

# MUBC NEWSLETTER

MUBC athletes warm up before racing in Penrith at the Nationals.

## IN THIS ISSUE:

- > Nationals report
- > MUBC Australian team representatives
- > Masters World Champs report
- > Junior Program report
- > College Regatta report
- > New coaching structure
- > Bon voyage to Bert Cocu
- > Upcoming events
- > Around the boatsheds

## WORD FROM THE CAPTAINS

Since we last spoke, the domestic season has concluded for our high performance and club athletes and we begin the transition into the winter period. In the meantime, our masters have competed at both the World Masters Games at Lake Karapiro in New Zealand as well as the Australian Masters Championships held on Lake Nagambie at the end of May.

A notable highlight from the recent Australian Championships was our men winning the Club 8+ division under the watchful tutelage of Teesaan Koo and David 'Stringy' England. This success and a host of other race results are included in a thorough review of the major domestic regattas – thanks to all who contributed race reports.

Rowing in autumn also means the MU College Regatta, and what a spectacle it was. The culmination of three frantic weeks of training couldn't have been such a success without the work of our volunteers, but a particular thanks needs to go to Greg Longden for his HUGE efforts in enabling the entire program to run so smoothly.

In this edition we will also touch on our overall club structure and some of our plans heading into the next few months. Our junior program has also kicked off in earnest, with roughly 60 young women and men filling their winter sport schedules with rowing at MUBC. Please make them feel right at home over the coming weeks.

To our masters rowers, we wish you every success for the months ahead; the juniors, a warm welcome; and our club athletes – get the pre-season miles in the bank!

Chris & Sarah



Follow us on Instagram

@mubc1859





# AUSTRALIAN NATIONAL ROWING CHAMPIONSHIPS 2017



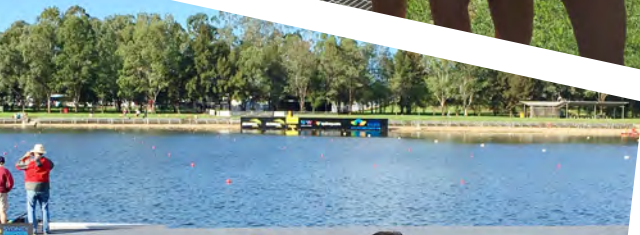
MUBC had a busy week in Penrith, with members racing every day at the Sydney International Rowing Regatta Centre.

Josh Booth and pair partner started the week with a bronze in the open men's pair and the open men's four - a pretty great result considering he had to haul three MerCs guys down the course. Conor Grace also banded together in some strong composite crews to claim silver in the LM4- and bronze in the LM8+.

On the lightweight women's front, Alice Arch and Indi McKenzie won gold in their LW4x by a massive 21 second margin. These two also managed to sneak their way into the heavyweight women's four alongside Lucy Stephan and Katie Micheltmore, beating out some strong (and much bigger) competition to take out the silver.

The MUBC battler mentality continued with the Open Women's Eight, where our little crew with three lightweights and two youthies took on the 9 club composite crews, coming fourth - watch this space in the next few years, we'll be back. In the men's big boats, both the OM4+ and Jordan Smith's composite OM4x brought home some very impressive silver medals.

The U21 men also had a solid week, jumping in both the coxed four and the quad, some for their very first race in a sculling boat. Another of our Youth Men, Ethan McCoach, had a very successful week, winning gold in his composite U19 four, and silver in the U19 pair - only missing out on a second gold by 0.64 seconds. Charlotte Wirtz represented the Youth Women in the U21 single. Charlotte was aiming to make the A-Final, but accidentally ended up with a silver medal and an invite to Australian team trials! Four of the youth women also earned a bronze medal in the University Quad 500m sprint event despite never having trained this combination.







NATS.  
cont.

