



## Welcome to the pre-Christmas read you knew you wanted.

From the philosophy of life and how to find a job having pulled a blade, through to the rise of the UBBC women and a Palaeolithic coach, this edition has the lot. The Club is to be congratulated on their achievements and competitiveness

It is a settling in period for the (newish) Vice Chancellor and an increasing realisation that a complete education and preparation for life after academia includes sport. Ask the question of where the fondest memories lie and the longest lessons learnt, more often than not the boat house will feature. Perhaps you could share these for the next edition?

There is no getting away from Henley Royal Regatta as a focus for heartbreak and heroics and so it is right that we laud the 1991 crew. Champagne in the boat tents was a memorable highlight of HRR 2016 - along with those umpiring moments.

You can look forward to some stellar UBBC crews in the 2017 season and if you can't make it to Regatta then the expensive but brilliant streamed coverage is unbeatable. 165 foreign crews raced there this year, it will be more next together with a potential new enclosure on the other side of the river. The bar raises.

May your stockings be filled with whatever you deserve..

Happy Christmas

Chris Hartley



## The Flower of Bristol

The Lychnis Chalcedonica has been associated with the city and people of Bristol since the 1600's. The dye this vivid little flower produced amazed contemporary commentators more used to the comparatively drab hues on offer by our native flora. Thereafter the rich red cloth produced in Bristol was daubed 'Nonesuch Red', a abbreviation of the early modern phrase 'there be nonesuch [nothing] like it' that to the modern ear can be best summed up as 'without equal'. Fittingly it was 'Nonesuch Red' that the young Bristol university chose as the colour for it's academic hoods and 'Nonesuch' was the name given to one of UBBC's very first racing shells. To this day the colour remains a key ingredient to our Boat Club and University's identity, and the flower can be found growing wild in areas of the Avon Gorge.

When UBBC's Alumni first began racing in the late 00's Nonesuch BC was the racing name adopted (Concorde 'go supersonic or explode' BC being a close runner up). As we move forward to further strengthen our ties with and support for the current club there can be no more fitting symbol for UBBC's Alumni than the Nonesuch Flower, an emblem of enterprise, brilliance and Bristol.





## Outgoing Captain's Message

Nearly writing off a Hudson 8, receiving a number of parking/speeding tickets for DEZ, and being brought in for questioning by the police regarding an egg fight were just a few things I hadn't anticipated having to deal with when I was elected as Club Captain last year.

The year began with a search for a new full-time Head Coach. 15 applicants and a day of interviews later, we had our newest fresher, Cam Kennedy. Along with our fresh new Head Coach, we had a relatively fresh committee, with only 3 of us having been on the committee previously. The hard work of the previous committees and Gordon had set us up with a brand new boathouse, some shiny new boats and now a full-time Head Coach. The successes of this year and years to come would not be possible without the foundations laid by those who have led the club before us. Thanks to this, this year gave us a number of notable successes on the water.

Despite the logistical challenge of getting 76 athletes to Newcastle and back for BUCS Head, we came away with a handful of medals and BUCS points for our Lightweight Women's four, quad and our Championship Men's four too. Our Women's squad went on to produce the best WEHARR results in 12 years and despite UWE choosing to remain absent from this year's entire head race season to prepare for Varsity, we won 3-1.

The summer also gave us some great results, with our Senior Women's 1st VIII qualifying 5th in Academic 8s, only being knocked out by the event favourites Nottingham Uni. The Senior Men's 1st VIII pre-qualified for the Temple Challenge Cup (having beaten Molesey BC in the IM1 final at Reading!), only to be knocked out by the University of London's 'A' crew on Wednesday.

All of these successes would not have been possible without the hard work and long-term commitment off the water of a lot of people. Particularly deserving of a special mention are Morgan Gray, Cam Kennedy, Jen Cocke, Kate Tomes, Ed Bloomfield and Ben Moule. Without you, the club would have encountered some huge challenges. I hope you enjoy wearing your new blazers.

UBBC is very fortunate that we're not a club just for men, or a club just for women, or a club for only experienced



athletes, like many other rowing clubs and other sports at Bristol. It has been amazing to see everyone getting behind the value of this, whether it was the whole senior squad running 500m alongside the BUCS Beginner Women's 1x final, or the senior women de-rigging the senior men's boats after a race, or the men rushing from their final at Marlow Regatta to shout support at Henley Women's. We're all here to support everyone who wears the maroon and black quarters - and that's certainly something to be proud of.

UBBC has been a huge part of my time at uni and I'm now looking forward to continuing my support as part of the alumni. I'm very happy to leave the club in the safe hands of Alex Heslop and the 16/17 committee and I'm confident they will do a fantastic job.

Thanks again for all the support and best of luck to everyone for the future.

Tom Clark  
Club Captain 2015-2016



## State of the Union Address

It's been a busy year since Mr Trevett passed the University of Bristol Boat Club baton and I would like to thank all the alumni and friends who have welcomed me to the club, continuing their involvement and contact with the club. There have been plenty of challenges but there is an increasing recognition from the University of the important role of sport in the lives of Bristol students and I am optimistic that those challenges can be met with time.

The season was a significant one, with the key development of reaching parity between the numbers of men and women in the club. On the women's side we had four women's 8+'s competing in the women's eights head with two crews in the top 100 for the first time, and the first top 50 result in 13 years. We saw our first lightweight women's 8+ compete at BUCS (unfortunately a malfunctioning rigger sabotaged their medal chances), won IM2 8+'s at the Reading regatta and (somewhat unexpectedly, but pleasingly) came 5th overall at Henley Women's regatta in the Academic 8+! All this while managing to disappoint their local rivals at the Varsity regatta! These girls were on fire, led from the front by their Captain Kate Tomes who was exceptional in her commitment to the squad's development. The alumni generously rewarded these women with a donation allowing the purchase of new 8+ oars for the top girls boat, making a significant performance impact for the summer racing season.

But their success highlighted limitations in the resources available to our female athletes. We have one flag-ship hull for the women's squad, a lovely Filippi 4+ (Sam Rutley), perhaps reflecting the proportionally lower numbers involved in

the past, but fortunately the boat club demographics are changing and I unashamedly ask for as much support from alumni and friends to help update our fleet and equipment to the level of resources required for these hardworking women to compete beside the best Universities in the country.

The men have progressed well in the past season, without the 'big ergs' needed for HW male glory in the UK, the focus was on rowing well, racing hard and rowing beyond themselves and we had a healthy mix of success and frustration. We came back from a disappointment at the men's Eights head with a medal in the BUCS head race in Newcastle, learning hard lessons in their BUCS 8+ semifinal but coming together to win their B final in cracking form and seeing some promising racing from the lightweight men through the year. But the

summer racing saw the men hit their stride with some exciting racing at the Met Regatta that prepared them for an IM1 8+ win at the Reading Regatta by overcoming a storming Molesey crew in a nail biter. This was the racing the mens squad needed and they were rewarded with pre-qualification in the Temple for Henley Royal Regatta. It's also hard not to mention one of the highlights when the men humbled some very confident local opposition at the Varsity regatta, a sign of things to come.

