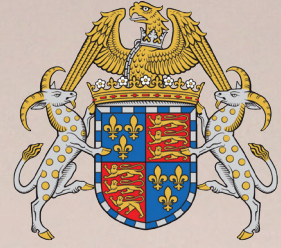


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ST JOHN'S COLLEGE
UNIVERSITY OF CAMBRIDGE

Lent Term 2016

**The Sound of College Music:
Celebrating St John's
Young Musicians**

**The Porter Who Won the Cup: The Footballing
Career of Jack McGugan**

**When Showbiz and Science Collide:
Mete Atatüre and GQ Turkey's Men of the Year**

Welcome to our new staff!



► **All photos St John's College:** 1 **John Cliffe** – Payroll & Benefits Manager 2 **Christopher Conn** – Investment Administrator 3 **Hayley Duignan** – Academic Administrator 4 **Kate Harvey** – Head of Finance 5 **Shelley Hughes** – Press, Publicity and Communities Officer 6 **Dale Vainauskiene** – Bedmaker 7 **Adam Vetrisek** – Bar Assistant 8 **Helen Cocks** – Choir Marketing & Communications Officer.

Congratulations to...

Kevin Ground, Sous Chef, who has reached 25 years of service at St John's!

Did you know?

St John's is on Google Street View!

You can now explore some of the most famous buildings of St John's on Google Street View. Virtual visitors can now tour the entire grounds of St John's, and step inside the Old Library, Chapel, and the Working Library.

Find St John's on Google Maps, and drag and drop the orange 'pegman' at the bottom right hand page onto the College – and if you are taking a virtual tour, look out for a few items from the College's 505-year history that were left around during the photo shoot, such as William Wordsworth's life mask, and a towel, in tribute to Douglas Adams.



► **Image Credit: Google**

Welcome to *Eagle Eye*,
the newsletter for
Fellows, staff & students
of St John's College

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Eagle Eye

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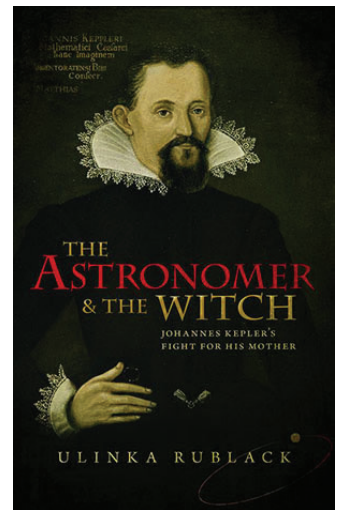
Cover image: The Sound of College
Music – St John's College

News Round-up

What's been happening around St John's

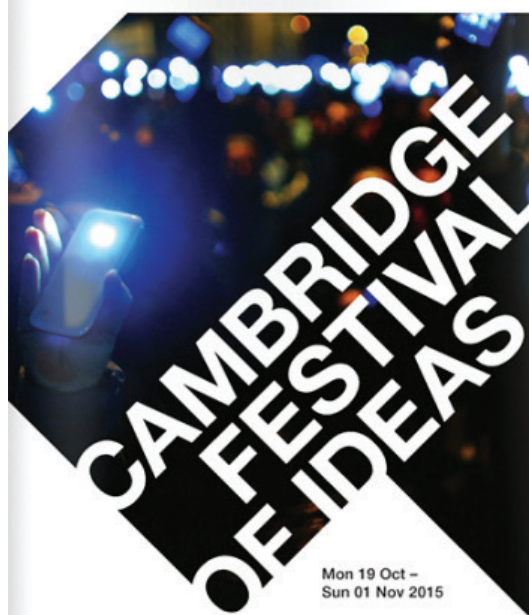
The Astronomer and the Witch

The dramatic story of how the famous
astronomer Johannes Kepler saved his own
mother from being burned as a witch is told
in full in a new book, *The Astronomer and the
Witch*, by Professor Ulinka Rublack, which
reveals the devastating human consequences
of Early Modern Europe's witch-trial culture.
The new study pieces together the story using
records from the original legal proceedings and
shows the horrendous treatment that Kepler's
mother Katharina suffered when charged with
witchcraft and her son's remarkable defence
when he abandoned his work in 1620 to save
her from being burned at the stake.



