



# High-performance athletes at Cambridge



UNIVERSITY OF  
CAMBRIDGE

SUMMER 2022



**The University of Cambridge extends its gratitude to supporters of the University of Cambridge Athlete Performance Programme (UCAPP).**

This report contains updates from the 2020–21 and 2021–22 cohorts of UCAPP students, presenting their achievements to date, future goals and feedback on the programme.

UCAPP has been especially vital during the pandemic when many facilities and training venues were forced to close. However, the University Sports Service was given permission to work with those athletes designated as “elite” by their sport governing body and thus could help these exceptional student athletes to continue training and prepare to give their best performances where competition was allowed.

In 2020, **Louise Shanahan** achieved her dream of becoming an Olympian three years ahead of schedule, and very recently broke the Irish 800m record (1:59:42). In addition, **Jan Helmich** recently set a new German record with his PR3 Mix4+ crew, at the 16th International Para Rowing Regatta (07:22.45). These incredible achievements highlight just how important this Programme is in helping record-breaking athletes to continue their sporting development whilst they are also studying hard to achieve their academic potential.

Athlete Cohort			
2018/19	2019/20	2020/21	2021/22
Fiona Bunn	Fiona Bunn	Lauren Brigden	Niamh Bridson Hubbard
Henry Choong	Anna Chesca	Jeremy Dempsey	Lauren Brigden
Oliver Fox	Jeremy Dempsey	Matthew Fall	Emily Brown
Jan Erkki Helmich	Lucy Hart	Lucy Hart	Rudi Bruijin-Yard
Maddy Lee	Jan Erkki Helmich	Jan Erkki Helmich	Samuel Clarke
Katie Lehovsky	Luke McCarron	Showgo Kimura	Harry Cox
Juliette Wise	Maddy Lee	Maddy Lee	Jeremy Dempsey
	Raghul Parthipan	Luke McCarron	Matthew Fall
	Remi Rufus-Toye	Victoria Molloy	Angus Harrington
	Anna Saunter	Raghul Parthipan	Jan Helmich
	Louise Shanahan	Remi Rufus-Toye	Emma Jones
	Erica Wallace	Louise Shanahan	Henri Kopra
		Charlie Watson	Luke McCarron
		Ellie White	Peter Molloy
			Raghul Parthipan
			Jocelyn Robinson
			Remi Rufus-Toye
			Louise Shanahan



# 2021–22 cohort



Image: Rudi Bruijn-Yard (left)

# Matthew Fall

## Selwyn College 2020

### *Natural Sciences*

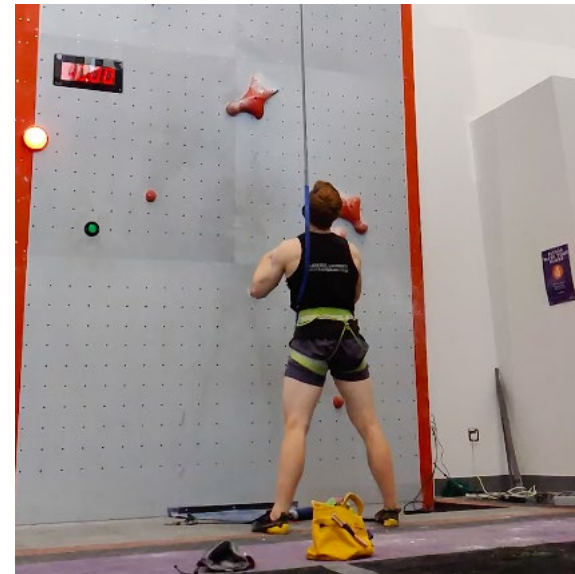
Being part of UCAPP has helped me transition from just a “climber” to an athlete. Working with such a talented team of coaches has allowed us to work out how best to train the specific explosive power needed for speed climbing, something for which there is very little data. I am honoured to be a part of this programme, and would certainly not be hitting my current times were it not for UCAPP.

#### **Achievements**

- September 2019: Junior British Speed Climbing Champion
- July 2021: (Unofficial) British Speed Climbing Record - held to date
- March 2022: London Universities Bouldering - 1st
- April 2022: First Brit under 6.5s
- May 2022: Met GB qualification time (6.205s)

#### **Goals**

- Become first Brit under 6.0s
- Make finals in international competition
- Olympic qualification



# Louise Shanahan

## Trinity College 2018

### *PhD Physics*

UCAPP has given me the structure and support to train like an elite athlete while obtaining a PhD from Cambridge.

