

DUBC NEWS

A Big Pot



Robert Swift

THERE IS NO question that the memory of the days immediately preceding the victory at the Irish Championships will last longer and remain more vivid than any others from my days rowing for DUBC. After the victory against Oxford, the senior crew's results at Ghent, the University Championships, Dublin Metropolitan Regatta, Monkstown Regatta

and the Irish Universities Boat Race against Queen's were a mixed bag. One trait that did shine through was a consistency against Senior Vllls on Irish waters. Ghent results were not up to 2007's standard and, with one personnel change, the crew went into the rescheduled University Championships with a bitter score to settle against both UCD and NUIG. Revenge for the Gannon Cup race was snatched aggressively on a Friday evening in

Blessington, in front of minimal crowds.

With this result coach Mark Pattison settled on his crew; nine survivors of a tumultuous season who had the mileage behind them, and who had the best chance of fulfilling the potential of what had been a promising squad.

Dublin Metropolitan Regatta was raced in small boats, the exam-interrupted Queen's race was won with two novice substitutes, and the Vlll cantered to

victory in the last race of the day at Monkstown Regatta.

On the Saturday before Henley, some members of the Senior Vlll were at the boat-house on a well-earned rest day, packing the trailer for the trip across the Irish Sea. Meanwhile, stewards of the regatta were drawing the crews for the first round of racing. Thoughts of this had been cast aside, as blades were painted in the Islandbridge sun, until a text from Mark

Pattison punctured the peace. It read "Harvard first is absolutely perfect. They won't know what hit them."

A flurry of calls later and our fears were confirmed; we would race the Ivy League powerhouse on Wednesday, and our regatta might well be over seven minutes after it had started.

On the trip over to Oxfordshire, each of us had a chance to ponder the draw. It soon became clear that the stewards had inadver-

tently done us a huge favour. We only had one choice, to race our absolute fastest against Harvard. If we emerged victorious, then our speed would be confirmed and winning the Temple Challenge Cup would become a real possibility. And if we failed to progress, we would have nine days to focus on the final goal for the year, the Senior Eights Championship of Ireland.

Our Henley preparation consisted of short, purposeful sessions on the racing course. Opposition from schools, universities and clubs were put to the sword and as our pre-race anxiety grew, so did our confidence.

On the day of the race our plan could not have been simpler. We knew our opposition were fast and we knew that they were clever racers. But our strength lay in our start and our fitness over the second half of the course. We therefore committed ourselves to taking a lead and holding it. Our warm-up went smoothly, and before we knew it we were on the blocks next to the

Harvard VIII. Race preparation rituals complete, and with both crews at front stops, the starter went through his calling over and raised his flag.

It seemed as though the word 'go' had hardly left our ears before we were on our third, fourth, and fifth strokes and the rate was climbing. It was a ferociously aggressive start and definitely one of few where I have had to remind myself to breathe after ten strokes, such was the physical exertion and mental focus. I am loathed to guess how much of a lead we had earned ourselves after 200 metres, but our bows had snuck ahead. The second quarter of the race was where the Harvard crew started to assert themselves on the race. Whatever extra length and smoothness they had incorporated into their stroke was starting to tell, as they moved on us slowly and consistently, surge for surge. By the barrier they had a lead, and try as we might our advances were parried until they carried a lead of a length into the enclosures. A last-ditch

attempt to shock them with a wind of the rate only slowed us further, and a verdict of two lengths was recorded.

Philosophical in defeat, the crew retired to our accommodation to decide on what the next week would hold. Sir Stephen Redgrave – start judge in the race – was cornered by some club members later in the week. He was not shy in declaring it the most exciting start he had seen so far, and confirming that Trinity had, indeed, been leading past the end of Temple Island.

That night the crew was split over what to do next. In order not to tempt fate, nobody had dared think about what might happen if we were to lose, so suddenly we were faced with a choice: book new flights and return to train in Inniscarra, or stay in England and train in private on Eton's Dorney Lake. Eventually a decision was made that we would keep our Monday flights and accommodation in Henley, and train on the Olympic course at Eton. The lake's buoyed lanes and accurate distance markers were

a useful training tool in the transition back to six-lane racing. In particular, they enabled us to time ourselves over set distances. Spotting a light tail wind towards the end of one session, Mark took out his stopwatch and asked what we could give him over 500m. After an exhausting piece at a maximal intensity, we were given the time: one minute twenty seconds.

Ecstatic at this rapid quantification of our speed, we anticipated a return to the slip. Mark had other ideas. It was clear that this was a coach who wasn't going to settle for good; he wanted better, and ultimately he wanted best. The second piece was posted at one minute eighteen seconds.

Once decamped in Cork, an entirely different challenge awaited us. We knew that there were enough crews entered into Senior VIIIs that a semi-final would be needed, and also that we had raced only a couple of the entered crews. We didn't know which crews we would be racing and in what order, so we set about perfecting our own

performance. The decision was also made to split the VIII and race both Intermediate and Senior IV+ on the Friday. While training time was being slowly decreased in the days preceding racing, the intermediate combination boated a few times, giving them vital miles on the temperamental Inniscarra waters. After some long and increasingly restless days, Friday arrived. The intermediate crew posted a narrow second place in their semi-final, but after a quick re-hash of their race plan they lined up for the final. This time there were no prisoners taken, and a considerable lead at 1000m was translated into a winning margin of eight seconds. A few hours later the unpolished but determined senior IV+ rowed up to their straight final, with Gabriel Magee in the cox's seat already a champion in one discipline. Under their resolute coxswain's guidance the crew grew in confidence throughout the warm-up, and despite a scrappy first few strokes drew out to a two length lead at 1000m. Any dreams of



The start against Harvard at Henley

a perfect start for the entire VIII soon started to dissipate, however, as a Galway/Shannon composite edged closer and closer, and eventually rowed through, pushing the IV+ into second place by half a length.

These two performances went a long way to solidifying our confidence, and ensured that if any of our opposition had been reluctant to take us seriously, they were now very wary indeed. Saturday afternoon came and, after one crew had equipment difficulties at the start, both semi finals were rescheduled to later in the day. There were to be seven crews racing, and the Senior VIII had been drawn in a semi-final of three boats, with NUIG and a Neptune/Old Collegians composite outfit.

The Trinity crew got off to a clean start, and soon pushed out to a lead of half a length. But the scrap for the second qualifying place brought the opposition back in touch, and we were required to hold them off for the last 750m. A dynamic



The finish at the Irish National Championships

tempo and controlled aggression sealed the win in a race that, luckily, never caught us on the back foot. In the short rest before the final, Mark delivered his game plan to us. Despite the fact that this was a winner-takes-all situation, we knew that our fitness was likely to be our greatest single strength. We were warned not to fight for every inch in the first half of the race, as the crews around us would not be able to hang on after 1000m. We were warned against letting our heads drop, should we fall behind. But most of all, we were warned not to forget that this race was in our hands.

Getting to the start, and attaching to the

stake boat, must have looked the same as it did for any other race. Same routine, same oarsmen. But the difference could not have been more obvious once the release of the first stroke had come. Of five crews, every single one knew that they had less than six minutes to pour everything into the race. And every oarsman knew that at the end, only nine men would have the greatest prize in Irish rowing to show for their long season.

As winners of our semi, we had the winning and second-placed crew from the other semi on either side of us. A four-club composite of experienced, battle-hardened athletes were to our

right, including oarsmen from Galway Rowing Club, Old Collegians, Shannon and Tribesmen. On our left were the young, slick Commercial crew.

The composite and NUIG went out with cannons blazing, trying to garner any sort of an advantage and shake the remainder of the field. It was unfamiliar territory for us, but composed rowing from the stern pair and concise instructions from our coxswain helped to keep the crew in check. We had agreed before the race to make our definite move in the middle 500m, but with 750m gone the other crews had already started to fall back into the vision of our stern pair.

I could end by saying that the rest is history; that would be cocky. It would be more accurate to say that as soon as we could see the other crews start to fall back, we knew that there was no way we were going to let the race out of our grip. It was enough for Liam Gorman, in the Irish Times, to label the victory 'emphatic.' The story of the race ends with Commercial rowing through the field to take an admirable second place, their bowman a veteran of DUBC, David Cummins.

This was not the first time that DUBC had lifted the Big Pot, and it certainly will not be the last. But each of us can say that it was an honour to represent our great club together on that day. The events of the season, both high and low, had made it a year to remember. The crew was: Robert Swift (bow), Peter Heverin, Paul Laird, Ali Floyd, Henry Tindal, Eoghan Kerlin, Eoin MacDomhnaill, Sean Osborne (stroke) and Gabriel Magee (cox).

And the man who believed in us was Mark Pattison.



