

# RUBC Newsletter

Issue 7 – December 2016

It has been an excellent first term at RUBC, with an exciting group of incoming freshers along with a strong batch of returning seniors. Our novices have gone from strength to strength this term culminating in another very successful Head of the Fry to match the successes had by the senior squads at 4s head and brit champs.

## RUBC thrives on the tideway

After excellent performances at brit champs and trials the final test on the water for RUBC was the fearsome 4s head raced over the championship course. This year RUBC took 6 quads to take on the four and quarter mile long course from mortlake to Putney. All crews were entered into IM1 4x which proved to be an exceptionally well contested events with lots of tight racing and plenty of overtaking. On the mens side our crews positioned 3<sup>rd</sup>, 10<sup>th</sup> and 23<sup>rd</sup> out the 49 strong category, with the A crew of Simon Williamson, Rob McPherson, Olly Dix and Frank Hamilton placing 15<sup>th</sup> overall, the best result from an all student crew in nearly 10 years! For the girls our crews finishing in 4<sup>th</sup>, 11<sup>th</sup> and 13<sup>th</sup> with the A crew of Lucy Ryan, Meg Park, Lou Grove and Anna Smart placing 6<sup>th</sup> out of all womens crews. This put a fantastic end to our on the water endeavors after a wonderful year of water performances for the club.



## Winners of University Shield at Brit Champs

The first major test of the winter term came at the British championships where 3 mens quads and 2 womens crews took on the new challenge of the university shield. Strong performances across the board allowed RUBC to come away with both university shields with both mens and womens A crews finishing 10<sup>th</sup> overall. The B crews also put in solid performances having pushed the A crews hard in training to finish 15<sup>th</sup> and 14<sup>th</sup> overall. The mens



C crew went on to finish a very credible 2<sup>nd</sup> in the E final with 3 freshers on board and returning novice Chris OB. This gave all involved valuable race experience and fantastic start to the new season. Hopefully this provided everyone with a good basis to start the year and m has provided some motivation to find that extra speed before the major challenges of the spring and summer terms!

## Novices enjoy Head of the Fry!

Saturday December 3<sup>rd</sup> brought about our second annual "Head of the Fry" competition for our novice scullers. The course involves pushing off, two 180 degree turns and safely landing as well as sculling the 900m all against the clock. For many of our novices this was their first venture in a single and as a result for some this didn't end too well. Notable highlights were Vincent Moulton and Sophie Bullock for their unplanned swims. The overall winners of the coveted Head of the Fry trophy were Ben Nurse and Alicia Pears. Many congratulations to you both. Well done to all novices who took part with such enthusiasm!



## Trials and BUCS indoors

This year we took a strong group of athletes to GB trials and our athletes did not disappoint with encouraging performances across the board. Notable performances came from Mens captain Olly Dix coming in at 5<sup>th</sup> U23 sculler. Lucy Ryan and Rob McPherson also put in very strong performances across both days of testing in boston. The rest of the squads took to the erg at BUCS indoors with many PBs broken and the novices first race.

## Winter Term Results



### Reading Small Boats Head

Wins in: IM1 4x, NOV 4x, WIM1 4x and WIM3 4x

### Brit Champs

Mens Open 4x- 10<sup>th</sup>, 15<sup>th</sup> and 26<sup>th</sup>.  
Womens Open 4x- 10<sup>th</sup> and 14<sup>th</sup>  
Both Mens and Womens A won the University shield

### GB Trials

M1x: 14<sup>th</sup>, 26<sup>th</sup> & 40<sup>th</sup>  
LM1x: 25<sup>th</sup>, 29<sup>th</sup>, 43<sup>rd</sup> & 59<sup>th</sup>  
W1x: 34<sup>th</sup> & 42<sup>nd</sup>  
LW1x: 27<sup>th</sup>

### 4s Head

IM1 4x- 3<sup>rd</sup>, 10<sup>th</sup> and 23<sup>rd</sup>.  
WIM 4x- 4<sup>th</sup>, 11<sup>th</sup> and 13<sup>th</sup>.  
Mens A 15<sup>th</sup> overall  
Womens A 6<sup>th</sup> womens crew



