



W H A T A  
**YEAR**

*2018*  
Lancaster University  
Boat Club

## *Rutherford*

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## *White Rose Head*

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## *BUCS Head*

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7th Place for the Novice Women



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# *A Year In Pictures*

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## *Roses*

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First time winning in 9 years



## *Durham Regatta*

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Women's VIII won Sat & won Sun  
Women's IV+ won Sun

## *Henley Royal Regatta*

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First time qualifying in over 50 years



## *Metropolitan Regatta*

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Men's IV won





## *What a year!*

*Dee Head Women's VIII won.  
Tyne United Head Men's IV+ won  
BUCS Head Highest place was 7th by the  
Women's Beginner VIII's  
Roses Varsity Won (first time for 9 years)  
BUCS Regatta Highest place was  
Intermediate Men's IV+, 7th in the time trial,  
10th overall.  
Northwich Regatta Men's IV+ won  
Metropolitan Regatta Tier 3. Men's IV+ won  
Hexham Regatta Women's VIII won  
Lancaster Regatta Men's IV+ won  
Durham Regatta Women's VIII won Sat & won  
Sun Women's IV+ won Sun  
Henley Royal Regatta Qualified, lost on  
Wednesday by 1 length. Men's IV+*

Apologies if I've missed anything.

I met Bel for the first time last November. We stood in the boat house and like all good Presidents she wanted to know what was going to happen to her beloved LUBC and asked me what were my goals for the club for the forth coming year.

I don't know why but I was slightly taken aback by this, I had expected the question but when it came I realised that I was going to have to vocalise my thoughts for the very first time.

My response was that we would win Roses, get a top ten at BUCS Regatta and qualify for Henley. I had spent a huge amount of time thinking about the targets and whether they were realistic or not and this was the first time I was actually saying them out load.

Bel, on the other hand was very excited and extremely pleased that I had such high ambitions and immediately offered her support, support which has proved invaluable to me throughout the year, so a personal thank you to you Bel.

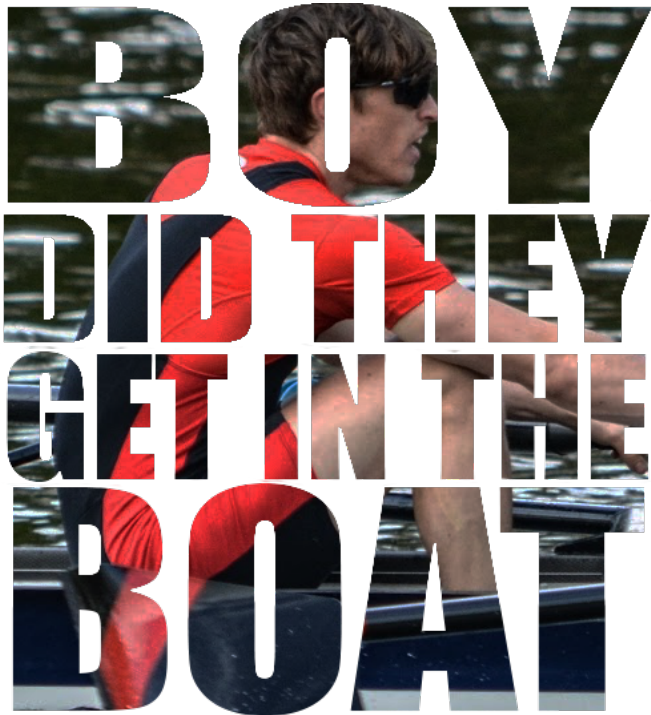
I also have to say thank you to Alex Brogan, Annabel Johnson and Hamish Rae all of whom took a huge leap of faith for me. And to Matt Watson, Hannah Penn & James Johnson for letting me carry on when they took over the captaincies.



*Coach's  
Rundown*

The reason I was so apprehensive when talking to Bel was because I was about to commit the club to a program that it hadn't experienced before, it was very much uncharted territory and at that point, I just didn't know if I was going to take the athletes with me on this little adventure or not.

I needn't have worried because the key to this year being so successful has to lie with those athletes. As the old adage goes, you can take a horse to water but you can't make it get in the boat; and



They fully embraced the program and worked really hard to see it through and consequently many of them reaped the rewards of their hard work.

Those rewards are not just about the wins, the backstories to this year are equally as impressive.

The Roses Varsity was incredibly important, it went beyond the pride of the university and I have never experienced pressure like it.

We had to win. Failure was not an option. We had to win so that the athletes would understand from first-hand experience that races aren't won by a good performance, they are won by good preparation.