In the U23 Women's pair, MUBC had too many crews to cheer for. In the end, Elise Franetic took out the silver medal with pair partner India Dempsey (Mercs). Hedda Cooper (currently studying at Griffith but still an MUBC girl at heart) earned bronze, Claudia Zucchelli put up a very brave race to come fourth, and our youth pair of Jacqui Hart and Annika Hoffman came fifth. Similarly, in the U23 four, Hedda's composite crew won gold. Elise, Jacqui and Annika came second, and Claudia's composite came third.



The club womens 8+ taking out the bronze!

Lastly, our proud squad of club rowers travelled up for the weekend to compete in the club doubles, fours and eights. A special mention must go to MUBC President, Peter Antonie, and club rowing legend Gary Butcher, who jumped in the double and showed what MUBC is all about. The men's club four fought out a close race, earning bronze. The club women's eight - two of whom only learnt to sweep a week prior, and with one schoolgirl substitute - came together to get the bronze. Finally, our club men's eight put up an awesome fight to beat Sydney for the gold by 0.20 seconds!

Well done to everyone who competed!  
You represented the club with pride and made it clear that MUBC rowers never go down without a fight. Thanks to Gregor for driving the second trailer at the last minute, and particularly to the coaching team - Annabelle, Bert, John, Rick, David & Christian!

## INTERSTATE REGATTA

The following club members also competed in the Interstate Regatta on Sunday afternoon, representing MUBC and Victoria: Alice Arch, Alice Mac, Indi McKenzie, Conor Grace, Jacqui Hart, Annika Hoffman, Jordan Smith, Josh Booth, Simon Keenan, Sarah Ben-David, Lucy Stephan and Katie Micheltmore.

Representing Victoria is always an honour, and the team raced strongly in all categories. In particular, the Youth Women's Eight lead from start to finish, and the Queen's Cup came from behind in the last 250m to take out the event for the 13th consecutive year.





*Congratulations to the following MUBC members for gaining selection in the 2017 Australian Rowing Team. The details for their respective competitions is outlined in the 'Upcoming Events'.*

#### *Senior A Team*

Lucy Stephan- W4-  
Alice Arch- LW4X  
Simon Keenan- Men's Reserve

#### *U23 Team*

With further trialling to occur in June, the following athletes remain in contention for the U23 team.

Elise Franetic  
Sarah Ben-David (cox)  
Chloe Betts (US based)  
Max Rennie (US based)  
Bec Joyce (US based)  
Will Smith (US based)

#### *Junior Team*

Sophie Balson- JW8+  
Georgia Thomson- JW8+  
Coached by Allie Crowe

## MUBC AUSTRALIAN REPRESENTATIVES 2017

We'd also like to recognise the achievements of Katie Micheltore in earning a spot in the Women's National Training Centre (NTC). We wish her all the best for her upcoming Henley campaign where she will be contesting the newly added W4- with fellow Victorian Addy Dunkley- Smith (Mercantile). They will be joined by Queensland youngster Kate Rowan and Meaghan Volker from Tasmania.

Our well wishes also to Ben Coombs - despite not being an official MUBC member, Ben trained with Simon Keenan in the pair coached by Christian Ryan and after a tumultuous domestic season, their persistence paid off and we're enormously proud of the two of them for launching themselves into the national selection trials and ultimately earning themselves a place at the Men's NTC in Canberra.





## DEVELOPMENT PROGRAMS

Recognising that the club could do more to actively recruit school and university athletes, MUBC has launched a number of successful programs that aim to capture and support these upcoming athletes and give them the best chance for success.

Hear more from *Sarah Ben-David*  
Club Vice-Captain and Junior Program Co-ordinator



## JUNIOR PROGRAM

The MUBC Junior Program started in early May. With over fifty Year 10 and 11 rowers joining the club, it's by far the biggest junior program we've had in recent years. The schoolgirl and schoolboy rowers come from 14 different schools. The program aims to develop their technical understanding, focusing on key principles of posture, core engagement, connection through the hips and being as efficient and rhythmical as possible through the front and back turns.

On another note, we're very proud of two of our junior women from last year, Sophie Balson and Georgia Thomson, who have been selected in the Australian Junior Women's Eight.