Celebrating with Coach Pattison and President Tamplin on the Bank



The 2008 Captain's Report

Joe Calnan

THE 2007-08 SEASON began with the return of over eight of the previous year's senior squad that had proven under my predecessor, Gabriel Magee, to have real potential to produce a crew that could win a Henley medal or Championship pot. The squad was also strengthened in the form of 2006 Novice Single Scull Champion, Peter Heverin and Etonian Schoolboy Alexander Floyd, plus on the side-lines vice-captain, Olympian and silver world champion, Timothy Harnedy who was at this time competing for the national squad in anticipation for the Beijing Olympics.

The previous first year novices unfortunately didn't materialise into an intermediate group. Also just a handful of the 2006 season's successful novice boat returned, so recruiting good quality first year novices was

paramount, especially as many of the current era of senior oarsmen were in their final year at Trinity.

With this in mind the novice group were given extra attention by being quickly divided into three teams of 10-12 oarsmen and coxes, each group under command of either the Captain, vice-Captain or Secretary, in the hope of producing three eights at their first race, Neptune Head. This worked quite successfully, providing internal competition as well as the committee getting to know the newcomers quickly. Some respectable results were achieved and the aim of carrying a large quantity of novices through the first term was achieved.

Meanwhile the senior squad, after being thrashed in the Dublin sculling ladder by the up and coming Guildea, had a visit to London Fours Head of the River Race. This was the first time in a number of years that DUBC competed at this event. With nearly 500 quads, coxed fours or coxless fours lining up at the start the tideway was as impressive as always. The coxless four

finished just outside the top 100 and the quad, despite technical difficulties and a crash before the start, finished 70th.

Both squads went back to winters training and saw Christmas Commons and the holidays pass quickly, as the club began their winter training camps. The senior squad flew to the sunny climate of Seville a few days before the New Year and the novice squad took a trip to the Blackwater in Cappoquinn, hosted by Jim Murray.

The senior training camp was divided in half between sculling and rowing. At the end of the first half of the camp the Pineapple Challenge Cup took place between the senior squad over the 2km championship course in single sculls. After numerous rounds to reach the final, the line up was Heverin, Swift, Macdomhniall and Calnan. Swift led for much of the race but the novice sculler Macdomhniall defied all odds and took the win and the Pineapple Cup.

The novice training camp in Cappoquinn was also successful with plenty of mileage covered giving the squad its first taste of thinking, eating, drinking and breathing rowing. However, the camp was overshadowed by a shocking event on the final night, when most of the DULBC boats and one of ours were mindlessly vandalised. This incident was well publicised as a vicious and unprovoked attack in the national press. The people of Cappoquinn and Cappoquinn Rowing Club were vocal in their condem-

nation of the attack and in their support of Trinity rowing on that stretch of water. However, with the condolences, help and support of other Dublin clubs on hearing the news, DUBC reacted well by continuing with the season, buying a brand new Empacher coxed four with the insurance money, Trinity Trust and Alumni funds.

Both squads returned to Dublin and enjoyed an eventful Trial Eight's dinner with the Pineapple Challenge Cup being presented to Eoin Macdomhniall. A novice zephyr kindly donated to the club by James Lyndsay-Fynn, (Captain 1998, Beijing Olympic finalist and 2007 Lightweight Coxless Four World Champion) was presented to the best first year novice on the ergometer - Daniel Ryan.

In January the club was invited by Tiger Beer to a Dragon Boat race in celebration of the Chinese New Year against UCD Boat Club. Although not strictly rowing, the race gave DUBC much publicity and sponsorship, and also the novice squads first experience of side-by-side racing. DUBC novices with the help of Vice-captain Timmy Harnedy and veteran oarsman Julian Hand in the stern defeated the UCD senior squad by 2 wins to 1.

The Head season began in mid-February, where the senior eight took wins at Lagan and Erne head, both had also been won the previous season. The top novice eight were performing well at these heads and were within seconds of their rivals UCD for the Dan Quinn

Shield. A couple of weeks later the senior eight travelled to Putney and finished a creditable 28th at LHORR, the highest for some years. The week after LHORR the senior eight raced in the Gannon Cup match against UCD, after an excellent start by DUBC, UCD took advantage of the north station bends and the race ended with UCD winning by half a length. In the first year novice colours match, after a very close battle, UCD won. I would like to thank John Walsh of UCD for putting in hours of his time to make this event possible.

Following the Gannon Cup the novice group made a trip to Enniskillen for a training camp under coach John Mohan and with the assistance of the vice-captain. The change of water and some good quality training proved useful in unifying the crew which then went on a couple of weeks later to defeat UCD at Neptune Regatta. Yet this result was reversed the day after at Commercial Regatta. The Senior Squad having returned from a weeks break were disqualified for steering at Neptune, however beat similar opposition at Commercial Regatta to win senior eights. Also a notable performance from Paul Dunphy who took his first win in novice sculls at Commercial Regatta.

Following this weekend the University Championship was postponed and Queens Regatta cancelled due to high winds.

For the third Regatta weekend on the trot

came our very own Trinity Regatta. However, this was no ordinary Trinity Regatta, as for the first time DUBC were also hosts to the 2008 Boat Race winners Oxford University Boat Club. The President of OUBC, Nick Brodie is a personal friend of mine and we fancied a match against each others Boat Clubs. Over the Luncheon a few words were said and ties were exchanged between the two clubs, our President and Provost kindly both also received ties as gifts from OUBC. I challenged Nick Brodie to a race over the Trinity Regatta course after the luncheon, he accepted.

Personally, this was the highlight of my four years rowing at Trinity; an exhibition race against one of the most formidable opponents in rowing, at our own regatta, in front of the Provost, college officials and our own Trinity supporters, in a crew that I was captain of and against a crew with someone I had achieved much with in rowing as a school boy. My parting gift to the club as Captain is a portrait of this race which will hopefully find a home in the boat-house. Another highlight of Trinity Regatta was a resounding win

by the novice eight over UCD in the final.

After the regatta a new event to the programme was the 'informal' regatta dinner, which was very successful in keeping the event alive well into the night. I hope this evening dinner continues to be a feature and as successful as the luncheon has become in recent years. I would like to thank Richard Moore, Nick Kenny and their regatta committee for their steady hand, drive and determination for what turned out to be a very successful regatta. Thanks are due also to DUCAC for sponsoring the exhibition race which meant that our guests from Oxford didn't have to spend a euro and had a thoroughly enjoyable time in Dublin.

Following Trinity Regatta the novice squad and coach John Mohan were to have a weeks break, whilst the senior eight prepared for Ghent International Regatta. This has become somewhat of a key mark event in the DUBC senior calendar as it attracts dozens of Irish and British crews, giving a taste of competition in preparation for Henley. In 2007 a relatively inexperienced eight surprised itself by winning bronze on the Saturday and silver on

the Sunday.

On the Saturday the Senior eight had a strong first thousand but were rowed through in the second half by the regattas home crew, missing out on the final by a couple of seconds. On the Sunday facing similar opposition in the heat the senior eight had a strong and convincing row that won a place in the final. The final saw the senior eight finish fourth despite every effort from a highly charged build up to the race.

Apart from the success of the Seniors at the end of the season, The first year novice eight also finished the season well with a win in Monkstown regatta and placed third in the final of their category at the Irish Championships, which for a DUBC first year novice group is the highest place since 2004. I hope this group can go on to provide the basis of the senior squad for the next few years. I would like to thank novice coach John Mohan for bringing the best out of this group. My experience at Trinity has seen that novices provide the base to any good Senior VIII in the long-term. It was six of the 2006 Inter-pot winning and senior crew that learnt to row at Trinity, six of the Ghent

bronze and silver medallists in 2007 that also learnt how to row at Trinity and ultimately it was half of the eight that brought home the "big pot", who first picked up an oar at Trinity. Clearly it is imperative for this club to focus on developing strong novice crews each and every year.

Another noteworthy performance at the close of the season was from Paul Dunphy, narrowly missing his target of the season of novice single scull. Yet a great performance from this lightweight rower turned sculler.

I would also like to take this moment to thank my committee, especially Ali for working endless hours as my secretary and for taking over the reins early so I could concentrate on my finals. To my vice-captain Timmy who was key in running events like the Gannon Cup and provided great encouragement to the novice squad. Three Olympic calibre rowers have passed through Trinity in my time. I do hope more will come our way in the future and that the club will utilise these rowers' experience and abilities to the full.

I would also like to thank; DUCAC, Trinity Trust, John Bolton and

our President for sponsorship gained, and Alumni funds that are run by Tim Coote, for providing this year with capital that allowed for an unprecedented growth in our boat fleet. Major expenditures were; a brand new Empacher four, three pairs from OUBC, two elite standard Fillipi sculls, and eight new sets of sculling blades. I would also like to thank Andrew Coleman for making sure we look after our fleet and for the excellent job he does in keeping the boat house in order.

I would finally like to thank the long-term committee chaired by John Aiken for their advice and support throughout the year, to the senior coaches. In particular I would like to thank Mark Pattison and Nick Mahony for the time and commitment they have given to the club over many years, week in week out.

