



LANCASTER UNIVERSITY  
**BOAT CLUB**  
ALUMNI NEWSLETTER  
SUMMER TERM 2017



Hi all, I hope you are all well!

Firstly, a massive thanks to all those who made it to the summer ball, I have only heard good things and I hope you enjoyed being back in Lancaster, especially those who took part in the alumni regatta – a very satisfying victory for the club for the first time in many years!

Both my exec and the last one worked very hard this year and the results showed massively. We had incredible success both in head and regatta season with top 100 at WEHoRR followed by several top 20 performances at BUCS Regatta and then wins at every regatta going forwards. It really has been a year full of pots and silverware for LUBC!

Looking forwards, we are currently searching for a new head coach for the senior squad in the hope that they can help us to improve even further. and can't wait to see where they can take us. If you know of someone who is interested in doing some coaching or would like to volunteer for the position, please do encourage them to get in contact with us! Over the summer period I'm looking at writing the next 5-year plan, succeeding that written by Stu Lyons. If you have any ideas or thoughts on where you would like to see the club going forward please let me know!

A final word about Castrum. I'm sure Shani has kept you well informed about its planned progression into a predominantly Alumni run Charity boat club for LUBC. However, if you have any questions or would like to sign up please do ask her for more info, it's becoming a really exciting venture for us.



Alex Brogan  
Club Captain, 2017-2018

## RESULTS



We have seen some absolutely fantastic results for the club this Regatta season and it is only a testament to the amount of time and effort that all of our club members have put in this year.

### Roses

Here the novices really had their chance to prove themselves and they did so in style, winning Novice Women's 8+ and the Mens 8+ and 4+. Sadly the seniors didn't fare quite as well and York took the overall win.

### BUCS Regatta

We attended BUCS on mass for the first time in club memory and once again our crews were proving just how strong the club has been this year, with all but one qualifying for a final.

### Nottingham City Regatta

Finally, all the hard work and the determination paid off for our senior women as they denoviced in style at Notts City Regatta.

### Tees

Just a week after the senior's our novice women also claimed victory at Tees Regatta. More pots and more senior rowers for LUBC

### Hexham

We saw the senior women once again dominate at Hexham with wins in the IM3 8+ and IM3 4+. Our novice men also won their category in a Lancaster Vs Lancaster final between the A and C boats, and after a difficult few weeks our Senior men also took home a win in the IM3 4+.



### Durham Regatta

The whole weekend saw some fantastic performances from all of our crews with the senior women winning the IM3 8+ and bringing home more points and pots! While Sunday's timetable gave everyone a chance to experience the new British Rowing points system that will come into effect next year.



# SQUAD REPORTS



## Novice Women's Squad

I am still amazed at this past year and how far the club has come since my own novice year back in 2014. Not only has there been huge senior success but, the level of novice rowing is the highest I have ever seen. Looking back at where we started with freshers fair, boathouse orientation, and those first wobbly outings on the water I still don't know how me and Brad managed it. To start the year with 400 + sign ups and eventually 6 Novice Women's crews (yes, 6) shows how much of a force LUBC has become. Without doubt watching all of these girls progress in their training and become athletes has been the most rewarding thing for me. Rowing isn't easy, nor is it relaxing; many nights as a captain were spent crying, worrying and ranting to an increasingly patient boyfriend. But my god was it worth it!



Zoe Rees  
Novice Women's Captain  
2016-2017

The LUBC Novice Squad have had a truly brilliant year with wins at Roses, Tees and Hexham Regattas and I have loved being a part of that. I am excited to see what else this little northern club can achieve and I believe Henley is a very real goal for those girls I have had the pleasure of coaching and captaining this year.



## Novice Men's Squad

My term as novice men's captain had a rocky start given no rowing on the water could take place. Picking roses crews almost completely blind was a task in itself and taking away a win in the novice four and a close 2<sup>nd</sup> in the 8 is an absolute credit to a great group of resilient guys who are still part of LUBC and went on to form the majority of the Senior Men's 8 this year. It was a great pleasure to see some of them de-novice at Tees and make the final of Hexham after four races and it was obvious then that this squad would go on to form the spine of the senior men.



