



LMH

Lady Margaret Hall

**Boat Club Newsletter
2008**

President's Letter

Dear Alumni,

I hope that this newsletter finds you well. There are a couple of things I would like to highlight on the last page; the Boat Club Dinner, which for the first time in a couple of years will be held in college on 31 January and the Boat Club Open day which will be held on the 26 April. It would be fantastic to see as many of you as possible at these events. We are currently looking for sponsorship so if you or a company you know might be interested in sponsoring the boat club then please get in touch with us.

As the respective captains outline below last season was a busy one for LMHBC. A fine and large contingent of novice rowers were recruited and took to the sport quickly. Unfortunately Christchurch Regatta, the novice regatta held at the end of Michaelmas, was cancelled. Thankfully this was used as inspiration and many of those who missed out raced with distinction for the men's and women's first and second eights at Torpids and Summer Eights, but more of that later.

The coming year promises to be an exciting one for the Boat Club. The men are being coached by a three times World Champion and the women by a Henley winner; both squads are hopeful for the year to come. We are also in the process of purchasing a new eight following the Fother being written off last year. If you think you can help in any way or would like to find out what's going on at the club, I'd love to hear from you. We have a new website (www.lmhbc.com) thanks to our excellent webmaster Sam Jefferies so hopefully you should be able to follow our goings on there. I hope you enjoy reading this newsletter and hope to see as many of you as possible at the Dinner and the Open Day.

James Mountain
LMHBC President

Report on rowing in 2007/8

Novices

The term got off to a good start with such a large number of people coming down to the river for the introductory sessions that we were unable to get everyone out in a boat. Even more encouraging, though, was the number of people that carried on rowing after their first session. I was impressed by the commitment shown to training, especially with people dragging themselves out of bed at 6:00am in the morning to go training in the freezing cold and rain, and the improvement that came as a result of it.

As Christchurch Regatta approached, the weather took a predictable turn for the worse and the river became dangerously high. It continued to rise as more rain fell and it was not a great surprise when the organisers cancelled the first day of racing, then the second, and eventually the whole regatta. This was an extremely disappointing end to the term for both the crews and coaches, especially since the coaches all thought their crews would get far in the regatta.

My special thanks go to Tim Ashton for his invaluable knowledge and expertise in coaching the Novice A boat with me, and also to Matt Henshall, Dan Kwan and Carl Lerigo for all the effort they put into coaching and organising the Novice Men's B and C boats respectively.

Lloyd Chapman

Men's 1st VIII



Injury, illness and dangerous river conditions meant that we only fielded our racing line up one week before the race. On the first day of Torpids we were at the bottom of the 1st division behind Wadham; after a good start we got to within a canvas of their stern coming through the gut. Unfortunately we were unable to clinch the bump after a claxon following a member of the New College eight 'deciding' to go for a swim! The next day we were caught before the gut by Balliol soaring upwards from the 2nd division, but after the bump came within half a length of overbumping Queen's. On Friday, we were at the top of the 2nd division ahead of St John's, who had been getting faster as the week wore on, and despite giving them a good race were bumped outside Univ boathouse. Come Saturday we were anxious to end the week on a good note and felt we had a good chance behind Worcester, who had been falling quickly through the 1st division. We bumped them coming into the gut to move back into the sandwich boat position, finishing Torpids with a rowover at the bottom of Division 1. Overall, we finished at the top of the 2nd division down one on our starting position, which was encouraging given the disrupted preparation.

At the start of Trinity Term, we followed up an offer from Peter Haining, three times GB lightweight single sculling world champion to coach us and quickly settled into a routine of outings and fitness circuits. After 4 weeks of sweat and pain a well drilled crew emerged ready to attack Summer 8s.

The crew had high hopes of blades coming into Summer 8's. These were dashed on the first day when, starting 3rd in the 3rd division, we missed Pembroke 2nd VIII by the smallest of margins in a rerun of the previous year. Fortunately, this mistake was put to bed the next day when we made a length on Pembroke off the start and closed them down for the bump in the gut. On the Friday, we were chasing Mansfield 1sts, who were tougher than we expected, and despite closing to within half a length they managed to keep away. Mansfield went on to catch Merton at the bottom of the 2nd division and on the last day we dispatched Merton about five strokes out of Donnington Bridge after a very fast start. This made us the sandwich boat; unfortunately we were denied the opportunity of chasing Mansfield as they made a very early bump on St Peter's. Despite not getting blades we were relatively happy with our two bumps.

Our thanks go to Peter Haining for his commitment and intensity in coaching the crew and to Rob Davies, rowing in his last bumps, whose contribution to the boat club over the past 7 years has been phenomenal.

Lloyd Chapman

Men's 2nd VIII



Under the captaincy of 'Crazy' Dan Kwan, the LMH men's seconds were formed at the beginning of Hilary term. The boat consisted entirely of novices (apart from Dan himself), but with the patient coaching of Tim Ashton progress was quickly made. The seconds had the same problems as the firsts with training stopped on the river due to unsafe water levels for much of the term. The boat lined up on the first Wednesday of Torpids in 10th position in division 4, with Trinity II in front and Worcester II behind. Thanks to a disastrous mistake from Teddy Hall II, the seconds got their first bump. Unfortunately on Thursday, we failed to catch Trinity, and were soon caught by a quick Pembroke III— even so a fantastic effort by the boat meant that we nearly caught Oriel II who had started 3 places above us. On Friday, with Pembroke in front our best chance was to over bump the struggling Oriel IIs, which we successfully managed to do whilst still in the gut. However this meant we started the final day of Torpids with the impressive Pembroke in front and St Anthony's first boat behind who had bumped every single day. Regrettably we were unable to bump Pembroke in time before St Anthony's caught us. Not to be perturbed we dug deep and managed to reel in Brasenose II and get our third over-bump of the competition. All in all we moved up one position, which was a very satisfactory result.

