

# The University of Cambridge Athlete Performance Programme 2019–20



UNIVERSITY OF  
CAMBRIDGE

A report prepared for Mark Hanson

APRIL 2020



**The University of Cambridge extends its gratitude to Mark Hanson for his generous donation of £100,000 to support the University of Cambridge Athlete Performance Programme (UCAPP).**

This report contains updates from the 2018–19 and 2019–20 cohorts of UCAPP students, presenting their achievements and goals for the future. In addition, feedback on the Programme is provided by some of the 2018–19 cohort.

This report showcases the highly competitive prowess of Cambridge students in a range of sports, including fencing, powerlifting, lacrosse, track, rowing, orienteering, tennis and triathlon. It also demonstrates how vital UCAPP has been, and continues to be, in supporting their talent.

<b>Athlete Cohort</b>	
<b>2018/19</b>	<b>2019/20</b>
Henry Choong	Anna Chesca
Oliver Fox	Jeremy Dempsey
Katie Lehovsky	Lucy Hart
Juliette Wise	Luke McCarron
Fiona Bunn	Raghul Parthipan
Jan Erkki Helmich	Remi Rufus-Toye
Maddy Lee	Anna Saunter
	Louise Shanahan
	Erica Wallace
	Fiona Bunn
	Jan Erkki Helmich
	Maddy Lee

*This report is confidential and only for the information of the intended recipient*



# 2019–20 Athletes





# Anna Chesca

Murray Edwards College (2019)

Tennis; Natural Sciences



## Achievements

- ITF Justine Henin Junior Cup Doubles Quarter-Finalist (July 2019)
- USN Bolton U18 Winter National Tour – Singles Winner (October 2018)
- LTA British Tour Loughborough – Semi-Finalist (September 2018)
- ITF Junior International Edinburgh – Singles Quarter-Finalist (July 2018)

## Goals/targets

- Play the main draw in British Tours and Women's ITF events



# Jeremy Dempsey

Girton College (2019)

Athletics/Cross country; Medicine



## Achievements

- English National XC U20 4th (February 2020)
- English National XC U20 Bronze (February 2019)
- Blues match 1500 m Champion (May 2019)
- Tonbridge 4:00 mile (August 2019)
- 2018 English Schools 1500 m Bronze, UK No. 2 U20 1500 m rankings
- GB Juniors vest, 1500 m (May 2018)
- England cross country representation – Roteselaar, Belgium (February 2018)

## Goals/targets

- 2022 Commonwealth Games
- 2021 European U23 Athletics Championships
- 2021 European U23 Cross Country championships
- 2020 BUCS track medal
- 2020 European U23 Cross country championships



# Lucy Hart

Clare College (2013)

Powerlifting; Veterinary Medicine



## Achievements

- 4th Place Western European Championship in Milan September 2019
- English Champion May 2019
- 3rd at the British Championships January 2019

## Goals/targets

- Remain on the British Open Team while completing my veterinary degree and beyond
- Podium at the British Equipped in January 2020





# Luke McCarron

Jesus College (2017)

Triathlon; Medicine



## Achievements

- 2019: Varsity triathlon champion
- 2019: 8 domestic race wins out of 10 race starts
- 2018: 3rd in national sprint triathlon championships
- 2017–18: Awarded first Blue
- 2017: Irish Schools' Champion
- PB of 14:58 for 5000 m

## Goals/targets

- Top 10 at BUCS duathlon and triathlon championships
- Being selected for the 2022 Commonwealth Games
- Race in the U23 world and/or European aquathlon and duathlon championships
- Be selected to represent Ireland at several ETU European cups (as a senior)
- Run 14:35 for 5000 m



# Raghul Parthipan

Selwyn College (2015)

Powerlifting; AI for Environmental Risks (MRes & PhD)



## Achievements

- British Junior Championships, October 2019, Ashington, 74 kg weight class – 6th place
- European Bench Press Championships, August 2019, Luxembourg, 74 kg weight class (Junior) – 6th place
- University World Cup, July 2019, Tartu, Estonia, 74 kg weight class – 6th place
- British University Championships, March 2019, Northampton, 74 kg weight class – 1st place
- British National Bench Press Championships, February 2019, Milton Keynes, 74 kg weight class (Junior) – 1st place
- University World Cup, July 2018, Pilsen, Czech Republic, 66 kg weight class – 5th place
- British University Championships, March 2018, Northampton, 66 kg weight class – 1st place, British University Bench Press, Squat and Total Records

## Goals/targets

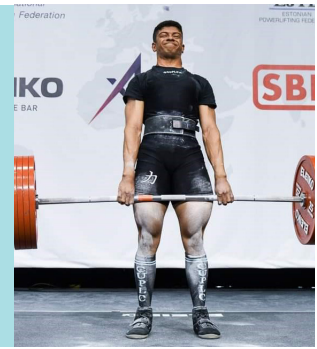
- 610 kg total by British Universities 2020
- 10–25 kg total increase between British Universities 2020 and British Juniors 2020



# Remi Rufus-Toye

Jesus College (2017)

