

maroon and gold. Whilst Yarm and King's College schools sheltered from the first day's gales and spray, SCBC ploughed through the white horses, inspiring those shivering indoors. All in all, a very productive and thoroughly enjoyable week in Windsor, hopefully cultivating enough boat speed and enthusiasm to send the club up the Bumps charts come May. Many thanks to the Henley Fund for making it possible."

### Donating to The Henley fund

Donations to the fund make a massive difference to rowing at the Selwyn so if you feel able to support us in anyway then please do. There are several ways to support us:

– *Regular Subscription: These can be set up as annual or monthly payments and for whatever amount you feel able to contribute.*

– *One-Off Payment: These can also be made to the fund for any amount or if you would like to support a specific purchase then please contact us about this.*

– *Your Tax Return allows you to donate to charity any tax refund you may receive for the year. You'll find the relevant boxes to tick in Section 19A of your return. If you want to nominate the Henley Fund to benefit in this way, the Fund's code is QAL93WG and you will need to enter this in box 19A.3 of your return.*

– *Include the Fund in your Will (as "Selwyn College Permanent Henley Fund")*

If you are a UK taxpayer then completing a gift-aid declaration increases the value of your donation by almost 30%.

Gift-aid forms and forms to make a donation are all in the alumni section of the Selwyn College Boat Club Website – [www.selwynrowing.org.uk](http://www.selwynrowing.org.uk). Or get in touch with us at the boat club via Clare Wilson, or at the Henley Fund via Fiona Morrison ([Fiona.Morrison@lcp.uk.com](mailto:Fiona.Morrison@lcp.uk.com)) or Brian Hornsby ([brian.hornsby@ntlworld.com/01372.818138](mailto:brian.hornsby@ntlworld.com/01372.818138).)

### Anniversary Dinner:

In honour of the 125th year of the founding of SCBC, we plan to hold an anniversary dinner at Selwyn at the end of the Lent bumps next year. Anyone who is interested in attending or arranging a reunion for their bumps crews or crews of their generation in honour of this occasion please contact Clare or Helen.

### Contact Us

Clare Wilson ([cw316@cam.ac.uk](mailto:cw316@cam.ac.uk)) or Helen Hodges ([hmh34@cam.ac.uk](mailto:hmh34@cam.ac.uk)). Both: Selwyn College, Grange Road, Cambridge. CB1 9YX.

### May Bumps

The May Bumps run from June 11th to June 14th. Below is a table of division times for the four days. Reports of how Selwyn boats will be emailed out to the Henley Fund email list as well as being posted on [www.selwynrowing.org.uk](http://www.selwynrowing.org.uk).

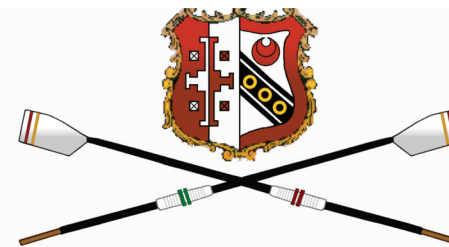
Support on the bank is always much appreciated by our crews so it would be great to see as many Selwyn supporters as possible on the bank cheering us on! If anyone would like any help with where to go to etc. then please get in touch with us.

Selwyn Mens' 1st VIII will begin second in Division 2 while Selwyn Womens' 1st VIII will begin forth in Division 2. Selwyn Mens' 2nd and 3rd VIII will be being in Division 3 and 4 respectively while Selwyn Womens' 2nd VIII will begin in Division 3. These will begin at the following times:

Division	Start Time	
	Wednesday-Friday	Saturday
M1	19:45	17:45
W1	19:00	17:00
M2	18:15	16:15
W2	17:30	15:00
M3	16:45	14:45
W3	16:00	14:00
M4	15:15	13:15
W4	14:30	12:30
M5	13:45	11:45
W5	13:00	11:00
M6	13:00	11:00



# Selwyn College Permanent Henley Fund Newsletter 2008



It has been a busy few terms for SCBC with a number of off-cam races for both first boats and lower boats and a training camp at Dorney Lake over the Easter break. None of this would have been possible without the continuing support of the Henley Fund for which SCBC is very grateful. May Bumps this year take place between 11th and 14th of June, we hope to see many of you there to cheer us on.

### Kitty Jackson, women's and overall captain, on the women's year so far:

In Michelmas term the ladies side of the club rowed in a 1st IV and a 2nd VIII. The second boat was a very mixed ability boat with people who had previously rowed in 1st, 2nd and 3rd boats. However, they all pulled together and pulled out a respectable Fairbairns result coming 26th in the Senior Women's Vllls beating the likes of First and Third II and Trinity Hall.

The Selwyn Ladies 1st IV had an extremely successful term. The first race of term was Autumn Head where we came second out of three Cambridge college ladies' IV competing, beating Clare by a resounding 50 seconds over the 2.8k course. The second race was Winter Head also a very strong race; we came second in our division and third out of all of the Cambridge ladies' IVs competing.

