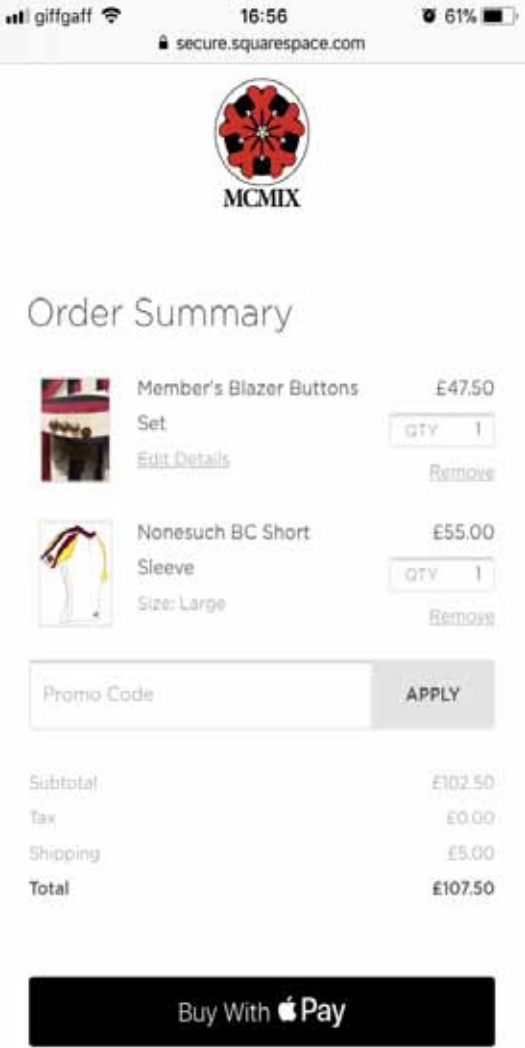
With some other great performances throughout the club



Winners of W.4+ Band 2



Winners of 4+ Band 3



UBBC 50 years ago:
Southern Universities
Regatta 1967

On 18th Feb 1967, UBBC competed in the Southern Universities regatta at Reading. The attached photo is of the crew who won the 2nd VIII trophy.

Crew as photo: Left to right

Dave Jones (3), John Sharpe (5), Pete Hepworth (6), Ron Lowe (bow)
Kevin Wood (2), John Biskupski (7), Pete Dawes (Stroke), John Filor (4)
Cox Jim Smith

It is scary to think that it was half a century ago! I can still remember rowing at bow and pulling past Reading Uni 2nd VIII to win by 3/4 length.

We had a row against the 1st VIII next morning and they couldn't catch us! We used to row from Saltford in Autumn Term, then move to St Anne's to the Bristol Ariel clubhouse for Spring term as the course available was longer. The disadvantage was that it was just upstream of several factories. The paper mill added a fine mush to the river and the tar factory an iridescent sheen and distinctive smell to the lower half of the HOR course. The bend by the boathouse was a coxing challenge and several visiting boats would crash each year. The Exeter HOR was held on the canal with 3 narrow bridges which could not be rowed through as the blades had to be shipped and one was on a right-angled bend where occasionally a crew would get stuck across the course stopping the race. Also, immediately past the finish there was a low narrow bridge under the Exeter by-pass as it then was. so one had to ship blade and duck head instantly after crossing the line at full speed.

Ron Lowe
UBBC 1965-1968

If you would like to share your memories and any photos of your time in UBBC, please get in touch via our email address ubbcalumni@gmail.com.



UBBC Women's Squad
1993-94

I joined the Women's Squad in Sept 1992, while Sarah Barnet was women's captain, alongside Ashley Whittaker for the men. The women's squad put out their first ever four at women's Henley, including Sarah, which set the foundation for a fantastic year the following season (1993-4).

This season, our first VIII won the Eights Womens Head of the River Senior 3 category, before going onto win UAU Vllls in Nottingham (now BUSA I think) by 2 feet from Newcastle, and then were we runners up in College Vllls at women's Henley, losing to a US School crew.