Prince William opens St John's College Archive Centre

The Duke of Cambridge returned to St John's in October to open a new, state-of-the-art Archive Centre housed in the School of Pythagoras. It represented a return to St John's for The Duke, who was affiliated with the College while undertaking a University-run course in 2014. The Duke was given a tour of the Archive Centre, which contains numerous deeds and charters from the reign of King John onwards, as well as other historically important documents including a rare 14th-Century copy of Magna Carta. He also met various donors who supported the extensive restoration project that enabled the Centre to be built, as well as current staff, students and academics.



St John's plays host for Festival of Ideas

St John's hosted two weeks of free talks, film screenings and exhibitions for the public as part of the annual Cambridge Festival of Ideas. The College was the main venue partner for the 2015 Festival, which aimed to fuel the public's interest in the arts, humanities and social sciences with free events for all. Speakers included the former Archbishop of Canterbury, Rowan Williams; the journalist, Peter Hitchens; poet Holly McNish and BBC broadcaster and critic Bidisha. There were also talks by Johnians, including Professor Ulinka Rublack, Dr Mark Nicholls and the Reverend Duncan Dormor.



Endurance descendants mark centenary by completing ancestor's unfinished business

The family of the chief scientific officer from Ernest Shackleton's famous Endurance expedition marked its centenary by completing part of his intended route to the South Pole, and by digitising unpublished journals kept by their ancestor, James Wordie. The Endurance South Pole 100 Expedition reached the South Pole successfully on 17 December 2015. Wordie was a student, Fellow and Master of St John's, and printed copies of the diaries will be held by the College following the digitisation project.



Johnian to head-up pioneering new research centre to study the future of artificial intelligence

Zoubin Ghahramani, Professor of Information Engineering and a Fellow of St John's College, was appointed Deputy Director of a new multi-million-pound research centre to study the challenges and possibilities of the future of intelligence. The new interdisciplinary research centre will bring together computer scientists, philosophers, social scientists and others to examine the technical, practical and philosophical questions artificial intelligence raises for humanity, in both the near and distant future.

► **Images: The Astronomer and the Witch – permission of Oxford University Press; Prince William – Paul Everest; Festival of Ideas – Cambridge Festival of Ideas/The District; Endurance expedition – Tim Holmes; New research centre – Saad Faruque, via Flickr; College rowers – Lady Margaret Boat Club**



College rowers "turn the river red" in successful first term

Rowers from the Lady Margaret Boat Club, the St John's rowing club, enjoyed an excellent Michaelmas Term, with 74 new students signing up and plenty of success on the river to match. Student Laura Day, writing for the LMBC website, said that there were fantastic achievements across the board from novices and seniors alike. The women's novices boat Millie stormed to victory in the Clare Novices race, securing first place in the Fairbairn's race, and the novice's men's second boat won the Clare Novices. The senior men's first boat came in third in the Fairbairn's race, and the senior women's boat also came third overall.

The Porter who won the Cup

At St John's College, Jack McGugan, who died last year, was a popular staff member, known for his no-nonsense attitude in the Porters' Lodge. At St Mirren FC, he was a local hero, known for his scythe-like tackles at centre half.

Flicking through the newspapers towards the end of last year, readers of the Scottish press might have chanced upon the blurred magnification of an old photograph showing a 1950's footballer. Like most things in the history of the beautiful game, it seems far removed from the glamorous world of multimillionaire players today. In fact, the slightly chiselled individual, glancing sidelong with a faintly curled lip, looks more as though he belongs in post-war National Service, or a Boy's Own adventure, than alongside modern sporting stars.

The man in the photograph is Jack McGugan, and last November he died in Cambridge aged 76. A few weeks before, he had still been doing shifts as a porter at St John's, where he had worked for about 17 years. Even when he started, of course, his playing days were ancient history. For years, Jack had been living in Cambridge, working first as a painter and decorator, and then running various pubs, before finding employment with the College.

Not that his football career was some sort of well-kept secret. Many of those who knew him at St John's talk about how, at the merest hint of an opportunity, Jack was only too pleased to recount his on-field heroics. As time went on, however, such opportunities dwindled. In 2007, having retired the previous year, Jack returned to work evenings only. This brought him



“Newspaper reports called McGugan ‘imperious’, and the Saints’ defence was seen as the difference between the two sides”

back into contact with some of the students and Fellows, but parts of the College community knew him less well than previous generations.

