

Liverpool University Boat Club Newsletter



From the President...

Welcome all to the very first issue of the revived LUBC newsletter! I am so proud of the work that has been done behind the scenes to get this off the ground, and I hope we can continue this in the future as a way to keep this wonderful community connected for years to come. As this year commemorates 100 years of LUBC, I would like to take the opportunity to thank all our current members, alumni, and supporters for their continued support over the years. Without this strong sense of community, the boat club would not be anything like the organisation I have grown to love. I wish all our members the very best of luck as we enter the summer racing season, and I look forward to seeing you all at our celebratory Henley Royal Regatta BBQ. Bleed blue!

Head-Season Highlights:

This head season has been a brilliant one for LUBC, with success across all squads. Early highlights included a win for the men's 2x at Chester LDS, followed by strong performances at Runcorn Autumn Head, where both the men's and women's 4- took first place, alongside victories for the men's 4+ and 2x. This momentum continued at Dee Autumn Head, with wins from the men's 8+ and 4+, and the women's 4+ and 4x.

Five crews travelled to Fours Head, with the women's 4+ delivering our best result, finishing 11th in their category. Our novices also made a huge impression at Novice Race Day, where LUBC claimed the Victor Ludorum title thanks to a host of wins. BUCS Head saw particularly strong performances from our novice squad, with all crews placing in the top 10, alongside encouraging progress from senior boats, including 16th and 11th place finishes for the men's and women's 8+ respectively. At North of England Head, we secured another win, this time from our women's 8+.

Over the past few weekends, we have sent four of our eights to the Tideway. The women continued their BUCS success at WEHoRR, securing a top 100 finish for the senior squad. The senior and novice men rounded off the head season with a good performance at HORR.

With such a strong winter behind us, we're excited to carry this momentum into regatta season.



LUBC presents... 'CHALLENGE WEEK'

What is it?

A week of fun yet gruelling challenges and forfeits, all in aid of raising money for LUBC. These efforts will help the club grow, reach its full potential, and put Liverpool on the map as a university known for strong rowing and an outstanding novice learn-to-row programme.

When is it?

From 18th April to 24th April.

What can you do to help?

Follow along on our socials and help spread the word!

Keep an eye on our Instagram, the Sphinx Facebook page, and the Supporters' Association WhatsApp group for the donation link.

The Supporters Association WhatsApp Group:

Parents, guardians and alumni: if you haven't already, we'd love for you to scan the QR code to join the Supporters Association group. It's a great way to stay up to date with the club and find out how you can support LUBC.



Half Marathon Success!

A huge thank you and congratulations to Kate Box and Cath Richmond (members of the Supporters Association) for raising an incredible £1,000 for LUBC through the Half Marathon, funds that will go towards a new gazebo for the regatta season. Well done also to Rob, Roddy, Emma, Harvey, Sam, Harrison, Harry and Lottie for completing the Liverpool Half Marathon and raising £465 for Claire House Children's Hospice. Their hard work and commitment have paid off in support of a fantastic cause. Thank you to everyone who donated.



Alumni Spotlight: where are they now?



Scott Marshall joined LUBC in 2021 when he began his master's, having previously rowed at the University of York. He now works as a copywriter in Chester and rows for Royal Chester Rowing Club. Here is what Scott has to say about his time at LUBC:

"I came out of my previous club pretty burned out and low on confidence, but the atmosphere and the people at LUBC helped me hit new levels, rediscover my love for the sport, and make some friends for life, alongside managing to secure a seat in one of the club's most competitive men's 8+ crews in recent years.

The fun times we had on and off the water - travelling to and from races, and on nights out will stick with me for life." Scott still comes down to Runcorn to volunteer as a coach for our senior women, and we really value the experience he brings.

We asked him what advice he would give to new novice rowers at LUBC:

"The advice I'd give would be to stop chasing marginal gains unless you've nailed the basics, and to enjoy the process."

Over to the Captains...

Men's Captain: Zac Morgan

The Senior Men have had a successful head season overall, with wins at early races such as Chester LDS, Runcorn Autumn Head, and Dee Autumn Head. We also sent three competitive boats to Fours Head. The squad worked consistently, showing clear improvements in fitness, and remained motivated over the Christmas break, setting themselves up well for BUCS Head. The BUCS Head eight had a strong race, finishing close to tough competition, which helped build confidence within the squad. Following BUCS Head, we raced at Runcorn Spring Head and North of England Head, with mixed results. While the squad performed well on land and in training, we struggled to adapt to the unique conditions of the Tideway at HORR.

Despite the ups and downs of the head season, the squad is in a good position heading into regatta season and hopes to perform well at BUCS Regatta. We are aiming to build on our fitness and technique, and hoping to making strong progress over training camp.