We benefited enormously from a second hand eight that had been purchased from Cambridge lightweight men (1993), and then buying some big blades. Both of these equipment purchases were at least in part funded by alumni and partly by the squad themselves. I remember well trying out different cleavers at Saltford before deciding on the best for us. Kirsten Barnes, the Canadian double Olympic champion (4- and 8 in Barcelona) was our magnificent coach, taking over from Ben Walton.

I was secretary for UBBC and on the committee for the inaugural UWE / UBBC race, which I'm glad to see is still going from strength to strength.

After leaving rowing in 1995, I have recently joined Minerva Rowing Club and have been learning to scull. The club is in Newbridge, Bath, near the top end of the the Saltford to Bath stretch. It's lovely to be back on the Avon again and rowing up and down the Saltford straight, keeping out of the way of barges and having to do hand break turns to avoid the old railway bridge arch. Fingers crossed for my first head race in over 20 years in a quad coming up in November!

Belinda Lawrie (nee Carver)
UBBC 1992-95



Women's 1st VIII 1994, Bow Ruth Beswick, 2 me; Belinda Carver 3 Helen Owen, 4 Lucy Standing, 5 Helen Raine, 6 Ros Jennings, 7 Marie Brooks, Stroke Alex Hesford, Cox Vicky Dewar

A Week in the Life of Bristol Rower

As the playwright Lillian Hellman wrote, “People change and forget to tell each other.”. I thought that perhaps some of you involved in the club from years gone by might find interest in the current training program for our Bristol University rowers. There are many ways to skin a cat of course, or train a rower, this is the current approach:

Monday Morning: Erg 30-50mins incl. High intensity bursts or race preparation depending on what's coming up in the season
Monday Evening: Trunk/Core circuits (30-60mins)

Tuesday Morning: 60-90mins of Aerobic training with a mix of running and erging (currently we pair up, with one partner running 1km around Bristol while the other sits on the erg holding their 'aerobic intensity', but if the runner takes too long, the person on the erg is penalised, having to hold harder splits until they return. Believe it or not, the rowers love it!)
Tuesday Evening: Weights 60'

Wednesday Morning: lie in, when deserved.
Wednesday Afternoon: Whole squad heads to Saltford to cover 20-30km's on the water, two sessions when light permits, one longer session during the polarnights.

Thursday Morning: Erg - get as far as you can in 30mins but don't rate more than 20 strokes per minute! Followed by 30mins feeling sorry for themselves on a bike in the gym.
Thursday Evening: Weights 60'

Friday Morning: X-Training - aerobic training for 60-90mins (sometimes on an erg, but often up to the rower to choose their mode, some cycle, some jog, some mightswim)
Friday Evening: Captains Circuits - a chance for the squad captains and cox'ns to express any pent-up hostility toward their cohort through the prescription of masochistic exercises designed to build the body and break the spirit. When the Novice squads are picked around November they're included in this fun too.

Saturday: Water Training - The men and women's squads swap between training in the morning and the afternoon doing two training sessions each. Morning sessions are very busy with river traffic, but allow the rowers to be normal

human's on a Saturday afternoon, while afternoon sessions enjoy a near-empty river but risk social pariahdom, a delicate balance.

Sunday: 60mins of X-Training in small groups, with a hint of study.

A Few Guiding Principles: Everyone Trains Together - Women and Men, openweights and lightweights all train together, doing the same general training program. Any necessary differences for individuals are negotiated individually, particularly around academic commitments. On a Saturday the men's and women's squads are split to allow Ed and me to spend time coaching across the whole team (when more than one launch is operational). With ~30 women and ~30 men actively training across the senior squad, it's otherwise hard to see to everyone when they're on the water together.

New Rowers Vs Experienced Rowers - We have to make sure any new students don't overdo their training when they arrive at Uni by burning the candle at both ends. There are after all, plenty of aspects to Uni life that they need to balance when they arrive, particularly in their first term: academically, socially, nutritionally and recovering from training properly. They're asked to train less than the more experienced athletes to account for these changes and any previous low training experience, as everyone has seen, this lifestyle change can be a breeze for some students and a great difficulty for others. When they feel they've worked things out and are ready to step-up their training, they opt in to more sessions. Anyone returning to the squad from previous years know what's expected and are expected to train conducive to their goals, from GB Triallists training 12 times a week, through to 5th year Medics who might only be able to appear once every 2 weeks when they return from a placement (but assure me they're staying fit while they're away)!