Powerlifting; Medicine



## Achievements

- U66 kg Junior National Champion 2019 (Ashington)
- Bronze total, gold deadlift and bronze bench press at the University Powerlifting World Cup 2019 in Estonia in the U66 kg category
- Gold Medal at British Uni Champs 2019 in Milton Keynes in the U66 kg category
- Bronze medal at British Uni Champs 2018 in the U59 kg category

## Goals/targets

- Represent Team GB at the 2020 World Championships



# Anna Saunter

Murray Edwards College (2019)

Lacrosse; English



## Achievements

- Cambridge Blue 2019/20
- 4th Place at U19 World Championship in Canada, August 2019
- Gold medal at U20 European Championship in Poland, August 2018

## Goals/targets

- Selection for England Senior Team at Home Internationals, April 2020

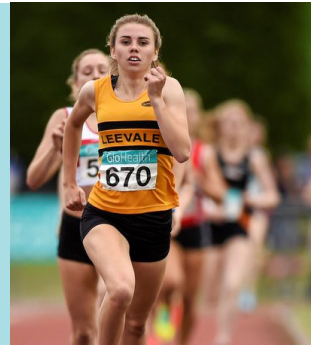




# Louise Shanahan

Trinity College (2019)

Athletics (800/1,500 m); Physics (PhD)



## Achievements

- BUCS Indoor 800 m Champion 2020
- Irish Indoor 1500 m Champion 2020
- Represented Ireland at the European U23 Championships in Sweden, July 2019
- Irish University 800 m Champion, April 2019
- World Junior Semi-Finalist, Poland, July 2016
- World Youth Olympic Finalist, China, August 2014
- European Youth Olympic Champion, The Netherlands, July 2013

## Goals/targets

- Represent Cambridge at both Blues Cross Country and Track and Field
- Medal at BUCs indoor and outdoor championships
- Qualify for the 2021 World University Championships in China
- Qualify for the 2024 Olympics in Paris



# Erica Wallace

Jesus College (2017)

Lacrosse; Natural Sciences



## Achievements

- U23 England Lacrosse Squad 2019–present
- Senior England Lacrosse Squad 2017–19
- Senior England B Team Home Internationals 2018
- Senior England Tour team to Israel 2018
- U19A England Lacrosse team in world cup festival 2017

## Goals/targets

- Go on tour with U23 England this summer
- Return to senior squad after graduating
- Get a cap within the next few years





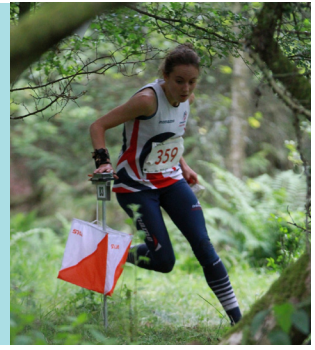
2018–19 and  
2019–20  
Athletes



# Fiona Bunn

Queens' College (2017)

Orienteering; Biochemistry



*“UCAPP has helped me a great deal to access services which are super useful but that I wouldn’t be able to pay for myself, or I would have needed to opt for a cheaper service that wouldn’t have been as effective. In particular, one-on-one Strength & Conditioning has allowed me to make good performance gains, and having Tristan as a personal point of contact about all things training related (very good at replying and going above and beyond) and physio access has been great.”*

## Achievements

- July 2019 Junior World Orienteering Championships (Denmark) W20 Silver Middle distance, Gold relay
- March 2019 Varsity Orienteering Champion
- March 2019 BUCS Orienteering champion
- GB senior squad selection
- Steeplechase Blue 2019
- December 2018 XC Blue

## Goals/targets

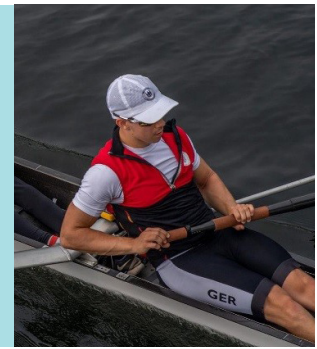
- Senior World championships selection for GB (and eventually a podium position!)
- GB XC/Mountain running selection



# Jan Erkki Helmich

Trinity Hall (2016)

Para-rowing; Industrial Systems, Manufacture & Management (MPhil)



*“The support offered me extremely valuable insights into various sections of High Performance training and how to effectively combine that with a normal working life. I would in particular like to mention that the services compare very well with the standard Olympic-level support found in Germany!”*

## Achievements

- 10th, World Rowing Championships – Linz, Austria, September 2019, PR3 Mix4+
- Gold Medal, World Rowing Cup III – Rotterdam, July 2019, PR3 M2–
- 4th, World Rowing Cup II – Poznań, June 2019, PR3 Mix4+
- Bronze Medal, International Para Rowing Regatta – Gavirate, May 2019, PR3 M2–

## Goals/targets

- In case of non-qualification, participation at the World Rowing Championships in Bled, Slovenia (August 2020)
- Participation in the European Rowing Championships in Poznań (June 2020) and potentially a World Cup in preparation for the Paralympics
- Post qualifying for the Paralympic Games Tokyo (August 2020) at the Para Rowing Regatta in Gavirate (May 2020)