I have thoroughly enjoyed my time in Ireland, in Trinity and this Boat Club. Looking to the future Trinity is a world class university, we should all continue to work together to make this Boat Club world class too.

Blazers, buttons, badges, scarves, socks, sweaters, ties and caps. Contact the Club for details on how to complete your wardrobe: dubc@tcd.ie.



The View of the Long Term.

John Aiken

NOT SO VERY LONG ago, at a Trial Vllls Supper, one of the guest speakers suggested that the winning of the Senior Pot was now beyond a university club like DUBC. Clearly, I am so very happy to be in the position to report that our Senior VIII proved this statement decisively incorrect when it secured a famous, well-deserved and most popular victory in a strongly contested Championship last July at the National Rowing Centre on Inniscarra Lakes. As the first victory since 1991 (in composite with UCG), 1981, 1976 and 1967, this result will truly warm the hearts of every supporter of black, white and royal blue, not forgetting for one moment that guest speaker himself!

BOATHOUSE DEVELOPMENT

Desmond Hill, and his sub-committee, deserves our thanks for the trojan work required to bring a resolution to our funding issues with Phase One of the Boathouse Development. I would also like to record my own personal thanks to the College Secretary, Michael Gleeson, for all his help, support and advice. The result is that College has decided to cover all costs of the original changing room phase, thus releasing the funds raised through the Appeal. These are now to be put towards the comple-



Club members prepare for Michaelmas Races

tion of the project! Des Hill has agreed to re-energise a new sub-committee to push for the completion of the Islandbridge project in the shortest time-span.

I am happy to report that the Buildings Office has implemented a proper maintenance schedule for the boathouse and grounds at Islandbridge. The thanks of the Club must also go to Andrew Coleman, too, for his energetic, unstinting and passionate interest in the boathouse.

Last year, the Sesquicentenary slip (designed by John Burgess) was replaced and landscaped, the roof and guttering were maintained or replaced, Outside CCTV and security lights were added to the boathouse, and the pumps have been replaced in the boiler room. Thanks also go to David Hackett and his team for the work on the grounds.

A new, rather less welcome, development at the Boathouse has been the discovery of woodworm in the boat bays. A full investigation and treatment is to follow, but in the immediate short-term, the

boat bay shelves are to be removed and replaced by state-of-the-art retractable shelving which will allow for increased, better and safer storage of equipment. This urgent and essential work must be regarded as part of the overall renewal of the boathouse structures.

The Archive project, such an important aspect of our long and distinguished history, continues. There is now a proposal to place a marble plinth in the grounds of the boathouse, commemorating those boat club men who paid the ultimate sacrifice in two World Wars. The possibility of a grant from the Royal British Legion has been discussed, and the interest of the columnist, Kevin Myers, is to be sought.

ADMINISTRATION

Present relationships with College are good. The termly Round-Table Meetings continue to prove a very useful and open line of communication between the Club, DUCAC, Dept. of Sport, Buildings Office and Junior Dean. This year two athletes from our

club were elected to positions in the DUCAC Executive: Robert Swift as a Student Representative and Brednan Guildea as Honorary Secretary. One of the continued major benefits of this meeting has been to highlight to College that the Club is, indeed, very serious about everything it does, and that it is prepared to act responsibly and face up to important issues in a professional and positive way. I would like to put on record my thanks to the College representatives for their input and support at these meetings.

EVENTS

Richard Moore must be congratulated, along with all the other members of the Regatta Committee, for the huge effort presenting another very well-run Trinity Regatta.

And so to the future... much has been achieved, the winning of the Big Pot for the first time since 1991, remains a colossal highlight, and one which was celebrated in appropriate style on Friday 24th October. It

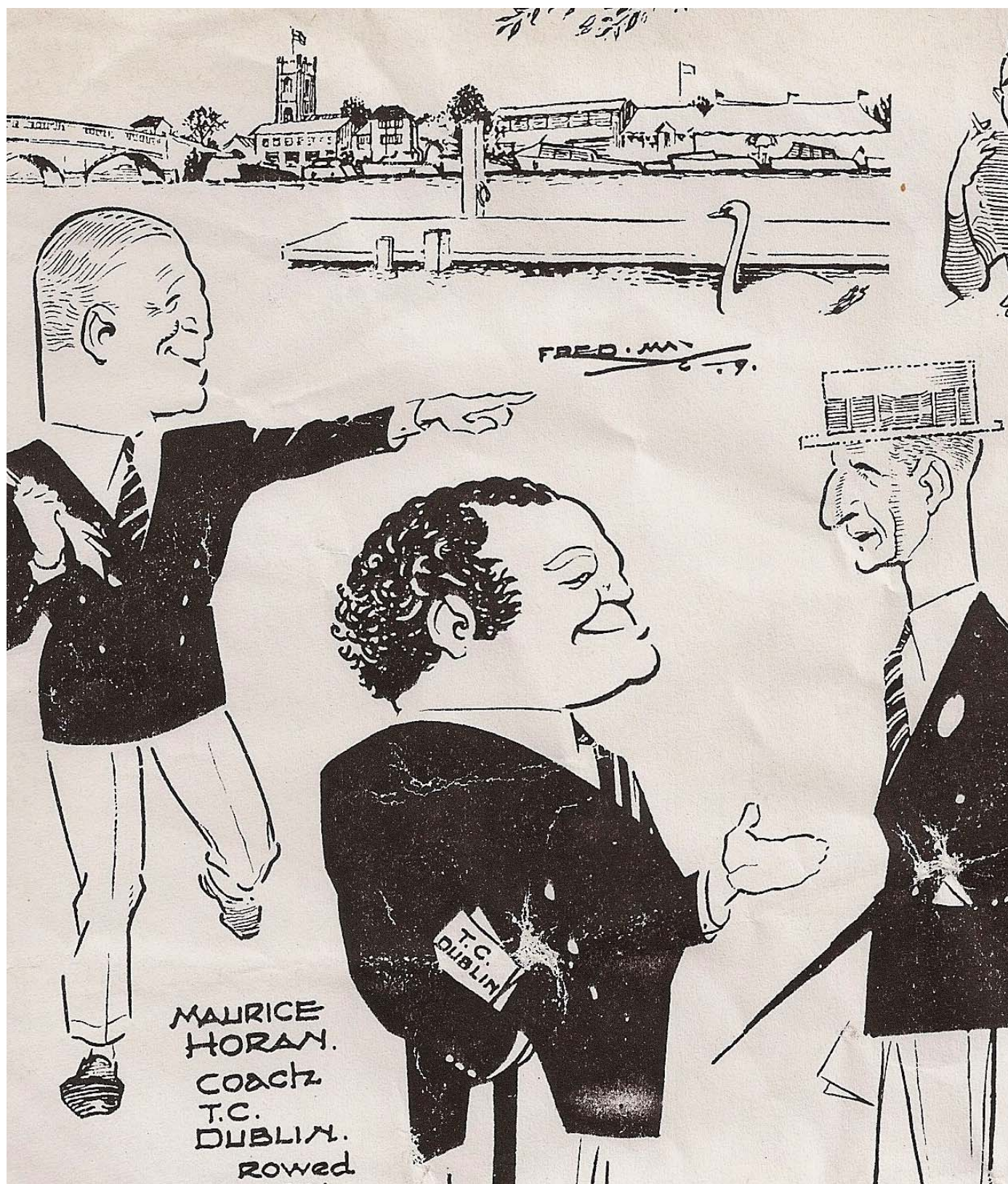
was the Dinner of the Century! I still have goose-bumps when I think back to the atmosphere in the College Dining Hall that night. Generations of former members came together for the family celebration that simply overwhelmed those members of College (including the Provost) in attendance.

Des Hill, you are a wonder, thank you so very much from us all!

Further success is required, more championships are needed, Henley can be conquered, but the development of our athletes to the best of their potential remains our number one priority. To these ends, I encourage the club to push recruitment amongst schools and I am happy to report that Andrew Coleman has recently volunteered to undertake this responsibility on behalf of both clubs.

As Churchill once famously said, in the Mansion House (1941): "This is not the End, It is not the Beginning of the End, But it may be the End of the Beginning!" A successful year to you all!

From the Club Archives



In this cartoon by Fred May of The Tatler, Henry is seen flaunting Trinity Hall colours, the place he went to after TCD. Behind him hops Maurice Horan, coach of Henry's 1950 eight (together with Dermot McGillycuddy) and in front of him stands John G. Leather, the number 4 in his crew.

Second Year Novices Step Up and Fill Big Boots

Rob Mawn

HAVING LOST SIX of the Senior Championship winning eight, members of this year's intermediate/senior squad were mainly returning novices. We gathered at the end of September to go on a training trip to Lanzarote at Club La Santa. Captain Floyd led the way with rookie Eton recruit Charlie Landale bringing up the rear. We enjoyed the trip and used it as an opportunity to bond and gain some physical fitness. The week consisted of swimming, weights, core work, beach volleyball, wind-surfing, cycling and some reckless basketball. Before the end of this camp, our group was two men down from ballin' related injuries, thus adding to the white man and rower stereotypes, that neither possess any notable ball handling skills. It all culminated

with a mini-triathlon on the last day and a good-ole-night.