## ROW-FIT ERGO CLASSES

The Indoor Rowing program started in February as a way to better engage with students from the university who may or may not have rowing experience. The classes have been running every Monday and Wednesday evening with a mix of technique, erg pieces and core circuits. The group also gets together for on-water sessions once a week. Classes are run by current members Liv Honore, Clouds Zucchelli, Conor Grace, Edwina Flakemore and Sarah Ben-David. Through the indoor rowing program, we've welcomed eight new members into the club so far, six of whom had never rowed before, and have another ten or so attending classes on a casual basis.



# MASTERS WORLD CHAMPIONSHIPS 2017 LAKE KARAPIRO, NZ

## Male Masters Report By Tom Wood

OK, so there are two sorts of rowing regattas for elderly men – some you come home with lots of medals and some you don't – but maybe the best ones have lots of stories.

Until now, the World Masters in Torino produced the best worst organisational stories (but there were some medals as well). The WMG in New Zealand may have topped Torino, but not for the regatta miss-organisation.

Some of us hired a cheap car – and waited two hours while the clerk issued it. Others of us couldn't remember the pin number on the credit card for their car hire. The rest booked a bus, missed the bus and took a taxi (140km). Happy taxi driver. One team member had to withdraw well before the regatta – how do you source a replacement for a 76yo bow sider? (Stroke sides are easy....) Our replacement came from Townsville, so arrived at the course sight unseen. The facial expressions when we realised he had only one leg...?

First nine leg race was not a triumph – MH4+ and not enough time to get it together. Second (seven leg, MH4-) suffered an equipment failure. The artificial foot broke off the artificial leg while carrying the boat to the landing. The consequent lash up for the race (tie down strap etc.) wasn't quite up to the work. Professional Farm Services in Cambridge did a sensational repair on Wednesday morning, but by then we were a bit rattled and the (seventeen leg) M8+ was not a triumph either. (It was our first row together).

MH2-, MH2x were obviously duded by the heat stacking – we could have been in the final if we'd been in the other heat (but given the competition, could have finished well down). MH4x comfortably through to the final (love those scratchings) and a very creditable not last. We didn't win anything.

The regatta was fantastic; superb weather, brilliant organisation, excellent hire equipment, good food, and a venue which seemed close to perfect, and we got a mention in the New Zealand Herald's news section. Didn't see any other rowing stories in there....



Our ladies dominated the medal tally with GOLD in the WE8+, WE4X, WF4X WE2X & WD1X. What an incredible achievement! MUBC women are truly world class.

The complete list of results can be viewed here:  
<http://wmg2017.rowingmanager.com/?results=3719>





## MASTERS NATIONAL CHAMPIONSHIPS 2017 NAGAMBIE, VIC



Congratulations to all our members who competed at the Australian Masters Championships at Nagambie.

Special mention goes to Jenny Bingham who took home a medal in every event entered (6 gold, one silver and one bronze). This comes off the back of a very successful World Masters Games in NZ where she claimed 4 gold, one silver and one bronze- very impressive medal haul!

On Victorian waters all our members did themselves and their club proud, with MUBC finishing a close 2nd out of 73 clubs on the medal tally. For full results: <http://vic.rowingmanager.com/?medals;regatta=2206>

The editorial team is always looking for volunteer contributors to submit regatta/race reports so please email [indimck@hotmail.com](mailto:indimck@hotmail.com) with your input!