Organisationally the goals for the year were simple, to put structures in place encouraging the growth of the club performance to train our current athletes well, and set up a programme attractive to school leavers. For the past season this focussed on the Senior Men and Women, with the goal of instilling a club-wide training culture and consolidating a







## Incoming Captain's Message

Olympic year always brings a host of keen new freshlings to the water, and this year was no exception. Following the freshers fair and online sign ups, 482 presented themselves to our novice captains and coaches for the new "Learn to Row" course. After Freshers' week, life evaluations and a particularly nasty circuits session courtesy of James Foster, 130 remained to take to the water. A variety of sessions to introduce rowing, erging and all that goes with it were capably provided by the new Novice coaching team. 4 weeks later, trials are about to commence for selections to the Novice squads.

Slightly further along the path, a group of seniors are about to take on a set of trials of their own. Coach Kennedy has been cracking the whip over the summer months, resulting in UBBC sending one of its largest cohorts of recent years to the GB U23 trials, with 5 singles and a 2-taking on the challenge. Backed up by strong results at Britchamps in the men's and women's 8+ and small boats, UBBC is looking to make an assault on the usual top 6 institutions of British university rowing. On the topic, it was great to see 13 Bristol rowers from various generations tearing it down the Brit Champs course in a very close C final of



shared technical model across the squads. How have we done? It's difficult to express in numbers, but obvious to me and the Assistant coach Ed Bloomfield when we arrived for preseason training 3 weeks prior to this academic year. In stark contrast to this time last year, we have seniors who are ready to train rather than learning how to row. We (the coaches) are delighted to have regular access to an air-conditioned studio in the main gym for our erg training as a squad with 16 ergs ready to go for crew training. The rowers do struggle to get as excited about ergs as we coaches do but we don't let it dampen our spirits. This season we have strong momentum from the past 12 months, clear performance goals outlined for the various members within the squads, we are introducing some exciting changes to the novice program and we have a quorum of dedicated men and women with some serious aspirations for performance. Important progress is being made and it remains a very exciting time for the club.

I would also like to thank a few key people for the season gone including Ed the crew whisperer, an excellent coach and huge asset to the club, the squad captains Morgan Gray and Kate Tomes who had much asked of them and were immense contributors to the club. Thanks to those alumni who are continuing to engage in helping the club develop, whether coaching crews or rallying donations. And a big thank you to the unflappable leader Tom Clark, who led the club through an important transitional year with such strong and capable leadership. I was humbled to have been awarded my Bristol club blazer at a small post-season ceremony in Henley this year. I believe it was for proving my commitment and value to the club, via the consumption of chocolate cake in the Bristolean/Palaeolithic way and I will wear it with pride.

Cam Kennedy  
Head Coach

Open 8+, congrats to Mark Roberts and his Kingston crew for the win!

Our women's squad have bolstered their numbers with the addition of a few strong school girls, a sprinkling of ex-novice power, and added fire from last year's HWR campaign, and will be hoping to make an attempt at the title of the Academic 8s. We are very keen to be completing the project for a new Women's 8+ racing shell for them to compete in, which would be a massive bonus to the squad.

Similar stories are taking place in the men's squad, and top boat expectations are raised once again after HRR prequalification in the summer, despite the cruel draw bringing them up against a certain collection of 16 well-funded colleges. Developing talent has been a key part of Bristol's heritage, and there is a huge group of talented individuals racing hard for the top seats, making the development crews increasingly competitive.

It's great to see the alumni network growing, and having the Nonesuch women compiling a squad for the first time is great to see. We're looking forward to seeing you all at Head Race (and more importantly, the ball!)

Alex Heslop  
Club Captain

## Interview with Lucy Primmer

**When were you at Bristol?**

2011-2015

**What did you study?**

Chemistry

**Why did you join the boat club?**

I rowed as a junior but wanted to experience rowing at University level.

**What were your initial impressions?**

Initially shocked by the training load, but I wanted the challenge. The boathouse too was slightly more basic than expected.

**Can you tell us a highlight of your time with UBBC?**

Banyoles camp of 2015. The location was fantastic and we made so much progress. Also having a paid women's coach [Tony Larkman] for the 2014-2015 academic year; the squad made so much progress and there was a brilliant vibe.

**And what about any low-points?**

Not having a boat house for an entire year was a challenge, especially during the winter months. Boating from a field was a constant drain on moral, but once it arrived the new facility was fantastic.

**What have you been up to in the past year? (rowing-wise)**

Training full time on the Molesey BC high performance programme.

**And how have you been filling the time off the water?**

Heading up the junior coaching team at Twickenham RC.

**What shocked/surprised you about the programme?**

The mileage per week - went from 60ish km p/week to 100+ km p/week

**What achievement are you most proud of this year?**

Qualifying for the Remenham at HRR. Never dreamt that I would qualify for an international level event within 1 year of full time training. The time trial was the hardest thing I've ever done in my life. We knew there were only 3 places and to get one we'd have to go big. I only saw black for the last 2 minutes of that time trial!

**Was there any moment that was particularly testing? (did you ever doubt yourself)**

Fell and twisted my knee in the first week of May. Could not walk properly and was in severe pain. We left for Easter camp and Ghent regatta 3 days later. Got through this with a lot of ibuprofen and had a suspected ACL tear. Through stacks of conditioning I made it through seat racing and onto the Henley regattas in the summer.

**Do you see yourself doing more of the same this coming year? (or are you done with rowing?)**

This year I am taking it up a level and attending my first GB senior trails.

Hopefully they will go well!

**If you could give advice to a younger version of yourself (when you first started rowing), what would you say?**

Get out in a single/pair as much as possible. It is so much harder, but in the long run, you will thank yourself.



**Looking back at where you were when you started this journey, where did you think it was going to lead you?**

I thought that I'd end up being a good club rower and win a few summer regattas. Tonk Larkman (women's coach of 2014-2015) encouraged me to join Molesey and to strive for higher heights. Without his encouragement I would never have got this far so quickly. Now, I'm aiming towards getting a GB vest, so hopefully this will come true.

**Finally, have you had any involvement with Nonesuch BC? What do you make of it?**

Had some involvement with Nonesuch BC, but with being a full time athlete, one cannot always get to events. The rowing events I have taken part in have been really fun and am looking forward to the events this year.