There was no break after the Lanzarote trip though as it segued into Freshers Week. Captain Floyd had made a point of attracting as many of the top athletes Trinity had to offer as possible and taking full advantage of this chance for recruitment. Nicholas Lonergan in particular deserves much praise for his laudable effort and effective management. The week most definitely should be considered a resounding success as a great number of fine male Trinity students were enlisted. The victory of Freshers week almost certainly paved the way for the current Novice rowing season. Sarah Anne-Tanner also joined the club and has since served as the Inter/senior cox. Having experience, confidence and determination she has shown herself well able to the task. Younger than most of the boys to whom she gives orders, Ms Tanner has impressed and developed along with the rowers, sharing their journey and new experiences.

The members of the Intermediate squad



Advanced sculling lessons

(including the young Jay Cummins, brother of the skillful David Cummins (not long gone from the club himself) had also found his way to the stand at Freshers Week.

Winter training included technical water sessions in the eight on Friday evenings, erg pieces, weights, core work on Wednesdays, and long weekends at the boat-house or Blessington. The Inters significantly, began to get into sculls and learn how to properly move a boat with the legs. They also started to lift some heavy weights and proceeded to get

massive, or at least mentally tougher and physically stronger.

As a result of their common depletion the remaining seniors merged together with the rapidly developing Intermediates to form one group. Former Commercial coach, Mr Gerry Cantan and returning legend, Mr Mark Pattison, took on this group of misfits and miscreants, taking them out to Blessington for long sessions in singles. Each oarsman demonstrated their unflinching commitment and utilized the opportunity to hone their rowing technique and improve their ability

in a scull, learning to relax and effectively use the legs.

After Christmas this squad headed down south to Ireland's national rowing centre, for a training camp. This week served them well as nearly everyone involved, fresh off the holidays, made a serious effort and a renewed commitment. (Mr Guildea spent the entire week in bed, having taken poorly with a chest infection over the break. He was nursed back to health by his housemates Charlie, Gerry and Joe just in time for the trip back to Dublin.)

For the non-bed-



An evening sculling at Blessington

bound the camp involved mostly sculling and more sculling on the rough waters of Inniscarra. The boys took to their boats and continuously beat each other up and down the lake on long paddles. They also got out in the eight for the first time in nearly a month, cleaning off the rust.

Finally they all participated in the much anticipated Pineapple Cup. It was sure to be exciting as so many of the lads were first year scullers and it did not disappoint. After the heats the final six gathered at the start of the two thousand meter course. The final featured Charlie Landale, Ian O Loinsigh, Jay Cummins, Captain Floyd, Peter Croke, and Robert Mawn with the Captain winning, exerting his power while solidifying his superiority over the others. That evening a bunch of athletes heartily ate a New Years Eve feast, for which Brendan managed to drag himself out of bed. Fantastic celebration followed. The week concluded with fun in the sculls, including balancing games and some standing.

The first test of the season for the eight came at Erne Head in Eniskillen. The boys were nervous and had not spent much time in the boat. But they took comfort in believing that their sculling was not worthless and would be beneficial in moving the boat and adding speed. Having won the previous year's head, DUBC went off first followed by UCD, Queens and NUIG. We were strong and rowed particularly well for the first half of

the race, holding off the other crews snapping at our heels. Unfortunately following the turn after the Killyhevlin straight the eight stumbled, almost hitting a post, and struggled to regain the rhythm they had previously. Queens managed to row through UCD, who then collided fully with our eight. Both crews got entangled and several precious seconds had passed before the crew resettled into their rhythm. It was an unsatisfactory ending and result for a race which began so well. But positives were taken away from Erne as the members of the crew began to realize they were legitimate boat movers and something was there of a good crew which could be improved upon.

London Head of the River was not long after. The crew consisted mainly of second year rowers along with DUBC rookies Cummins, Landale, Guildea and Tanner, and they were all led by Captain Floyd in the stroke seat, the only returning member from the previous years' London crew. It was an exciting trip for the crew who benefited from amazing sunny weather and warm hospitality. The lads, as with tradition, were scattered about, put up by old boys with places in the city. They all were treated well and could not have been happier, especially with the head race on the Thames looming. The night before the race they all gathered at Chris George's home for a customary pre-race day dinner. It was a wonderful evening with large amounts of pasta and a



A supervised group ergo session

number of crumble pies. Chris, who had taken great pains to organize the crew's accommodation. Everyone enjoyed themselves as Chris lead a discussion of old Trinity, the boat club and (of course) rowing. I would like to thank Chris and his family on behalf of the crew for hosting us that night. It is a great tradition, and along with staying with former club members around London, reminded us all that DUBC would not be even remotely as special without the continued support of our Old Boys.

The next day the eight set off from Thames Rowing Club at Putney and made their way to the start, just managing a few short bursts on the extraordinarily busy river. Having gone off 28th we came in 71st out of over four hundred crews. We rowed a hell of a race but still were disappointed as we placed behind a few of our Irish competitors. The crew lacked experience, but certainly not zeal.

Positives were drawn from the race on the way back across the Irish sea and we were determined to redoubled our efforts to progress as a competitive senior squad.

Neptune Regatta saw the transition from head races into the regatta season. The intermediate rowers made up an eight and two fours. The fours each lost in their heats: one on the Friday evening and the other the next morning to the eventual winners of the event. The eight though was successful and won two races by impressive margins. First against Neptune and the final against Queens. The eight was stroked by the versatile and tough Paul Dunphy who had returned to the squad at the end of January.

The Gannon took place the following Thursday on the new course farther down the Liffey at the docklands between the Sean O'Casey and Eastlink bridges. The crew was the intermediate eight with the inclusion of Captain Floyd and Eoin MacDomhnaill. They

only had a few outings before but we were confident that our stroke was longer and stronger than previous races.

The day was grim and wet. The race was short and hard fought, lasting less than four minutes over a distance of 1500 metres. The DUBC boat failed to row up to their potential but still gave UCD a good run for their money, losing by a length. A tough result to swallow given the squads efforts since October. However, our coaches reminded us that the season has only begun and we returned for training once again the following day, a predominately intermediate squad, knowing that come July we will be able to row with a combination of skill and power no less formidable that our predecessors'.

Trinity Regatta 2009

Peter Croke

THIS YEAR Trinity Regatta was held on Saturday 18th of April. The first brace of races of the day came in the form of Intermediate sculls between several of our own oarsmen. The highlight of these races was that of Ian O'Loinsigh against Jay Cummins. This race was hard fought from the start, neither oarsman allowing the other any lead above that of a canvas throughout; a high achievement itself on Islandbridge's winding course. As both past the North side clubhouses approaching the line it was stroke for stroke. However a fine burst at the finish by Ian O'Loinsigh secured victory.

The first race in crew boats would be in the Senior Eights category against a visiting NUIG crew. Unable to bring a boat of their own having damaged their eight only recently, the visiting crew were forced to borrow an Islandbridge eight.

Being the first race of the day we launched early to warm-up. As in any Islandbridge re-

gatta the race warm up was a truncated, staccato affair; interrupted regularly as it was by racing crews and calls by stewards to make way. Using the few minutes between each race to practise bursts and race starts, we made our way to the holding area.

Our stroke, Paul Dunphy, took the race off at a high rate, allowing us to lead by clear water by the Boohouse bend and achieve the first win of the day. A rematch, of sorts, was next as the Intermediate eight was also drawn to race NUIG in their first heat of the day. Again stroke, Paul, was able to lead his crew to a win by clear water.

Novice sculls were to be the next challenge of the day for the squad. Three of the Intermediate crew were entered in this category and again there was much hype and discussion previous to these races. However, due to the already hectic schedule of two of these oarsmen it was decided that only James Jaycock would represent DUBC in this event. However, this race was sadly not the spectacle it could well have been as, despite a strong start, a poor line on the Boohouse bend found James in the reeds. Despite efforts to

reclaim the lead the deficit was too substantial and the race went to a member of Kings Hospital Boat Club.

The men's Intermediate eight final was against UCD, who raced to victory over Neptune RC in the heats. Our race tactics were very simple; establish an early lead and use the course landmarks to drive through the opposition. Finely coxed by Annie Tanner, it was a decisive push just before the minute mark that opened the race and in the end the verdict was a Trinity win by one and a quarter lengths.

The penultimate race was the Senior sculling event, the Emerald Challenge Cup, in which Captain Alexander Floyd was racing a Neptune sculler in a straight final. Despite a start that left him half a length down, Alexander crossed the line clear winner.

