

UCAPIP

University
of Cambridge
Athlete Performance
Programme

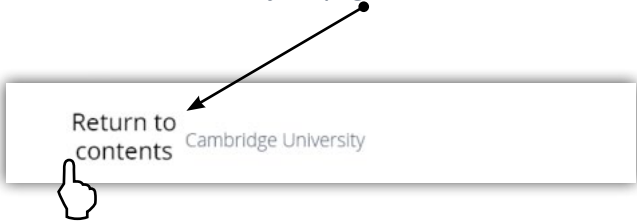
OCTOBER 2023

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Introduction

The University of Cambridge Athlete Performance Programme (UCAPP) has had a big impact on the student athletes, who have been able to use the support provided through the scheme to go on to achieve success at all levels – regional, national and international.

For each of the five years of the running of UCAPP – which was made possible by a donation from Mark Hanson (Girton, 1985) – the athletes have been able to make their mark on the global sporting stage.

This report covers their progress since October 2022, and we have great pride in their achievements which have been supported by the generous gift.

It is a roll call of competitions that the students have taken part in, such as the World Rowing Championships, World Lacrosse Super Sixes, World Athletics Championships, the Junior World Orienteering Championships, the European Games, European Cross Country contests, not to mention the British Universities & Colleges Sport Championships and a multitude of Varsity Matches.

There have been national and international call-ups, new national records achieved, and for Matthew Fall a piece of history – he became the first man to represent Team GB at sport climbing, at the 2023 European Games.

These achievements highlight the impact that UCAPP has had in helping the student athletes combine their sporting and academic potential.



Athlete Cohort					
2018/19	2019/20	2020/21	2021/22	2022/23	
Fiona Bunn	Fiona Bunn	Lauren Brigden	Niamh Bridson Hubbard	James Ackland	Raghul Parthipan
Henry Choong	Anna Chesca	Jeremy Dempsey	Lauren Brigden	Benjamin Adams	Jade Popoola
Oliver Fox	Jeremy Dempsey	Matthew Fall	Emily Brown	Phoebe Barker	Reese Robinson
Jan Erkki Helmich	Lucy Hart	Lucy Hart	Rudi Bruijn-Yard	Niamh Bridson Hubbard	Anna Saunter
Maddy Lee	Jan Erkki Helmich	Jan Erkki Helmich	Samuel Clarke	Emily Brown	Nancy Scott
Katie Lehovsky	Luke McCarron	Showgo Kimura	Harry Cox	Rudi Bruijn-Yard	Louise Shanahan
Juliette Wise	Maddy Lee	Maddy Lee	Jeremy Dempsey	Jeremy Dempsey	Brandon Teh
	Raghul Parthipan	Luke McCarron	Matthew Fall	Adam Dray	Dan Twine
	Remi Rufus-Toye	Victoria Molloy	Angus Harrington	Jamie Edgerton	Beatrice Wood
	Anna Saunter	Raghul Parthipan	Jan Helmich	Matthew Fall	Sannah Zaman
	Louise Shanahan	Remi Rufus-Toye	Emma Jones	Angus Harrington	
	Erica Wallace	Louise Shanahan	Henri Kopra	Jan Helmich	
		Charlie Watson	Luke McCarron	Isabelle Howse	
		Ellie White	Peter Molloy	Emma Jones	
			Raghul Parthipan	Henri Kopra	
			Jocelyn Robinson	Rob MacLennan	
			Remi Rufus-Toye	Joe Massingham	
			Louise Shanahan	Luke McCarron	
				Peter Molloy	

UCAPP

University
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Athlete Performance
Programme

2022–23 cohort



James Ackland

College	Emmanuel
Entry year	2017
Course	PhD Psychology
Sport	Orienteering

James Ackland has celebrated a breakthrough year in orienteering.

The Emmanuel College student received a first call-up to a Great Britain squad, at either junior or senior level.

At the 2022 Senior Home International, James was 10th representing Scotland in the senior men's category in the New Forest.

In the Czech Republic, he won the Varsity individual men's A race representing Cambridge, and took silver in the BUCS men's relays in Edinburgh.

James says: "The gym access and coaching I've had thanks to UCAPP has been a massive asset for me this year through three extended periods of injury. While these have undoubtedly limited my results somewhat, the strength sessions provided by UCAPP have represented a regular source of motivation and chance to talk about injury progress, as well as of course helping me to stay as fit as possible through these periods.

"UCAPP support has allowed me to come away from a challenging season with some fantastic silver linings, not least my win at the Varsity match, which had been a goal for me ever since coming to Cambridge in 2017."

“

The gym access and coaching I've had thanks to UCAPP has been a massive asset.

