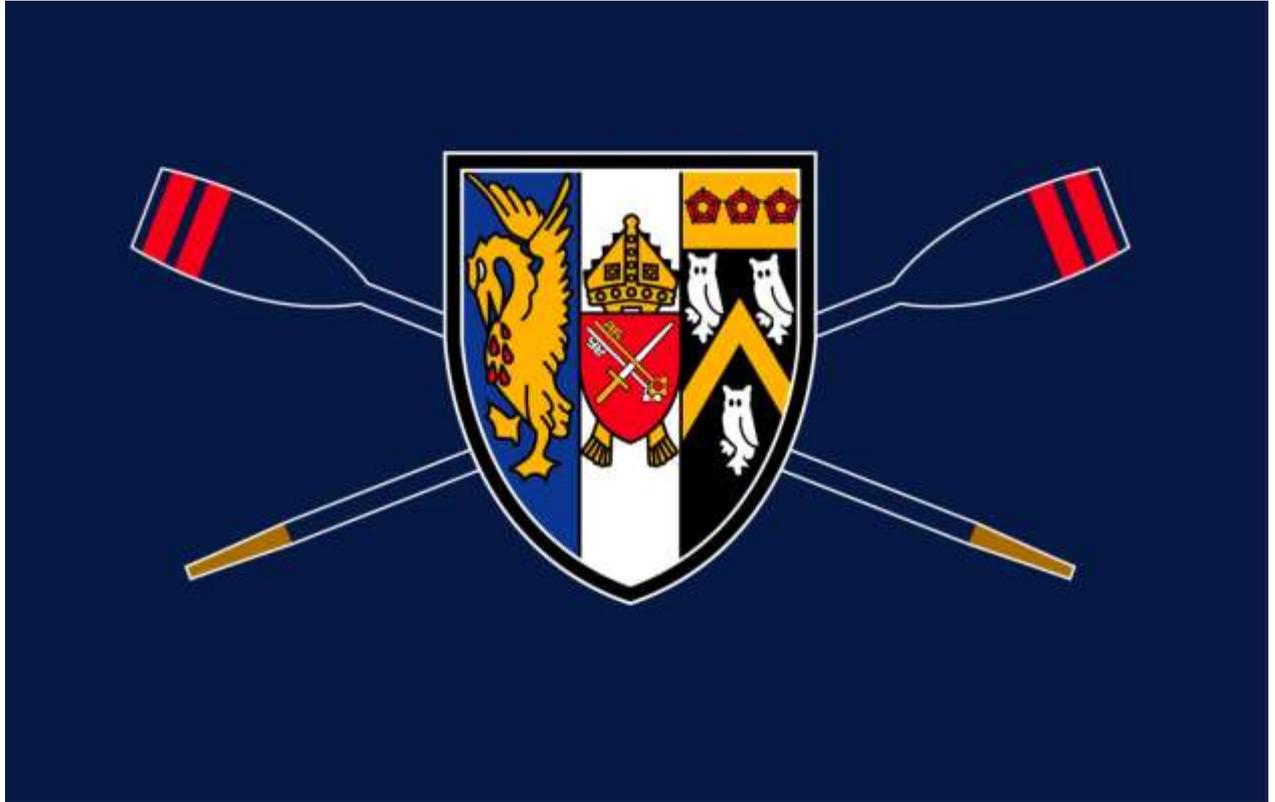


FRIENDS OF CCCBC



NEWSLETTER

MICHAELMAS 2013

PRESIDENT'S WELCOME

Dear Friends,

Welcome to the third and final newsletter of my Presidency! I hope you enjoy this brief update on what's been happening at CCCBC.

This term, our new ergs arrived, bringing with them a renewed enthusiasm for training. Our crews have thoroughly enjoyed (admittedly in a slightly masochistic way) being able to train together, and are already seeing improvements in erg times. Although we may not always feel like it in the middle of a particularly nasty session, we are incredibly grateful to everyone who contributed and made the erg purchase possible. More generally, we would like to thank everyone who has supported us over the past year. From coming to cheer us on at regattas, to sending us messages and giving generous donations (not just of much needed funds, but also of blazers, blades and various other rowing memorabilia), it has been fantastic to see how much enthusiasm there is for our club. In particular, I would like to join Esther (page 6) in thanking everyone who supported our women in their row to London.



