

Jun 26, 2025

ULBC Newsletter

Message from the captains:

We both just wanted to say on behalf of the squad, how grateful we have been for your recent support at the regattas. Now we've completed our training camp and racing prep, we're all incredibly excited to show you the standard of UL and make a good showing at HRR. See you out there! - Jessie and George



Full squad photo from our training camp in Brive la Gaillarde!

Upcoming schedule

- Henley qualifiers: 27th June
 - Prince Albert 'B' and Island 'B'
- Henley Royal Regatta: 1st - 6th July
 - Men: Prince Albert 'A', Temple and Prince Albert 'B'
 - Women: Bridge composite with Leander and Durham, Town, Island 'A' and Island 'B'
 - 50th anniversary of the 1975 Ladies winning crew, make sure to keep an eye out for their row over!
- FISU World University Games (Duisberg, Germany): 25-27th July
- U23 World Championships (Poznan, Poland): 23 - 27th July



GB April Trials:

In the regatta, the notable result was Jessie and Daisy placing 1st u23 and 4th FISU respectively. Following the regatta, Jessie, Daisy, Efa, George and Sophie were invited back for seat racing which resulted in Daisy being selected for GB's women's 8+ for the FISU World University Games in Duisberg in July. Jessie, George, Efa and Sophie remain in contention for U23 World Championships pending further selection post-HRR.

Pre-BUCS Docks Camp:

Ahead of BUCS, the whole squad spent a week in East London at the Docks seat racing and training hard in some less than ideal conditions, which turned out to be incredible preparation for the blustery Nottingham tailwind to come...



BUCS Regatta



Gold in Open Champ 4-

Having lost to Durham by just under a second in the TT, UL were led to the 1500 in the final, only to move in the sprint to win by 6 seconds.

Gold in Open Champ 4+

Joined by Joe and Amelia, the four were able to break clear much earlier than in the coxless, moving away from the field before the 1k to win by 8s.



Gold in Open Champ 2-

Only 0.32 seconds away from elimination due to a poorly paced rep, George and Joe went out hard in the final for the UL's third gold of the weekend, winning by 6 seconds.

Silver in Women's Champ 8+

Considering the high standard of university crews this year, coming home with a silver medal in this event was very promising for the upcoming regatta season.



Silver in Women's Inter 8+

Having not medalled in this event since 2021, this was a huge achievement and shows the incredible depth of the womens squad this year.



Silver in Women's Champ 4-

This was the debut of this crew, and after a closely fought race with Durham University, they took home the silver medal.

Silver in Open Inter 2-

In 6th place coming out of the first 500, Dave and Theo had a strong middle 1k and an even stronger sprint to come away with the silver medal, their third medals of the weekend.



Wallingford Regatta

Georgie's first race back from injury resulted in victory in the W1x by a margin of 9s!



Ghent Regatta

Following a successful men's squad trip to Ghent last year, we took the whole squad to Ghent Regatta this year. It was a great trip all round, facing British clubs such as Leander as well as international universities and federations. We came away with gold in Open 4- & 4+ and Women's 1x & 4-, as well as silvers in the Women's 8+ and the Open 4+. Our success on the Saturday meant UL won the senior VL at the Belgian Championships.



Poplar Regatta

As always, poplar regatta was a highlight of our summer season and although no hip flasks were awarded as prizes this year, it was still just as special to come away with a win in the women's gold 8+ and 4-. We had 2 UL boats in the Gold W8+ A final. The 1V had an exciting race with Brooke's top boat and pipped them to the post by just over one second! The 2V had a similarly exciting race with London rowing club 'B', with just a second between them at the finish. The 4- had a bit more of a relaxed race, winning by 14s to London Rowing Club in second place.



Metropolitan Regatta

This was the first regatta of the season where we can see how our crews rank amongst the top rowing clubs as well as universities. On the women's side, the 2V won the women's academic category and Georgie Robinson-Ranger won in the champ W4- in a composite with Leander. The 1V were the top Island-eligible crew, placing 7th in the A final. Our Town 4- placed second in the champ W4-. On the men's side, our top four won champ 4+s having rowed through strong Brookes and Edinburgh crews. In fresh combinations, the eight and four behind the top four had some tough racing which saw the eight come out in front of rivals Newcastle after a tight sprint.



Training Camp - Brive la Gaillarde

With the trailer leaving for France straight after the Saturday of Met Regatta, the athletes all flew out on the Monday morning, getting straight to work with a paddle in the evening. 10 days at Lac du Causse with 3 sessions most days, Smithy and TCG made sure any summer success was well earned.



To stop the tired rowers from going crazy, Smithy introduced some “organised fun”, starting with the annual Brive Boules Championships. Despite claiming to despise this “organised fun”, TCG came out victorious over second year Matt in a tight final.

Smithy’s usual pub quiz was quickly taken over by Alex Lahnborg, incoming Women’s Captain, who instead held an incredibly successful “UL University Challenge”. In a tight final, the LSE, having beaten “Misc A” and RHUL, were victorious over the coaches, who themselves had beaten UCL “B” and UCL “A”.



Marlow Regatta



With the women at HWR, the men raced Marlow Regatta. The top four produced a race that kept everyone watching from home on the edges of their seats! 4 seconds down on the leaders at halfway, a strong second km brought UL to the front of the field, winning Championship Coxed Fours by clear water! The 1.5 eight, Temple 'A', were the fifth-fastest University Champ crew, which meant they have prequalified for HRR!



Thank you to Mostyn for taking the time to add the video of the four's race to the archives!

[Click here to watch the race on YouTube](#)

Henley Women's Regatta

We had 28 athletes entered into Henley Women's Regatta this year, including 4 athletes from our development squad programme. Notably, we had wins in the champ 2- and champ 8+ categories. Our champ W8+ were in for an incredibly tight heat after drawing Molesey's top 8+, and unfortunately were just on the wrong side of the line by the finish. However, looking at time trial results, this crew was the fastest island-eligible 8+ overall. Our academic 8+ made it to the semi-finals of the Colgan Foundation Cup, but narrowly lost to Oxford Brooke's, who were the eventual winners of the category. Our academic 4- made it to the quarter-finals of the Cathy Cruickshank Trophy. Overall, this was a successful showing of the standard UL women can perform at, and there is only more to come at HRR.



Win in the champ 2-

This was the first time that Aoife and Jessie have raced together in a pair, and they successfully made it through to the final against Upper Thames. Even after battling through the headwind, this pair brought the win home by over 4 lengths.

Win in the champ 8+

Gerogie Robinson Ranger raced in a composite with Leander and Durham university, and after racing neck and neck most of the way, they were successful over Thames Rowing Club 'A'. Alumna Phoebe Snowdon also raced in this crew.



ULBC kit!

The weather for HRR potentially looks a bit rainy so make sure you have your umbrellas sorted!

Umbrellas £30

Caps £12

Contact Daisy at ulbc.kit@gmail.com or on **07840 110973** to purchase!



ULBC BBQ!

What: A gathering of all ULBC athletes, alumni, friends and family to celebrate the success of ULBC. Food and drinks will be provided for! Please let us know of any requirements. Kai promises to cook the burgers better than George did last year..



When: Saturday 5th July

Where: Henley Cricket Club, RG9 3HB

How: Please buy a ticket online on the eventbrite page, or £10 cash on the day will also be accepted

Looking forward to seeing as many of you there as possible!

[Buy a ticket online here](#)