Brad Cleary  
Novice Men's Captain  
2016-2017

After a summer of preparation, freshers fair and welcome week were a chance to show off to the entire student body what a close knit, professional and ambitious club we are. Having by far the best looking stall and the best looking people on the stall at freshers fair we had a record number of sign-ups at around 460, up from 260 the previous year. I have to thank all of the senior squad for this unbelievable effort to recruit the people that will shape our club for the next few years. A hectic few weeks followed with coached ergs, boathouse orientation and the first few water outings. Managing to get 96 people on the water every weekend for the first few weeks of term was a brilliant effort by our novice coach Ken, boat captains and anyone who volunteered themselves to coach, cox, launch drive, or sit in a boat and help out.

Looking back on the highlights from this year there are so many that make me nostalgic and very sad to be leaving Lancaster. Coxing the Novice Men's 8 to a win at Roses after 9 years without a win in that event and just missing out on a place in the BUCS Regatta semi-final by just 0.3 seconds were truly memorable experiences. But more than that, having to opportunity to work with a fantastic bunch of committed, hardworking, talented people that let their first year be taken over by a sport that can in no way be done half-hearted. I hope all of you can see why I was as pushy as I was and I can't wait to see some of you in the 2018 HoRR 8 no doubt.

A last thank you must go to Zoe Rees, my partner in crime throughout the year and the time she gave to the novice squad made my life so much easier. Zoe has set the Novice Women in unbelievable stead for next year, looking after a squad of 40 women while training in the senior women's squad 8 times a week is a feat which I wish upon no-one. But I know you loved every minute Zoe!

Thank you for all the memories, and of course I will be back soon.



# ALUMNI





## Alumni Regatta & Summer Ball

**Congratulations!**

...This year's award winners:

**Parkinson Trophy** - Leah Carman

**Presidents Cup** - Caty Marsden

**Russel Trophy** - Zoe Rees, Victoria Joy, Kate Fraser, Shani Mellor, Ida Mau, Caty Marsden, Annabel Johnson, Gabrielle Maxfield & Amelia Robinson

**Coxes Boater** - Brad Cleary

**Crab Blade** - Rochelle Knight

**Animal Award** - Richard Hamer

**Rower's Rower** - Zoe Rees & Richard Hamer

Thank you to all those who attended the Alumni Regatta & Summer Ball. We look forward to seeing you all next year!

**A big thank you must go out to our Alumni Stu Lyons, Joseph Osborne, Philip Rawcliffe, Jane Hammond, Harry Tarrant, Emma Wilkins, Chloe Willimont, Adam Jackson And Eryn Wilkinson for bidding £330 for the name of our new Empacher 4+. The boat will be named after our current Vice President 'Ken Baird' in recognition of his contribution to the club!**

## Coaching Support

**We are looking for a new coach, can you help?**

The departure of our senior coach, Adrian Lees, from the club means that we are in need of new coaching support! It is clear from the outstanding results this year that both Adrian and our Vice President Ken Baird's coaching has been hugely beneficial. They have both given up a huge amount of time to help in the progression of the club this year and we cannot thank them enough for that!

If you or someone you know is at all interested in helping to coach our senior squad next year then please do get in touch! Even if you are only able to commit to a few weekends in the year every little bit will really help.



# ORC

## CASTRUM · ROWING · CLUB

Membership:  
£8 per Month

Contact us on:  
[lubc.alumni@gmail.com](mailto:lubc.alumni@gmail.com)  
if you would like to know more



Free ticket to the annual Alumni Regatta and Ball

Access to LUBC equipment and facilities

[www.boatclub.lusu.co.uk](http://www.boatclub.lusu.co.uk)



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Alumni relations officer 2017: Shani Mellor