

Exeter Head 2016

Three weeks into term and with some strong training under their belts, EUBC were ready for their first Head Race of 2016 on home turf.



30th January 2016

Highlights

Senior Women Senior Women win in both the 4+ and the 8+

Senior Men Lightweight 8+ posts the fastest time of the day

Novice Women 1st 8+ have strongest row of their year so far, catching the crew in front and making a tight race.

Novice Men 1st 8+ comes second to Exeter RC but are 11 seconds faster than

Good Weather for Once?

With good conditions predicted and the home water advantage, we were hoping for quick times, particularly in the run up to BUCS Head. Boats from all squads raced, with almost every EUBC athlete getting their chance to represent the Club.



Senior Women

With squad members preparing for BUCS and Trials, the girls boat in a number of categories but provide great performances all round

Coxed Four

The women's 4+ dealt with the ever increasing headwind well; a long and strong rhythm created by ex-novice stroke Kristi Stone, allowed them to put in a good time and win their category. There is much more to see from these girls in the future.



Eight

The women's 8+, looking to perform in the Intermediate 8 category at BUCS, also put the power down! Looking the best they have all year, Izzy Metcalf - stroke of the women's 8 - enjoyed her first Exeter Head, saying: "It was exciting to race on our own stretch of river and get in some good race practice before BUCS. You could feel a lull in the boat just before swing but all the girls responded well to Nancy's calls to kick the power back on and drive for the finish."



Singles

From the Women's squad we also had 4 singles boating, all looking to put this opportunity to good use before GB Trails, which is taking place in two weeks time. There were a few hiccoughs with the lightweight girls, but nothing that they can't learn from. Anna Newton, a heavy weight women looking at U23 trials said: "It was great to put some training in to competition on home turf!", as she battled against team mates to come in first.



Senior Men

One of the strongest Exeter Heads from the Senior Men to date, they showed huge potential and promise for the up and coming season

Coxed Four

The top Men's 4+, containing two novices from last year, have really begun working as a unit and their race showed this. Vice President Angus Irvine said, "We had a really good row, we're starting to develop a very nice rhythm. There are still one or two problems to iron out, but the boat is moving really well and everyone is happy!"

Lightweight Eight

Going off second in Division 1 with only Dart Totnes in front, whom they swiftly overtook, the lightweights had a quick and clear race, which resulted in them posting with the fastest time of the day. Tom Browne, the boat's stroke-man, highlighted the fact that they dealt well with the head wind and "laid down some strong foundations for the racing season to come".

Heavyweight Eight

Unfortunately due to a number of injury's and illnesses, the heavyweight men's 8+ had to boat as a scratch crew. However, the boys came together very well finishing only 35seconds behind their lightweight rivals. Adam Brant said that it "was good to get back into the racing spirit after the Christmas period" and is excited to where this crew can go pushing towards BUCS".



Novice Women

With an impressive 20 girls racing, the Novice Women showed how far they have come and the depth that their squad has.

1st Eight

After having to wait until Division 2 to race, the girls were itching to get on the water. Stroke-woman Charlotte Rogers said, “it was a great experience for all of us, allowing us to put all of our training into practice. Strengths and weakness alike were highlighted, which undoubtedly allow us to improve moving forward towards BUCS”.

2nd Eight

With a number of last minute drop-outs, the girls unfortunately had to row as a scratch boat. In spite of this though their cox, Odette Fothergill, quickly pulled them into shape on the row up, but an issue with their steering meant they went off last, with slower crews in front. However, they still raced well together, showcasing the determined mindset which is present throughout the squad.

Coxed Four

In Division 1 the Novice Women also had a 4+ racing, who dealt impressively well with the head wind, despite minimal race-pace experience.

Novice Women’s Captain, **Oliver Martin**, said “Exeter Head was a great experience for all the novices as it introduced them to high level racing, and provided them with an opportunity to see first hand what all the hard work in training is for. Although for many it was the first time they had represented the university on a public stage the whole squad rose above the pressure and produced strong results all round.

We are now looking forward to pushing on towards BUCS Head in Newcastle, with our next event being a private match against Plymouth and Exeter RC in two weeks time”.



Novice Men

The Novice Men also had 20 athletes racing, who all dealt with the difficult conditions and scratch crews well.

1st Eight

With a very strong start, the boys raced well to Swing Bridge but unfortunately a broken footplate meant the rest of the race was capped at the power of seven men. However, Arthur dealt well with the situation, which allowed the boys to still finish with a strong time. Tom Atwell, 7-man, said “we were excited to get racing again after all the tough winter training, and maximize the opportunity show off our hard work. Despite the footplate incident, we felt the race went really well and we were all happy to celebrate”.

2nd Eight

The boys second eight had a tough race but managed to pull a solid rhythm together. Cox Rossana Wing said both races were a great experience, and allowed us “to put all the racing theory we have learnt so far into practice. The Division 1 8+ race was nerve wracking but thoroughly fun at the same time - the men did themselves proud. In the Division 2 race I felt more confident and the men

really showed determination and team spirit. Overall it was a really enjoyable day and I'm looking forward to future races.”

Coxed Four

The last of the novice boats down the course was the men's 4+. Aldert White - Novice Men's Captain - said, “I'm glad all the boys were able to get a race and hopefully they will use this to drive them on towards future successes!”





Thank you!

We would like to say a massive thank you to all those who came and supported including our social secretaries and all the parents. Your cheering is a constant driver. Thank you to Ollie Martin, Aldert White, Harry Townsend, Harry Blackwell and Immy Pike for helping the event run smoothly. All these results would not be possible without our coach's Richard, Lorna and Paul as well as our strength and conditioning coaches Oli and Wayne.

Isabel Cole – President

Next event

BUCS Head – 20th +21st February

Website: www.eubc.co.uk

Instagram: Exeter_uni_boatclub

Twitter: @ExeterUniRowing