Health & Performance - Fortunately the University's Sport, Exercise and Health department now seek access to leading professionals in Sports Nutrition (Freddy Brown, GB Skeleton Bob), Sports Psychology (Leonie Lightfoot, Chimp Management) and Strength and Conditioning (Will Ruscombe-King, full time S&C coach at the Uni). The club benefits from input with these experts at different stages of the year, particularly with S&C coach Will who is integral for our injury prevention and improved

mobility of the rowers every week. Mental Health is as important as physical health, we work hard to support our athletes and in making sure sport is part of a healthy approach that can be continued beyond their studies, I think the students do a great job of creating a healthy, supportive and social atmosphere that promotes this balance, indeed, their performances rely on this.

On Water - Restricted by the riverway getting quite busy at times, we are trying to balance a mix of technical preparation (such as drills), race preparation (not leaving all our racing work until the summer, particularly for our rowers graduating from the Novice program), and good ol' distance in a boat. The emphasis on these focuses inevitably changes through the season.

Running - We including a bit of this to improve the athleticism of our rowers, not just relying on their ability to sit down and pull (or push, depending on your school of thought) hard, but encourage them to get better at moving their weight, accelerating and decelerating, which improves their general movement, and transfers into better movement in the boat.

Weights - our initial goals are to ensure the athletes are physically balanced across their body in different movement directions, and once this happens, then we increase the weight for more raw strength. For some people it takes a month to start focusing on lifting more weight, for less experienced athletes it can take over a year!

The Future - We'd like to provide the chance for all rowers to get some time training in small boats, ideally each week and for the top athletes, in boats appropriate to take to GB trials. We've found that we are successfully finding some wonderfully talented athletes in our Novice program, but with only a handful of small boats across the club, they inevitably spend their first year in 8's, great to keep higher numbers involved, but slowing the potential progress of very talented athletes who might be inspired to row for the country one day, requiring advanced skills in singles and pairs. We hope to address this over coming years as part of the club's vision, increasing access to smaller boats for higher skilled rowers at the other end. Currently, our Master-in-charge of Novices, Peter Jones is organising for new novice rowers to learn to row single sculls out of Bristol Ariel RC on a Wednesday afternoon, exploring the viability of this

approach, we wish him the best.

I'm always keen to speak to interested Alumni about the program at Bristol, if you would like to hear more, let us know what training was like when you were at Bristol, hop out on a launch for a session at Saltford, or discuss ways you might help aspects of the club, please do send an email (c.kennedy@bristol.ac.uk) or give me a call (07741273599) to chew the fat (unsaturated, of course).

Cam

The Varsity Boat Races 2018

On Saturday 28th of April, UBBC will once again challenge their UWE rivals to the ultimate battle at Bristol Harbourside; the Varsity Blade Challenge. For the 23rd year in a row, the SS Great Britain and the floating harbour will set the striking backdrop for the oldest event in Bristol's Varsity series.

The event kicks off with traditional Captain's challenge, followed by the all-important weigh-in; an opportunity for athletes to square up to their Varsity counterpart on the scales. Unperturbed by the prospect of sheer kilograms as the only weapon for psyching out their opposition, it is rumoured that UBBC lightweights have developed a scare-tactic designed to incite victory before shells have even touched the water. Expect a reprise of the long-established 'blank-stare-without-blinking' routine.

In the midst of tradition, however, the usual 1300m course through the floating harbour is set for a shake-up. Introducing the Varsity Boat Race Sprint Regatta, a succession of short-distance sprint races between UBBC and UWEBC, starting at Brunel's Lock and winding to the finish just shy of the SS Great Britain. Racing over a shorter distance course means that this year, margins will become inevitably tighter, and will no doubt culminate in an intense, exhilarating wind to the finish. Not only will this build the competitive atmosphere among those racing, but will result in a fast-paced, edge-of-your-seat experience for spectators.