## Interview with Chris Heywood & George Stewart

### When were you at Bristol?

[Chris] I was at Bristol 2012 - 2015, rowing for all 3 years during G's final years and the first year of the new boat house.

[George] and I was amt Bristol from 2013 to 2015.

### What did you study?

[Chris] I studied Mathematics,

[George] Mechanical Engineering.

### Why did you join the boat club and what were your initial impressions?

[Chris] I signed up at fresher's fair, after a few weeks of umming and erring I took the plunge next thing I know UBBC has taken over my life. In the depths of winter in the first year I often wondered how it was possible for a boat house to be colder inside than out?

[George] When I first turned up a year later the boat house had been demolished but still hadn't been built. We were storing everything in a container and in all weather getting changed outside so I was a bit taken aback; that said the boats were still nicer than my previous club so it wasn't all bad!

### Can you tell us a highlight of your time with UBBC?

[Chris] All of Gordon's stories, anecdotes and analogies for everything in life. One fond memory is when G hypnotised the



whole crew before Varsity, unfortunately being from New Zealand he read the instructions upside down. This had several unintended side effects including but not limited to drooling and excessive consumption of alcohol that night.

[George] For me it was getting second place in champ singles at BUCS regatta. By that time I'd de-camped to Molesey but I raced in Quarters.

### What have you been up to in the past year?

[Chris] I have been predominantly rowing for Molesey. After many hours of training we got the opportunity to race in the Thames Challenge Cup at Henley Royal Regatta, our focus for the whole year. In the week coming up to Henley we found our stride, rowing with confidence and relaxation. SO relaxed in fact the crew broke out singing 'Teenage Dirtbag' (by Wheatus, classic Lounge tune) on the start line! Each day that followed we choose a different cheesy pop classic song to disturb our opposition on the start line (Queen and Blink 182 both featured). Fellow UBBC Alumnus George Stewart behind me in the 5 seat felt particularly at home.

The cherry on top was going to the U23 Worlds Championships, I represented GB in the coxed four along with 4 Brookes boys. Unfortunately we didn't walk away with a medal but had some of the best and closest races I have ever experienced, I couldn't have asked for anything more from my crew mates.

[George] Like Chris I've spent the year rowing for Molesey and trialling for GB U23's. We raced together at HRR, and all the major summer regattas culminating with HRR. Switching straight back to sculling after so much time in a sweep boat my assault on the final stages of the U23 trials process didn't go so well.

### Apart from all the rowing how have the two of you been filling your time?

[Chris] On the playground (of a local school) was where I spent most of my days, chillin' out relaxin' acting all cool, playing a bit of basketball (and tutoring maths).

[George] I haven't diversified into any new sports but have been cramming in as much work as I could to fund all the rowing.

### What shocked/surprised you about the programme? (I'm assuming normal clubs don't row 40k and do kiwi circuits on Saturday mornings)

[Chris] I actually wonder if G worked me hard enough. At Molesey I discovered a second gear I'd not had before, but perhaps that was a consequence of (a little more) maturity, as an athlete at any rate.

[George] What stuck me bout the Molesey program was it involved a lot less testing. We only had 2 or 3 2Ks a year compared to doing it every week in the summer. Also my coach had a specific way of preparing for erg tests which I liked, actually built up to a test instead of doing them until one went right!

### Was there any moment that was particularly testing? (did you ever doubt yourself)

[Chris] Two weeks before Henley our boat got snapped in half and our stroke man got injured and could no longer race at Henley. Just when we had started our own version of the Nonesuch Curve\*, however the power of the curve is unstoppable; 2 weeks later we had stepped on yet again enjoying more speed than we could have previously comprehended.

\*A startling increase in form, normally a week or two before HRR.

[George] I found the boat damage particularly hard to bear. Such upheaval a week and a half out from Henley was a real blow to all our morale. It's not easy conjuring up the right spec of Empacher at such short notice either!

### Do you see yourself doing more of the same this coming year, or are you done with rowing?

[Chris] No I have (unfortunately) joined the real world and got a job.\*

[George] I am trialling again but this year will most likely be my last.

\*A few weeks ago, Chris was spotted at Britchamps racing for UL with two other UBBC Alumni.

### Looking back at where you were when you started this journey, where did you think it was going to lead you?

[Chris] I can honestly say I never pictured ending up where I have and being as successful as I have been, this last year has been amazing but would not have been possible without the foundation provided by and passion for the sport instilled in me at Bristol. Now I have "completed" rowing, I want to apply the 'drive' and 'determination' it took to train at a high performance level in a business context.

### Finally, have you had any involvement with Nonesuch BC? What do you make of it?

[Chris] I have not yet had the honour of rowing for Nonesuch, however as "I" said in "my official" Henley Royal Regatta post victory interview, "I look forward to representing the Flower in an assault on the Grand Challenge Cup in the very near future".

[The Editor] George has purchased a Nonesuch Gamex so watch this space...





## Winning Henley: a metaphor for life?

Whenever I interview someone for a job, no matter whether a CEO or an office junior, I first look at the 'Interests' section of their CV, and form a pretty clear picture of what they're all about. How? Because their interests usually tell you a lot about their 'motivation', 'dedication', 'team working'... and a host of other skills. (By the way, at this point I would like to say to anyone who is writing a CV: do not include anything about 'reading', 'running' or 'seeing friends' you'll go straight into the bin).

Of course, sport isn't the only place to find these transferrable skills, but it's a decent place to look. And on one summer's afternoon in Oxfordshire 25 years ago, nine people enjoyed the culmination of a nine month experience that was a pretty good metaphor for life: we achieved our outrageous goal of winning the Henley Prize (now known as the Temple Challenge Cup) at Henley Royal Regatta: the first, and still only :-), crew from the University of Bristol Boat Club to ever win at HRR.

Ok, I know... we were lucky: that particular event was only created the previous year, and was fattened with Oxbridge college crews, full of 'Binkies' and 'Hugos' who had oh-so-nearly won their College bumps. Also, rowing wasn't the sport it is now: I mean, you wander around the Enclosures at Henley these days, and it's like walking through a bamboo forest, with all those lanky youths wafting around.

But were we really all that lucky? We were at a lowly West Country university, with crappy facilities, second-rate equipment (I won't forget those bendy wooden oars, when everyone else had carbon blades), no local coach, no GB junior superstars and, frankly, a talent pool so shallow we definitely didn't need wellies.

And, you can only beat what's in front of you (or behind you, I guess). Our results spoke for themselves: we were never beaten (apart from by the Canadian World - and soon to be Olympic - champions who beat us to the Barrier by a length in a training piece... oh, and we lost on my wedding day, with my wife subbing in for Fred, but that's another story). As well as being unbeaten, we had the fastest time of the day at all the big summer regattas, and achieved some pretty decent scalps, like an



Oxford/ Isis composite 8, and the best of the University crews including the Thames Cup finalists. We didn't beat these guys once. We did it several times. What is more, our three feet victory in the Henley final was enjoyed into a headwind on the Berkshire station. And just to make things that little bit more challenging, Fred caught a boat-stopper, caused by a massive wash that came through the booms (well, that's his excuse anyway).

