

BUCS Head 2016

EUBC took an impressive 68 athletes to race in a cold and windy Newcastle for the first BUCS fixture of the year.



20th + 22nd February 2016

Highlights

Senior Women	Gold in Champ 4+ and lightweight 4-
Senior Men	Bronze in Lightweight 4x
Novice Women	Silver in 8+, less than a second behind Gold. Bronze in the 4x
Novice Men	Bronze in the 4- and 4x

A Trip to the North

With the move of BUCS Head to Newcastle, EUBC had a long journey ahead of them. Conditions were far from that of our home stretch, with a strong head wind and tidal water. The novice squad raced on the Saturday, competing in their first major head race, and finished the day with Exeter 3rd in the Victor Ludorum. On Sunday it was the turn of the Seniors, and in adding to the medal tally placed Exeter 4th overall, their highest ever ranking.



Senior Women

Finishing in the Top 3, the girls showed that they have both strength and depth.

Coxed Four

The women's 4+ racing in the second division had a strong race. Despite a last minute change of stroke-woman, the girls pulled together to deal with the winding course and an ever-increasing head wind. Sophie Wrixon, cox, said: "we've been training really hard and it all paid off, and the fact that everyone was really responsive in the boat made a massive difference in such bad conditions". The girls retained their title from last year and walked away with a BUCS gold. Well done to **Izzy Metcalf, Alex Flynn, Seun Olusanya, Isabel Cole and Sophie Wrixon**



Eight

The women's 8+, racing in the Championship category, also had a last minuet crew change due to injury. Coming 7th in the Championship category it would have put them 2nd in the intermediates by a close margin, but in making that step up they're really showing what impressive potential they have. Natalie Rappaport said that, "we had a strong, enthusiastic start, and although we lost the rhythm in the wind at 1km in, we worked hard to pull it back together and finished strongly with nothing left to give!"

Coxless Four

Four girls from the eight then went on to race the coxless four in Division 2. Despite some difficulty's steering, the girls finished a strong 4th. Kristi Stone, stroke-woman, said "as a crew with only one session together, and despite struggling in the conditions, we still came away with 4th place in a very competitive champ category. Most importantly we know there huge potential here to go on and win in the future."

Lightweights

The four lightweight girls raced in both divisions - once in a quad and once in a four. Despite waiting at the start for over an hour and racing cold, they were utterly professional and came away with an impressive silver in the quad and a Gold in the Coxless Four. Livvy Moorey said "The lightweight quad had a good race despite the tough conditions. Learning from our first race, we started strongly and pushed away from the boats behind, and then set out to built on this momentum, overtaking several crews in the category ahead of us in the process. We are very happy with the performance and are excited for what lies ahead at BUCS Regatta!"

Well done to **Susannah Duncan, Izzy Lingard, Livvy Moorey and Izzie Potterill.**



Senior Men

The strongest ever BUCS Head for the Senior Men, as the lightweight quad walk away with a medal, showing the progression that is being made throughout the squad.

Coxed Four

The top Men's 4+ raced in the first division. After a difficult race which resulted in them coming 6th, Cam Murray said that "we were disappointed with our row as it was far below our potential. However, we look forward to the progress we can make in the run up to HERR".

Coxless Four

In the first division EUBC also boated a coxless four. Charlie Bevan, steering from 2, dealt with the winding course well. After the race he said "we had only been training together for a week, but we were able to quickly come together as a crew. We had good race, which reflected all the improvements we have made since coming together."

Eight

In the second division the two fours came together to form an eight. Rowing for the first time together they had a difficult race. With lots of improvements to be made, they look forwards to spending some productive preparation time in 8's running up to HERR.

Quad

In the First division the men also boated a champ quad. Again steering was difficult and the row was tough but there was lots to be taken away from the race.

Lightweight

As with the women, the men raced both a quad and a four in the lightweight category. After coming up against strong competition in the four - the fastest category of Division 1 - the boys were happy to come 4th. In the afternoon, they were better prepared to deal with the conditions and walked away with a bronze medal. Tom Browne, a third year, said "We have been working well together for a while now and it paid off. Now we can step on for HERR and BUCS Regatta where we aim to convert the bronze into some silver and gold. #eubcskinny's"

Well done to **James Claxton, Tom Browne, David Rickards and Alex Robey**



Novice Women

The novice women excelled in both disciplines, getting silver in the 8+ and bronze in the 4x

Eight

The girls in the eight had to wait until the second division until they were able to take to the water.

