

Jan 2013

NCBC NEWS



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Happy New Year!

Welcome to the latest edition of the Gryphens' Newsletter. I hope you all had a lovely Christmas and are looking forward to an action-packed 2014.

There is lots of Gryphen-related fun planned for this year and hopefully we will get a chance to meet as many of you as possible, in the most fabulous of situations. A major highlight of the year will be Mays Boat Club Dinner, open to all Gryphens and NCBC alike- **get the date in the diary** and be ready for a wonderful night.

This newsletter isn't nearly big enough to fit in all of what's happened this term, so if you want to read more about current NCBC escapades, please have a look at the website:

www.newnhamcollegeboatclub.co.uk

Lent term's races

NEWNHAM SHORTCOURSE	01/02
Robinson Head	07/02
Pembroke Regatta	15/02
Lents Getting-on	21/02
Lent Bumps	25/02 - 01/03

SAVE THE DATE!

Thinking back to your time in NCBC, I imagine some very good memories can be attributed to a Boat Club Dinner or two? Well, now is the chance to continue the fun, and re-live your Boat Club Dinners of old!

After this summer's May Bumps Races, NCBC and Newnham college would like to welcome all Gryphens to help celebrate our success at the Annual May Boat Club Dinner. The dinner will be held in College Hall (a trip down memory lane for many!) and will be pre-ceded by a Gryphens' drinks reception in the gardens. More details are to come, but please save the date in your diary:

***** SATURDAY 14th JUNE 2014 *****

We are really looking forward to meeting as many of you as possible and building a stronger, more connected Gryphens network.



Why not get in contact with your old crews to get a whole table together? It's going to be a fantastic night- let us know if you're interested in coming by **Monday 17th February** to [<enter email address here>](#)



NEW Gryphens Kit—AVAILABLE TO ORDER!

Following a successful Gryphens outing at last December’s Fairbairn Cup races, a crew of illustrious old girls mused about the various opportunities for further races in 2014. To look the part, we decided, some **special Gryphens kit** would be a welcome addition to many rowers’ stash collection. As we all know, the ideal number of pieces of rowing kit every former and/or active rower should own is n+1, so look no further!

Here is the fashion-forward design from Powerhouse Sport, which is available to order until **Monday 17th February** so get replying!



This Gryphens short-sleeve tech top features a half zip, is quick drying, wicking, and breathable. Perfect for your next rowing race or any other physical activity you might undertake.

If we reach a minimum order of 10, these fabulous tops will be £45 each, which includes p&p to a UK location.

To order, please get in touch with Claudia Catacchio at cc410@cam.ac.uk or fill out the online order form: www.newnhamcollegeboatclub.co.uk/ by Monday 17th February.



For **Men’s Power T** | fitted top with zip neck and curved hem – use this size chart

	SMALL	MEDIUM	LARGE	X-LARGE	XXL
HEIGHT to suit	5’1”-5’5”	5’6” – 5’10”	5’10” -6’1”	6’1” -6’3”	6’3” -6’5”
CHEST to suit	36”	38”	40”	42”	44”
Actual garment measurement 2.5” below arms	36”	38”	40”	42”	44”

For **Women’s Power T** – semi-fitted long & short sleeved with zip neck and curved hem

TO SUIT	X-SMALL	SMALL	MEDIUM	LARGE	X-LARGE
HEIGHT to suit	4’11” – 5’1”	5’1” – 5’6”	5’6” – 5’8”	5’8” – 5’11”	5’11” – 6’1”
CHEST to suit	30-32”	32-34”	34-36”	36-38”	38-40”
Actual garment measurement 2.5” below arms	32”	34”	36”	38”	40”
Back length from collar to hem	25”	26”	26.5”	27”	28”

Gryphens make a splash at the Fairbairn's Cup races



→ It had been somewhat quiet in the Gryphens group on Facebook but suddenly a notification popped up. “Who’s keen for a Gryphens entry for Fairbairn’s?” This is how Gemma-Claire Ali, former NCBC captain and cox extraordinaire, got the ball rolling. The old girls had been summoned!

On the 6th of December 2013, three NCBC boats raced in the senior women’s event of the Fairbairn’s Cup, one of them filled with illustrious Gryphens. This is the first appearance of a Gryphens boat since 2009, when they demolished several old boys boats in the since abandoned Cambridge alumni regatta.

Being true sportswomen, we stuck to the credo that training constitutes cheating and limited ourselves to a 20-minute warm-up paddle on the morning of the race. We then set off in the first division of the day, chasing the current first boat down to the Little Bridge, a course of 4300m. Five draw strokes to race pace, casually going over at rate 30, taking no prisoners.

While perhaps not the most powerful boat on the river on that particular day, it certainly felt like a very steady and well-balanced row. There may have been some deep fuchsia faces in the boat, but the results were respectable. With a total time of 18:41.5, we were about 22 seconds slower than the first boat and 10 seconds

slower than the second boat. However, we actually managed to beat some current college Vills such as Pembroke, Girton and Selwyn (to name just a few) as well as the Sidney Sussex alumnae crew.

Enthusiastic encouragement from the bank was provided by trusty head coach Alan Hendrick as well as honorary Gryphen M.J. Gifford, who somehow got roped into doing a bit of marshalling. At the finish line we were greeted with some revitalising mulled wine, cava and sweets.

