



FRIENDS of



WOMEN WIN BLADES

Summer Eights Edition

June 2006

Visit Our Website: www.cccbc.org.uk

WELCOME

Corpus has finished Summer Eights 2006 at the top of the Bumps Charts with our crews rising an average of 2.75 bumps. The Women's 1st VIII won blades, bumping St Peter's, Jesus, St Anne's and Trinity. Men's 1st VIII went up 3 places, finishing 4th in Division 3. Men's 2nd VIII rose 4 places, after over-bumping Christ Church on the first day. The Women's 2nd VIII held their position within their Division after tough competition around them on the river. A full report of each crew follows later in the newsletter.

Congratulations also to Matthew Stott, Paul Diggle, Tom Abbott, Paul Taylor and Ash Shakeri for getting through to the finals in Oriel Regatta. Also, Good Luck to the IV who are racing at Reading Regatta in a few weeks.

This term has also seen the first of our Friends events. Our Summer Eights dinner at ASK restaurant saw current and old rowers unite to celebrate Corpus topping the Bumps charts. Spirits were high after the success of the boat club and everyone seemed to enjoy the atmosphere. Thank you very much to those Friends who attended, it was nice to hear some of the memories from your time as Corpus Boaties.



Charlie, Toby & Julian in their new Boat Club Blazers

It has been a very exciting term off the river too. The women finally named their new Stämpfli after Leo Sharpston, only to follow in her footsteps and win blades in *The Leo* a week later. The Bump Supper was a fantastic evening, enjoyed by all those who attended and I am sure that none of the crew will forget the evening any time soon. Reports of both the Boat Naming and Bump Supper follow.

The end of Summer Eights marks the end of the Rowing year at Corpus and the hand over of captaincy. Congratulations and thank you to our outgoing captains Bettina Reitz and Jack Cole. Corpus has had much success under their leadership and we appreciate the effort they have put in as well as the motivation they have given rowers from all crews. Farewell also to Julian MacBride, Toby Williams and Charlie Oakley who have contributed much to the boat club during their time at Corpus— they will be missed next year.



Bettina and Jack – Outgoing Captains

I am happy to announce that Paul Diggle and Joanna Bell are our new captains. They have both shown dedication and determination in their rowing this year and we look forward to working with them to continue the success of CCCBC. Preparations for Freshers' Week are well underway and we are hopeful of another successful term in Michaelmas with our novice rowers.

Thank you for your continued support of CCCBC. It is greatly appreciated.

Best Wishes,

Rebecca Lindhout
President CCCBC



Paul and Joanna – Incoming Captains



MEN'S 1ST VIII

The early prospects for Trinity rowing were not too encouraging. Wadham's Oliver Lough, who had successfully coached us to bump twice in Hillary, had gone to China. Also, Chris De Coninck, first eight stalwart and member of last term's crew, had dislocated his knee during an off-piste skiing expedition and the fact that he could barely walk when I met him at the start of term made me pessimistic about any chance of him returning to the boat. With Paul Moody and Andrew Worley from the Torpids crew also dropping out this term under the pretext of 'doing exams' there was a certain amount of work to do to get a decent Eights crew into shape.

However, things soon began to look up. Corpus receives a number of visiting students from Stanford each term, and while they are always keen to learn how to row, they are not usually much use to the first Eight as they've never rowed before. This time I got an email from a Carl Cummings who'd rowed for Stanford University but had unfortunately had to take some time off due to exhaustion following over-training and who was now wondering if he might be able row in a Corpus boat. Reasoning that there was little risk of over-training at Corpus, I gave him a go in the seven seat of the first eight where he stayed until race day, consistently pulling the fastest erg times of anyone in the crew and making the whole boat shudder as he put in some American power.

The other spaces in the boat were filled by Gregor Jotzu and Mike Rivers-Bowerman, a Canadian member of the university basketball team. I also found a coach for the crew from the university lightweights second boat, who had recently defeated Cambridge at Henley. Adam Nelson from Magdalen showed he was going to be a committed coach as we developed an eight session per-week training plan in The Bear and throughout the term was dedicated to the crew both during and after practice sessions. More than once a quick pint after evening training accidentally turned into a late night 'crew bonding' session in Adam's rooms. With Chris' knee healed sooner than expected, he returned to the boat, despite the increasingly earnest warnings of his physiologist, and we were all set for race week.