Future goals and targets:

- Represent Great Britain at further full senior internationals this year and beyond (e.g. World Cup, Euromeeting)
- Gold medal at our home BUCS in 2024
- Domestic senior medals at Jan Kjellstrom and British Championships
- World Championships 2025 in Finland



Benjamin Adams

College	Corpus Christi
Entry year	2021
Course	Engineering
Sport	Squash



My favourite part of UCAPP has been the strength and conditioning programming and personal training sessions.

It has been a year of development for Benjamin Adams.

As captain of the University of Cambridge Blues squad, the Corpus Christi student won the deciding match at Varsity for the second year running.

Benjamin was also victorious in the Cambridgeshire Senior Squash League, and was Plate finalist at the Jesters Tournament – the most prestigious amateur senior tournament in Britain – all while boosting his senior world ranking to an all-time high of No 332.

Benjamin, who represented New Zealand at the 2021 World Championships, says: “My favourite part of UCAPP has been the strength and conditioning programming and personal training sessions. Special thanks to Josh, who is part of the UCAPP team and helped me rediscover how to win tough. My physicality is the core of my game. It has always been a strength of mine, and it is only getting stronger. It has also afforded me the opportunity to have one-on-one coaching with James, the university coach, who has developed my mental and technical skills in parallel with the physical side of my game.”

Future goals and targets:

- Captain Cambridge to another Varsity victory
- BUCS individuals top 16 finish (heavily draw-dependent)
- Further improvement on my senior world ranking; gaining more experience on the professional world tour
- Reach quarter-finals of the Jesters tournament
- Represent New Zealand at the 2026 Commonwealth Games



Phoebe Barker

College	Robinson
Entry year	2018
Course	Veterinary Medicine
Sport	Triathlon/Athletics



Thank you to UCAPP for making me a better and more rounded athlete.

Phoebe Barker savoured an accolade-laden academic year across a multitude of sports.

Golden glory was clinched by the Robinson College student in the English National Duathlon Championships, BUCS sprint duathlon, the Varsity duathlon, the Varsity triathlon, and in the 5,000m in the UK leg of the Transatlantic Series, against both Harvard & Yale, and Penn & Cornell.

With success in the Varsity athletics 5,000m, Phoebe now holds the joint record number of wins.

On the bike, she won individual silver and team gold at the BUCS Cycling Hill Climb, and there was team success in the Varsity Cross Country, as well as individual silver.

Phoebe says: "Through regular S&C and physio access, UCAPP has made me a more robust athlete. This has allowed me to increase my training load (without getting injured) and compete at the next level. With support from the UCAPP nutritionist, I have been able to ensure that this has been sustainable. Thank you to UCAPP for making me a better and more rounded athlete."



Future goals and targets:

- Win BUCS sprint duathlon 2023
- Gain selection for the GB elite team at the World Duathlon Championships in 2024
- Win the 5000m at Varsity Athletics in order to hold the record number of wins in the event
- Retain my Varsity duathlon and triathlon titles



Niamh Bridson Hubbard

College	Magdalene
Entry year	2016
Course	PhD Sociology
Sport	Athletics/cross country



The consistency I've been able to build through the support from UCAPP has been invaluable.

Medals and a national call-up made it a successful academic year for Niamh Bridson Hubbard.

The Magdalene College PhD student was chosen to represent England to compete at two cross-country competitions in Europe – the Cross Internacional Juan Muguerza in Spain and the Lotto Cross Cup in Diest.

Closer to home, Niamh was third at the English National Cross Country Championships and fourth at the BUCS Cross Country Championships, helping Cambridge to earn the team bronze. She was also triumphant in the Varsity Cross Country, improving her own course record in the process.

On the track, Niamh was third at the BUCS Championships in the 1,500m, and was seventh in the same discipline at the British Athletics Championships.

Niamh says: "The consistency I've been able to build through the support from UCAPP has been invaluable in enabling me to improve my performance over the last two years.

Future goals and targets:

- Qualify for the GB team at the European Cross Country Championships.
- Qualify for the GB students team at the World University Cross Country Championships
- Finish top 5 at the British Athletics Championships next summer

"Being able to complement my training with support from the sports psychologist, nutritionist, and physio has allowed me to start competing at a much higher level."



Picture credit: Keith Heppell

Emily Brown

College	Lucy Cavendish
Entry year	2021
Course	Natural Sciences
Sport	Ballroom Dancing

“

UCAPP has been an invaluable support system during my year of injury recovery.

It has been a year of recovering from injury for Emily Brown, but the support of UCAPP has been pivotal.

The Natural Sciences student had completed a successful end to the 2021/22 academic year by being crowned European Under-21 Vice Champion in April 2022 – having previously been British National Under-21 Vice Champion in November 2021 and British Open Under-21 finalist in August 2021 – but it was a different story last year.