If we had lost then the program, my program, had failed. Six months of planning, hard work and commitment by everyone connected to the boat club would have come to nothing.

After the first division we were down. The Men's IV+ were incredibly unlucky as the umpire overturned his original decision and awarded York the race.

The Men's Beginner VIII was also unlucky with a bit of a boat stopper just under the aqueduct when they were ahead. (I suspect we've all been there!)

It was the Women's IV+ that kept us in touch and then the Women's VIII that gave us the platform for the Men's VIII to rock up and grab all the glory.

At BUCS Regatta the Men's IV+ had a blistering time trial. They turned a few heads that day. It was their semi-final when we learnt a couple of significant lessons. Our start sequence wasn't aggressive enough and we left ourselves too much to do but our second 1000m was incredibly quick and we only missed out on an A final by 3 feet.

When you look at our list of wins you will see we had a number of Men's IV+ wins. Some of these were not with the 1<sup>st</sup> IV+ but in fact from several different combinations and includes athletes who had only been rowing for a few months.

At Metropolitan, the IV+ was a length and half down at 1250m to Galway. Although we had worked on the start we still tended to be behind but this was expected and accounted for. As all of the coaches were cycling down the course I'm screaming like a mad thing when the Galway coach turned to me and asked if I really thought our boys would win, I replied that of course they would, at which point I rode off as the boys hit the afterburners and left Galway in their wake!

The clubs most impressive collective performance was at Durham.

Pretty much the whole club was there.

By the end of the week end we had a win rate of 64%, winning 11 races out of a possible 17.

Yet again, the women were imperious.

Every female athlete that raced that week end won, a few of them winning three times as they took three out of four senior women's events, only losing the final of the fourth by a half a length.





The sweetest moment of all was in the final of the VIII on Sunday when we were racing Yarm School. For some of our athletes, it was the eighth race of the day and you could see they were pretty tired. It was a pretty even race, we were just over half way and were down by about four feet. Amelia, the cox briefly looked across and, with typical Amelia passion, said to the crew "if you really want this, you have to go now". We then witnessed a turn of speed that LUBC is becoming famous for and they just took off, winning by about a quarter of a length.

We were fitter, stronger and had more desire than the opposition and in many ways that race encapsulates everything that we had been trying to do all year.

Clearly, qualifying for Henley is the biggest achievement in club history.

Very emotional for everyone.

The boys were phenomenal.

They had been all year; committed, dedicated, diligent and professional. Although, it wasn't all sunshine and roses, we had a few dodgy moments but they had huge determination and always managed to get themselves back on track.

Their performance in the qualifying time trial was immense.

They managed to take quite some distance out of the two boats in front but at the same time lost ground to the crew behind. The draw was such that out of 25 crews at qualifying, there were only 5 spots available and I think it is fair to say, we didn't think we had done enough. If you haven't seen it yet, you need to watch the video when they announce the qualifiers!

The time to race day passed slowly made worse by having to race so late in the day on Wednesday but come the race, I know they gave it everything. At the time, we were disappointed and looking back I can see where we can make improvements but, in the end, Matt Watson, Hamish Rae, Luke Mullen, Aaron Cherry and Tabby Palmer have gone down in LUBC history.

A tough act to follow but follow it we must, follow it we will.





# Roses 2018



We had to hire a boat for Henley as our old Stampfli just isn't up to the job, nor will it be next year.

In all honesty our fleet is in pretty bad shape. We have two good VIII's, two reasonable training pairs and a decent 70Kg IV+. We need two top level racing IV+'s and a good second IV+, this is just to stand still and before we start to even

talk about the beginner's boats.

I started 12 months ago, I promised that I would do my best for LUBC and for me that is about the athletes having fun, rowing well and giving a good account of themselves and of Lancaster University Boat Club and

***I don't think there is any doubt that we have achieved everything we set out to do.***



Beyond the Program, we still have work to do to get the full recognition that LUBC deserves; we're barely recognised by the University and we're still viewed with some disdain in the wider rowing world but with the continued commitment of athletes and your generous support, maybe even with some support from the university, we will get there, we will continue to gain success.

I for one am really looking forward to the continuing challenge.

And I'm looking forward to meeting you at the forthcoming Balls and Alumni Regatta, the two boys from the 1<sup>st</sup> VI+ who have now left are not allowed to race.....!!

