



LUBC END OF YEAR AND FRESHERS NEWSLETTER



LANCASTER UNIVERSITY **BOAT CLUB**



May-September 2021





Our Captain's Statement

Club Captain- Ben Hussey

It's been a great start to the year already, having returned to what feels like normality after a year and a half of Covid. The new and improved 'freshers fest' went really well and luckily we are now back to a normal level of novice recruitment so fingers crossed that most of them continue with us throughout the year. Also, we are finally back to our normal weekly socials so everyone can enjoy themselves on a Wednesday night once again.

Looking back to last year however, even with all the disruption caused by the endless lockdowns, we still achieved some really strong results on both the women and the men's side in races such as Durham regatta and BUCS regatta. I can't wait to see the progress we are going to make and what results we can achieve, it's definitely shaping up to be a promising year. Lastly, I'd like to thank you all for your continued support and hopefully will see many of you next summer for our first Alumni ball since 2019!





Squad Updates

Senior Men's Captain - Chris Roberts

In regatta season, we often become all too familiar with close calls in races. The shorter distances mean that crews win by the shortest of margins, compared to the lengths of a head race. We hear the commentators mention the victor surging in the final meters, edging forwards by a fraction of a length, a canvas, or bowball. This summer season was no different for our senior men, finding themselves on either side of the klaxon call across the various events attended.

Margins were tighter than ever with the bulk of the year spent land training, lacking the much-needed technical refinement on the water. Despite our lack of knowledge of where Lancaster was in the national university crowd, the return to racing was welcomed with open arms. Finally, as we emerged from lockdown, churning out countless lengths of the Lune, we could race something that wasn't Charlie in the launch, a pace boat on the erg screen, or another Lancaster 8.

The start to the racing season didn't require us to travel far. On our home stretch, Lancaster Head saw the Hudson dominate the Lune, taking first place overall despite the handicap system in place, biasing results in smaller boats. Next, Durham was marked by a series of exciting heats and ever so marginal losses in the finals. To top the mixed results up until that point, our season finale marked the return to the notoriously windy Holme Pierrepont water sports centre for BUCS. During the weekend, the senior men's crews performed extremely well across the board, all crews fighting their way into a final after the time trial. Our largest success from this event resulted from a nail-biting finish in the C final with the Hudson crew's surge "Thunderball" pushing past York in the last 100m. A sweet turning of the tides after a bitter loss during the land-based erg Roses competition.

Now in Michaelmas term, one that is defined by rising water levels, we say goodbye to old crewmates, and say hello to new ones. Despite this changing of the seasons, our Senior Men return as strong as ever. We approach this next year with heads held high, eagerly awaiting our time in warmer weather, racing shorter distances, and finishing on the right side of the klaxon call.





Squad Updates



Senior Women's Captain- Josie Llewellyn

We had a good end to the year for the women. Taking home some silverware at Durham and getting some impressive results at BUCS with our 8, 4s and pair. A lot of the women kept up with their water training over summer, either making the most of the summer rowing setup here at Lancaster, or at their local boat clubs. We kicked off this academic year with a two week Training camp, and despite the sessions lost due to the weather, had a very promising start. The women who have moved up from novices this year have fitted in very well and I'm sure will make great additions to the squad! A week after the freshers fair and we have recruited six women into the senior squad who have rowed before. From the training they have been to already they appear to be fitting in seamlessly and are helping to boost the squad to around 30 women now. Our focus is now on trying to create a cohesive style of rowing within the squad and getting us head race ready. The first race this term will be Dee head where we are sending an 8 to help provide those who sadly didn't get the chance to do head races last year some experience of what they are like. Our main race focus of the term is Rutherford head where will hopefully get some competitive crews out and really show what the women are capable of.





