



## Henry's VIII

Lent 2021 edition

### Welcome to the Lent 2021 edition of Henry's VIII

Unsurprisingly, KCBC has not been immune to the events of the past year, but despite this we have still seen many successes. In Michaelmas term we ran a stellar recruitment campaign, bringing in some 19 new women's novices, and 26 men! In the face of many restrictions, we found some (perhaps unorthodox) ways to keep crews in top form in anticipation of a speedy return to the river soon!

### W1's 1 Million Metres Challenge

Amanda McHugh, Women's Captain

The task of setting training for at least the first half of term was tricky; with a lockdown in place and limited means of maintaining a community, it was really important on the women's side that we found a way of keeping up the strong bonds you



find in the boat. A team distance challenge fit the bill perfectly, as not only did it give people a reason to push for further distances, it also gave the sense of working as a team towards a common goal, which is ultimately the aim of rowing training. Alongside this, it was clear that a charity element could be brought into it, especially with the annual ergathon unable to happen for the foreseeable future. As a result, this distance challenge became W1's One Million Metres, raising money for three homeless charities in Cambridge: Cambridge Cyrenians, Wintercomfort, and Jimmy's Homeless Shelter.



We saw huge distance- and time-based PBs in this month on top of all the amazing fundraising work, as well as incredible amounts of team spirit and support, which was really encouraging to see, particularly since it is coming up on a year since we could train regularly. Below are some quotes from women's side rowers who participated in the

challenge on how they found it and what the challenge has meant to them:

*"Homeless people always have been a very vulnerable group in society and even more so during COVID-19. Charities as Jimmy's Cambridge, Cambridge Cyrenians and Winter Comfort help and support these people and because of the pandemic they are facing new challenges to provide them socially-distanced care and housing. Last year King's College provided temporary extra housing and with the King's W1 One Million Metres fundraiser we hope to further contribute to these efforts. Especially in these uncertain times, it is really important to look after each other. The opportunity to help others with this fundraiser always motivates me to get that extra mile in to reach the 'One Million Metres' as a team." – Janeska*

*"I've only contributed 53k, but each erg I've done has been a Personal Best, so I'm feeling really good about it" – Anastasia*



*"So far, our fundraiser has made me push myself beyond my limits and given so many positive gains! I ended up going on much longer walks and exploring what's around Cambridge (never been all the way up to Dry Drayton before!), but also (lawfully) going on lunchtime walks with friends more often and getting a proper reminder of the beauty of this town. I'm lucky to have an erg in my room, so have also been doing quite long workouts, the biggest one being a half-marathon - this one really tested my mental strength and ended up being a proper mindfulness exercise, while I was counting the strokes on each second 500m of the last 10k. I'm really glad to be part of such a proactive and supportive W1 in King's this year and hope that our effort helps raise awareness and reach our funding goal!" – Catalina*

Although the challenge has finished, the donations page will remain open, so if you'd like to donate, the page is available at: <https://uk.virginmoneygiving.com/Team/KingsW1>

Coverage of the challenge from various student newspapers:

[Varsity](#)

[The Tab](#)

[Blue Bird News](#)

## Men's Side Training

James Morgan

The men's side also took this opportunity to train in new and unusual places, most notably, King's College's green space. This hot new training spot got its own setup, complete with ergs, chairs, and a gazebo-style roof for those eager enough to train in the rain. Indeed, this saw use at every hour of the day, from the standard rowing 6am starts, to those brave enough to risk a 2k on a midwinter evening.



*An erg with a view*

## Women's side update

Amanda McHugh, Women's Captain

The year so far has been full of all sorts of challenges and adaptations for the women's side. Kicking Michaelmas off with two weeks of small boats training (in the pair and in singles) and two weeks of IVs training with a rotating crew before getting promptly locked down, everyone managed to get back on the water at least once for a little bit, which was a fantastic relief after having not been on the water since Lents 2020. We also had a particularly proactive group of senior women in terms of novice coaching, with lots of rowers stepping up to take circuits, ergs, and on-water outings (starting with the tub and moving to a very short-lived period in VIIIs for the novices). The second lockdown in November was obviously not welcome news, with the term's plans going down the drain effectively overnight, but thanks to the college opening up spaces on the front lawn for rowers to train in socially-distanced pairs, we kept a schedule of 5 ergs a week running for W1, with lots of PBs achieved during this time!