#### **Achievements**

- Tokyo 2020 Olympian
- Irish National Indoor and Outdoor Champion
- BUCS Indoor 800m Champion
- Varsity 400m and 800m Record Holder

#### **Goals**

- Paris 2024 Olympics
- 2022 European Championships, Munich





# Jocelyn Robinson

## Homerton College 2021

### *Secondary History PGCE*

UCAPP has supported me throughout a challenging year attempting to balance PGCE and train for World Championships in June 2022. I have found the S&C weekly session extremely useful and made noticeable improvements in my overall strength and fitness. The physio sessions have been fantastic and ensured I was fit to play in the Home Internationals 2022.

#### **Achievements**

- Selected to represent Wales Women's Lacrosse in the 2022 World Championships in June, Towson, MD, USA
- Cambridge Blue 2021–22
- Selected to represent Wales in the Home Internationals Apr 2022

#### **Goals**

- To compete in World Championships and place top 5



# Peter Molloy

## Trinity College 2020

### *Modern and Medieval Languages (French and Russian)*

Being on UCAPP has been a real game-changer for my 2021–22 orienteering and cross-country season. Tristan Coles has helped me devise and carry out an excellent programme of strength and conditioning, as well as providing other invaluable advice and support, which has undoubtedly improved my running strength, durability and mental toughness (although that may have just been the Bulgarian split squats!).

#### **Achievements**

- Current British Orienteering Champion in Long, Middle and Sprint discipline for M20
- British Orienteering Relay Champion for Open Men
- Represented Team GB three times at junior level and once at senior level

#### **Goals**

- Top 10 individual placing at Junior World Orienteering Championships 2022 with Top 6 placing in relay
- Make progression into senior classes from junior racing





# Rudi Bruijn-Yard

## Downing College 2021

### *Veterinary Medicine*

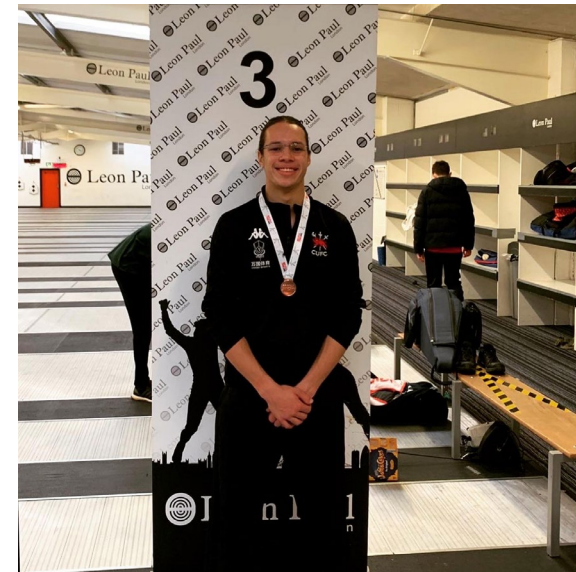
UCAPP has provided me with significant S&C support as well as physiotherapy which I benefited from during a period of hip injury.

#### **Achievements**

- Selection for 2020 Epee Cadet world championships
- 14th/355 at Bratislava Epee EFC Cadet World Cup 2020
- 3rd U23 Epee British championships 2021
- Selection for the 2022 Belgrade and Udine Junior Epee world cups
- Mens individual Varsity Modern Pentathlon champion 2022

#### **Goals**

- Top 5 nationally ranked Junior Epee for the coming season
- Selection for Junior European and World championships



# Emily Brown

## Lucy Cavendish College 2021

### *Biological Natural Sciences*

Being a part of the UCAPP scheme has made an undeniable impact on my athletic progress and success throughout my time studying at Cambridge so far. The first-class training facilities on offer have enabled me to sustain the high volume of sport-specific practice necessary to excel in my discipline, along with the tailored strength and conditioning sessions which continue to push the athletic capabilities of my body. At competitions I feel stronger than ever and I believe that the training offered as part of the scheme has been paramount in giving me the edge over my competitors.

#### **Achievements**

- European Under 21 Vice Champion (April 2022)
- British Open Under 21 finalist (August 2021)
- British National Under 21 Vice Champion (November 2021)
- European Amateur 10th place (April 2022)

#### **Goals**

- British Open Under 21 Champion (May 2022)
- UK Closed Under 21 Champion (July 2022)
- UK Closed Amateur finalist (July 2022)



# Niamh Bridson Hubbard

## Magdalene College 2016

### *Sociology PhD*

UCAPP has been incredibly helpful over the last six months in allowing me to step up my performance. The S&C programmes as well as rapid access to regular physio have enabled me to become more consistent in my training and put good results together back-to-back. After a successful winter on the cross, I'm excited to see where the support from UCAPP can take me this summer.

