

LANCASTER UNIVERSITY BOAT CLUB

ALUMNI NEWSLETTER LENT TERM 2018

What a start we've made to 2018; We've made vast improvements in fitness and technique across the squads, retained more seniors than ever before and had success in many of the races that we've attended! We're all very excited for the coming term, kicking off with Roses but then following with many big races such as BUCS Regatta, Durham Regatta and who knows, maybe even Henley Royal!

We once again must thank all of our members of Castrum, without your donations I have no doubt that wouldn't have been as successful as we have been. Through a combination of your donations and friends funding we have been able to purchase a new coaching launch and the long needed replacement of the senior women's concept 2 blades, as well as a very kind donation of a new double/pair which we look forward to receiving and being able to row in the coming weeks. The club's future success relies on donations such as these, so on behalf of the whole club I would like to say thank you, we are all incredibly grateful to you for choosing to continue to donate your money to LUBC. We really couldn't do it without you!



Matt Watson
Club Captain
2018-19

Dates for your diary!

ROSES (at home) - Saturday 28th April

BUCS Regatta - 5th-7th May

Alumni Regatta and Summer Ball - 16th June



**Mary Merritt
Smith**

I first did WeHorr with LUBC in 2008. Ten years ago! I did it again a couple of weeks ago with Upper Thames Rowing Club. We finished 47th this time, going at rate 36 the whole way. We had hoped to come in the top 30 but considering it was a scratch crew and our cox box broke at the start, it wasn't so bad!

I was at Lancaster from 2007-11. I rowed at LUBC in 2007-8 and then my final year sculling at John O'Gaunt in 2010-11. I knew I wanted to row so I only looked at universities which a) had a boat club, and b) would let me do the precise degree I wanted to do – French and Music. Funnily enough nothing has changed. My main criteria when applying for jobs now is that there needs to be a decent rowing club nearby!

I had a fantastic time rowing at Lancaster – from surprising ourselves at the British Indoor Ergs by winning a silver medal behind Newcastle Uni in the team event, to getting the reputation for being the cheeriest racer on the Tideway at WeHorr 2008, with plenty of other brilliant times along the way.

Sadly that was it for me as I (quite literally) crashed out soon a few weeks later. Piece of advice for current LUBC rowers – don't run in the rain outside County Bar. Those paving slabs get really slippery and you end up with metal pins holding your elbow together and several broken ribs. Thinking of those cartoons when someone slips on a banana skin? Yeah. I'd like to point out at this point that it was all for a cup of tea and a bar of chocolate, no alcohol was involved.

In 2014, with a degree, a PGCE and a fully functioning elbow, I found my new job and joined Maidenhead Rowing Club for two years before moving to Upper Thames Rowing Club, in search of a club with higher aspirations for racing. Also, it's on the Henley Regatta course, which is very cool to row on every day.

I train 6 days a week, doing 1 or 2 sessions a day which I fit in around work. It's great, because however dreadful 6am weights or a 1 hour erg after work sounds, it is an excellent way to switch off and think about something else other than how to teach 13 year olds how to use the future tense. This year I'm doing crew boats but I spent the last year in my single, racing at Scullers Head, Nottingham, Met, Wallingford and Henley Women's Regatta, among others. I was proud that in my first serious regatta season, although I didn't win the big races, I came second a number of times behind GB trialists and other very experienced racers.

Club rowing has its frustrations, people have lives outside rowing so it's much harder to get regular crews on the water and also a severe lack of senior coaching outside



London, but this is more than balanced out by the community and amount of experience which you find. I spend my time training with a huge variety of people, some relatively new rowers

like me and others who are Olympic medallists, World Champions and anything else you can think of. The wealth of advice, encouragement and excellent stories is really special.

This year my goals are to achieve a 7 minute 2k erg, race at Henley Women's and possibly Henley Royal Qualifiers as well as the other main regattas along the way. It would be fantastic to see LUBC race at some of these – you should aim big!

Hopefully see you there.



mornings. It's been a gruelling but brilliant experience. It's tricky to balance with "normal" life but the friendships, dawn sunrises and shiny boat race medal make it worth it.

We had a nail-biting race in which Oxford took an early lead before we battled onto win by around half a boat length. The men's lightweight 8 also won, making Cambridge the overall winners of the lightweight races. The after party was pretty fun!

It was such a bitterly cold, snowy day that the races were moved to Dorney lake for safety. The Lancaster weather had prepped me well! I remember the Lune freezing in my first year at Lancs.

