



# OUABC Alumni Newsletter

Michaelmas  
Term 2018

## Welcome to the Michaelmas Edition.

For those of you who cannot keep away from matters OUABC, we thought that we should produce an edition to whet the appetite for events to come. Dave Mace, the OUABC Coach has had hundreds of boxers pass through his hands and a brief biography of his achievements is set out below.

Back in the day, boxing matches started in Michaelmas with trips to tournaments in London, the Channel Islands, and so on. Activity is much reduced but I recommend the following link if you wish to keep abreast of OUABC: <http://www.ouabc.com>

Let me explain and apologize at the outset that this edition is longer than usual but the aim is to restrict the Hilary Term edition to boxing matters; namely the Varsity and other matches.

Alumni are welcome to write articles of their recollections of OUABC or even fiction but such should be boxing and, ideally, OUABC related.

### Forthcoming events:

There will be an All Woman Boxing Match on 17<sup>th</sup> November at Iffley Sports' Hall; 7-30pm to 10-30pm. Given the delays in getting approval for this unique event, the Club is desperate to obtain sponsorship so we ask that alumni support it by sending cheques payable to 'Oxford University Amateur Boxing Club' {*suggested amount £100*} to Adrian Kozhevnikov, Magdalen College, Oxford. OX1 4AU or transfer to the account of OUABC at Lloyds Bank, Carfax, Oxford, sort code 30-96-35, account 00071467.

The annual Town v Gown fixture is on 25<sup>th</sup> January at the Oxford Union at 7-30pm.

Tickets and sponsorship details for both events are available from Georgia Walker, Club President, at [georgia.walker@sjc.ox.ac.uk](mailto:georgia.walker@sjc.ox.ac.uk)

### Varsity Match.

As notified in the last edition, the 2019 Varsity match will be on the 9<sup>th</sup> March at the Corn Market in Cambridge starting 7pm to 7-30 pm. Accommodation is even more difficult in Cambridge than Oxford so, if staying over, book it soon.

2019 is the 50<sup>th</sup> anniversary of Bob Nairac saving OUABC from oblivion, virtually singlehanded. Anyone winning a blue since owes him a debt of gratitude and it is unlikely that CUABC could have survived without the annual Varsity fixture against OUABC. OUABC folded in 1968 and it was only through Bob's force of personality that, as a freshman, he organized a team to go to Cambridge in 1969 with four weeks' notice. The notes which he produced at the time will be published in the Hilary edition of this newsletter. Bob boxed as Light Middleweight and was Captain in 1969, 1970, 1971, as well as boxing in 1972. It is because of his efforts for OUABC that we toast his memory at re-union dinners.

As this will be a special occasion, will any alumni who boxed with Bob care to organize a luncheon either on Friday 9<sup>th</sup> March or Saturday 10<sup>th</sup> March in Cambridge?

### Chris Mack: Important News.

Alumni know that Chris has been instrumental in the resuscitation and ongoing health of the Alumni Association and of O.U.A.B.C. This has resulted in an entirely justified recognition by the University. He has received the 'Distinguished Friend of Oxford Award' {a 'FOO' no less although the University uses the acronym 'DFO' which does not have the same resonance and is a little similar to 'UFO'} as indicated in the following link:

<https://www.alumni.ox.ac.uk/quad/article/distinguished-friend-oxford-awards-2018>

The description is as gushing as it is true and it is an extraordinary and fully deserved reward for the wonderful service that he has given to all of us.

*The only minor blemish is that if you look closely at the photograph, Chris is not looking his best; rather as if he has passed wind and hopes that the Vice Chancellor hasn't noticed. Of course, they say the 'camera never lies...'. Nevertheless, please congratulate him when your paths cross.*

### Late News.

We have been remiss in not informing alumni of recent successes by boxers and OUABC so the following is a 'catch up':

1. Isra Hale: 2017 Mark Lawrence Scholarship, 2016 Oxford University Sports Woman of the year. 2016 BUCs Champion. 2016 and 2017 English ABA development champion at 57kg. {Isra is now a junior doctor}.
2. Oxford University Sports Awards 2016. OUABC won club of the year and Dave Mace {see below} came runner up in coach of the year with Matt McFahn winning teammate of the year. Matt was also Vincent club bursary holder in 2016

