





## College Activities

### **First & Third Trinity Boat Club by Gonzalo Garcia (2007)**

2010–2011 was a difficult year, presenting the club with a host of challenges it had the luxury of avoiding in recent years, challenges that stemmed directly from our recent runaway successes.

At the start of the year it was clear that since both the men and the women had lost many experienced rowers to graduation, a large drive was needed to train up the less experienced members. The women's side managed to retain a large squad of novices throughout Michaelmas, and brought them up to a standard high enough for them to mix seamlessly with the senior rowers by the Lent term. The men's side saw a marked improvement in the ability, strength and fitness of its younger members, so that a few moved into the 1st VIII that term. However, the foul weather that disrupted the Fairbairn Cup meant that neither side could fully put their training to the test.

After a few weeks off, we re-convened on the Tideway for a pre-season January training camp. Over thirty members, men and women, attended; it was the first off-Cam training camp for the women in over four years. Thanks to the warm hospitality of Auriol Kensington Rowing Club, we trained twice a day for a week, as well as enjoying all London has to offer. Highlights included racing against St Paul's School, and rowing from Hammersmith to Westminster for some sightseeing. Many thanks to Lillie Weaver, Richard Fletcher and Jonathan Davies, all club alumni, for their first-class coaching.

Armed with this experience of rowing on a much larger river, we returned to Cambridge for our Lent Bumps campaign. The women got off to a good start, winning the college category of Fairbairn IVs at a postponed Fairbairn Cup. The women's VIII improved steadily throughout the term thanks to a number



Men's &amp; women's crews before dinner



Men's first boat



Women's first boat

of coaches, most notably Neil Talbott, another alumnus, who served as a consistently uplifting force for the final weeks before the Lent Bumps.

The men's side saw the arrival of a professional head coach, the invaluable Lianne Stanford, who provided consistent coaching and a training plan for the rest of the year. After a disappointing performance in the Winter Head-to-Head, the men trained hard to overcome the apparent odds. Huge gains were made both in fitness and technique but, despite our best efforts and a good row, Robinson Head showed us a few weeks later that we still had work to do.

Both crews went into the Lent Bumps defending their Headships against some very fast contenders. The women fell to a superb Downing crew, but showed great determination on the last day to row over ahead of Christ's, to secure a

spot in the top four for next year. The men also faced a much faster Downing crew, but on the first day managed, under pressure, to row over unscathed in what at one point seemed almost to be a side-by-side race. Although the second and third days were less fortunate, the last day saw another strong row-over in front of a fast LMBC crew, earning a decent third place. The 2nd women's VIII moved up one with a crew largely composed of recent novices, but the women's 3rd VIII and the men's 2nd, 3rd and 4th VIIIs all went down despite solid training and determination. On both sides of the club inexperience took its toll.

Both men and women entered an VIII in the Head of the River Race and Women's Eights Head of the River Race in the following weeks. Their respectable performances built a bridge between the previous term's training and the May Bumps campaign.

Both sides of the club attacked the final term with renewed aggression, making the most of the year's experience. The women lost a few people due to exams and so, once again, had almost to start afresh. Richard Fletcher provided the consistent support and coaching needed to bring the new crews together. The 1st women's VIII spent an enjoyable weekend in Paris racing at the *Trophée des Rois* and *Regates en Seine* competitions against local universities, achieving third place in the former, whilst also entering a number of races in Cambridge in term.

The men spent the first days of term selecting crews, since competition for a 1st VIII seat was extremely tough. Once crews were established they entered several races, including the Head of the Cam and Nines Regatta, and put in solid performances. The 1st men's VIII, coached by Lianne Stanford and Rob Stark, went from strength to strength, working hard, competing with much larger crews. Together with the 2nd men's VIII, they raced at the Metropolitan Regatta, a national event on Dorney Lake, which provided oarsmen and coxes with race experience before the May Bumps.

The Mays were unpredictable since racing during the exam period failed to provide conclusive results. The women's 1st VIII struggled against some very fast crews and, despite their best efforts, went down three to end up twelfth in the first division. The men's 1st VIII once again rowed over on the first day, but then fell back, ending fourth. Our other boats also struggled and went down, although the 3rd women's VIII bumped on the first day.

The following week, the men raced in an VIII at Henley Qualifiers, with a view to the Temple Challenge Cup. However, due to increased competition, no Oxbridge college crews qualified, so all could enjoy the social side of the Henley Royal Regatta.

This year's results are a stark contrast to those of recent times, but the club had inherited a difficult situation. Years of climbing up the Bumps charts meant we would inevitably, sometime, have to repay the debt incurred by moving our boats to such high, and highly competitive, places. While it is unfortunate that we could not fend off our rivals for another year there is no need to despair. After all, our crews have not fallen far, thanks to everyone's hard work. Thanks too to the great efforts of such coaches as Lianne Stanford, Peter Summers and Jonathan Davies, working all year on both sides of the club, our less experienced 2nd and 3rd boat crews are developing well. Given the time to absorb this experience they will, hopefully, lead the club from what is well within striking range, back to the Head of the River—where we belong.

I wish Julia Attwood and her committee the best of luck for the coming year.

## Field Club

### Athletics

*By Naomi Taschimowitz (2008)*

Trinity athletics has had a reasonably successful 2010/2011 season. Lack of numbers rather than poor performance meant that we ended further down the intercollegiate ranking than we would like.

At Cuppers on 17th October Richard Totten did well in the 1500m as did Kadi Saar in the long jump. The former finished third, just three seconds behind the winner, and Saar was fifth in what was a high quality competition.

Moving indoors, Amin Ahmadnia was sixth over 60m at the London senior games. Rory Graham-Watson was part of the Cambridge 4x1500m team and the winning 4x800m team at the Varsity Field Events And Relays indoor competition at Lea Valley. But the outstanding indoor performer was Dr Joan Lasenby, who won both the 800m and 1500m titles at the British Masters Athletic Federation championships in February. She had a nine-second winning margin in the 1500m, finishing in 5:05.01—her fastest time since 2006.