

# College Activities



## First and Third Trinity Boat Club

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**Women's & Overall Captain 2016–17**

Overall, the Club has had a challenging year with some incredible and promising results, but also some less successful outcomes. However, all of our crews showed commitment, enthusiasm and determination and worked extremely hard throughout. It has been a particularly successful period for the lower boats, both in the women's and the men's sides. It is very exciting to have such depth in our squads, since lower boats are after all the future of the Club and represent an opportunity to rebuild a solid core of skilled rowers that can bring First & Third future success. The Women's side has had a very strong year, with W2 going up 2 in both Lent and May Bumps (being now officially unbumpable), and with W1 having an exceptional Lent Bumps Campaign where the crew went up 3 in the Bumps Chart – up to 5th on the River and in shot of Headship once again! Things were a bit tougher for the Men's upper boat, and although the results were not what the crew had been hoping for, they trained hard and gave it their best shot.

The year started off with high hopes and expectations, with members of both sides committing to a hard training schedule and with intentions to capitalise on our usual, strong novice programme. The senior men had a good term coached by Tom Rose and entered two boats in Senior Fairbairns. As for the women, the squad had a tough term plagued by illness and injuries. Although there were ups and downs – unfortunately perhaps more downs – the squad made it through working together as a team and entered a IV in Senior Fairbairns. At the end of the day, what defines us as individuals is how well we rise after falling – and the women were determined to rise together in Lents, supporting and helping

each other along the entire way. The squad was lucky to have the support of numerous First & Third alumni who dedicated their time to coach us, including Emily Booker, Michael Thornton, Barney Plummer, Julia Attwood and Gonzalo Garcia. We also had Ed Parkhouse, an exceptional sculler, who played a major role in our training plan and development.



NW2 crew after Emma Sprints with their WLBC (Keval Haria) and the Women's Captain (Isabel Vallina Garcia).



However, Michaelmas term is mainly about the novices: finding new members who can embody the values of First and Third and keep the club alive. This year, we had a very successful novice term – our LBCs, guided and supported by the one and only Neil Talbott, did a very good job at recruitment and kept the boathouse full and incredibly busy during the entire term. For the first time in a very long time, the women's side had a NW3. Both NW1 and NW2 won their divisions in Emma Sprints, did extremely well in Clare Novices and came second in Novice Fairbairns. As for the novice men, we had 5 boats this term. NM1 won their division in Clare Novices and came first in Novice Fairbairns. NM2 was also the fastest second novice men's boat in Novice Fairbairns. To promote the integration between the novice and senior members of the Club, we ran a Parents system where novices were grouped with senior members that acted as mentors.

The New Year started off with our traditional training camp, which this time was held in tropical Spain! A solid First & Third contingent consisting of a total of 36 club members (including a good mixture of senior and novice rowers equally representing both sides of the club), headed over to Tui in Galicia; where sunny weather, paella and a 20km long and 0.5km wide navigable river awaited us. We were warmly hosted by the Club do Miño; who looked after us and made

our stay comfortable, memorable and enjoyable. Highlights of training camp include racing against other Spanish and Portuguese teams in a Regatta (which happened to be the Spanish equivalent of a 6km head-race), where the women's crew took by accident the blades of over half of the Spanish Rowing National Team; visiting the beautiful medieval towns of Tui, Valenca and Santiago the Compostela; and eating a gigantic paella. The camp was very successful; allowing many quality miles of rowing, giving participants the opportunity to go out in small boats; and providing us with ample space for side-by-side racing. The novices underwent a very solid technical development and strong, new friendships were formed between the different members of the Club.



Women's Squad at Training Camp after racing at a Regatta.



On returning to College, there was no time to lose. Lent Bumps were fast approaching and it was time for our training plan to switch up a gear! The Men's side had a good term and they entered three boats in Lent Bumps. M1 was a bit unlucky and went down 2 after being bumped by Peterhouse and Christ's, whilst both M2 and M3 went up 2 bumping Darwin and Selwyn, and Clare Hall and LMBC respectively. The women's side had a very exciting term. Not only did we have extremely committed W1 and W2 crews, but also, for the first time in a very long time, we had the numbers to organize a W3! Unfortunately W3 did not qualify for the Bumps races, but W1 and W2 had an incredibly successful Bumps week. W1 went up 3 after bumping Pembroke W1, Emmanuel W1 and Christ's W1, whilst W2 went up 2 after bumping Darwin W2 and Murray Edwards W2; hence the women's side was officially unbumpable! What is more, W1 raced in our new, shiny Empacher "Queen Elizabeth I".



W1 Lent Bumps Crew – Up 3 (bumped Pembroke, Emmanuel & Christ's).



At the beginning of Lent term, W1 started off as a relatively inexperienced crew with an uncertain future and an unsat boat. Winter-head-to-head was a bit of a struggle, being cold, long and miserable as usual. However, since then, the crew stepped up their game quite a bit. On the first day of Bumps W1 was excited but very nervous. We knew Girton would go all out for us, so we had to go hard off the start and get Pembroke. Nothing really went according to plan that day... It all started when W1 forgot the bung and our coach Sam Bell attempted to throw it at us as if it were a javelin whilst Keval (our cox), pretended by putting his hand up whilst smiling charmingly at the umpires, and it continued as we rowed in overexcited mode along the course and up to Grassy. However, our energy and enthusiasm won the battle. We heard the whistles and pushed hard until the Pembroke cox asked us to please stop. We had bumped. First bump and up to 7th on the river! The following day we started under the bridge chasing Emma and expecting a long hard row. However, we were all very surprised to note that by Grassy we already had 2 whistles on them! Unfortunately W1 had a few bad strokes at the Plough and they pulled away from us, so we rowed over. On Friday however, we had a clear objective: W1 was going hunting. We went off hard at the start, somehow kept a rate of 38ish even after the rhythm call, we had good corners and started gaining on Emma. One whistle, then two and into the Reach we went. We were moving. This was it – Keval called a Bumps push and we bumped (literally), into Emma W1. Tough, gutsy row and well deserved Bump – W1 was once more 6th on the river! On the last day of Bumps, W1

