



LUBC Michaelmas term Newsletter



**September 2021 -
January 2022**



Squad Updates




Ben Hussey - Club Captain

It's been a great start to the year already, we produced some great results at Dee Head and Head of the Lune, although unfortunately Rutherford head was cancelled. We also performed well at Tyne New Year's Head and it is definitely shaping up to be a fantastic year for LUBC. Thanks to some incredibly generous donations from the alumni, we are now in a position where we are looking to purchase a new top men's four for the club, as well as a new novice eight to replace the ancient Sims. I'd like to thank you all for your continued support and hopefully will see many of you this summer at the Alumni Ball.

Squad Updates

Chris Roberts - Senior Mens Captain



Michaelmas term is one marked by new beginnings and fresh starts. Fittingly, we have freshers week, welcoming fresh faces to LUBC, a training camp to test the freshness of our legs after the summer holidays and fresh crew combinations. This year, we've had the delight of welcoming some sterling lads to the squad. Novices keen to try their hand in the big boy boats have been a shining example of what it means to fully embrace the training programme, and we've had some particularly impressive sub-18:30 5ks off the back of this. Really excited to see how they'll progress over the duration of this academic year, continuing to raise the bar of our squad's fitness. We've had some experienced rowers join too including the addition of a "massive oarsman" with a split to match, and a "Canadian rookie" adding some North American zest to the crews. It's been remarkable how quickly all recent senior recruits have slotted straight into our boats, hopped into a rigorous training program and most important of all, embodied what it means to be a Senior Man. It's a great pleasure to have them in the squad, in racing crews, and occasionally booging away with their Captain on a social. Additionally, last term brought with it some great success. Rutherford was a good first race of the year, with crews coming off the water thinking "that was decent". An early win by the second 8+ with medals "chinking" all the way back to Lancaster carried momentum into the rest of the term, throughout countless cancelled outings as the 2nd wettest city in the UK lived up to its name. Despite this, Head of the Lune saw some tremendous results, the Hudson dethroning the KOM set up Liverpool which had a particularly fast stream in 2018. A win in the 4+ too framed the term with a string of rowing successes in amongst countless cancelled races.

Squad Updates



Josie Llewellyn - Senior Women's Captain

We started this academic year with a large senior women's squad, with a handful of women moving up from novices, a couple of new ladies and a large retention from last year. The training camp had a good turn out and as the term progressed the new squad members fitted in wonderfully. After a long summer the goal was to rebuild our strength and fitness, which looking at our erg scores we certainly achieved, showing huge differences from the start of the to the end. Our first race of the head season was in week three at Dee Head. For this we sent an 8+ who worked together to secure a win, starting the term on a high and providing motivation to keep working hard. The next race come in week 6 on our home turf at Head of the Lune. Sadly we had no wins today, but we did have a massive turn out, entertaining an 8+, a 4- and three 4+s! Sadly the last race of the term, Rutherford Head, got cancelled so we did not get the chance to show off the improvements we had made over the term. But nevertheless our improvement on and off the water was self evident. Since coming back this term the squads progress has been coming along in leaps and bounds, with the women having a really positive attitude towards whole squad improvement. Hopefully we will see some good results this term based on this strong start to the term.

