



St Mary's
University College
Twickenham
London

Edition 5
Summer 2012
www.smuc.ac.uk/alumni

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SimmarianOnline



Olympic Edition

MESSAGE FROM THE PRINCIPAL



2012 has been a very exciting year for St Mary's. Our Mission is to prepare students for flourishing lives, successful careers and social commitment through excellent, research-enriched teaching in a strong community of mutual respect based on our Catholic ethos and identity and that is what we have continued to do!

Because of our pronounced student focus, teaching strengths, pastoral care, attractive facilities and record of successful graduate employment, we have recruited our complement of students for the September 2012 intake even though this is the beginning of the new era of high fees.

The £8.5 million sports building we opened last October has been central to our appeal as a pre-Games training camp for Olympic athletes from several nations, with the first of them having arrived in graduation week. Our Olympics activity symbolises much of who we are, as we open our arms to people from across the world in a spirit of inclusion, mutual endeavour, high achievement and determination to build relationships across ethnic groups and faith communities.

Finally, I would like to offer my congratulations to our students who graduated this month. They continue as members of the St Mary's community, which goes back to our foundation in 1850 and stretches into the future, a future likely to include the milestone of our gaining university title this year. We look forward to keeping in touch with our new graduates in the years ahead, like those who have gone before you — Simmarians all!

Professor Philip F Esler DD (Oxon), FRSE
Principal

Our Newest Alumni



Congratulations to students who graduated at our summer graduation ceremonies at Westminster Cathedral on Wednesday 18th July, the latest additions to our alumni community. Photos from the day have been posted on www.facebook.com/yourstmarys and links to these photo albums, along with albums from previous summer and winter graduation ceremonies, can be found at www.smuc.ac.uk/alumni/facebook.htm.



Olympic Updates

There are plenty of sports people with St Mary's connections to cheer on at London 2012. As well as athletes from the Chinese, Irish, Japanese and South African national Olympic teams who are using our sports facilities for their pre-Games training camps, we're now also hosting other individual Olympians from Australia, Denmark, Kenya, Mozambique, New Zealand and the USA. Plus, we've got plenty of homegrown talent representing Team GB in the next two weeks:



Olympics

Andy Baddeley (1500m) – former student, still trains here

Julia Bleasdale (5,000m and 10,000m) – trains here

Tim Brabants (Canoeing) – trains here

Mo Farah (5,000m and 10,000m) – former student, trains here when he's back in the UK

Nick McCormick (5,000m) – former member of our Endurance Performance and Coaching Centre (EPACC)

Ross Murray (1500m) – current student

Andrew Osagie (800m) – former student, still trains here

Scott Overall (Marathon) – former resident Endurance Performance and Coaching Centre (EPACC) runner, still trains here

Jo Pavey (5,000m and 10,000m) – has trained at St Mary's for the last 10 years

Nicola Sanders (4x400m) – former student

Stuart Stokes (3,000m S/C) – former member of our Endurance Performance and Coaching Centre (EPACC)

Mo Sbihi (Men's Four Rowing) – former student

James Tindall (Hockey) – former student

Matt Wells (Double Sculls Rowing) – former student

Mara Yamauchi (Marathon) – trains here



Paralympics

Josh Beacham (Football) – uses sport support services here

Martin Sinclair (Football) – uses sport support services here

Helen Turner (Basketball) – uses sport support services here

David Weir (Athletics) – trains here

For the latest updates on how our athletes are performing, join us at www.facebook.com/yourstmarys and www.twitter.com/yourstmarys

St Mary's Torch Bearer



St Mary's alumnus and former AU President, Jason Arday, carried the Olympic torch in Merton, southwest London on Monday 23rd July. More pictures at www.facebook.com/yourstmarys

SIMMStock 2012



April saw lots of our alumni return to our campus for this year's SIMMStock festival, which was a resounding success once again. SIMMStock 2012 saw the introduction of some high-profile headline acts, who added a touch of quality that marked the most impressive line up we've had yet. Alongside Bluey Robinson, Duke and Mikill Pane, there were Indie acts like Scarlett's Roses and Kites playing, in addition to Soulfish, who are fast becoming fan favourites at the festival.

Fairground attractions and food from all over the world were available all day, and the SU bar provided another area for students to enjoy the sunshine in on its patio. SIMMStock was hugely enjoyed by all this year, if you missed out on it then check out the video at www.youtube.com/yourstmarys.

Make sure you don't miss out on SIMMStock 2013, tickets will be on sale next March.