Once again there was little time to rest after this victory as the Regatta's final race of the day, the Men's Senior Eight final, was fast approaching. UCD had overcome a Neptune crew earlier in the day to win the heats, so the race represented a chance for the crew to make amends for the Gannon Cup defeat

that was still very much fresh from only two days previous. Coaches Mark Pattison and Gerry Canton agreed that the crew would benefit from a greater degree of racing experience in the stern of the boat and so, Alexander Floyd and Eoin MacDomhnaill, members of the "Big Pot" winning crew from 2008 were positioned in seats seven and six. As the crew backed onto the North Station stake boat a horde of cyclists, from both camps, could to be seen to assemble; all present eager to see a rematch of these two crews. The start, while without doubt being the fastest of the day for the squad so far, was only fast enough to get a bow ball ahead of the opposition. As both crews turned the first corner they were met by a strong head and here UCD reclaimed the distance and extended their lead around the Boohouse bend. Knowing that the last corner was in our favour, the crew raced hard and after negotiating the final bend our strokeman raised the rate in an effort to close the gap. As both crews passed in front of the clubhouses the benefits of this tactic could easily be seen and we began to eat into the oppositions lead. Sadly,

however, the line came too soon for us; UCD winning by a margin of one length.

Despite the disappointment of losing the crew were able to recognise that the boat had become much faster since London HORR, in which UCD had outpaced the crew by almost a minute over the four-mile course.

The prize giving ceremony was performed by President Robin Tamplin and Lord Mayor of Dublin Eibhlin Byrne. Later, the Long Room of the boathouse played host to a dinner attended by members of both DUBC and DUBLIC, who also had much to celebrate having won several events during the course of the day themselves. As the crew were given a rare day off from training the following day, the night's festivities were enjoyed fully by all the crew and aspirations for the remainder of the season were given voice.

Thanks must go to Richard Moore and the Regatta Secretaries Donal Finnerty and Nick Kenny, without whose hard work and generosity the regatta could never have happened.



Intermediate winning eight: Annie Tanner, Jay Cummins, Charlie Landale, Ian O'Loinsigh, Rob Mawn, Peter Croke, James Jaycock and Brendan Guildea.



This year saw the largest Trial Eights attendance in recent memory. Unfortunately our photographer's camera, and amazingly his spare, incurred faults at the eleventh hour. Luckily for posterity, ex-Captain Tom Bruxner was on hand with his camera phone. On the bench: Sean Tunney, James O'Reilly, Donagh McDonagh, Ali Floyd, Robin Tamplin, Rob Mesdag, John Aiken. Standing behind the bench: Peter Henry, Sophie Gold, Maeve Crockett, Annie Tanner, Masha Duneava, John Mohan, Andrew Coleman, Peter Croke, Rob Swift, David Batty, Paul Dunphy, Eamon Hynes, Michael Daly, Rebecca Crowley, Nicki Wong, Ciaran Lewis. Next row: John McCabe, Ian O'Loinsigh, Henry Tindal, Sean Osborne, Gavin Doherty, Eoghan Kerin. On the left jamb: Brendan Guildea, Stephen Ennis, Eoin MacDomhnaill. On the right jamb: James Jaycock, Rob Mawn, Joe Henry. Novices in the center: First row of 6: , Padraig Ryan, Chris Mulvey, Adam O'Brien, Jonathan Wolfe, Simon McCoy, John Magan, Next row of 8 Eoghan Mooney, James Semple, Conor Saunders, Mark Harris, Arron Heffernan, Shane O'Sullivan, David Lowry, Maurice Osborne. Next row of 6: Patrick McAlmont, Daniel Johnston, Julian Shaw and Jack Mays. Back row of 2: Charlie Landale and Jay Cummins.

A Dining Hall Extravaganza

"I thought the cheers that greeted us would lift the roof!"



Rob Van Mesdag

I MET Des Hill recently, who recalled how last October's Big Pot Celebration Dinner began, grew and culminated in the largest dinner ever held by any sport's club in Trinity College, Dublin.

"It all started in the first instance with the winning of 'The Big Pot' by the Senior VIII on 12th July, having already taken The Lean-



Des Hill

der at Cork City Regatta and the Intermediate Fours Championship the previous day at Inniscarra.

"John Aiken, Captain 1982 and Chairman of the Long Term Committee, telephoned me just after the final. Because I had been collecting any e-mail addresses of Old Members and Friends of DUBC that had come to hand during the previous year's service on the Islandbridge Development Committee, I immediately sent out a 'round robin' to spread the good news. Given that the Senior VIII of 2006 had a dinner in the Long Room to celebrate the winning of the Intermediate Eights Championship that year, I suggested a similar function would be held in the autumn in Dublin.

"Tim Coote, Captain 1995, came on board and after press-ganging John Mohan, Captain 1996, and Matt Bren-

nan, set about the strategic planning with all the focus of Horatio Nelson in the weeks prior to Trafalgar two hundred years previously. After sending out a further e-mail circular to gauge support, it was soon realised that the Long Room and University Club would be too small. Did we dare try to emulate Raymond Blake's Sesquicente-

nary Dinner of 1986 in College Dining Hall? Raymond advised us we would really have to shake the trees to push the number to 150 in order to make Dining Hall a viable proposition.

"Knowing that some parents of the crew would want to attend and that we now have lady coxswain members of DUBC, it was decided to include

ladies, despite predictably fierce initial opposition from our resident chauvinist Tim. I knew it would help numbers and in the event, the presence of sixty or so ladies greatly enhanced the evening. Even Tim relented in the end and brought along the lovely Helene.

"Formal invitations were posted out in early September to members and guests and in sub-



The pre-dinner drinks reception in the Atrium



The Provost and James Lyndsday-fynn at the head table

sequent e-mails we emphasised that if Old Members were coming they should consider themselves de facto members of the dinner committee and encourage others to come also. This precipitated an avalanche of Internet correspondence; at its peak about twenty-five messages per day were exchanged and the numbers of those from home, from GB and abroad, who said they would come, steadily grew.

"Heretofore we believed that Dr. Raymond Rees, who won the Senior Championship in 1941, was our most venerable Old

Member. However, correspondence revealed that Professor John Strong, who won 'The Big Pot' in 1936, is still alive and residing in Edinburgh. Regrettably, both he and Dr. R. B. McDowell, who has attended Boat Club functions over eight decades, were not strong enough to attend.

"Nora Kelso in the Alumni Office assisted with costing and introduced Tim and I to College Banqueting Manager, Karl O'Connell, who was tremendously enthusiastic and helpful. I asked him, 'Just in case, how many can Dining Hall accommodate?' He replied,



The pleasant post-dinner reception

Stout and Champaign for everyone

'We can arrange eight tables of thirty with a top table holding twenty-six, making a maximum capacity of 266.'

"Bill Jacques, former Centenary Regatta Secretary from 1966, selected and ordered

the wine, while Ali Floyd, this year's Captain, along with John Mohan and Tim Coote organised the drinks reception in the Atrium, displays, photography and so forth. John Aiken ensured The Leander was brought from Cork and the two Championship trophies from the IARU. John Pearson collected the subscriptions in England and Matt Brennan those in Ireland. Matt regularly lodged monies with Drinda Jones in DUCAC and relayed the details to me in Coleraine, where I maintained a list of diners and constantly checked the numbers while organising table plans and ordering menu cards. Given that some eighty-five

people were flying in from England, the United States, Canada and Denmark, it was vital there were no mistakes as we reached a capacity sell-out a day or two before the Dinner.

"Watching everyone meet and greet on the Dining Hall steps on a lovely dry autumn evening as they assembled for photographs was most gratifying. What was inspiring was when the Banqueting Manager assembled the top table party in the lobby to process behind the Provost and his wife, Neasa Ni Cineide. When he opened the double doors, I expected everyone to stand and clap politely. Not so. I thought the cheers that greeted us would lift the roof."



More cheerful revelers in the Atrium

The Maiden Voyage



Daniel Johnston

WHEN I THINK back to the first day I set foot in the Long Room of the boathouse, certain images and phrases immediately come to mind. The first, and those I remember most clearly, are the beaming face of our new coach, John Mohan, gesturing towards some menacing-looking machines next to him and saying: "These are ergs – you'll learn to hate them!" Oh yes, that prediction will forever be imprinted on my memory!

Other memories are more pleasant: The boathouse corridor full of awed faces trying to take in the photographs as we were shuffled through by our Inter tour guides, my first glimpse of the Captains' boards and the Ladies' Plate oars – all culminating in the demonstration start and rowing exhibition by the Pot-winning senior crew of the previ-

ous year. The sound of their eight oars leaving the water in absolute unison is something I hope my oar will contribute to one day! This experience was shared by the dozens of novices packed onto the balcony, watching with rapt attention. As I looked out over the river, and with the sun fading behind the Memorial Park, I thought: "This'll be a nice place to spend my time this year."

