



ISSUE #1

11/2025

# LMHBC Newsletter



## Rowing into Michaelmas 2025

Welcome to the new termly newsletter for LMHBC! We are thrilled to share with you the latest updates and stories from our crews as we continue to turn the River Isis blue and gold!

As we go into the 2025/2026 academic year, the Committee are looking forward to getting the most out of our crews, whilst still upholding the club culture that we have created. With a more targeted approach to training, recruitment and retention, we will build on the successes from last year to go up the Bumps Charts and compete at more external races. It is looking to be a productive and rewarding year for LMHBC, so we hope you enjoy following us as we work towards our goals.

We are looking forward to engaging more with our alumni community and keeping you up to date with the current goings-on of the club. Tal, our Webmaster, has been working on a brand new website which is now up and running, which along with this newsletter, will keep you informed of events, races and news.

Looking ahead for the rest of the year, we have some exciting events lined up. The ones which aren't to be missed are the Virtual Alumni Event on 1<sup>st</sup> December, 'Refresher Outings' for Alumni on 2<sup>nd</sup> May, and the annual Summer Eights Dinner on 30<sup>th</sup> May.

We will also be taking part in a 24 hour Ergathon on 8<sup>th</sup> February to fundraise for training and new equipment to support the longevity of the Boat Club.

We hope you enjoy the first edition of the newsletter and we look forward to seeing you throughout the year!

The LMHBC Committee 2025/26.

## UPCOMING EVENTS

<b>1</b> December	<b>Virtual Alumni Event</b> 📍 Zoom	18:00
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<b>8</b> February	<b>Ergathon - Fundraising Event</b> 📍 TBC, LMH	TBC
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<b>25-28</b> February	<b>Torpids</b> 📍 River Isis, LMHBC Boathouse	TBC
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<b>4</b> April	<b>Boat Race Viewing</b> 📍 TBC	TBC
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<b>10</b> MAY	<b>'Refresher Outings' + BBQ</b> 📍 LMHBC Boathouse, Boat House Island	TBC
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<b>30</b> MAY	<b>Summer Eights Alumni Dinner</b> 📍 LMH, Principal's Gardens	19:30
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<b>30-4</b> JUNE JULY	<b>Henley Royal Regatta Picnic</b> 📍 Henley	TBC
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# LMHBC Summer Round-Up

## From Rowing to Coaching

Over the summer, Rosie and Amber, introduced students attending the Oxford Summer School at Oriel to rowing. They delivered a structured programme of ergo and water sessions to the 14-18 year olds. Across the programme, Rosie and Amber watched their students grow in confidence and team work, seeing major improvements from students who had never even stepped foot in a boat before.

Rosie and Amber's coaching sparked a genuine enthusiasm for rowing amongst the Summer School students. This enthusiasm culminated in an intense 500m erg sprint competition, providing excitement for all involved. A particular highlight was the informal bumps race which offered the Summer School students an insight into what college rowing at the University of Oxford is like.

We are looking forward to see Amber and Rosie using their new-found coaching techniques to train up our novices this Michaelmas!

## Sudbury International Regatta

Charlie Hollingsworth, Open Captain

In August, two LMHBC rowers, Charlie and Lucy competed at Sudbury 'International' Regatta representing their home clubs, Sudbury and Gravesend.

Training at Sudbury over the summer, this little boat club on the Stour proved the perfect place to make the most of warm, sleepy evenings, with few other river users and plenty of boats to choose from. Once the tight corners and narrow spinning areas were mastered, it became an ideal stretch for long, steady miles in the sun.

The regatta itself, though small, drew crews from across the Thames to the Cam — even one from New Zealand — to race the short 850 m course and the thrilling 300 m eights sprint. The river's tight mid-course bend, barely wide enough for two boats, tested both steering and nerve, and has made more than a few training outings in a single a bit wet!

Despite its size, Sudbury delivered close, lively racing — with weeds, swans, and plenty of excitement along the way. Racing for Sudbury, our training mostly involved seeing how high we could rate before things fell apart. Holding around 40 strokes per minute was a shock to the system but made for fast, chaotic, and exhilarating racing on the narrow Stour.







## Virtual Alumni Event with Heidi Long

Our first alumni event of the year will be on Monday 1<sup>st</sup> December 18:00.

We're delighted to invite you to our Virtual Alumni Event, bringing together LMH rowers, past and present. This will be a fantastic opportunity to reconenct with alumni, meet the 2025/2026 squad, and hear about our ambitions and plans for the year ahead.