Frankly, we had to do it the hard way.

So why did it happen, and what did we learn that has helped us in life? Well, I've identified twelve things:

### 1. Clear goals

An obvious starting point, but so true. OK, so rowing is easy from that point of view there's a clearly defined annual calendar. But you must focus on what you want and believe... see number 2.

### 2. Underlying self-belief

As Malc and I enjoyed a beer in the Competitors' enclosure on Henley Friday the previous year, we made a pledge: next year we'll win Henley. I made the same statement at the start of the 1990-91 season, and not one of this group ever questioned or doubted it even once. The cynics and non-believers soon fell out of the squad, which left us with a small, core group of winners.

### 3. Persistence

We put a pretty good 4- together in the Head season. But four other guys and a cox refused to accept being in the 'second boat' and were so fast they made sure the 4- want to be part of a bigger

crew. They epitomised our never-give-up attitude.

### 4. A team greater than the sum of the parts

Our success was as unexpected as Leicester winning the Premier League: and whilst most of us aren't quite as rich, we're probably just as proud. For me, the 'Reading circuits' we chose to do before every outing became a representation of our unity as a team. We weren't all close friends, but we had a close bond, and now these guys are now like brothers (and a sister).

### 5. Ownership and accountability

Our paucity of resources, meant spending most weekends throughout the season travelling the country, seeking out decent stretches of water, coaches and competition. No one told us to do it, no one made us do it. We made a collective decision and just got on with it.

### 6. A feedback culture

Our daft-as-a-brush Henley-based coach, Phil, was our tenth man, but the distance meant we spent as much of our time self-coaching as being coached. So we developed a culture of constructive criticism and feedback. And when we were lucky enough to have the input of others... we lapped it up and took every opportunity to learn and improve.

### 7. No nonsense

We all messed things up more than most. But we all recognised the positive intent and accepted each other we even put up with Ging's persistent 'light-housing' from the 3 seat. No politics or BS amongst this lot.

### 8. Innovation

We tried anything that might help (remember the Plyometrics boys?) We would go out in a raging storm to make the most of the opportunity of doing pieces in bad weather, to toughen us up. We were receptive and open to new ideas, and had no preconceptions.

### 9. No excuses

Broken down minibus? Go through old UBBC photos to identify some rich, middle-aged alumni and make an audacious plea for donations. Bendy wooden oars? Scour the country for a decent set of second hand blades to buy from Leander. No one to test us in the West Country? Arrange for the men's GB quad to be our training partners. We had plenty of resourcefulness and no excuses.

### 10. Underdog spirit

We had belief, but weren't cocky. This was a crew with humility. I will never forget Fred's spontaneous, unbridled whoop of joy in the minibus, on the way back from our first big scalp of the season. We were never complacent.

### 11. Diversity

Ok, apart from all being white middle class males, mainly from minor public schools in Oxfordshire, we were pretty diverse, from a rowing perspective. As in life, our diversity of thinking (and technique) gave us strength.

### 12. Courage

Some produce their best on the day, and some fluff their lines. We always delivered under pressure... there was never a soft stroke: the racing focus was impenetrable.

So how do I sum up what I've learned?

If you create the right environment, people will achieve their potential.

What do I mean by that? You don't have to tell or coerce, or even excessively incentivise people. If the environment is right, the people will do the rest. For me this is the secret to success.

Now that's what I've learned. To follow is some nonsense from the rest of them... and I promise there was no conferring:

### Fred (Str)

'By taking feedback and working hard to improve, I earned my place and together we were awesome. Do something amazing and no one can take it away from you. Ever!'

### Coops (7)

'Focus less on the result or goal of winning and more on the journey and the process. I think most success is born out of failure, a bounce back from our darkest hours after learning what went wrong and how that learning can be used to help us develop'.

### Malc (6)

'When you're a winner once, you can be a winner again and again. Until you grow up and enter the workplace. But at least you have the memories'.

'Sigh'. I had to give him another go...

'It's never as fun or rewarding when things are handed to you on a plate'.

That's a bit better.

### Paul (5)

'Great moments are born from great opportunity. The coming together of nine individuals of varying rowing experience and natural talent led to our remarkable season. The memories of that season together with the confidence it gave me will live with me forever. Everybody has the will to win. It's having the will to prepare to win that matters'.

### Ging (3)

'To rely on reputation is complacent... outstanding teamwork can deliver performance in excess of your wildest dreams. And at that age some of my dreams were quite wild I can tell you'.

I'm not sure if he wanted me to include that second bit.

### Space (2)

'I learned how to benefit from others pulling me along: something that's stood me in good stead ever since. But I'm the only one of the crew who went on to make the semi-final of the Silver Goblets, win "Fifteen to One", and be a massive YouTube hit on "Britain's Got Talent"'.

### Timmy G (Bow)

'There's nothing like the feeling of being part of a team that is in the zone, and one can draw upon all the complexity of things that have to gel in order to get that to happen throughout life - in different ways, at different times and in different situations'.

### Rach (Cox):

'The amazing power of a team that works together is far greater than the sum of the parts. Oh and you have to take risks and embrace opportunity'.

And that, my friends, is that.

On behalf of the rest of the crew, I'd just like to thank all of those who came along to the reunion at HRR 2016. Your presence made a bunch of balding old farts feel very humble and appreciative. See you all at HRR 2041.

Piers Robinson  
UBBC Captain, 1990-91









## UoB Boat Club set their sights on GB places

Published on November 1, 2016 by Grace Youell re-printed by the kind permission of UoB's Student Newspaper, Epigram'

The university's boat club is going from strength to strength and Sports Reporter Grace Youell went to meet five of the club's most committed members who are hoping to make a splash at GB trials this weekend.

We spot them in their gym kit after their morning training sessions on the way to our 9am lectures. Some of us may watch them at Henley Regatta. But for the individuals that make up the University of Bristol Boat Club, including the five going to GB trials this weekend, rowing is so much more than the daily training. It is a way of life.

### The Stars

The boat club is one of the largest and most successful sports clubs at the university. It has four squads and for the first time is running a 'Learn to Row' course, providing the opportunity for over 100 students to learn to row at university. The club organises a number of successful events throughout the year, including the popular Head Race in December, and has an impressive alumni network.



Learn to Row outing number 2, novice men milking the conditions

Alex Heslop, Club Captain and senior open weight rower, explains why the commitment of the members is key for club success. 'Our members are very committed. We get people who are really keen to make the best out of the club and this means we are very much a committee led group. The committee input is what drives performances and last year our performances peaked'.

