

GB Winter Trials

After a cut back November trial which only saw Olympic triallists racing, the first U23 trial of the year took place in Boston in February. Jessie Martin (paired with ICBC's Lizzie Witt) finished 2nd overall, placing Jessie as fastest U23 bowsider. Ed Dallas (along with Freddie Middleton from TRC) & Jacob Ioras also raced, placing 10th U23 pair and 10th U23 sculler, respectively. Georgie Robinson Ranger raced the November trial and was invited to further squad Olympic testing up until Christmas trials, in which she placed 8th in a pair with Saskia Budgett (TSS). She is now targeting summer testing for September squad selection for the LA Olympic cycle.



Jessie was invited to race at final trials last weekend. After winning both the time trial and recording the fastest time in the semi-final, Jessie and her Leander pairs partner Philippa Emery came 2nd in the final, less than a length behind Leander's top development squad pair. This placed Jessie and Philippa fastest U23 pair (by 3s over a Brookes pair). Jessie will go on to U23 seat racing for the World championships in summer alongside 2023 Junior World champion cox Sophie Wrightson, who joined ULBC this season from Headington School.

April Trials

GB U23/senior trials saw Jessie Martin racing a pair with Leander's Philippa Emery, supported by UL cox Sophie Wrightson.

After winning the time trial by 1.8s over a top development Leander pair (that won in February), they posted the fastest semi-final time by 2s. In the final, Jessie and Philippa led through the middle 1000m, however couldn't quite hold off a last minute sprint from the Leander crew, and came home in 2nd. This meant that Jessie retained her standing as fastest U23 bowsider from February trials. Both Jessie and Sophie are looking to race for U23 championship selection in the summer.

Also racing at this trial was UL alumna Phoebe Snowden ('23), who placed 7th overall.

World Cup 1 – 2024

The first World Cup in Varese saw the start of the international racing season for ULBC alumni Emily Craig, Henry Fieldman, and Natalie Long.



Emily Craig (b), Imogen Grant (s), Lightweight Women's Double Sculls, Great Britain, Gold, 2024 World Rowing Cup I, Varese, Italy / World Rowing / Benedict Tufnell

After dominating their heat by 7s, the GB lightweight double continued their unbeaten run in true style: Their final was equally impressive – Emily & Imogen (CUBC) won by over 6s ahead of two Italian doubles. Their final time also beat the open weight double time by 4s! Henry coxed the GB women's eight, full of rowers doubling up in the 8+ and 4-'s. Henry's eight won their heat by 5s over the Germans to qualify straight for the A final. In the final (59 minutes after their fours' finals), the GB women's eight came 2nd to the Italians by 0.8 of a second.



Heidi Long (b), Rowan Mckellar, Lauren Irwin, Eve Stewart, Holly Dunford, Emily Ford, Harriet Taylor, Annie Campbell-Orde (s), Henry Fieldman (c), Women's Eight, Great Britain, Silver, 2024 World Rowing Cup I, Varese, Italy / World Rowing / Benedict Tufnell

Natalie, racing in the Irish four, placed 1st in her heat, beating the Dutch crew by 0.1s to make the A final. In the final, the Irish four placed 4th behind GB1, GB2 and the Dutch.

The next international race on the calendar is the European Championships on the 25-28th of April in Hungary.



Imogen Magner (b), Natalie Long, Eimear Lambe, Emily Hegarty (s), Women's Four, Ireland, 2024 World Rowing Cup I, Varese, Italy / Maren Derlien/MyRowingPhoto.com

BUCS regatta 2024

BUCS regatta took place on the 4-6th May up in Nottingham at Holme Pierrepont.

The first day of racing saw the men's eights race, along with a women's pair and novice singles.

In the men's eights, following some last minute crew changes due to illness, the Championship 8+ placed third in the TT behind two Brookes crews. They went on to win the rep and qualify for the final. In the final, after a tough race, the first eight came home in 4th behind Brookes and Durham crews. In the intermediate eights, the 2nd eight placed sixth in the time trial, qualifying them for the A final. In the final, they retained this position and finished in 6th behind Brookes (x3), Newcastle, and Durham. The women's intermediate pair placed 14th in the time trial, qualifying for the C final. In this they placed 2nd. The Saturday also saw our new development squad race for the first time in novice singles, placing 13th and 26th in the TT. Both won their finals, ranking 13th and 25th overall.