“UCAPP has been an invaluable support system during my year of injury recovery,” says Emily.

“Many aspects of the programme, from physiotherapy to strength and conditioning, have played a pivotal role in aiding my rehabilitation and maintaining my connection to the sport amidst these unforeseen circumstances.”





Rudi Bruijn-Yard

College	Downing
Entry year	2021
Course	Veterinary Medicine
Sport	Fencing/Modern Pentathlon



UCAPP continues to be the most amazing opportunity to pursue my sports at Cambridge.

Rudi Bruijn-Yard has become a tour de force on multiple stages in the past year.

Making an impact in just one discipline was not enough for the Downing College student.

The épée fencer earned a second-place finish at the Welsh Senior Open, was first at the Manchester Senior Open, claimed a Blues fencing Varsity victory and was ninth at the BUCS Individual Fencing Championships.

Rudi also captained the modern pentathlon Blues team to a Varsity match clean sweep, including an individual win.

“UCAPP continues to be the most amazing opportunity to pursue my sports at Cambridge with such a demanding academic focus,” says Rudi.

“I have benefitted hugely from the support of the personal training team in terms of building strength and resilience and I am confident continued support will keep me strong for seasons to come.”

Future goals and targets:

- Targeting building my senior ranking as I move up into this age group from juniors, with the aim of being in the top 15 nationally by the end of the year
- Hoping to win a medal at BUCS, Under-23 National Championships and finish in the top 10 at senior nationals





Jeremy Dempsey

College	Girton
Entry year	2018
Course	Medicine
Sport	Athletics/cross country



UCAPP has helped me take a real step up in my performance this year.

Jeremy Dempsey has had a year to remember, on the track and cross country.

The Girton College medical student achieved personal bests in the 800m, 1,500m and the mile, a run that saw him become the first person to break the 4min mark while at the University with a time of 3min 59.2sec.

Jeremy won silver in the BUCS outdoors 1,500m and bronze in the BUCS 3,000m, and was crowned Cambridgeshire county champion. Also on the track, he earned two wins, and a match record in the mile of 4.01.2, against Penn/Cornell.

Jeremy earned an England call-up for the mille at the Loughborough International, and was 22nd in the Liverpool Cross Country European Trials.

Jeremy says: "UCAPP has helped me take a real step up in my performance this year. "The work that we have put in has made me a more resilient athlete both physically and mentally, resulting in an injury-free season where I was able to better achieve my potential. I hope to continue to progress on this in the coming year."



Picture credit: Paul Giles/BUCS

Future goals and targets:

- Earn an England Vest over cross country
- Win BUCS Cross Country
- Win BUCS outdoors 1500m
- Top 8 British Championships 1500m



Adam Dray

College	Girton
Entry year	2021
Course	Natural Sciences
Sport	Athletics



UCAPP has been fundamental in helping me to progress as an athlete this year.

Adam Dray is excited by what the future holds after a productive season drawing on the benefits of UCAPP.

The Girton College student was first in the 800m in the Transatlantic Penn/Cornell Match in April and was fifth in the 800m at the BUCS Indoor Championships in February.

Adam says: “UCAPP has been fundamental in helping me to progress as an athlete this year, while also striking an effective balance between training and my studies.

“The power and stability developed through the strength and conditioning programme has led to boosts in both my performance and robustness, facilitating a year of far more consistent, injury-free training.

“Ultimately, though the guidance of UCAPP I have established a solid foundation of cutting-edge training practices which I am excited to build on in the years to follow.”



Picture credit: Paul Giles/BUCS

Future goals and targets:

- Win a medal at BUCS indoor/outdoor 2024
- Win a medal at Under-23 National Championships 2024
- Break 1min 48sec for 800m and 3min 45sec for 1,500m.



Picture credit:
@Hamudphotos

James Edgerton

College	Jesus
Entry year	2020
Course	PhD in Chemistry
Sport	Athletics/cross country



UCAPP has provided me with access to an informed, progressive and periodised strength and conditioning programme.

James Edgerton has hailed the support of UCAPP during an injury-troubled academic year.

Having achieved a 30th-place finish at the Milton Keynes British Athletics Cross Challenge, James has not been able to reach the highs of 2022. It has meant the notable achievements have come in a different guise.

“Devising and executing a long-term programme of recovery, rehab and re-integration of training after a series of repeated injuries that have prevented me from competing for most of this academic year,” says James.

“UCAPP has provided me with access to an informed, progressive and periodised strength and conditioning programme with excellent coaching and advice.

“The programme has supported me throughout a long-term injury and I have no doubt that this will manifest in greatly improved performances and robustness in the upcoming season.”

