

MCBC MICHAELMAS NEWSLETTER 2023

Welcome to the first MCBC newsletter of the 2023/24 year! For more info and regular updates follow our Instagram @biglegsmansfield 

Following on from the blades winning year for our women's side and starting the year of the comeback for our open side, MCBC are looking forward to an exciting and successful year of rowing! We have a brand new coaching team of Harri, Lauren and Bea, and together with a hefty number of returners from last year, this promises to be a great year for the club.



NOVICES

IWL WIN !!

Our taster day this year saw around 60 NEW ROWERS try out the sport for the first time! We put out 12 boats of novices across the day, followed by a barbecue at the boathouse and a sigh of relief from our captains! Of these people, almost none have had any experience rowing before – a unique appearance amongst Oxford colleges. A solid number of these carried on rowing throughout the term, though due to weather conditions beyond our control, the novice regatta usually run in November was unfortunately cancelled. Despite this, we have a keen cohort of novices, ready to take on bumps in the next two terms. **Left: novices on the river**

The first race of the term was Isis Winter League A, an intense time trial along the whole stretch of the Isis. Our W1 finished 1st as the fastest women's crew, and the M1 as the third fastest open crew! This was a testament to the hard work of our returning rowers over the summer, starting off the year strong. Later in term, IWL B saw the women retain their position at top spot. **Below: The mighty W1 racing in IWL**



Unfortunately, after a few weeks on the water the weather took a turn for the worse, leaving us unable to row for 4 weeks of the term. However, this didn't dampen our spirits as MCBC took to land training. The boys had their regular 7am erg every Monday morning, occasionally filling every single erg at 7am! The women dug deep with a bi-weekly 30 min rate 20 erg plus sessions in the tank at Iffley sports centre for everyone. Many ergs, tanks, circuits and core workouts later, the colours of red and yellow were once again seen on the river, when 8th week river conditions allowed us to return, stronger, fitter and faster than ever.



MCBC ERG REGATTA !!!



To make up for the few races this term due to river conditions, MCBC hosted our very own indoor erg regatta. This gave our new rowers a much-needed chance at some fierce competition, in preparation for IWL and bumps races next term. Events included 1.5k relay, 250m sprint and 100m sprint.

Left: MCBC erg regatta





This year, two of our women's side rowers, Ruby and Imogen are trialling with the University rowing squad, by no means a small achievement, requiring many hours of dedication and grind. Both Ruby and Imogen started rowing at Mansfield as novices in the last two years on our taster day. Ruby will be competing in Trial Vllls on 15th December in the bow seat of boat Remus and is set to compete in the team for the boat race next year. We wish her, and the whole team, the best of luck! Left: Ruby

MANSFIELD ROWERS TO OUBC

To enable crews to race in MCBC kit we are on the look-out for second-hand unisuits. If you have an MCBC unisuit you no longer need, we would love for you to 'sponsor a rower' by donating it for them to wear in races. If this is something you'd be interested in, please email james.bennett@mansfield.ox.ac.uk and we can arrange this!



UNISUITS WANTED



As always, MCBC greatly appreciates any and all support from our Alumni and beyond. Being a smaller boat club with rowers from primarily state schools, we face more challenges than most. We make rowing a more accessible sport for those from all backgrounds - subsidising rowing battels and providing stash and equipment at more affordable prices. We are very proud of our friendly and welcoming environment, and this wouldn't be possible without your generous support. So for this, we thank you.

If you would like to support what we do and enable more people to get into this sport, donations can be made by donating to Mansfield and including MCBC in the reference field. The donation will then entirely go to the boat club.

<https://www.mansfield.ox.ac.uk/give-bank-transfer>

For any enquiries about alumni visits to the Boat Club or outings, please email our alumni officer james.bennett@mansfield.ox.ac.uk

Instagram @biglegsmansfield