Steve Poppitt, the Head Porter, suggests that in later life the College kept Jack engaged and busy. "He always worked overtime, not because he needed the money but because he loved being here," he says. To some extent he became a fondly-regarded anachronism. "His favourite phrase when he was asked to do something was: 'No problem, pal,' or, to women, 'No problem, doll,'" Steve remembers, in a frankly dismal attempt at a Glasgow accent. "He would only call you that if he liked you. Because of his age he got away with it."

To those who knew him at St John's, then, this curious but popular porter seemed as far removed from the world of football as his photograph suggests. To some, tales of his past career might have seemed like over-fond reminiscences. The truth, however, is that for a brief period as a young man, Jack McGugan was a mainstay of a cup-winning Scottish team who also came within an inch of breaking on to the international stage. Had his career, which mixed major success with fairly rotten luck, turned out differently, it is possible that he might have enjoyed a similar status in English football as well.

Born in 1939, Jack grew up in Glasgow's East End, a stone's throw from Celtic Football Club. As a

teenager he joined a local team called Pollok, and while there, seems to have been talent-spotted by Stoke City, with whom he signed schoolboy forms. Faced with the prospect of living a long way from home, however, Jack opted to start his senior career north of the border. In 1956, he joined the Paisley side St Mirren, who were building a strong squad in the top flight of Scottish football.

Initially, Jack had a part-time contract, which he balanced with a blacksmith's apprenticeship. Before the end of the season, however, he had broken into the first team and established himself as both a crowd favourite and, according to contemporary reports, a "no-nonsense centre half".

Perhaps the high point of his career came two seasons later. St Mirren's exciting team had underperformed in the League, but in 1957/8 they surprised everyone by winning the Scottish Cup. Jack, now aged 19, played in every game. This included the first round, when spurred on by a promise of 10 shillings per player for every goal they scored, the Saints duly thrashed Peebles Rovers 10-0.

After that healthy payout, things got tougher. The semi-final pitted them against the mighty Celtic, but in front of 75,000 fans, St Mirren won 4-0. Moved by the singing from the Saints supporters, Jack later reflected, "I felt my heart was bursting out of my jersey".

108,500 people turned up for the final, against Aberdeen – an astonishing figure when one considers that last year's Scottish Cup Final was attended by fewer than 38,000. The result was a 3-1 win; newspaper reports called McGugan "imperious", and the Saints' defence was seen as the difference between the two sides.

The scenes that followed were real Roy Of The Rovers stuff. The team travelled to Paisley town hall on a bus amid cheering crowds. During the trip, Jack, whose legs were dangling over the side of the bus,

"I felt my heart was bursting out of my jersey"

succeeded in kicking a reporter in the face. Thrilled, the journalist wrote that he hoped the mark would remain "until my dying day".

That summer, Jack was called up for the Scotland squad, but he only played one game, a non-cap international in Denmark, when he appeared alongside future Manchester United hero, Denis Law. Perhaps what put the selectors off was his reportedly "scythe-like" tackles, but this businesslike approach seems to have summed up Jack's playing style. Indeed, Professor Simon Szreter, a Fellow at St John's, recalls asking Jack about the doubtless frustrating experience of trying to defend against the famous Stoke, Blackpool and England forward, Stanley Matthews. "I couldn't even kick him," was the reply.

Jack thrived at St Mirren, but as his reputation rose, bigger clubs came calling. In 1960, he finally agreed terms with Leeds United – then on the brink of a golden decade at the top of English football. The transfer fee, £23,000, was possibly the highest sum ever paid for a defender at the time.

He stayed with Leeds for two seasons, but struggled with injuries and could not cement



► Images: Matchday programme from the Scottish Cup semi-final in 1959. St Mirren were expected to lose to Celtic, but they won 4-0 before beating Aberdeen in the final; (Double image) - Left: Jack with St Mirren in 1959, right: As a Porter at St John's; St Mirren team photograph for the 1959/60 season. Jack is far left, back row. This was his final season with Saints before his record transfer to Leeds United.

a place in a first team graced by outstanding players like Jack Charlton. By 1961, he was seriously considering another move, this time to Tranmere Rovers, who had promised him a regular starting spot but were a much smaller club.

Unsure whether to drop down a level in order to get more playing time, Jack talked it over with the coach, who urged him to stick with United and promised that things would change. But Jack was young, and impatient, and opted to leave. The coach was Don Revie, who would become the Leeds manager and guide them to two First Division titles, as well as an FA Cup win.

Perhaps Jack might have been part of that great Leeds team; sadly, he never reached such heights. After Tranmere, he returned to Scotland where he enjoyed a respectable career with Ayr United and Greenock Morton, before ending his playing days with non-league Cambridge City. In 1971 he hung up his boots, and sought new opportunities in the East of England.

