Highlights:

Trinity Hall and Dickens

Olympic Connections

Round the World Yacht Race Report

Issue 18 | Summer 2012
Art Exhibitions at Trinity Hall

Trinity Hall has become well known over the last few years for art exhibitions, whether sculptures in the gardens or paintings in the Graham Storey Room.

It started with two exhibitions by Jonathan Clark, which led to the acquisition of one of his pieces, ‘Twelve’, that is now such a central feature of the grounds at Wychfield. A new tradition was established: the artist donated a piece to College or paid a commission on any sales that could be put towards a purchase. In 2011, College hosted two exhibitions by Fellows of the Royal Academy, Hughie O’Donoghue and Barbara Rae. Both attracted large and highly appreciative audiences from local schools, students, alumni and members of the public to their talks, and the artists enjoyed meeting members of the College. Both Hughie and Barbara donated works which will remind us of their involvement in the life of the College. Another leading artist, Helene Fesenmaier, will be exhibiting in the autumn, and we look forward to welcoming alumni to meet her, to see her work and learn about her involvement with the New York art scene of the 1960s.

Martin Daunton
Master

About Front Court

Front Court is an informal publication produced once a year to keep members up to date with College and alumni news.

Our next edition of Front Court (summer 2013) will focus on the diaspora of Trinity Hall. Please contact the Alumni and Development Office at Trinity Hall (email: publications@trinhall.cam.ac.uk) with news and events from your part of the world.

All our publications are available as pdf files from our website: www.trinhall.cam.ac.uk/alumni/publications.asp

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Front Cover: Zafar Ansari (TH 2010) dominating the Oxford bowling attack at Lords
Welcome from the Master

I am writing this message in the lull between conferment of the degree of Master of Arts on the 2005 matriculation year in Senate House and their dinner in Hall.

Around 80% of the year group have returned to Trinity Hall on a perfect spring day, with the gardens and buildings looking at their best, and we have just had tea in the Fellows’ Garden, in brilliant sunshine. Meeting so many alumni is always a great pleasure. It reminds us of the main purpose of the College and why we are so privileged to be teaching such outstanding young people.

The nervous Freshers who sat in Hall for their matriculation dinner in October 2005 are now succeeding in their chosen careers. One civil engineer told me with great excitement that she had helped build an airport in St Petersburg; a linguist informed me that he had been appointed Head of German at a very good school, and a historian that he was now a solicitor at Linklaters; two others are at the Treasury and one at the Department for Business and Skills; yet another is making documentary films. These are just some examples of the varied careers enjoyed by the 2005 year. They are enjoying their new lives beyond Trinity Hall, but retaining the many friendships made whilst in College.

I know that they will all miss one person tonight in Hall – someone who has made so many dinners memorable occasions. Joseph Risino has retired as Manciple after 19 years of service. His retirement follows closely after the retirement of Nigel Fletcher who joined the kitchens at Trinity Hall in 1974 and rose to be Catering Manager. Nigel raised the standard of cooking at Trinity Hall to rival any college in Cambridge, and indeed to exceed most of the restaurants in town. At his retirement party he said that he had enjoyed 99.9% of his time at Trinity Hall, and we wish him and his wife, Jayne, well in retirement in the North East. We have been fortunate in the dedicated staff of the College, whether in the gardens or catering or Porters’ Lodge, and we pay tribute to Joseph’s dedication. We also marvel at his astonishing memory, years later, for dietary needs and the personal interests of so many students.

Later in the Easter vacation, we marked the 40 years’ service of another member of staff, Martin Fordham, our Boatman. This is a year to celebrate sport at the Hall. The past cricketing achievements of David Sheppard (TH 1949) and Raman Subba Row (TH 1950) are now being emulated by four Trinity Hall students who are playing in the Varsity match; and we look forward to winning more Olympic medals later in the summer. But let us not be triumphalist ahead of the games: we wish...
The article on Charles Dickens and his son Henry (page 6) reminds us that Trinity Hall has been visited by leading novelists of our own generation. The Graham Storey Lecture has become one of the most popular events of the academic year. This year Alan Hollinghurst delivered an outstanding lecture on one of our own former undergraduates, the novelist Ronald Firbank (TH 1906), conjuring up an Edwardian world of aesthetes. The popularity of these lectures is rivaled by that of our series of art exhibitions. This year we held an exhibition by Barbara Rae RA, whose work filled the Graham Storey Room with colour and drama. She gave lectures and talks to capacité audiences of alumni, students and members of the wider public, and was a welcome presence in the College.

In January, one of our Honorary Fellows and former graduate students, Professor Stephen Hawking (TH 1962) celebrated his 70th birthday, an event that attracted huge media attention around the world. Unfortunately, he was not well enough to attend the symposium in his honour but he has made a remarkable recovery, and as I write he is in Texas and California where he is meeting another Honorary Fellow, Sir David Bell (TH 1965), to say that he has been appointed Secretary of State for Education, Vocational Training and Universities in the Spanish government with responsibility for higher education. She joins other members of the Hall who have held posts in the governments of Canada, India, Pakistan, Sri Lanka, Australia and New Zealand.

Their involvement is but one example of the intergenerational links that create a real sense of community. At the THA London event at the Mansion House, Bob Ely (TH 1950) met some current students and invited them to his annual student and invited them to his annual Bob Ely (TH 1950) met some current students and invited them to his annual student and invited them to his annual student and invited them to his annual student and invited them to his annual student and invited them to his annual student and invited them to his annual student and invited them to his annual student and invited them to his annual student and invited them to his annual student and invited them to his annual student, Alice Ely, to give lectures and talks to capacity audiences of alumni, students and members of the wider public, and was a welcome presence in the College.

At the start of the academic year, we installed two distinguished Honorary Fellows, both students at the College: Peter Sever (TH 1962) who is a leading medical scientist at Imperial College, London, and Andy Hopper (TH 1974), Professor of Computing, who has been responsible for several successful spin-offs that are part of the phenomenon of ‘silicon fen’. I am delighted that many of our Honorary Fellows engage with the College, whether in giving talks or, as in the case of our Appeal Court Judges, coming back to judge moots. As I was finishing this message, I received an email from one of our former Junior Research Fellows, Montserrat Gomendio Kindelan (1988–1991), to say that she has been appointed Secretary of State for Education, Vocational Training and Universities in the Spanish government with responsibility for higher education. She joins other members of the Hall who have held posts in the governments of Canada, India, Pakistan, Sri Lanka, Australia and New Zealand.

During this academic year, the THA has held reunions in Edinburgh and Cardiff; and we have been strengthening our overseas links with visits to Hong Kong.

