

Aug 26, 2025

ULBC Newsletter

Message from the captains:

It has been a brilliant end to the UL rowing season - countless BUCS medals, HWR wins, a HRR win, and gold medals at the U23 and FISU world championships. Needless to say, none of it would have been possible without the generosity of the alumni, the support of our coaches, and the hard work of the entire squad. We hope we have made you all proud watching our racing throughout the year and that you know how much hearing the UL cheer helps to drive us on. As captains, we have loved leading the squad this year and are excited to see what the incoming captains, Alex and Kai, can bring to the table next season. Yeah UL! - Jessie and George



Current athletes and alumni at the HRR barbeque this summer

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Henley Royal Regatta



The Prince Albert Challenge Cup returns to ULBC for the fourth time! Going in as favourites having won BUCS, Ghent, Met, and Marlow, we beat Oxford, Bristol, Harvard, and Edinburgh to win the cup.

As well as winning the PA, UL qualified every crew it entered, with 7 boats racing in the week. On the men's side, our Temple boat drew Harvard, the eventual winners, in the first round, putting up a strong fight, while the PA 'B' crew, a boat of freshers, were defeated by a strong U.S.R. Triton crew from the Netherlands.



On the women's side, we had 4 athletes that were ineligible for the Island and so were entered into the Town event. Despite drawing an Australian national crew in the first round, the women took victory in a nail-biter of a race. This took them to the semi-finals, where they lost out to a national Dutch crew, the eventual winners of the event. Island 'A' had a similarly frustrating draw to Temple 'A' as they drew Rutgers 'A' who ended up winning the event, thus having what probably would've been the final on the Thursday instead! Island 'B' made it through qualifiers and then comfortably won their first round against Durham 'B', but then lost out to a strong Dutch crew on the Thursday. We also had Georgie Robinson-Ranger representing UL in a composite with Leander and Durham in the inaugural Bridge Challenge Plate. This crew lost in the semi-finals against Thames, who went on to win on the Sunday.

HRR in pictures



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U23 World Championships



After going through 4 rounds of trials/seat racing, George and Jessie were selected to represent the U23 GB team in Poznań, Poland. Both athletes were in the stroke seat of their respective 4-s. Of the 30 sweep athletes sent, Jessie and George were two of just six UK-based athletes selected!

This crew contained athletes from UL, Syracuse, Yale and Stanford, and so despite having slightly different rowing styles, we found a rhythm that set us up well and we knew we all had a lot of racing experience in our back pocket, so we were excited to get going. We took charge early and led to the win in all 3 races, thus bringing home a gold medal in the U23 W4- 2 years running!



Despite a rocky start to the campaign, requiring a medical substitution the day we flew out, the first races went very well, winning both the heat and the semi-final comfortably, securing a place in the A-final. In the final however we were simply not able to match the speed of the competitors in the second km, narrowly missing out on a medal to the Romanians in a tight sprint.

To race for GB at a development level, athletes are expected to fund a large part of the costs, £750 for U23s and significantly more for FISU. We are both incredibly grateful for the Trust for funding our costs, as well as the contribution to Daisy's costs at the FISU games.



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FISU World Championships



After a 7 year hiatus, GB selected a FISU team to send to the World University Games in Rhine Ruhr, Germany. Daisy went through a similar process to the u23's with three rounds of trials/seat racing, being selected for the Women's Eight, in the two seat. She was selected alongside alumni Phoebe Snowden, and alumni Josh Burke was also selected for the Men's Eight.

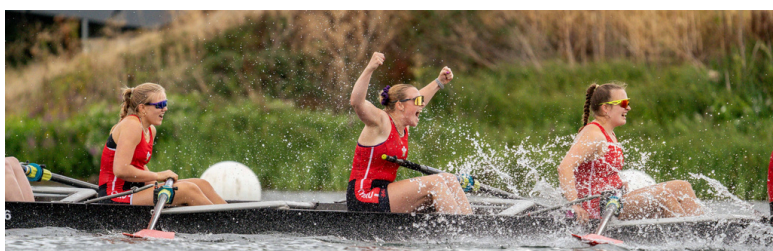
It was an exciting opportunity to take part in a multi-sport games and be amongst athletes from a wide variety of sports. Training had gone well, bringing together nine girls from seven different universities. Racing began with a race for lanes which saw GB lead from start to finish - this provided some confidence, although you never know how people race these earlier rounds! In the final we led out the blocks and maintained our lead over the Dutch to win Gold! GB topped the medal table with Phoebe also being part of the Women's Four to win gold and Josh stroking the Men's Eight to Gold.

Home International Rowing Regatta

The Home International Regatta saw a strong University of London presence this year, although no one could have predicted that every single current and former UL athlete was racing for Wales! Whether this was a master plan to avoid the English kit or simply a very niche recruitment strategy is still under investigation.

Efa Wilson was announced as the new Women's Captain before the racing and wasted no time setting the tone. She raced in both the Women's 4+ and the Women's 8+ taking victories in both events. Georgie Robinson Ranger also doubled up with wins in the Women's 1x and the Women's 8+ making it an especially good day to be in Welsh colours. Fraser Morgan ('19) took on the Men's 2- and the Men's 8+ putting in solid performances across both.

It was a weekend of history making for the Welsh UL contingent with the Women's 8+ securing their first ever 2k win and the Women's 4+ and 1x returning to the top of the podium after many years away.



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