



FRIENDS OF ST HUGH'S BOAT CLUB

HT 2014 Newsletter



The whole SHBC squad after a successful Ergstravaganza

President's Report

Dear Friends of SHBC,

This newsletter couldn't be much different to the previous one, and I feel I may be somewhat to blame for this. The second sentence of the Michaelmas newsletter read "Not a single day of red flag - bliss." Unfortunately this seems to have angered the rowing Gods, who decided to take revenge by giving us 78 unbroken days of red flag on the Isis, smashing all recent records for highest river levels and duration of red flag periods, causing the cancellation of Torpids, and making rowers all across Oxford even more hateful towards ergs than they have ever been. We did our best to mitigate these effects, with crew socials and 'Not-Torpids Dinner' to keep morale high, and trips away to Milton Keynes and Dorney to make

**"We angered the
rowing Gods,
who decided to
take revenge"**

- BEN WEDD

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sure we still remembered how to row, so it wasn't quite the disaster it initially sounds like.

Of course, in the absence of Torpids, we were all stuck for something to do on Saturday of 7th week, so instead held an Ergstravaganza (tip of the hat to Prav for that name) in the Maplethorpe Hall. We invited a select few other boat clubs along, anticipating it being hugely popular and not having room for everyone, but they were all 'washing their hair' or 'watching the varsity matches', so only the Teddy Hall women showed up. Not to worry, there were plenty of us with all the Hughsies too, and the day turned out to be a lot of fun. We had all the ergs linked up to the projector (SO awesome), with individual knockout 100m sprints, team 3x250m relays, and a 4x1km mixed relay to keep everyone occupied for a good couple of hours. In hindsight, starting with the 4x1km relay was probably a bad idea - more than a few pale faces and dashes to the bathroom at the end of that one. Next time we'll do something different to start (read: shorter).

With Sainsburys' finest 3 for £1 sweets up for grabs for the winners in each event, competition was fierce. Hugh's your Daddy/Mummy came through to win the 4x1km relay, proudly claiming their two packs of strawberry laces. The 3x250m relays were divided into a men's competition and a women's competition, with the women's teams stacking up into A, B and C teams from Hugh's and Teddy Hall. The winners were SEHxy and we row it, the Teddy Hall A team, narrowly beating the Hugh's A team Hugh's Dream Team.

It should be noted that the Teddy Hall women turned up after everyone else had already done the 4x1km relay, so were notably fresher than our ladies. Our B and C teams also beat the Teddy's B team, so I think we know who the real winners are. For the men, we went for randomly drawn teams, the



Red flag was in force for the whole term



Flooding around boathouse island

winners eventually emerging as Jim's Jumping Jacks, who pipped Wedders' Warriors to the win by just over a second. The final competition was a crazy 100m individual knock-out, with randomly drawn heats. Rate 56 was not quite enough for me to beat Andy 'Malaria Boy' Wilson, whose superior bulk earned him the win (and a packet of strawberry pencils) in the men's competition, by four tenths of a second. For the women, the races boiled down to a final showdown between Silke from Teddy Hall and Mary Foord-Weston, the SHBC W1 coach. It was close, but Silke took the win (by just 0.2 seconds!) and the final pack of sweets.

The day ended with team photographs (some of which appear in this newsletter), and everyone left happy. It was a huge success, and I hope we are able to do similar events in future, perhaps with some more friends from other colleges. Although maybe next time I shouldn't be left unsupervised with the microphone.

Ben 'Wedders' Wedd – SHBC President of Boats 2013-2014

Captains' Reports – MT 2013

Women's Captain Report - Hilary Term 2014

This term, St Hugh's welcomed ten novice rowers to join the women's senior squad. After a successful term's rowing for both novice and senior rowers in Michaelmas, we were all looking forwards to getting back onto the water

and having a successful Torpids campaign –

“The women's squad showed just how committed they had been to training this term”

