

Blue Star Newsletter

Winter 2023/24



After a few years of absence this marks the return of the Blue Star Newsletter. We are trying to give you, being alumni or supporters, a peek into what's going on inside the club.



Blue Star Newsletter: Winter 2023/24
31st January 2024





The Beginning of the 2023/24 Season

The squad started the year in preseason introducing the new freshers to the perils of the Tyne and helping them settle into the new environment. Quickly the days got darker and colder but things started getting excited with November trials and Rutherford round the corner.

November Trials

Usually taking place in Boston over a weekend in November this set of trials is set out to give a first chance to aspiring athletes aiming to join the U23 GB team. Unfortunately due to heavy rain in the weeks before causing flooding in lakes and rivers all over the country the event November trials was canceled.

Instead of the athletes doing a usual 5km time trial style race in pairs and a 2km test in Boston, they instead joined the rest of the squad doing a 2km erg test producing many PB's over the whole squad.

Training

The squad went on to complete a couple more erg tests over the next months. They have had a crack at Angelo's favorite 4x4475m erg test just before going home for christmas. More recently the squad has been gearing up for a 5km test to test their endurance ready for the big head races coming up.

Not only have they been training on the erg but also going miles upon miles on the water often making adventures into town on weekends. Pieces after pieces, stroke after stroke the winter miles added up quickly when not even negative temperatures stopped them from taking the fleet to the water





Rutherford Head 2023

Both squads came out to tackle -4°C out some amazing results to start the season. Starting with the mens 1st taking the headship producing the fastest time in division 1 beating out Molesey and Durham. While in division 2 the womens 1st VIII were fastest university crew taking silver.

a strong start for the VIII's but there were even more successes in all boat classes and across the full depth of the squad. For a full list of results head to our instagram page [@newcastlerowing](https://www.instagram.com/newcastlerowing)



GB U23 Success



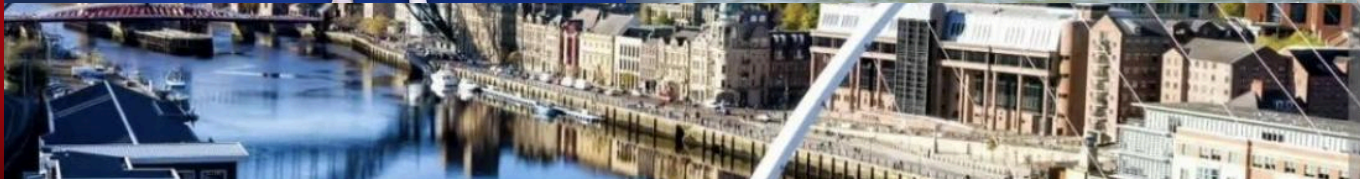
U23 Worlds & U23 European Championships

Over the summer we saw a couple of our athletes compete for GB in u23 events.

First we had Rachel Bradley stroke the women's quad racing against the top athletes from around the world at the World Rowing u23 Championships. In the first round Rachel raced her heat coming 4th losing only to the eventual podium finishing boats. This placed Rachel's quad into a repechage where they came 3rd. In the end the quad came 8th overall putting up a tough fight against the rest of the world.

Then we not only had Ben Brockway race in the men's VIII at the European Rowing U23 Championship but also our assistant men's coach, Julian Egan-Shuttler, who coached that same 8+. Since there were only 5 boats in total in the M8+ category all the boats went straight into the A final. Despite this Ben's 8+ had a preliminary race where they came second. Having built some confidence from the preliminary race the GB M8+ once again came second meaning Ben and Julian came away with silver medals having fought off Ukraine.

This year we have a total of 14 athletes, 5 female athletes and 9 male athletes, entered into GB U23 trials this year.



Blue Star Club



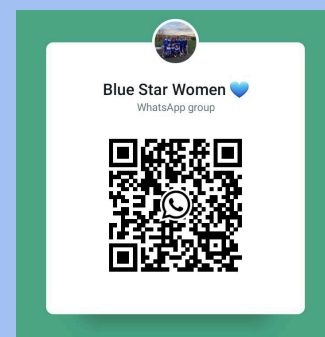
Race for the Blue Star

The blue star has had many successes recently with races. Over the summer they fielded 3 men's eights and 1 women's eight. Together the club won both B1.Op8+ and B2.Op8 + in the fastest times of the day.

In October they even managed to send 2 men's eights over to America to compete at the Head of the Charles Regatta. The lucky member of

the club who got over to America to race ended up coming 6th and 44th in the ALUM 8+ category in an amazing show of the talent that NUBC has produced.

If you are keen to try racing for the Blue Star then the best way to get involved is contacting our new captains, Harry Fraser-Urquhart (men's captain) and Emily Strange (women's captain), via the Blue Star whatsapp groups. To join the group chat simply scan the QR codes below.



Recently the Blue Star committee held an AGM to elect some new committee members. Most notably Harriet Roddy has taken a step back to let Stan Cannons (picture above) take over as president. Other outgoing members include Charles Barry, Danielle Hardy, Megan Barry and Fred Gill.

Upcoming Dates

24th-25th Feb - BUCS head

23rd March - HERR

23rd March - Blue Star Dinner

4th-6th May - BUCS regatta

21st-23rd June - Women's Henley

2nd-7th July - Henley Royal Regatta

Help Out NUBC

NUBC are currently trying to save up money to buy a new womens 4- so as to put out more entries into notable event such as BUCS and Womens Henley. They are also trying to buy enough telemetry screens to cover both sides of the squad ensuring no squad is favored by equipment. Donate to the Blue Star [here](#)