Training began with Tuesday evening runs around College Park. With nearly 100 bodies turning up in the beginning, this was quite a spectacle! The number of times we've run past the smell of chips and the sound of laughter drifting out of the Pav, with legs of lactate and crippling stitches, just doesn't bear thinking about. This seem to be the tortuous training we'd been warned about by everyone

who'd ever known a DUBC member. Little did we know what was yet to come...

The epic social life we were promised in Freshers' week soon began to rear its magnificent head – the Hallowe'en Massacre stands out, but Christmas Commons will live in my memory as one of the best nights I've ever experienced!

As the training intensified, many individuals decided that the regular nausea-inducing effort was just not worth it. By the time of our first training camp in Enniskillen, our numbers had fallen to just under 30 – still a healthy number for Christmas time. That camp was the first time the real camaraderie of rowing shone through for me. On the bus, we shared rising feelings of forboding as we looked out on the ever rising snow levels the further

North we travelled. On the water, the man who'd pipped you by a second in your last erg test was now the man in front of you, helping you home on the seemingly endless lake. Our group became stronger, pulling through the wind, the rain, the grillings from certain guest coaches, and the occasional close encounters with bridges (Cox: "Two, you wouldn't push off the bridge with your oar for me would you?" Sean in Two's reply: "I'll do one better love, I'll push off with my hand!") to form the tight-knit squad we now are.

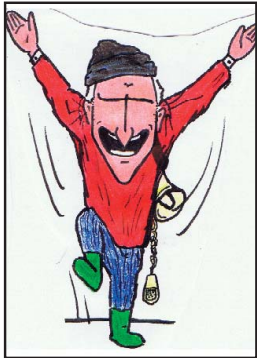
After Christmas, our focus shifted towards our first race of the year, St. Michael's Head. We trained hard, and thanks to our efforts, and to the incredible patience of our coaches, we were beginning to make the boats move. It was with bitter disappointment

that we learnt of its cancellation due to the poor January weather.

So, we turned our attentions to Dublin Head, our next event. Two eights were entered and, on the day, nerves were high. The 'A' crew were set off after UCD, and their presence ahead of us proved to be a useful carrot! The crew were rowing a good race, our cox steering an impeccable line through all thirteen bridges, taking seconds off the lead given to Belfield Polytechnic. Then, a crab under Heuston Bridge threatened to spoil the party. We recovered well, pulling through the lactate, and when we pulled into the slip having finished, we felt fairly confident, if nervous! The 'B' crew performed admirably too, crossing the line in a respectable time despite several equipment failures in awkward places.



Trinity Regatta winning novice eight: Lorcaín Cameron, James Semple, Eoghan Mooney, Mark Harris, Julian Shaw, Jack Mays, Patrick McAlmontat and John Magan with Eibhlín Byrne, Lord Mayor of Dublin.



Dublin Head coincided with the Trial Vllls dinner, and so we had to shelve our anxieties and prepare the boathouse for the night that was to follow. As the sun set through the windows of the Long Room, the squad was busy lifting crockery, moving tables and polishing a never-ending box of silverware. All work ceased when John Mohan walked into the room and read out the results, in ascending order. When we heard "2nd place: UCD A" the room erupted in cheering and chanting, and the squad formed an amorphous blob of joy in the middle of the room. All the hours; all the miles; they had all paid off. The seniors watching on had done it all before, but for us, this was a huge achievement. This was what



Dublin Head winners. Back row: Julian Shaw, Patrick McAlmont, John Magan, Jack Mays. Front row: Danny Johnston, Aaron heffernan, Eoghan Mooney, James Semple



novice rowing was all about! This was the reason that when others chose to leave, we chose to stay. When others chose to sit in the Pav, we chose to challenge ourselves to achieve things beyond perhaps what we thought possible. The Trial Vllls dinner is obviously special, but it was very special for us. With pride in our first pennant hanging in the doors of the Long

Room, we settled in for what was a fantastic night!

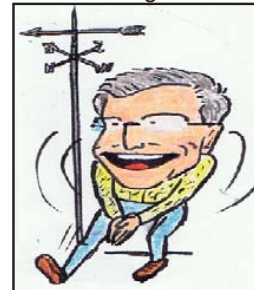
We finished off our Head season in style, with victory on the now familiar waters of En-



niskillen. The slightly reshuffled 'A' crew owed much of their victory to their cox, an excellently steered Kil-

lyheverin bend shutting out a push from rivals Queen's. The 'B' crew took 30 seconds off the gap between themselves and the 'A' crew at Dublin Head, demonstrating the squad's depth.

We began to look towards the regatta season. Training stepped up a notch, as did the squad's focus. A week-long camp in Blessington helped iron out some issues, and we felt good going into Neptune Regatta. Two boats were entered, the 'A' boat drawing Queen's 'A', and the 'B' boat drawing UCD 'B'.



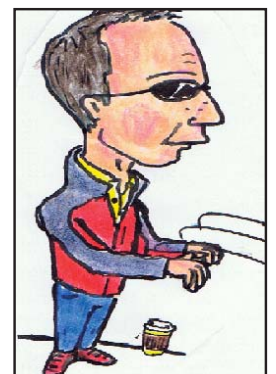
The 'A' boat despatched Queen's but was then disqualified in the next round against Garda for clipping a bouy. This event was to be the 'B' boat's, and in dramatic fashion: Having destroyed UCD 'B' and then the Defence Forces, they drew Garda in the final. It was a tense race, but with a length lead at the

Minute Mark, Trinity looked good for the win. A Garda push at Neptune brought the two boats to within half a length, but the resilience of the Trinity crew won the day.

This lead us into the rest of the regatta season with confidence. Only 18 weeks' rowing, and we've been transformed from a group of greenhorns who didn't know one end of an oar from the other, to a focused band of rowers with a will to win, and pride in representing DUBC. I have friends who do not understand why I row; sometimes I wonder myself, but I do know that there's nothing else I'd rather be doing.



Daniel Johnston, Chris Mulvey, David Lowry, Aaron Heffernan and James Semple singing at Trial Eights



(Charictures by Aaron)

Unprecedented Victory at Neptune Regatta



John Mohan, Jack Mays, Fionn McCaffery, Maurice Osborne, Aaron Heffernam, Maeve Crockett, Conor Saunders, Simon McCoy, Shane O'Sullivan, Adam O'Brien,

Sean Tunney

LIKE RUTTING stags, the clash of antlers rang out around the valley, carbonfiber on kevlar, loud and primeval and just as significant, the final had begun.

We had missed a few catches and the flow around the Boohouse brought the crews together. No quarter was given, or expected. The boats broke free and moved apart.

DUBC 'B' on the south station and Garda on the north, was an unlikely pairing for the final of Novice Vllls, but what a cracker it turned out to be.

Sunday's papers were full of Munster vs Leinster, the Grand National and English soccer. Not a word about the novice Vllls. You had to be there.

We had seen our opposition in the semi, take an early lead, walk

away and win. It would be fatal to allow them such comfort in the final. It had to be high and it had to be hard. We were going to race them to the 500 meter mark, push hard on their bend and hope that they might crack... but Garda are not known to crack.

DUBC 'B' are our novice lightweights: no big erg scores here, no muscle and no brawn. But with a minute gone we had a canvass. Starting on the south station with the flow, it should have been more: the clash had cost us!

Our 'A' crew were expected to win the whole event. They had disposed of Queens by two lengths in the first round and then Garda 'B' by a similar margin. But that was as far as they got. A flag was raised against them in the semi-final

for touching a buoy. Their ambition to remain undefeated was no longer a possibility. Great rowing at Dublin Head and at the Erne Head had brought them home the novice pennant each time. There was almost a swagger, but not anymore.

At Aintree, another flag was being raised; those little jockeys putting their limbs on the line. In our bow four we had jockeys too, from eleven stone down to nine, who were about to put everything on the line.

On the north station Garda were coming to their bend and starting to move. Graduates, from Templemore - much heavier, older and all muscle bound. We pushed, on the way in, but still they gained and drew level.

At the 500m mark in the first round, we had

three lengths on Defence Forces and going away. In the semi we had five lengths on UCD 'B' and were loving it. Now the faces grimaced, rowing hard, too hard maybe, to hold the bend. Someone shouted, "Well Rowed Garda!" It was stroke for stroke and still level.

Eleven crews had entered and now we were down to two. The plan was to ride that escalator of stream to half a length and yield it slowly on their bend. We only got a canvass and had to push to stay in the race. If we let them settle we'd be dead. The plan for the second half was to lift the rate, at every boathouse that we passed.

Novice 'B' crews, like some younger brothers, occupy a strange shadow beneath their peers. It's often seen in the feigned applause,

or the Pan-Am smile through gritted teeth. You can choose to stay there, accepting, or you can fight. The rate went up. We got our canvass back.

The patient crowds had heard the roars from up the course and now from both sides, joined in. By the black gate there's a little turn that gave us a few feet more. Time was running out for Garda and we were starting to love it again.