## Captain's Reports

### Olly Dix - Men's Captain



Our considerably young men's squad is looking to attack the university scene this year. We started by taking 3 quads were taken to Brit champs for our first set of racing for the season. The B quad had been pushing the A for weeks during training but strong performances over the weekend saw the A finish 10<sup>th</sup> overall and take home the university pennant while the B quad finished 3<sup>rd</sup> in the C final and 5<sup>th</sup> fastest university quad. The C quad made up of 3 freshers and our top novice from last year showed promising signs for the season ahead. Plenty of time in singles followed as we prepared for trials. Our men's captain, Olly Dix, stepped on from last year to finish as the 5<sup>th</sup> U23. Fresher Luke Reiser also showed promise at his first trials finishing in the top 15. With a strong lightweight contingent in the

squad this year, competition is high. Fresher Rob McPherson laid a marker down finishing as the top RUBC lightweight and 11<sup>th</sup> U23. Franklin Hamilton also accompanied Rob in the top 15 U23's finishing just 2 seconds behind.

Rob's performance forced a change of quads from Brit champs as he stepped up into the A quad for Fours Head. It seemed to be the right decision too as the A quad finished 15<sup>th</sup> overall and 2<sup>nd</sup> university quad (again). The B quad just missed out on finishing inside the top 50.

More internal testing towards the end of term meant the lads got the opportunity to put down some markers as to where they are in the squad. Special mention to Chris Dove (better known as Stan) for showing his trials result wasn't a fair representation of his boat speed.

We held BUCS indoors this year again and filled the entry list too. PB's were everywhere and showed again how good the squads form is. Special mentions to Franklin Hamilton who got the monkey off his back and broke 6:30 and Sam Palmer who continued to impress with his ergo work alongside his sculling progress.

Our men's squad athlete of the term goes to Nikolas Gavrias who showed his intent on wanting to improve. His daily pull up routine was still grabbing everybody's attention even as term came to its end. The standard set we all hope to emulate next term.

We are all looking forward to going back to Reading and bashing out some big boy 5k's and preparing for BUCS Head and Trials.

### Poppy Durkan - Women's Captain



After a restful summer, the girl's squad have come back and hit the ground running, kicking off the 2016/17 season incredibly well! Training has been going very well for the squad, which has carried over to the results produced this term. Our returners have been joined by the fresher girls who have taken to university like ducks to water, and are a big part of our successes this term! The season started out at Reading Small Boats head, a first chance for the fresher to wear RUBC colours, and a chance for returners to get a taste of racing again! We came away with the fastest womens crew of the day, and some really strong performances in singles. This then led us on to Brit Champs, where we took 2 quads, with the A boat racing exceptionally well to make it into the A/B

semis, and the B boat very close behind and just missing out, putting them in the C/D semis, showing the depth of the squad. The B boat raced well in the C final coming 2<sup>nd</sup>, and the A boat finished strongly in 4<sup>th</sup> place in the B final, and coming away with the University Pennant!

Trials followed, and a large contingent from the womens squad travelled up to Boston, with many girls trialling for the first time! The girls performed brilliantly, and after a shaky start on the ergs for some the day before, there were great results on the water the next day, with Lucy Ryan finishing as the 10<sup>th</sup> U23, an incredible performance for a first year! We came back together into big boats for Fours Head, and we entered 3 boats into the very competitive IM1 4X- event, with the A boat putting on a great performance to finish 4<sup>th</sup>, our best result in recent years! The B boat and C boat finished 11<sup>th</sup> and 13<sup>th</sup> respectively, a fantastic result for the squad, showing our hard work is paying off.

We have finished this term with BUCS indoors, which saw many of the girls producing big PBs, and others putting down strong markers for the first 2k of the season. Special mentions go to Anna Smart, Amy Fuller and Lou Grove, who after being disappointed with their 2k results at trials, came back fighting two weeks later to improve their scores! Finally, our Womens Squad athlete of the term goes to Alicia Mixer, who has impressed everyone with her dedication to training this term, and has shown her drive to improve. This has been paying off, with PBs being laid down in the gym, on the ergo and impressive results on the water!

This years squad is a group of very hard working girls, who im sure are all very exciting to get back to Reading and prepare for BUCS head up in Newcastle!