LAU 808

*SIMS RACING*

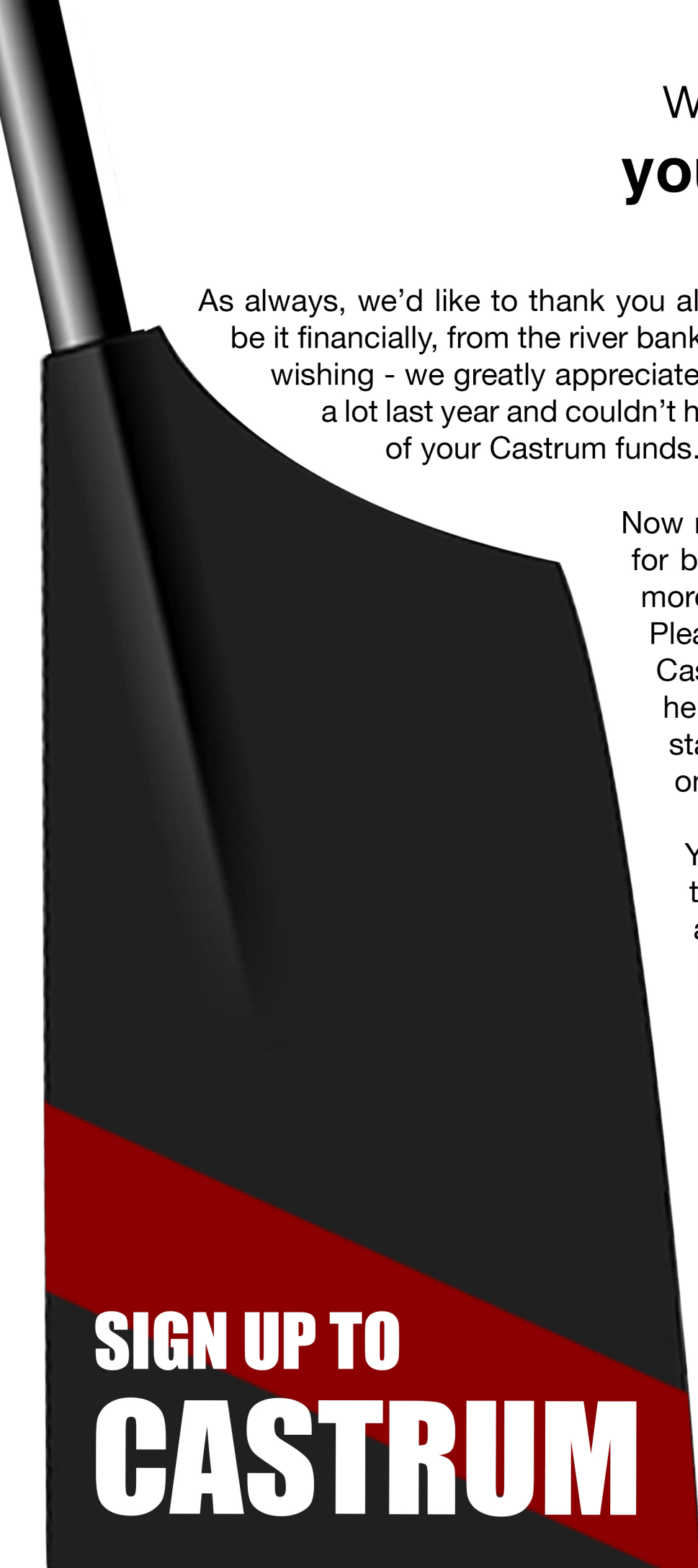
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*Should any of you wish to contact me directly and I would be really happy for you to do so, my email is [lubcheadcoach@googlemail.com](mailto:lubcheadcoach@googlemail.com)*

**Keep  
tapping it  
along.**

**COACH.**





while we've got  
**your attention...**

As always, we'd like to thank you all for your continued support be it financially, from the river bank or simply a message of well wishing - we greatly appreciate it. As a squad, we achieved a lot last year and couldn't have done so without the help of your Castrum funds.

Now more than ever we're aiming for big things and we need even more support to achieve this. Please consider signing up to a Castrum membership today to help put us back on that Henley start line, and put LUBC back on the map.

Your money will no longer go to the central LUBC bank account but instead to a separate Castrum account where it can gather and be spent on the important things, like growing our rather outdated fleet. This means your money won't be spent on little repairs or engine fuel, but instead on the big things, the things that will really make a long term difference to our club. I hope that you consider helping us to achieve our goals.

Thank you.

**SIGN UP TO  
CASTRUM**

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# CASTRUM

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## **Standard membership £5**

- Access to LUBC equipment and facilities

## **Premium membership £8**

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

## **Contact us on:**

[lubc.alumni@gmail.com](mailto:lubc.alumni@gmail.com)

if you would like to know more

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



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Alumni relations officer 2018/19: Lucy Wilson