Of course, the focus of activity in College remains teaching and research. Our undergraduates have been performing remarkably well. Results from the summer of 2011 put us third [out of all the colleges] in the Baxter table of results, retaining our position gained in 2010; and our graduates have been winning prizes and prestigious appointments around the world. These excellent performances are the outcome of hard work on the part of students and the support of a Fellowship that is committed to providing both academic and pastoral support at the highest level. Our Fellows have themselves achieved much over the past year. It is perhaps invidious to single out individuals, but I do wish to record the election of James Montgomery as Sir Thomas Adams’s Professor of Arabic – one of the longest established chairs in the University – and the award of an honorary degree of the University of Leuven to the current Vice-Master, Professor John Clarkson.

It has been a difficult time as we have negotiated our way through the new funding regime and economic uncertainties. But the engagement and commitment of all members of the College community – alumni, Fellows, staff and students – in our mission of education, research and learning provide a real investment in future success and achievements.

Professor Martin Daunton
The Master, Trinity Hall
CLIFF PRATTEN
A tribute by Graham Howes

Cliff Pratten, who died on 12 December 2011 after a short illness, was a Fellow and Director of Studies in Economics from 1969 until 2002 and subsequently an Emeritus Fellow.

Born in Bristol in 1934, he left Colston’s School at 16 to train as an accountant, and on qualifying in 1955 was, at 21, reputedly the youngest Chartered Accountant in the United Kingdom. It was only then – with the robust independence of mind that never deserted him – that he decided he would like to study Economics as the academic discipline most likely to provide a broader context to his professional skills. Bristol University had the good sense to admit him without the customary A-Level requirements, and he emerged with a good upper second in 1958. In that year he was, however, still eligible for National Service and he obtained a Commission in the RAF. There, as he recalled, “although officially ‘Flight’ Lieutenant Pratten, I was more chair-borne than airborne – although Libya was not at all a bad place to play rugby, and push paper around.”

Soon after his arrival in Cambridge in 1960 he obtained a Research Assistantship in the Economics Faculty where he was to remain a member for over 40 years. Cliff produced a steady stream of research monographs, which charted many aspects of the relationship between macro-economic theory and everyday economic activity, with technical precision, originality and in clear lapidary prose. For example, *The Competitiveness of Small Firms* (1991) looked at more than a hundred such firms, the sources of the competition they face, the practices of fund managers and others who dominate such activity. There was even a critique, co-authored with Stephen Satchell, on *Pension Scheme Investment Policies* (1998). But perhaps Cliff’s most substantial and widely-read publication remains his *Applied Macroeconomics* (2nd Edition, 1990). This, although modestly described as ‘an introductory text’ is essentially a very sophisticated, statistically-grounded attempt to relate conflicting monetarist and Keynesian theory to the actual operation of the British economy. Here, as elsewhere in his work, Cliff deploys rigorous quantitative techniques to arrive at significant qualitative conclusions. Small wonder then that Samuel Brittan, the famous Editor of the *Financial Times*, once described Cliff to our mutual Trinity Hall colleague Jonathan Steinberg as “the best applied economist in England”. Indeed, in today’s fraught economic climate, his work remains relevant, and perhaps even required reading for economists, policy advisors and politicians alike. Noteworthy too is the fact that the genesis of such seminal work sprang not from the relative security of a tenured University Lectureship, but from a succession of short-term research contracts whose funding was individually sustained rather than Faculty-generated. Cliff, ever his own man, liked both the precariousness and academic autonomy that this entailed.

Essentially a private person, Cliff kept his life clearly compartmentalized. Primus inter pares was Jenny and his three beloved sons; one of whom is now a promising academic economist in his own right, whilst the other two are currently involved in the family’s business activities. The latter originated as Cliff’s personal ventures into private enterprise, and range from property ownership, where he was reputedly a benign and ‘hands-on’ local landlord, to a not insubstantial commercial orchard in the Fens. Such financial acumen also became part of his College persona. Indeed, it became a running joke among the more observant Fellows that the daily state of the markets could invariably be gauged by the physical state of the SCR’s copy [never Cliff’s own!] of the *Financial Times*. If dishevelled and torn, then things were bad; if neatly folded and annotated in Cliff’s inimitable hand, then all was relatively well. More memorable still was the regular trench warfare waged between Cliff and a succession of Bursars and their City advisers over College investment policy.

Paradoxically, for someone who was not visibly ‘collegial’ Cliff was very proud to be a Fellow of Trinity Hall. He especially loved its physical setting, its formal gardens, and its informal familial ethos. He was always wholly committed to his own Economics students, past and present. Many of these now occupy very senior positions in industry, business and the public sector, and they often recall both the clarity and rigour of his teaching and immense personal and intellectual integrity. Elected a Tutor in 1970, Cliff was a quietly effective and invariably unflappable Tutor, whose fellow-Tutors and tutees quickly realised that beneath the few words and occasionally abrupt manner there was invariably real personal warmth, pastoral concern, and shrewd supportive advice.

At the same time Cliff remained, even in retirement, what the French call ‘un original’ – a one-off. He always possessed strong convictions, but was never, mercifully, as ideologically-driven or as attention-seeking as some of his fellow Cambridge economists. In his own College, he was simply what the Victorians would have called an ‘independent radical’. It was one of these, William Cobbett, who when visiting Cliff’s native Bristol in 1830, described its citizens as ‘a people of …. private virtue …. no empty noise, no insolence, no flattery’. That was Cliff exactly.

Graham Howes, Emeritus Fellow
16 January 2012
Trinity Hall and ‘Dickens 2012’

Historians, literary critics and enthusiasts up and down the country are this year celebrating the Charles Dickens bicentenary – the prolific Victorian novelist was born in Portsmouth on the 7 February 1812.

Trinity Hall enjoys a number of associations with the writer and his family: most notably, the Old Library holds a letter written by Charles to his son Henry, who arrived here in October 1868 to read Mathematics. At the time of the letter’s composition, Charles was arguably the nation’s most popular living author, enjoying unprecedented commercial and literary success, but this private communication reveals a man simultaneously concerned for the moral and social well-being of his children. ‘If you ever find yourself on the verge of perplexity or difficulty, come to me’, he writes: ‘You will never find me hard with you while you are manly and truthful.’

Henry Fielding Dickens (born January 1849) was the eighth of Charles’s ten children with his wife, Catherine. He was named after one of the great 18th century writers whom Charles most admired – Henry Fielding, a humane and perceptive magistrate as well as the author of Joseph Andrews (1742) and Tom Jones (1749). Initially destined for the Indian civil service, Henry resisted and he continued to dream of studying in Cambridge. Henry’s hard work subsequently paid off and he became the first member of his family to enjoy a university education.

Charles’s letter to the newly arrived undergraduate outlines generous provision for hospitality and entertainment: he reassures Henry that copious bottles of wine will be sent to him from London in the course of his time at Trinity Hall. But the letter is primarily concerned with moral rectitude and with exhortations to financial prudence: ‘Now observe attentively, ...[w]e must have no shadow of debt.’