Future goals and targets:

- Return to competing over cross-country this winter.
- Earn a maiden international selection
- Contribute to CUHH winning another BUCS medal in cross country and to Cambridge & Coleridge AC winning a medal at the National Cross Country Championships
- Complete a fulfilling track season and improve my personal bests



Matthew Fall

College	Selwyn
Entry year	2020
Course	Natural Sciences (Chemistry)
Sport	Speed Climbing



Being part of UCAPP while at Cambridge has allowed me to take my sporting career to the next level.

Matthew Fall created history for Team GB this summer.

The Selwyn College student and Rafe Stokes became the first men to represent Team GB at sport climbing, at the 2023 European Games in Poland.

Fall was denied a semi-final spot by just 0.630sec, losing out to Frenchman Pierre Rebreyend, but he said: "To be part of this multi-sport Games is just incredible. It's the first time any male Team GB athlete has been part of sport climbing so that was really special. You're only the first once!"

Fall is one of the best speed climbers in the country, and finished 21st at the Speed Climbing World Cup in Edinburgh in September 2022, having broken the British Speed Climbing record earlier in the summer. He also won the National Universities Speed Climbing Competition in March 2023.

Matthew says: "Being part of UCAPP while at Cambridge has allowed me to take my sporting career to the next level, something which I thought would have been impossible while pursuing such a challenging degree.



Future goals and targets:

- Renewed selection for Great Britain in 2024
- Competition sub-6 second run
- Consistent finals ranking at a continental level

"Working with the talented coaching team at the University has been of immense benefit; I have always felt fully supported, and much of my sporting success is thanks to their dedication."

Angus Harrington



College	St John's
Entry year	2019
Course	Engineering
Sport	Athletics



UCAPP has kept me disciplined, by being part of a group of elite athletes.

Angus Harrington had a debut to remember for England.

Earning selection for the Loughborough International was not enough for the St John's College student, who went on to win the 800m in 1min 48.63sec.

Angus was also crowned the BUCS 800m champion in Manchester in May.

"UCAPP has crucially given me access to S&C support which compounded for another year has started to have big impacts on my running, from injury prevention to running economy," says Angus.

"UCAPP has also kept me disciplined, by being part of a group of elite athletes I've strived to make sacrifices and be the best athlete I can be."

Future goals and targets:

- Now based at a US university to continue athletic pursuits.
- Aim to win the NCAA championships 2024.
- Gain another international selection and break 1min 45sec for the 800m

Jan Helmich



College	Trinity Hall
Entry year	2016
Course	Engineering PhD
Sport	Para-Rowing

Future goals and targets:

- Paralympics 2024 in Paris.

“

UCAPP has provided me with support which matches national team infrastructure.



Picture credit: Yannick Schurwanz (@schurwanzpics)

Jan Helmich has added to a burgeoning medal collection in the past year.

At the World Rowing Championships in Belgrade, the Trinity Hall student was part of Germany's PR3 coxed mixed four that won a bronze medal. It followed a silver medal in the same category at the European Rowing Championships in Bled earlier in the summer.

Jan says: "I have been lucky enough to be part of

the UCAPP programme since its inception.

"UCAPP has provided me with support which matches national team infrastructure – which is even more valuable as an athlete who trains outside the support scope of my home nation.

"S&C, nutrition, physio and sports psychology cover every aspect to make the most of the training and the academic side of Cambridge – and the results I have achieved since speak for themselves."



UCAPP lacrosse player Anna Saunter in action.
Picture credit: Nordin Catic.



Isabelle Howse

College	Robinson
Entry year	2022
Course	Natural Sciences
Sport	Netball



I owe a big thanks to UCAPP.

Selection into national and elite training squads has been the hallmark of Izzy Howse's academic year.

The Robinson College student was chosen to be part of the England Roses Academy for the 2022/23 season, and also the Saracens Mavericks Under-21 National Performance League squad.

It reaped its rewards as by the end of the 2022/23 season, Izzy was named the Mavericks' under-21s' most improved player.

"Having the support at UCAPP this year has really helped me cope with the demands of Cambridge as well as continuing to compete with netball," says Izzy.

"I am very grateful for the support from both Lewis and Tristan, and I have been able to maintain the balance between all my commitments, despite the challenges with illness and injury I have faced this year, and I owe a big thanks to UCAPP."



Future goals and targets:

- To be selected for the England Under-21 Europe Netball squad later this year
- To become a Superleague training partner in the next couple of years



“

UCAPP was especially valuable in helping me deal with a difficult season.



Henri Kopra

College	Peterhouse
Entry year	2021
Course	MPhil Architecture and Urban Design
Sport	Fencing (épée)

The support of UCAPP has been vital for Henri Kopra in a disrupted season.