Squad Updates



Novice Men's Captain Euan Miller

Lancaster Novice Men attended 2 races this year - Durham Regatta and BUCS Regatta. Durham was unfortunately a very short lived race; having mobilised a nov men's eight to go to Durham after only a few weeks of training (waking up at 3 am for the occasion!) , a missed stroke off the start led to a crash that disqualified the boat. As a result of this mishap, the Nov men looked eagerly towards BUCS as their only real chance to show themselves this season, and trained all the harder for it. The Mens Beginner 1 4+ narrowly missed out on the AB semi finals - missing it by 1.2 seconds in the time trial. Off the start of the C final, it seemed that Westminster was up on Lancaster by a couple of lengths, with no other real competition from the rest of the field. The guys managed to edge it back, drawing level at the 1000m mark. A storming performance then saw them gain 10 seconds over the Westminster Crew over 500m, pushing out their lead into the finish - beating the field by 16 seconds. The Men's Beginner 1 8+ had a successful time trial - placing 12th and making the AB semi finals. A broken handle in their semi-final saw them with no chance to make the A final, but they came back strong for the B-final. As the Beginner 1 and 2 competitions were combined for racing, most of the Beginner 1 field were also in the B final and below, and medals for the beginner 1 category were still up for grabs. A strong Caius College crew stormed out in front, leaving a tight field competing for Bronze - the boys included. A tough final 500m meant they came under 5 seconds from claiming the bronze medal, coming 4th in the final and 5th in the category, with a very strong performance. I can't properly express how proud I am of them so far - their resilience throughout the term has shone through, especially in regard to difficulties with self isolation, covid scares and exams. Their jovial and upbeat attitude has made them a pleasure to coach this term.

The freshers fair saw lots of interest - from freshers to postgrads. As a result, we are starting the year with upwards of 35 nov men, so we are aiming to produce two strong, dedicated eights throughout the year. I think this is realistically achievable and an exciting prospect.





Squad Updates

Novice Women's Captain - Georgia Rattigan

The Novice women's effort this year has been astounding, despite the the negative impact of COVID . They performed excellently at BUCS getting to the final in their four. They pushed themselves incredibly hard and I am incredibly proud of them. The other from their squad were equally committed and their effort was exceptional. However, due to the limitations put on by other commitments and COVID they were not able to race.

So far this year the Novice programme is progressing well and we are looking forward to a full year of racing. Hopefully this year will also bring an opportunity for some of those who were Novices last year to get more racing experience and to further develop their rowing career and become experienced seniors who can assist in bringing through other novices and help the club become even stronger in the future.





Race Results

Bucs Results:

W Int 4+ A: TT: 6:12.4, Final D, 8:17.6 (2nd)

W Int 4+ B: TT: 6:56.6, Final F, 10:02.7 (6th)

M Int 8+ A: TT: 4:54.6, Final C, 6:20.09 (5th)

M Int 8+ B: TT: 5:11.7, Final E, 6:41.8 (5th)

W Int 2-: TT: 6:50.9, Final C, 8:22.07 (4th)

M Beg 4+: TT: 6:28.2, Final C, 8:06.69 (1st)

M Beg 8+: TT: 5:25.9, A/B Semi, 8:24.29 (6th) (snapped blade in this race), Final B, 8:29.26 (4th)

W Int 8+: TT: 5:34.9, Final E, 7:45.27 (6th)

M Int 4+ A: TT: 5:33.7, Final F, 7:12.55 (1st)

M Int 4+ B: TT: 5:18.6, Final D, 7:01.57 (2nd)

W Beg 4+: TT: 6:39.0, A/B Semi, 9:04.58 (5th), Final B, DNF (6th)

BUCS Summary:

Overall it was smiles all round at the end of BUCS as it was felt to be a positive and well deserved end to a tricky season. Hopefully in the coming year we can build on these results and come back stronger in 2022.





Race Results

Durham Results:

Sadly they don't publish times but here are the categories that were raced in.

The only win however was the Women's intermediate four.