The second day saw the women's eights, men's fours, and women's singles race.

In the single, Lina Kuehn placed 4th in the time trial, qualifying for the repechage, in which she came 2nd. In the final, Lina came 5th. In the women's eights, the first 8+ placed 3rd in the championship time trial, then went on to win their repechage. In the final, they placed 3rd overall behind strong Brookes and Durham crews. In the intermediate eight, the second 8+ placed 7th in the time trial, narrowly missing out on A final qualification. They went on to win the B final. In the men's fours, the championship coxless four placed 4th in the time trial and 2nd in the repechage to qualify for the A final, in which they came 5th behind strong brookes and Cambridge crews. the men's championship coxed four placed 5th in the time trial. In the rep they narrowly missed out on A final qualification by 0.15s. the intermediate coxes fours placed 12th and 27th in the time trial, qualifying for the B and E finals, respectively. The intermediate 'a' crew came 5th in their B final, placing 11th overall.

On the Monday, the women's fours and women's doubles raced. The championship coxed four came in the TT, qualifying straight for the A final, in which they came 3rd after an incredibly close sprint to the line, beating Edinburgh out the medals by 0.02s. The championship coxless fours came 2nd and 13th, which qualified the A boat for the A final, in which they held 2nd the whole way down the track and brought home silver medals. The intermediate coxed fours came 8th and 21st, qualifying for the B and D finals, in which they came 3rd and 6th, overall placing them 9th and 24th overall. In the intermediate doubles, they placed 20th in the TT, qualifying for the D final, in which they came 4th. In the beginner doubles, the UL double qualified for the B final after the time trial, and after a close final placed 8th overall.

Poplar Regatta

Returning to the Docks for the second year now, the UL squad took on Poplar Regatta on the 19th of May.

The day saw some great success and close racing amongst other London-based clubs, and offered another opportunity for the squad to test speed ahead of Met.

ULBC entered 3 men's coxed fours, 2 women's eights, a women's double and the novice women's coxed four (in their debut sweep races!).

The men's fours placed 2nd, 1st and 1st in their heats, qualifying all for the A final. In the final, they placed 2nd, 3rd and 6th in a close battle between the UL A & B fours and LRC all the way down the track. The women's eights raced a straight final, in which UL placed 1st & 2nd over London RC's top crew, Vesta, Lea and London Otters. The women's double also raced a straight final in the 'trophy' event, which they dominated, winning by 40s. The novice coxed four won their 'trophy' heat, and placed a dead heat 2nd with Lea in the final.



UL 4+ vs LRC A

World Cup II

The 2024 Rowing World Cup II took place in Lucerne on the 24-26th of May.

ULBC's Emily Craig and Henry Fieldman raced in the LW2x and W8+, respectively.

Having recovered from injury, Emily and doubles partner Imogen Grant returned to their winning form together, smashing their heat by 5s to qualify straight to the A final. In the final they won in fine fashion, by 3 seconds over the Kiwi pair.



Both will be spending the next months preparing for the Paris Olympic Games this summer.

Met Regatta

On the 1st of June the ULBC squad raced at the Metropolitan Regatta, hosted at Dorney lake.

In the final test of speed before camp, Henley women's and Marlow, the squad had some great success and learned some tough racing lessons. Most notably, the men's championship coxed four and women's academic eight both returned home with gold medals in their events.

The women's squad raced both eights, with the A boat in championship and B boat in academic. After a third place time trial placing, the women's first had a great race in the A final, placing 5th overall. The academic eight also had a great race, and beat Newcastle and Durham to bring home the academic pennant, retaining the title for UL for another year.

The men's squad entered the championship coxed four, a championship eight, and an academic coxed four. The championship coxed four won the final having placed second in the time trial to Thames, bringing home UL's second gold medal of the day. The championship eight placed 9th in the time trial, qualifying for the B final, in which they came 4th. The men's coxed academic four placed 21st in the time trial, and after their final placed 2nd in the academic placement behind a strong Cambridge crew made up of 2024 goldie athletes.