Despite a Varsity win with an individual 5:0 turnaround, it has not been an easy sporting year for the Peterhouse student.

“I had a difficult sporting year due to complications from long COVID,” explains Henri. “While specialist support is usually necessary for streamlining peak performance, UCAPP was especially valuable in helping me deal with a difficult season.”

Future goals and targets:

- Estonian National Championships top 8
- National selection for European and World Championships

Individualised strength and conditioning helped me regain my health and physical abilities, while specialist nutrition guidance supported my recovery over the season.”



Emma Jones

College	Emmanuel
Entry year	2022
Course	Veterinary Medicine
Sport	Cricket



UCAPP has helped with access to S&C to be able to train at a high intensity while at university

Emma Jones has been making an impression in the cricketing world.

The Emmanuel College student was victorious in The Hundred in 2021 with the Oval Invincibles and claimed triumph in the Charlotte Edwards Cup in 2021 with South East Stars.

Emma is now a fully-contracted player with South East Stars, on a two-year deal, and is contracted to Trent Rockets in the Hundred.

“UCAPP has helped with access to S&C to be able to train at a high intensity while at university, and nutritional education and support in a way that I hadn’t experienced before to help me optimise training and performance,” she says.

Future goals and targets:

- Play in the Hundred
- Push for England selection
- Not break any feet (or other bones)!



Rob MacLennan

College	St John's
Entry year	2019
Course	MPhil in Economic Research
Sport	Fencing



Joining the UCAPP programme this year has had a huge positive impact on my all-round performance.

Rob MacLennan had a remarkable rise up the national fencing rankings during the past academic year.

The St John's College student started 2022 unranked, but by the end of the campaign, he had reached the top 30 of the British senior rankings.

This was undoubtedly helped by a ninth-place finish, out of 124, at the 2023 BUCS individuals' event, and anchoring the Cambridge University Fencing Club M1 epee team with highest average indicator across all fencers as the team finished third in the BUCS Southern Premiership and achieved a third successive Varsity win.

Rob says: "Joining the UCAPP programme this year has had a huge positive impact on my all-round performance as an athlete.

"In particular, having a proper strength and conditioning programme tailored to my specific body type and physical needs has both elevated my athleticism and performance and helped me remain injury-free this season."



Future goals and targets:

- Reach the top 10 in the British senior rankings
- Medal at the British Senior National Championships
- Achieve selection to represent GB at Senior Internationals



UCAPP has helped me add strength and conditioning into my training.

Joe Massingham made it a hat-trick of Varsity Athletics Match wins in 2023.

The Pembroke College student was victorious on the track in the 5,000m, and it made it a third win in a row in the competition.

He was also the fastest current Oxbridge student on the track this year – with a time of 14min 30sec – having also finished 10th in the 5,000m at the BUCS Championships.

Joe says: “UCAPP has helped me add strength and conditioning into my training which has greatly improved my strength and hopefully will improve my robustness to injury in the future. We have a great athletics group which has helped me progress.

“I was also fortunate to have access to lactate threshold testing, which has been very useful in determining training zones and building fitness for next year. This year I have had a couple of injuries that have hampered my progress, but access to the gym and James greatly reduced the impact on my overall fitness, and whilst the cross-country season was a write off I was able to run well at Varsity and BUCS 5,000m in the summer as a result.”

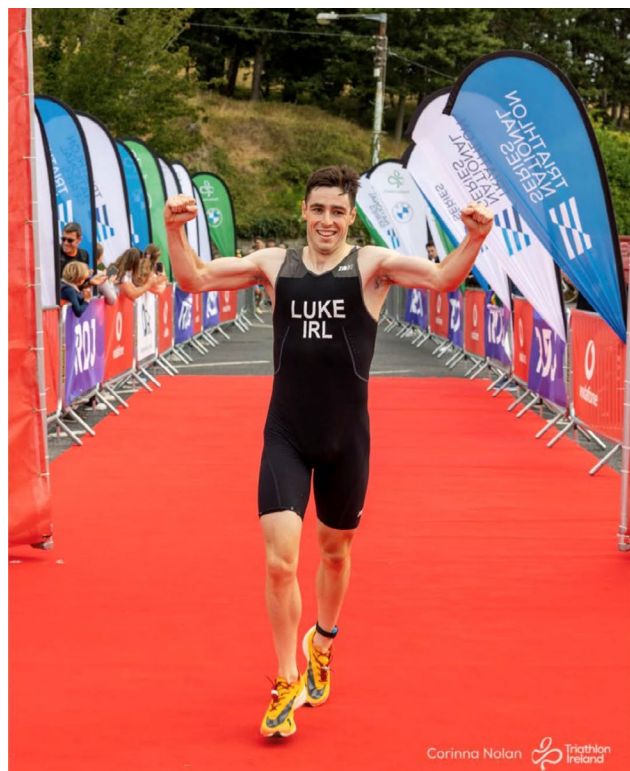


Joe Massingham

College	Pembroke
Entry year	2017
Course	PhD in Engineering
Sport	Athletics/Cross Country