- GEORGIA COMRIE

Unfortunately the Gods of the Isis were against us and we spent the majority of the term on the land, praying for water time. Nevertheless, the squad continued to commit to training, and everyone showed improvements in fitness and technique. As the Isis was red flag up until 8th week, we organised two excursions so that we all had the chance to get on the water. The whole squad went to Milton Keynes at the very beginning of term, and a W1 went to Dorney a couple of weeks before Torpids, hoping that it might still run. Due to the bad river conditions Torpids was cancelled, but SHBC organised a replacement event in the form of an ergstravaganza against Teddy Hall. This consisted of three different style races: a 4x 1k mixed team relay, a 3 x 250m mixed team relay, and a 100m knockout race. The women's squad showed just how



Action shot from the Ergstravaganza

committed they had been to training this term, and we had some very impressive results. Despite not being able to train on the Isis this term, I commend everyone for continuing to train hard, although we were unsure whether Torpids would actually run. The squad are continuing to commit to training during the vacation, in the hope that we can hit the ground running in Trinity and have a successful campaign in Summer VII-Is.



There are few people I would like to mention for their contribution to the squad this term. Firstly, I would like to thank Rebecca Pullon who became Vice Captain at the beginning of this term in order to help me with the role of captaincy. Her continuous support and encouragement really helped to make this term run smoothly. Secondly, I would like to thank our coach, Mary Foord-Weston, who succeeded in keeping us motivated throughout the term despite not being able to coach us on the water. We also hired Stephen Woodhouse as a coach for W2. Although we were not able to use him as much as we would have liked this term due to lack of water time, we would still like to thank him for his contributions to the squad. We look forward to working with him next term.

I have now completed my time as Women's captain, and have been succeeded by Zoë Triston and Rebecca Pullon, who will be working together as co-captains over the next year. I wish them both the best of luck as they embark on what should be a challenging but very enjoyable year.

Georgia Comrie - Women's Captain 2013-14



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Men's Captain Report - Hilary Term 2014

As I am sure the other reports have made clear, this Hilary Term's worth of rowing was a slight contrast to Michaelmas' "Not a single day of red flag – bliss," as Ben Wedd so accurately stated in the last newsletter.

As a result the only rowing that actually happened was on our excursions to Milton Keynes and Dorney Lake at various times throughout the term. The lack of water time made crew selection difficult, but the first boat we selected deserved to race after the countless hours of land-training they enthusiastically put in over the course of the term. Sadly, circumstance conspired against us. The boat was in a good position to achieve several bumps and place us firmly back in Division II. Nonetheless, the entire squad put in a solid effort, which will be a strong foundation for our Eights Campaign.



The sun shines over Dorney lake

Having reached the end of my tenure as captain, I am pleased to hand the role over to Tom Bladon, whose enthusiasm and dedication will undoubtedly bring good results and great rowing over the next year.

James Van Horne - Men's Captain 2013-4

Alumni News

Due to the unprecedented period of red flag, we held a funding drive in late January to help support extra training trips for our crews to Dorney rowing lake, where the Olympics were held for London 2012. Thank you all for your generosity in donating towards this and helping to enable the training to take place. Although Torpids did not happen in the end, the extra training was great experience for everyone involved and should help put us in a better position for Summer Eights!



Jonathan Harrison - Development Secretary 2013-4

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Upcoming events at SHBC

Summer Eights Dinner: Saturday 31st May 2014 7pm

Smoked Salmon, Baby Leaf Salad & Lemon Crème Fraiche Dressing
(V) Avocado & Artichokes Salad with Baby Leaf & Crème Fraiche Dressing

Pan-Fried Chicken supreme with Wild Mushroom Sauce
(V) Parmesan & Tomato Polenta with Wild Mushroom Sauce

Sautéed Potatoes

Roasted Vegetables with Rocket

Triple Chocolate Brownie with Summer Berries & Clotted Cream

Selection of Fine Cheeses

Tickets will cost £22 and can be reserved by emailing jonathan.harrison@st-hughs-ox.ac.uk by Friday 16th May.

Don't hesitate to get in touch if you have contact details for any crewmates who might be interested in receiving newsletters or invitations to future events!

For further details and updates, please see the SHBC website at:
<http://www.sthughsboatclub.co.uk>



The women's squad after Torpids Roast

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