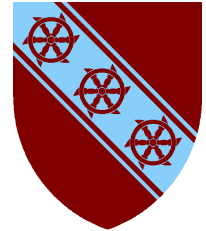




St Catherine's College Rowing Society
St Catherine's College, Oxford OX1 3UJ



President: Prof. Ceri Peach
 Vice-Presidents: Don Barton, Neil Chugani, Richard Peters,
 Andrew Triggs Hodge MBE, Sir Matthew Pinsent CBE,
 Ben Sylvester

5th November, 2016

In this issue . . .

At the end of June, the usual assortment of mis-fits, still-fits and no-longer-quite-fits turned up for the Gaudy Paddle. We have the photographs and news on what some of them have been up to for the past 30 years (mostly not rowing).

You'll no doubt be aware that a couple of our more sprightly alumni went off to play in Rio in August and, suffice to say, both met with enough success to trouble the airport metal detectors on the way home.

And while all this has been going on a Catz men's VIII has been in training. The benefits showed when they picked up a couple of pots at City of Oxford Regatta — Catz' first wins above novice level in an open event in 10 years — but the real goal was to race in Tokyo (host city for the next Olympics), as the return leg of a rowing exchange with the University of Tsukuba.



Catz and University of Tsukuba crews after a successful day's racing at City of Oxford Regatta



Somebody had a good time in Rio . . . (Photo from @andrewthodge)

Results

Olympic Regatta, 6–13th August

Women's VIIIs (7 entries)

Gold	USA	6:01.49
Silver	Great Britain†	6:03.98
Bronze	Romania	6:04.10

Men VIIIs (7 entries)

Gold	Great Britain‡	5:29.63
Silver	Germany	5:30.96
Bronze	Netherlands	5:31.59

† Zoe de Toledo (M.10) cox

‡ Andy Triggs Hodge (M.04) no.3

City of Oxford Regatta, 20–21st August

IM2 8 (6 entries)

S/F	Lost to Cantabrigian	1½ L
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IM3 8 (7 entries)

Q/F	Beat Putney Town	Easily
S/F	Beat Jesus College (Cam)	Easily
Final	Beat Green Templeton College	3 L

IM3 8 Sprint (7 entries)

Q/F	Beat Jesus College (Cam)	Easily
S/F	Beat Hertford College	2½ L
Final	Beat Wolfson College	2 L



Leave: Cathy Taylor (Str), Sarah Frost, Andrew Coombe, Gavin Butcher, Chris Wiltshire, Katherine Morris, Sam Clemens and Tom Cosgrove (Bow).

Gaudy Paddle

This year's College Gaudy was for those who matriculated in the 1980s–90s and, as usual, we invite the ex-Boat Club members attending to get back onto the water during the afternoon beforehand. This year we had enough enthusiasm to fill two VIII's, which some wag decided to label *Leave* and *Remain*. Bearing in mind that most of these ladies and gentlemen hadn't rowed since they left Oxford, when boats, oars and even boathouses were predominantly wooden, I thought they re-adapted pretty well. Not that I'd ever have told them that back in the days when I used to coach most of them.

News from Alumni

Andy Coombe (M.84) After leaving Catz in 1988 I tried my hand at investment banking but didn't like it. So I left and did an MBA at INSEAD in 1992. Following this I spent 20 years in the car industry working in sales and marketing positions for Ford and Volkswagen in the UK, Switzerland, Germany, USA and Mexico. I came back to the UK in 2011 and now work for a non-teaching department of Cambridge University, marketing English language qualifications. I did row after college at Ironbridge rowing Club in 1993/94 and still may go back to it in Cambridge.

Andy Silverbeck (M.86) I'm now the CFO at ERM, an environmental and sustainability consulting company and enjoying life.

Katherine Morris-Wiltshire (M.86)

Didn't make it to the last Gaudy as our third child (daughter) was born that weekend. Chris (1985, Zoology) and I have been living in Wiltshire since 2000. After college we lived in Fyfield (of White Hart fame) and then spent five years in Nairobi (me working for DfID) as near neighbours of Silvia Cassini (1986, Human Sciences, and one-time 2nd VIII rower) where our first two children (sons) were born. Finally made it back to East Africa for a holiday in 2014, when we all five climbed Kilimanjaro. Indeed, as a family our exertions have mainly been confined to mountain walking and not to rowing, though our son did row at a local club for a while — including in a regatta on the Isis!

Cathy Randall (née Taylor) (M.84)

Since leaving Catz, I have worked in publishing and as a freelance editor, and I'm currently writing my first children's historical novel. However, since my marriage to Steve in 1993, most of my time has been spent bringing up our three children. I'm afraid I have done nothing rowing-related, apart from watch the Boat Race, but I am now the mother of a member of Newnham College Women's 2nd VIII in Cambridge and she's already got more bumps than I ever did. I loved the Gaudy paddle and I'm seriously considering getting back in a boat as we don't live far from the Thames.



Remain: Jim Bigger (Str), Alan Supple, Andy Silverbeck, Steve Brindle, Richard Estall, Cam Webb, Anna Cox and Becky Henwood (Bow).

