

Blast from the Past!

Check out these photos from Tim Cape, the second ever club captain of LUBC!



[Left] Coxed four 1965-66; bow Mike O'Sullivan, 2 Ian Askin, 3 Tim Cape, stroke David Cooper, cox Chris Paynter. LUBC beat York UBC by about 10 lengths. Won J-S Fours at Northwich.



[Above] Same crew after the boat race with losers York in the foreground!



[Left] 1st 4+ 1966-67; bow Pat Sinnott, 2 Ian Askin, 3 Tim Cape, 4 Alan Bookless, cox David Goodwin. Won head of the Bridgewater.

Tideway Head 1967; bow Mike Crawford, 2 Rob Rose, 3 Bernard Thain, 4 Brian Denmark, 5 Tim Cape, 6 Ian Askin, 7 Pat Sinnott, 8 Alan Bookless. We were coached by Doug Melvin (twice winner of Wingfield Sculls and Scullers Head.) We borrowed an ancient clinker eight from St Mary's Hospital and overtook eight crews to be placed 84th overall. I can't believe any of the crews that finished above us were using clinker boats!



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 Jane at hammj015@gmail.com and we will sort something out for you!

FOLLOW US ON TWITTER:

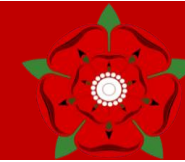


@LancasterUniBC

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



The first term of the year has seen the LUBC senior squad lay down much of the groundwork necessary for success at Roses and the summer regattas. Readjusting to early mornings and intense training has been a challenge for all, but a strong novice retention and a new club record at Fours head has ensured that the senior squad remains the largest and strongest it has been in recent years.

-Adam Jackson, Senior Men's Captain

With term 1 now drawing to a close, we look back on what's been a very busy period.

Starting with the seamless integration of last year's novices into a stacked senior squad of over 40 members, the club pulled together to recruit and welcome a giant group of beginners in fresher's week.

After some playing around with different options, LUBC recruited Ciro Prisco (former Italian National champion 2000-04 and 7th place at U23 world championships LM4- in 2003) as senior head coach. With Ciro's coaching and training plan, the club is on a fast track to great results.

In line with the event development objectives, LUBC hosted Salford University and Chester University in November for a novice orientated invitational head race. The event would not have been possible without the enormous team of volunteer LUBC members that lined the bank, circulated in launches and manned first aid points to ensure we passed H&S requirements. Beginners from all three clubs got their first taste of racing in a laid back environment, and became hungry for more.

All in all, the 100 strong army of LUBC has done us proud this term. Getting Ciro on board fills me with confidence that we can continue to grow in strength and numbers for some years to come.

-Harry Tarrant, Club Captain

Term 1 of this year has been very successful for our novices. After a huge number of 280 signed up at the Fresher's Fair, the novice squad numbers have settled to roughly 40 men and 25 women, all keen to train and race. All boats that raced were very happy with their achievements at the invitational Lune Autumn Head and Red Rose Head. Improvements throughout the whole squad are happening very quickly, helped along by our Novice Coach Alex King who is thoroughly invested in their progress.

-Eryn Wilkinson, Novice Women's Captain

LUBC- LUSU's Club of the Year 2014

The continuous effort put in by LUBC's members and in particular its Exec, was recognized and rewarded at the end of the summer term with LUSU naming LUBC its Club of the Year for 2014. Out of over 200 clubs registered with LUSU, this university-wide achievement is one we are continuing to celebrate. We were shortlisted from 20 nominations after Club Captain Harry's superb application highlighted our efforts with the wider community, our Alumni and our continued high membership despite the coaching crisis suffered last year.

As part of the criteria for the award LUSU stated that

"Nominees must be a group that has shown a clear commitment to their activity and developing their group; going above and beyond what is expected of a club."

Here at LUBC we are extremely proud of this achievement and we could not have done it without our external support. It is highly valuable and has not gone unnoticed! We do hope that you will continue to support us in the future, and we in turn will continue to build upon what many of you, as past members, once started.



Club Captain Harry Tarrant collecting the Club of the Year Award

Looking to the Future!

The appointment of Ciro Prisco as LUBC's head coach has noticeably energized the senior squads since his arrival. Several Italian national championship wins and a 7th place in the world championships have given Ciro the authority and expertise to help the club go far. In order to keep funding him as our head coach however, we are in need of support. LUSU at the moment are giving us enough money to fund his wages, but it is unrealistic to believe that this will continue in the future. If you would like to help us reach our goal of ensuring that Ciro will be able to continue to push LUBC to its full potential please consider setting up a monthly donation to the club. Any donations are really appreciated and we thank you for your continued support. The club would not be where it is today without it.