Seven years later, Simon Szreter, then a young undergraduate at Pembroke, was living close to two pubs – The Alma and The Panton Arms. The beer was better at the Panton, but the Alma had live bands, including big-name acts like the Soft Boys and The Waves. Szreter and his mates had developed a strategy: First, they bought a beer at The Panton, then headed over to The Alma to watch the band.

Alas, their gameplan was not popular with The Alma's landlord. Szreter remembers being approached by a "tough-looking" Glaswegian with a crew cut. "I think he said something like, drink up and buy another, or out you go. It was hard but fair. But we hadn't got any money." Years after, Szreter, now a Professor of History, recognised the former landlord working in the Porters' Lodge. It was, of course, Jack.

There was one last moment of footballing recognition before Jack died. In 2009, 50 years after their cup-winning season, St Mirren invited some of its best-known former players to watch the final

game at the club's old Love Street ground, ahead of a scheduled move to a new, modern stadium. Warm applause rang out from the capacity crowd as the Saints legends, including Jack, were introduced. And on 20 November, 2015, fans and players observed a minute's silence at the new ground, St Mirren Park, before the game with Morton. It was a final tribute to Jackie McGugan; Scottish footballer, Paisley legend, and a porter of St John's.



The Sound of College Music

One Category Finalist in the BBC Young Musician of the Year competition, a BBC Young Composer of the Year, and one of the top emerging violinists of her generation – these are the credentials of three of the gifted musicians currently studying at St John's.



St John's is internationally renowned for its Choir, but the College's world-class musical tradition is about more than the

Choir alone; many of the young people who come to study at the College are extremely talented composers and instrumentalists. One current student has made it to the strings finals in the BBC Young Musician of the Year Competition, another was chosen to perform the nation's favourite piece of music for a special BBC documentary, and the College also has a former BBC Young Composer of the Year in the student body. We caught up with these exciting young musicians.

First-year Music student, Stephanie Childress, is a gifted violinist and emerging conductor who has been playing with the National Youth Orchestra since the age of 13. Stephanie has been selected as one of five finalists in the Strings Category of the 2016 BBC Young Musician of the Year Competition and will be competing in the finals in a few weeks' time.

Stephanie "grew up listening to 80's rock bands like Queen rather than Classical music", but she started violin lessons at the age of 6 after discovering the instrument at a Nigel Kennedy concert. It was while watching a rehearsal at the English National Opera in her early teens that she first realised she wanted to be a full-time musician. "I felt so many emotions listening to that performance and I knew I wanted music in my life 24 hours a day, seven days a week." Determined to pursue a career in music, Stephanie left school at 15 after taking her GCSEs early and squeezing three A-Levels into a year. "I did it because I was desperate to get to Cambridge, and when I received my offer from St John's I was ecstatic. It was one of the best days of my life."

For Stephanie, the Music Tripos at Cambridge is a good fit because the course combines practice and intellectual enquiry. "I study medieval music, romantic music and lots of opera - I get to delve into different works every week, which is really stimulating." Stephanie says



that the tuition she has received at Cambridge and elsewhere has enabled her to open up, try new things and become a more independent player. "My teachers have helped me to be able to decide what direction I want to go in for myself. I really appreciate not being spoon fed."

During her time at St John's Stephanie has indulged her passion for conducting and has had the opportunity to conduct orchestras in addition to playing in concerts with the many friends she has made across the Cambridge Colleges. "Friends are the best people to try things out with," she says. "You can rely on them to give you honest feedback."

Third-year Music student, Alex Woolf, is a pianist, singer and violinist, but for some years his main passion has been composing. After winning

"I knew I wanted music in my life 24 hours a day, seven days a week."

the BBC Young Composer of the Year competition aged 16, many broadcasts and performances of his music by leading ensembles such as the Orchestra of the Royal Opera House, BBC Symphony Orchestra and London Youth Choir have followed.

Alex is President of the St John's Music Society, which plays a central role in College music-making, and during his time in office he has launched free lunch-time recitals where students from John's and other Colleges come to perform. "We

► **Images: Stephanie Childress – St John's College; Julia Hwang – Estro Studio, South Korea; Alex Woolf – St John's College.**

“It’s a great opportunity to be social and a good example of new things co-existing with the traditional in the College community.”



started the recitals in a bid to make music as much a part of College life as possible,” says Alex. “Not everyone is into classical so we encourage a diverse mix of styles and genres, plus open mic nights so people get to hear new things.”