Our final and most important race was, as always, Fairbairns. This was a particularly strong field of crews with many of the colleges with traditionally first-rate crews deciding to row in IVs and not Vllls this term. We had a fantastic row, our best of term. The hard work we had put in all term on fitness and technique really paid off. Incredibly, we came 5th on the river being beaten only by the likes of Emma and

First and Third. What's more we were only 9 seconds off 3rd place so the field was very close. I'm so proud of what was achieved in so short a space of time with the IV. Most promisingly, 7 different people had raced in the IV (due to injuries) and in each case we had rowed well and proved it with our result. This suggested a strong start for the 1st VIII in Lent term.

After selection two races were undertaken by the 1st and 2nd boat before bumps. We went off-Cam to Bedford Eights and Fours Head. The 1st VIII were proud of their row, coming 5th out of the Cambridge colleges competing and beating LMBC and Churchill, both of whom were above us in the bumps charts.

We headed to bumps confidently. But sadly had a disappointing set of bumps. We always knew that we were in a tricky spot, surrounded by boats that had really pulled out all of the stops for this bumps and, unfortunately, knowing that you are faster than half of the boats further up the charts than you are is no remedy for a faster crew behind you! We ended up down three, bumped by St Catherine's, Kings and Jesus II. We rowed over on the third day at the head of the second division in-front of Peterhouse. It was a disappointing bumps not least because we didn't feel that we pulled out our best rowing until the last day.

We are now heading towards May Bumps and with difficult training plans set for both the first and second boat we're determined to show that we're heading up the charts.

### Men's captain, Jason Russell on the men's achievements this year:

After Christmas, Jason Russel rejoined SCBC and took over as captain having spent Michaelmas term trialing with the lightweight's: "I set about

trying to produce a crew to take us up the lent bumps charts. The potential was there, a number of injuries hampered our preparations in the run up to bumps, we entered four races prior to bumps, never racing with the same crew and finally racing bumps with a different crew to the one which we had started the term with. The results in the run up were a little disappointing, with our best coming at Bedford where we came off the river knowing we still had a lot more to give. Following another injury, there was a final crew re-shuffle a week prior to bumps. In the bumps itself we went down 2. A little disappointing given the early term optimism and potential in the boat, but given the problems during the term a good overall effort. Following bumps we went onto the head of the river races, a week earlier than normal. It ended up being a beautiful sunny day in London, we hit a good rhythm early that we lost a little around Hammersmith and never really regained, but it was a fairly decent result, that led to us dropping a few starting positions"

### **Trialling:**

This year SCBC members trialed for each of the University boat clubs. Helen Hodges (M1 cox 2005-7) was CUBC spare cox; Jason Russell (M1 2007, men's captain 2008) made the final 16 with CULRC having noviced at Selwyn in 2006. David Dufton (men's captain 2007) gives an account of his experience trialling for CUWBC. "This year I decided a new challenge was in order and having been involved with CUW before I decided to trial. After an inspiring yet very tiring 6 months in which I developed my coxing and knowledge of rowing greatly I was named spare for the Henley Boat Races, though disappointing in itself, the year was definitely worth it. Hopefully I can now give something back to SCBC in my final year, using my experiences from trialling. Being involved with a university club definitely takes your rowing to a whole new level and anything that can be done to encourage more of SCBC to get involved should be done. I know I'll be encouraging more of SCBC to give it a go, the club will benefit greatly if more people get involved in the university clubs and push themselves to a new level and hopefully we can see the benefits next year."

### **Selwyn Lower Boats:**

As has come to be a firm SCBC tradition, this Michaelmas saw the whole club rally around to coach an excellent squad of enthusiastic and talented novices. The hard work put in by all

of the new oarsmen and their senior coaches was reflected by excellent results in the big novice races, with both first boats achieving high positions in The Novice Fairbairn cup (10th for the women, 11th for the men). The second womens novices held their title as fastest in their category at Fairbairns and the second mens eight narrowly missed out on a similar honour, coming second. NM2 were thankfully able to console themselves with having won the Clare Plate at Clare Novice Regatta earlier in the term. We also entered mens and womens second boats into Fairbairns who trained hard and achieved good results.

Michaelmas also saw a valuable addition to the SCBC senior coaching team, Amyas Philips from Darwin. With former SCBC cox Susie Cooke they coached the second mens VIII in both Michaelmas and Lent. With a large number of oarsmen who narrowly missed the mark for M1 and a training program which came near to matching that of the first boat the second men were one of the keenest Selwyn lower boats in recent memory and were given the opportunity to go off cam not once, but twice. Both Bedford Head and HERR brought good results and were extremely enjoyable to the crew, who really appreciated the honour of being one of the first Selwyn lower boats to be allowed to race off cam in many years.