Indebtedness and the need for good moral and financial accounting are important themes of Charles’s fictional writing: on the one hand, the metaphor of ‘credit’ serves to illustrate important ways in which human lives are inextricably interrelated, and all of Charles’s novels advocate the development of an ethics of interdependence in which we willingly act as Good Samaritans for our neighbours. On the other hand, Charles is always quick to suggest that whilst we should feel gratitude for what we ‘owe’ to others, we must remain fiscally independent and responsible at all times. Charles Dickens’s fiction is characterised by many such rich and intriguing inconsistencies – he encourages self-sacrificial submission without being capable of it himself, for example – and the source of many of these contradictions seems to lie in his own troubled childhood which was deeply impressed with the suffering caused by his own father’s financial irresponsibility.

In the early 19th century, debtors were imprisoned until they could pay off their debts, and when in 1824 Charles’s father John found himself unable to pay a bill of some £40, he was taken to the Marshalsea Debtors’ Prison in Southwark. Charles, a sensitive and ambitious child, was sent to work at Warren’s Blacking Factory at around the age of 12, and for the rest of his adult life he regretted that his family had apparently been prepared to sacrifice his education – and indeed the happiness of his childhood – for their temporary economic survival. In an autobiographical fragment published in his friend John Forster’s Life of Charles Dickens (1872–4), Charles sighed ‘I might easily have been, for any care that was taken of me, a little robber, or a little vagabond’. More poignantly, Charles recalled that his parents did not feel for his disappointment: ‘My father and mother were quite satisfied … They could hardly have been more so, if I had been twenty years of age, distinguished at a grammar-school, and going to Cambridge’. Charles’s letter to Henry, then, serves as a poignant reminder of the hardship of his own childhood: ‘You know how hard I work for what I get, and I think you know that I never had money help from any human creature after I was a child.’

Charles was arguably the nation’s most popular living author, enjoying unprecedented commercial and literary success, but this private communication reveals a man simultaneously concerned for the moral and social well-being of his children.
But Charles rescued himself from a possible life of penury and crime by the tireless efforts of his own labour. His Christian faith survived, too, and the letter to Henry speaks of the ‘priceless value of the New Testament’ as ‘the one unfailing guide in Life’. Thanks to the brilliant productions of Charles’s prodigious genius, his own children were to enjoy a very different – and much more stable – childhood. As if fulfilling the alternative career that his father had imagined for himself, Henry excelled at Cambridge. After a year, he was awarded one of the principal scholarships at Trinity Hall, worth £50 a year, and Charles’s delighted response is recorded in Henry’s Memories of my Father (1928).

Sadly, Charles died in 1870 (aged only 58) and he did not live to see his son’s subsequent success – but he would have been proud. After graduating with a good degree in Mathematics in 1872, Henry was called to the Bar: after a further twenty years of successful advocacy in the Common Law Courts, Henry was appointed Common Serjeant of London (a senior judicial position at the Old Bailey that he held until 1932). Whilst his father’s fiction had engaged rather combatively with the work of the legal profession, regularly criticising the etiquette and ethics of the then newly professionalized criminal Bar, Henry by all accounts excelled in his chosen vocation.

The time that Henry spent at Trinity Hall is just one of several strong connections between Charles Dickens and the College. Graham Storey [TH 1939] (1921–2005), the editor of the ten volumes of the Pilgrim Edition of The Letters of Charles Dickens (1965–98), read law at Trinity Hall before becoming a Fellow in English here in 1949. Generations of Dickens scholars have subsequently been indebted to his scholarship. Both the College’s current Fellows in English, Miss Alison Hennegan and Dr Jan-Melissa Schramm, teach and publish on Dickens’s work.


Dr Schramm will be giving the 2012 Milestone Lecture on Saturday 17 November, taking “a celebration of Dickens” as her theme. Joining her on the panel is Alison Hennegan (TH Fellow in English) and Professor John Bowen (TH 1977), Professor of 19th Century Literature at the University of York.

The letter from Charles to Henry is dated 15 October 1868, and the address at the top is the Adelphi Hotel in Liverpool. It was given to Trinity Hall by Christopher Dickens, one of Henry’s grandchildren, who was a student at Trinity Hall, matriculating in 1957.
Window on the Past

The Old Library’s blog provides a fascinating glimpse of the College in years gone by. As well as looking at the books themselves, the blog also tells some of the stories behind them.

The books are a wonderful resource for the history of Trinity Hall: from inscriptions and annotations to bookplates and printed lists of subscribers, it is amazing how much can be discovered between the covers.

Many volumes have been given by former Masters, for example Sir William Wynne (1803–1815) and Henry Latham (1888–1902), to name just two. Wynne, although a lawyer, gave the library a wide range of books including Chaucer’s Canterbury Tales (London, 1798), Boccaccio’s Decamerone in Italian (London, 1762) and Specimens of Arabian poetry (London, 1796). Latham’s gift of numerous serious volumes is enlivened by his collection of fascicules of Ruskin’s St Mark’s Rest (1877) one of which bears Latham’s inscription: “the Grand Hotel, Venice, 1882.”

The preponderance of armorial bookplates gives us an insight into the social makeup of the College during the 18th and 19th centuries. We have examples of bookplates for two members of the same family. Simon Le Blanc matriculated at Trinity Hall in 1766, gained his LLB in 1773 and was a judge and Fellow of Trinity Hall, 1779–1799. His copy of Francesco Rocco’s De navibus et naulo (Amsterdam, 1708) on marine insurance is in our collection. His nephew, Thomas Le Blanc, Master of Trinity Hall (1815–1843), gave us four volumes of the works of Tacitus containing his bookplate and inscription “Ex dono Thomæ Le Blanc, Custodis, A.D. 1840.”

Printed lists of subscribers are another source of information. In 1742 there were 29 Trinity Hall men in the list of subscribers to the Cambridge edition of Butler’s Hudibras, including Dr Edward Symson, the Master, Dr William Warren, the President, and Thomas Ansell, the poet.

During the coming months the Old Library’s blog will feature posts on a number of Trinity Hall donors in conjunction with the University Library’s current exhibition “Shelf Lives”. Our first post in the “Shelf Lives” strand features the gift by Christopher Charles Dickens of the letter from Charles Dickens to his son Henry Fielding – a fascinating snapshot of a Fresher’s life at Trinity Hall in 1868.

Anyone interested in the history of Trinity Hall or in rare books will enjoy our blog which can be found at: www.oldlibrarytrinityhall.wordpress.com/

Dominique Ruhlmann
Director of Library Services
From the earliest days of the bid to bring the 2012 Olympics to London, the Olympic Delivery Authority (ODA) has prioritised the creation of well-designed sporting facilities in a wonderful new park that will leave a practical legacy to help regenerate this area of east London.