The last ten strokes, in slow motion, were to the sound track of Chariots of Fire. The point had been reached where the opposition were no longer a threat. The relief on the bank was just as great. The medals came later and so did the pints, congratulations and well done DUBC 'B'.

The pain was for a moment, the victory is forever!

Like Four Ducks to Water

Mark Harris

THE DUBC NOVICE campaign in the VIII had continued to achieve great results in competition, when both coaches, John Mohan and Sean Tunney decided to launch a coxed four. After seeing our cross town rivals, the UCD novice four take the Neptune Regatta title, the decision was even easier to make.

Having only practiced together for a couple of outings, we were anything but ready for our first event, the 111th Trinity Regatta. Practice starts were considered too risky, but with four races we were assured that there would be plenty of time to practise once the event had begun!

No pressure was put on the four to get a result as neither coach

nor crew member knew what to expect from the first high pressure test in a boat with which they were still getting comfortable. As all four of the crew were also in the VIII it was going to be a tiring day of seven races in the searing April sun.

The four took on DUBC "B" in the quarter finals, in what was a dogfight up to the final straight. We took it by three lengths. As the day progressed, the crew knitted together nicely, putting in a superb semi-final row against the same UCD four that won at Neptune two weeks previously.

The final duly arrived, which pitted DUBC against a well drilled Garda crew. At the start of the race, around 50 spectators on bicycles waited in anticipation. Both fours began the

race cleanly, Garda edged in front after the first turn but were matched by DUBC on the boohouse bend. Coming up to the final straight, neither boat could get ahead as stroke rates climbed. As the home straight crowd began to cheer, it quickly turned into a test of wills between both crews as 110% was given in an effort to claim the title.

Passing UCD boat house, the bowman of Garda shortened and they drifted off station. There was a clash of oars, but with Cameron at stroke, keeping his composure, Trinity pulled ahead in the last 100m to win by a length and claim the first silverware for the four.

The crew quickly focused its sights on the University Championships and Queens Regatta, which took

place the week following Trinity Regatta. All four men also had the rigours of training in the VIII, but the enthusiasm and pure love for rowing drove us during extra outings to prove the performance at Neptune was not a fluke.

The University Championships finally arrived: the DUBC novices' first experience of six lane racing.

The four took to the water yet again, with no high hopes. We took the heat with ease.

Rain began to fall heavily for the final, but that did not quench our spirits. The starter waved his flag and DUBC exploded off the stake boat, immediately taking the lead and maintaining it until the final hooter was sounded. The performance was easily the best that the four had

produced up to this stage and the result insured, as fierce competition in the eights left us without victory, that DUBC novices didn't go home empty handed.

The following day at Queens Regatta we were given another opportunity to race the four. In a straight final our start was poor and UCD "A" took a length. However, our fitness told and we clawed back to win by a length and a half.

The DUBC power four look ahead to their next challenge at Metro with no expectations. Although humble, we trust in the knowledge that rowing races reward good technique and hard work.



The winning coxed four: Lorcaín Cameron, Mark Harris, Eoghan Mooney, James Semple, Niki Wong (cox)

A Note from our Beijing Olympian

James Lindsay-Fynn

I WOULD LIKE to thank all those from DUBC that supported me along the road to Beijing. This started as an overweight school boy arriving at Trinity in 1994. DUBC gave me the fundamental discipline, in particular Nick Dunlop and others that rowed with me over the years.

Unless you are an exceptional athlete like Redgrave, rowing is about sticking at it, training smart with a little help from genetics and being around the right people at right time with good support. The Olympics was a great experience but such is one's competitive nature that unless you achieve the ultimate goal, you are going to leave thinking what could have made the difference. I have no excuses or anyone to blame. Fifth in the final was as good as we were on the day and perhaps we did well getting into the final. Maybe on a good day we could have got in the medals, but in life you have one shot at most things. In 2007 we



got it right. In 2008 the expectation was there. This changes the psychological perspective and now I understand how hard Niall O'Tool found it to spend another 13 years in International rowing after becoming world champion in 1991 trying to make it up there again.

Looking back over the last four years, it was beyond my expectation and natural ability, but I was often told that if in life you want something enough, it is normally achievable. I wish the best to all those still on the upward curve. Aim high and feel free to ask me for advice!

Some Thoughts from our President

Robin Tamplin

WHAT A YEAR it has been. The capture of the Senior Eights Championship by our Senior VIII crowned everything, and provided a fitting basis for a celebratory dinner in the dining hall in Trinity that will take some doing to be surpassed.

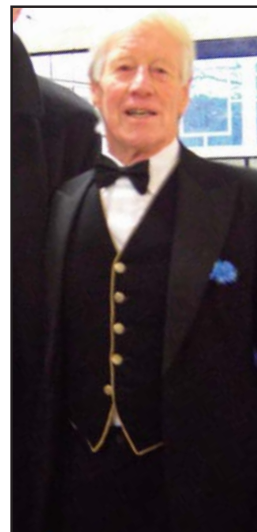
Due to the most untimely and inconsiderate of health blips I was not able to be at the dinner but I have been reassured by many that it was an occasion of occasions. How could it not be with members traveling from every corner of the known earth to be there, and enjoy an event superbly organized by the master of organization himself, Des Dill. I suspect something about the love we all feel for the great club that is DUBC. I suspect it stirred memories of moments we have all shared, the disappointment of a closely lost race, and on the flip side the wonderful elation of a good row and a narrow win.

My congratulations, in which I know anyone that ever pulled an oar

for the club joins, to the crew and above all their coach Mark Pattison. The win was a reward not only for the crew but for the three years dedicated work put in by Mark. Winning the Senior Vllls Championship is not an easy trick these days. I hope we don't have to wait so long before we manage to do it again.

The club is in very good heart in many other ways. The recent trial eights dinner was the best I have ever been to. Some sixty members were there, including a number of young women, the coxes, adding their own touch of colour to the evening, with the choral contributions of the Novices almost as good as the contributions of my own Novice initiation year. And superb speeches from two of our internationally famous old members, Cieran Lweis and Mark Pollock who, with eyesight gone, continues to challenge the near impossible, racing across the Antarctic and now the Sahara Desert.

What else? There is so much going on. I must congratulate and welcome two new vice presidents, Raymond Rees and Mike Ryder. Both have given tremendous support to the club in different ways. Raymond and his wife Miriam have been



loyal supporters of the club year after year, and Raymond was a member of the Senior Championship winning eight in 1941 and '42. Mike and his wife Elizabeth have been more than generous hosts of the long term committee meetings for years, wining and dining us at their Donnybrook home more times than I can count. And apart from his rowing prowess on the crew of 1963 Mike can be seen any day now on the tow path at island bridge coaching DUBC crews.

Don't forget to make the trip to Henley this year. Hazel and I aim to be there from the Friday on and will look forward to seeing you, if not in the enclosure or around the boat tents, then at the Saturday evening barrel of beer.

Till then every Good Wish to all and sundry!



Neck and neck with Canada in the final of Lightweight Men's Four at Beijing, 2008

Dates for your Diary

1st - 5th July: Henley Royal Regatta

Our entries this year include a 'college eight' for The Temple Challenge Cup and an 'elite coxless-pair' for The Silver Goblets and Nickalls' Challenge Cup.

21st November: Pollock's Pole

A talk by Mark Pollock on his participation in the South Pole Race. The evening will consist of a three course dinner followed by Mark's talk - with film footage. This is our chance as former DUBC and fellow Lizzie members, as well as for members of LRC, to pay tribute to Mark for his courage and to hear about his challenges in the Race. Further details will be sent out from London in the near future. Venue: London Rowing Club

10th December: Christmas Commons

13th February: Trial Eights

For more information on any of the above contact the Secretary and Captain Elect Peter Croke (crokep@tcd.ie)

D U B C A p p e a l N e w s

Tim Coote

I WOULD LIKE to thank everyone who generously contributed to the 2008 Appeal campaign.

Last year the Appeal Fund purchased a number of small boats for the Club including three club sculls and a coxed four. Appeal Funds also supported the Senior VIII's participation at Henley and two Novice training camps within Ireland.

The enormous pride and support for DUBC that exists in every generation Trinity oarsmen - as was clearly demonstrated after the Club won the Senior Championships last year - still has to be converted into financial support. Over 250 members and friends attended the celebratory dinner last October whilst we only manage to attract around 70 donations to the Appeal Fund each year.

All contributions to the Appeal directly help the Club in their equipment and training needs and are greatly appreciated by the Captain and the Club. We look forward to your continued support in the future.

If you would like to contribute or simply would like more details on the annual appeal please contact me: tccoote@hotmail.com 72 Longridge Road, London, SW5 9SQ, UK

Alternatively you can download the standing order form on the club website

A Club of Boats and Men

The heartless need not apply
To a club of boats and men
For there is no place the frail can hide
Or lie when asked to push once more.

And so an oar is all you have to prove
That deep inside dwells something strong,
Which others going along their soft undaunted
Lives would never dare to realise.

