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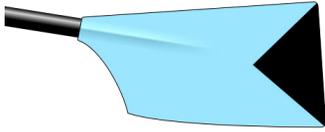
October 2017



HIGH
PERFORMANCE
PROGRAMMES
IN CLUBS

151st Season – Issue 1





Edinburgh University Boat Club



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Upcoming Events

We are still finalizing our racing calendar, however the following events are ready to be penciled into your diaries:

Date	Event
Oct 21 st /22 nd	British Rowing Championships, Nottingham
Nov 4 th /5 th	GBRT First Assessment, Boston
Nov 11 th /12 th	Inverness Fours and Small Boats Head
Nov 18 th	Scottish/BUCS Indoors, Ravenscraig, Motherwell
Nov 25 th	Rutherford Head, Newcastle
Dec 16th	GBRT Second Assessment, Caversham

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Front Page Photo

Henley Women's Regatta, Academic 8+.
"Edinburgh University high on crew life at HWR"
Photo Credits: www.rowingclassifields.co.uk



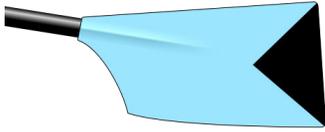
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Edinburgh University Boat Club



The President's Word



150 years after the foundation of EUBC, I am excited to introduce the first Issue of Celeste for the 2017/18 Season.

To all those involved with EUBC, from alumni and parents to official partners of the Club, welcome. Each one of you forms an essential part of the wider EUBC family, which I am so proud to be part of. As the club evolves I hope its members continue to understand the core spirit of what it is to row for Edinburgh. I'm sure those who managed to attend the 150th Anniversary Ball will agree that the spirit lives on.

Success has become something of a normality during my 3 years at the club, but I'll bore you with a list of achievements anyway. The club dominated the Scotland team sheets for HIR once again, but athletes are increasingly unavailable for the regatta as they move onto Great Britain representation: EUBC sent 5 athletes to the U23 World Championships and 3 to the inaugural U23 European Championships. Gavin Horsburgh returns a World Silver Medalist, the highest ever finish by an Edinburgh rower still at the University. He was joined by Maddie Arlett and Robyn Hart-Winks, both racing in the Lightweight Women's Quad; and Kenny Liu, racing against Gavin in Hong Kong's Lightweight Men's Quad.

Despite these achievements at the highest level, perhaps the most significant results are those earned racing in Celeste. Some members of the Senior Women's Squad might be surprised that my result of the season was the qualification of the Women's Eight for Henley Royal Regatta. They become the first ever women's crew to represent EUBC at the regatta, setting an exciting precedent for the women's crews that follow them in years to come.

This year we say goodbye to EUBC legends Rufus Scholefield and Kieran Tierney, Henley winners in 2016. They won't be far from one another, living in the Boathouses at University of London and Tideway Scullers respectively. We also say goodbye to coach Tom Young, whose knowledge of the goings-on in every squad will be missed. Fortunately, he is close at hand running the newly established GB Rowing Team Start Programme at Strathclyde Park.

In his place, we welcome Matt Evans to EUBC. Matt joined the coaching team during the 2017 Regatta season and has already proven himself a valuable addition to the already excellent coaching team.

Finally, I would like to congratulate last year's Honorary President Polly Swann on becoming the first matriculated student to become inducted into the University's Sporting Hall of Fame. A just reward for an Olympic Silver Medal at the Rio Olympics.

To another 150 years,

James Temple

Photo Credit: Warren Little/Getty Images Europe



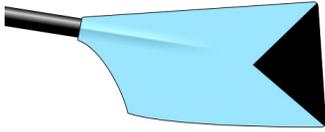
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The Coaches View



The first week back of the new academic and sporting year is always a little chaotic, regardless of how much planning we coaches think we have done. This is not a complaint, merely an observation, that as we grow in size and performance we are attracting more and more athletes, whether they be complete beginners or experienced juniors. It can be exciting as we wait to see who walks through the door.

And what fantastic inspiration we were able to provide them with in their first week, as everyone gathered in the fabulous new Dame Katherine Grainger gym to watch some of our own clubmates racing at the World Rowing Championships in Florida.

I took particular joy from watching Gavin, Maddie and Robyn race at the Worlds. Not just to see them in a World Championship final, or winning an amazing silver medal, but more what it represented and validated about what we are trying to do.

In Gavin, we took a Junior World Champion and helped him move on to U23 Gold, and then Silver at Senior level. With Robyn and Maddie, we took them from curious beginners through to International athletes placing 5th in the World. This has been the vision over the last few years: provide opportunities for all to excel, whether they are already stars or have never sat in a boat in their lives.

This has been made possible with the backing of the University in revolutionizing the facilities we have available to help our athletes succeed. This brings me on to the main point of this article: Money. Occasionally a dirty word or a necessary evil. Much as we would like to think that sport in this day and age can exist bound within the same Corinthian values of a bygone era, the reality is that it is expensive, and professional support can be a critical factor in success, not to mention top class equipment and facilities, none of which comes cheap. The University, along with our partners from Scottish Rowing and British Rowing, have provided the majority of the funding that has allowed the club to purchase equipment and coaching that allows them to train in an environment which fosters success, and success for a greater number of people.

However, there is still a significant cost burden that these funders cannot support: that which is borne by the athletes themselves. Entry fees, transport, accommodation, extra food. All these things add up to an annual bill approaching £3000 for our top athletes. With training demands precluding them taking up a part-time job, this can be unmanageable for some.