On Saturday, the women's coxless four, double and novice coxed four also raced in the time trial only, owing to schedule clashes between races and the trailer leaving for the club camp in Brive, France. The coxless four came 29th, the double 12th, and the novice four came 24th.

Next up is ULBC camp to Brive-la-Gaillarde, where we return for the second year in a row to prepare for Henley women's, Marlow, and Henley Royal regattas.



Paris Olympic selection and qualification

Final Olympic Qualification Regatta

The Final Olympic and Paralympic Qualification Regatta took place in Lucerne over the 19th-21st of May

UL's Nat Long was racing in the Irish women's four, needing a top-two finish to qualify for Paris. After a comfortable second-place finish in the heat, Nat's four rowed through the Danish four in the last 500m to finish first, securing their seats to Paris.



Team GB selection

On the 6th of June the GB Rowing Team formally announced their crews for Paris 2024, with Henry Fieldman named in the women's eight, and Emily Craig in the women's lightweight double. Also amongst the named coaching and support team are ex-UL coaches and students Maurice Hayes, Darren Whiter, Paul Stannard, and Dr Ann Redgrave.

Henley Women's and Marlow regattas 2024

In mid-June, the squad descended back down the M4 to Henley and Dorney for another important weekend of racing.

Due to an exam clashing with the HWR time trials, the women's first eight made the unusual decision to race Marlow regatta in the men's eights events this year (as UL 'B' alongside the Temple crew) to ensure they had the best Henley Royal prep possible.

The Friday in Henley saw the Women's squad race the academic eights (Island 'B'), academic coxless four, aspirational double, and development coxed four events. The development four was knocked out in the TT after their first run down the Henley track, and the other crews making it to heats. The academic four was knocked out by eventual winners Durham on the Friday afternoon. Similarly, the aspirational double was knocked out by a strong Aegir (NED) crew. On the Saturday, the academic eight (affectionately named the 'StuV') beat Newcastle by 4 1/2 lengths to progress through to the Sunday. After a strong row they fell short to a fast Brookes crew by 1L in the semi-final.

At Marlow regatta, UL entered the two PA crews in Championship and University coxed fours, and the Temple and Island A in Championship Eights. After the TTs, crews were seeded into straight finals of mixed categories (ie. championship eights racing alongside university and club eights etc.). The PA 'A' crew placed 3rd in the A final behind two Brookes crews, finishing 2nd in the championship 4+ event. Island A had a very fast final, finishing in a time of 6:15.6 (which from memory is one of the fastest domestic W8+ times of recent years!), beating Surrey B and various college crews. A highlight of the race from the bank was the Surrey cox at 500m calling "you're half a length up... on the ladies!". The Temple finished 3rd in their final, close behind Newcastle's Temple A. In the greatest success of the day, PA 'B' won the university 4+ event, beating out an Edinburgh 4+ by 6 seconds.

Overall it was a very successful weekend for the squad which set everyone up for HRR well.



Island A racing amongst men's eights

Paris 2024 Olympic Games

The Paris Olympic Games saw three ULBC alumni racing in Vaires-sur-Marne.

Emily Craig raced in the GB lightweight women's double, alongside Cambridge's Imogen Grant. After an exceptional Olympiad where they remained unbeaten, Emily and Imo executed a full set of perfect races out in Paris. Banishing away any demons from Tokyo (where they missed a medal by 0.01s), their regatta ended on the highest of highs, claiming their well-deserved gold medals after an exceedingly professional race. With emotions visibly running high, there wasn't a dry eye out there (or on the alumni chat) as they received their medals and subsequently belted the National Anthem. The lightweight events end with the Paris Games, making this duo reigning Olympic Champions, forever.



Emily and Imogen with their gold medals (Ben Tufnell/Row360)



(Ben Tufnell/Row360)

Having coxed the men's eight to a bronze at the Tokyo Olympics, Henry Fieldman switched over to cox the GB women's squad this Olympiad. After winning their heat, Henry and his crew qualified straight for the A final. In the final, they had a close race down the track, sitting right on the tail of the Canadians in second, and hotly chased by the Australians, which saw them take the bronze medal. This huge result makes Henry the first athlete ever to win a medal in both a men's and women's event at the Olympics.



