

T.C B.C

2022-2023

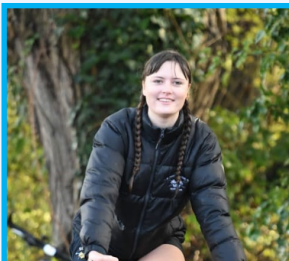
NEWSLETTER

The Rowing Season at Trinity

Welcome everyone to the Trinity College Boat Club newsletter featuring the activities of TCBC over the 2022-23 season!

Featuring...

- A thank you message from our executive committee!
- The rising OUWLRC stars at TCBC and our prospering Women's squad
- Adventure into external regattas - the crews racing outside of Oxford
- TCBC takes on the Tideway and Wembley Lake!
- The exciting prospects for both Men's and Women's squads in 2023-24





To the alumni of Trinity College Boat Club

We hope you have all had a successful year, whether you are still actively rowing with-
in your respective clubs, or have branched into other means of enjoyment. We the
executive committee of TCBC would like to thank you for your support over the last
year, and as we now enter the final run-up to Summer Vllls 2023, we look forward to
welcoming many of you to our annual Vllls dinner celebration!

We have certainly had an excellent year at Trinity, with the advent of the new academ-
ic year seeing new members take up rowing mostly for the first time, in the place of our
recent graduates we sadly say goodbye to each year. TCBC has expanded once more
into the sphere of external regattas through the creation of our new executive role of
'foreign secretary'. We saw entries into Quintin Head, Bedford Head, and Women's
Head of the River Regatta (and potentially more to come), resuming our long history
of national participation that was unfortunately obstructed by the pandemic. This year
also saw the return of a pre-seasonal rowing camp, taking place at Wimbleball Lake in
Exmoor National Park, alongside our spring training camp with Fulham Reach Boat
Club in London.

We hope that this newsletter we have prepared for you will showcase our club's
growth over the last year. We are very excited for the beginning of the 2023-24 sea-
son, with the growing potential of our Women's squad, and retention of many mem-
bers of the Men's squad, we believe 2023-24 will be a prominent success in the boat
club's history.

Once again we would like to thank our alumni for their support, you are TCBC's legacy
that we strive to uphold, and we hope that with your continued support and assistance
the next year will be an overwhelming success!

Yours truly, a grateful executive committee...

Rose Faure
President

Harry Walton
Treasurer

Araminta Plumstead
Secretary

Jan Barraclough
Foreign Secretary

Joshua Holloway
Men's Captain

Ivan Tolkachev
Men's Vice-Captain

Grace Davison
Women's Co-Captain

Caitlin Watson
Women's Co-Captain

Trinity Women take on Oxford Lightweight Rowing

By Grace Davison - TCBC Women's Co-Captain

If you had told this northern, state-school educated, and almost six-foot tall, fresher last year that she would be rowing for Oxford University Women's Lightweight Rowing Club, she would have struggled to believe you. My height aside, I had little interest in rowing other than it being an Oxford novelty. As I'm sure many of you will sympathise, being tall in doesn't bode well for escaping the sport, and I soon found myself enjoying the blissful Godstow mornings and the chaos of the river Isis. After my first bump in the W1 of Torpids 2022, I was hooked.

The 2022-23 season rolled in, and I found myself women's co-captain. With the new exec. role of 'foreign sec' (Mr Jan Barraclough), we were excited about the possibilities, and Quintin Head was my first external regatta. It was a few days later that I received an email from Katherine Ferris, lightweight rower (and TCBC alumnus), saying she had seen Trinity race at Quintin and wondered if we had any rowers interested in subbing into OUWLRC outings. I was with Kirsty Peacock at the time, our men's assistant coach who also learnt to row at Trinity and had rowed with OUWLRC. I was daunted and intrigued but decided to bite, thanks in part to her encouragement.



Katherine has a single named after her. This was a new tradition created to honour the President of the OUWLRC.



Katherine rowed the five seat of the lightweight eight at BUCS.



Me racing six seat at BUCS 2023, my first regatta race.

I must have been doing something right as within weeks I rowed in their second boat at WEHoRR, a long and exciting race, with Trinity racing alongside me and winning their category! It was a very proud moment for me, and one that solidified my desire to keep training with the lightweights. I balanced this with my captaincy work at Trinity, and rowing in a successful Torpids 2023 campaign, where we took ninth on the river.

My next challenge was BUCS - my first regatta - where I rowed an 8+ and a 4+. BUCS was a personal success for me, and although no medals were won, I was able to cement how much I had achieved in just two years. I am excited to trial next year, and who knows what other adventures await me.