I learned to row at Lancaster, way back in 2011 or so. Met some of my best friends and long-suffering boyfriend in LUBC so can only hope it's still going as strong today. I saw some of your 8s race at Nottingham last year, was great to see so many red and black athletes from afar.

Good luck with it all

Debs"

It was brought to our attention by two of our alumni that Deborah Oakley, who learned to row at LUBC in 2011, had gained a seat in the Cambridge lightweight women's crew and would be competing in the boat race. We got in touch with Debs to wish her luck for the race and were thrilled to hear that her crew had won their race against Oxford!

"This is a very competitive race, but slightly different to the one that takes place in London. It's the exact same concept but comes with an added weight restriction of 59kg for women and typically takes place on the Henley regatta stretch. We train alongside the "open weight" athletes - twice most days for seven months, often getting up at 5am on dark winter

Special thanks to Alex Cowell and Katherine Windsor for telling us about Debs' success, we're always keen to hear about what those who started in the same place that we are now have gone on to achieve!



Once again we set up a few ergs in Alex Square and rowed through the night! Thank you to all those that supported the 24hour erg, the event was our most successful to date as we absolutely smashed our fundraising target raising over £2000 for Cancer Research UK.



COACH'S RUN DOWN

So here we are at the end of my second term.

With Roses and BUCS Regatta just around the corner, the excitement is beginning to mount. Crew selections are almost complete and sprint training is going ahead in earnest. The nights are getting lighter and the athletes will soon be turned out onto the water rather than training indoors. These signs of spring have helped cause something of a real buzz around the boathouse and everyone is looking forward to the forthcoming sprint season.

Our Easter Training Camp starts on April 9th as always, you are more than welcome to come and support, coach, drive the new launch or just spectate.

This term has presented its challenges with injuries and illness but those athletes that have picked up the odd sniffle or niggle have been very professional in managing their recovery and we are rapidly getting back to full strength squads. We want as many athletes racing in the regatta season as we can.

All of the athletes have benefited from a long hard winter training with many achieving a personal best on the erg's and then taking that onto the water.

A men's IV+ picked up a good win at Tyne United New Year's Head and also a strong 7th at BUCS Head which was held on the Tyne this year. Both of the Women's and Men's first VIII finished an expected middle order.

The Women's and Men's beginners, under Ken's excellent coaching and direction, are progressing very quickly and that bodes really well for the integration of squads which might

begin during the summer as we juggle attendances because of exams. I'm really looking forward to welcoming the beginners into the senior squad, there are some really good athletes and they will bring a renewed spirit of competition for seats.

We continue to manage equipment repairs as best we can. We take delivery of a 2x/- in the next few days which will help ease pressure on boats as we can then send out four more athletes in what will be the two pairs.

Finally, I get to say a huge thank you to the outgoing captains with whom I have worked hand in hand with.

Alex, Annabel and Hamish have been a tremendous source of support for me over these last six months and I know I couldn't not have implemented so much change in such a short period of time without their input and guidance.

I would also like to say how much I'm now looking forward to continuing our progress with Matt, Hannah and JJ. We still have a lot to do but if these few weeks since Hustings is anything to go by then we will continue to develop at pace both on and off the water.

This next year is going to be fantastic and I for one are looking forward to it.

Hold those knees down everyone!



SQUAD REPORTS

COX'S CAPTAIN - LEWIS HUZZARD



The end of last term brought the introduction of a new role within the exec: The Cox's Captain. This role entails the recruitment, development, and training of the coxes. It also holds a key advisory role in the selection of coxes for squads and races alongside squad captains and coaches as well as the maintenance of cox boxes and other coxing equipment. This term I have focused on developing training documents and plans ready for the developing coxes for the future of LUBC alongside coxing feedback. Now my focus has shifted towards direct feedback and coaching for the coxing squad and implementing the training plans to recruit new to recruit new coxes to the fold for this coming term.



SENIOR WOMAN'S CAPTAIN - HANNAH PENN

This term has been the big graft for the senior women with an increased intensity of performance training, however this has proven its benefits at races this term. The IV had a great row at Tyne United New Years Head coming 2nd, and the girls continued their success at BUCS head in the VIII finishing 23rd in a strong competitive category. Looking forward, interval training has begun both on the erg and in the boat in preparation for Roses and BUCS regatta. Those with injuries are rehabilitating and the squad is growing and will only get stronger from here. Having just been elected senior women's captain for 2018/19 I want to light that fire back in the girls to be the best rowers they can be and work towards a successful regatta season, whilst integrating the novice women to secure a strong squad for next year. There is huge potential in the women's squad and I feel very privileged to be their captain!



