

Dates for the Diary

Please do come and support us around the rowing circuit!

Head of the River- Sunday 29th March (we have a marquee at Cygnet Rowing Club for the day to catch up with our alumni before the race- don't miss it!)

Roses Competition, York- Friday 24th April

Nottingham City Regatta- Saturday 16th May

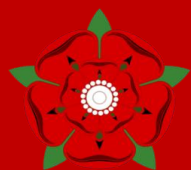
Hexham Regatta- Saturday 6th June

Durham Regatta- Saturday 13th – Sunday 14th June

Henley Royal Regatta Qualifiers- Thursday 26th June

Henley Royal Regatta- Wednesday 1st - Sunday 5th July

Congratulations to Adam Jackson for his new club record! He finished his 2k in a fantastic 6:13.3!



I AM LANCASTER

A huge thank you to the 2014-2015 boat captains who have ensured the continuing strength of the Novice Squad-

Novice Men's Captains- Rob Forster, Fred Greenfield, Mark Skellett, Joel Meadmore

Novice Women's Captains- Leah Carman, Amanda Bessant, Nona Jones

THE RED ROSE



STAY CONNECTED

To keep up to date with future newsletters, please fill in our contact sheet and hand it to any one of our members to ensure you receive next term's copy! If you cannot wait until then please feel free to visit our website for updates- <http://boatclub.lusu.co.uk/> or visit our facebook page- <https://www.facebook.com/lubc.rowing>

We would really like more of our alumni to get actively involved in LUBC once again. If you would like to come down for a weekend or even an afternoon to launch drive, do some coaching or simply come and watch training sessions, please email OUR NEW ALUMNI ADDRESS: alumni.lubc@gmail.com

FOLLOW US ON TWITTER:



@LancasterUniBC

If you would like to donate to the LUBC Alumni Coaching Fund, the details for donations are as follows:

**Lancaster University Boat Club,
Sort Code: 01-04-92, Account Number: 35717602**

THE RED ROSE



As usual, LUBC returned to a cold, wet and dark Lancaster in January 2015. With cancelled outings due to bad weather, grueling land training and the prospect of no racing for seven weeks, it's easy to see why rowing isn't a sport for everyone. But, despite the hardships faced at the beginning of this term circuit attendance, training completion and club numbers continue to stay strong.

The club made the decision that attending BUCS head wasn't going to be possible for 2015, due to the spiraling costs of coach hire as the nearest accommodation available; big enough to accommodate us was over 2 hours from the venue. Instead, the focus is on North of England Head, Runcorn and Head of the River Race.

Through the challenges, we have shown our resilience. Thanks to Ciro's penchant for high intensity, not only did more than 50% of the senior squad post 2k p.bs last week and have been tracking marked improvements in water times, but Adam Jackson posted a new club record, with a startling 6:13.3.

The struggle and hard work shown across the club to meet this goal has gelled the squads, and we look onward to our next great challenge, **Roses 2015**.

-Harry Tarrant, Club Captain

This term for LUBC has not been a quiet one. Aside from tough winter training (introducing the novices to the **Ashton Memorial Steps!**) and improvements in terms of fitness and technique, the club has fully entered into the spirit of fundraising, socializing and preparing for its 50th year anniversary celebrations.

Not stopping at the figure raised after the 24 hour row to Aiguebelette, members have organised a Tough Mudder sponsored event due to be completed this summer. An extreme obstacle course, this event will test the strength and endurance of 4 of our members determined to raise money for much needed equipment.

Finally, the preparations for our 50th anniversary celebrations have already begun. I am pleased to announce that on the 20th June 2015 we will be holding our annual regatta and ball to enjoy 50 years of the club. We hope to see you all there!

-Jane Hammond, Alumni Relations Officer



Congratulations to the new Exec!

A huge congratulations to the new Executive Committee who were elected by all members of LUBC in week 7 of this term. We wish you the best of luck for the coming year!

This does of course mean that LUBC has to say goodbye to its old Exec. Thank you for all your hard work over the past year and good luck to anyone leaving Lancaster in the summer.

Old Exec

Club Captain- Harry Tarrant
Men's Captain- Adam Jackson
Women's Captain- Victoria Robinson
Novice Men's Captain- Tom Millington
Novice Women's Captain- Eryn Wilkinson
Treasurer- Jaspreet Singh
Secretary- Lucy Shaw
Health and Safety Officer- Tim Mitchell
Equipment Officer- Joe Carthy/Rob Forster
Social Secretary- Richard Hamer
Alumni Relations Officer- Jane Hammond
Press and Publicity Officer- Matthew Fox
Events Secretary- Joseph Osborne

New Exec

Club Captain- Rob Forster
Men's Captain- Fred Greenfield
Women's Captain- Lucy Shaw
Novice Men's Captain- Matthew Fox
Novice Women's Captain- Leah Carman
Treasurer- Jaspreet Singh
Secretary- Eryn Wilkinson
Health and Safety Officer- Phil Baker
Equipment Officer- Sandy Lockett
Social Secretary- Harriet Quinn
Alumni Relations Officer- Laura Wilkinson
Press and Publicity Officer- Nona Jones
Events Secretary- Richard Hamer

Blast from the Past!