The first day held a grudge match since we were chasing Magdalen's second boat, our coach's college, and although we pushed them hard down the course we were unable to catch them. On Thursday, chasing Magdalen Seconds again, we reverted to our backup plan of sprinting all out off the start and relying on catching Magdalen quickly. We did, thankfully, and Adam rewarded the crew, slightly controversially, with beer and Mars bars as they left the boat. The sprint tactics paid off again on Friday as we caught Christ Church Seconds within two minutes and on Saturday, encouraged by the news that women had just won blades, we went on to round off a successful week for Corpus rowing with a bump on Lady Margaret Hall firsts.

We celebrated our three bumps and the women's blades with the most raucous boat club meal of my experience. I owe thanks to a couple of rowers now leaving Corpus: Julian MacBride who has put in four years of first eight rowing and who has been CCCBC president, captain and treasurer and also Toby Williams, first eight cox for three years. Good luck also to Matthew Stott, who intends to trial for the university lightweights next year. It has been a tremendously successful year for Corpus men's rowing, and promotion to the second racing division looks possible if we can keep things up next year. I hand over the captaincy to the capable hands of Paul Diggle. Thanks finally to the Friends of CCCBC for your continued financial help, and also to those of you whom I met supporting the racing crews during Summer Eights.

The Crew was: Julian MacBride, Carl Cummings, Matthew Stott, Jack Cole, Mike Rivers-Bowerman, Binyamin Even, Christopher DeConinck, Thomas Charlick coxed by Tobias Williams

Jack Cole

Outgoing Men's Captain



WOMEN'S CAPTAIN'S REPORT

After a mixed Torpids, the women's boat club experienced some significant changes for the better this term. Some experienced rowers returned to the flock, and a new coach, Harry Southcott from Brasenose, was engaged. We lost hardly any of last term's rowers, although some moved down to the second boat because of exams at the end of term. We were also delighted about a large influx of keen Stanford sportswomen willing to take up rowing in their time here. Early in the term three eights were formed and began training.

The **3rd VIII**, made up entirely of novices, many of them from Stanford, was introduced to the basics of rowing by Rebecca Lindhout. The girls were ably stroked by Katie Howe, the **1st VIII** cox (and boat club secretary), who was keen to get a view of rowing from a sliding seat, but initially found it hard to shed the habit of turning around and taking over the coxing ... The girls did incredibly well to pick up rowing in only 4 weeks, and they had a lot of fun in the process. Unfortunately they failed to qualify in Rowing-On, but their support during race week was much appreciated.



The **2nd VIII** was made up of some girls from last term's **1st VIII** as well as some other experienced rowers and two novices, who were rather thrown in at the deep end and had to master rowing all eight, feathered blades in the **2nd** outing of the term. They acquitted themselves admirably, however, and the boat trained hard and successfully. It was coxed by Paul Taylor, a novice to the coxing seat but an experienced rower, and coached by Matthew Stott and me. The boat qualified easily for Summer Eights and took its place about halfway up in **5th** division. On the first day, the crew closed quickly on Balliol II in front but unfortunately missed out on the bump when the race was klaxoned early on. On the Thursday, however, the girls bumped Balliol in style, just passing under Donnington Bridge. On the Friday, this put them behind a St John's crew of very similar speed. We closed to a canvas in the gut, but were unable to quite finish off the bump when John's picked up speed with a huge push across the stream. The crew raced the best they had ever done, and showed an incredible fighting spirit right up to the finish line, but John's held them at half a length for the rest of the course. On the last day, the girls were confident of bumping St John's, and closed very quickly off the start, but unfortunately, a Worcester crew behind them had subbed two blues into their lowest boat for the last day of racing, and bumped Corpus II within no more than twenty strokes. Ironic, as the same Worcester crew, with its original line-up, had been over-bumped by St John's on the Thursday, who were a crew of very similar speed to us. This was a slightly disappointing way to finish the regatta, but all in all the girls had three very good rows, and held their position in the division. Many of these rowers are likely to make up next year's **1st** Torpid, and I expect great things of them.