3. Claudia Havranek: William S. Broadbent scholarship 2017 & 2018. English ABA semifinalist, 2017 GB championship winner; 2015 and 2016 BUCs champion.
4. OUABC Outreach: set up in 2014. The fund was established with the aim of supporting young boxing talent. It has funded spots for young athletes to attend the OUABC Tenerife Training camp and also provided a travel fund for athletes competing in national competitions. The fund has kindly been supported by generous alumni, Magdalen College, and Radley College. Two of the first boxers sponsored by the Outreach programme, Ben Whitaker and Ellie Scotney, are now in the full-time GB Boxing Programme and training to qualify for the 2020 Olympics. We hope to expand the fund and, as well as supporting young talent, we would also like to support local clubs and sponsor boxing Outreach Schemes. Schemes such as the "This Girl Can Box" Campaign; a campaign which encourages sporting participation in hard to reach 'demographs'. If anyone has any questions about Outreach they can email [israhale@gmail.com](mailto:israhale@gmail.com)

### Website Builder:

The Club and alumni seek someone who can spend a few hours adding to and improving the website for use by students, alumni, and, perhaps, the public. Students and alumni would have their own generic login facilities. Alumni should be able access history of the Club; i.e. who boxed, when, and at what weight, but contact details will be provided only once a secure login facility is available. If you can assist the Club to build the website, please contact me, Peter Davies, or Chris Mack at [peterwinder@icloud.com](mailto:peterwinder@icloud.com) or [chrismack91@icloud.com](mailto:chrismack91@icloud.com) respectively.

### Sponsorship

Everyone associated with OUABC appreciates the wonderful support given by London and Oxford Group who sponsored the 2018 Varsity match but the Club is keen to expand the number of sponsors it has. It especially needs financial assistance for its training camp, its 'stash' *{the prevailing word for sporting apparel, it seems}* which will allow the sponsor naming rights, and so on. Businesses should contact Georgia Walker whose details are at the end of this section.

For those alumni who wish to sponsor as individuals why not sponsor a boxer at the Varsity match for a suggested sum of £50 {or, perhaps more} with funds going to the Club? This will need to be done by weight rather than individual named boxer to allow for last minute changes to the programme. Alumni will get mentioned in the Programme and hopefully more than one alumnus can be persuaded to sponsor each bout.

For either corporate or individual sponsorship please contact the OUABC President, Georgia Walker, at [georgia.walker@sjc.ox.ac.uk](mailto:georgia.walker@sjc.ox.ac.uk).

### Financial Support and Gift Aid.

Alumni support OUABC in many ways, financially and by giving their time and thank you to everyone who donates to the Club directly or by standing order to the Alumni Association. The GLD gym would not have been installed without the efforts of Chris Mack and so many alumni and the Outreach programme is going from strength to strength. If anyone wishes to donate by standing order to the Alumni Association please contact the Treasurer, Tim Fell: [tim@fell.net](mailto:tim@fell.net). The Alumni Association distributes funds to the Club over time as and when needed and has helped the Club survive on occasion. For those who wish to donate to the Club directly, it is possible to do so via the University using the following link and such donations attract Gift Aid and are uplifted by 25%.

<https://www.campaign.ox.ac.uk/make-a-gift?id=4a9455e7-b5c0-4b89-8629-a3a814c8e725>

### Sporting Apparel or 'Stash' if you prefer.

For those alumni with svelte figures, OUABC has 'stash' for sale; viz:

Rain Jacket, £50. Mid-Layer training top, £45 . Men's & Womens' trackies, £40. Men's & women's shorts £22.50. Beanies, £18. Hoody, £25. Sweatshirts, £22.50. Men's & Women's t-shirts, £17.50.

Sizes are XS to XL and normally come with the OUABC logo and the buyer's initials. A great present! The foregoing is only right at going to print so contact [caleb-daniel.oyekanmi@mansfield.ox.ac.uk](mailto:caleb-daniel.oyekanmi@mansfield.ox.ac.uk) for more information.

## **DAVE MACE** Qualified Boxing Coach, O.U.A.B.C.



I have been a Boxing Coach for 25 years and have been at OUABC for the last 15 of them. I boxed as a kid and was always passionate about the sport but, unfortunately, I was not that good! I thoroughly enjoy the work but it is hard as I have only limited part time support.

Our boxing sessions can be grueling but I aim to ensure that they are enjoyable. I treat everyone as an individual and encourage them to believe in themselves to develop their true potential; and most boxers recognize that the sport is supremely enabling. Our gym is a disciplined environment and operated with dedication and grit in a non-judgmental way. We have produced many talented amateur boxers, both male and female; some of whom have been sufficiently talented to have progressed to become National Champions.

Since I started the Club has changed. We used to have only one ring and four bags but now have three rings and fourteen bags, which is just as well as we get up to 120 students at our sessions; when we used to be lucky to get between 15-20. We have established a yearly training camp in Tenerife, which, though hard; leaves boxers with a strong sense of what they are capable. Furthermore, last

year we were extremely fortunate to gain the new GLD gym, for which I thank Chris Mack for his hard work; and the alumni for their generosity.