#### **Achievements**

- English schools 3,000m champion
- Olympic Trials 1,500m finalist
- 3rd place finish at Loughborough international
- Multiple selections for England cross-country teams
- BUCS cross-country team medallist 2020

#### **Goals**

- Senior international selection over 1,500m
- Medal in BUCS 1,500m
- Further senior international cross-country selection





# Luke McCarron

## Jesus College 2017

### *Medicine*

UCAPP has provided support to allow me to continue my sport during my time at university. I have benefited greatly from the tailored strength and conditioning programmes and I think my last season was so successful due to the work that the UCAPP team do for me.

#### **Achievements**

- 2nd at BUCS Triathlon Championship 2021 and 2nd team
- Varsity Champion 2019 & 2021
- Irish National Aquathlon Champion 2021
- English National Triathlon Champion 2021

#### **Goals**

- Compete in European and World Cups
- Retain varsity title
- Gain a world ranking



# Lauren Brigden

## King's College 2019

### *Linguistics*

UCAPP has helped me immeasurably, particularly through S&C and physio support this year. Despite an individual season plagued with injury, I was able to achieve a positive indicator in 14/15 of my team matches, with a personal highlight being a record +19 indicator against UCL. With UCAPP's support, I was also able to lead my team to a 3rd-place finish in the premier league, the highest in the last five years, and was the only athlete to fence all three weapons throughout the season. I look forward to seeing where I can take my sport next after graduation!

#### **Achievements**

- 2020–22 CUFC W1 Captain
- Women's foil team varsity 2021 champion
- Cambridge Senior Open medallist
- 2018–19 England youth squad member
- Part of the CUFC W1 team that made it to the BUCS Midlands 1A cup final and won the league undefeated.
- 2018 top 15 national ranking
- Two-time British schools medallist



# Raghul Parthipan

## Selwyn College 2015

*Machine Learning for Climate Models (PhD)*

The UCAPP programme has been a great help to me over the past few years. I've made full use of the services provided. The sports psychology has been very useful and is not something I would have tried if not for UCAPP. The staff are fantastic and were very supportive in suggesting how to adapt training over the pandemic.

### Achievements

- East Midlands Squat and Total Senior record holder
- Varsity 2022 'best lifter' (highest GL score across both teams, men and women).
- European Bench Press Championships, 2019, Luxembourg, 74kg weight class (Junior) – 6th place
- British University Championships, 2019, 74kg weight class – 1st place
- British National Bench Press Championships, 2019, 74kg weight class (Junior) – 1st place
- University World Cup, 2019, Estonia, 74kg weight class – 6th place
- University World Cup, July 2018, Czech Republic, 66kg weight class – 5th place
- British University Championships, 2018, 66kg weight class – 1st place, British University Bench Press, Squat and Total Records

### Goals

- Use my off-season to work on correcting some long-term asymmetries as this will help with some existing issues holding me back in the bench and squat.
- Achieve a 630kg total in my next competition (Oct/Nov this year).
- Achieve a podium position in All England's 2023 (May). This would require a 650kg total or so.





# Harry Cox

## St Catharine's College 2018

### *Manufacturing Engineering*

Prior to UCAPP I followed a simple training routine based around steady running and interval sessions. UCAPP has allowed me to improve my training regime, providing me with a strength and conditioning programme and access to physiotherapy and nutritional advice. This has already brought improvements to my performance in the mile and, as the season progresses, should allow me to improve my personal best in the 800m (my preferred event).

#### **Achievements**

- 9th BUCS 800m
- 6th England U23
- Varsity Mile and 800m champion

#### **Goals**

- Two-second improvement to my personal bests
- England selection for home nations internationals



# Henri Kopra

## Peterhouse 2021

### *MPhil Architecture and Urban Design*

UCAPP has provided me with an excellent group of specialists to help me continue to pursue my athletic ambitions during my studies. The enthusiastic strength and conditioning support has notably improved my performance and results.

#### **Achievements**

- 3rd at 2022 BUCS Individual Championships
- Varsity win with an individual +7 indicator
- Promotion to Southern Premiership

#### **Goals**

- Winning BUCS Individual Championships
- Estonian National Championships top 4
- I hope to spend some time in Estonia doing a few camps and competitions



# Remi Rufus-Toye

## Jesus College 2017

### *Medicine*

Despite injury, I have been very grateful for the support that I have received from UCAPP. It has helped me through the lows of the rehabilitation process, and I look forward to a time when I can share new competition experiences and stories with the team.