However, this article isn't about just me. Trinity women have a long and proud history with OUWLRC, and it's unlikely you'll see a lightweight women's boat go past in Wallingford without Trinity splash-jacket. It was only through the support of earlier generations of athletes that I became involved and felt so welcome, and I want to do the same. Yuanfei Li, a promising rower who learnt to row this season with Trinity, is currently in the OUWLRC development squad, alongside Kirsty who has returned (at least for the summer), and it makes me so proud to see these Trinity women making such a huge contribution to university rowing. It's also safe to say that OUWLRC wouldn't run without the work of Katherine, whether president, rower, cox, or coach, she can do it all.

Trinity is one of the smallest colleges, yet we consistently put out the most lightweight women rowers: as OUWLRC say, "though she be but little she is fierce".



The OUWLRC 2nd boat racing at Women's Head of the River Regatta. Grace standing in the centre.

**“ Though she be
but little, she is
fierce ”**

TCBC's Away Games:

By Minty Plumstead - TCBC Secretary

At first, the prospect of competing with the boat club at external regattas was a pretty daunting one – aside from our bi-annual excursions to Fulham Reach and Wimbleslake, before this year the furthest many of us had rowed from Oxford city centre was Godstow. My nerves notwithstanding, I eagerly grabbed myself a British Rowing membership, and signed up for any externals going.

After Wallingford's cancellation in November, first to come around was the January Quintin Head, and I vividly remember the surge onto the Oxford Tube before 6am, the drowsy hour travelling in the pitch dark, and our rather haphazard navigation of west London. Despite the dampener of having to wet launch in an old pair of trainers, the pre-race routine of warming up amidst three hundred crews and finding our place in a line receding into the distance up and down the river, was fairly surreal. Juggling layers and munching snacks between the occasional tap from bow pair, or back from stern, it was great fun to watch preceding divisions take on the course, as the Chiswick start line crept closer. The race itself is up there with one of my favourite sporting memories – the feeling of pulling past the crews ahead, with cox Jess yelling "I'm at their stroke and I want to be at their 3 seat in ten. Power, NOW", was like nothing else. The 4km

course rushed by in a blur of adrenaline, and we definitely weren't expecting to turn around to each other at the end, and say that we wanted to do all that again. The results from both the women's and men's boats definitely merited our pit stop at the William Morris Wetherspoons, before heading back home.

After our Tideway success I was buzzing for another regatta, so it was lucky that Bedford Head followed hot on the heels of Quintin. Though this race couldn't have proposed anything more different from Quintin – the river wasn't tidal, the course was only 1.6km, and we were entering fours – it certainly had its own challenges. I hadn't raced a four before, and quickly worked out that the set was a much more pressing issue when *this* boat was going at high rate, than in the eight. It was great to be able to experiment with this quirky regatta, competing against quads and even octos, as well as other colleges (offering some well-timed Torpids reconnaissance).



Attending these external regattas together was also clearly bringing the men's and women's sides closer, managing travel as a unit and cheering for each other – and this time enjoying McDonalds for our post-regatta celebration.

Having said this, come March, the mania for WEHoRR amongst *women's* boats at all levels was a pretty special thing to be a part of. W1 assembled a composite crew with rowers from LMH and Exeter, and set our sights on this almost 7km race; fortunately, the course was familiar not only from Quintin, but for being the reverse of the Boat Race! Like Quintin, we were up against some three hundred other boats, but this could not intimidate us – despite mowing over a buoy in our enthusiasm at one point during the race, we sustained a powerful rhythm to cross

the finish line with a division-winning time. It was such a joy to feel the boat all pulling together for each of their crew mates, following cox David's calls for five and six to lead it, then three and four, and finally bow pair before he cycled back to stern pair. The cherry on the cake was finding out our result upon landing, which was made all the better because it was relayed by other members of TCBC who had come down to London for support. Needless to say, many team photos and another well-deserved trip to Spoons ensued.

I was lucky enough to stroke these three W1 entries, and to be part of the fantastic crews who brought the best energy to each regatta. I can't wait to get involved with more externals hopefully coming up this term!



Trinity/LMH/Exeter WEHoRR crew receiving category champion medals



*<- Bedford Head crews reregging the Women's 4+ in preparation for racing
Men: 3rd in open-weight 4+s
Women: 3rd in band 2 4+*

TCBC Takes on the Tideway and Wimbleball Lake

By Harry Walton - TCBC Treasurer

Many people say that the lives of students can be hard – well, as extracurriculars go, rowing is a great one to balance out that work pressure. And the holiday training camps certainly sweeten the deal!