All the girls were nervous, but calmed by experienced cox Immy Pike, they were ready to race. Amy Clegg, the boat's four-woman, said "We were really pleased with how the race went - we executed our race plan and kept our rowing technical into the headwind. The medal was just the icing on the cake."

Congratulations to **Tatiana, Charlotte, Julia, Amy, Natalie, Jo, Olivia, Robyn and Immy**

Four

In Division 1 a novice coxed four was boated. Steered by Odette Forthergill, they had difficult water and wind to deal with.



Speaking after the race Odette said: "Despite only a couple of preparation sessions together and difficult conditions, the girls worked hard throughout the race. I'm looking forward to helping them progress in the run up to the summer season."

Quad

For the first time at BUCS Head there was the opportunity to race the novices in quads. This was always going to be a challenge as not only would the novices be sculling, but they would also have to steer down an unfamiliar course. Cerys said that, "we really struggled with the conditions at points during the race but I'm proud of us all pushing on and managing to get a bronze medal out of it. Made all the travelling worth it!"

Well Done to **Angharad, Cerys, Grace and Lauren**



Novice Women's Captain, **Kristi Stone**, said "Despite the tough conditions and being it both their first experience rowing on another river and performing at a large scale head race the novice girls performed exceptionally well. Placing 2nd and 3rd in highly competitive categories is a true reflection of the hard work and determination shown by these girls throughout all their training, and as coaches we couldn't have asked for anymore from them!"

The Women now look to push on towards their training camp in Wales later this term.



Novice Men

With a strong row in Division 1 but an unfortunate result with the boys coming 4th, they used this to push on for a medal in Division 2

Eight

Boating for the first race of the day the boys took to the Tyne, with the move into the Stampflis from the novice shells had given them extra confidence and speed. Tom Atwell, seven-man, said he was “incredibly pleased with the effort and professional display from all the boys over the weekend” and that they “were all very pleased with the result and the position we've put ourselves in, heading into the next race. We hope to be pushing for a medal at BUCS Regatta.”

Coxed Fours

The eight then split into two fours in the second division. With both fours getting competitive with one another they were set for a good race. It resulted

in the four comprised of the stern of the 8+ taking the bronze medal. Speaking again Tom said, “It was a very tough race to say the least, but good to feel that all the hard work we've put in in training has paid off, despite the weather conditions battling against us. Overall it was a fantastic weekend!”

Congratulations to **Aurimas, Tom, Pat, Ollie and Rossana**

Quad

Again we had the opportunity to race in a sculling event for the first time. EUBC boated a very strong quad who steered the course excellently to walk away with another bronze medal. Tom Richardson, stoke-man of the quad, said, “In such difficult conditions I am very pleased with the performance we put in. All the training over the past few months paid off with us winning this medal.” Well Done to **Owen, Tom, Alec and Rob**

Harry Townsend, in charge of the #HPTscullingschool, and the coach behind both quads said: “I think the results of this weekend are the tangible fruits of a lot of labor and commitment, none should be more proud than the novice quads who dealt with an entirely new discipline and staked their claim to the new event.”

The novice men now look forward to racing an eight at HERR and then onto camp for the final push before BUCS Regatta.



Thank you!

As always we would like to say a massive thank you to all our coaches and captains for their constant hard work and dedication. Special thanks go to the coaches who drove the boats all the way up to Newcastle - Harry Townsend and Richard Tinkler - and their co-drivers Oliver Martin and Aldert White. Thank you also to our other coaches Lorna, Paul and novice coaches.

All these results would equally not be possible without the backing of the Athletic Union and our Strength and Conditioning Team, Ollie and Wayne, as well as all the parents who made the effort to come and see us.

Isabel Cole – President

Next event

Women's Head of the River – 5th March

Website: www.eubc.co.uk

Found on #EUBC:

Instagram: Exeter_uni_boatclub

Twitter: @ExeterUniRowing