We're especially excited to welcome fellow LMHer Heidi Long, Olympic medallist, European Champion and 2025 Blue Boat. Heidi will share some stories from her rowing career, offer advice to our newest rowers and answer any questions you may have.

Whether you're a recent graduate or a long-time supporter, we'd love for you to join us for what promises to be an inspiring and enjoyable evening.

Please contact the LMH Development Office for more details and the meeting link.

## UPCOMING RACES

### NOVEMBER

2/11	IWL A
9/11	AUTUMN FOURS
26-29/11	TAMESIS REGATTA
30/11	IWL B

## We are live! Explore our new website

Over the summer, Tal and Freddie (Webmaster and Treasurer), developed a new website for LMHBC. We are excited to announce that this is now live and can be explored by all at the link **[www.lmhbc.org](http://www.lmhbc.org)**.

The pages on the website are designed to be accessible to new and old members alike, providing information about how to get involved and what it is like to row with LMH.

Two of the newest features are the Archive and Gallery, in which Tal and Freddie have documented past racing crews, committees and photos dating back from 1969. So far, we have had lots of great submissions from alumni with stories and photos from their time at LMHBC. The Committee and current members have enjoyed hearing about how the club was founded and how the positive impact LMHBC has had on the lives of LMH students throughout the years.

The new website will be the place where alumni can easily keep up to date with the latest crews, races and contact information.

We are always looking for more contributions and the website will be updated regularly, so send any submissions to Tal at: **[lmhbc.webmaster@lmh.ox.ac.uk](mailto:lmhbc.webmaster@lmh.ox.ac.uk)**



# Freshers' Week Recruitment



## Welcoming the Incoming Novices

Fergus Carrington, Social Secretary

On Friday 10<sup>th</sup> October, we invited freshers to Boat Club Drinks, which proved to once again be a huge success.

Held in the Old Library, we were able to meet the incoming first years who were interested in joining the Boat Club, and try to convince their accompanying friends to join too! The relaxed setting allowed us to answer any questions they had, Boat Club related or otherwise, and it served as a strong recruitment event, with Taster Outings filling up for the next day.

## Fresher Outings Michaelmas 2025

To finish off a successful week of recruitment, we opened up our Boathouse to all the keen newcomers who had signed up for Taster Outings - which were filled up almost immediately!

Across six sessions on Saturday 11<sup>th</sup> October, 30 rowing freshers had the opportunity to go on an outing alongside our seniors. The outings proved fruitful with many people returning for outings across Week 1 and 2 and these numbers are promising for the increase of squad depth.

Thank you to the Captains, Hannah and Charlie for organising boats and timings, and to all the seniors who volunteered their time to sit in the novice boats.



Feeling nostalgic for  
your unisuit?  
Buy your LMH stash  
here!

