



NEWSLETTER MT23



Beginning of the 2023-24 training season, the welcoming of new members and new faces in the TCBC coaching team.

- Unfriendly river conditions and the transition to indoor training
- Reopening of racing and competition in IWL B
- Fairbairns 2023—a journey to Cambridge and facing off against our college counterparts.





To the alumni of TCBC

When coming into the Presidency of TCBC 3 months ago, I believed that with the support of our alumni, and strong encouragement to our members, the club and our race results would prosper. I have learnt now that there is a third party in the quest to rowing success—the River Isis.

Michaelmas term 2023 got off to an excellent start, with our annual freshers BBQ providing us with long queues of novice rowers all keen to have a go on both sides. However, the UK was struck with Storms Babet and Ciarán, providing sufficient rainfall to close rowing on the Isis for over a month, and turn the Godstow stretch into more of a lake. Conditions reminiscent of the 2019-20 season I am told.

As a result, external races we were looking forward to, such as Wallingford Head, and the Upper Thames Autumn Head race were unfortunately cancelled. Consequently, the members quickly made the transition to indoor training, battling the Iffley rowing tank booking system, and no doubt annoying the residents of the nunnery with near constant erg playlists. Disappointingly, Michaelmas Novice Regatta (formerly Christ Church Regatta) was also cancelled on the grounds that with limited water experience, novice races would not be safe.

Thankfully the term was saved when in late week 6, we saw a return of more welcoming river conditions, permitting us entry of four crews into IWL B, and just enough time to practise to get an M1 entry into the Fairbairns Cup.

All hopes permitting, Hilary term 2024 will be much kinder to us, and our plans for Torpids 2024, Quintin Head, and our ultimate goal, Head of the River Regatta.

Yours truly,

Harry Walton

TCBC President 2023-24

A stylized, handwritten signature in black ink, appearing to read "H. Walton".

Documenting the Harsh Journey through Indoor Training

Our Captains and coaches definitely got quite creative with their workout this term, inventing all sorts of body building madness. Our members repeatedly arrived at the erg room, ready to endure whatever was planned for them that day, with the assurance that their crew mates would accompany them. I hope you enjoy a collage of our combined efforts in indoor training.



Left: Queues outside the erg-room, as novices and senior rotate through training and testing under coached supervision.



Right: The bodies of Josh, Foggy and Finlay following a 5k test.



We made good use of the indoor rowing tank at the Iffley Sports Centre. While this doesn't fully simulate a boat on the river, is it the closest we can get, and a good substitute for teaching novices some tech.



Mixed ergs as novice and senior men and women train in the same room, albeit with different training plans.



The Term's Racing Review, IWL B and the Fairbairns Cup. Looking forward to the adventures of Hilary Term

Isis Winter League B (IWL B) — 26.11.23

For IWL B, a persisting Amber flag on the river meant that only senior crews could be entered. Nevertheless, M1 raced as an 8+ then split into two 4+s, elegantly named after a popular local Weatherspoon's. The Women's side also entered a 4+, allowing the best of the side to stretch their water experience once more.



Trinity M8+ A
'The Swan and Castle'
4th of 8 crews entered. Beat St Peter's, Magdalene and St Hugh's 8+ A.



Trinity M4+ A 'Swan'

Finished 2nd, 3s off of Merton M4+ A.
Photographed overtaking Hertford W8+ A



Trinity M4+ B 'Castle'

Finished 3rd overall, having not had any break between racing in the previous division in the M8+



Trinity W4+ A

Finished 3rd Overall in the W4+ category, featuring veteran rowers Lauren McGinn (str) and Captain of Coxes Tallulah Brady (3-seat).



A Journey to 'The Other Place'. Fairbairn's Cup 2023, a Victory over our Cambridge counterparts

While the river Isis was in crisis, the River Cam was annoyingly unaffected by the weather conditions we had experienced. As such, the Fairbairns cup proceeded as normal. M1 decided to enter with the logistical support of our sister college and rivals Churchill College, Cambridge. Due to sheer determination to win, or the will to warm up a bit in the -2°C cold, M1 beat our Cambridge rivals in Churchill college M1. The students at Churchill college were fantastic, cheering us on as we cheered them back despite the cold.



Trinity Senior Mens' 1st 8+

Cox: Kirsty Peacock

Str: Oliver Clement (Co.M.Capt)

7: Finlay Ford (Co.M.Capt)

6: Noah Leach

5: William Boulanger

4: Thomas 'Foggy' Fogg

3: Harry Walton (Pres)

2: Henry Hall

Bow: Joshua Holloway (F.Sec)



Senior Mens Vllls category:

29th out of 55 entered crews both college and invitational.

<https://www.youtube.com/watch?v=mtiOnBBQfR8&list=PLfqxUCpFOXPC8QmUh1KvbH4AANEdVsBfc&index=4>

^ Skip to 5:33 ^





As I hope you've seen from our previous communications, members of TCBC took part in the Oxford Half-Marathon in October. Thank you to everyone who contributed; we could not be more grateful. For more information about the marathon and to see photos from the day, please see <https://www.trinitycollegebc.co.uk/post/tcbc-takes-the-oxford-half-marathon-2023>

TCBC's Hilary Term 2024

The 2023-24 committee have been scheming away, and have produced a term-card for Hilary Term 2024 featuring re-entry into Quintin Head (20/01/2024), IVs and VIIIs Head in Henley Upon-Thames (17/02/2024), and Head of the River Regatta (24/03/2024). Alongside the Oxford races such as Torpids and IWL C, D and E. If you find yourself in any of the cities involved in these races on each corresponding race day, we would love to hear from you. We will be hoping and praying that river conditions in Hilary term will be kinder than this term.

I look forward to being able to report on the progress of the club in another few months, as well as produce even more media from each race, as we expect entries from both sides, and of all abilities. I thank all alumni who have gotten in touch with both myself, and the alumni team at Trinity over the last term, giving us your support and even meeting with some of us. Hearing from all of you has made this first term exceptionally rewarding, and I do hope that going into 2024, we will be able to hear even more.

To all of you Merry Christmas and a Happy New Year!

Your sincerely,

All current members of TCBC.