If you missed SIMMStock, watch the video at www.youtube.com/yourstmarys

Interview With Andrew Osagie Former St Mary's Sport Science Student and Team GB 800m at the London 2012 Olympics

By Marina Boor



What are your memories of being a student?

My memories are really positive. In the first few years, you're getting into the student life, so the athletics maybe took a bit of a back step. But when I met up with my coach, Craig, in 2007, that's when I first took athletics seriously and took some really big steps. I won a medal at the BUCS Indoor Championships and won the BUCS Outdoor Championships, which for St Mary's was a big thing. From then, my memories were all quite good. I had a few injuries, which brought the mood down a bit, but other than that it all went well.

What course did you study and what were the highlights?

I studied Sport Science at St Mary's which was really good, but meant that sometimes I knew a little bit too much about my sport! I used to test my own confidence and nutrition plan, but it was really good and I got an insight into what a sports nutritionist would think about an athlete and use that myself.

What would you say to prospective students?

I came to St Mary's a couple of years before I came to study. The campus life and the actual set up was exactly the reason why I came here. It's a small university with a sort of family atmosphere – everyone knows everyone else, so when you're doing sport and you can see your friends doing well in various sports, I don't think that kind of atmosphere is replicated in any other university.

How did you balance your training and your studies?

It's quite tough at times to balance training and studies, obviously because students are notorious for doing things at the last minute. If I was training and feeling tired, at the last minute, I'd feel like I needed to sleep, so it was sometimes a struggle getting work in at the same time. But the staff here have really been good. They understood that I have other targets in my life at the same time, and I actually managed to split my final year. I was one of the first people to do it, as far as athletes are concerned, and that really helped me to get that balance to do well in my studies and do well in sport.

Did you do any other sports as a child?

When I was younger I did almost every other sport imaginable, from rugby, hockey and tennis to badminton – everything you can think of. I did martial arts for a long time – about 11 years – so until I was 15 or 16, I didn't know what sport I wanted to do. I was just possibly the most competitive kid you could ever meet and I'm the same now, I always want to win at everything; if I'm playing scrabble with my girlfriend, I want to beat her, it's the attitude I've got. But I didn't choose athletics until I was about 14.

Why did you choose athletics?

Athletics is probably full of more negatives than positives. If you train every day of the week, you maybe race for about two minutes of that week, so you're feeling bad every week, all day, until that race day, hoping you can do well. It's definitely not one of the easiest sports to do, but that's probably why I chose it. It's such a challenge. It's so individual, there's no pressure on anyone other than me. I'm the person on that line; if I don't run well, I don't qualify for the Olympics. But if I do run well, I do qualify.

What are your hopes for London 2012 and how are you feeling about it all?

I ran the qualifying time this year – four times, actually – and I won the British Championships this year for the second year running, so I have qualified for London. It's the big one, it's the one everyone is talking about. People that aren't even involved in sport are really interested in what's going to happen in London. My aim at the moment is just to take one race at a time. I would love to get into that final so I can race three times in front of my home crowd in London, and I think that support from the crowd and my family being in the stand for almost the first time ever will hopefully mean I do well in the final.

How has St Mary's supported you during your career?

St Mary's has supported me endlessly since I came to university, providing Craig as a coach and Mick as a mentor. They have worked tirelessly for the last four or five years to get athletes to their best. With the help of the Director of Sport St Mary's, Andrew Reid-Smith, and the Head of St Mary's 2012 Preparations, Prof. Richard Fisher, I was awarded a scholarship in my second year which helped me with training.

The facilities are amazing, we've got physio and massage on tap. We've got a brand new sports centre built recently, and things like that, there is a constant effort from everyone in the university to try to help us, and it's that family atmosphere which is really good.

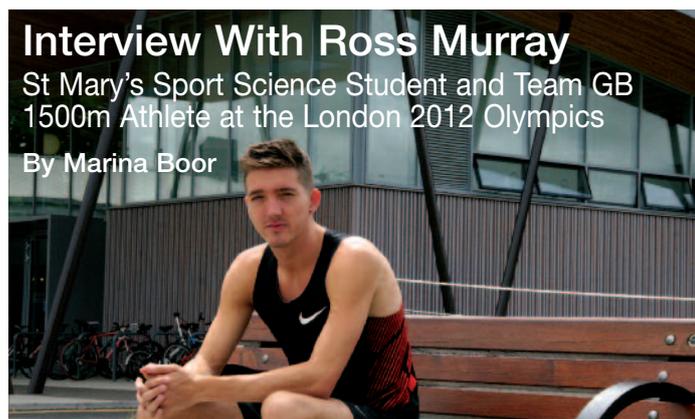
What are your aspirations for after the Olympics?