Future goals and targets:

- Remain injury free next year!
- Varsity Cross Country top 3
- Top 15 BUCS Cross Country
- Retain Varsity 5,000m
- BUCS 5,000m top 5
- Sub-14min 5sec 5,000m



Luke McCarron

College	Jesus
Entry year	2017
Course	Medicine
Sport	Triathlon



UCAPP has helped me develop so much as an athlete.

Europe beckoned for Luke McCarron this past academic year.

The Jesus College student earned selection for Ireland to race at the European Games in Krakow, earning a spot inside the top 50 in the elite men's race.

There were other notable achievements for Luke, who finished 16th at the World University Championships in Germany, second at the Irish Elite National Championships and seventh in the Asian Triathlon Cup.

"UCAPP has helped me develop so much as an athlete," he says.

"I have become much more robust as an athlete and much more professional in my preparation for races because of UCAPP."



Future goals and targets:

- Top 150 in triathlon world rankings
- Selection for 2026 Commonwealth Games
- Win a triathlon Continental Cup medal



Peter Molloy

College	Trinity
Entry year	2020
Course	Russian and French
Sport	Orienteering



I have still benefited greatly from the continued support from UCAPP.

International representation and personal bests were the theme of Peter Molloy's season.

A year studying overseas as part of the Russian and French course did not deter the Trinity College student's orienteering progress.

At the Junior World Orienteering Championships, Peter was 17th in the long course discipline, and produced the fastest first leg as the team finished 10th overall in the relay.

Peter was selected to represent GB as a first-year senior in the World Cup Orienteering, and was 22nd in the sprint discipline. During the year, he also ran personal bests of 1hr 6min 38sec in the half marathon and 30min 56sec in the 10k.

Peter says: "Despite being on a year abroad for the 2022-2023 academic year, I have still benefited greatly from the continued support from UCAPP and this has allowed me to perform to the best of my ability in a variety of orienteering and running races in Europe and Asia."

Future goals and targets:

- Selection for the World Orienteering Championships 2024 in Edinburgh
- Selection for the European Orienteering Championships 2023 and a top-30 finish at this race.

"Regular contact and advice with my coach has helped me shape a strength and conditioning programme which caters to my specific needs as an athlete, or rather which caters to the varying and often unpredictable shortages of gym equipment I encountered in Georgia and Kyrgyzstan!"



Raghul Parthipan

College	Selwyn
Entry year	2015
Course	PhD in ML for Climate Modelling
Sport	Powerlifting

“

The UCAPP programme has been extremely helpful throughout my powerlifting.

Raghul Parthipan had records on the agenda during the past academic year.

The powerlifter beat the East Midlands squat record in the 74kg class, with a lift of 245kg. He also claimed the deadlift record with 262.5kg and the overall total of 645kg, although these were subsequently broken by clubmate Brandon Teh.

Raghul was fifth in the 74kg weight class in the senior category at the English Championships in Manchester and was the best overall lifter at the Varsity competition in Oxford.

Raghul says: “The UCAPP programme has been extremely helpful throughout my powerlifting. During the COVID period particularly, the support the team gave on maintaining fitness given the circumstances was very useful.

“I’ve engaged with all the services. Sports psychology was not something I would have tried prior to UCAPP, but it has been a very useful addition to my tool kit. I am grateful to the UCAPP support!”

Future goals and targets:

- Technical – rework my bench-press technique in order to move more weight and also reduce associated minor injuries.
- Off-season – increase muscle mass and train at 77kg, before cutting to 74kg closer to competition.
- Competition – 650+kg total in my next competition in 2024.



UCAPP has really helped me have the confidence I needed to continue to strive in both sport and my academics.

Jade Popoola has earned national recognition in the past academic year.

The Emmanuel College student has been selected into the England Future Roses squad and has signed with Loughborough Lightning in their 12 ahead of the 2024 Netball Super League (NSL) season.

Jade says: “UCAAP has been so helpful in providing me with the facilities I need, for example access to the gym and S&C but also especially advice on how to balance being a student athlete at Cambridge.

Future goals and targets:

- Selection to the World Youth Cup in 2025
- Selection for the Under-21 Netball European Championships in October
- Gaining some more international experience

Jade Popoola

College	Emmanuel
Entry year	2022
Course	Human, Social and Political Sciences
Sport	Netball

“The programme has really helped me have the confidence I needed to continue to strive in both sport and my academics. They have been a really amazing point of contact in my first year of Cambridge.”