Tim Cape tells us about LUBC's first win over York at Roses in 1966- we will be taking tips for this year's competition!

I read in Wikipedia that the Roses Tournament with York University has now become the single "largest inter-university sports tournament in Europe." Is that true? Wow! The beginning, a boat race in matched clinker fours was really quite humble. When I came up a year after the start, we had already lost the first ever race and we were determined to exact revenge. We were allowed the use of a tub trainer and one of a pair of ageing clinker fours. I don't want to sound like the famous Monty Python sketch ("That were nowt. In my day we did'na even 'ave oars; ad to use our bare 'ands instead!) however, getting boated now in the age of plastics is probably easier and certainly less expensive than it was then. Gates were brass; sleeves and buttons were leather and had to be regularly greased with tallow.

Fortunately we found a patron and a saviour in Sir Harold Parkinson of Hornby Castle. Not only did he enable us to acquire Halton Station as a boathouse but he undertook the renovation and provided the funds for our initial purchases of boats and equipment. More than that he introduced us to the National Squad coach and selector, Doug Melvin, twice winner of both the Wingfields and the Scullers' Head, whom he had earlier helped to move down to the Tideway. The first thing that Doug did was to cut about an inch off each side of our huge spade blades. He then introduced us to interval training and "fartlek" over a marked 500 metre course above the viaduct...

Very soon there was a marked change in our performance and the first real proof that we were really beginning to move the boat came one cold January morning when I caught a monumental sized crab. The result was that the oar handle caught me in the midriff, neatly plucked me off my slide (I use to weigh 15 stone when fully fit - still do, it just slipped down a bit!) and deposited me over the rigger into the freezing River Lune. Much to the consternation of the others, instead of swimming to the bank, I clambered back in nearly turning the boat over in the process. However when we had all recovered from the shock we realised that this had only happened because of the speed we had begun to attain!



Come the day of the race, rowing from the army camp to John O'Gaunt, it was simply no contest and we were probably at least ten lengths clear of York at the finish. We were urged on by a large crowd cheering loudly on the river bank and a bevy of launches following the race - sort of like the other Boat Race only in micro! I even took a one pound bet that we would win from a bystander, which may have risked losing my amateur status. Still, I guess I can admit it now! At the time I was responsible for publicity and, egged on by our first captain, David Cooper, wrote a report of the race for the student newspaper, John O'Gauntlet. It began, "In a phenomenal display of power rowing, Lancaster all but nailed the pride of York to the bed of the Lune."! Yes, well.



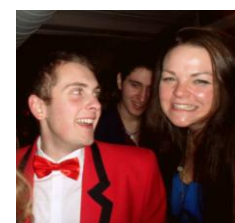
While the race was rowed in John O'Gaunt RC's matched clinker fours, on the day of the race we took delivery of our first club boat, a restricted carvel coxed four, which we named after the first Vice Chancellor, Charles F Carter. Does the club still have it? I doubt it; it would be nearly 50 years old. It served us very well and we used it later that summer racing against and beating crews in fine boats and winning junior-senior fours at Northwich. The truth is that while we were extremely fit and a generally quite heavy crew, our watermanship was still pretty rough and the boats restrictions probably gave us the extra stability we needed!

Socials of LUBC

Along with training hard, LUBC also likes to party hard. Socials this term have been some of the best seen in a long time. Alongside Sparta Night, Pyjama Party and the classic Bin Night, social sec Richard Hamer has introduced some new but sure to be repeated socials!



Week 4 of this term saw Assassination Week introduced into the fold, with each participant assigned a secret target. Water pistols and nerf guns made their debut on campus and around town to defeat other LUBC members. With 8 confirmed kills, Alice Jackson championed the week, but sure to be challenged next year when LUBC Assassination Week returns!



The Winter Ball as always was a great success, with the new LUBC blazers making their introductory statement in Revs and Dalton Rooms. The P.L.A.N.E (Pound Land And Nothing Else) Party put the club's creativity to the test challenging members to dress entirely out of items bought in Pound Land! Great social attendance each week ensures the close-knit nature of LUBC, and contributes towards stronger crew engagement and attitude on the water.

Row to Aiguebelette

Matthew Fox reports on LUBC's Row to Aiguebelette; thanks to all of you who donated!

On Tuesday 17th February, LUBC rowed 750km to the venue of the 2015 World Rowing Championships (Lac D'Aiguebelette, France) on two ergos. This achievement was a testament to the current depth of the squad; both Senior and Novice. The aim of this fundraiser was to finance essential safety equipment for the club – specifically a new launch engine. Over £1,850 was raised via the GoFundMe page. This doubled our initial target of £1000, meaning extra investment in other equipment, such as replacing worn out shoes, will now be possible!



Overall, LUBC did not just beat the 1:55.2/500m split required to make the distance in 24 hours; we thrashed it. A 1:52.7 was held for 23 hours and 38 minutes! Most impressive of all was the unprecedented levels of support from current members, friends and alumni. I would like to take this opportunity to thank all of those who made this possible!

Matthew Fox
Press and Publicity Officer