'It has been a long time since we had those kind of wins, the senior men won at Reading Regatta and we beat some of the top clubs in the country, and the women also won that day. The women's performances are going from strength to strength.'

The lovely pair of women's lightweight rowers, Phoebe Beer and Nicola Haynes, are two clear examples. They were both promising athletes in their respective sports before coming to Bristol and picked up rowing in their first year.

### I didn't really enjoy the training and I just kept going because my friends kept going

'The year before university I was in America on a golf scholarship', Haynes recalls. 'I was supposed to do a degree out there but at the end of one year I had had enough of it all, I came back and picked the closest thing to golf – which was apparently rowing!' Beer, on the other hand, played football and athletics to regional level. The duo quickly became star rowers of the boat club and have contributed to the women's successes.



One of the two female lightweight rowers going to GB trials, Phoebe Beer (nearest to the front) rowing as part of the Women's Eight in Varsity this year

Joseph Harper, a third year studying Chemistry, picked up rowing only 14 months ago. 'We spotted Joe at the Welcome Fair last year', captain Heslop remembers. 'We did some anthropometric testing, he was pretty good and was keen for it as well which helps.'

Once a national swimmer, Harper took to training with ease. 'Because I started as a novice, the training was progressive and it started light. It was kind of a shock to me that it wasn't harder at first but obviously now it's really hard. That many hours of swimming was something I missed from swimming, so I wanted to get back into a sport where I was training again properly every day or twice a day. Now I really enjoy it.'



congratulations to Joe Harper who is invited to GB sculling camp in August! (Photo: Bristol boat house)

Heslop, himself new to rowing when he came to university, laughs as he recounts his sporting achievements before his time at Bristol. 'I didn't do any proper sport before I came to university so I found it quite hard to start off with, I didn't really enjoy the training and I just kept going because my friends kept going. Then I started to actually enjoy it a bit more as the year progressed and I got fitter.'

Callum Gathercole, senior lightweight rower and a legendary character in the boat club, chuckles as he remembers Alex in his first year. 'He was so keen. He always asked if there was anything he could do to improve his rowing technique.'

Heslop is quick to respond. 'Well you were a big deal back then.... Not so much anymore!' This was said with a smile because everybody knows that Gathercole is still very much a big deal. In February 2016, he became the youngest solo athlete to row the 3000 miles across the Atlantic Ocean.



Callum Gathercole celebrating after completing his 3,000 mile row across the Atlantic

When asked about this immensely impressive and challenging experience, Gathercole is quick to play it down. 'It wasn't as bad as I thought it would be. Beforehand I geared myself up for the worst two to three months of my life, but I was pleasantly surprised. The best bit was being in the middle of the ocean with no one else around you. It's the widest horizon in the world and it was incredible'.

'I don't know why I chose to row the Atlantic instead of doing a charity bike ride but I guess I had always done rowing and I had heard about it before and thought yeah why not. Suddenly I had this boat and it was a bit more real and I thought oh, I have to do this now.'

All five of these rowers hope to continue their successes in rowing at GB trials this weekend. Still only in their third year of the sport, Haynes and Beer talk about the trials with a mixture of anticipation and excitement. 'The difficulty of it is that it's such an unknown for us and we've never done anything quite like this before', Haynes exclaims. 'We are not sure where we are pitching'.

'We have loads of major competitions throughout the year but trials are the biggest thing', Beer says. 'A lot of the U23 GB girls have left because they are too old now, so there is potential. I guess we will see.'

Harper is similarly looking forward to making a splash. 'I've heard that the GB trials are pretty horrible but I'm quite looking forward to it. This year I've got nothing to lose so will go there and see what I can do and also have a bit of fun.'

### The Training

Weekly training for the rowers is made up of weights and cardio sessions in the gym, out on the water and different forms of cross-training including running, biking and swimming. Balancing the intensity of training with competitions, university work and finding time to relax and socialise can take its toll.

'The hardest part for me is finding time to train, work, eat, everything', Heslop explains. 'It gets to the point, like this week, where we have had two weeks of ridiculous training and just need to sleep but we need to keep working and training because we are so close to trials.'

When training is not going to plan, university work can feel even tougher. 'I actually think that's the hardest', Beer says. 'When training is not going well, uni doesn't seem to go very well. If a session goes well it can put you in the best mood ever. If you have a really horrible session, it's not good at all, and work can suffer as a result'.

On top of the 11 training sessions a week, sleeping and eating enough of the right foods is another challenge for the rowers. 'We have to get a lot of sleep, at least eight hours a night', Heslop explains.

'Then nutrition is massively important to try and make sure we have enough energy to keep doing every session and refueling our muscles. Depending on what weight category you are aiming for,

the amount of food varies. Joe and I are open weight so we eat between 4000 to 6000 calories a day to ensure we have enough food in. 'Harper agrees that time management is sometimes a challenge. 'Some days it is hard to fit the time in to eat and sleep that much. You can't get eight hours of sleep if you are getting up at 5am to eat. Then sometimes you just want to go out but then you can't be getting absolutely wrecked and get up the next day for training.'

### The Support Network

Getting up at 5am and staying motivated for training can only be achieved through the determination of the individuals. But all five athletes are keen to stress the importance of the support network that surrounds them.

*I'd like us to be one of the top six universities in the UK*

Head Coach Cameron Kennedy, Assistant Coach Ed Bloomfield and the Sports Department at the University support the rowers with training schedules, resources and advice. 'We are pretty lucky to have Cam and the performance sport team to help us out', Heslop says. 'I'd not done any elite sport before, I didn't really know what to do in terms of training and what it actually required so their experiences are incredibly useful for us.'

In the last three years, this support has led to some impressive improvements for the boat club. 'Three years ago we hit a big slump', Heslop explains. 'I think it was a combination of things reaching the end of their potential. We got Cam in this time last year, who had had won women's Henley and the BUCS overall trophy for the Durham's women's squad.'



6 senior 8s lined up for this morning's session (3 women's and 3 men's)

'Then we got a new boathouse two years ago which was a big investment on our part and huge for the uni as well. We also invested in a couple of new boats and put time into recruitment as well, particularly for our senior squad.'

These positive changes will hopefully pay off this year. 'I'd like us to be one of the top six universities in the UK. We have every chance of doing this.'

### The Teammates

For Harper, being quite new to rowing, teammates in the boat club are particularly important. 'It is good we have each other with five of us trialling. It's useful to talk to other people and we are all going for the same thing.'

For Haynes and Beer, who are close friends and housemates, the biggest source of support and motivation comes from each other.