2 Men's eights (one Non-Champ/ one Novice).

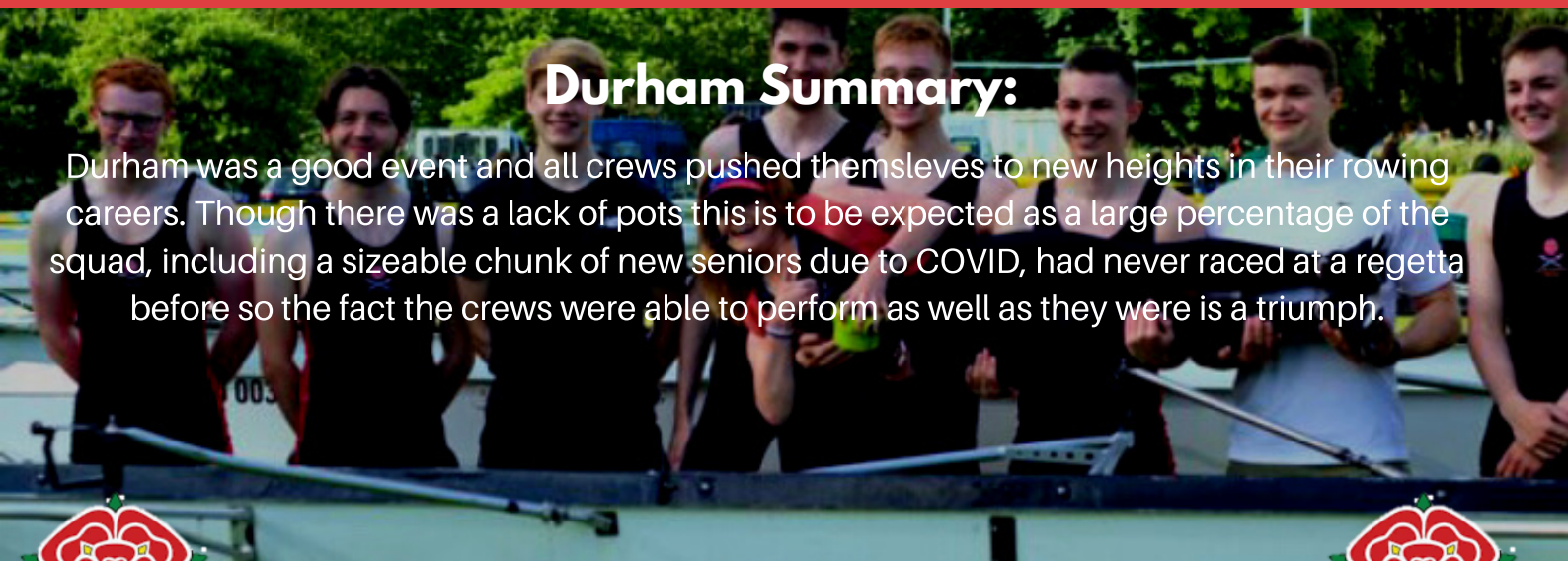
A Women's eight (intermediate).

3 Men's fours (two intermediate/ one beginner).

2 Women's fours (one intermediate/ one beginner).

Durham Summary:

Durham was a good event and all crews pushed themselves to new heights in their rowing careers. Though there was a lack of pots this is to be expected as a large percentage of the squad, including a sizeable chunk of new seniors due to COVID, had never raced at a regatta before so the fact the crews were able to perform as well as they were is a triumph.





Race Results

Lancaster Regatta Results :

2 Senior Men's 8+ (1st eight = 4:56) (2nd eight = 5:09)

1 Senior Women's 8+ (6:02)

1 Novice Men's 8+ (6:12)

1 Senior Men's 4- (5:25)

1 Senior Men's 4+ (5:24)

1 Senior Women's 2- (6:50)

1 Novice Women's 4+ (6:51)



Lancaster Regatta Summary:

While not a huge event, only between the local clubs (grammar school and JOG) and not formal due to the restrictions of COVID, Lancaster was still a good return to racing and was a great initial race for our novices to take part in. Like all involved, the relief to simply be back racing meant that results were not of a great concern to the club.





Upcoming Races:

**Dee Head (Chester) - 30th
October 2021**

**Head of the Lune (Lancaster) -
21st November 2021**

**Rutherford Head (Newcastle) -
27th November 2021**

**White Rose Head (York) - 4th
December 2021**


**That's all that is confirmed for now.
Evidently more will be confirmed later.**

**It is pretty safe to assume that we
shall go to BUCS, however there are
also possibilities of entering our top
crews for Head of the River and
Henley Qualifiers, or attempt to pre-
qualify for some boats.**





Thank You!!



Finally, from us at LUBC we would like to thank all of you for your continued support and commitment to the club and we look forward to carrying forward the legacy of the club and creating a better environment for current and past members.





LUBC

CASTRUM · ROWING · CLUB

£25 annually - for access to Alumni events only

£35 annually - for access to LUBC equipment only

£96 annually, paid in £8 monthly installments - access to Alumni Summer ball, events and LUBC equipment

£10 for one month - same privileges as annual membership but for a month

£7 for use of LUBC equipment for a single session

For information about getting a Castrum membership email alumni.lubc@gmail.com.

www.boatclub.lusu.co.uk



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