# Maddy Lee

Jesus College (2017)

Fencing (épée); Veterinary Medicine



*“The strength & conditioning and sports psychology sessions were extremely useful and have made a noticeable difference to my training and competition performance.”*

## Achievements

- Team gold at Senior 5 nations November 2019
- 2nd Birmingham International Open April 2019
- 3rd BUCS individuals February 2019
- Represented GB at U20 world cups in the 2018/19 season
- 3rd Senior British Championships April 2018

## Goals/targets

- Represent England at the 2022 Commonwealths
- GBR world cup team selection in the 2020/21 season
- Medal at the U23 nationals in February
- Medal at the GB senior ranking competitions this year (nationals, Birmingham open, London open)



# 2018–19 Athletes





# Henry Choong

St John's College (2015)

Modern Pentathlon; Mathematics



*"The combination of services made me feel more confident with things like nutrition, so that I now train more like a professional athlete. My performances have improved for sure, to the point where I can compete with the Bath guys at the national training centre, and UCAPP has hopefully smoothed my transition there next year."*

## Achievements

- 1st BUCS 2019 Modern Pentathlon
- Now a full-time athlete training in Bath with GB MP Team



# Oliver Fox

Robinson College (2015)

Cross Country/Athletics, Natural Sciences



*"In my brief time on the programme, I've had the opportunity to use Physios, discuss nutrition and also work out a long-term plan with Tristan. I often compete against professional full-time athletes. From my perspective, a support network is therefore critical. Everyone I've been involved with has been phenomenally helpful and supportive. I believe that this will be critical in providing a springboard for future success."*

*"UCAPP was really helpful for my period on the programme. It's great that the people involved are so attentive and enthusiastic about making sure the environment is optimised for performance. It makes a big difference to feel like the University is supporting elite sport rather than feeling alone."*

## Achievements

- Bronze Medal British Cross Country Championship 2019
- 58th in IAAF World Cross Country Championship 2019 (4th in British team out of 6. Top 4 in each team to score and beat numerous well-known athletes including USA T&F Olympians)
- British Team finished 9th overall, ahead of America who were 11th
- BUCS Bronze Medallist, February 2019

# Katie Lehovsky

Robinson College (2013)

Lacrosse; Natural Sciences



*"I have found UCAPP enormously helpful and rewarding. I found the strength and conditioning services very beneficial, and feel that the training I received helped to improve my performance in lacrosse. It was also enjoyable undertaking the training."*

## Achievements

- Maintained position in England Senior Squad
- BUCS Finalist





# Juliette Wise

Homerton College (2015)

Lacrosse, Education (with Classics)



*"I have gained so much for being part of UCAPP and am hugely grateful for the support I received, in helping me get to the next level of lacrosse. To improve from an average second team player to be the reserve for the senior first team at Europeans is never something I thought I was capable of in such a short amount of time. The improvement trajectory of the last few months has been especially valuable in helping me transition from University to the real world, as I now have the tools I need to train following graduation."*

## Achievements

- Maintained position in England Senior Squad
- BUCS Finalist

# Appendix: From the End of Year UCAPP Survey 2018–19

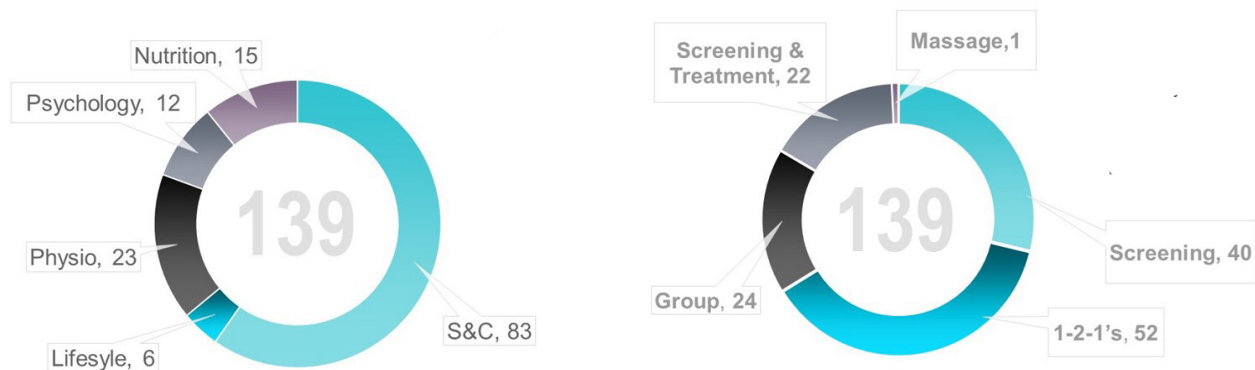
In the End of Year UCAPP Survey for 2018–19, students were asked how they would rate their experience of being a UCAPP athlete, according to the following rating system:

1 = very poor, 2 = poor, 3 = satisfactory, 4 = good, 5 = excellent.

Encouragingly, all athletes gave the programme 5.

## UCAPP Sessions

The two pie charts below show a breakdown of all the sessions completed by all the athletes for 2018/19.







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Dear World...

Yours, Cambridge