'I don't know about you', Haynes says to Beer. 'But I think that both of us have been a pretty big driving factor in each other's development.' Beer laughs and agrees. 'It's an odd relationship. Since novice year, there has been me, Nic and Jess (a third lightweight rower) and we have been the three musketeers and tried to beat each other all the time. 'Experienced rowers in the boat club, including Gathercole who has rowed since he was 9, provide the much needed support and advice to those that are newer to the sport. 'There is a lot of pressure in it and sometimes, you need each other's experiences to say it's fine, it's just rowing.' Gathercole laughs. 'It is literally what it is. It's going in a boat backwards.'

### Life without rowing?

When asked if there will be a life without rowing, all of the athletes grinned. Captain Heslop is quick to say that there will certainly be life without the daily training. 'I think because it's so intense, once I am ready to finish then that's it. But today is not that day.'

For the Steve Redgrave of Bristol University, Callum Gathercole, there will never be a life without rowing. 'I will probably carry on to be honest. Don't ask me why.'

Everyone at Epigram Sport would like to wish all the GB trialists luck for this weekend!



## The following athletes will progress to the second round of trialling on account their erg scores:

**Nicola Haynes** - U23 W Lwt - 7:36  
**Callum Gathercole** - U23 M Lwt - 6:25  
**James Foster** - U23 M Hwt - 6:13\*  
**Joe Harper** - U23 M Hwt - 5:59

\*James Foster, a promising athlete from last year's Novice intake earned last minute inclusion in the trialist's group following a series of strong performances in testing early this season.



James Foster & Joe Harper 2nd & 3rd from right

## Nonesuch BC Henley Royal Campaign 2016

### CREW:

- Cox: Poppy Mather
- Stroke: Nick McNeill
- 7: Andrew Parrish
- 6: Ben McSweeney
- 5: Jonny Ball
- 4: Mark Roberts
- 3: Socks
- 2: Sam Salt
- 1: Toby Bownass

When Jim Morrison had a heavy night he would sit down at breakfast the following morning and eat an ice-cold watermelon sprinkled liberally with salt. Another of my favourite hell-raisers, Bertram Wooster, found that when he had overdone it, a prairie oyster mixed dutifully by Jeeves was just the thing to bring him back to life. But in my opinion, the most effective hangover cure is battling down the 2000m course at Dorney in a scratch crew of reliable old Bristol men. And that's exactly how the Nonesuch 2016 campaign began, at least for me.

As far as results are concerned, the less said about the Nonesuch performance at Met Regatta, the better. Sadly the organisers hadn't received the memo, and we were forced to race in conditions that can only be described as un-Nonesuch-like. Catches even Chilcot would call late threw us off balance on the warm up, and a vengeful posting to the outside lane well known to be 50 seconds slower than the middle shattered morale: it was at that point I knew we weren't to go sub-6.

Back on land, we debriefed and I met a quarter of the crew for the first time. Having only graduated in 2015, this was my first opportunity to represent the rose on what is now an historic and well-trodden path of maroon-tinted Henley glory. By the boat we refuelled, discussed the coming month's training plans, and debated the metaphysical strands of the Nonesuch Curve doctrine. Much like the biblical tale of Celidonius, I was blind but could now see. Our result at Met had been disappointing, but no matter, the curve was coming. An Oxford-based training weekend was arranged, and Marlow Regatta was set as our next shot at glory.

Some would argue that entering Senior 8s was a bold move. Others would call nonsense. Either way, we won the C Final at Marlow in a time of 6 minutes (rounded to one significant figure). And yet, alas, we had not satisfied the Gods. Some days later, news spread around the globe of our requirement to attempt Henley qualifiers with the underclasses of the rowing world. No one was more shocked than our 6-man, Benjamin McSweeney, who had won an insignificant race on the Thames earlier that year. But unlike that earlier race, the Royal Regatta was to be televised without interruption from the BBC interviewing an old Bristol rower (me). This time it was clear we would have to honour the timeless plight of the Beastie Boys and fight for our right to party.

One day our grandchildren will ask where we were in the summer of 2016 when Great Britain proclapsed and announced by verdict of referendum they were to be leaving the European Union. The answer for me, and indeed the whole of the Nonesuch 2016 Thames Challenge Cup boat, will be: in Henley-on-Thames racing qualifiers. I can rather vividly still remember the drive down from Northampton, listening to Radio 1 and the interviews of a female doctor from somewhere near Richmond, in a state of



despair and panic, and Kevin, a man from Hartlepool, proclaiming his joy and satisfaction at the news of finally getting his country back. Despite the palpably gloomy atmosphere inside the boat tents, the Nonesuch crew stormed down the championship course nearly as fast as Iain Duncan Smith backtracked on his NHS pledges. It was a demonstration of intent: Upper Thames, we have no idea how you pre-qualified but we're coming for you.

There's a famous scene midway through The Shawshank Redemption, where Red

leans over the prison dining table and says to Andy Dufresne: 'Let me tell you something, my friend. Hope is a dangerous thing. Hope can drive a man insane. It's got no use on the inside, you better get used to that idea'. I'd like think everyone present at the Henley Town Hall on that fateful Saturday afternoon in June was hoping to draw Sabrina RC. Doing so would mean a virtually certain Thursday race, barring a crash into the Bristol pile of course. Against all odds, however, we drew Quintin. Immediately rumours started circulating around the Nonesuch camp claiming that the Quintin crew had done some actual training. Really? People train for Henley? Surely not.

I was wrong. But the race will go down in history as a close one (3/4 length) and that's all that matters. More importantly, the YouTube coverage provided our 7-man, Andrew Parrish, with a rather unexpected modelling contract. I expect he's reading this from either Paris or Milan with that same smoulder on his face that was broadcasted around the world only a few months ago (see photo).

And so our hopes and dreams of Thursday glory were shattered. After the race we regrouped and wiped away our tears with the napkins placed by the bar of the Catherine Wheel. It had been my first Nonesuch experience, and it had well and truly been a hoot. But as Nelly Furtado sang on her third studio album "Loose", and as Geoffrey Chaucer wrote some years earlier in his smash hit poem, "Troilus and Criseyde", 'all good things must come to an end'. To next year.

Sam Salt (2012-15)

Minor note: Congratulations to Chris Heywood (2012-15) and George Stewart (2013-15) for winning the Thames Challenge Cup.

## Henley Town & Visitors Regatta

Everytime I set foot back in a boat for Nonesuch BC the closing line of F. Scott Fitzgerald's "The Great Gatsby" comes to mind.

"So we beat on, boats against the current, borne back ceaselessly into the past."

I would like to claim on most occasions this is driven by a sense of nostalgia for past races won and old stories recently remembered. However, 10 strokes from

the line during the Nonesuch Women's 8+ first round race at Henley T&V it felt more like that current was suddenly more of a reality for us than for our opponents as they drew back alongside. In that moment I was cursing past gym sessions not done and the pain of lactate recently remembered instead.