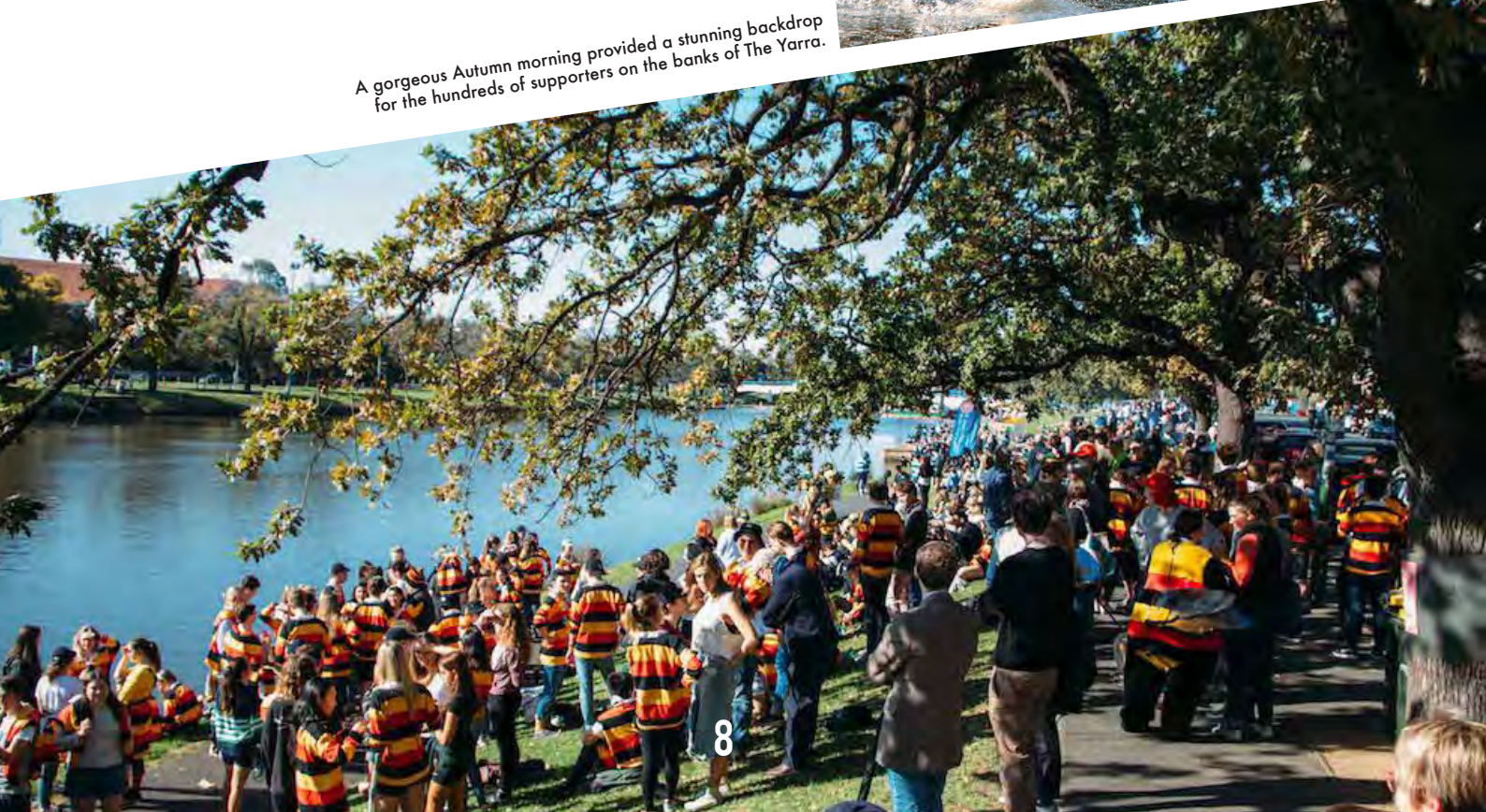
## COLLEGE REGATTA

Words from MU Sport

The showpiece event in the College Sport calendar, the College Regatta on the iconic Yarra River brought to a close the busy Semester 1 College sport program on Saturday.

The Melbourne weather was kind to the college crews as clear skies and good on water conditions greeted rowers and supporters for the 7:10am start and hundreds of college spectators eager to cheer on their respective crews made their way to the Henley Landing on the banks in full voice. Work on the Swan Street Bridge meant the regatta was limited to two-boat races, instead of the normal three – and preliminary time trials to rank the 2nd VIII crews for finals.