Another major change has been the introduction of women to the club. We did this at a time when women's boxing was only beginning and we have pushed its development so that there were seven female bouts at this year's Town vs Gown; a fantastic achievement. The Oxford women's squad is well known at the University Championships, having previously won it three years in a row. Our next goal is to put on our first all-female boxing show which is being arranged, hopefully, for 17<sup>th</sup> November. The way in which the men support the women's squad and vice-versa is a testament to how the club feels like one big family.

Despite all of these improvements, the challenges of coaching have become greater. Since many clubs split from England Boxing, there are fewer boxers out there to match for fights. What is more, in order to be qualified, coaches are now required to attend several training courses each year. It is no easy task to create a boxer out of a beginner in as little as two short terms. While this can be stressful it is incredibly rewarding to see the students' progress and achievements. Only people who have boxed know the complex mixture of fear, exhilaration, achievement, and physical exhaustion that the sport engenders.

Everyone from all walks of life is welcome in my gym and I get a great sense of satisfaction knowing that when they leave my sessions they feel energised and invigorated and with the confidence for whatever life throws at them.

### Alumni News:

**Ian Price** an OUABC veteran from 1986 has written a personal development book: Head Start: Build a Resilient Mindset So You Can Achieve Your Goals, which was published in September by Pearson. In his book, Price, a performance psychologist, dispels some of the myths and pseudoscience surrounding self-help and offers a practical and science-based guide to building resilience and achieving goals whether in work or life.

The book is structured around what Price calls the "Three Bs": Beliefs, Behaviours and Best Practice. If we are not succeeding in pursuit of our goals, the chances are it is do with either our beliefs ("I can't do this," "I don't have the time") or our behaviours ("I quit," "I get distracted"). With lessons from science and elite sport, the book lays out a practical plan for building resilience and achieving our goals.

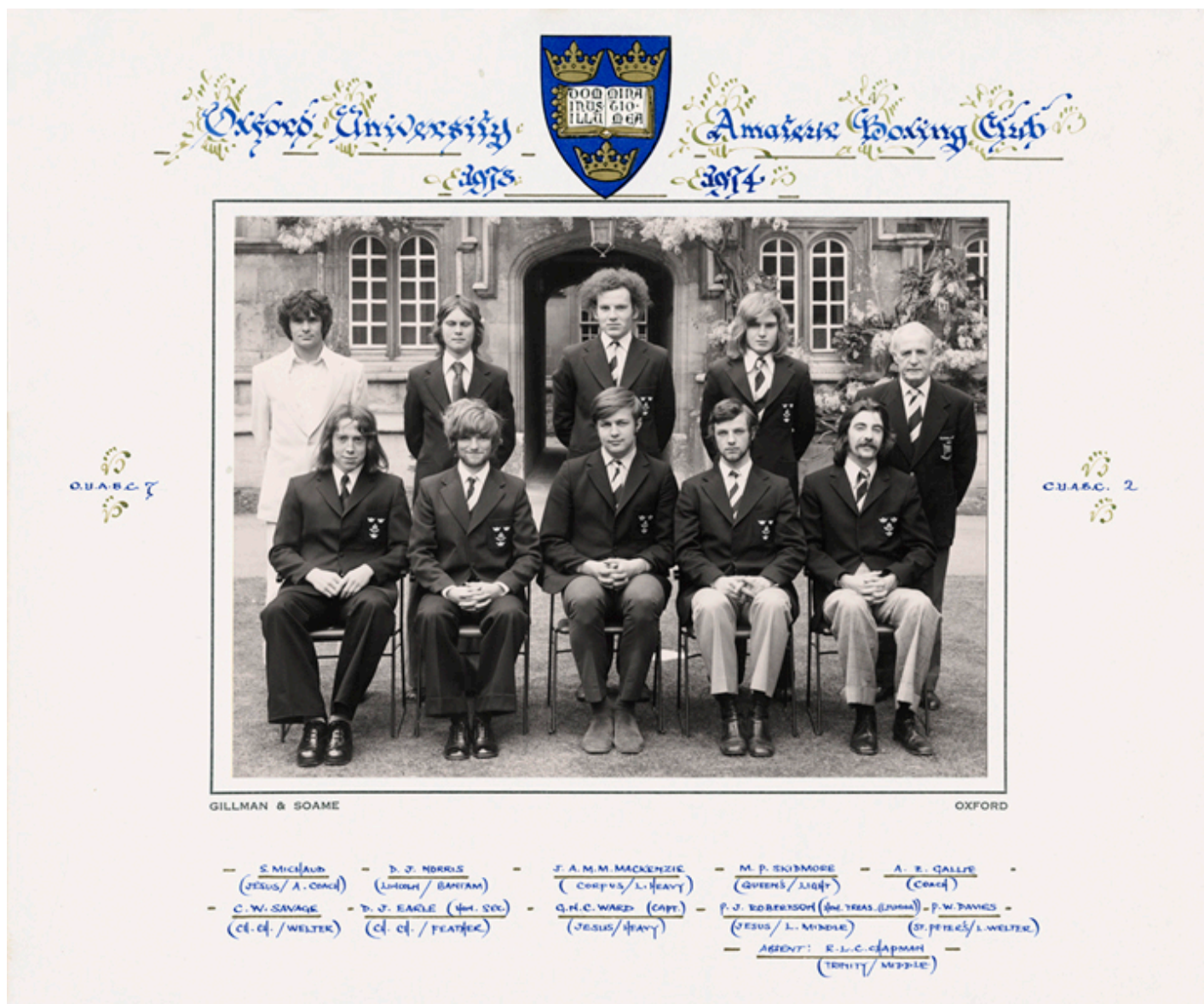
As well as sporting a testimonial from fellow boxer Chris Tooley on the front cover, the book is dedicated to the 1986 captain Reed Morgan who sadly passed away this year.