#### **Achievements**

- Selection to Team GB 2022 (full-power, U23 Team)
- Junior National Champion 2019
- Bronze medal total at the University World Championships 2019
- Gold medal deadlift at the University World Championships 2019
- Bronze medal bench-press at the University World Championships 2019
- BUCS gold medal (U66KG Class) 2019
- BUCS bronze medal (U59 KG class) 2018
- Three times full-blue

#### **Goals**

- Continue with the rehabilitation process in the hope that I will be fit enough to compete next season





# Samuel Clarke

## Pembroke College 2018

### *Engineering*

Working with Josh to create a personalised S&C programme targeted towards my events has helped me to get stronger in the gym this year, and this has translated to the track, so I'm grateful to UCAPP for this opportunity. Having access to experienced physios has also helped me a lot, when I injured my knee just before the season started, Physioteq were able to help me return to running as quickly as possible, meaning I didn't miss the start of the season or too much training.

#### Achievements

- 2021 U23M England National Championships 400mH 1st place
- 2021 British Championships 6th place in 400mH
- 2022 Indoor BUCS Athletics Championships 60mH 4th place; 2022 Outdoor BUCS Athletics Championships 110mH 5th place
- 2019, 2021 and 2022 Varsity Athletics 1st place in 110mH, 200mH, 400mH, and 4x100m and 4x400m in 2022
- 2022 Cambridgeshire County Champion in 400mH with a championship record, and also 1st in 110mH
- Men's Captain of CUAC 2020–21 and President of CAUC 2021–22
- Represented Thames Valleys Harriers, competing in 400mH, 110mH and the 4x400m helping them win the inaugural National Athletics League

#### Goals

- To defend my U23M 400mH title at the England Champs in July
- To make the final again at the British Championships in June
- To compete for TVH in the NAL for the remaining three matches this summer and helping them defend the NAL title.
- To improve my 400mH PB to below 51s



# Emma Jones

## Emmanuel College 2020

### *Veterinary Medicine*

S&C support has allowed me to train hard whilst at uni as well as knowing I have access to help in other areas (physio, life management) if I need it.

#### **Achievements**

- Gaining South East Stars and Oval Invincibles contracts for 2022
- Won the Charlotte Edwards Cup with the SE Stars (2021)
- Injury replacement for the Oval Invincibles in a winning Hundred campaign (2021)

#### **Goals**

- Play in the Hundred 2022 competition
- Have a positive impact on the SE Stars and Oval Invincible campaigns



# Angus Harrington

## St John's College 2019

### *Manufacturing Engineering*

UCAPP has without a doubt made me a better athlete, allowing me to better balance my studies and training. The twice a week strength and conditioning has made the biggest difference, having previously barely lifted a weight. It has made me more robust to injuries, allowing for longer and more consistent blocks of training. It has also given me more explosiveness and a better running form. In short, I think I'm in the shape of my life and can't wait to see what this season brings...

#### **Achievements**

- 2nd in the 2022 Stanford Invitational
- 2022 Blues Athletics Varsity 400m and 800m match winner
- 2022 NAL Premiership match 1 1500m winner

#### **Goals**

- Break 1:47 for 800m
- 2022 U23 England Championships medal
- Get to the 2022 British Championships 800m final



# Jeremy Dempsey

## Girton College 2018

### *Medicine*

UCAPP has helped provide me with high level training, technical and mental support as I target national and international competition while also studying medicine. I am incredibly grateful to the team who help me perform at my best when it counts..

#### **Achievements**

- 2022: 4th BUCS Indoors 3000m, 7th BUCS outdoors 5000m
- 2021 England Senior international 1500m: 3rd Loughborough international
- 2021: Cambridge University Record for 3000m
- 2021: PBs of 3:42 for 1500m, 4:00 for the mile, 8:02 3000m and 14:18 5000m
- 2020: 4th National Cross Country Championships
- GB and England Vests over track and cross country

#### **Goals**

- Break 4 for the mile
- Run the Cambridge record for 1500m and go sub 3:40
- Earn another international vest
- Make the final at British Championships for the 1500m
- Make European Cross Country championships in December 2022





# Jan Erkki Helmich

## Trinity Hall 2016

### *Engineering (PhD)*

As in the previous years, UCAPP was a fantastic support for my progress. During such difficult times plagued by COVID-19, the support and access to equipment I received enabled me to continue training even through lockdown. Without the programme, I would not be able to perform to the best of my ability at the moment!