2016 Olympic Regatta

We had two alumni rowing in this year's Olympic Games in Rio: Andy Triggs Hodge (M.04), now back in the GB men's VIII, the boat in which he first competed in Athens in 2004 (then finishing 9th); and Zoe de Toledo (M.10), coxing the GB women's VIII and experiencing her first Games,

The USA currently dominate women's VIII's, unbeaten since 2006, while the GB VIII had never won any medal at Olympic or World Championship level, although, with Zoe coxing, they've finished 4th, 6th, 4th in the past three years' World Championships. Their season started well, winning the European Championships, and second behind USA in the 2nd round of the World Cup in Lucerne, but disappointingly also beaten by NZ at the last round in Poznan. Eights at this level are raced at such a high pace that there are really only two tactics. Plan A is to off hard but try to maintain a near constant speed throughout, while Plan B is to go off even harder and then try and stay ahead of the people working to Plan A. Unusually, most women's VIII's in Rio seem to opt for Plan B, but the GB VIII had enough confidence in themselves to stick to Plan A, even though it meant being somewhere near the back of the field at the halfway mark. It won them their heat (rowing through New Zealand was a bonus) but surely everyone else would have cottoned on to their game for the final? Apparently not, as half the field once again set off fast in pursuit of the USA leaving GB (and Romania) well behind. But, once again, they gradually picked off the other crews and ended up with GB overlapping the USA and just pipping Romania for the Silver. The first Olympic medal won by a Catz alumna.



'Leaving Rio with a stinking cold, a smashed up toe, a shiny silver medal & some gorgeous memories I'll never forget' (@zoedetoledo)

Catz Olympic Rowing Medallists

2016 Rio de Janeiro

Gold	Andy Triggs Hodge	GBR 8
Silver	Zoe de Toledo	GBR W8

2012 London

Gold	Andy Triggs Hodge	GBR 4-
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2008 Beijing

Gold	Andy Triggs Hodge	GBR 4-
Silver	Colin Smith	GBR 8

2004 Athens

Gold	Stephan Moelvig	DEN L4-
Gold	Matt Pinsent	GBR 4-

2000 Sydney

Gold	Matt Pinsent	GBR 4-
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1996 Atlanta

Gold	Matt Pinsent	GBR 2-
Bronze	Rupert Obholzer	GBR 4-

1992 Barcelona

Gold	Matt Pinsent	GBR 2-
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1912 Stockholm

Bronze	Hugo Kuusik	RUS 1x
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The GB men's VIII had not had such an impressive start to their season: 3rd in the European Championships, 4th and 2nd in the World Cups. However, given the calibre of those in the boat, no one really believed that was a true indication of their potential and sure enough, after their mid-season training camp, they turned up in Rio firing on all cylinders, winning their heat in style and a straight route through to the final. Germany, winners of the other heat, were expected to be the main competition in a rerun of their many close battles last season, however

this year the Dutch and US would also have fancied their chances. Perhaps with so many crews racing for Gold nobody wanted to risk going out too hard so it was a much more even start than in the women's final. However, as the race unfolded, it soon became apparent that the GB base speed was just a little bit faster than everyone else's and by the run in they had built up enough of a lead to be able to relax and enjoy watching the scramble as Germany just beat the Dutch to the silver. A third Gold medal for Andy Triggs Hodge and, perhaps unlike his other two in the GB 'flagship' coxless four, all the more enjoyable as a Gold that they had to go out and win rather than, at least in the public's perception, one they had to avoid losing.

Japan Rowing Exchange

Matt Smith & Georgios Ntentas

Kicking off a couple of weeks just after Summer Eights, we began training in earnest, with our first goal being the Oxford City Royal Regatta. Getting in six sessions a week (and making the most of the sunny evenings) under the coaching of ex-President David Zimmer, we moved towards being race-ready by winning the 1k and 500m IM3.8+ events. Our Japanese visitors from Tsukuba University put down an impressive performance in winning both Women's novice single and double sculls. Next stop, Japan!



Settling in for the long haul

After about 24 hours on buses, planes and feet, we arrived at Toda rowing lake, the Olympic rowing venue from Tokyo 1964. After a quick setup paddle and being bamboozled by a supermarket, we got into our routine of early-to-bed, early-wake. We were racing in the Oxford Shield Regatta as part of the All Japan Universities Championships — something akin to BUCS in the UK but which also allowed entries from non-university crews.

With a couple of outings under our belt, we hit the race weekend, starting with our heat. We placed 2nd (6:33.13), behind an exceptionally strong Tokaido crew, who went on to win the A Final. This put us into the repêchages, in which we placed first and booked ourselves a slot in the semi-finals on Sunday morning (6:31.09). The semi-final turned out to be a bit of a race-of-death; we again faced the strong Tokaido crew from the heats, but each of the other two crews has posted times within ± 3 seconds of us, and were competing for one slot in the B Final. Although we had a good

race, it wasn't enough, seeing us come 3rd by 1/2 length setting the 7th quickest time overall in the semi-final (6:31.33).

After racing we had a number of visits from members of the Toda rowing community — from the Japanese Rowing Association and Saitama prefecture newspaper, to a rower who had raced against an Oxford crew in the 1950's (and beaten them by a bow ball, apparently!). We spent the evening meeting Tsukuba alumni, before handing over a little bit of SCCBC after President George brought out his best Japanese for a speech. We didn't understand a word of it, but apparently it was very good! Racing and training done, we set about exploring Tokyo for a few days, before flying back to the UK. Training is underway this term, with our next goal being Wallingford Head at the start of December.

Coming Up ...

In the next newsletter we'll have the new Captains' reports on the first term's rowing, including results and photos from this term's IWL races, Christ Church Regatta and Wallingford Head. There will be our first look at the prospects for this year's Boat Race crews and I've also been collecting various bits and pieces on the early days of the Boat Club.

Anu Dudhia

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Row.Soc: <http://www.atm.ox.ac.uk/rowing/rs.html>

www.facebook.com/group.php?gid=93221115264

Diary

23–26 Nov 2016	Christ Church Regatta
4 Dec 2016	Wallingford Head
1–4 Mar 2017	Torpids
4 Mar 2017	AGM & Dinner



Catz at Toda rowing lake