As the flagship event of the Varsity Series, we have finally secured a date at the beginning of the summer season, allowing us to put on an sprint regatta modelled on successful racing events across Europe. The day will be split into two parts; a 'Best of the West' knock-out

competition open to UBBC/UWE second eights, regional universities and local clubs, followed in the afternoon by the four 'blade races' that decide the Varsity Boat Race winners. Operating on a 'best of three' basis, the overall goal of the new programme is to reduce the margins in order to maximise the racing experience.

Spectators can watch the racing from the long marquee along the water's edge, brand new for 2018. The event will include a Pimms tent, a gin festival, live music, and good local food. For the first time ever, the Varsity Boat Race will be sponsored by Ashford Solicitors LLP, a leading national provider of legal and professional services, who are delighted to advocate the re-introduction of 'Best of West'.

The event falls at the beginning of the summer season, and our training programme is naturally oriented towards that style of racing in preparation for BUCS Regatta and Henley. In gearing towards the 2000m racing in the succeeding weeks, power becomes a key focus of the land training, having spent the winter months improving an endurance base. Athletes will be fresh from a training camp on Temple sur-Lot in the south of France; prime location for regatta-focused training. The format of the event is such that it requires peak power output combined with sharp technique in order to generate maximum boat speed during the racing start. Sprint training will no doubt prove essential for staying ahead of the notorious 'Nonesuch curve', rumoured to be returning for summer '18.





Varsity 2017,UBBC take the Varsity blade 3/1 with wins for Senior Women, Senior Men & Novice Women. Wins were also recorded for the Nonesuch Women's VIII against Coldharbour Women and the UBBC Women's 2nd VIII against the Cardiff Uni 1st VIII.

The Henley Toast
- 2017 Edition

After the success of the 1991 Temple-winning crew reunion at Henley Royal Regatta in 2016, followed by champagne in the boat tents, a general consensus was reached that 'fizz is a good idea' - cue trawling UBBC records to find noteworthy anniversary crews as an excuse to host a similar drinks event in 2017, traditionally held during the tea break on regatta Saturday.

It was a brief search, back just 10 years to 2007. Bristol did not win Henley that year, but the performances of the UBBC men's eight were easily, and are still, strong enough to raise a glass to ten years later. No men's eight has come close to repeating that level of performance at Bristol in the past decade - and for that reason alone... Cheers!

At Henley Royal Regatta in 2018 we will raise a glass to the crew that won Henley Women's Regatta in 1998. Until then, please take a moment to acquaint, or remind, yourself with the achievements of the 2007 UBBC men's squad.

The scene is set - after achieving a silver medal in men's champ eights behind Oxford Brookes at BUSA (now BUCS) regatta in May 2006, the crew went on to pick up a bronze medal at the European equivalent event in early September 2006. They were again beaten by Oxford Brookes, who took silver, whilst a crew from Serbia won the event held in Brive, France. Perhaps it should be noted that OBUBC had also won the Temple and the Visitors at Henley in 2006. However, EUSA 2006 is perhaps best remembered for the short-lived 'UBBC drinking blade' which was a key participant in that evening's celebrations. Another crucial result is that we beat OBUBC in an arm-wrestling challenge, which was finally decided by the ninth man i.e. the coxswains. Chapeau Simon Wilson.

Winter camp - was held in Banyoles in the earliest days of 2007. We shared the lake with Cambridge University Boat Club and two crews from each institution raced on the final day of camp. A staggered start ensured some high quality racing in the final 500m, with the Blue Boat unsurprisingly taking the honours. However, the strong Bristol 'A' crew performance surprised many, and the impact of this unexpected early test featured in the sport psychologist Mark de Rond's book about his year spent with

CUBC. Cambridge went on to win that year's Boat Race.

Head of the River 2007 - was cancelled due to adverse weather conditions, but not before the first 50 crews had set off. Starting at 34, UBBC I had closed up aggressively on Molesey III in the early part of the course, before sinking just after Barnes Bridge.