In search of fresher waters, TCBC ventured to Wimbleball Lake in Exmoor, Somerset just prior to the beginning of Michaelmas term in September. Undeterred by the Lake's surprisingly low water level, and armed with the majority of TCBC's fleet, we enjoyed five days of country-side views, pre-seasonal training and avoiding some rather unpredictable junior sail boats (credit to the coxes).

The days of the training camp began with approximately half the men's squad awake in their dormitory (having promptly silenced and ignored their morning alarms), patiently waiting for Sam Dudley to bang on the door, to remind them that we did actually have a job to do. Upon meeting the Women's squad, who had woken up on time and were getting ready, there was a hurried packing and consumption of eggs, bacon, and whatever leftovers we had produced

from dinner the night before. Training at Wimbleball consisted of erg training, at least two 8+ outings with many rowers having a go at coxing for the first time (given the very wide margin of error on a lake), and some small boat training in TCBCs 4+, 2x, 2- our 2 sculls, featuring only one unplanned capsized drill from Grace.



Half a year later in March, TCBC scrambled its members once more, to get a sizeable squad down to Fulham Reach Boat Club (FRBC) in London for the second year running. FRBC generously agreed to allow TCBC access to some of its boats to use on the Tideway as part of our ongoing fundraising agreement, giving us a newfound appreciation of our immediate access to a river that is not impacted by tides, winds, and enormous river traffic.

The days on the tideway were made special by the near constant threat of overshooting the landing stage, daily coxing briefings, and the public confusing us with the blues squads (because who can blame them). The nights consisted of some of the finest organisation TCBC is capable of: after all, who could forget Finlay Ford's birthday? Beginning at Pizza Express, he managed to end up front and centre of a comedy night, where he could be ribbed endlessly for the party hat we strapped to his head.

This opportunity is only possible because of FRBC. Without being allowed to use their boats, we simply would not be able to hold this training camp on brand new territory in the memories of most of us. We look forward to continuing to fund-raise for their junior bursary scheme in the future!

With training camps firmly back on the boat club's agenda, we will continue to look for new and exciting places to visit and waters to row on!



Looking to the Future, prospects for 2023-24

The Men's Squad

The Men this year have certainly had it rough, up against some heavy competition and M1 suffering a frustrating accident during Torpids. However, we have now realised, that with seven returning M1 crew members, and lying in division 2, we might be in the perfect position to resume a blades campaign in preparation for Torpids 2024! We believe that this potential will feed into M2 and M3, and Trinity's men can once again become the formidable force that we know it has the potential to be.



Quintin Head

Men's 8+

*Position: 161 ->
128 (3 of 20 in
category)*

The Women's Squad

With the growing OUWLRC and OUWBC ties we are seeing in the Women's squad, we are excited to see their continued upwards trajectory in 2023-24. Currently 9th on the Torpids charts after rising one place this year, we anticipate that maintaining current progress will lead to TCBC pushing this even higher next year, perhaps even breaking their record of 6th place achieved in 1999 soon!

Both squads will gain valuable experience from participation within external regattas and training camps, which we will continue to encourage next year.



Quintin Head

Women's 8+

*Position: 294 -
>251 (7 of 19 in
category)*

A Message to our Supporters and Alumni!

The committee of TCBC can confidently declare that the club has been fully restored, since the pandemic caused an abrupt halt to the traditions we have been fighting to bring back. With all the progress in increasing the club's activity, it is vital that we continue to improve the club and widen our reach of resources and training. It is for this reason we ask you, our respected alumni, to help us continue to grow, and maintain the level of activity we know it is possible to achieve.

Alumni form a vital component of our funding, providing almost a third of TCBC's annual budget. This funding is necessary for essential training from our brilliant coaches, and for boat maintenance and racking. We could not be more grateful, thank you again. Our hope is that alumni will consider the possibility of continuing and furthering their much-appreciated support by committing to a regular gift, and in so doing, ensure the continued growth of the club.

Contributions—at all levels—are deeply appreciated and can make a significant difference. For example, if 40 alumni were to commit £100 a year, we would have the necessary funding to keep TCBC operating at full capacity! For further details about making a gift, please go to trinity.ox.ac.uk/make-gift.

We can promise that TCBC will continue to appreciate our alumni, the lifeblood and legacy of our club approaching 200 years old, so that the members that follow on after us can continue to partake in one of the oldest Oxford traditions.