Alex has recently been to Vienna with the St John’s Voices, a choir founded three years ago at the College. “Voices is a mixed choir with a less rigorous rehearsal schedule than the College Choir, which makes it a perfect fit for me with all my other commitments. It’s a great opportunity to be social and a good example of new things co-existing with the traditional in the College community.”

Alex has written music for both choirs as well as for strings and the piano. He often recruits Music students and professional musicians from outside the College for his shows, including budding violinists from his old school, Hills Road Sixth Form. “Music at John’s is not just for members of College,” says Alex. “It’s open for a much wider community to enjoy and take part in.”

One of the highlights from Alex’s

time so far at St John’s is having his music performed by a string orchestra in the May Concert at the end of the last academic year. “This was a big College event and an amazing opportunity; I felt so much a part of College life.”

Like Stephanie, Alex really enjoys the opportunities that Cambridge offers for independent study: “The DIY approach here really brings out the best in me. The sky is the limit if you take the initiative and have a proactive approach; I’m seizing every opportunity I can; especially now I’m in my final year.”

Julia Hwang, a Music student in her second year, was selected to perform Ralph Vaughan Williams’ ‘The Lark Ascending’ in a BBC4 documentary after it was voted the nations favourite piece of classical music. She has been performing on the international concert scene since the age of 9 and won first prize in the prestigious Cambridge University Musical Society Concerto Competition last year. As her ‘prize’, she will perform Brahms’ Violin Concerto with the CUMS Orchestra on 12 March.

After moving to the UK from South Korea aged 7, Julia took up the violin, but can’t remember at what point it became more than a hobby. “The violin became a priority for me because I admire the way it can bring out strong emotions in people. It has a very mellow and compassionate sound that seems very organic to me.”

Julia dedicates a large chunk of her time to charity concerts, and in January this year she organised a concert in aid of BRACE Alzheimer’s Research, after being appointed as an ambassador for the foundation. “It’s a way for me to contribute to society using the skills that have enabled me to achieve what I have. I am only here with the help of other people so I believe it should be a circular process.” The concert took place in the Main Lecture Theatre in the Old Divinity School and Julia notes that “the performance and practice spaces at John’s are some of the best in Cambridge, and having these facilities gives students the opportunity to put on top-class events”.

In the near future, Julia will become one of the first outstanding musicians at the College to have

“The violin became a priority for me because I admire the way it can bring out strong emotions in people.”

a collection of her performances released on the College’s new record label, St John’s Cambridge. As well as providing an outlet for future recordings by the Choir, the label will reflect the wide range of music-making throughout the College by releasing performances by the most exciting musicians among our current students and alumni.

When Science and Showbiz Collide

It's not every day you are told by a famous style magazine that you've won an award and are invited to a prestigious red carpet event – but Mete Atatüre took it in his stride and used the opportunity to show how fun science can be.



You might be forgiven for thinking that the character in the glossy photo is the new James Bond, with his tuxedo, well-groomed hair and Walther PPK in hand. But upon closer inspection you'll see that it's not a firearm that he is holding – it's actually a home-made microscope – and the individual in question is not a secret agent, but is, in fact, Professor of Physics at the University of Cambridge and Fellow and Director of

Studies at St John's College, Mete Atatüre.

On 3 December, Mete became one of GQ Turkey's Men of the Year. The monthly men's publication, which focuses on style, lifestyle and entertainment, runs an annual Men of the Year awards ceremony, now in its fourth year in Turkey. The US version of the magazine first named their Men of the Year in 1996, and British GQ in 2009. When Mete was contacted by GQ Turkey editor, Okan Can Yantir, telling him

that he had won the Outstanding Achievement Award and that he was invited to the award ceremony in Istanbul, he initially declined.

"I had no idea what it was!" Mete laughs.

"Our group's Twitter followers increased from 200 to over 3,000"

“I had famous actors and chefs taking selfies with me!”

“I said I’m doing undergraduate admissions interviews in December, and could I send a video instead. The editor said ‘Can I clarify – this is a red carpet affair, it’s going to be broadcast on live TV!’ It then dawned on me that it was a popular magazine, and after talking to my friends, who said it was pretty cool, I realised I should do something about it.”