Some of the Gryphens rowers could even be persuaded to attend Boat Club Dinner that night, which was great to see. Personally, I was particularly pleased to welcome back a Gryphen from the 1970s in the fearless and beastly Patricia Rosewell. She had some fantastic stories and plenty of leg power to offer. I hope her example will encourage many other Gryphens from previous decades to come out of the woodwork and give it a go. NCBC hopes to offer some more opportunities for alumnae rowing in the future. Keep your eyes peeled!

Claudia Catacciho (NC 2004)

The crew line-up was as follows:

Cox: Gemma Claire-Ali (NC 2009)

Str: Sarah Faull (NC 2011)

7: Claudia Catacchio (NC 2004)

6: Chloe Squires (NC 2003)

5: Becky Scholes (NC 2002)

4: Emma Fairbrother (NC 2002)

3: Patricia Rosewell (NC 1975)

2: Katt Preston (NC 2003)

Bow: Louise Gale (NC 2009)

Queens' Ergs 2013

Queens' Ergs was the first chance for the novices to show the world what they can do. It is fair to say they acquitted themselves well, even if their coaches had no voices left by the end.

NW1 reached the finals and came home as the 4th fastest crew overall. NW2 were the second fastest 2nd boat, beating several 1st boats in the process, and NW3 set personal bests all over the place. Several senior rowers were left quite worried by some of the times that were produced!



Emma Sprints 2013

Emma Sprints was a chance to get creative with both fancy dress and maths..

Snow White coxed the 8 dwarves of NW2 and Cruella De-Ville's 8 Dalmatians made up NW1...!



Clare Novice Regatta 2013

<Enter some blurb about Clare Novice Regatta here>



Right:
NW1 say bye-bye to
Homerton in Clare
Novice Regatta

Novice Fairbairns and beyond...

After the 2.7km of Novice Fairbairns, where the headwind made the row home as challenging as the race itself, the novices had definitely earned the right to celebrate a great first term of rowing with their first Boat Club Dinner!

Needless to say it was a fun-filled and successful term for our Novice rowers, who are raring to graduate to senior rowers and add a bit more competition for those senior boat seats! Watch this space..

Thunder and Lightning

The senior squad opted for a new approach this term, mixing old hands with rowers who had noviced last Easter term to make a IV and two VIII's—the mighty Thunder and Lightning.

Winter Head—the view from Thunder

Winter Head was the first chance to race together as a crew. Complete with our new tops (featuring the fabulous slogan of 'Th-under-estimated'), we rowed up to the start, and then spent some time judging the various blades, onesies and bizarre spinning techniques of the other clubs.

We had a slightly stressful start but soon settled down, while watching the crew behind us disappear away. Nicole's power-tens and shouts of 'NCBC AND PROUD' got us through the tough middle section. The push off the bridge got us close to the end, with a final 'power ten' to fly under the bunting, and we were done!

The results were perhaps the most eventful part of the entire experience. According to Alan's time-stamped photography, it must have taken us 1:33 to cover about 50m at one point! It was eventually sorted out, with a much more reasonable time of 11:10, and many happy (and relieved) rowers!

By Hilary Samuels



Fairbairns—the view from Lightning

By Agnès de Varine

After the chaos that had been novice Fairbairns the day before and the tree that was supposedly blocking the river, we were a bit nervous about how it was all going to work out. Fortunately by Friday morning the hurricane was over and the tree 'out of the way'.

With Thunder and the Gryphens having raced in the previous division, the pressure was on. Before we had time to think we were off, crossing the start line. Pressure was down in the water and our rhythm was strong, and thanks to Liz's amazing calls of every single body part she could think of, we reached the P&E before we knew it. The reach felt endless but after some power 10s thrown in at strategic times we were only 'a few corners away from the finish'. Giving it everything once Newnham bridge was in sight, we managed to (somehow?) cross the finish line alive.

With a time of 18:31 we finished fastest W2 on the river! This was an amazing way to finish this great term of training; we made the most of celebrating at BCD and I think we can say we deserved it! Bring it on next term!



Left: What, that? Oh, that's just our bridge!

Get Involved

I hope you have enjoyed this issue of NCBC news.

However, the involvement doesn't have to stop here- we would love to hear back from you!

We have included a list of our off-Cam races and events for the next couple of months. We would love to hear from you if you can help support the crews and want to meet up, or could even offer further support (from sandwiches to accommodation!)

Excitingly- through our Gryphens' connections we've already been able to secure sponsorship from **Unilever** for our Newnham Shortcourse Regatta- what other opportunities exist!?

<Email address>



Racing dates for your diary:

- ⇒ 1st February 2014 - **Newnham Shortcourse**
Sponsored by Unilever- UK's No.1 FMCG company
Extra marshals always welcome!
- ⇒ 9th February 2014 - **Bedford Head**
- ⇒ 15th March 2014 - **WeHoRR, London**
- ⇒ 30th March 2014 - **Henley Boat Races**
NCBC will be going down as a club to watch CUWBC take on Oxford- fingers crossed we may have some Newnhamites racing this year!
- ⇒ 6th April 2014 - **BNY Mellon Boat Race**
Keep an eye out on Facebook closer to the time for details of a possible trip down to London to watch the men.