#### **Achievements**

- Gold Medal, World Rowing Cup III Rotterdam 2019
- 4th World Rowing Championships Plovdiv 2018
- Gold Medal, PR3 Mix4+ World Rowing Cup II Poznan 2022
- Gold, PR3 Mix2x; German small boat rowing Championships 2022
- Gold Medal, PR3 M1x International Para Rowing Regatta 2021
- 3x Gold, PR3 M1x; PR3 M2-; PR3 Mix4+, 1x Silver PR3 Mix2x German Sprint Rowing Championships, Bremen 2021

#### **Goals**

- World Rowing Championships 2022 Racice
- European Rowing Championships 2022 Munich
- Paralympic Games 2024 Paris



*Jan, pictured far left with his crew in Gavirate, Italy.*

# 2020–21 cohort



*Image: Jan Helmich and the Germany PR3*

# Showgo Kimura

## Sidney Sussex College 2019

### *Natural Sciences*

UCAPP, in particular its Strength and Conditioning sessions, has allowed me to train effectively despite what has been a challenging year. The physio access is also fantastic, and has given me peace of mind during high-intensity training, as I know I can get fixed up if ever I need it.

#### **Achievements**

- U23 England Judo Squad 2020/21
- U66kg Junior Commonwealth Championships 2019, Silver
- U66kg Senior British Judo Championships 2019, 5th
- U60kg Senior Danish Open Vejle 2018, Bronze
- U60kg Senior English Open 2018, Bronze

#### **Goals**

- Gold at BUCS
- Win Varsity
- Represent GB at several European cups
- Win a medal at the Senior British Judo Championships





# Charlie Watson

## Selwyn College 2019

### *Natural Sciences*

UCAPP has supported me massively throughout this strange year, and has not only allowed me to train while the general population couldn't train but also provided me with fantastic S&C coaching, allowing me to push and develop in the frantic Cambridge term.

#### Achievements

- England U20 debut: England vs Ireland, U20 Six Nations, 21 February 2020
- Premiership debut for Saracens: Worcester vs Saracens, 30 September 2020
- Contracted with Saracens until 2023
- Varsity winner 12 December 2019, Oxford 0 Cambridge 15

#### Goals

- More appearances for Saracens
- Win Varsity





# Maddy Lee

## Jesus College 2017

### *Veterinary Medicine*

UCAPP has been hugely supportive over the past few years, helping me develop all aspects of my fencing, from speed and power to sports psychology. In particular, the strength and conditioning support throughout the pandemic has helped me stay motivated and stick to a training plan, meaning that I am ready to return to competition as restrictions ease.

#### **Achievements**

- BUCS Individuals bronze 2019
- Team gold at Senior 5 nations 2019
- Birmingham International Open 2019 silver medal
- Represented GB at U20 world cups in the 2018/19 season
- Senior British Championships bronze medal 2018

#### **Goals**

- Represent England at the 2022 Commonwealth Games
- Represent GBR on the senior world cup circuit next season
- Medal at the Senior British Championships

# Victoria Molloy

## Magdalene College 2017

### *Asian and Middle Eastern Studies*

The UCAPP programme has been invaluable during this difficult year. Despite successive lockdowns, UCAPP has helped me to develop as an athlete and maintain a high level of performance.

#### **Achievements**

- Played in the Hong Kong Lacrosse Team at the U19 World Lacrosse Championships 2019 in which we came 11th (out of 24)
- Achieved a Lacrosse Blue in 2017 and 2018
- Reached BUCs finals with the Cambridge team in 2017 and 2018

#### **Goals**

- Make the Hong Kong National Team for the 2022 World Lacrosse Championships

# Ellie White

## Queens' College 2020

### *Medicine*

UCAPP has been an amazing programme to help with balancing a time intense degree, and a high standard of individual sport. I'm not sure it would be possible to keep up with these demands without the support, and accountability, which UCAPP provides. This is invaluable to help me and many other athletes work towards and achieve their goals.

#### **Achievements**

- Quarterfinalist in the British junior closed 2018
- 3rd place at the Norwegian junior open 2019
- 2nd round at the Boston 5K PSA challengers tour event, 2019

#### **Goals**

I can't wait to get back to competing, and am especially looking forward to competing for UoC in Varsity later this month. In terms of individual goals, due to the lack of competitions, lots of tournaments have dropped off my senior ranking, so I'm definitely looking to replace these, and move up through the ranks, potentially reaching a quarterfinal in a PSA challenger tour event.





# Contact

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