W2 were also very proud to be given a chance to go off Cam to Bedford and they took every advantage of it. Most would agree that it was the turning point in the term's training - the second women left as a crew struggling to get together and came back as a crew ready to prepare for bumps. With just two senior rowers and six recently graduated novices nerves were high, but the fantastic result of up three in bumps (three bumps and a rowover in the sunshine!) really reflected the crew's attitude, commitment and hard work.

The bumps brought a disappointing result for the second men, who were the unfortunate victims of a ridiculously misplaced trinity gents VIII causing a hurricane on the bumps charts in their vicinity, and finished down one place. The new level, all rowing bumps for the first time were very successful, finishing up two places and regaining the Selwyn M3 permanent position which had slipped out of the grasp of the previous years crew.

SCBC is not a squad which gives up. With its core of dedicated members who will continue to train hard and give their all to seeing the

burgundy and gold flag flying on the last day of bumps from First Boat to Beer Boat, Selwyn is still a force to be reckoned with and we hope you will come and support us on the banks of the Cam this summer.

### **Dorney Lake**

#### ***The HF helped SCBC finance a fantastic training camp at Dorney Lake over the Easter break. Tom Durmo explains:***

'After a hard-fought but disappointing Lents campaign, SCBC headed to Dorney Lake this April with one thing in mind: total domination. Unfortunately, the GB squad and several large individuals in Leander pink had decided to use the Olympic facilities on offer as well. Only a little deterred, SCBC set new objectives: to row better, and to banter better.

Conditions over first couple of days presented a distinctive challenge to that first goal. The first outing of the camp, in a Men's 4+, met with a stubborn headwind, and a near-Atlantic swell in the water. Drenched and sore of muscle and hand alike, a dismal few began to doubt the wisdom of our excursion to deepest Berkshire.

Glorious sunshine soon prevailed, however, and both sides of the club began blasting through 12k outings. Dorney lake facilitates a level of focus simply not possible on the Cam. Without the many hazards of the Gut and with no novice boats to impede our course, every outing felt like a huge step forward. Technical drills lasted longer and thus had more lasting effect on our base rowing. Fast pieces were uninterrupted, producing much better workouts for the rowers. Cox'ns could concentrate on technique and motivation for once, and it soon became clear that all aspects of SCBC's plan for Mays glory were developing apace.

A very special mention at this point must go to Men's Coach Mike, who not only successfully deprogrammed the Men's Mays squad ('You might be the top 1% of students in the country, but when you get into a boat you turn into bloody idiots!'), but also gritted his teeth through an 8x500m ergo session in Eton's witheringly hot gym. Tough stuff.

Back in Windsor Travelodge, our base for the week, squad relations were blossoming. Exploitation of our local high society contacts led to a curry night in no less a venue than Windsor Castle itself, our delivery driver

dispatching his tasty goods to the castle grounds after negotiating equal quantities of policemen and bearskin'd guards. After such long days at the lake, eating predictably became a favourite pastime. Whilst some squad members' choice of cuisine left something to be desired - budget 'beef jerky' was favoured as a protein supplement, whilst one squad member could be found extolling the virtues of malt loaf spread with houmous as a lunchtime treat - the simple quantity of food consumed can only be admired. Windsor was a picturesque backdrop for our post-training relaxation, though wandering back from the pub up castle hill sometimes felt like an interval session in itself.

As the week drew on, selection of the Mays boats beckoned, which meant seat-racing for the men. This rather brutal process, which involves repeated racing of two 4s over a 1k course with slightly and unpredictably altered crews each time, meant lots of nervous tension. Any decline in effort from any member of any crew would skew the results, and with a couple of places available in the top boat, the level of competition was intense. Somewhat mismatched vessels (one being substantially broader and heavier than the other, and thus slower accelerating up to race pace) meant that one crew would always be chasing a substantial deficit for much of the course. The challenge of the racing became psychological as well as physical, hopefully breeding a Mays crew with both the power and the mental grit necessary to jump up its division.

Venerable Ladies' coach Sanjay Patel evidently doesn't believe in such arcane methods of selection, choosing merely to pummel his squad until all but eight hardy rowers (plus cox'n) had quit or succumbed to massive internal injury. Whilst the men were seat-racing, the ladies were subjected to an entire day of back-to-back 2k pieces in 8s, with lashings of abuse when their times for the course began to slow. Being SCBC ladies, they were never likely to blink and submit to their coach's taunts, and were last seen flying along the lake as the sun went down.

As the week began to draw to a close, our quality began to appear. Though perhaps SCBC's rowing couldn't match that of the poseurs from Leander, London RC et al., our presence at the lake was far more positive. Whilst Cardiff University seemed to spend the week sunning their pectorals and listening to terrible hip-hop music, Selwyn took leisurely lunch on the grass, a sophisticated sight in