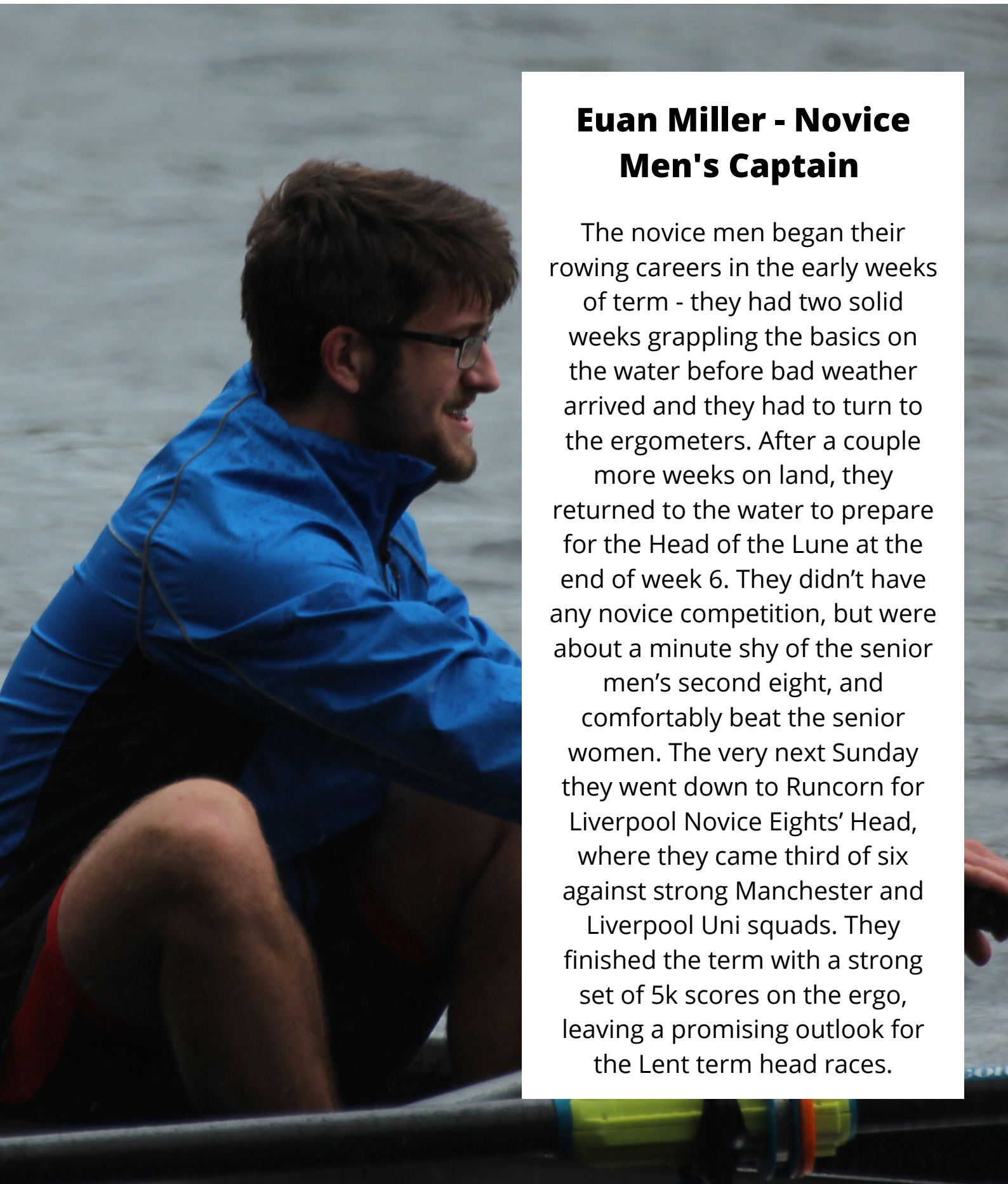
Squad Updates



Megan Dyke - Coxes' Captain

We have started this academic year very strongly with 3 new coxes joining our squad and were trained up during our pre-season training camp. They are all coming along really well and had a successful first race at our own Head of the Lune. Special mention to Niamh for winning in the senior men's four after struggling with some equipment issues! At the start of this new year we have had another two coxes join us and are currently undergoing their training as we look forward to a busy term of races! One of the challenges with the coxing squad has always been a lack of us, we are very in demand! We now look ahead to the first race on the Tyne on the 22nd of January and then moving on to bigger challenges on the tideway at the end of March. There is lots of exciting things to come with this squad and I can't wait to crack on!

Squad Updates



Euan Miller - Novice Men's Captain

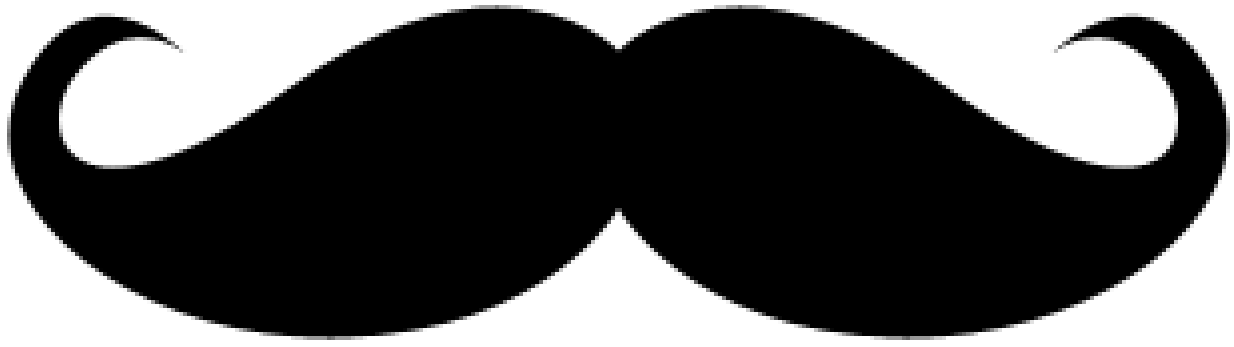
The novice men began their rowing careers in the early weeks of term - they had two solid weeks grappling the basics on the water before bad weather arrived and they had to turn to the ergometers. After a couple more weeks on land, they returned to the water to prepare for the Head of the Lune at the end of week 6. They didn't have any novice competition, but were about a minute shy of the senior men's second eight, and comfortably beat the senior women. The very next Sunday they went down to Runcorn for Liverpool Novice Eights' Head, where they came third of six against strong Manchester and Liverpool Uni squads. They finished the term with a strong set of 5k scores on the ergo, leaving a promising outlook for the Lent term head races.

