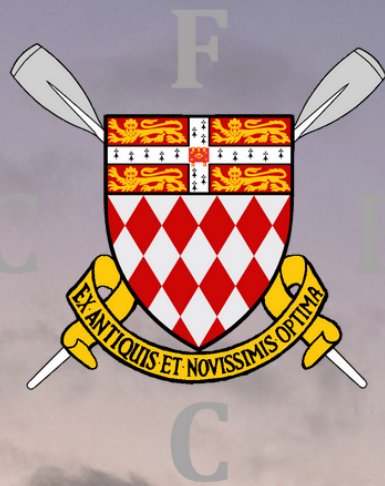




Fitzwilliam College Boat Club

Michaelmas '24 Newsletter

W1



This has been an exciting term for W1. After rebuilding the Women's side last year from very few remaining rowers, we have retained 13 seniors coming into this year who are becoming exponentially stronger.

Our first race of the term was University Fours, in which a W1 four with our amazing cox Jack were beaten by a very strong Catz W1, who went on to come second in the competition, although we felt that we had put out a strong performance nonetheless.

We were the only college to enter two mixed crews to Qergs, alongside the men, with our second crew beating 3 first crews of other colleges while our first crew came second overall, only beaten by Emmanuel. We then raced in Winter Head, where we placed 14th out of 19 student first boats and beat some competitive crews, including Christ's and Emmanuel, and our timing placed us at the lower end of a close and competitive mid-pack and a strong position to work up from.



Fairbairns was the first 5k race for many of us who began as novices last year, and we finished 16th out of 25 student first boats, where we were once again among a close range of competitive crews and also achieved a time of a whole 3 minutes faster than last year!

Looking forward, we are excited for the coming term, with the potential for a highly competitive W1, a strong bumps campaign and hopefully an entry to the Women's Eights Head of the River Race around the corner.

NOVICE WOMEN'S SIDE

This Michaelmas was a successful novice term. We managed to get two boats out on a regular basis and were able to motivate novices to partake in weekly ergs. Many novices were joined in extra tub outings or learned to cox as well, making them a really fast learning and talented bunch and improved significantly in spite of joining as late as week 5.

We ran a coxing evening and two tank sessions throughout the term to enhance the normal outings. The novice women followed an erg plan, which built them up to doing their first-ever 2k test at the end of term. It also allowed us to really focus on technique with them. They were able to see their own improvement by doing a solid 20 min warm-up and 10 min cool-down with the same backstops and front shops build a structure with canes each week. This prepped them well for the holidays, and they now have a focus and goal for when they come back for the 2k test next in Lent and the training camp to which most have signed up!!



On the water and in races, our novices also did an amazing job. In the first division in Qergs, they came a smashing fourth and were only overtaken on the last stroke! We then entered Emma Sprints and Clare novices, the latter of which they were able to find a solid rhythm in as it was not cancelled! This meant that the Cruella de Ville and puppies costume for Emma Sprints never actually happened, nor did our mixed NW2/NM2.

Despite an amazing effort from our NW1, Jesus NW1 took the win in the first round.

Fairbairns, the big race showed another solid row despite some disruption in training throughout the weeks due to river traffic and national warnings about weather. NW2 unfortunately was unable to enter fairbairns due many students having daytime contact hour commitments. A Combined NW1/2 was therefore rowing and able to come 15th out of 34 novice boats. The quality of rowing during the race was owed to a brilliant term of hard work and dedication, showing all that they have achieved as individuals and as a crew.



We are very proud and they are well set to join the senior boats next term!

MEN'S SIDE

NM1 was a very dedicated boat throughout term, turning up consistently to outings and erg sessions. Despite unfortunate cancellations of races limiting their opportunities to display their progress, they put on an excellent performance in Fairbairns as the 5th fastest college NM1.

With the low initial signups, NM2 didn't get into their stride until the 2nd half of term - however once we started getting consistent outings the crew came together quickly. They spent their time working towards the Christmas head, which, although unceremoniously cancelled, served as good motivation throughout the term and lead to lots of progress - they are looking forward to next term!



On the senior side, the numbers had dropped significantly from May last year, however, we still managed to get an 8 out consistently, setting a good foundation for next term.

Unfortunately due to some of the races being cancelled, we were only able to race 3 times, at Qergs, Winter Head and Fairbairns. At Winter Head we placed 15th overall by time and 5th in our division. Similarly, we placed 15th at Fairbairns, a decent result despite a blade coming out of the gate in the first kilometre!

Overall, the races provided an opportunity to test individual fitness and offer racing experience to those who had been in lower boats last year.



Looking forward to next term, we have Lent training camp around the corner, which as ever, will help improve novices and seniors alike. Bumps is closer than we think, and training will be tough, but we hope to perform well.