My target when I first started athletics was to be the best in the world, and that hasn't changed at all. I'm a little bit closer to it than I was back then, but that's the only thing that's changed. I'm just so competitive, and I'll never stop until I've done what I want to do, so the target for me is to become the best in the world. It's no mean feat, but I'm going to give it a go.

Who has been your sporting inspiration?

I don't really have one of those sporting idols or inspirations. I've always said in all my interviews that my dad is my idol and my inspiration. He came to Britain when he was very young – about 13 – and he had nothing; no grades, no money and he worked really hard to get his degree and a good job. Now he's obviously got a good looking family! Things like that inspire me more; you can go from not having much at all, to hopefully having a very happy life and having a lot around you, so he is my inspiration.

To see how the campus has changed visit our virtual tour www.smuc.ac.uk/about/virtual-tours



What's it like being a student at St Mary's?

I've absolutely loved my time here, and the best thing is how close knit it is. Some people might think it's bad that everyone knows each other, but I love that – you go around campus and it's an awesome environment to be in.

What course do you do, and how does it relate to your sport?

I do Sport Science. I like the Psychology and Sociology modules more than the Physiology. I actually chose the course because a few years ago I wanted to be a PE teacher, so I thought that would be the best course for me to do.

How has St Mary's supported you?

I split my final year to try and balance my studies and training a lot better. I knew things would get a little bit hectic, so that's why I made the decision to do half my degree this year and half next year. Everyone has been really supportive, the tutors were really understanding when I wanted to split my year, and I would encourage other people that wanted to do it to do so.

What are the facilities like?

The facilities are fantastic. We've got the new gym, although I liked the old one as well – it was sort of a Rocky-style gym – but the new one is fantastic, it's got all the equipment that you need. We've got the track two minutes away, and Bushy and Richmond Parks close by, which is great for me to go for a run.

How does it feel to be selected for London 2012?

It's all a bit of a shock to me because this time last year I wasn't really running – I was ready to quit – so this is all very surreal. I've never made a major championship before, so I've been thrown in a bit at the deep end with London 2012, but I'm really excited about it. I actually can't wait, and training for it has gone pretty well since the trials. I've had no real problems and will hopefully get another good couple of weeks in before the Games.

What's next after the Games?

I think I'll have a few more races after the Games and then I'll have a month off where I can just let loose for a bit, because I've been training so hard for this, so it'll be nice to be here for freshers' week and chill out for a bit before getting back on it for 2013. Next year I'm hoping to compete in the World Championships in the 1500m.

Sporting inspirations?

I really like Usain Bolt because he looks like he's having fun out there, which is what sport should be. Some athletes take it way too seriously, so he's great because he's trying to have fun, and I'm trying to do the same.



Andrew and Ross were guest speakers at the last Principal's alumni evening. The event was the latest in a series of successful alumni events we've held this year, with former students who attended being treated to a wine reception, dinner and an Olympic-themed presentation from the two athletes, their coach, our Principal, and Prof. Richard Fisher, Head of St Mary's 2012 Preparations.

Photos of the event can be found at www.facebook.com/yourstmarys



Share Your Memories

Would you like to share your memories of your time at St Mary's? Then send us up to 3 paragraphs and we'll include these in Simmarian Online. We're also interested in including any photos from yesteryear you have of yourself and your classmates at St Mary's, if you'd like to send them to alumni@smuc.ac.uk.

Receive details of forthcoming reunions and book your place at www.smuc.ac.uk/alumni

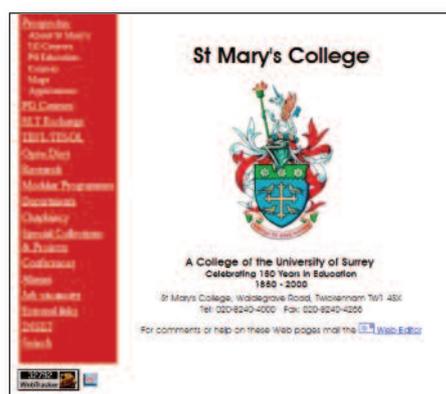
Old Prospectus Covers



Georgina North and Toby Wilson on the cover of the 1998-99 prospectus.