Together with the goals of making the Games truly accessible to all and creating the greenest Olympic Games ever, their high design aspirations have been consistently upheld.

To ensure that these ambitions were achieved in practice, the ODA asked the Commission for Architecture and the Built Environment (CABE) to set up a special design review panel for the London 2012 projects. A group of 16 eminent designers were appointed to the panel. All building projects and landscaping plans were submitted to intense scrutiny. The panel's comments helped to strengthen the design development as well as to inform the planning approval process.

As Director of Design Review for CABE, I had the privilege of participating in these review discussions. We saw the emerging designs for all the permanent venues such as the new stadium, aquatics centre and velodrome, as well as for the temporary buildings which will be moved after the Games, such as the arenas for basketball, water polo and hockey. Some of these short-term buildings are inserted in sensitive historic environments, for example, the equestrian arena in Greenwich Park and the beach volleyball stadium on Horse Guard’s Parade, and their impact had to be carefully assessed. The landscape plans for the park as well as the Legacy Masterplan were also reviewed.

The 2012 Games will showcase British architecture. Many of the UK’s most talented design teams have participated in realising the projects. The design review process has helped to ensure that the original aspirations have been fulfilled by creating an inspiring setting for the Games and a lasting legacy for London.
Tom James
(TH 2002)

“I took up rowing at the King’s School, Chester, when I couldn’t run any more. I’d developed a knee condition called Osgood-Schlatter disease, which many boys get when they’re growing up. My mother, a physiotherapist, suggested rowing as a non-impact activity, and that’s how it all began.

A lot of people assume that I must have had Olympic dreams since I was a teenager, but it was only when I was trialling for GB and was selected for the senior squad that I realised I could go for it. It was the year before the Athens Olympics, so it was obvious that if I made the boat, I’d be in with a good shot for the Games.

That was in my first year at Cambridge, which is an amazing melting pot of talent. I was rowing with seasoned athletes, some of whom had been to the Olympics. The learning curve was very steep. I think that as a sportsman, the best way to learn is with other athletes rather than just from coaches. And there are only two places in the world that offer an environment like that to rowers: Oxford and Cambridge.

Being a rower and studying at the same time is one of the most difficult things you could ever do. You’re combining so many different things. Now my life is tailored just to rowing; in terms of volume, there’s more training, but I have free time in the afternoon to relax, refuel and recover for the next day.

Everyone’s now talking about the Olympics. It’s becoming a bit of a distraction when we’re just trying to focus on what we’re doing. But at the end of the day, you just have to see it as another race. For now I’m just keen to get selection out of the way, and hopefully I’ll be able to get focused on the Games and aim for a gold medal. That’s what we’re here to do.”
Emma Pooley (TH 2001)

"Paula Radcliffe has always been my heroine because running was my first serious sport and she always seemed so friendly and humble.

I rode to school like many kids, but didn’t get a road bike until my second year at Cambridge. I was in loads of sports clubs and the Hare & Hounds Cross-Country Running Club was my life. I was devastated when I sustained a stress fracture and couldn’t run for weeks, so I got a road bike to cross-train. I didn’t enjoy it to start with, but it was a way to stay fit while I couldn’t run and it got me into the triathlon. I never thought I’d one day go to the Olympics as a cyclist.

My coach, Jim Williams, was one of the founding members of the local triathlon club in Cambridge. When I got my first few cycling results, I asked if he could help me with a training programme. I had been running for years but didn’t know what I was doing in cycling.

It didn’t really become my sport until the fourth year. I entered the National Road Race Championships and came fourth, which was unbelievable. I’d never dreamed of coming fourth in the National Cross Country Championships in 10 years of running. At that point I thought: “Maybe I’ll give this a go.” My first proper international race was in Brittany just after I graduated. I couldn’t believe how hard it was, but I went back to the same race three years later and won.

I moved to Switzerland to do a PhD in 2006 and worked full-time in research while trying to race with a Belgian team at weekends. The next year, I spent a few months on secondment at the University of Western Australia, did lots of cycling and came back much stronger. I got onto a local team in Switzerland and the national team picked me up again; we had a training camp in Italy and they thought I might be suited to the Olympic time trial.

Going to the Beijing Olympics only became a possibility about a year beforehand. It was exciting because I didn’t even expect to be selected, and then I won silver in the time trial event. There’s more pressure going to your second Olympic Games because you’ve got the experience and you obviously want to perform better than last time. There’s huge excitement from friends and family. We don’t have any major cycling races here, and it would make me really proud to race for Great Britain on home soil.”

Emma is a member of the AA Drink team, sponsored by Cervélo, www.leontien.nl/aadrink. Emma also supports Amnesty International.

Andy McGowan (TH 2007)

With the whole country talking about London 2012, it is set to be a particularly memorable summer for Andy McGowan (TH 2007), who is set not only to carry the Olympic Torch but also to work in the Olympic Village during the Games themselves.

Andy was selected from over 28,000 nominations to be one of the 2,012 people chosen by LOCOG to carry the iconic flame when it makes its way around the country between May and July. He was nominated both for his personal achievements and for his work supporting young carers. Andy was an only child and from the age of six was carer for both of his disabled parents, which impacted heavily on his schooling. However, he managed to turn this around to earn a place to study Law at the Hall. Determined to raise the aspirations of other young people he was elected as Cambridge University Students’ Union’s Access Officer in 2010 and, before he starts a PGCE at Leicester in September, he is helping McDonald’s employees without qualifications obtain Apprenticeships in Hospitality. He has represented young carers on a local, national and international level and has raised over £2,000 for charities supporting young carers and their families (with a 10,000ft skydive in April being his latest project!).

Andy has also been selected as one of the top 1.5% of McDonald’s employees nationally, going to work in one of the four restaurants being built in the Olympic Village.

Andy will be carrying the torch on Saturday 7 July when the torch heads to Newmarket.
The Visitation
by Duncan Robinson, Master of Magdalene College, 2002 – 2012

On Sunday 16 October, Duncan Robinson, Master of Magdalene College and a former Director of the Fitzwilliam Museum, preached at Evensong, taking as his subject matter the painting that hangs in the altar, The Visitation, by Maso da San Friano, which is on permanent loan from the Fitzwilliam Museum. Here is an extract of his address.

‘And it came to pass that, when Elisabeth heard the salutation of Mary, the babe leapt in her womb; and Elisabeth was filled with the Holy Ghost.’ This is the precise moment in St Luke’s account of the Visitation that we see in this painting above the altar. What we have is a nuanced, visual response to one of the most richly textured passages in the Gospels.