It was very clear from Michaelmas that planning too far in advance at any point ended up being wasted energy, so Lent term has started with a much more flexible approach to training,

especially with the third lockdown in place and restricting what we can anticipate doing this term. Thankfully, the majority of the women's side have returned to Cambridge, and this has allowed for outdoor exercise in pairs, whether this be long walks, cycles, or even roller skating down the busway! This training, as well as the huge amounts of solo training that's been done in the first half of Lent term, has all been a part of W1's Million Metres Challenge, where the distance goal of 100k (One Million Metres) was set, and the

team worked towards this in aid of local homeless charities in Cambridge. In the end, we



achieved about 1.5 million metres, and raised over £1000! Huge congratulations to everyone involved.

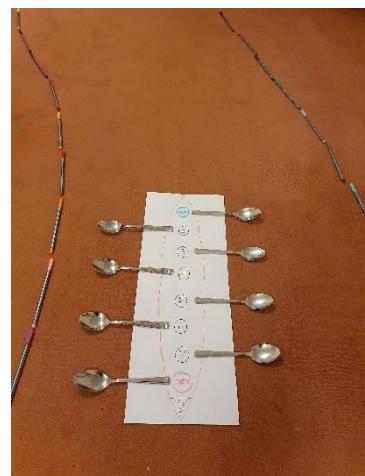
Moving into the second half of Lent, with the distance challenge over and having made it into basically every student newspaper in Cambridge for it, the women's side are continuing to train solo or in pairs or doing the occasional zoom circuit together (despite the zoom fatigue that we've all been feeling recently!). Although we don't know when we'll get back on the water yet, the team has still been full of enthusiasm and support for one another, and meaningful gains have been made throughout the year so far, which will undoubtedly help when we make our return.



## Cox Training

James Morgan

One of the highlights of KCBC's adaptation to indoors life has been the online coxing classes, delivered by head cox Sarah Nolan. With an influx of novice coxes, Sarah has taken on the mammoth task of training them all up. This has been made slightly more difficult by the fact coxes aren't allowed to meet their crews! Despite this (and a lack of boats on the water), Sarah found some ingenious workarounds. From her online coxing theory classes, novice and senior rowers alike learnt the skills crucial to coxing: refresher classes on coxing calls, delivered via zoom calls. The ingenuity didn't end there however, analysing past coxing techniques; breaking down the good and the bad of previous races by teaching with footage from the old days, when boats were allowed on the river.



The crowning glory, however, is the DIY 'model boat' (pictured), made out of paper and spoons (not unlike some of our old sculls). Complete with a model River Cam made from pens, this state-of-the-art mock-up was used to accurately simulate our First Boats, teaching the novices how to react to various actions and manoeuvres, and how to prepare for calls.

## Friday Circuits

Over the summer, we also ran a series called 'Friday Circuits', in an attempt to keep as many of us as possible in good shape. Members of the committee took it in turns to create a workout routine that anyone could do at home, including burpees, squats, sprints and push-ups, and some eager members creating video guides to help us optimise our workouts.

## A tribute to Jim Cameron

Will Miller, Men's Captain 2012-2013

In June 2020, the club heard the sad news that Jim Cameron, former boatman, had passed away. Jim was boatman at the combined boathouse for thirty years, providing a valuable service to KCBC before retiring back in 2013.

To some members, Jim was just the man who repaired our boats when someone left him a note on the sheet of paper stapled to the wall outside of the workshop. He kept himself to himself, so random interactions with the elusive man were rare. But those who braved his workshop's threshold were often rewarded with a cup of tea, good-humoured conversation, and perhaps a biscuit. Behind his red-faced and habitually stern exterior was a kind-hearted man who possessed a serious wealth of boat-maintenance knowledge and was always happy for a chat—frequently gifting the listener with pearls of rowing wisdom. On numerous occasions, Jim was able to use his thirty-year experience to perform a miracle on some unfortunate boat that had come off worse against another college's rigger or stern, or maybe the bank—saving the crew from the task of learning to row an older, twitchier, slower, and likely wooden shell for the following day of Bumps.

From the day that I went to Jim as a Vice-Captain to explain just how the novices had ruined the bows of their boat, he was always there for a cup of tea and a chat. We'd talk about our boats, other clubs on the river, and the repairs that he'd been making; all the while I was gauging the perfect moment to ask him to rewire the cox box speakers in the Lady Jo'—a task that was certain to make him groan. Jim gave me a foundation in boat maintenance that has been incredibly useful during my years in KCBC, though cox box wiring remains a pain at times.

I only found out recently that before Fairbairns 2012, having seen the men's first boat move particularly well all term, Jim took it upon himself to repaint our blades ready for the race. He spent hours sanding them down and repainting them when we were away from the water, keeping his activities secret such that the blades were looking smart for race day and we hadn't noticed their absence. This selfless act, along with many others over the years, stands as testament to Jim's character and dedication to our club. When Jim was in the boathouse, you could guarantee that your boats were in good condition as he was keeping a weather eye on them.