The **1st VIII** was happy to welcome experienced rowers Emma Newman, Chaz Blythe and Justine Cooke back into the crew, as well as Alie Fohner, a complete novice from Stanford who turned out to have an incredible natural aptitude for rowing, and whose fitness and determination contributed much to the boat. The boat trained together for 8 sessions a week, 5 of them on the water, complemented by a run, a long erg and a circuit. The attitude in the boat was fantastic right from the beginning, with no one missing training and everyone making the most of the water time available. Quick progress was made – within the first two weeks of training, we managed to take 50 second off our time for racing the full length of the Isis! Crew spirit was further improved by the fantastic Boat-Naming event in **4th** week, preceded by a crew picnic and group cleaning of the boat house. Leo's



visit and the short outing we did with her in the stroke seat were a huge inspiration for the crew, and we decided to introduce a “push for Leo” into every one of our races.

Eights Week arrived, and we were moderately confident of at least holding our place, or perhaps moving up one or two places in Division 3. On the first day, we were jubilant to bump St Peter’s in the exit of the gut. We went into the second day of racing quite confident, but we were nevertheless surprised at how easily we bumped Jesus, just under Donnington Bridge. On the third day, the first whispers of “blades” were heard (and quickly silenced. We are superstitious!), but the crew retained its focus in the tightest race of the week, which saw us closing on St Anne’s as St Anne’s were closing on Trinity. Even though St Anne’s got within overlap on Trinity, Trinity managed to move out again to a quarter of a length, and seconds later, we had caught St Anne’s and bumped them just opposite Longbridges. On the last day of racing, everyone in the crew suffered from terrible nerves. We spent the last hour before the race variously staring into space, trying to focus, and unable to have a coherent conversation (not even with the President, Sir Tim Lancaster, who had very kindly come down to wish us luck). The weather was also against us – as we were putting the boat on the water, torrential rain soaked us and the boat, and, worst of all, our smooth blade handles, making them very slippery. In the warm-up, the nerves showed and neither of our practice starts really moved, as the blades were slipping through our fingers. However, every single one of us had resolved to race the hardest race of our lives, and we sat on the bung-line, drying off our blades, and determined to fight. The start-gun went, and we began to close on Trinity. We retained a high stroke-rate, having decided not to settle at all after the start, and moved on them steadily. Cox Katie Howe demanded pushes for Leo, for the bump and FOR BLADES, and we finally managed to catch Trinity on the beginning of the Green Bank, after a very late concession. Reactions to winning blades differed widely – while some of us couldn’t stop screaming for the entire row home, others simply burst into tears with happiness. When we were rowing in, rain and nerves were forgotten, and on the Corpus raft, we were received with Champagne and Pimm’s.



Corpus Women have worked incredibly hard in the last two years, and I am delighted that all their work has finally paid off in this wonderful way. Their success has been chalked up on the main quad, and a fantastic bump supper was held by college on the 14th of June. My year as women’s captain is now over, and I wish my successor, Joanna Bell, all the best for the coming year.

The Crew was Bettina Reitz, Rebecca Lindhout, Emma Newman, Chaz Blythe, Sophie Rees, Justine Cooke, Emily Tipping and Alie Fohner, coxed by Katie Howe.

Bettina Reitz,
Outgoing women’s captain



MEN'S 2ND VIII

Following an interrupted training schedule in the run up to Eights, the seconds managed to Row On as the sixth fastest crew and started as sixth in division seven. On day one the crew ahead bumped out early, leaving Christ Church IV available ahead. Under awful weather conditions we caught them outside their Boat House, giving us the over-bump. On Thursday we were chased hard by St Anthony's II, and having already pushed them off twice before the Gut, they were coming at us hard when the klaxon sounded, giving us a row over. On Friday we were chasing Pembroke V, and caught them entering the Gut after an explosive start, leaving us second in the division. Finally on Saturday we rowed over behind an impressive St John's III, leaving us up four places over the week, and with a good chance of entering division six next year.

The Crew was: Tom Abbott, Paul Diggle, Adam Skinner, Matthew Sullivan, Dave Armstrong, Tom Corcoran, Jonathan Smart, Paul Taylor coxed by Ash Shakeri.



Paul Taylor

Men's 2nd Eight Captain (and Treasurer)

WOMEN'S 2ND VIII

Summer 8's began well for our enthusiastic women's II team. A determined effort by the whole crew enabled us to row on with a decent time, in spite of poor weather conditions. We took up our place in Division 5 behind Balliol II, however our first race was slightly disappointing, being klaxoned just as we were closing on Balliol coming out of the gut. Thursday made up for this when just after Donnie Bridge we bumped the Balliol II crew we had been chasing the day before. Friday however did not prove as easy, we were chasing the St. John's III who had over-bumped during Thursday's race. Although we rowed over, we gave John's a good run for their money! Saturday, however, was our least successful day. We were bumped off the start by an experienced Worcester III crew. Although, we finished back where we started in terms of the division, in terms of the individual rowers, we certainly did not! Given that at the start of term half the crew had not rowed before, the progress that was made and the fun that was had in the process represented an enjoyable and successful Summer 8's.