Alumni Regatta- June 2014

Rounding off our regatta season in June was the first LUBC Alumni Regatta, held on the River Lune. Attended by over 20 Alumni, the event was hugely popular both with current and past members.

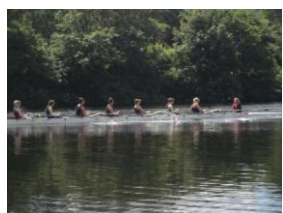
The weather holding out, those who had not come to row settled down to watch the LUBC and Alumni Men's 8+ battle it out on the Lune, the Alumni crossing the line first. The Women's 8+ then did the same, with the returning rowers, coxed by Bel Green, beating LUBC down the river.

Hugely entertaining, the Alumni Men's 4- and 2x raced LUBC's Men's 4+. The club finally held off the Alumni and managed to steal a victory.

Following the tiresome racing, all enjoyed a BBQ back at the boathouse, followed by some scratch crew racing in the afternoon. Current and past members rowed and coxed in the same crews, creating a great atmosphere in preparation for the evening...

Still not over, the day was rounded off with the returning Alumni joining us for our Summer Ball, the largest social event of the year! Held at Greaves Park Hotel, the evening was characterized by some fantastic speeches, great food and drink and an invaluable connection made between the club and its past members.

For those of you who could not make it, we will be hosting another event next summer in celebration of our 50th year anniversary. It is one not to be missed! LUBC are sure to be training hard to ensure our victory against returning members next year!



Keeping in touch with our Old Blades!

Sunday 26th October brought much excitement down to the boat house, with the return of members of 2003-2006 LUBC! Organized by Tobi Robinson, the stag do for Nigel Le Gassik came down in order to complete a capsized drill for Nigel.



Accompanied by former York University Boat Club President, Nigel was sent out onto the Lune, ordered to capsize and bring the boat back in...



A great day was had by all. For us, hearing stories of how certain boats came to be in our possession was great, whilst the alumni had the chance to catch up with us about plans for the coming year.

We would like to take this opportunity to congratulate Nigel Le Gassik and Felicity Carpenter (coxed at LUBC 2002-2006) on their marriage!

LUBC welcomes all stag dos, hen dos and parties.

Novice Squad



Grainger Crew during their first race

Eager to start racing, the Lune Autumn Head, organized by Joseph Osborne and team, was the perfect opportunity for the novices ready to show Salford and Chester universities all they had learnt. All crews came off satisfied with their performances and hungry for more racing!



Novice men competing at BUCS Indoors

After the fantastic effort put in by Tom Millington and Eryn Wilkinson, the novice intake at the start of term was one of the highest LUBC has seen, with 280 signing up during Fresher's Fair. Due to the hard work and dedication of Tom, Eryn and their team of Boat Captains, the novice squad has continued to remain strong, with 5 Men's 8+ and 4 Women's 8+ crews. The input of Novice Coach Alex King has been invaluable to the development of this early stage of their rowing, with weekly outings, coached ergs and a detailed training plan for those wishing to do extra training.

"Getting 8 people to move, breathe, row in complete harmony is one amazing experience!"

Julian Marin



Grainger Crew after their first race with cox Emma Wilkins and boat captain Leah Carman

"My first 10 weeks with LUBC has been great. It's been a lot of hard work with a lot of early mornings but I've enjoyed it thoroughly and am looking forward to continuing next term!"

Emily Godfrey

Some promising results from this term!

Dee Head, 1st November

Men's IM3 8+ won
Women's Senior 4+ placed 3rd

Fours Head, 1st November

Men's IM3 4+ placed in the top 200

Rutherford Head, 29th November

Men's IM2 4+(A) placed 3rd
Men's IM2 4+(B) placed 4th

BUCS Indoors



Coach Ciro helping the Senior Women's relay

BUCS Indoors, 22nd November

Men's Heavyweight 2k Adam Jackson placed 4th

Women's Heavyweight 2k Laura Langton placed 4th

Men's Novice 1k Jose Argudo placed 11th

Women's Novice 1k Helen Askwith placed 2nd, with Victoria Foy, Rose Mustard, Zoe Rees, Emily Godfrey and Gabby Maxfield all placing in the top 20