A gorgeous Autumn morning provided a stunning backdrop for the hundreds of supporters on the banks of The Yarra.







Conor, Jackson and Indi suiting up and taking their role as commentators very seriously. Watch out Roger!



## COLLEGE REGATTA cont.

The victorious Ormond crews are presented with their medals.

### SECOND VIII MEN

Following the preliminary heats and time trials of the morning, the first final of the day was the Men's Second VIII. Some chaos at the start line saw UC, who posted the fastest time trial come off second best suffering a minor collision – which allowed Ormond to cruise to a convincing and easy win by 35 seconds, marking 6 consecutive 2nd VIII victories back to 2011. St Mary's was victorious from St. Hilda's in the B final.

### SECOND VIII WOMEN

The Women's Second VIII saw a repeat of the 2016 result, with a delighted St. Mary's crew going back-to-back, victorious from St. Hilda's by 6.31 seconds. Crew members Sarah Mousley, Bianca Litchfield and coxswain Amy Rieck were part of the crew repeating from the previous year. Ormond 1 finished ahead of their college mates Ormond 2 in the B final.

### FIRST VIII WOMEN

In the Women's First VIII final, reigning champions Ormond were able to defend their 2016 title, marking 4 consecutive years of wins for the crew. It was the second victory for the college for the day, as the crew accounted for Trinity by 7.61 seconds. Queen's defeated Trinity in the B Final.

### FIRST VIII MEN

In the Men's First VIII Ormond College made it 3 from 4 wins, capping off a successful day on-water with a 5.4 second win over their arch-rival, and gallant Trinity College. Lead by two-returning member from their 2016 victorious crew, stroke William Devilee and 3-seat Patrice Cialdella Ormond controlled the race from the outset to seal the win. Queen's defeated Newman in the B final.

Thanks go to Melbourne University Boat Club and its volunteers for assistance with the coordination and running of the program on the day, with special thanks to Greg Longden and Tom Lutwyche for their superb regatta management & organisation.



The jubilant St Hilda's crews.



## UPCOMING EVENTS

### JUNE

6th, 7 - 8:30pm, Blue Room  
MUBC Winter Seminar Series #1  
Rowing Nutrition by Siobhan Crawshaw

17th  
Welcome to Winter Cocktail Party  
7pm, Blue Room  
Tickets: <https://www.trybooking.com/QFOJ>

16th-18th  
World Cup II, Poznan, POL

24th-25th  
Holland Beker Regatta, Amsterdam, NED

28th-2nd July  
Henley Royal Regatta, Henley, GB

### JULY

7-9th  
World Cup III, Luzern, SUI

19-23th  
U23 World Championships, Plovdiv, BUL

### AUGUST

02-06th  
Junior World Championships, Trakai, LTU

### SEPTEMBER

24th-1st/10  
Senior World Championships, Sarasota, USA

*The MUBC OW8+ showing off their skills with a bold start in front of the sheds.*





## NEW CLUB STRUCTURE

Words by Christian Ryan

Recently, the club announced a new rowing structure to help us successfully deliver what were identified as our five focus areas: High Performance, Youth Development, University/Club, Masters, and Fitness. The previous coaching operations are to be restructured as a result.

MUBC's rowing operations will be governed by our Rowing Operations Group, which is made up of a committee of senior club members with significant experience. Club management functions continue to be the responsibility of our General Manager, Prue Ottey.

Franz Imfeld will commence as a coach in our High Performance team in late June (brief bio below). Advertising for positions to fill other fundamental coaching roles is currently underway. We look forward to providing further announcements as these positions are filled in due course.

If you have any questions please don't hesitate to contact me.

Christian Ryan  
Chair MUBC Rowing Operations Group



FRANZ IMFELD  
HIGH PERFORMANCE COACH

Franz Imfeld will commence as a coach in our High Performance team in late June. Having come from the Molesey Boat Club in the UK, we look forward to welcoming Franz to the MUBC family and working with him to continue developing the high performance squad and ultimately, gaining Australian selection and international racing opportunities for aspiring MUBC athletes.