Star Rower: **Louis Nader**, 2 seat O8+

Louis has worked consistently both on land and on the water, bringing a positive attitude to the boat and inspiring the rest of the squad. He has demonstrated real perseverance and has worked hard to earn his place in the top crews.



Women's Captain: Lisa Carrington

The Senior Women have enjoyed a strong and progressive head season, building momentum across each event. Early success at Runcorn Autumn Head saw a coxless four crowned fastest women's crew of the day, setting a confident tone that carried through Dee Autumn Head and into Fours Head, where the top four placed 11th in the Senior Academic category. At BUCS Head, increased squad depth led to further solid results, including 11th in the intermediate 8+ and 12th and 14th in the intermediate 4+s. The race at Runcorn Spring Head

helped prepare the squad for WEHoRR, where they achieved an impressive 72nd overall and 7th in the Challenge Academic category. The head season concluded on a high with a win at North of England Head.

Across the season, the squad has delivered competitive results while showing clear progression, using each race to refine execution and build on previous performances. With consistent improvement and encouraging outcomes, the group now looks ahead to regatta season in a strong position.

The upcoming training camp will provide further opportunities for technical and physical development, and with this momentum and strong team culture, the Senior Women are well placed to continue their progress into the regatta season.

Star Rower: **Rose van der Kooij**, 3 seat W8+

Rose has made an outstanding step up this semester, showing a clear increase in commitment to training. She approaches every session with determination and a strong desire to improve, pushing herself to compete at a higher level. Her dedication and work ethic have not only elevated her own performance but also set a powerful example for others.



Men's Vice Captain: Fraser Richmond

The 2025/26 head season has seen huge progression from our novice men, developing from complete beginners into competitive crews on the national stage.

They made an immediate impact at Novice Race Day on home water, with strong results across the board, including a dominant win for the 4x-. Building on this momentum through a demanding winter training block, the squad set their sights on BUCS Head. Competing nationally for the first time, the 8+, 4x-, and 4+ delivered outstanding performances, with all crews finishing in the top 10: 10th in the 4+, 7th in the 8+, and an excellent 5th

place for the 4x-. HoRR marked the final race of the head season for the men, where, despite a changed lineup, the 8+ delivered a strong performance in challenging conditions on the Tideway.

Attention now turns to training camp and regatta season, with BUCS Regatta set to be the novices’ final race. A block of 2km erg tests and higher-rate training will aim to put the squad in the best possible position to round off their first year.

Star Rower: **Riley Cook**, 5 seat OBeg8+ 4 seat OBeg4x- Riley has made outstanding progress since returning from the winter break, displaying an inspiring attitude and commitment to all aspects of training. Rivalling the erg scores of some senior men and developing his technical ability to new levels each session has cemented his place within the squad, making him a well-deserved recipient of the Head Season’s Choice



Women’s Vice Captain: Lucy Andrews

This head season has taken our novice women from Novice Race Day on the River Weaver in December through to major events including BUCS Head in Newcastle, WEHoRR on the Tideway, and the North of England Head in Chester.

They opened the season with wins in both the coxed 4+ and 8+, before delivering outstanding performances at BUCS Head, where all crews placed in the top 10 nationally (4+ 5th, 8+ 7th, 4x- 10th), with the 4+ narrowly missing bronze by just 0.7 seconds. Despite a quick turnaround, the squad continued their strong form at WEHoRR, placing 5th in the Beginner Academic category and 194th overall.

In just six months, the group has developed from complete beginners into one of the top university novice squads in the country. Their commitment; training consistently through tough winter conditions, has been exceptional, with a clear focus on building strong technical foundations alongside consistent effort both on and off the water. These fundamentals have been key to

improving efficiency and boat speed over longer head race distances.

As we move into regatta season, the focus shifts to refining the catch for sharper blade placement and stronger connection, alongside 2km erg tests to build endurance, power, and mental resilience. The squad has already completed their first tests with impressive results, and I am excited to see what the next round brings.

Star Rower: **Anna Gamano**, 2 seat WBeg8+

Anna has demonstrated outstanding commitment since joining the Learn to Row programme, consistently engaging with the full training schedule alongside her academic studies. Her technical development has been particularly impressive, and she is quickly establishing herself as a highly skilled and reliable member of the crew.



What’s coming up?

7th-12th April	Training Camp	30th May	Met Regatta
15th April	Varsity against LJMU	19th June	Henley Women’s Regatta
18th-24th April	‘Challenge Week’	27th June	Henley Royal Regatta Qualifiers
1st-4th May	BUCS Regatta	4th July	Henley BBQ for Alumni and Friends

THANK YOU!

We’d love to hear from you...

DM @livunibc on Instagram or email us at livunibc@gmail.com to share any feedback or ideas for our new newsletter.