Squad Updates

Georgia Rattigan - Novice Women's Captain

LUBC had a great intake into the novice women squad this year. They quickly settled into the club, attending outings, ergs, circuits and of course socials. With technical improvements made every outing and every erg, they got to grips with rowing quickly allowing an VIII to compete at their first race, Head of the Lune. The crew had a very strong race and were buzzing with excitement. With lots of support from the rest of the squad from the banks, everyone had a great day. Soon after we got to send two eights to Liverpool Novice Head. After competing in heavy snow and low temperatures, the women placed 3rd and 4th - a brilliant first away race. The remainder of the term was spent perfecting technique and introducing the squad to their first 5k test. Everyone completed them with great times and although tired, proud of themselves and eager to improve. I am excited to see more from the squad, with Tyne New Years Head, BUCS Head and the opportunity to start rowing in IVs in term 2. They have such strong potential and commitment, it is always a pleasure to coach the squad and watch them excel.





LUBC Movember Effort



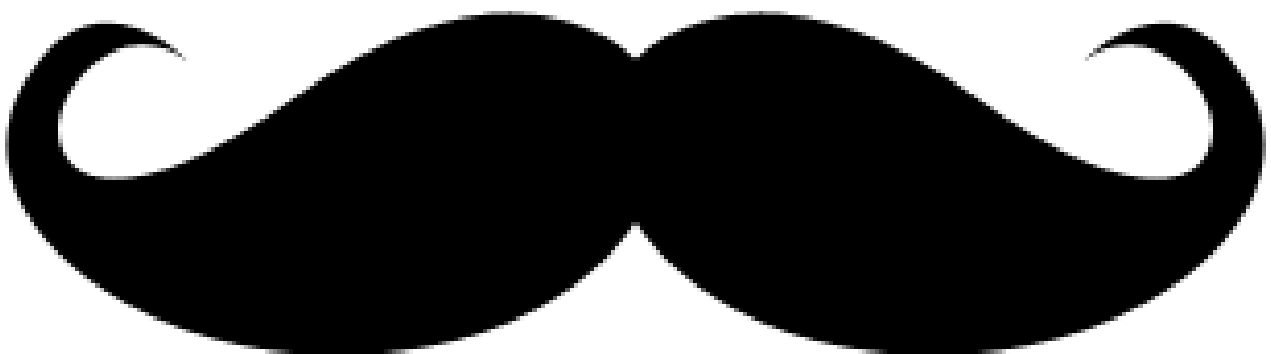
Mathew Picken - Press and publicity officer

One week into December and we're happy to say that the final amount we raised for Movember was £675, beating our £500 target.

Our senior mens captain who was the leader of this years fundraising put it best with 'The spirit of LUBC is best captured when its squads band together. Whether it's the "YEAH LANCASTER" from a bank at a race, those brutal training sessions that turn white roses red, or amazing charity causes such as Movember. I'm honoured to be a part of this fantastic community. A massive well done to those who countered the bitter Northern weather with an "upper lip warmer", those who fundraised and all who rallied in support.'

Well done to everyone who took part in the fundraising this year, and don't forget that although highlighted through November, mens mental health is an all year issue, just like any one's mental health is, and we should all strive to keep the conversation going and offering as much support as we can.

**In total LUBC raised £675 in out
Movember Campaign**



Race Wins

Dee Head:

Op8+ (b3)

W8+ (b2)

Head of
the Lune:

Op8+

Op4+

Tyne New

Years:

Op8+ (b2)

W4+



LUBC FUNDRAISER

24 Hour Erg

1st-2nd February 11am-11am
Alexandra Square

2 Erg's
700km
Rowing to Henley and back



PAPYRUS

PREVENTION OF YOUNG SUICIDE

All money is split equally between Papyrus and LUBC as a registered charity



Though the erg is now completed I put this in because donations can still be given on the LUBC socials for another week.

Thank You

A photograph of four young men sitting inside a large, light-colored tent. They are smiling and looking towards the camera. The tent is set up on a grassy area. Various camping supplies are visible around them, including a box for a portable gas stove, several boxes of instant noodle soup (like 'Wild Cats' and 'alpr'), and other food items. The text 'Finally, from us at LUBC we would like to thank all of you for your continued support and commitment to the club and we look forward to carrying forward the legacy of the club and creating a better environment for current and past members.' is overlaid in white on the image.

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LUBC

CASTRUM · ROWING · CLUB

£25 annually - for access to Alumni events only

£35 annually - for access to LUBC equipment only

£96 annually, paid in £8 monthly installments - access to Alumni Summer ball, events and LUBC equipment

£10 for one month - same privileges as annual membership but for a month

£7 for use of LUBC equipment for a single session

For information about getting a Castrum membership email alumni.lubc@gmail.com.

www.boatclub.lusu.co.uk



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