Mete rearranged his interviews, and GQ flew their photographers out to the Cavendish Laboratory to take publicity shots of him in his workplace, producing the 007-esque photo. “I then disappeared to Istanbul for a day and a half,” Mete tells us.

Ten Turkish men were presented

with awards at the ceremony at the Four Seasons Bosphorus Hotel in Istanbul, attended by 700 VIPs from Turkey and around the world. Categories include Icon of the Year and Chef of the Year, and two awards were also given to International Men of the Year: Walking Dead star Norman Reedus and Sex in the City actor Chris Noth. Turkish musician Sila was named Woman of the Year, and the Man of the Year was Turkish footballer Arda Turan. Mete received the Outstanding Achievement award.

“It’s great to see science represented; it was visionary of GQ to do this,” Mete says. “There isn’t a category for science, so they brought it into Outstanding Achievement. It’s good for Turkey;

Turkey needs to focus more on science.”

Mete was given the award in recognition for his work in ‘squeezing light’ and his track record of scientific achievements. Earlier this year, Mete and researchers from his Atomic, Mesoscopic and Optical Physics group (AMOP), successfully managed to use laser light to excite individual tiny atoms known as quantum dots to create ‘squeezed’ single light particles – something that had previously been written off by physics text books.

“We believe that quantum mechanics has the potential to be incorporated into technologies,” Mete explains. “Our main motivation is to use our knowledge to see if some claims are realistic and if we can overcome some of the current challenges. We

“Science isn’t just about sitting in a laboratory.”



► Images: Mete Atatüre – Olgaç Bozalp for GQ Turkey; Men of the Year 2015 – GQ Magazine; Mete giving his speech – GQ Magazine; Mete’s lab – Mete Atatüre



do it because it's exciting, with sometimes bizarre results. We enjoy solving puzzles."

So did he enjoy mixing with the celebs? "The evening was fun, and surreal. I had Turkish movie stars like Cem Yılmaz from *The Water Diviner* movie talking to me, and famous actors and chefs taking selfies with me! It makes you feel like you are famous, and worthy; it was nice to be in that environment."

When the time came for Mete to receive his award, he says it was a blur. "I do a lot of public speaking, and although I felt nervous, I'd prepared a speech and I knew the topics I wanted to talk about. But I don't remember going up on stage at all! I do remember joking though when I was up there, saying I never thought I'd win this award – but possibly Icon of the Year!"

GQ editor Okan Can Yantır introduced Mete, and interrupted his speech several times to cut to a screen showing photos of Mete and his research group in various locations, such as them in a muddy field at a music festival. "It was very relaxed, we had some banter," Mete smiles. "The pictures are from our Twitter and Instagram accounts. Even though we work hard, we have a lot of fun. Okan wanted to tell a story of how science can be done in a different way, and that it isn't just about sitting in a laboratory."

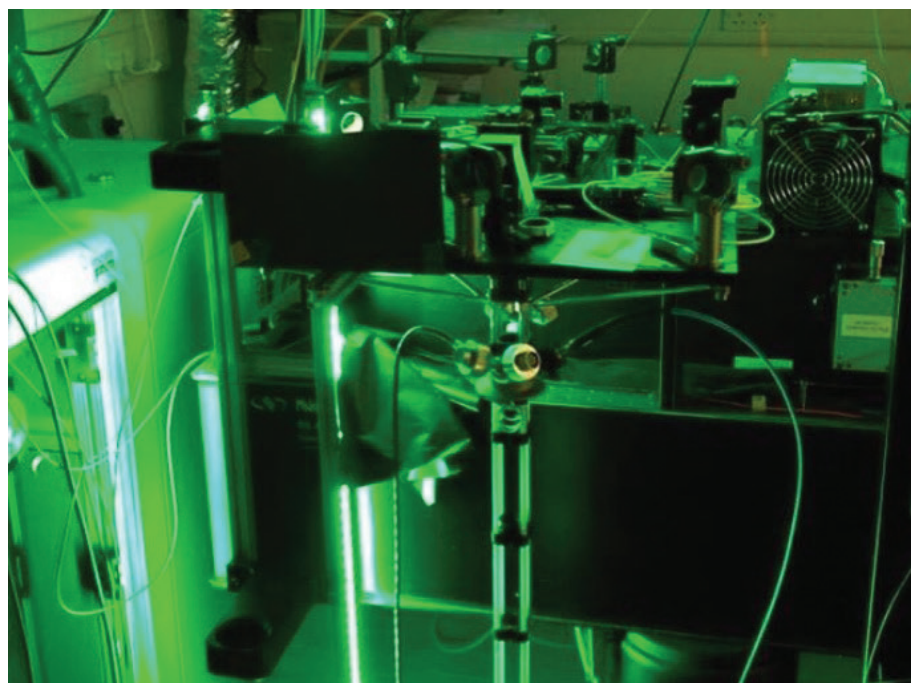
The ceremony was followed by an elegant after-party, where Mete spent a further three hours talking to people. "It was a quality night – and a long one. I had to travel back the next day!"

