

## **Bristol Pre Race Report**

Having taken part in high winds and a tough competition at Wallingford Head, BUBC are ready for the fun of Bristol Head 2015.

### Division 1

#### Alumni Men's 8+

We are so pleased to be putting out our first every alumni crew this year! Some of them have never met before let alone rowed together but hopefully it will all come back to them this Saturday.

#### IM3 Men's 8+

After some good results in 4s at Wallingford, the squad came together in an 8+ to see what they could do. It is a tough category with 14 boats to beat but the crew is looking forward to it.

#### IM3 Men's 4+

Bristol will be this 4's first race of the season. They have Estelle Lhermitte joining them in the cox seat from Thames RC and the boys raced together as novice's last year so are hoping for a strong race this weekend.

#### IM3 Women's 4+

This crew rowed as stern four of the 8+ last week but are now in the newly named boat "Cain and Jamie" to set a good time on the 3.2km course.

#### IM3 Women's 8+

These girls have gelled really well together in the short time they have had to train as a crew. Novice cox and fresher captain Laura Sutton will be steering them in her first ever race as well.

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## Division 2

### Men's CH2-

Our lightweight U23 indoor rowing gold and silver medalists Liam Steele and Gian-Luc Angiolini are going to combine forces in a pair for Bristol.

### Women's CH2x

Kayleigh Bulloch and Jemma Frankland learnt to scull quickly and were well matched so their combination in a double made sense. This will be the first of many times they will be racing in this boat.

### Novice Women's 8+

Each fresher squad has introduced and accelerator 8+ to the programme with the aim of fast-tracking rowers into the senior training. This women's 8+ will be the first combination of this programme in action. We are looking forward to seeing what these girls have to offer.

### Novice Women's 4+

These girls have been training really hard in erg sessions but haven't had much of a chance to get on the water as a crew. Nevertheless they have prepared well and can't wait for the race experience.

### Novice Men's 8+

Again an accelerator squad who have been training hard on and off the water. These boys are a really unit and know how to work together get good times on the water. Like the rest of the fresher squad at BUBC they are complete novices but have adapted well to the sport.

### Novice Men's 4+

It's great that these boys will be getting the racing experience they deserve after they really increased their training over the last week. Hopefully it will be reflected during the race!

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