April - for the first time in five years, Bristol reclaimed the Varsity blade from UWE. In the year before, the men's eight race had been a dead heat, which was then rerowed with UWE victorious. In 2007, Bristol victories were largely recorded across the board, with us winning 4-1 overall. A photo of Martin Herbert, that year's club captain, celebrating with all of the other club members crowded behind him, was used for many years on the ARA (now British Rowing) website to promote university rowing.

May - an indisputably strong performance at BUSA regatta, although we finished out of the medals in Men's Championship Eights. If an excuse is needed, the blame can easily be shifted onto the Holme Pierrepont cross-winds. The standout performances here came after splitting the men's eight into two smaller boats, where we won Gold in Championship Coxless Fours and Silver in Championship Coxed Fours.

June - seat racing was required for the final seat in the men's eight, as one of the crew (Matt Steeds) was ineligible for Henley due to his medal in a GB vest at FISU 2006. Matt rowed for Leander in the Ladies Plate event at HRR 2007. The result of a forced personnel change was most unexpected, as replacing the largest ergo in the boat with the fifth bowsider somehow made the eight go a lot faster. That crew went on to win S2 (now IM1) Eights at Metropolitan Regatta, and Elite Eights at Reading Amateur Regatta. Pete Randolph and Matt Steeds also won the Poke Pairs cup at Met. The winning streak finally came to an end when the crew came up against the Oxford University / Oxford Brookes composite crew (entered into the Ladies Plate at HRR) at Marlow Regatta - pushing them close, but finishing short by canvas at Dorney Lake.

Pre-Henley 2007 - the annual UBU sports dinner. The Boat Club won an embarrassing selection of awards; picking up the Team of the Year (Men's

1st VIII), Sportsman of the Year (Matt Steeds) and Outstanding Contribution to Sport (Martin Herbert) awards.