<https://stitchrowing.com/collections/lady-margaret-hall>

## Torpids



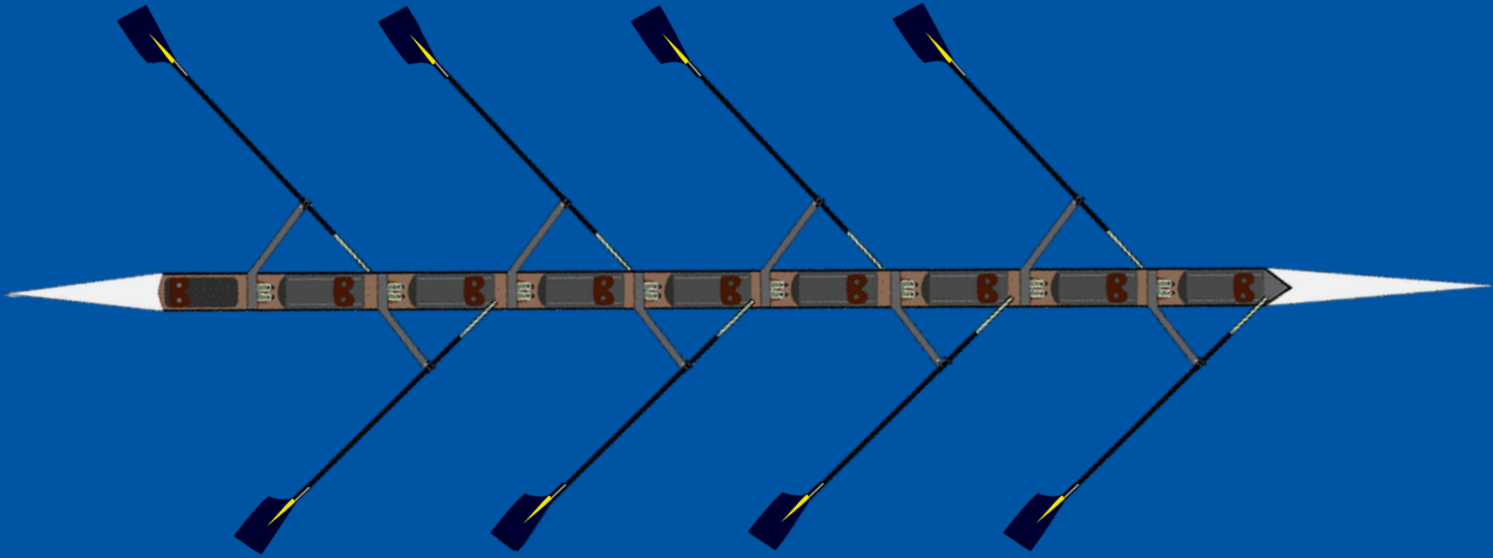
## Summer Eights





# SPONSOR A SEAT

Support the 2025/26 LMHBC Racing Crews



Sponsor a seat in either our O1 or W1 crew to support our crews this racing season.

By sponsoring a seat for £150 you'll be directly helping to support the costs to the club of one person, including:

-  Equipment maintenance and upgrades
-  Training Costs
-  British Rowing event entries and travel costs

Your contribution will be recognised with:  
Your name on the blade of your sponsored seat  
A thank-you feature in our newsletter and social media  
Exclusive updates from the crews you support

**Donate online or start a regular gift of £15 a month.**

*To discuss covering the cost of coaching or a new boat for the club, or for more information, please contact the Development Office on **development@lmh.ox.ac.uk.***

# 2025/26 Committee



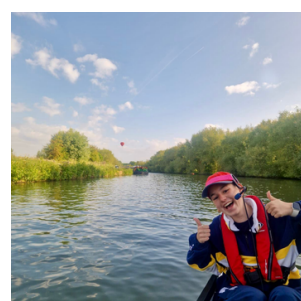
**Lucy Gibbons**  
President



**Hannah Kearney**  
Secretary & Publicity  
Officer



**Freddie James**  
Treasurer



**Kizzy McCulloch**  
Captain of Coxes



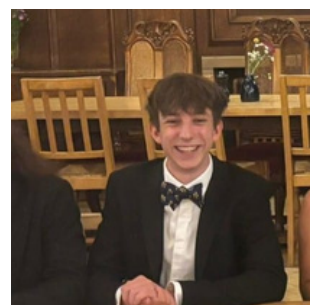
**Hannah Moody**  
Women's Captain



**Charlie Hollingsworth**  
Men's Captain



**Rose Harrison**  
Women's Vice- Captain



**Isaac Owen**  
Men's Vice- Captain



**Tal Simchowitz**  
Webmaster



**Fergus Carrington**  
Social Secretary



**Andrew Hughes**  
Social Secretary



**Sophie Shindler**  
Stash Officer



**Elisabeth Fahrenkamp**  
Welfare Officer



**Eve Pessagno**  
Welfare Officer





## Donate

LMHBC is dependent on the generous donations of alumni to stay competitive, and meet the rising costs of coaching, equipment maintenance and race entries while keeping membership fees at a reasonable cost for students.

We appreciate all donations, big and small, including donations directed at a specific target e.g., coaching, training camps, or the purchase of a new boat/blades. We work closely with college to ensure that all the donations we receive are used exclusively for their designated purpose.

**Donate online or start a regular gift of £15 a month.**

*To discuss covering the cost of coaching or a new boat for the club, or for more information, please contact the Development Office on [development@lmh.ox.ac.uk](mailto:development@lmh.ox.ac.uk).*

If you have any questions or concerns, please don't hesitate to get in contact with our committee at [lmhbc.president@lmh.ox.ac.uk](mailto:lmhbc.president@lmh.ox.ac.uk).

The club thanks you in advance for your support!

## Contact Us

### **President**

Lucy Gibbons

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### **Open Captain**

Charlie Hollingsworth

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### **Women's Captain**

Hannah Moody

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### **Webmaster**

Tal Simchowitz

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