We recently added images of our prospectus covers from the past three decades to the St Mary's Facebook page, and one or two of you have already tagged yourselves in them. Keep an eye on the page over the coming months as we'll be adding photos from the inside pages of those prospectuses – for some of you it'll be a trip down memory lane, and perhaps an embarrassing reminder of some of those dodgy fashions of yesteryear!
www.facebook.com/yourstmarys

The Changing Face of www.smuc.ac.uk



We've also created a Facebook album featuring screenshots of the different designs of the St Mary's website that have existed over the years, from the days of dial-up modems (remember them?) through to our current website design.

www.facebook.com/yourstmarys

Head of Ofsted Visits St Mary's



Michael Wilshaw with St Mary's Principal Prof Philip Esler

The new Head of Ofsted, St Mary's alumnus Sir Michael Wilshaw, visited the School of Education at St Mary's in March. Michael's visit to his former Teacher Training College, where he studied in the 1960s, enabled the School to showcase its work and the excellent teacher training facilities that received an 'outstanding' commendation in last year's Ofsted inspection. Read the full story at www.smuc.ac.uk/news/2012/054-michael-wilshaw.htm

New Head of Education Appointed



St Mary's announced in May that Dr Maureen Glackin has been appointed as the new Head of its School of Education. Maureen, who joined us in September 2003, was in the role of Acting Head for several months and has now been officially appointed to the permanent position.

Read the full story at www.smuc.ac.uk/news/2012/108-maureen-glackin.htm

KEEP IN TOUCH

To keep in touch and ensure you are updated on events and benefits, we encourage all former students to keep the Alumni Office up to date with their details on the Alumni Response Form at www.smuc.ac.uk/alumni

For alumni rates on sports facilities hire see www.smuc.ac.uk/sport/facilities/index.htm

New Postgraduate Course Launched MA in Irish Studies Programme Director Richard Mills tells us about his new course

“St Mary’s is offering an innovative, exciting and imaginative new MA in Irish Studies from this September. We think the course is distinctive and original because of St Mary’s strong heritage of links with Ireland, research expertise in the field, and a long-standing BA (Hons) programme – established in 1990 – with numerous alumni and current students.

“Our degree expands St Mary’s horizons to a wider network of international connections with countries that have significant Catholic populations in Europe, North America and South America. The course is also notable since a Centre for Irish Studies has recently been re-launched at St Mary’s with plans to significantly raise the profile of Irish-themed research, publications and associated activities to engage with the London Irish community. The London-Irish have been a significant contributor to the political, social and cultural life of the UK and indeed, at a remove, to the development of Ireland itself. The MA seeks to evaluate these issues in an academic manner.

“The MA is fresh in terms of content: the degree offers students a range of fascinating subject areas such as Irish literature, drama, film, popular culture, contemporary politics, Anglo-Irish relations and cultures of the Irish in Britain. If you’re interested in Ireland, we think you’ll be interested in our MA.”

A full list of all the postgraduate course we offer can be found at www.smuc.ac.uk/postgraduate-courses-london

Alumni Reunions

Six different groups of alumni will be returning to campus for the University Colleges annual reunion celebrations this September. Former students will be coming back to St Mary’s from across the country, and some from overseas, for what look set to be memorable 2012 get-togethers.

To demonstrate his commitment to our alumni community Principal Prof Philip Esler has arranged for all attendees to be wined and dined on the Saturday evening courtesy of St Mary’s. Some other activities planned include tours of the restored Strawberry Hill House, golf, boat trips and a party in the SU bar! Details of the various reunions are below:

Friday 31st August-Sunday 2nd September 2012

1962-65 reunion organised by Tom Clapperton

1964-67 reunion organised by John White (see article below)

1960’s athletic team reunion organised by Basil Tomlinson – lunch with photographic displays followed by tours of St Mary’s new 8.5 million sporting facilities

Saturday 1st September

25 years reunion party for 1987 starters organised by Jacqui Gomes and Phil Gallagher. Food (free), drinks, music and socialising in the SU bar. 7pm-late

Friday 7th-Sunday 9th September 2012

1966-70 reunion organised by Barry Hickey

To receive details of any of these reunions and book your place(s) register www.smuc.ac.uk/alumni

Reunions: Who Needs Them? Why Bother?

Alumnus Dr John White gives a brief history of the reunion tradition at St Mary’s and highlights the significance of these meetings. John is coordinating a reunion this September with around 80 alumni expected to attend.

“The reunion tradition at St Mary’s developed from the former Easter religious retreats and ‘past students’ sporting weekends, which were held annually for former students of the College.

“At the time, most students joined the former ‘Simmarian Association’ after leaving College, and also became members of local regional ‘Simmarian Associations’, with branches distributed around the UK and even abroad.

“The former Simmarian Association provided continuity for membership of the extended Corporate Institution of the College, which has now developed into the thriving modern Alumni Office of today, and presently reflects the interests of both past and present students, and hopefully future generations to come.