Following on from the success of last year, I am pleased to be able to report that both squads are looking strong and have been training hard. We have been lucky to have an incredibly good pool of rowers in Corpus recently, and in fact, 3 members of college are trialling for the Oxford crews this year (as well as one ex-Corpuscle trialling for Cambridge). One of these, Chloe Farrar, is our Women's Captain, and so this term Alice Lattey has been Acting Captain. Alice will take over the Captain's role fully from next term. We wish all our triallists luck, and are looking forward to a good representation of Corpus in the Boat Races next spring.

I have my fingers crossed that all the extra training will pay off come Torpids, which this year runs from Wednesday 5 March - Saturday 8 March. As usual, we would love to see as many of you there as possible – on Saturday the bar will be open, there'll be a barbeque and (hopefully) even more Corpus success to celebrate.

I hope you enjoy this newsletter, and that you all have a wonderful Christmas. If you have any comments or questions, please get in touch.

Clare Franklin

President of CCCBC

COMMITTEE 2013-2014

Secretary



Esther Rich

President



Clare Franklin

Treasurer



Christopher Ewing

CAPTAINS

Men's Captain



Alexander Law

Women's Captain



Chloe Farrar

**Acting Women's
Captain**



Alice Lattey

MEN'S SQUAD REPORT

ALEX LAW, MEN'S CAPTAIN

After a long summer away contemplating the glories of last term the senior squad returned to Oxford for training camp, slower, fatter and more unfit than before. Training camp kicked off and we slowly started getting back into gear with daily outings and land training. Once term started properly



the focus switched to the Freshers as per usual. After an enthusiastic stall at Freshers Fair and a taster day held down at the boat house where we lured unwitting Freshers with a free barbeque, I found myself with 14 keen Freshers to mould into a race-winning boat. They undertook three outings a week and quickly learned the basics of the rowing stroke, and sooner than anyone expected, racing season was at hand. We entered boats into both Nephthys and Christ Church Regatta.

Nephthys was seen as a trial run for Christ Church, allowing the novices to get some racing experience before the real deal. Sadly due to illness a novice had to pull out at the last minute and a senior had to step in take his place. This meant that the boat was classed as friendly and so could not progress past the first round in the competition. The crew comfortably beat St. Hugh's C by more lengths than anyone would care to count, and so it was particularly frustrating that we were unable to race again.

The first race of Christ Church Regatta saw the novices come up against a strong Green Templeton boat. After a poor start we lagged behind by almost a length coming past Boathouse Island, when suddenly Green Templeton lost their composure, catching a number of crabs. The Novices showed their determination and never-say-die attitude in overhauling the deficit and winning by a canvas in a tense finish. The next race was against Wadham B. Despite giving a very good account of themselves, and closing Wadham down hard at the finish, our plucky novices were just beaten. It was a performance they should be proud of all the same. A video of the race can be viewed here: <https://www.youtube.com/watch?v=zm7QjwAGVSk>



The Seniors were based at Godstow this term so had to get used to 20 minute cycles at ungodly hours in the morning. Training was marred by injury and by an illness that ran through the Men's Squad and left many members bedridden, which resulted in a number of outings having to be cancelled, whilst others were punctuated by hacking coughs during every lap. The focus, as always in Michaelmas, was on general technical work and land training to build up fitness. Autumn Fours saw

the senior 4 make a run to the semi-final, although this was largely due to the opposition scratching at every previous stage.

As a whole, the term was a promising one. Although the seniors did not manage to train as much as they would have liked, the squad is large and experienced, and so stand in a good position for next term. Along with a group of keen, promising novices the Men's squad should be able to field two strong boats in Torpids next term and hopefully attempt to surpass the achievements of last year.

WOMEN'S SQUAD REPORT

ALICE LATTEY, ACTING WOMEN'S CAPTAIN

Michaelmas 2013 has been an exciting term for the Corpus women. The seniors were back two weeks before the start of term for a period of intensive training, filled with ergs and outings. This meant we really hit the ground running once term started. We were all introduced to our new coach, David Locke, who set out the plan for the term ahead. This has really improved everyone in squad's fitness and technique.