was chasing Christ's and we felt even more determined. We set off hard of the start and left Emma behind. Initially we stayed within station to Christ's, but at the Plough we started to gain on them. We stepped up a gear and went into the Reach. We could hear a gigantic FaT contingent screaming at us from the bank and we could not let them down. One whistle, then two – it was time to finish it. We took a Bumps push and... FaT W1 was 5th on the river once more! I would like to thank our Lents coaches, particularly Sam Bell and Harry Veysey, for their support and encouragement!

After Bumps, the women entered two boats (W1 and W2), in WeHoRR. This was a fantastic experience and a very enjoyable day for all participants. Big thank you to Simon Blackburn, Colin Grant, Tom Rose and Jon Davies for their support and help with the organization!



W1 crew racing at WeHoRR.

During this period, the club's trialists were training for the Boat Races. This year First & Third had numerous rowers and coxes representing the Club. Imogen Grant, who learnt to row at First & Third three years ago now, successfully made the step up into the Blue Boat and also won the Boat Race against Oxford by 11 lengths. Her crew now holds the new course record. An incredible achievement particularly this year, where the competition in CUW was fierce and the Women's Blue Boat was perhaps the strongest the squad has ever had. Another member of First & Third, the cox Hugo Ramambason, also achieved his Blue Colours; although the crew unfortunately lost the Boat Race against Oxford.

6 boats from First & Third competed in this year's May Bumps (4 from the Men's Side and 2 from the Women's Side); including the Friends Boat (also referred to as W3!), Mays was successful for the Men's Side lower boats, with M4 blading, the Friends Boat going up 3 and M2 going up 1. The Friends Boat not only went up 3, but they also managed to Overbump Emmanuel M3 on the last day; ending ahead of the same Clare M3 crew that had bumped them earlier on in the week! However, things were not as lucky for M1 (down 4), which consisted of relatively young and inexperienced crew. This clearly was not the result that the crew was hoping for, but they should be happy that they trained hard during the entire term and gave it their best shot.



The Friends Boat racing in May Bumps.

The women's side had incredibly determined W1 and W2 crews who committed to a hard training schedule; who pushed their limits; and who challenged themselves to become faster, stronger and technically better. W2 went up two after an exceptional Bumps Campaign with a couple of epic rows and well-deserved Bumps – an extremely exciting result for the women's side lower boats; which, this year, has been unbumpable! We have not had such a strong W2 for quite some time, and this success would not have been possible without Preeyan Parmar's and Matthew Crowe's fantastic coaching and dedication, or without Sofia Taylor's support.

As for W1, after having gone up three in Lent Bumps, our expectations were high. Unfortunately, this time our hunger for greenery was not satisfied and we went down two after being bumped by Maggie and Christ's – but of course, not without putting up a fight! We lost the battle to Maggie (this time), and Christ's decided to challenge us (as an attempt to get over their wounded pride after we bumped them last Lents). But we are not the sort of crew that sits around and licks its wounds – instead, on the last day of Bumps W1 fired up and had a solid row-over. As Women's Captain, I feel very fortunate to have had the opportunity to train and race with exceptional rowers, but also with very good friends and I am extremely proud of what we have achieved together. Our boat hasn't always been the most sat and our rowing hasn't always achieved the ultimate technical finesse; but we have shown determination and aggression on the water and we have fought for every inch together! I feel incredibly grateful and lucky to have been part of this Mays Crew and I cannot thank enough all the members of the women's squad for their enthusiasm, commitment and dedication this entire year. I am particularly grateful to a series of people who have been key to the development of the women's side this term: Keval Haria, for being a great WLBC; and W1's incredible coaching trio (Sam Bell, Imogen Grant and Preeyan Parmar), without whom the smooth running of the women's side would not have been possible. Thank you so much to all of them for believing in us and for making us realize that we can do it!

I would also like to thank all those other members of First & Third that have been incredibly supportive and helpful throughout the entire year; particularly Nick Kingsbury, Jake Rowe, Ben Jarman, Chloe Edwards, Blanka Kesek, Lydia Bass, Matt Griffiths, Rob Stroud, Jon Glass, Tom Rose, Dan Darley, Jon Davies, Peter Ford and Sean Collins.



First & Third Club photo before Mays Dinner.

As the outgoing Women's & Overall Captain, I cannot thank the Club enough for such an incredible year. It has been a pleasure and a real honour to be head of a Club that feels more like a second family to me. Thank you particularly to the entire of the women's side for the hard work, passion and drive. And thank you for making my experience as Women's Captain such an enriching, unforgettable and memorable experience! It has been a pleasure to lead a squad with so many exceptional women (and men), whom I look up to and respect, who constantly impress me with their hard work and achievements and who inspire me to become a better Captain and rower. Thank you so much to this year's committee for all the great work – it has been a ride! And with that it gives me great pleasure to wish next year's Captains (and the full new committee), the very best of luck!

I look forward to continuing to celebrate First & Third's success in the future and to painting the river navy blue and gold again!

Rah, Rah, First and Third!