“The Alumni Office, as in the case of its forerunner, the Simmarian Association, continues to provide opportunities for former students to remain in close contact with former friends and colleagues, keep in touch with new developments at their Alma Mater, and also to contribute to the corporate vitality, health and perhaps even wealth of the institution, during the progress of their own careers.

“The integration of past, present and future needs of students can be usefully supported by a regular reunion programme of events, which are pro-actively promoted by a strong Alumni Office, and these in turn can bring about significant benefits to the institution on its way to fulfill its future destiny.

“On behalf of a frequently-active reunion group, we look forward to being part of this symbiotic development process, as we move toward our Golden Jubilee Year of 2017.”

Dr John A White, 2012 Reunion Coordinator, 1964-1967 Student Cohort

REUNIONS

Need help organising your reunion or an event? Whether it’s some informal drinks in London, or an entire weekend on campus reliving your student days, staying in halls and having a drink in the Student Union bar – we’re here to help. From advising on room bookings, promoting your reunion or sending out invites, just let us know what you’re planning and we’ll see how we can best support you.

Where Are They Now?

This feature will return in the next edition with a bumper round up of updates we’ve received over the past year.

Rest in Peace

Tony Cox, staff member in the Physics Department

Michael Spayne (1943-45)

Eric Stringer (1950-52)

Vincent Helm (1963-66)

Ossie Alves (1956-58)

Trevor Adams (1957-59)

Inspire Others With Your Story

What did you do when you graduated?
What exciting journeys have you embarked on in the last few years?

We want to interview you for the next Simmarian Online and for our alumni webpages to let current St Mary's students hear about your experiences and successes. If you'd be interested in taking part, email us at alumni@smuc.ac.uk and we'll be in touch to arrange an interview in a way that works best for you – be it by phone, email, or in person. Interviews will be conducted by a member of the Alumni Office or one of our Student Alumni Scheme members and we'll check you're happy with the write up before anything is published.

Alumni Discounts

Career Coaching

St Mary's alumni can receive a 15% discount on all of C2's individual career coaching services. C2 is a not-for-profit careers consultancy, which is part of The Careers Group, University of London that allows any St Mary's alumni who graduated more than two years ago to get some careers advice and guidance.

On campus benefits

Room Hire

Alumni receive 10% discount for room hire on campus. More details are available online at www.smuc.ac.uk/conferences.

Sports Facilities

There is a special alumni rate for the hire of all sports facilities, gym membership and access to the running track. Take a look at www.smuc.ac.uk/sport/facilities/index.htm for more details.

How did we do?

Your views on this edition – what have we missed? What would you like to see included? What events would you like to be organised? Please email alumni@smuc.ac.uk

LinkedIn

Check out our new St Mary's Alumni LinkedIn group: www.linkedin.com/groups?gid=4261105 launched in January 2012. LinkedIn is a business related social networking site used predominately for professional networking. We'll be continuing to keep our Facebook (www.facebook.com/yourstmarys) and Twitter (www.twitter.com/yourstmarys) sites updated (also worth following, if you aren't already) but have created this LinkedIn alumni group to give you even more opportunity to engage with St Mary's and each other.



Choose Postgraduate Study at St Mary's University College

We offer a range of taught MA, MSc, PG Diploma/Certificate Programmes and Research Degree Programmes.

Programmes include:

- Applied Linguistics and English Language Teaching – London
- Applied Sport and Exercise Physiology
- Applied Sport Psychology
- Applied Sports Nutrition
- Bioethics and Medical Law
- Catholic School Leadership
- Charity Management
- Creative Writing: Writing the first novel
- Education: Leading Innovation and Change
- Education: Pedagogy and Professional Practice in Physical Education
- Education: Pedagogy and Professional Values and Practice
- Education: Pedagogy and Professional Values and Practice (for International Students)
- Gothic: Culture, Sub Culture and Counter Culture
- International Tourism Development
- Irish Studies
- Managing for Sustainability
- Mentoring and Coaching (in Education)
- Nutrition and Physical Activity for Public Health
- Pastoral Theology
- PGCE Primary
- PGCE Secondary
- Physical Theatre (International Ensemble)
- Religion, Politics & Conflict Resolution (Formerly History, Culture & Belief)
- Sport Rehabilitation (Pre-Registration)
- Sports Journalism
- Strength and Conditioning
- Theatre Directing

10% discount for alumni on postgraduate tuition fees (excluding PGCE courses)

Please see our website

www.smuc.ac.uk

or contact 020 8240 4027

Keep in touch - download the Alumni Response Form at www.smuc.ac.uk/alumni