



GRYPHENS' NEWSLETTER

2019-2020



NCBC at Michaelmas Boat Club Dinner 2019

INSIDE THIS ISSUE

Fairhairns 2019



Page 4

Lent Bumps 2020



Page 6

A Virtual Easter Term



Page 7

Dear Gryphens ...

2020 has been a year unlike any other for many of us. After the thrills of Lent Bumps, we would have never imagined that May Bumps would become a virtual running race! As ever, the NCBC committee would like to thank the Gryphens for their continued support. We would also like to take this opportunity to extend our warmest wishes to all Gryphens in these difficult times. We hope you find yourself in a safe place, in good health and high spirits, as you read this. But we encourage you to reach out if you need support. NCBC becomes an important community for many rowers, coxes, coaches and supporters during their time in Cambridge: we hope the Gryphens can continue to feel a part of this.

Whilst NCBC were devastated not to be able to defend headship at May Bumps, we are thankful that we have still been able to connect with friends virtually, with Zoom circuits, weekly games nights and various erging, walking and running challenges. In this newsletter, we share with you yet another wonderful year at NCBC. Following on from the triumphs of Michaelmas and Lent term, the 'new-normal' has provided lots of opportunities to create more fantastic memories.



River Cam – February 2020

NCBC COMMITTEE 2019-20



NCBC Committee at Lents Boat Club Dinner 2020

Captain: Jasmine Wells

Vice Captain: Evelyn Svingen

Secretary: Héloïse Dunlop

Treasurer: Esme Fowkes

Lower Boat's Captains: Catrina Bomford, Millie Hopkins and Rosanna Barraclough

Captain of Coxes: Catrina Bomford

Social Secretaries: Katie Jones and Sophie Baldwin

Regatta Secretary: Evelyn Svingen

Development Officer: Alice Bell

Equipment and Safety Officer: Millie Hopkins

IT Officer: Charlotte Stones

Michaelmas Term Round-up

W1 WON WINTER HEAD



W1 at Winter Head

In Michaelmas, we had two senior VIII+ crews. Getting the year off to a great start, W1 won the collegiate women's first VIII+ division of Cantab's Winter Head race. They rowed the 2.5 kilometre course (from the A14 motorway bridge to the Stourbridge Common) in an impressive time of 9:56.1, winning engraved hip flasks as the prize! W2 also showed their strength, finishing third in the second division, with a time of 10:54.5. Crews were coached by Claudia Catacchio and Gemma-Claire Ali.

WE RECRUITED LOTS OF NOVICES!



NW1 at Emma Sprints



NW2 at Clare Novice's



Novices at Boat Club Dinner

Coach Jenna Dittmar and our fabulous team of LBCs trained up a staggering 56 rowers and coxes, forming six novice VIII+ crews! In Emma Sprints, Newnham NW1 finished in 4th place! Following tradition, they rowed in fancy dress, as The Incredibles. Two crews also entered Clare Novice's Regatta, with NW2 reaching the semi-finals, beating Caius NW3 and Clare NW2 in 800m sprints along the reach.

SUCCESS AT QUEENS' ERGS

Two novice crews entered the Qergs Competition, erging against other colleges in an 8 x 500m relay. NW1 reached the finals and finished in 3rd place! Meanwhile, some of the senior rowers joined forces with Hughes Hall's men to enter the mixed senior division. Dubbed 'Hewnham Hall', the team won the competition!



NW1 at Qergs



'Hewnham Hall' at Qergs

The Fairbairn Cup 2019

W2 WON THEIR DIVISION!



W2 with their Prizes at Boat Club Dinner

Coached by Gemma-Claire Ali, W2 rowed an outstanding race! Completing the 4.3k race (from Jesus College Boat House to 'The Little Bridge' past the A14 motorway bridge) in 18:10, their hard work paid off and they were the fastest women's second VIII+ crew! W1 also rowed a strong race, completing the course in 17:02. They finished in fourth place.

Novice crews faced a 2.7k course from Jesus College Boat House to the railings on the reach. Both crews coped with the distance well. NW1 finished in seventh place, with a time of 12:04. Meanwhile, NW2 came fifth in their division, completing the course in 13:10. This marked the end of a successful term of novice rowing for all 56 novices. Many were keen to return in Lent Term for the excitement of senior rowing.



NW1 at Fairbairns

THE GRYPHENS RETURNED



Gryphens' Morning Crew



Gryphens' Afternoon Crew



Gryphens at BCD

We were very pleased to welcome back lots of Gryphens to race against other alumni at Fairbairns. We had two fabulous VIII+ crews, who both impressed us with their fantastic strength and technique over the entire 4.3k course! Out of eleven invitational women's crews, they placed in fourth and fifth, with times of 17:53 (in the afternoon) and 18:31 (in the morning). Thank you so much to everyone who raced! We hope it was an enjoyable day for all – and that many of you will be keen to race in the 2020 competition!

Lent Term Round-up

NEWNHAM HEAD



Marshalls at the Start Line

Unfortunately most racing this term was called off due to bad weather. Luckily, Newnham's race was timed perfectly to avoid Storm Ciara. Known for being the 'Friendliest race on the Cam', Newnham's Short Course Competition was rebranded this year as the Newnham Head. With a record 113 crews racing, all of NCBC's rowers and coxes helped out with the marshalling to ensure the event, led by our fantastic Regatta Sec, ran smoothly. One racer remarked:

"Just wanted to thank you all for a great, well organised race. Happy, enthusiastic marshals cheering us down the course really helped to ease the pain!"

Sidney Sussex BC won the women's division whilst Lady Margret BC won the men's. Everyone celebrated a successful day with a prize-giving party at Newnham's new Iris Bar.