The crew was Joanna Bell, Emma Hamilton, Caroline Lody, Josephine Diez, Emma Rix, Sarah Murray-Gates, Lin Lee and Jana Burbach coxed by Paul Taylor.

Joanna Bell

Incoming Women's Captain



MEN'S 3RD EIGHT – THE BEER EIGHT

All in all this term has been an excellent one for the Beer VIII. Despite several members of the crew having never set foot in a rowing boat before, after a couple of outings everyone had pretty much got the general idea, even if some of the finer points (like balance) were sadly lacking. The high point of the term for the Beer VIII was the crew date with the St. John's Lambrini VIII in fourth week. After a thoroughly enjoyable albeit quite drunken curry everyone headed off to the John's bar, everyone except that is Sam who was too busy redecorating the toilets! Even though we didn't actually row on for Summer Eights, we all had a great time trying, and suffice to say, the Beer VIII will try again next year.

Robert Stephen
Beer Eight Captain

WOMEN'S 3RD EIGHT

This Trinity term Corpus was able to enter a Women's 3rd Eight for the first time in several years. The boat was made up of a large number of enthusiastic Stanford students as well as Corpus graduate and undergraduate students. Everyone in the boat was a complete novice and after our first outing we only completed a single half lap of the river in 2 hours! Nevertheless, a great time was had by all and everyone was keen to get on the water again. The large number of Corpus crews in training for Summer Eights meant water time was precious and we were left with an early morning outing. However, everyone was surprisingly cheery when we met at 6.15 in the lodge. Perhaps this was due to the promise of a lovely cooked breakfast in college when we returned from our outing!

Training progressed well over the weeks leading up to rowing on and everyone was spurred on when we switched to using blades rather than spoons and began to feather! James, our newly qualified cox and Beck, our enthusiastic coach, provided us with much entertainment and encouragement as our qualifying race drew closer.

On the day strong winds and a high stream meant that James was unable to cox our race. Despite these difficult conditions everyone put in all they had and pushed to the end. Unfortunately, competition was extremely high for the women's rowing on divisions (44 crews for 25 places) and we did not qualify. Despite this, everyone enjoyed their first taste of rowing and hopefully next year we will be able to enter a Women's 3rd eight again.

The crew was Katie Howe, Victoria Anker, Kimi Narita, Stuti Goswamy, Theo Chang, Beth Munro, Kathryn Papanek and Tina Chen coxed by James McDaid.

Katie Howe
Stroke (and Secretary)



HEAD of the RIVER RACE

This spring, the Men's squad realise our long held ambition of racing in the UK's most prestigious rowing race, the Head of the River Race from Mortlake to Putney.

This race presents two particular challenges to any college crew. Of course, its 4¼ mile length tests fitness and technique to quite another level to the 1700m Bumps course. In addition, however, its date two weeks after the end of term makes finding a full crew hugely challenging.

Though Julian MacBride's man management ensured at least a session a day through 9th and 10th week, no degree of consistency, stability or togetherness was possible. As we moved to our Tideway base at St Paul's School for the final days of training, the crew saw a switch a bow-side-rig, Mike Rivers-Bowerman moving to stroke-side, and two substitutions. These forced us into a restrictive race plan of 28spm for the course.

The race saw a pleasingly determined performance. We stuck to the race plan despite difficult conditions past Hammersmith Bridge, overtook two eights and rose 21 places from our starting position. Nonetheless, we were bitterly disappointed not to fare better relative to the other college crews racing – this result did not do us justice.

This should not, however, detract from a fantastic rowing experience. St Paul's provided wonderful facilities, including coaching from Olympic oarswoman Suzanne MacKenzie. On race day, we literally rubbed shoulders with the likes of Andrew Hodge, stroke of Great Britain's world champion coxless four. Both myself and Mike were able to use the experience to bridge the gap from second eight to first eight, helping to create our very quick Summer Eight.