With our recent HWR winner, Lucy Primmer, at stroke (and frankly pulling most of us along) the row to the start had gone remarkably well. In typical Nonesuch style we'd even done our best to psyche out our opponents with some synchronised stretching on the start line (video evidence is available). We flew off the start and by the 250m mark were about a length up on our opponents. It would be fair to say that that's where the lack of fitness started to show for the majority of us non-HWR winners in the boat and inch by inch and metre by metre the crew beside us started to reel us back in. At 100 metres to go there was nothing in it but we hung on as hard as we could, winning by a canvas. Luckily our collective combination of varying levels



of fitness and a whole lot of determination secured Nonesuch Women their first ever regatta win in a crew boat. A trip to Spoons and too much breakfast later our final didn't go quite so well but still, a performance to be proud and one the Nonesuch Women are looking to build on this year.

As well as our usual appearances at UBBC Head Race in December and Varsity in the Spring we are looking to join the ranks of the men this year in hunting for some summer regatta glory, with the aim of entering crews into both Reading Regatta and HWR. If you're keen to be involved then please get in touch (steph.jane.harris@gmail.com) or add yourself to our Facebook group (search for 'Nonesuch BC').

After all, maybe it's time to stop fighting that current and allow yourself to be borne back into the past.

Stephanie Harris



## Interview with Ben McSweeney

**When were you at Bristol?**  
2007-2010

**What did you study?**  
Geography

**Why did you join the boat club?**

I had seen the Oxford-Cambridge Boat race on TV as a kid and decided that I wanted to row when I went to University

**What were your initial impressions?**

"This is hard work!" "Coach Pete Ashford is unhinged" "Rower's don't go out a lot but when they do, they go hard"

**Can you tell us a highlight of your time with UBBC?**

There were many times where we achieved things that I had previously thought would be impossible and every time we smashed one of those goals was a highlight. Winning gold at BUCS in the Novice 8+, rowing with the senior 1st 8+ and winning a pennant at HERR, winning gold at BUCS champ 4-, going to EUSA to represent GB universities and final-ing in the PA at Henley. The shared exhilaration with each crew when we hit those milestones was an incredible experience.

**And what about any low-points?**

I and everyone else held ourselves to extremely high standards and when we fell short it was pretty upsetting. There were plenty of erg tests and races where I felt like this, especially losing the PA final at Henley. Those emotions show you that you are passionate and committed and simply help you to learn and move on.

**What have you been upto in the past year?** I have been studying at Oxford and training with the infamous OUBC darkblues!

**And how have you been filling the time off the water?**  
Eating, sleeping and studying for my MBA.

**What shocked/surprised you about the programme?** (I'm assuming normal clubs don't row 40k and do kiwi circuits on Saturday mornings)  
I was surprised that 1) it is possible and very beneficial, if a bit boring, to focus on the absolute basics and do nothing but row steady state for 30k a day six days a week and 2) that having sessions that physically exhaust you (Kiwi circuits ahem) are probably over-done in most rowing programs.

**What achievement are you most proud of this year?** (how did it feel when you crossed the line, when did you realise it was a big deal etc)

I was proud of the Isis crew when, as Goldie were moving through us on their bend and we rowed through what might as well have been a hurricane (the Cambridge women had just sunk on our station), instead of giving up we hurled abuse at our opposite numbers and pulled as hard as we could until we broke them and rowed clear.

**Was there any moment that was particularly testing?** (did you ever doubt yourself)

Not making the blue boat was tough, especially as it was a close call and left until very late. There was a day where I doubted whether I wanted to row with the second crew but thankfully I pulled myself together and we had a great boat race campaign and a lot of fun.

**Do you see yourself doing more of the same this coming year?** (or are you done with rowing?)

I am training for a running marathon, a much more time efficient way to stay fit! It turns out I'm a good sprinter so will make an attempt on the 100m erg record, watch this space..

**If you could give advice to a younger version of yourself (when you first started rowing), what would you say?**

"You are already strong enough, do more ergs and less weights stop being vain!"

**Looking back at where you were when you started this journey at Bristol, where did you think it was going to lead you? (and what's next?)**

I would never have imaged that it would lead to the amazing experiences that I had at Bristol, Leander, Thames and Oxford. The common thread has been that goals and ideas about what's possible were progressively re-defined. I am getting involved with entrepreneurial technology businesses in London and I'm sure those lessons will apply.

**Finally, have you had any involvement with Nonesuch BC? What do you make of it?**

I raced with Nonesuch BC in the Brit 4+ at Henley in 2015. Basically I got to race at a very good level, hang out on the river Avon in the summer, and abuse old and new mates from Bristol for a few months - pretty ideal!



## The Annual Dinner Reborn

On Saturday 17th September, members of the London contingent met for a dinner, which most present agreed was above the usual standards to be expected at a Boat Club ball, at the impressive RAC on Pall Mall.

We were lucky enough to be met by a 2016 Bristol Bullet in the foyer; a lovely coincidence, which, despite the hopes of some attendees, was not the result of my foresight or organising prowess. There's always next year.

Special mentions to - Peter Jones, who arrived just in time for main course, Alex Heslop and Tom Clark, this year's and last year's Club Captains respectively, who made the trek from Bristol and found a parking spot on the Mall, Adam Mackenzie for some rather unsteady photography skills and most importantly Matt Ridley for being a wonderful host.

We look forward to next year's dinner and what we hope will be a new tradition in the Nonesuch calendar of events!

Danielle Standish  
UBBC Alumni Social Secretary



## Dates for your Diary

**Quintin Head and Alumni Drinks**

The Ship Inn, 10 Thames Bank, London SW14 7QR  
Saturday 28th January

**BUCS Head Race**

Saturday 25th & Sunday 26th February

**Women's Head of the River Race**

Saturday 11th March

**Head of the River Race**

Saturday 25th March

**Varsity Boat Race & Ball**

March 2017, date TBA

**BUCS Regatta**

29th April - 1st May

**Metropolitan Regatta**

Saturday 3rd & Sunday 4th June

**Reading Amateur Regatta**

Saturday 10th & Sunday 11th June

**Henley Women's Regatta**

16th - 18th June

**HWR Alumni Drinks & BBQ**

Saturday 17th June

**Henley Royal Regatta**

28th June - 2nd July

**HRR Alumni Drinks,**

Lion's Meadow  
Saturday 1st July

**Annual Dinner**

September 2017,  
date and venue TBA



## UBBC's Season so far....

### Britchamps

Earlier this term UBBC headed north to compete in Britchamps with one of the biggest contingents of recent years. Crews below (stroke to bow):