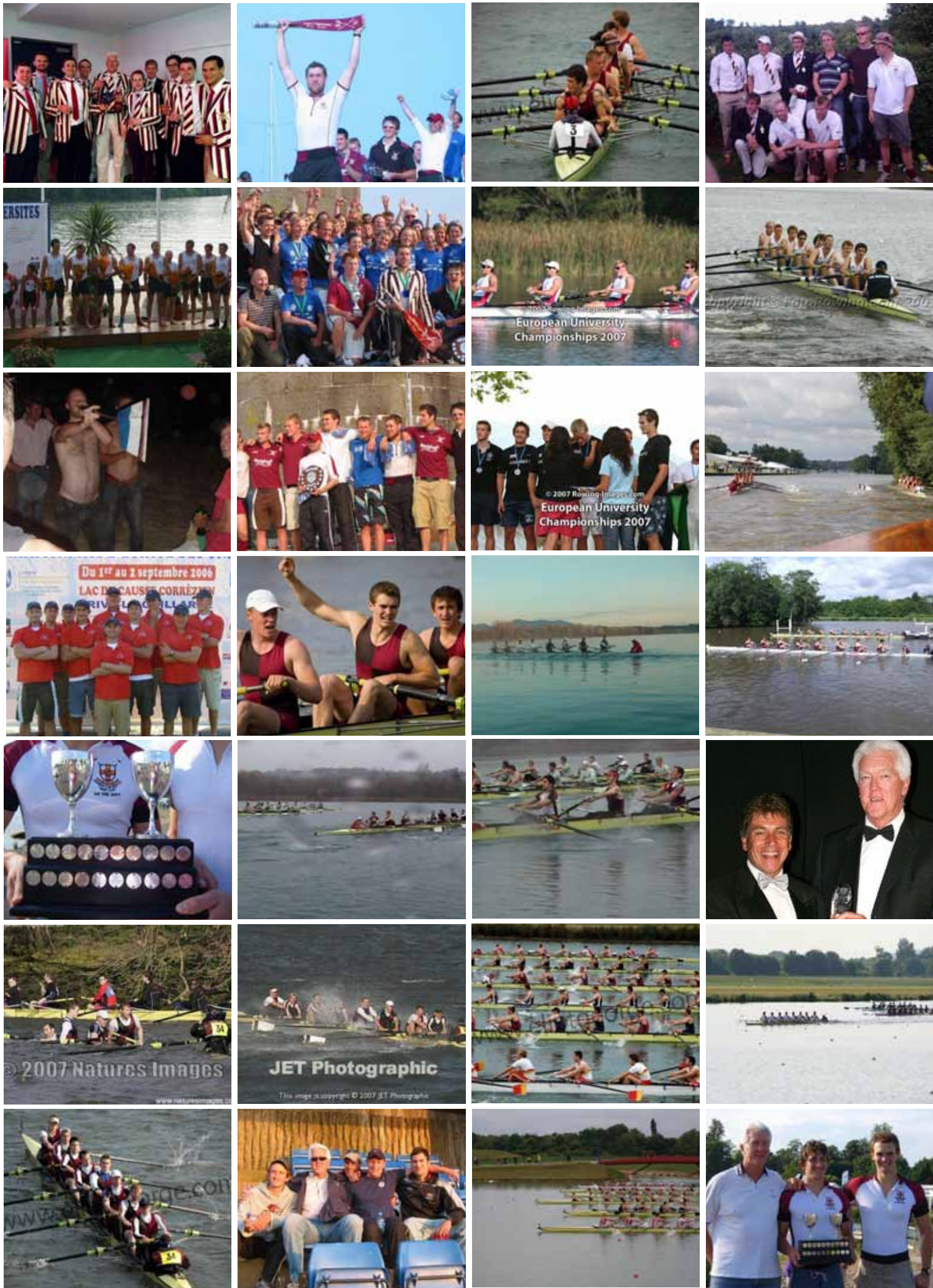
Henley Royal Regatta, July 2007 - notable for the incredibly strong current on the Henley course. Swathes of the English countryside were underwater, and portions of the course had not been fully constructed due to the weather conditions. Having beaten all of the other domestic club and student-level men's eights during regatta season, Bristol had rightly been selected as the fastest UK university crew in the draw. The crew were drawn against UBBC 'B' on the Wednesday, before dispatching with Oxford Brookes on the Thursday. On Friday, the crew faced the undefeated US Lightweight champions from Cornell. In a race where the lead changed hands multiple times, we were leading into and through the enclosures, however we were beaten in the final few strokes by one-third of a length. Cornell were eventual runners-up, beaten narrowly by a freshmen crew from the University of California, Berkeley.

Summer 2007 - a quartet of the squad stay in Bristol to train for the upcoming EUSA Regatta, to be held in Banyoles (Girona) in September 2007. Pete Randolph (UBBC Men's Captain 2006-07) is also selected as the stroke man for the GB U23 men's eight. In Spain later that summer, the crew managed to beat everyone in the coxless fours competition, including a German national U23 crew. As a result of this achievement, Bristol Reds were awarded to Pete Randolph, Mark Roberts, Matt Steeds & Edward Walton.

Later that Autumn - Gordon Trevett was voted BUSA Coach of the Year, in a nationwide competition.

Here's to the 2007 men's squad. Cheers!

Adam Mackenzie
UBBC 'B' Strokeman, HRR 2007
UBBC Club Captain 2008/09



Appeal for Memorabilia

The Saltford club room is in desperate need of decoration. If you have any UBBC memorabilia, trophies or photos you would like to pass on for display please get in touch via ubbcalumni@gmail.com

If you can add to our growing record of Henley performances and past Club Captains please head to www.ubbcalumni.com/about

Social Calendar

Saturday 27th January

Quintin Head Race and Drinks
The Ship Inn, 10 Thames Bank, London SW14 7QR

Saturday 28th April

Varsity Boat Races
The Float Harbour, Bristol

Saturday 17th June

Henley Women's Regatta Picnic
UBBC Gazebo, Regatta Boating Area

Saturday 7th July

Henley Royal Regatta Drinks Party
Space S5 Lions Meadow (opposite the Boat Tents along the rear hedge of Remenham Lane)

September 2018

Annual Dinner - London