**Steve Michaud** {boxed 1972 and 1973 and coached in 1974} can be congratulated for completing a triathlon in New York especially by those whose idea of exercise is, like mine, to try to get up every day. For a non-swimmer completing 1,500 metres of the River Hudson, which remains unheated; is a considerable achievement. The swim was followed by 25 miles' cycling and a 6.3 mile run in Central Park. Steve came from New York especially for the 2018 re-union dinner and it was great to see him. He is top left in the photo below looking extraordinary cool whereas I am placed bottom right looking, as one {*now disinherited*} daughter described, "like a rejected outtake from a '118 118' advert".

Steve won the NE Minnesota Regional Golden Gloves [GG] championships in 1962 & 1963 and the Upper Mid-West GG featherweight championship and best boxer award in 1963. {The Upper Mid-West



covers Minnesota, Wisconsin, and North and South Dakota}. He then fought in the National GG championship losing in the first match to the Louisville, Kentucky champion, the city which had recently produced the then Cassius Clay. The National GG championships were held in Chicago with three bouts happening at a time controlled by klaxon, whistle, or bell. Steve went on to win the US Fifth Army lightweight championship in 1970 before arriving at Oxford after service in Vietnam. {I recall Alf Gallie, Bob Nairac, and Shane Fane-Hervey separating us when we sparred a few times but it was always the case of my boxing expectations being 'managed' as Steve was always able to hit me a little more often and rather harder than I was ever able to hit him! They were great days...}



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## Vincent's News:

The 2018 Vincent's Club Annual Dinner will be held in the magnificent Hall of the Inner Temple, London and is open to non-Vincent's members. The Dinner Chairman is Vic Marks, (St. John's, 1975, Cricket international, writer and commentator) who will introduce Jonathan Agnew, MBE, renowned England cricketer and BBC commentator.

The Club's first woman President, Sophie Taylor, (St. Catz., 2016, Hockey and Cricket) will also introduce Isabelle Westbury. Izzy was at Hertford College, was President of the Oxford Union in 2011, played cricket for Somerset, Middlesex and England, and currently writes for the Guardian, commentates for the BBC, and is a trainee lawyer.

Date: Wednesday 5th December 2018. Venue: The Inner Temple, Crown Office Row, London, EC4Y 7HL. Time: 7.00 for 7.45pm. Dress code: Black Tie. Tickets: £107.50 for a drinks reception (wine & beer), dinner with wines, coffee and port. Download the booking form from the website. Contact Vincents for tickets, as usual.

Our eminence grise, Chris Mack, normally organizes a boxing cohort, and if you are interested, please contact him at [chrismack91@icloud.com](mailto:chrismack91@icloud.com) .

## **Finally, a formal notice similar to which you have probably received from other organizations:**

*In line with data privacy laws, we have drafted a Privacy Policy <http://www.ouabc.com/> that tells you what we do with and why we hold your personal data - things like your name, email address, educational history and information related to your boxing career - as well as how you can amend, see or remove your data from our systems.*

*We have your details on our system because you have previously provided it to us to keep you abreast of OUABC-related events and developments. Therefore, we shall continue to provide you with such updates over email unless you email us to tell us to stop.*

Edited and mistakes by: Peter W. Davies: [peterwinder@icloud.com](mailto:peterwinder@icloud.com)