



*New Hall Boat Club Alumni Society  
By Abigail Girling, Vice Captain*



## Welcome Back!!

Dear All, welcome to the lent term edition of our newsletter. I would like to take this opportunity to introduce myself, Abi Girling, as the new editor of the Neptunes newsletter. I hope you will enjoy hearing from me as much as you did my predecessor. As I'm sure you all know, rowing in lent term can be a trying time, with the morning outings getting

progressively earlier and the weather conditions rarely on your side. But despite this, our term has been an exciting one, and all our rowers have enjoyed a term of hard work and training, not even letting the snow storms of this year put a stop to our Monday morning outing.

There is much to share with you from rowing races,

both on Cam and off, to the annual change over of the boat club committee and I hope you enjoy the read.

## A New Committee!!

It's that time of year again when the boat club committee undergoes many changes. As the old committee stands down new girls step forward to be elected to positions in the boat club, all keen to help the growth of our club.

This changeover marks the end of Pip Walters' Captaincy. Her time as Captain has seen the addition of new boats, the renaming of our boat club and she has taken our crews off Cam where we have performed with a good

degree of success. She has been an inspirational Captain and we would like to take this opportunity to thank her for all her hard work. We would also like to introduce our new Captain, Bridget Clay. We all have high hopes for her and the plans she has for the club and are excited to see what she and the new committee will do for the boat club.

The New Committee:-

**Captain:** Bridget Clay

**Vice Captain:** Abigail

Girling

**Secretary:** Pip Walters

**Lower Boats Captains:**

Isabelle Andrews, Eve Bonner

**Treasurer:** Alice Draper

**Social Secretary:**

Kate Gallagher Rebecca Rewbury

**Computing Officer:**

Florence Butler





*"I visited the May Bumps last year, and was proud to see a New Hall boat racing by, and gave them a cheer. It felt very strange to be watching from the bank instead of rowing up the river!"*

*-Anne Langley, 61-67  
""*



## A Word From the Captain

Dear Murray Edwards College Boat Club members and Neptunes, it is an exciting time to be in the boat club, with a new name, new sponsorship and new optimism and I am thrilled to have the position as the new Captain.

I hope to build on the work of my predecessors, who have set such high standards. We have had a very successful year, with several off Cam races,

increasing interest and races in sculling and lots of enthusiasm. I hope for all this to continue and grow this year.

The committee all have ambitious plans to keep the enthusiasm and profile of the boat club high, there are plans for a new four, more work in smaller boats and more off Cam races.

Welcome to the new committee and good luck to everyone this year.

Best wishes,

Bridget Clay

## A whole lot of Races

As I said earlier, our women's First Senior VIII has spent this term training hard, come rain, hail, sleet or snow, literally! All of this has been in preparation for all the races we had planned.

Unfortunately for us the weather foiled some of our plans for off Cam races, such as a head race in Peterborough, but we were able to test ourselves in Newnham Short Course, Lent Bumps and, most excitingly, Women's Eights Head of the River in London.

Newnham short course was our first race of term and our first test as a new crew. We came a respectable 14<sup>th</sup> out of 40.

Lent bumps arrived in week 6 of term, and all the girls were keen to see what we could do. Unfortunately we were

bumped on the first three days of racing, however, on the last day of bumps, after a rallying talk from our Captain, the Senior W1 put in a great effort to row over ahead of Cais W2, chasing down Anglia Ruskin W1 all the way. The four days of racing were tough but have encouraged us looking towards the Mays. We are sure we will build on the progress we have been making and are sure to be an exciting crew to watch in this years May Bumps.

Lastly, but certainly not least, was our trip to the tideway to race in this years WEHARR. W1 were buzzing with excitement and ready to row the 6.7 km race

along with some of the finest crews the country has to offer. After hours of marshalling we were finally able to race, chasing down the crews in front, over taking Manchester University and overall moving up from 288 to 240 out of 300 crews. A result we were all very pleased with and certainly a cause for increased confidence as we look to the races of next term.

## Big Plans and High Hopes

MECBC has made a lot of progress in this past year and this we hope to build on. With another novicing term approaching we are hopeful to obtain yet more enthusiastic girls to row and support the club. Our new LBC's have many plans in place to ensure a successful summer novice term.

We will continue to race off Cam this term as much as possible, it's nice to get out of the Cambridge bubble and let everyone experience rowing in the wider world.

Also, we are intending on buying a new four. Our old four is sturdy old girl but all who have rowed in her would feel it is time for a new four. Training in small boats is beneficial to all and this we feel is an important step in the

right direction to the growth of the club. With a new racing four the members of MECBC can increase the variety in our training and even begin entering in races for smaller boats.

As for training, we are continuing to work with our Coach, Steve Sanders, building on the growing confidence and optimism within the boat club to start chalking up those wins. The new Captain has plans for increasing the efficiency of our land training, consulting with a personal trainer to give us the best advice on what each individual must work on to get the most out of their training and to most effectively convert those hours of pain and sweat in the gym into those winning inches on the water.

## Ready For Another Round?

This year on the 27th September there are plans for a alumni regatta in Cambridge. Each college is trying to get a boat together to enter. What we would like to know is if you would be interested in being a part of it?

It would be a brilliant day and we would host an afternoon or evening social to give the current members a chance to meet with the alumni. If you are interested could you please email me, **ag525@cam.ac.uk**.

This promises to be a really excellent day and we sincerely hope you will come. We promise to make it a day to remember. I look forward to hearing from you and thank you for your continued interest and support in this wonderful club of ours.





New Hall Boat  
Club Alumni  
Society



Our New Captain, Bridget

NHBC; THE NEPTUNES  
SOCIETY

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We're on the Web!

*See us at:*

[www.newhall.cam.ac.uk  
/students/nhbc](http://www.newhall.cam.ac.uk/students/nhbc)

E-Mail:  
[Newhall.women@cucbc.org](mailto:Newhall.women@cucbc.org)

***The Neptunes:  
For Crew,  
For Club,  
For College.***



Getting ready  
for an outing.  
What you  
can't see is  
the snow  
storm outside.



W1 on the last  
day of Lent  
Bumps.