

## Message from the captains:

Hello! We are Kai and Alex, the captains for this year. We will be taking over the newsletter and look forward to sharing what's happening at UL with you.

In this edition of the newsletter, we will be covering what's happened in the last couple of months at UL, and giving you an idea of what is to come! As always, thank you for your support, as none of what we do here would be possible without the generosity and continuous support from alumni and the Trust.

We look forward to leading the squad for what is already shaping up to be another great season at ULBC! - Kai and Alex



Pictured: PA 4+ Boating on the Sunday

# Looking back at the last couple of months...

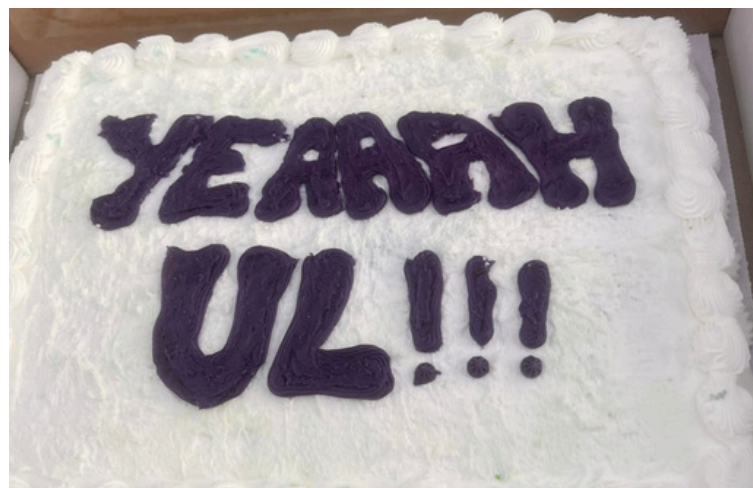


## Senior Worlds Representation:

After representing UL in the Town Challenge Cup at HRR this summer, two current athletes, Emily H and Aoife C, represented Ireland in the Women's Pair at Senior Worlds in Shanghai.

## Pre-season and Kickoff:

We had a great start to the season with 90 athletes completing their 5ks. We had a strong set of scores, showing great promise for the season ahead, and a lively BBQ after!



## Scullers Head:

We had four men and three women racing scullers head, with notable results from Joe M (2<sup>nd</sup> in O Senior) and Daisy F and Jessie M (3<sup>rd</sup> and 4<sup>th</sup> in W Champ). Recent alumni Georgie RR, and Ben T achieved wins in W Champ and O Nov respectively.

## HOCR:

Two of our current athletes raced at HOCR- Joe M won the parent/child double, and Samy M placed second in alumnae eights. UL alumni also had a great showing, with Tyrian racing in the Grand Masters Eights, and 2025 alumna Efa Wilson placing 2<sup>nd</sup> in W Champ 8+s alongside alumna Megan Slabbert, representing Molesey BC.



# Italy!!!



On the weekend of 18/19 Oct, ULBC were invited to the Memorial D'Aloja International Regatta at Lake Piediluco in Italy. 18 athletes went over to race in pairs, fours and eights over the course of the weekend.

Racing was over 500m, and was against top clubs from Spain, Switzerland and Italy. Particularly notable competition came from the Italian Senior Squad coming off their Worlds campaign in Shanghai.



Despite strong competition, we came away with a silver and two bronze in the W8+, M8+ and W4- respectively. It was great to get some aggressive side-by-side racing in this early in the season, with valuable lessons being brought back to the UK.



# Looking back at the last couple of months...

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## GBRT November Trials:

11 athletes travelled to Boston to test early-season speed. There were many PBs on the Saturday 2ks, and great performances for all on the 5k time trials in pairs and singles on the Sunday.

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## Fours Head:

11 crews raced Fours Head, with a win in the W Aca 4-, retaining the title from the last fours head in 2022! 5 crews were in the top 3 in their respective categories, showcasing some great early-season speed and depth.