After the Easter holidays we trained hard with around 3 sessions a week on the river, and were hoping to make a good impression in the bottom division of summer eights. However in rowing on disaster struck when stroke caught a crab 50m from the finish line and despite the cox's best efforts the boat crashed into a large motor boat moored by the finish line. Our boat (the Fother) was badly damaged and sadly had to be written off. Despite this catastrophe we still qualified with a time only 5 seconds off the quickest boat. On the first day of the competition we started 8th in division 7, and after a good start were rewarded with a quick bump on Exeter III. The following day we improved upon this with another quick bump on Oriel IV. The thought of blades began to enter our minds, but were dashed the next day when the boat we were chasing, Wolfson III, caught Hertford III early on. On the final Saturday our luck completely ran out; thanks to strong winds our strokeside blades clashed with the bank and we were quickly caught by a fortunate Worcester III, ending our Summer Eights in a disappointing fashion. In total we moved up one place, which although respectable was slightly unsatisfactory as we had a strong boat and a decent chance of achieving blades.

Ian Ashcroft

Women's 1st VIII



In Michaelmas Term quite a few Freshers had a try at rowing, but come Hilary Term, there were only enough rowers for one Women's boat. We all got back in 0th week to get a head start in training, but despite our enthusiastic efforts, it was only late into the term that we got onto the river, due to the heavy rain falls which made the Isis unrowable. As if all that lost precious time wasn't enough, a few members of our crew suffered from injuries, and we were having difficulties keeping a full crew. As we didn't have any reserve rowers we didn't get enough practice in before Torpids, and decided to pull out because of safety reasons.

For the next term, the crew was reset, as one of the members had stopped rowing due to a lasting injury, and another, to her disappointment, was going to have Finals at the same time as Summer Eights. Luckily enough we found two more members to complete the boat. However we did suffer a blow when we learned that our coach was letting us down and quitting. Although well captained by the very experienced rower and then Captain Catherine Vickers, this didn't prove enough to steer LMH W1 away from disaster. Our boat was indeed now composed of six novices, having no experience of racing, and one of them who had only just started rowing in Trinity Term. The first day of Summer Eights, we felt ready to bump Corpus Christi, and who knows, we may have managed to, if Mansfield hadn't got an incredibly fast start and bumped us just before Donington Bridge. It was a hard blow for the crew who had trained so hard, but we still had our hopes up for the next days.

However, the next day we got bumped by St Anthony's, and on Friday, although we literally got to an arms length away from bumping St Anthony's back, we didn't manage to find the power for the extra couple of strokes, and got caught by Jesus at the exit from the gut. Three days in a row, and three times bumped...not easy to swallow! On Saturday, the whole team was ready to give everything they had to bump this time – after a very powerful start our hopes were yet again dashed by the strong wind which caught us going round the corner before the bridge, and caused us to crash into the bank, then being crashed into a few second later by St Peter's, which then also counted as a bump...

So, LMH W1 got spoons...not a nice way to start our rowing experience. But we must have all got something out of it, because for this term we have a full returning crew, all very motivated to train on, with a coach this time, and do better, much better this year

Laurel Braddock

Sponsorship

We are currently looking for sponsorship so if you or a company you know might be interested in sponsoring the boat club please get in touch with us.

Forthcoming LMHBC Alumni Events in 2009

31st January – Boat Club Dinner

Dinner in college for all LMHBC alumni and current members. Invitations attached.

26th April: Boat Club Open Day

Details to come from college.

4th – 7th March: Torpids

27th - 30th May: Summer 8s

Contact Details:

President	James Mountain	club.president@lmhbc.com
Women's Captain	Laurel Braddock	w.cap@lmhbc.com
Men's Captain	Matei Beremski	m.cap@lmhbc.com

The President
Lady Margaret Hall Boat Club
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Norham Gardens
Oxford OX2 6QA



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Boat Club Dinner 2009

Dear Alumni,

It is my pleasure to invite you to LMHBC Dinner 2009. This year it will be held in college on the 31st January at 7:15pm. Drinks will be served in college from 6:30pm.

If you wish to attend please return the attached reply slip to James Mountain, Lady Margaret Hall, Norham Gardens, Oxford OX2 6QA by the **20th January**.

Best Wishes

James Mountain
LMHBC President 2008-2009

Name:

Number of Places Required:

Email Address:

Phone Number:

Please enclose a cheque payable to LMHBC for £37.50 per person.

Lady Margaret Hall Boat Club Ties



Dear Alumni,

If you would like to purchase a boat club tie please return the attached slip to James Mountain, Lady Margaret Hall, Norham Gardens, Oxford OX2 6QA.

Best Wishes

James Mountain
LMHBC President 2008-2009

Name:

Number of Ties Required:

Email address:

Address:

Please Enclose a cheque payable to LMHBC for £20.00 per tie required.

*If overseas postage required please include a £2.50 supplement.