In 1568, eight years after Tommaso d’Antonio Manzuoli signed and dated the altarpiece, Giorgio Vasari referred to it in his Lives of the Painters, Sculptors and Architects. There we read that ‘Maso Manzuoli, called Maso da San Friano, a young man of about 30 or 32 years, has demonstrated recently [his talent] in two altar-pictures with much honour to himself and full satisfaction to everyone, having displayed in them invention, design, manner, grace and unity in the colouring.’ This is praise indeed; ‘design, manner, and unity in the colouring’ are three of the most important critical considerations in the Cinquecento, as artists aspired to combine ‘disegno’, associated with Florentine painters, with the ‘colore’ of the Venetians, and to do so with ‘maniera’, that courtly elegance which was identified in Florence with the fashionable artists associated with the Medici court.

Important changes were afoot in the decade of the 1560s, following the conclusion of the Council of Trent and the publication of the Tridentine decrees. The Counter-Reformation called for sterner stuff than the fluttering draperies of the mannerists; following Michelangelo’s death in 1564 loincloths were added to the nudes in his Last Judgment in the Sistine Chapel. In 1560 the young Maso appears to have tuned in to these new wave-lengths of clarity and gravity on the one hand; propriety and seriousness of purpose on the other. He anticipated the shift in sensibility which accompanied the reaffirmation of faith by the church militant. Maso was also clearly at pains to satisfy the new demand for pictorial clarity; and to do so, it seems that he deliberately looked back to the more monumental figure style of the High Renaissance.

I have no doubt that the size and shape of the altarpiece was dictated by the space available in the chapel for which it was originally painted, in the church of San Pietro Maggiore. The verticality of the altarpiece encouraged Maso to elongate his figures; that of Mary especially, and to a lesser degree Zacharias, a deliberately light-weight counterbalance. On the right, behind the Virgin, three more elegant figures crowd into the scene as attendants. The one closest to her holds an infant in obvious reference to the forthcoming nativities; while the foremost one, more daringly allegorical, bears symbolic gifts; a cornucopia in one hand and, balanced on her head, a bundle which may refer to the swaddling clothes and other linens associated with birthing rooms.

Thanks to a label on the back of the old frame we can trace its history in this country from 1829. It appeared at a sale at Christie’s, London, on 11 April 1835, and was bought by Henry Thomas Hope.
The naked bystander is further evidence of the expectation that works of art should be didactic. His staff and his keg are attributes of pilgrimage, a religious practice condemned by Protestants and all the more vigorously promoted during the Counter-Reformation. He is also the earth-bound antithesis of the cherubs, two of whom display wreaths of roses, while the third, centrally placed, appears to be letting clusters of them fall; one spray lies appropriately close to the feet of the Virgin. Roses are of course traditionally associated with her; but they may have a further significance here, at a time of renewed Mariolatry, when the rosary and its associated prayer, the Hail Mary, were being championed as ‘the ladder to paradise’ for the faithful.

The church of San Pietro Maggiore was demolished in 1783, and by 1792 the painting was in the Vatican. What happened next is unclear, but it seems fair to assume that it was either looted or sold during those turbulent years around the turn of the century. However, thanks to a label on the back of the old frame we can trace its history in this country from 1829. It appeared at a sale at Christie’s, London, on 11 April 1835, and was bought by Henry Thomas Hope. Hope was the person who gave the picture to the recently opened Fitzwilliam Museum in 1859. It was housed there for most of a century, ill-assorted with the Founder’s collection of distinctly secular paintings by the masters of the Venetian Renaissance.

I do not know for sure why Carl Winter, Director of the Fitzwilliam Museum at the time, decided in 1955 to offer the painting to Trinity Hall as a long-term loan. My suspicion is that the deus ex machina was his predecessor, Louis Clarke, a Fellow of this College. Both men were obviously aware that the museum’s founder was a Trinity Hall graduate. Between them Winter and Clarke restored to its original purpose a painting which was produced as a devotional object, but was overtaken by fashion and changing attitudes to worship. Stripped unceremoniously from the altar of a demolished church, it found its way on to the art market entirely divorced from its original function. It then belonged to a series of private collectors, before its purpose was once again redefined as an example of mid 16th century Italian painting in a university museum. Indeed, it still fulfils that role; it is thanks to the scholarly attention it has attracted since it came to Trinity Hall that it is now recognised as Maso’s undoubted masterpiece. At the same time it has been gloriously reinstated as a devotional image; a call to worship, in the words of the Gospel which inspired it: ‘That thou mightest know the certainty of those things, wherein thou hast been instructed.’ (I.4)
Trinity Hall Front Court

TH Sport

Our Women Footballers win the Plate

Coach and Trinity Hall Porter, Malcolm Pearman, writes of his excitement and pride in the Women’s Football Team winning the final of The Plate with an emphatic 4-1 win over Newnham on Saturday 25 February 2012.

The final was played at King’s pitches against Newnham, a team a league higher and a team we knocked out of Cuppers last year. Now I could write a long-winded match report, but all I will say is that we were much the stronger team throughout and thoroughly deserved the 4-1 win!

So, the Plate is coming to Trinity Hall! These ladies can be so very proud of themselves and I hope the College is as well; I know one thing for sure, I am. I would like to say to each and every one of the team, whether you played in just one game or all, you all played your part in this triumph! Congratulations! And thank you for giving me the opportunity to coach you again, it has been an honour and a privilege.

For a full report, please visit www.trinhall.cam.ac.uk/news/archive.asp

Cricket

Trinity Hall has never been better represented in terms of cricketers, with six members of the College involved in University squads and four of us being members of the Blues squad. With such a heavy presence we can definitely stake a claim at being the cricketing powerhouse of the University!

This all comes at a time when the Blues are seen to be at their strongest for 30 years, fresh off the back of historic victories over Oxford in all three formats of the game; the first time the treble has ever been recorded in Varsity fixtures. With Cambridge cricket at such a high point it is a fantastic feeling to know that a quarter of the squad are from our College and to know that the College is fully behind us. The help given to us by the Aula Club is invaluable and without it we would not be able to make the most of the opportunities that cricket at Cambridge is able to offer us.

I was fortunate enough to be involved in all three games last year, and the feeling of being part of such an iconic set of fixtures is truly magical; walking out at Lords is a memory that will stay with me forever. To finish a season that began in the nets in October in such a successful manner is extremely satisfying; it makes all those early morning runs, gym sessions between lectures and hours in the sports hall worthwhile. From the moment we stepped out at Fenner’s in April to the start of the T20 match we had been gearing towards one thing: beating Oxford.

The progress we made over the course of the season was dramatic; we went from losing to mediocre club sides to beating teams laden with ex-professionals.

Thankfully cricket did not interfere too much with my studies and I was able to walk away with a 2:1 for my troubles. Being a first-year economist I had the misfortune to be the last person to finish exams in the entire University; in fact on the morning of the T20 match I was sitting my Maths and Stats exams. Needless to say, my attention was elsewhere which might go some way to explaining the resulting marks in them... On the whole though, the balance between sport and work is one that is highly important to manage correctly, as there is little point in getting a Blue but failing the course.