W4'S TRIUMPHANT TERM



W4 at Newnham Head

In Lent term, we were glad to have so many keen rowers and coxes in the club. This meant we could have four VIII+ crews, as well as a development squad! Coached by Sophie Baldwin, W4 had a very successful term. Although they weren't quite fast enough to be able to race bumps, they really showed their stuff at the Getting on Race. In a time of 10:55, they were the fastest W4 by far, beating the next fastest W4 by over a minute! They also beat multiple W2 crews! Additionally, the crew had the chance to race Newnham Head, in which they were also the fastest W4! Finally, they finished the term with the Talbot Cup, which they won by beating Emmanuel W4!

Lent Bumps 2020



W2 bumping Clare before being caught by Queens' on Day 2 of Lent Bumps

A ROLLER-COASTER CAMPAIGN



W1 with Greenery

W1 were in the tough position of trying to defend headship. Coached by a team led by Claudia Catacchio, they worked hard and made the best preparations possible. Unfortunately, the competition was better on the day, and they were down three after the first three days of racing. Nonetheless, in true Newnham spirit, they did not let this defeat them and entered the final day of racing with a positive attitude. Showing their strength in difficult conditions, they were able to end the week on a high by bumping Emmanuel back before Grassy Corner!

Coached by Isabella Mahoney and Katie Jones, W2 formed a strong crew. Despite an emergency stop mid-race on Day 1, they pulled away from the boats behind them and rowed over. Raring for a bump, their excellent lines around the corners meant they were able to keep away from Queens' W2 and catch Clare W2 on Day 2! On Day 3, everything came together to go up another position and bump Wolfson W1! Finally, they ended their campaign up three with a momentous bump on Hughes Hall W1 under the A14 'Newnham' Bridge!



W2 went Up 3



W3 racing hard

With lots of ex-novices, this was the first bumps campaign for most of W3. Coach Leah Damman taught them everything they needed to know (including the art of chanting!) and everyone worked well together for an enjoyable term of training. Eager to go, they did not let two bumps on the first two days dampen their spirits. With yellow ribbons in their hair and matching NCBC bracelets, they left everything on the river and raced really hard to make sure no one caught them on the last two days, ending the week with two strong row overs.

A Virtual Easter Term

BLUES AND THE BRITISH ROWING AWARDS

The global pandemic led to a very different Easter term this year. Whilst May Bumps had to be cancelled, we were very pleased to be able to celebrate last year's successes. Newnham's Lent and Mays Headship crews were shortlisted for the Best University Crew at the British Rowing Awards! We would like to congratulate these crews and their coaches, and thank all the gryphens who voted for NCBC.

For the first time since World War Two, the Boat Race was also cancelled. We are very proud of Newnham's Blues rowers, who trained hard all year, and would have raced in this year's Blues and Blondie Crews: Adriana Perez Rotondo, Caoimhe Dempsey, Rebecca Smith and Sarah Portsmouth.



Mays Headship Crew 2019

NCBC GOES ONLINE

Throughout her captancy, Jas encouraged NCBC to be a supportive and inclusive environment, and this really came to fruition with the challenges of a virtual Easter term. With NCBC now spread across the world, rowers stepped up for weekly circuits on Zoom, whilst our wonderful Social Secs organised lots of online socials, including quizzes, a scavenger hunt and weekly games nights! We joined forces for walking challenges, tracking our steps to walk the equivalent of Edinburgh to London, around Sicily and through the Canadian Rockies. Taking part in the 2.6 challenge, 26 rowers and coxes planked to raise money for a range of charities. Rowers also competed in various Concept 2 Erg challenges. In the 2020 World Erg Challenge, our team rowed 1468.039 metres, finishing 194th out of 702 teams (and, most importantly, as the best Oxbridge College)! In the Spring Eights, they also came 17th out of 53 teams worldwide. Moreover, NCBC competed in the Lockdown Regatta, running to raise money for NHS charities. Each crew member ran 2k: W1 and a pair came 3rd in their categories, whilst W2 came 10th!



W1 for Virtual Bumps

NCBC entered three crews into the Virtual Bumps Competition. For this, each crew member had to run 800m four days in a row and bumps were decided with a computer simulation, using the average pace of three lots of three runners over a 2.4k course. Tuning into Cam FM for the results every evening, we were delighted that W1 were able to (virtually) defend their headship position! W3 went down three and, unfortunately, W2 got spoons- but everyone had fun taking part! The week ended with virtual BCD, where we enjoyed a photo caption competition, 'most likely to' awards and lots of good rowing chat over Zoom!

Keep in touch ...

WE ARE ALWAYS PLEASED TO HEAR FROM YOU!



Join the Gryphens'
[Facebook Group](#)



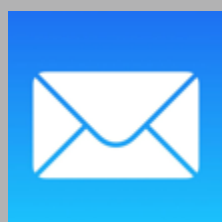
Join the Gryphens'
[Strava Club](#)



Like our page on
[Facebook](#)



Follow us on
[Instagram](#)



Email ncbc.captain@gmail.com or ncbc.development@gmail.com
and check out our [website](#)

SAVE THE DATE

Assuming everything goes ahead as planned, these are the dates for you need in your diary to get involved and support NCBC through 2020-21!

The Fairbairn Cup: Thursday 3rd – Friday 4th December 2020

Michaelmas Boat Club Dinner: Friday 4th December 2020

Lent Bumps: Tuesday 23rd – Saturday 27th February 2021

Lents Boat Club Dinner: Saturday 27th February 2021

May Bumps: Wednesday 16th – Saturday 19th June 2021

Mays Boat Club Dinner: Saturday 19th June 2021