# Member spotlights!



## Women's Captain 2025/26

Name: Alex Lahnborg

College: The London School of Economics (LSE)

Course: 3<sup>rd</sup> Year BSc Politics and International Relations

### Email:

womenscaptain  
@ulbc.co.uk



My rowing journey started not too far from 81HR, boating out of the Putney Embankment with Godolphin and Latymer. Having come from a smaller program, UL has given me more than I ever thought possible, both in terms of rowing and the lifelong friends and memories I've made in the last two years- As women's captain, I look forward to giving back to the club that has given me so much, by continuing to foster and encourage further success across the women's squad, we've been building momentum over the last couple of seasons and we're working towards some big goals this year!

**Favourite race with UL:** It's difficult for me to choose between these two, but both are from my second year. First, getting a silver medal in a blanket finish at Inter 8s at BUCS 2025 was extremely satisfying. Having won the B Final in the same event in 2024, medalling the next year in a pretty similar crew proved the value of persistence and honing your craft. Secondly, I'll never forget Poplar Regatta 2025, where I stroked our Island 8+ to victory over Brookes' Bridge 8+ - A great feat from all involved!

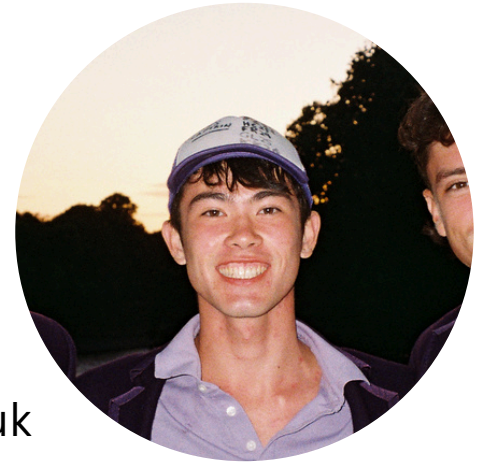
# Member spotlights!

## Men's Captain 2025/26

Name: Kai Kelly

College: University College London (UCL)

Course: 3<sup>rd</sup> Year MSci Natural Sciences (Focus on Physics and Statistics)



### Email:

[menscaptain@ulbc.co.uk](mailto:menscaptain@ulbc.co.uk)

Like Alex, I am in my third year at ULBC, currently doing an integrated Master's in Natural Sciences from UCL, particularly focusing on Physics and Statistics. I am currently conducting research into diamond electronic devices in Nuclear Batteries.

I learned to row at Hampton School, and when I turned up to the boat club for the first time and saw many familiar names on the captain's board, I was determined to fill some big shoes, and here I am! I look forward to continuing a great legacy of UL and building on last years success. If there is anything that you'd like to see in the newsletter or any questions in general, don't hesitate to get in touch at [menscaptain@ulbc.co.uk](mailto:menscaptain@ulbc.co.uk)

**Favourite UL social:** My favourite social would have to be the post-BUCS 87 garden party. A nightmare to wake up to clean in the morning, but a great social to celebrate ULBC success!



**Favourite UL race:** My favourite race at UL must be last year's HERR. Earning the white for the first time, and achieving the Thames Valley Academic ward (Academic Thames Crews - think beating Brookes award) was a great memory. along with Sausage Fest BBQ after!



## ULBC Dinner!

The ULBC Annual Dinner is approaching once again! After such a fantastic season last year, we have plenty to celebrate and can't wait to see as many of you there as possible.

As UL alumni, each of you has played a vital role in building the legacy that allows the club to stand where it is today. This dinner will be a wonderful opportunity to celebrate that success together and to look ahead to where ULBC can go next.

See you all soon!!

Kai and Alex



In upcoming editions, we aim to feature alumni alongside current athletes in our member spotlights. If you'd like to share something, please get in touch.

We're also seeking alumni volunteers for career and workplace mentorship. If you're willing to help, let us know through the captain's email.

### Upcoming Schedule:

- Quintin Head: 25<sup>th</sup> Jan
- Feb trials: 7<sup>th</sup> Feb
- Hammersmith Head: 28<sup>th</sup> Feb