Franz brings with him an extensive and rich coaching history that belies his years including two victories at Henley Royal Regatta as well as a world championship medal with the GB U23 LM4-.

This is an exciting new direction for our club and we look forward to working with Franz to reaffirm MUBC as the premier rowing club in Australia.





## BON VOYAGE BERT AND THE COCU FAMILY



We were lucky they ended up staying even this long but it with heavy hearts that we bid farewell to the Cocu Family as they return to the Netherlands to continue the next chapter of their lives. Since arriving at MUBC in 2013, Bert has been an integral member of the coaching team with a fierce loyalty and sensitivity to his athletes.

Bert has been involved with a number of exciting opportunities in his time in Australia that included returning to the motherland, however, this time wearing the green and gold as coach of the 2016 Australian U23 LW2X. Infamous for his usual airport photo post of a beer and the medal haul, Bert will leave Australia with fond memories of countless roadtrips to Penrith, exciting international adventures to World Uni Games in Korea, The Great Race in New Zealand, a stint on Lake Varese in Italy, as well as a trip to Boston in the US for the Head of the Charles Regatta.

We will greatly miss his quirky quips and the vision of him pedalling along the river bank on his lekker bike. Countless thanks to Bert for his unforgettable contribution to MUBC and best wishes to him and his family Heleen, Iceman and Wietse in their transition back to the Netherlands. Good bye for now, but not forever!





## MUBC ABROAD

Having relocated to the Gold Coast to pursue her medical studies, ex MUBC Captain of Boats, Hedda Cooper was captured sporting the black, white and blue in the far flung corners of Queensland at a local regatta. While waiting for her club transfer papers to go through, Hedda proudly brought home three gold medals to put MUBC right up there in the medal tally- not bad for our sole representative.

Although Hedda now races for Griffith University, she's always 'uni' at heart. And while we generally wouldn't go out of way to cheer for those sporting red zootsuits, we'll always make an exception for this legend who is achieving great things on and off the water. All the best Hedda!

#YeahUni #BleedBlue



## AROUND THE BOATSHED

### CLUB BOXING

EVERY THURSDAY  
5:45 FOR 6-7 PM  
ALL WELCOME

### SOCIAL MEDIA SHAKE UP

The Club is rolling out a communications strategy to better connect with past, present and future rowers via social media. We'd like to ensure that all tiers of the Club are being represented appropriately. However, these platforms heavily rely on visual content.

If you've got a smartphone or professional camera and you're willing to help promote MUBC, please get in touch with Conor Grace via email, to confirm your involvement.

Conor Grace  
MUBC Marketing Coordinator  
[ctgrace@student.unimelb.edu.au](mailto:ctgrace@student.unimelb.edu.au)

### FROM THE EDITOR

### SOCIAL REPORT

The organization of this season's social events is well underway and we have many fun and exciting events in the works. The end of season barbecue went off without a hitch and the movie night we hosted brought some fun to Thursday night at MUBC. We are also holding an informal \$5 all you can eat breakfast on the balcony every Saturday morning around 9am so come down for a feed and a chat. Keep your calendars open for the second weekend of June with a cocktail party to ring in the beginning of winter. If anybody feels they would like to lend hand in set up and organisation, help is always appreciated. We are looking forward to bringing MUBC a variety of events so keep your ears tuned for imminent social events.

Charlotte Wirtz  
Social Events Coordinator  
[charlotte.wirtz12@gmail.com](mailto:charlotte.wirtz12@gmail.com)

As the resurgence of the MUBC newsletters grows, submissions from members become an increasingly invaluable source. Looking back on past newsletters, the variety of perspectives of various events enriches the reading experience greatly so please feel free to send through contributions or make suggestions for articles and insights.

Indi McKenzie  
Editor  
[indimck@hotmail.com](mailto:indimck@hotmail.com)



Follow us on Instagram

@mubc1859