The GB women's eight and their bronze medals (Ben Tufnell/Row360)

In her Olympic debut, Natalie Long represented Ireland in the women's four. After a 3rd place in heats and a 4th in the repechage, Nat and crew qualified for the B final. After an impressive race which saw them lead the whole way, they finished their regatta in 7th overall.



Nat and her four (Rowing Ireland)

Also out in Paris were a plethora of UL alumni on the GB support team. From left to right: Paul Stannard (Men's head coach), Darren Whiter (LW2x coach), Emily, Dr Ann Redgrave (Chief Medical Officer), Maurice Hayes (legend) and Henry.



Henley Royal Regatta 2024

Henley Royal Regatta 2024 saw five UL crews racing, a plethora of purple support on the bank, and a full four seasons of weather.

PA 'A', the men's top boat, prequalified off a strong set of summer racing results. On the Tuesday, they comfortably beat Imperial by a length and a half, and then even more comfortably beat Nereus in the next round to make the semi-final. In the semi (on the Friday), they were beaten by favourites and eventual winners Oxford Brookes.

Island 'A', the women's top boat, also prequalified. Their first race was against Boston University, which they won comfortably by over 3 lengths after a casual row through the enclosures. The next round saw them lead Edinburgh 'B' out the blocks and maintain their lead, beating them by 1 1/2 lengths. On the Saturday they raced a strong Newcastle crew in the semi-final. Having been behind out the end of the island, they took the lead coming out the Fawley marker, however, fell short through the enclosures as the advantage changed hands again, and lost by 1/2 a length.

The Temple prequalified after strong results throughout regatta season, and met Cornell in the first round. After a race reminiscent (for some of the older alumni...) of UL's successful '63 Grand final, the boys had a fantastic and exciting race, winning by 2/3 of a length. Unfortunately, they draw the favourites and eventual winners Oxford Brookes 'A' in the next round, which ended their regatta on the Wednesday.

Island 'B' made it into the regatta through qualifiers, and met Edinburgh 'A' in the first round. After a great fight down the course, they lost out by just under 2 lengths. The PA 'B', having oh-so-joyously qualified the previous Friday, met Oxford Brookes 'B' on the Tuesday. After leading out the blocks, they lost to the strong Brookes crew, who eventually progressed to the final. At qualifiers, we also had an Island 'C' racing, which included this year's novices, which unfortunately didn't qualify.

Ever present on the banks (in both wonderful sunshine and heavy rain) was a full sea of purple blazers from past and present club members alike. A huge thank you from the entire squad to all of our alumni, parents and supporters for all of the support! We are already looking forward to the first week of July next year.

Also racing was a whole host of ULBC alumni for various other clubs. Congratulations to Darcy (ULBC '23), who coxed the Thames RC Wargrave crew to victory.



Island 'A' boating for their Thursday race



PA 'A' racing through enclosures



The Temple dispatching Cornell on the Tuesday



PA 'B', on qualifying



Island 'B', the affectionately named 'StuV'



Coaches Tom and Stu celebrate Island 'B's' qualification

U23 World Championships 2024

This week saw the World U19, U23 and senior Championships take to St. Catherines, Canada. ULBC has 2 athletes racing- Jessie Martin in the British W4- (alongside Brookes and Durham crewmates), and Lina Kuehn in the Swiss W4-.

Jessie's crew sailed through their heat on Sunday in the fastest time of the day, and Lina's crew placed third in theirs, qualifying both for the A/B semi-finals. They both then had tight races in the semi-finals, and both placed second- the Brits 0.8s off the Kiwis and the Swiss 1.5s off the Australians.

In the final on Friday, after a dominating race where they led the whole way, Jessie was crowned World Champion with a new World Record time of 6:22.29, taking 4.33s off the previous record. Lina also had a great race, placing 5th overall, 1.8s off the French.



The GBR W4- (British Rowing/Ben Tufnell)



GBR, NZL, AUS on the podium (Ben Tufnell)



Lina Kuehn (3) in the heats (World Rowing)