Picture credit:
Ed Hall Photography

Reese Marley Robinson

College	Jesus
Entry year	2022
Course	Human, Social and Political Sciences
Sport	Athletics – triple jump

“

UCAPP has allowed me access to world class gym facilities; physio and coaching that has been so paramount to my success this season.

Reese Marley Robinson capped an academic year to remember with a first national call-up.

The Jesus College student won a bronze medal at the BUCS outdoor championships in the triple jump, and was also victorious in the Achilles Tour at Harvard University with a personal best leap of 12.47m.

There was a double Varsity win, indoors and outdoors, which allowed Reese to maintain the Cambridge Blue standard. And she earned a first senior vest for Wales, competing at the Loughborough Internation.

“At the minute, I am injured with three stress fractures on my spine, so my goals and targets for the upcoming season are related to my recovery. I hope to be back jumping by June next year,” says Reese.

“UCAPP has allowed me access to world class gym facilities; physio and coaching that has been so

Future goals and targets:

- 2026 Commonwealth Games
- 2028 Los Angeles Olympics

paramount to my success this season. I’ve also received great advice and support with regards to my back from Tristan Coles, Josh Gooden and the psychologist who works with UCAPP. Can’t thank the programme enough and hope to be supported in the same way next year!”



Anna Saunter

College	Murray Edwards
Entry year	2019
Course	MPhil in Critical Approaches to Children’s Literature
Sport	Lacrosse

“
UCAPP has undoubtably been the most important influence on my Cambridge sporting career.

Anna Saunter has had a year of mixed fortunes.

The lacrosse player was called up on multiple occasions by England, but ankle injuries have hampered her progress. Anna was a member of the senior England Lacrosse squad for the 2022-23 season, and competed for them at the World Lacrosse Super Sixes event in Canada in October 2022.

She was also selected for the England A team at the Home Internationals in Nottingham, and the senior team for a tour to Portugal, but ankle injuries meant that she was unable to play.

However, Anna was first draft pick for Team Rise in The Fly superteams sixes tournament – lacrosse’s answer to cricket’s The Hundred. She also coached and played for the Cambridge Blues team in their 12-11 Varsity win over Oxford.

Anna says: “UCAPP has undoubtably been the most important influence on my Cambridge sporting career. The one-to-one coached S&C sessions have enabled me to progress my physical capabilities to match those required in senior international lacrosse.”



Future goals and targets:

- To be selected for the England Team for the Senior European Championships in July 2024
- To be selected for the GB Sixes training squad for 2023-24
- To be selected for the England Team at the Senior World Cup in July 2026



Nancy Scott

College	Newnham
Entry year	2017
Course	Medicine
Sport	Cross country running

“ UCAPP has given me the tools to set a S&C training plan post university to improve strength and reduce the risk of injury.

Podium places were the flavour of Nancy Scott’s academic year.

The Newnham College student was crowned the Surrey Cross Country County Champion and was second overall in the UK Cross Challenge Series.

Nancy was third in the Varsity Cross Country, and took the same spot in the Varsity track and field 5,000m. She also took a significant chunk off her 5k personal best, from 16min 40sec to 16.20, and lowered her 10k mark to 34.09.

Nancy says: “I have gained a much better understanding of S&C. I appreciated the opportunity to practice exercises with weights and to receive advice from the team whilst away on regional placements.

“It has given me the tools to set a S&C training plan post university to improve strength and reduce the risk of injury.”



Future goals and targets:

- Compete in national-level cross country races 2023/24



Louise Shanahan

College	Trinity
Entry year	2019
Course	PhD in Physics
Sport	Athletics

“

Competing on the world stage without sacrificing my studies would not be possible without the support I have received from UCAPP.

Louise Shanahan has cemented her position among the world’s elite athletes.

The Trinity College student has continued to build on appearing at the Tokyo Olympics in 2021 during the past academic year.

Louise qualified to race in the 800m for Ireland at the 2023 World Athletics Championships in Budapest, and was victorious at the European Athletics Team Championships to help Ireland win the Division Three title.

She was also crowned the Irish national 800m champion for a third year in a row.

Louise says: “The support I have received from UCAPP, in particular through strength and conditioning, has helped me to become a robust student athlete capable of combining high training volumes with my PhD.

“Competing on the world stage without sacrificing my studies would not be possible without the support I have received from UCAPP.”



Future goals and targets:

- Paris 2024 Olympics



Brandon Teh

College	Magdalene
Entry year	2021
Course	Mathematics
Sport	Powerlifting

“ UCAPP has benefitted me tremendously in terms of overall support in being an athlete.