This year we have strengthened the squad even further and are looking at continuing our dominance in the Varsity fixtures. A strong Fresher intake and the return of a couple of old war horses means that Trinity Hall looks as strong as ever. Hopefully we can reflect this over the course of the summer at both College and higher levels. We hope to see a few of you at Lords in the alumni box, let’s hope we can have as strong a performance as last year!

Matt Hickey (TH 2010)

Trinity Hall offers its congratulations to Akbar Ansari (TH 2007), Zafar Ansari (TH 2010), Matt Hickey (TH 2010) and Elliott Bath (TH 2010), and wish the Varsity cricket team success on Saturday 16 June at Lords.

www.lordsvarsity varsity2020.com/
Trinity Hall first-year medic Matthew Walton (TH 2011) and Matilda Carr (St John’s) were the triumphant winners of the RAG Jailbreak 2012. Each team had 36 hours to travel as far as possible from Cambridge, relying only on sponsorship and fundraising to pay for their journey.

A series of remarkable co-incidences and the spur of the moment generosity of a stranger allowed Matthew Walton’s team to win RAG Jailbreak 2012. “After fundraising in colleges and around Cambridge we had enough money to get to London. Once there, on a spur of the moment, we decided to start fundraising again. We met a friendly American businessman called Ron, who donated £20 to the bucket, for which we were extremely grateful.” However, this was not the end of Ron’s generosity. A short time later he ran back to the students and told them that he was in a meeting until 6 pm. However, he asked them that if they were able to get tickets to somewhere like South Africa, would they win? He suggested they go to a travel agent and find out what might be available.

As Matt explains, “we didn’t know his [the benefactor’s] budget but he suggested we could go anywhere. It felt like a dream, then it dawned on us that the unbelievable might just be happening, and we actually may have a chance of not just getting out of the country, but actually winning!”

After the slightly surreal experience of explaining the situation to a travel agent, the team were terrified that Ron may have re-thought “and we would never see him again. However, after an anxious two hour wait we got a call from Ron saying that he was in the travel agents and about to book. He had booked us two return flights to Singapore, a hotel for two nights, and he would have a colleague collect us and take us out for a meal there. He even offered us spending money which we declined.”

Following an impromptu celebration, the team called their parents and set off to Heathrow. After a 12-hour flight the students were escorted to their hotel on Orchard Road, Singapore’s answer to the West End. At breakfast “we were called saying we’d won, we were ecstatic! We went to the pool to watch the sunrise over Orchard Road, then we toured the city. It was beautiful, and so hot!”

Did the team ever plan to get so far? “Absolutely not!” Matt replies. “We never would have dreamt that we would actually be the pair that made the headlines. It was a series of pure chance events leading to the most memorable 36 hours of our lives. If anything had gone differently that day we would not have been on that street to meet Ron. We feel like the luckiest people ever! You hear about these things happening, but you never think it’ll happen to you!”
Round the World Yacht Race
... almost home!

It has been nine months since James Rogers (TH 2001) left Southampton on a Round the World Yacht Race. He tells us of his adventures to date.

During the nine months we have crossed the Atlantic, twice, dropped into the Southern Ocean, twice, hidden from Pirates in the seas around the Philippines and Indonesia, battled the horrendous conditions in the ‘Washing Machine’ in the Luzon Straits off Taiwan and finally crossed the mighty Pacific Ocean! Having sailed under the Golden Gate Bridge after 5,850 miles of racing from China, we are enjoying Californian sunshine before we head off again for the final two legs, finishing back in Southampton on 22 July.

It has been truly insane at times, but an incredible and unique experience: soaking wet – crashing waves compete with torrential rain; bitterly cold – with snow on deck and slush falling out of the sails; unbearably hot – tropical nights are hotter than British summer days; very windy – with gusts in excess of 50 miles per hour at times; eerily calm – when the sea is like a glass sheet and there is seemingly nothing else in the world but your floating home; like a wildlife programme – countless dolphins, whales, albatross, turtles, jellyfish, squid and thousands of flying fish; bumpier than any roller-coaster – making cooking interesting and a little like a circus act with knives flying across the galley; an unbelievable challenge – physically, mentally and emotionally; fairly hairy – both in terms of on our faces and mother nature’s impressive power demonstrations; full of adrenalin – with late night sail changes, surfing downwind, trips up the mast in rough seas and last minute changes in race position.

Being part of the Qingdao crew has been brilliant, we have worked well together and formed a really strong and happy team, developing our all round sailing skills and running the boat ourselves. We may not have yet had the podium finishes we might have liked, but there is a way to go and we grow stronger with every race. There has been drama across the fleet but thankfully all crew are safe and sound, and whether injured or just knackered, all are on the mend. I cannot tell you the number of times that I have wished I could just get off and come home, but I haven’t, as there are a million times I can tell you about that have kept me going. It is difficult to describe the feeling as you approach land after weeks of being at sea and seeing nothing but a few birds and a lot of water. My crew mates have been consistent sources of support and inspiration, the human element of this race has been the most fascinating to me.

Another inspiration for me as I undertake this challenge has been my late friend, Mark Evison. I have run the US Half Marathon in San Francisco as part of my 15k-squared challenge, which has become more and more difficult as my legs are not getting the exercise they need whilst out on the ocean waves. Find out more and help my efforts to raise money by googling James Rogers RTW and clicking on my Virgin Money page.

I have had the privilege of being the media crew member on Qingdao and so you can get a much more animated impression of what life has been like at the Clipper YouTube site: www.youtube.com/user/ClipperRTW. You can also follow the race at www.clipperroundtheworld.com where daily diaries and photos come back from all the crews as we race each other.
Held each Wednesday during Full Term, the McMenemy seminars are one of the highlights of MCR academic life. The seminar series is run by the McMenemy co-ordinators and funded by the MCR for the benefit of all College members, with speakers preferentially chosen from the graduate community. Graduate students at Trinity Hall study an extremely diverse range of subjects, from quantum physics to the philosophy of ancient Babylonian mathematics, making the McMenemy seminar series one of most varied in Cambridge! The seminars are named for and dedicated to the memory of Chris McMenemy (TH 1998), a Trinity Hall graduate student who co-founded the series in 1999, but who tragically died in a boating accident in 2000.

The McMenemy seminars allow graduates the opportunity to find out what other MCR members actually study. One of the most important functions of the College for graduate students is to bring together students from different academic disciplines, and the McMenemy Seminars are an important part of how Trinity Hall makes this happen. Aimed at a lay audience, the talks are also challenging for the speakers, who need to distil their knowledge for a non-specialist audience. The Seminar is concluded with a lively discussion, which is continued over drinks before Grad Hall.