Head of the River Crew (from Stroke to Bow) Julian Macbride, Matthew Stott, Oliver Lough (Wadham), Mike Rivers-Bowerman, Tom Charlick, Chris de Coninck, Charles Oakley, Binya Even
Coxed by Toby Williams.

Result: 302nd (of 419), time of 20:39.67

Binya Even
Men's 1st Eight



ORIEL REGATTA

As most rowers got down to some serious studying ahead of end of year exams, some could just not keep off the river. Oriel Regatta, held between Thursday and Saturday of 7th week, presented a good opportunity for Corpus to enter a Four into a side-by-side regatta which would provide some clear river to row on and good opposition to compete against. The crew, taken from both the Men's First and Second Eights, began training soon after the end of Summer Eights and for a four day period found itself rowing every 12 hours! Coached from within the boat by Matthew Stott sitting in the stroke seat, the less experienced rowers behind him learned to catch faster and to push rather than rip the blade through the water. By race day the crew was rowing well together and the results showed this. In our first race against a Magdalen Four, Corpus had the inside lane and therefore began a length behind. The distance was made up within the first few strokes, the middle of the race saw the two boats side by side, and in the last quarter the under-pressure Magdalen crew caught a crab and Corpus pulled well clear to win comfortably. Balliol failed to show in the second round, giving us a bye to the final. Loosing our number 2 to a tutorial, a Marshal subbed into the boat. Although not rowing together well due to the substitution, Corpus did admirably in the final, losing by a length to Jesus.

*The crew was: B: Paul Taylor 2: Tom Abbott 3: Paul Diggle S: Matthew Stott
Cox: Ash Shakeri*

Paul Diggle
Incoming Men's Captain



READING REGATTA

Four members of the Oriel Regatta crew remained behind in 9th week to race in Reading Town Regatta. Paul Taylor moved to the coxing seat, and Paul Moody took his place at Bow. Paul Diggle swapped sides to stroke the boat, Tom Abbott swapped sides to 3 and Matt Stott moved to 2. The changes were to correct the rather large height differential between Bowside and Strokeside. The crew responded well to the changes, although tempers were pushed to the limits at times by the challenge of changing sides. Come race day the boat was going faster than in Oriel Regatta. However this was not good enough as Corpus lost their first race, being beaten by both Eton Excelsior and Abingdon RC, by 2 clear lengths in the first case and with overlap in the second. A failure to settle into a rhythm at the start saw us lose the distance, but a strong second half meant that Corpus closed fast on the other crews. Perhaps over a longer course (Reading was 900m) Corpus would have had a better result. Ultimately racing outside of Oxford was a rewarding experienced, and the crew hopes to come together again to compete in exterior regattas next year.

The crew was: B: Paul Moody 2: Matthew Stott 3: Tom Abbott S: Paul Diggle Cox: Paul Taylor

Paul Diggle
Incoming Men's Captain



BOAT NAMING

After much anticipation, cleaning and excitement, the women's new Stämpfli was named *Leo Sharpston* and we invited Leo to our Boat Naming Ceremony which was held on the 20th May.

The women's 1st VIII was so excited that we stayed at the Boat House after our early Saturday morning rowing outing and spent the morning cleaning the Boat House – equipped with brooms, mops and music we danced away the cobwebs that had been around since Leo herself was a Corpus rower! Ash Shakeri organised the reception and catered perfectly for the event, ensuring that the obligatory Pimm's was ready for rowers and spectators alike.

We warmly welcomed special guests Leo and her mother, as well as Sir Tim and members of the Boat Club. After the reception and a few speeches by myself, Leo and Sir Tim, we proceeded to the fun part of the event. Equipped with a bottle of champagne, Leo christened the new boat, and after cutting the ribbon on the stroke seat (one of the many seats in which Leo has rowed for Corpus), the 1st Eight set off, with Leo as stroke, for the first official lap in *The Leo Sharpston*. It was the best rowing which the women had done during the term and the "Power Ten" we did with Leo showed us that we could really move the boat – just a sign of what was to happen the following week during Eights.



By founding the Women's Boat club in 1978, Leo has given hundreds of women the opportunity to participate actively in college rowing. Her name inspired the Women's 1st Eight to win Blades in Summer Eights just a week after the Boat Naming and a "Push for Leo" was introduced into our race plan. We hope that her name on the boat will continue to inspire future generations of Corpus women to prove themselves in Rowing as well as in their wider achievements.