International selection was among the highlights for Brandon Teh during the 2022/23 academic year.

The Magdalene College student was selected to represent Great Britain at the Junior World Powerlifting Championships 2023, and the European Junior Powerlifting Championships 2023.

There were also notable achievements in this country during the academic year, including being crowned British National Junior Champion in the under-74kg category, a silver medal at the British University Championships and representing Cambridge in the Varsity team and earning a full Blue.

Brandon said: “UCAPP has benefitted me tremendously in terms of overall support in being an athlete.

“Tristan and the team have been nothing but supportive in all my endeavors and the UCAPP programme has facilitated an optimal training environment that has allowed me to focus on executing and excelling.”



Future goals and targets:

- Secure the 11th consecutive Varsity win
- Achieve a 660kg total at junior worlds and a 700kg total by May 2024
- Win British University Championships 2024
- Get the highest goodlift points achieved in CUPLC history



Dan Twine

College	St Catharine's
Entry year	2019
Course	Natural Sciences
Sport	Fencing

“

UCAPP has helped me primarily with S&C advice and access to high-quality S&C facilities.

International call-ups and breaking into the top three in the country has capped off a successful year for Dan Twine.

The fencer, whose discipline is the sabre, was second in the 2022 Hamlet Open in Stratford-upon-Avon and was third at the 2023 Birmingham International Fencing Tournament - which are the two biggest domestic UK sabre competitions in the calendar.

The points earned at the two events, as well as others, helped Dan rise to third in the Senior British Sabre rankings. He has also represented Great Britain in Senior World Cups in France, Hungary and Spain.

The St Catharine's College student also scored the winning hit for Cambridge in the Varsity match.

“UCAPP has helped me primarily with S&C advice and access to high-quality S&C facilities,” says Dan.

“These have helped me to raise my physical game to gain an edge over some more experienced fencers by using speed and athleticism.”



Future goals and targets:

- Rank 2 in British Senior Sabre by August 2024
- World and European Senior Championship selection in 2024
- Gold at the British Open Championships 2024
- Winner of men's sabre at BUCS Individual Championships in 2025.



Bea Wood

College	Lucy Cavendish
Entry year	2022
Course	English Literature
Sport	Cross country and middle distance running

“

I’m immensely grateful to the wonderful UCAAP team.

Bea Wood achieved national success during the past season.

The Lucy Cavendish College student won the ECCA Saucony English National Cross Country Championships at Bolesworth Castle.

Nancy earned Great Britain qualification for the European Championships following a third-place finish at the British Cross Challenge in Liverpool. She also earned a second-place spot at the 2022 British Cross Challenge.

There were personal bests on the track, in the 1,500m (4min 23sec) and in the 3,000m (9.30, achieved in a win at the National Athletics League Premier Division Fixture A.

Nancy says: “I’m immensely grateful to the wonderful UCAAP team, without whom my path back from a winter injury this year would have been far more stressful and less successful; the physio, psychology and S&C provision has enabled me to isolate my weaknesses, hone in on technique and specific form and strength areas for improvement, and cross-train to my heart’s content! I’m really excited to see where the coming months can take me with such a helpful and reassuring team’s support.”



Future goals and targets:

- Keep lowering my track PBs
- Win national age group titles
- Earn more GB and England vests
- Begin to make the transition from a junior to a senior competitor
- Run a sub-16min 5,000m



“

The programme has helped me achieve consistency in my results at national level.

Sannah Zaman has been able to use the help of UCAPP to push into the top bracket of road cyclists in the country.

The Homerton College student has been making an impression on the National Road Series, with a 13th-place finish at the Rydedale Grand Prix and 18th at the Lancaster Grand Prix, as well as 16th in the Sheffield and Ilkley Grand Prix on the National Circuit Series.

Sannah earned an individual bronze medal and team gold at the BUCS Hill Climb Championships, and was sixth in the RCR Fatcreations Road Race and seventh in the Bath Road Race.

Sannah says: “The support from UCAPP has boosted my performance as an athlete through the S&C sessions and working with the nutritionist.

“I’ve noticed significant improvements in my power on the bike from the strength built in the gym, and consulting with the nutritionist has made sure I’m properly fueled for competitions. The programme has helped me achieve consistency in my results at national level and pushed me up to the top end of racing in the UK.”



Sannah Zaman

College	Homerton
Entry year	2022
Course	Chemical Engineering via Natural Sciences
Sport	Road Cycling

Future goals and targets:

- Gaining experience racing nationals in Europe
- A stage race in Ireland (Ras naMban) in September – a big goal would be to get in the top 10 in the overall and have a shot at getting the under-23 leaders jersey





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