Our first race, at the start of November, was IWL A. We used this as an opportunity to put down a marker to all other colleges. This resulted in a win for the eight, 12 seconds ahead of any other women's eights, and second place for the four. In Autumn Fours a scratch crew won through many tough races, beating St. Catherine's, New and Brasenose to reach the final before losing to Somerville by a canvas in a very exciting race. Towards the end of term we raced in IWL B. With Magdalen and St. John's entered, heads of the river in Torpids and Summer Eights respectively, we anticipated a tough race. However Corpus' training showed through and the eight extended its lead to 14 seconds. The four also improved its position, placing joint first.



There's no rest for the wicked, and the senior squad ended their term by racing externally at Wallingford Head in WIM3 8+. A good performance saw the eight place sixth in its category, with a time which was faster than that of St. Hugh's men. The experience of racing off the Isis was thoroughly enjoyable, and we look forward to entering more external regattas next term.

The novices have also had a fantastic term. Fresher's Fair resulted in lots of sign ups, and the taster day was encouragingly well attended. A squad of 15 novices soon formed and they learnt that, even with all the 6am starts, rowing is fun! Receiving coaching from many of the senior squad, with David stepping in where needed, the novices improved quickly. As always, Christ Church Regatta came around very soon. The women had one boat entered which set off for their first race, against Jesus B, on Wednesday of 7th week. They got off to a great start, and were half a length ahead as they rowed past Corpus boathouse. Sadly though, Jesus just beat them to the line. Not to be deterred they entered the repechage on Thursday. Determined, they put in a truly great race against Wolfson, but again narrowly missed out. However I am proud of the progress they have all made this term and the performance they put in, and I am confident many of them will go on to be brilliant members of the squad. After a hugely successful term we look forward to Torpids in Hilary and hope it will be just as good as this term has been.

CCCBC WOMEN ROW TO LONDON

ESTHER RICH, SECRETARY

In June this year 12 members of the women's squad undertook the momentous challenge of rowing 180km from Oxford to London over just 3 days to raise money for the UK's leading eating disorder charity – Beat. The premise was not only to support the charity financially, but also to show our support for sufferers of eating disorders by embracing our 'rowers' thighs' and making a stand against the 'super-skinny' culture of today – turning that concept on its head by demonstrating the satisfaction and success achieved by striving to be 'super-strong' instead.



11 rowers and one cox (to whom, as the only male, fell the unenviable task of controlling the hyperactivity and distractibility of 8 women at a time for the whole journey) set off from the Head of the River pub at around noon on 23rd June, and proceeded to complete a half day of 30km followed by two full days of 60km and ending with another 30km half day, bringing us to our finish line under Hammersmith Bridge to the sound of cheers from our welcoming party.

Highlights included one alumnus cycling the entire length of the Reading stretch with us, as well as another surprising us by displaying the Corpus flag from his garden, which backed onto the river as we trudged along the tideway on the final day. We also thoroughly enjoyed the 'food table' (or rather food mountain) waiting for us at every stop to refuel, provided by parents of the crew. Never has so much malt loaf been consumed by such a small group of women in so short a time period!

We raised a total of £10,387.51 – exceeding our initial £10,000 target. The impressive amount raised not only made the pain feel worthwhile from our point of view, but will go towards the running of Beat's self-help groups, helplines, and the provision of support and advice for both sufferers of eating disorders and their families, as well as furthering research into effective treatment and raising awareness of the conditions. With more people being diagnosed with eating disorders every year, the current NHS budget cannot cover sufficient treatment or early enough interventions for every single one – meaning that the work that Beat does is absolutely essential in making sure cases do not simply slip through the net.

The whole process would not have been anywhere near as successful without the tremendous support by you – the CCCBC alumni. We would all really like to thank you, from the bottom of our hearts, for your support! Thank you to those who sponsored us financially, to those who ordered zephyrs so a portion of the profit could be donated, and to those who sent messages of good luck and congratulations...