SENIOR MEN'S CAPTAIN - JAMES JOHNSTON

The senior men had a productive training camp which lead to a fast start to term 2. Training has diversified creating a senior and performance squad to allow LUBC's mens squad to compete successfully at a variety of races. This has lead to some exciting results with the 1st IV winning at Tyne New Years head early on in the term. This crew proved to enjoy racing on the Tyne with an impressive 13th place finish at BUCS head, leading to a real sense of hope for regatta season. Across the squad we have seen erg times falling with a recent 2k test seeing some impressive PB's by as much as 11 seconds! We now see ourselves firmly shift towards regatta season with our sights set on Roses and BUCS regatta. There is belief this year we will produce strong performances in both and continue the rise of LUBC. Finally, and most excitingly, we are aiming to send a IV to Henley for the first time in years, as the work of head coach Tim has lead to real optimism this crew can perform at the highest level!



NOVICE WOMAN'S CAPTAIN - IZZY JONES

The novice women this term have shown great potential, frequently performing well at races and pulling their weight when it comes to training.

Despite two girls leaving us this term, the women continue to push hard and aim high; although their luck has been down with two consecutive race cancellations, there is no doubt that they'll perform brilliantly at this year's Roses and rack in the points for Lancaster.

From the position of Novice Women's Captain, I've learned that the girls strive to succeed - they go above and beyond what is required of them and understand how important commitment is in this sport.

I'm greatly looking forward to training with the girls come integration as I'm sure that, together, we'll make one strong squad ready to take on any and every club.



NOVICE MEN'S CAPTAINS - OLLIE OLDFIELD AND NATHAN LINGHAM



Since returning from the Christmas break there has been vast improvements within the Novice Men's Squad! The commitment we have seen has continued to increase, putting us in good form for the upcoming Regatta season. Crews have been recently adjusted allowing greater focus upon their training whether that be the full attendance at 7am circuits, 6am outings on the Lune or 8am interval erg training.

In week 16 we sent our first crew to BUCS Head, which was a great racing experience for the men. Despite the unfortunate crabs that were caught, we still managed to place above York, putting us in good stead for Roses. We have continued to increase our training to new levels, with the focus of a clear victory at North of England in week 19.

With the intense Easter training camp rapidly approaching, the crews continue to improve and strive for success and we look forward to their strong performance at Roses, BUCS Regatta and beyond.

N&O



Stand out performances of the term:

Senior Men's Coxed Fours - 1st and 3rd at Tyne United New Year's Head

Novice Women - 7th out of 29 at BUCS Head in WB8+ category

Telling my parents when I started University, that I wanted to join the rowing team, you could say came as a shock. To say I'm not good at getting out of bed in a morning is an understatement, so amusement took to their faces when I announced I would be attending 7am circuits every Monday morning. But, I have to say that I couldn't have joined a better club and I only experience slight regret when I'm dragging my sorry self out of bed for a 6am outing. Training from the start was full on, but every single girl pushed and pushes themselves harder, each and every time they get on an erg and that has shown in our results this term. Carmen Crew had the pleasure to attend two races in Newcastle, Tyne United New Year's Head and BUCS Head, both of which we were over the moon with the results. Tyne United saw Carman crew race in an open category was the only novice crew and

Novice women:
Rebecca Tullett



managed to get faster times than Tees Rowing Club and St Mary's College Rowing Club, proving a successful first-time racing on the Tyne. Our second time in Newcastle this term saw Carman Crew place 7th out of the 29 boats in the division, getting a time of 11:00.5 for 3km on the choppy Tyne, a strong 45 seconds faster than the boys! It was such an honour to be part of Carmen Crew and do LUBC proud at a BUCS event. Unfortunately due to poor weather conditions, we were unable to send Carmen or Rees Crew to Runcorn or North of England but the whole squad is looking forward to whatever regatta seasons brings our way. Let's see what we can achieve!



CASTRUM

Standard £5 membership:

- Access to LUBC equipment and facilities

Premium £8 membership

- Access to LUBC equipment and facilities
- **Free** ticket to annual Alumni Regatta and Ball

Contact us on:

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www.boatclub.lusu.co.uk



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