The event had an effect on the number of Mete's social media followers. "After the event, our group's Twitter followers increased from 200 to over 3,000. I now find myself in more of a public role and pay attention to what science means to people. I try to put fun stuff on our Twitter and Instagram

pages to encourage people towards science."

Mete and his team are currently focusing on the defects in diamond, asking whether we can have quantum sensors by utilising quantum entanglement, with new results coming in already.

"At the end of my speech, I said that it's all about having fun whatever you do, and that science should be part of everyone's lives" Mete says. "Science is a good thing. Trust in science!"



Follow Mete's research group on Twitter: @MeteAtature and on Instagram: meteataure. More information about the group can be found at <http://www-amop.phy.cam.ac.uk/amop-ma/>

10-Minute Interview

with Sam Lewsey

Sam Lewsey, Library Project Assistant, talks about winning marathons and taking up ultrarunning.

We hear that you've been successfully competing in long-distance running events, winning gold and silver medals in the past year – congratulations! How did you first get into running?

I first started running to cross-train when I was a rower, but I started running seriously about two years ago, after I had my daughter, Abigail. I've always been competitive, and I wanted to do something to replace rowing. Something that I could just do whenever I wanted that required a minimum amount of kit, and took up less time. As it turns out, running now takes up just as much time as rowing did!

What type of runner would you describe yourself as?

I'm an endurance runner, or an ultrarunner, which means running anything longer than a marathon (26.2 miles). Some of the longer races can be hundreds of miles, but standard distances include 50km, 50 miles, 100km, and 100 miles. My focus shifted to ultrarunning over the last year. Ultramarathons take place on varied terrain such as long-distance footpaths and off-road trails.

Why did your focus shift?

Before I started training for my first marathon (the Edinburgh Marathon, which I ran in May last year) I'd never run anything longer than a half marathon. When I won the Ely Monster Marathon in September, I realised that I could run even greater distances and that I had the mental and physical strength to do so. I competed in my first ultramarathon in October, a 30-mile race (Stort 30) that also doubled up as the UK Trail Running Championships; I came second, receiving a silver medal in the Championship event, and was blown away by the friendly and supportive atmosphere.



How did you feel during the race?

I didn't feel too bad; my legs had lost a bit of their spring by mile 28, but I never felt as though I wouldn't be able to complete it. And the feeling you get after finishing a race like that is just brilliant!

How do you train for something like this?

I run about nine or ten times a week; I run to and from work, and do long runs at weekends. It's high-mileage training; it's all about getting as many miles in as you can. Ultra races require different preparation to marathons – you're expected to carry spare kit, food, and water, and be self-sufficient. There are aid stations along the way, but it's important not



to rely on them. I have to train my stomach to digest real food on the run. I take walking breaks to eat, but running after eating can cause digestive issues, so you need to play around to see what works for you.

Do you suffer from any running-related injuries?

I've upped my mileage significantly since last autumn, and do get a few problems; I've had intermittent knee issues in the last year, but I see a physiotherapist regularly, and do half an hour of yoga most nights to try to keep my muscles loose. It's a nice way to wind down at the end of a day.

Do you run for fun as well as competitively?

Yes! I absolutely love parkrun; a free, timed run that takes place every Saturday around the Wimpole Estate. It's a 5k event that welcomes

everyone, regardless of standard. There's a lovely social aspect to it, with a friendly, motivating community who have a wealth of experience. It's a great place to start if you want to take up running. I sometimes turn it into a long run opportunity by running there and back, as well as the parkrun itself. I've also recently taken on the role of Volunteer Coordinator at the Junior parkrun on Sundays (all parkruns are put on entirely by volunteers). My daughter Abigail comes along to that and seems to be keen!

So what's coming up?