BUMP SUPPER

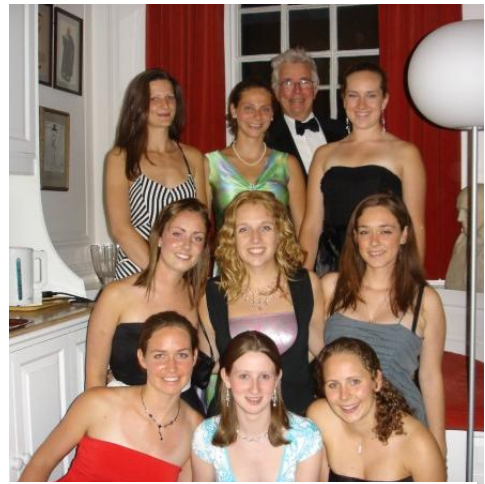
On Wednesday of Eighth Week, it was finally time for the Bump Supper to celebrate the Women's 1st Eight bumping on all four days of Eights. As is traditional, we invited the captains of the crews which we bumped to join us for the celebration at High Table. It seems that some of the captains might have taken offence at this gesture, but we were glad to have Clare Pearce, the Jesus Women's Captain, join us for the evening.



Clare (Jesus' Captain) & Bettina

The evening's events began in Sir Tim's garden where we had a champagne reception with Sir Tim and Ewan Bowie, who has been at every Bump Supper since 1968 and was so able to ensure that our Bump Supper followed the same format as those which went before it. Following the champagne reception, we joined members of the Boat Club and SCR guests (as the supper coincided with SCR Guest Night) and took our places at High Table, most of us for the first time. We were excited to see the menus with out names and a picture of our bump for blades on the tables, as well as relieved to see that one traditional aspect of the evening had been neglected – our weights were not on the menus!

The meal was lovely and following dinner, Sir Tim reflected on previous Bump Suppers – including one when the crew had proceeded to the Quad to burn their Eight. We all listened in disbelief as none of us could imagine burning our beautiful new boat. Bettina then gave her speech thanking those who had supported us along the way to Blades. We then retired to the SCR for desert and coffee where we had a new seating plan and so met more of the SCR and their guests.



The Women's 1st Eight & Sir Tim

After signing the menu and having a crew photo taken, the official side of the evening drew to a close. We excused ourselves and joined the rest of the members of the boat club at Bar Risa where we celebrated until early morning.

Thank you to everyone who has supported us this year. Thank you to Sir Tim, Ewan Bowie, Colin Holmes and Mike Curran for making the evening such an unforgettable one. Thank you also to the members of the Boat Club and the Friends who supported us during Eights Week.

Our Blades have been ordered, and having seen Alie's (which was done early so she could take it back to Stanford) we are very excited about receiving them in November. Felicity Burch has kindly chalked up Blades in the Quad so that we can remember this amazing feeling every time we walk through college.



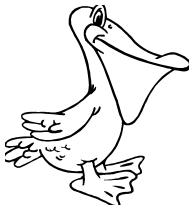
Membership of Friends of CCCBC

Events in Michaelmas 2006:

We are currently planning events to be held in Michaelmas Term. Events will be posted on our website www.cccbc.org.uk and you will also receive invitations to planned events.

If you have any suggestions for events or you have a crew which would like to race a current crew, please contact Katie secretary@cccbc.org.uk with your ideas.

Welcome to our new Friends of CCCBC



Mr Thomas Brightwell
Ms Charlotte Buckley
Mr Ian Deeley
Mr Morcom Lunt
Mr Ian McLean
Miss Suzie Palmer
Mr Stewart Platts
Mr John Willmer Q.C

Do you have any photos or reports from when you were a Corpus rower? We'd love to build on the CCCBC archives and fill in the gaps. If you have photos or stories, please send them to Katie Howe at college or secretary@cccbc.org.uk

Thank you to our other members for their continued support:

Mr John Aeberhard
Mr Anthony Asquith
Mr Bob Baker
Mr John Taylor Cameron
Mr Oliver Clauson
The Rt Hon Lord John Coulsfield
Ms Emma Davidson
Ms Alison Hawkins
Mr Geoffery Helliwell

Mr Tracy Herrick
Mr John Parkes Kent
Mr Bill Morris
Mr Richard Muir
Dr Marc O'Reilly
Mr Bryan Seel
Mr John Sephton
Mr Christopher Villiers
Mr Peter Waite