#### Saturday:

**U19 M2x:** Arthur Smith, Marcus Smith

**LM2x:** Harry Rosen, Ben Slingsby

**LW2x:** Charlie Rogers, Teuntje Tijssen

**LW2x:** Phoebe Beer, Nicola Haynes

**W4-:** Sally Elphick, Alice Davies,

Nathalie Rappaport, Jess Pope

**M4-:** Alex Heslop, Harry Stroud, Joe Harper, Callum Gathercole

#### Sunday:

**W8+:** Sophia Margetts (cox), Phoebe Beer, Alice Davies, Sally Elphick, Jess Pope, Nathalie Rappaport, Nicola Haynes, Teuntje Tijssen, Charlie Rogers  
**M8+:** Jen Cocke (cox), Alex Heslop, Callum Gathercole, Joe Harper, Harry Stroud, James Foster, Jack Squizzoni, Ben Slingsby, Harry Rosen

It's been a strong start to the year, with 7/9 of the HWR W8+ returning, and 4/9 of the Temple HRR M8+ too. We've had some exciting new additions to the senior squads, plenty of continuation from the ex-novice squads, and it's great to have Callum back with some Bristol Red on his kit. As for the races themselves, Saturday yielded a mixed bag but provided all with valuable small boats racing experience, particular highlight being the blistering 2nd place finish in the E/F Final for U192x and UBBC newcomers Arthur and Marcus. Sunday saw both Men's & Women's 8's step on another level both securing C Final places in the hotly contested 8's event.\* More from Jen Cocke, coxing of the UBBC Men:

*"The semis were really strong for both of us, the women led in the first 500 and then dropped back into third which is where they finished, and the men were down on the whole field in the first 500 and then moved through into third with about 1250 to go, then in the last 500 edged in front of UL into 2nd but they clawed it back in the last 250. It was great to see the women pickup where the left off last season, giving Durham something to worry about and beating the UL crew in their semi and finishing with a third of a length overlap with Edinburgh was a fantastic effort too!"*

*"Our Finals were very similar races in that we were a bit down of the start (in the men's boat we had a bit of a mini crab*

*from Stroud on the third stroke which lost us some ground, although we recovered quickly which was good) we pushed onto the other crews but didn't manage to break through any of them.*

*That said it was some pretty close racing which Cam seemed content with so a really good day! And pushing some of the bigger names in uni rowing again is definitely a sign of things to come, Newcastle were devastated when we knocked them into the D final."*

\*The new format mixes all 8's regardless of classification, Senior, Academic, Schoolboy/Girl etc.. to ensure the most competitive racing.

Alex Heslop



### Fours Head

Crew / Finish No / Start No / Position/Time  
 Elite Lwt 4x- / 56 / 2 / 2 of 2 / 19:32.4  
 IM2 4+ / 141 / 284 / 9 of 41 / 20:23.6  
 WIM2 4+ / 284 / 440 / 6 of 48 / 21:47.7  
 W Elite Lwt 4x- / 300 / 54 / 3 of 3 / 21:58.4

### BUCS Indoor Rowing Championships

Another great weekend for UBBC as we bring home the South West Region Victor Ludorum for BUCS Indoors after a strong showing yesterday.

- Overall Highest Scoring University
- 2nd and 3rd in Openweight Men 2k
- 3rd in Openweight Women 2k
- 3rd in Lightweight Women 2k
- 3rd in Beginner Women 1k
- 3rd in Beginner Men 1k
- 1st and 2nd in Mens 2k Relay
- 1st, 2nd and 3rd in Womens 2k Relay

Combining that with a couple of fat ergos ripped at trials (including a sub-6), it's been a solid start to the year on the stationary grey single for the club!

Alex Heslop



**Charlie @CharleyRodd · Oct 23**  
 A very happy nine girls after three brilliant races today! Bristol men's and women's VIII's smashing it @UoBBoatClub #Britchamps



**Richard Poole**  
 31 October at 14:20

Bristol heading off 2nd at HOR4s #lightweightbaby

START	CLUB NAME	CREW ID	EVENT
1	LEANDER I	553476	Elite Lwt 4x-
2	BRISTOL UNIV I	558440	Elite Lwt 4x-
3	QUEENS UNIV BELFAST RC I	551709	Elite Lwt 4x-
4	LEANDER II	551444	Elite 4x-
5	TIDEWAY SCULLERS SCH I	557918	Elite 4x-
6	LEANDER III	558478	Elite 4x-
7	SPORT IMPERIAL BC	559400	Elite 4x-
8	BIRMINGHAM UNIV / ARMY RC	558336	Elite 4x-
9	LEANDER IV	551445	Elite 4x-
10	MOLESEY BC I	556158	Elite 4x-
11	QUEENS UNIV BELFAST RC II	550515	Elite 4x-
12	MOLESEY BC II	556162	Elite 4x-

Like Comment

You, Cam Kennedy, Tom Clark and 19 others



## ALUMNI CONTACTS

Chris Hartley, Chairman  
 chris\_hartley@bigpond.com

Tom Davies, Treasurer  
 jun\_man@hotmail.com

Dan Hatfield, Deputy Chairman  
 hatfield@uk.ibm.com

David Phillips, Fundraising  
 David.Phillips@herbertsmith.com

Edward Renwick, Secretary  
 ejrenwick@yahoo.co.uk

James Diaz-Sokoloff,  
 Membership Secretary  
 James.diaz-sokoloff@uk.bp.com

Adam Mackenzie,  
 Nonesuch Boat Club Captain  
 Adam.Mackenzie@barcap.com

Pete Randolph,  
 Nonesuch Boat Club Men's Captain  
 peter.m.randolph@live.com

Steph Harris & Stacey Crocker,  
 Nonesuch Boat Club Women's Captains  
 staceymariacrocker@gmail.com

Danielle Standish, Social Secretary  
 Standish.danielle@gmail.com

Peter Jones, Newsletter  
 pj0593@my.bristol.ac.uk

Tom Clark, Web Development  
 tc13162.2013@my.bristol.ac.uk

Please feel free to contact any of the steering group at the above email addresses, or alternatively, email: ubbcalumni@gmail.com



# ubbc alumni.com



## We are now online!

The brand new UBBC Alumni website allows members to keep up to date on news stories from UBBC and Nonesuch BC, receive invitations to dinners, drinks, balls and other events, view the biannual newsletter and read about previous fundraising campaigns to support UBBC.

A fundraising portal makes it easy to be a part of the future of UBBC. You can manage and update your monthly contributions with an easy-to-use online Direct Debit form, as well as make any additional one-off donations to current fundraising campaigns.

Our website opens with the launch of a fundraising campaign for a new Hudson Women's VIII for UBBC.

Visit [ubbc alumni.com/campaigns](http://ubbc alumni.com/campaigns) to read more about the campaign and donate.