I usually race once a month. The London Marathon is coming up in April, which I'm looking forward to as it's such a huge race. It's a distance that I'm comfortable with, but it's still endurance; you have to push yourself hard to get a good time, and I've set myself an achievable target (I hope!). I do most of my training on my own, and I've never raced with that many people before, so it's going to be an interesting experience! I also have two 50-mile races coming up: the North Downs Way 50 in May, and the Ladybower 50 in the Peak District in September. I'll be racing in Stort 30 again in October – and this time I'll be aiming for gold!



► Images Credits: At the start of Ely Monster Marathon: Ian-Green Photography; Edinburgh Marathon: Sam Lewsey; Ely Monster Marathon (1st place): Ian Richardson

Awards



Johnian wins international rowing award

Kirsten Van Fossen, a PHD student in Engineering and a rower in the Lady Margaret Boat Club (LMBC), was presented with the 2015 Parmigiani Spirit Award – a prize awarded to any university rower worldwide who demonstrates dedication to rowing in both their academic and sporting lives, in addition to encompassing the core values of the sport. Before coming to St John's, she captained the rowing team at Harvard University and represented the US in the 2008 World Rowing Junior Championships. Since joining the College, she has been victorious with the Cambridge Lightweight Women's Eight and rowed in the May Bumps competition in early June 2015.



St John's freshers awarded pre-admissions prizes

Twenty undergraduates were awarded pre-admissions prizes worth £5000 each. Every home student who is offered a place for undergraduate study at St John's has a chance to win a pre-admissions prize. The prizes are offered across all subject areas and the winners can save or spend their prize money however they want. Among the twenty award winners were Lauren Marshall (Classics); Hannah Moss

(Education with English and Drama) and John Payne (Natural Sciences, pictured).



St John's is first College in Cambridge to be awarded food sustainability rating

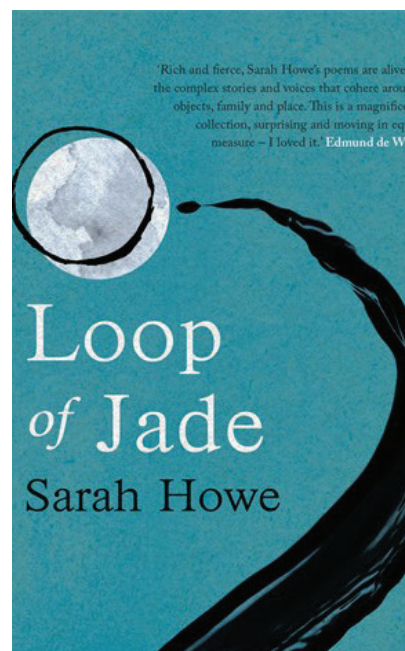
The catering team at St John's has become the first to receive a two-star award from the Sustainable Restaurant Association's "Food Made Good" programme for their commitment to serving sustainable food, making St John's the first College in Cambridge to achieve recognition of this kind. The College catering team is using the rating as a starting point for further improvements by joining a campaign to make Cambridge a sustainable fish city, offering further sustainability training to staff and installing meters to measure the College's energy and water consumption. The St John's catering team was also recently presented with a gold certificate for outstanding customer service by Cambridge BID after visits by 'mystery shoppers'.

► **Images: International rowing award – Lady Margaret Boat Club; Pre-admissions prizes – St John's College; Food sustainability award – St John's College; New Year's Honours – St John's College; Loop of Jade – Chatto and Windus**



Johnians in 2016 New Year Honours List

Five Johnians were featured in the 2016 New Year Honours List: Sir Nicholas James Forwood (1966) for services to justice, Sir Harpal Singh Kumar (1983) for services to cancer research, Mrs Annamarie Phelps (1984) for services to rowing, Miss Hannah Ellis Carmichael (2003) for services to homeless and vulnerable young people, and Mr Michael George Laskey (1962) for services to contemporary poetry.



Former Harper-Wood Student wins TS Eliot Prize for debut poetry collection

Former Harper-Wood Student, Sarah Howe, won the 2015 TS Eliot prize for poetry with *Loop of Jade* - the first time a debut collection has won the prestigious award. After being shortlisted along with nine of the biggest names in poetry, Sarah was presented with the £20,000 prize during a ceremony at the V&A Museum in London. Sarah held the Harper-Wood Studentship at St John's in 2012 and she spent her time travelling to China in search of her roots whilst completing *Loop of Jade*, "a book preoccupied with what it means to travel 'home' to a place I haven't lived for most of my life," Sarah said. A copy of *Loop of Jade* is held in the general interest section of the Library at St John's.

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