Talks which have taken place this term include Lawrence Whittaker’s (TH 2006) ‘Antidepressants: Do you know what you’re taking? – Evaluating New Therapeutics in Mental Health’ examining issues concerning drug development, Sarah Weaver’s (TH 2010) exploration of Alfred Tennyson’s life at Cambridge as a student and James Thom’s (TH 2009) discussion of the mental capacities of the crow family.

First held in 2010, the Marshall McLuhan Symposium provides a forum for stimulating intellectual discussion in the College graduate community. Named after the distinguished communications theorist and alumnus of Trinity Hall (TH 1934), all members of the MCR are welcome to participate. Each symposium has a theme and takes place over the course of a day, with informal presentations in the morning and three panel-style debates in the afternoon. Refreshments are kindly provided by the College. The symposium held on 28 April 2011 had the theme of “Going Places: Motion, Movement, Travel”. The debates were held on the subject of Freedom of Information in the Graham Storey Room, followed by a wine reception in the MCR.

This year’s symposium was held on the 5 May on the theme of Memory.
Happy 70th Birthday

Professor Stephen Hawking [TH 1962 and Honorary Fellow] celebrated his 70th birthday earlier this year. To honour this occasion a conference entitled “The State of the Universe” was held in Cambridge, hosted by the Centre for Theoretical Cosmology, at the Centre for Mathematical Sciences in the University of Cambridge. They were very pleased to be able to hold this remarkable event for Professor Hawking whose courage, insight and vision continues to have an impact on the way fundamental physics at the extremes in black holes and the Big Bang are understood. A major goal of the conference was to review the current status of the fields of black holes, cosmology and fundamental physics; there were 27 invited speakers all of whom are world leaders in these fields. Further information can be found at the website www.ctc.cam.ac.uk/stephen70/

Harold Attridge (TH 1967) is named Sterling Professor at Yale University

On 1 March, Yale President, Richard Levin, revealed that Harry Attridge (TH 1967) will be named to a Sterling Professorship, the highest honor that can be conferred upon a member of the Yale faculty.

Professor Attridge is a distinguished New Testament scholar whose interests are in New Testament exegesis, the study of Hellenistic Judaism and the history of the early church.

He was one of the principal drafters of the Loving God and Neighbor Together document that pointed to commonalities between Christianity and Islam that was published in its entirety in the New York Times.
Martin Fordham Celebrates 40 Years at the THBC

This April, the Hall was host to a Boat Club 185th Anniversary Regatta, and a dinner in honour of Martin Fordham who has served as THBC Boatman for 40 years.

Over 200 alumni attended the event, overrunning the river as crews battled it out for a trophy and plate. The evening saw Jeff Cook donate a rare coxless pair, the last to win the British National Championships before the boat class was retired, to the Club (pictured). The THBC launched a new fundraising appeal at the event with the aim of repairing and renovating the Latham Boat House. For more information about the 185th anniversary regatta and the boat house plans, please see www.trinityhallbc.co.uk

Trinity Hall Flyers

The Trinity Hall Flyers are a team consisting of staff and a fellow who made us proud as they went on a mammoth fundraising event at the end of May.

The Trinity Hall Flyers consisted of:  
Dr Damian Crowther (Fellow)  
Mr Allan Flavell (Kitchen Manager)  
Mr Don Dawson (Fire Porter)

They all played to their different area of expertise – Don did a fantastic one mile swim, Allan ran for 13 miles and Damian rode on his bike for 13 miles, ending up at Trinity Hall to a cheering crowd and a party!

Charity page: uk.virginmoneygiving.com/team/TrinityHallFlyers

MCR STAGE VAGINA MONOLOGUES

The MCR have been fundraising with a production of Eve Ensler’s Vagina Monologues. The Women’s Officers of the MCR put on this event auditioning students, staff and Fellows from the College and the University. The production took place at Trinity Hall for just two evenings at the end of April. The proceeds were divided with 10% going to an African charity and 90% going to the Cambridge Rape Crisis Centre.
The last twelve months have again seen events held in some singularly impressive venues. On Friday 3 June 2011 over 200 members and guests gathered for drinks and canapés in the Egyptian Room and Salon of the Mansion House, London. For many people the drinks reception was preceded by a tour of this magnificent venue. The Lord Mayor, being in foreign parts, was unable to join us but we were welcomed by Sheriff Richard Sermon who deputised for him.

The AGM took place on Saturday 24 September, immediately prior to the Cambridge Dinner. During the course of the meeting Dr Nigel Chancellor (TH 1990) was elected President of the Association, the outgoing Secretary, Colin Hayes (TH 1962), was elected Vice Chairman and I took over from Colin as Secretary. Juliet Day (TH 1990) was also elected onto the Committee. The Dinner was once again marked by excellent food and wines and, of course, great company. It was also our opportunity to bid farewell to Sarah Webbe (TH 1981) as the outgoing President, an occasion marked by the presentation of an engraved silver tun by the Association and the Master and Fellows in recognition of the enormous contribution that she has made.

On Friday 28 October the Association ventured north of the border for a dinner in the Signet Library, Edinburgh. This proved to be another spectacular venue and a very good turnout of members and their guests from both sides of the border enjoyed drinks in the Upper Library – described by George IV as “the finest drawing room in Europe” – before being piped into dinner. We enjoyed a magnificent meal and conversation flowed freely until well past the appointed time for the dinner to end.

Our next event was a dinner in the magnificent setting of the National Museum, Cardiff on Friday 20 April. Tickets for this sold so well that we had to move the dinner to a larger room in order to accommodate numbers.

Looking further ahead our AGM and Cambridge Dinner will be held in College on Saturday 22 September. In October we are planning an event in the East Midlands at Haddon Hall in Derbyshire on Friday 12 October.

The Association’s policy of organising events around the country has now become well-established and at each one it is a great joy to welcome not only those members that quite frequently attend events, but especially those coming to an event for the first time – whether they are recent graduates or went down many decades ago. Some people are reluctant to attend an event unless they think that there will be other members of their year group there. Whilst it can certainly be good to meet up with one’s contemporaries at an event, one of the great delights is to meet with Hall men (of both genders) from across the years – one comes to realise that there would seem to be something quite special about people who have been to the Hall, and that seems to span the decades. So do try and get to an event near you (or even further afield) and do bring your partner. We are always on the lookout for venues for events; suggestions are very welcome.

In October the THA supported a very successful careers seminar in College, organised by Andrew Burr (TH 1977) and Dr Rachelle Stretch (Development Office). The venue had to be switched to the Lecture Theatre to accommodate the number of people who wished to attend.

As always we are immensely grateful to the staff of the Development and Alumni Office, particularly Mary Richmond who shoulders so much of the burden in organising our events and to Dr Rachelle Stretch. We are also enormously grateful to the Master and to Dr Claire Daunton for their tremendous support for the Association on so many occasions, and to Dennis Avery (TH 1980) for his generosity in endowing the Association, thus facilitating our growing programme of events and the THA Awards.