While the whips and pangs
Of past defeats may drive you on through
The dying seconds of a painful race,
Ultimate victory belongs to those who lose
All thoughts during a final wind.
Ultimate victory belongs to those who find
Their crew all laughing together
At the broken bonds of doubt and limitation.

Only when this happens can a club
of boats and men exist.
And of course, my friends,
The final twist for those involved
Will last throughout the everything.

by Brendan Guildea

New Club Colours

THE	CAPTAIN	<i>Junior Colours:</i>
nominated	the	
following members for		Lorcain Cameron
Colours at Trial Eights		Joe Henry
this year:		James Jaycock

<i>Maiden</i>	<i>Colours:</i>	<i>Senior Colours:</i>
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Rebecca Crowley	Eoin MacDomhnaill
Maeve Crockett	Charlie Landale
Eoghan Mooney	Eoghan Kerlin
Patrick McAlmont	Rob Mawn
Daniel Johnston	Ali Floyd
Mark Harris	Brendan Guildea
Arron Heffernan	Annie Tanner
David Lowry	Peter Croke
Conor Saunders	Jay Cummins
Shane O'Sullivan	Ian O'Loinsigh
Jonathan Wolfe	

Adam O'Brien	As ever, these
Padraig Ryan	nominations will be
Chris Mulvey	subject to review until
Maurice Osborne	the AGM next term.

Sean Darling
John Magan
James Semple
Julian Shaw
Jack Mays
Fionn McCaffery
Simon McCoy



Reciting the poem at Trial Eights in February

The South Pole Race

Quite the Celebration!



The South Pole is as hostile a territory as you'll find anywhere in the world. And yet it marked another triumph for former DUBC and Lady Elizabeth rower Mark Pollock and his team-mates on January 26, 2009 when they reached the South Pole.

On December 19, 2008 Mark, Simon O'Donnell and Inge Solheim set off for the South Pole to mark the 10th anniversary of Mark's blindness. They raced against five other teams, including double Olympic gold medall winning rower James Cracknell and TV presenter Ben

Fogle.

This was the South Pole Race, the first race to the South Pole since Scott and Amundsen's historic race nearly 100 years ago.

For up to 14 hours a day for over five weeks, the trio hauled 70kg pulks (sleds), navigated almost 1000km of vast Antarctic terrain, negotiated crevasses, skied and climbed to heights of 9300 feet in temperatures as low as minus 48 degrees.

"The challenge is what sport is all about—having incredibly tough times, putting in a huge effort and achieving your goals. This is 'the feeling' that I only get from racing!"

Huge effort

In the last 36 hours, Mark and his team-mates covered 81km of harsh terrain. That's the equivalent of almost two marathons, a stunning achieve-

ment when you consider that the team survived by snatching only one hour of sleep during this final push.

Throughout the race, often filled with pain, blisters, frostbite, the team averaged 38km per day, 4km above the official cut-off daily target of 34km.

After all the gruelling effort, Mark was in relatively good physical shape at the end of the historic race, though it took a huge mental effort to keep going in the last couple of weeks. "The closer we got to the end, the further away it seemed to get."

Despite falling up to 20 times a day during some of the more treacherous stretches, neither Mark nor his team-mates suffered injuries serious enough to knock them out of the race.

His team-mate Simon O'Donnell, a professional strength and conditioning coach for rugby, was "over the moon" at the end of the race, not least because he was suffering from frostbite. Inge Solheim, who had reached the North

Pole eight times previously, was excited to reach the South Pole for the first time.

Still, the guys were shadows of their former selves at the end of the race! Mark lost two stone, Simon 3 stone and Inge the least losing one stone. They had to pile on weight before the start of the race to build up fat reserves for warmth in the first phase in Antarctica and for energy in the latter stages.

During the trek, they consumed around 6,000 calories per day and used up 8,000–10,000 calories in energy. Not surprisingly, they had lost two to three stone each in weight by the end of the race.

Thank you ... to all those who supported and sponsored me and the team. You are now part of polar history!

"We planted our flag, which bears the photographs of 500 of our supporters, in the ice at the South Pole, so a big thank-you to those who 'travelled' with us."



Henry Clark, captain in 1950, celebrated his 80th birthday in April this year. During his captaincy he inspired his eight to come third in the London Head, equal with Jesus, and reach the final in the Ladies' against New College, Oxford, the winners.

Sunday lunchtime celebrations took place near Henry's home in Tisbury, Wiltshire. His brother Wallace was one of several fine speakers and recalling highlights of his brother's career, he quoted an observation from one of Henry's superiors in the Colonial Service in Tanganyika in the 1950s. This gentleman is reputed to have said: "I am sure that one day Clark could make a good Provincial Commissioner. But what do we do with him in the interim?"



For more photos and information see www.markpollock.com

The Henley Diaries



Elaine and Terry Dudney with Michael Gleeson and John Bolten



Luke Johnson, Enda Cahill and Mark Pattison



The 1968 Junior Championship eight. Standing: Maurice Dunlevy (bow), Mike Dover (stroke), Richard Mariott (4), David Ball (3), Ian Hunter [subbing for Ronnie Robinson] (six). Kneeling: Anthony Bowen [subbing for Jonathan Mitchell] (2), Tom Freeman (5), John Cary (cox) and Chris George (7)



Hilary and Bill Keatinge with Tony and Brita Jamison



Jerry Macken and Jim Murray



Tim Levy and Ciaran Lewis



The Thames in flood this February.

Photo: Enda Cahill

2008-2009 in Pictures



Anticlockwise from the left. Intermediate coxed four celebrating National Championship win in July. Eoin MacDomhanill (3), Ali Floyd (2), Henry Tindal (bow), Peter Heverin (stroke) and Gabriel Magee (cox)

Paul Dunphy in fine form at this year's Halloween Massacre

Novice cox Rebecca Crowley at Erne Head

The Gannon winning novice crew: Maeve Crockett, Aaron Heffernan, Mark Harris, Jack Mays, James Semple, Patrick McAlmonot, Daniel Johnston, Eoghan Mooney and Julien Shaw

Charlie Landale takes on a novice in a cordial game of Cock-a-leekie at the Christmas Commons after party

New Old Boys in the Atrium: Kevin Cunningham, Michael Daly, Gerard Duffy, John McCabe, Anto O'Neill and Paul Dunphy





Above: Andrew Coleman and friend.

Right: Under 23 Ghent winners. Standing: Brendan Guildea (Bow), Charlie Landale (6), Ian O'Loinsigh (3), Annie Tanner (Cox). Kneeling: Rob Mawn (4), Jay Cummins (7), Peter Croke (5). Missing: Peter Heverin (Stroke) and James Jaycock (2)



Eoghan Mooney relishing a win at Trinity Regata



Elite sculler Eoin MacDomhnaill

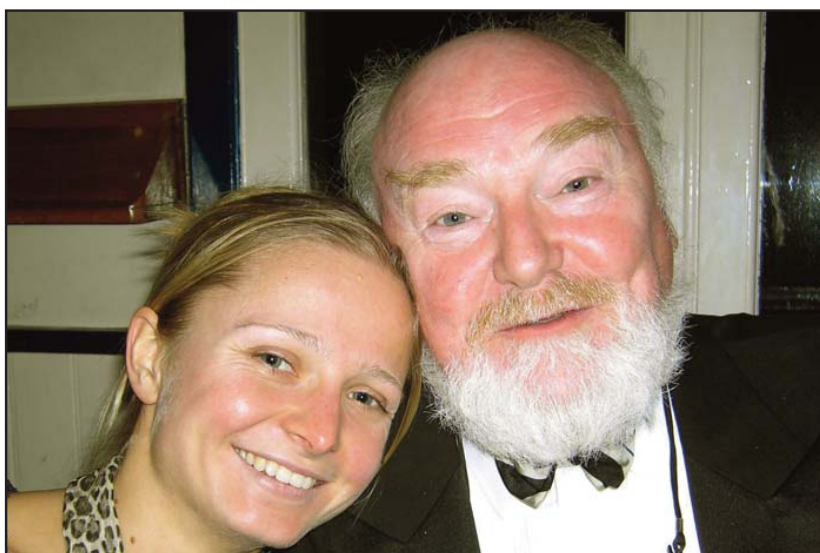


The Novice Squad with coaches at the Irish University Championships

Out and About



Senior Coach Gerry Canton and cox Sarah Annie Tanner enjoying the sunshine in Ghent



Donagh McDonagh enjoying the female presence at this year's Trial Eights supper.



Club President Robin Tamplin with Sarah Jane Macken, Pauline Thomas, Jenny Hogan and Fionuala Gordon cheering the novices to victory at Trinity Regatta.



Last year's strokeman Sean Osbourne brushing up on his Russian



Captain Ali Floyd congratulated by the Lord Mayor on winning the Emerald Challenge Cup at Trinity Regatta