Chris Angus (TH 1967)
THA Awards – Nepal experience

Two students were able to take up their THA awards in 2011, travelling together to Nepal, but their experience represents the very best of what the THA Awards exist to facilitate.

Niamh Hunt (TH 2009) and Sukhmani Khatkar (TH 2009) spent five weeks at a special centre in Nepal dedicated to the care of young children with the HIV virus. HIV is a taboo subject in Nepal and its young victims are regarded by the general population almost as outcasts, making their innocent plight even more tragic. The aim of this centre is to take in children up to the age of ten, improve their general health as far as possible, and raise awareness of the true nature of the virus. Niamh and Sukhmani helped with the preparation of medicines and meals, with general duties in the Centre, and in teaching basic numeracy and literacy skills, many of these children being illiterate. Above all they helped to provide the care and real affection that these children otherwise lacked.

It is abundantly clear from Niamh and Sukhmani’s post-project reports that their experience was of lasting value in both directions: providing real practical assistance and care where it was desperately needed, and giving these two Trinity Hall students a window on the world that they will never forget.

The full report can be found at www.trinHall.cam.ac.uk/alumni
Robert, a Fellow of Trinity Hall and University Lecturer in the Department of Zoology, set out to challenge other myths, namely that a belief in the science of evolution somehow undermined religious belief and the role of a divine creator. As Robert said so clearly, biological evolution is about the diversification of living biodiversity from one or few common ancestors, it does not concern the origin of life or the existence of God. From his own committed interest in religion and religious belief, and his acknowledged academic expertise in the field of palaeontology and evolutionary biology, Robert was able to tackle the opinions and arguments of both creationists and academic scientists. In a well-argued, expertly-delivered talk, which attracted so much interest that some of those who had not booked ahead had to be turned away, Robert addressed the common misunderstanding that an evolutionary biologist cannot be religious, and vice-versa. The attentive audience was quick to take up a number of points in the discussion which followed.

The final excellent and thought-provoking talk in this year’s Forum line-up was given by Chris Blackhurst (TH 1979) on Monday 14 May with the title ‘Leveson and the Lessons from Hacking’.

Chris, editor of The Independent, examined whether a judicial inquiry into the ethics of the Press is the correct response to the hacking scandal. Is Leveson the right approach? By focussing on an entire industry, not just those accused of hacking, is the inquiry in danger of curbing journalism in the public interest – a vital ingredient in a democracy where freedom of the Press is sacrosanct? It was another very interesting and stimulating occasion, with many questions to follow.

We have been most fortunate in our speakers and our audiences in 2011-2012. These talks take time and thought to organise and I am much indebted to the superb organisational skills of Mary Richmond. Mary, supported by her colleague Amy Williams, has again helped me to bring the series together so well.
Spinach Health

Anna McKay (TH 2000) made a typical transition from the Hall to working life; she joined the graduate scheme at a ‘Big 4’ audit firm and rose through the ranks to Manager in their Financial Consultancy department. But a nagging frustration with corporate attitudes towards health and fitness caused her to take action and set up her own company to fill an important gap in the health market.

Working for seven years at one of the ‘Big 4’ accountancy firms gave Anna a rewarding start to her professional career. However, the pervasive assumption that a ‘successful corporate career’ and a ‘healthy lifestyle’ were irreconcilable was a cause of constant frustration for Anna. Her life-long passion for sport and health, which manifested in her rowing for THBC 1st boat and racing Varsity level athletics while at TH, had taught her that the two were intrinsically linked. She knew from experience that her academic and professional performance was always superior when she was fit and healthy. On investigation, Anna found that she was not alone; she found growing frustration from employees with many London companies that only offered reactive health solutions. She also received support for her belief that pro-active health solutions were not only better for the individual, but better for their teams and cheaper and more effective for their companies.

Realising there was a gap in the market, and building on her passion for sport and fitness, Anna set up ‘Spinach’. Her passion is challenging the status quo concerning health. As Anna explains:

“Spinach is a health company that is built on a passionate belief that leading a healthy life should be accessible to everyone, no matter how long, stressful, inconvenient or unpredictable your working day happens to be.”

Anna works in conjunction with management teams to design and deliver tailored health programmes that are pro-active, accessible and relevant for their staff teams. The company’s main offering is an eight-week programme that includes practical fitness and nutrition training sessions, as well as modern, relevant advice concerning sleep and stress.

“With so much focus on the Olympics and leaving a legacy for the health of children and under-privileged adults, both of whom are very important groups, I really hope that the Olympics will also be a turning point for management teams. The business case for investing in the health of your staff teams really adds up: a 27% reduction in absence and 20% improvement in productivity and retention, together with the benefits of better engagement with clients and faster decision-making: we’ve seen it work!”

Here’s hoping that the Olympics will leave a legacy for the health of the city professional.

New Trinity Hall Merchandise

Music at Trinity Hall

Andrew Arthur, Director of Music at Trinity Hall, plays a varied and dynamic programme of baroque music on the College’s superb new double-manual harpsichord by Andrew Garlick. Recorded in the College Chapel, the disc features music by Bach, Handel, Böhm, Purcell, Couperin and Greene. For information on ordering this new fabulous CD, available from June 2012, priced at £10.00 + P&P, visit the Trinity Hall website: www.trinhall.cam.ac.uk/about/merchandise.asp

Singing in the rain!!

Make wet weather more enjoyable by owning a Trinity Hall umbrella. Next time you are in College, purchase one of our new-style umbrellas from the Porters’ Lodge.

There are two sizes available, a large black and white golfing umbrella and a smaller black telescopic handbag-size umbrella with the College crest. The purchase prices are £15 and £10. The telescopic umbrella is modeled here by Trinity Hall Porter, Stuart Tull.

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Walk in Cambridge 2012

If you are visiting Cambridge this summer then why not explore parts of Cambridge you may have missed as a student and learn about Cambridge’s sporting heritage?

Deputy Director of Development, Dr Rachelle Stretch, has been part of a group which developed six self-guided walks round Cambridge to highlight the city and University’s sporting achievements and cultural heritage during 2012. The walks vary in length from 1.2 to 11.7 miles and together add up to a marathon. The routes and information on the landmarks can be downloaded from the website: www.walkcam2012.co.uk

New website to be rolled out this summer

It has been five years since the website’s last change, so it was decided to review and update the current site. The new website will focus on all aspects of College life, from Admissions to articles and videos on current research being carried out by our Fellows. Users will be able to book for events and purchase merchandise online. We hope you will find this new website – which will go live this summer – informative and interesting. We hope to see you there: www.trinhall.cam.ac.uk

Information correct at time of going to press.