Photo Credit: Aesthetic Sport courtesy of Anthony Touareg Benoit



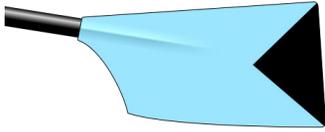
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I never want to be in a position where a talented athlete cannot compete because they cannot afford it. So, shamelessly, I am asking for your help: could you support an individual athlete with some of their training costs?

Over the past years, we have been hugely grateful for the contributions of Ben Helm, Dr Tim Lees, and Dr Garry Painter, who now have an individual athlete scholarship in their name. Three talented athletes now have some support towards their training and racing costs, without which they may not have been able to compete at the level they are.

If you feel you would like to contribute in a similar manner, please get in touch, it would make a huge difference.

Yours in rowing,

Colin



Photo: EUBCs current partners on the wall of the new Dame Katherine Grainger Rowing Gym



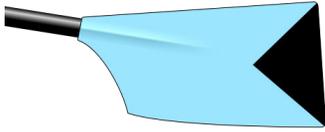
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Introducing the Committee of 2017/2018

President: James Temple

James is a fourth year History student. During his time at EUBC he has won Henley in 2016 and represented GB at the U23 World Championships in 2017. This year he hopes to give something back to the club whilst continuing to compete.

Vice President: Hannah Newberry

Hannah is a third year Ecological and Environmental science student, who after always wanting to row finally plucked up the courage to be a novice in her first year. After winning gold at BUCS regatta she was inspired by what can be achieved from a bunch of novices and decided to take on the role as novice captain last year. Now after two years of being part of the club, she's still clinging on taking on the role as Vice President this year.

Secretary: Harry Gething

Harry is a third year medical student and started rowing 7 years ago. This is his second year rowing with the senior men's squad. He is looking forward to being involved in the smooth running of the club and hopefully enable EUBC to have a solid platform from which it can continue to grow in the coming years.

Treasurer: Gina Geffers

Gina is a second year PhD student looking at earthquakes and shakey things. Having been a novice with a successful squad in 2016-2017, she is aiming to lead the club to financial success while nursing an injury that has taken her out of rowing for the time being.

Senior Men's Captain: Matthew Curtis

Matt 'Ricky' is a 4th year physics student. He is going into his 11th year of rowing having represented GB at u23 level twice, becoming u23 world champion in 2016. He hopes to use this experience to be a successful men's captain.

Senior Women's Captain: Maddie Arlett

Maddie started rowing for Edinburgh University Boat Club in her first year of University as a novice and has progressed to rowing for Scotland, the U23 GB team for two years and the GB Senior team in 2017. Returning back to the university to begin her 6th (and final) year, she looks to carry on the success of the senior women's squad by Captaining for the second year running

Novice Women's Captain: Brianna Sadle

Brianna is a third year Social Policy & Law student who has coxed the novice women's squad for the past 2 years. Having been a part of the programme and witnessed the success of EUBCs athletes, she's excited to captain this year's Novice Women and is expecting yet another year of phenomenal results.



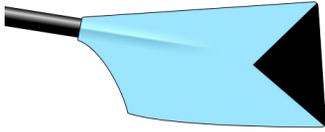
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Novice Men's Captain: Mollie Martin

Mollie is a third year Politics student, who rowed in the Novice women's squad last year. After experiencing the programme for herself she is excited to support and motivate the new class of novices in her role as Novice Men's Captain. Mollie is excited to see what this years Novices can bring to the club.

Recreational Rowing Captains: Victoria Kate MacAskill and Lindsay Evans

Lindsay is a second year English Literature and History student. She began rowing as a junior in the United States before joining EUBC last year. Dedicated to the sport, she is committed to overseeing the advancement of the recreational squad with the support of the rest of the boat club.

Victoria is a second year Medical student who joined the club last year in the recreational squad. She is looking forward to helping the recreational squad develop and grow this year with the help of her co-captain Lindsay.

Social Secretaries: Naomi Rogers and Alexandra Ming

Naomi is a third year Neuroscience student who joined the club in her first year as a Novice. She has now decided to take on the role of social secretary and looks forward to working with fellow social sec Alex to organize regular socials as well as the bow ball and ensure that EUBC continues to be a social club as it goes from strength to strength on the water.

Alexandra is a 4th year English Literature student, who after joining the club in her 2nd year as a novice woman, soon found her lacking height and muscular ineptitude suited her more so to sitting rather than actually rowing. Having been a member of the novice men's squad for the previous two years, she looks forward to transferring her motivational skills from coxing to organized-fun, acting as social secretary alongside Naomi

Sponsorship Secretary: Finlay Watson

Finlay is a civil engineering student entering his 3rd year in the senior men's squad. He has taken on the role of sponsorship secretary to try and increase club funding to help maintain the high level of rowing set over the past few years.

Kit Secretary: Ryan Morrison

Ryan is a 2nd year Biotechnology student and a full time lad. He's got a weird obsession with clothing and will get the kit situation back on track with his feared email skills.

Publicity Officer: Eddie McDiarmid

Eddie is a 2nd year Civil Engineering student who joined the Boat Club as a novice in 2016. As a bit of a computer and tech geek he hopes to get the clubs new website up and running and continue to keep everyone up to date with the clubs activities through social media. He also hopes to work with the sponsorship officer to improve the clubs online image and secure some sponsorship for the coming season.



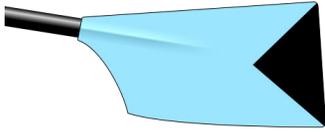
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Graduate Secretary: Boris Wagner

Boris is a second year medical student who started rowing with the club as a novice last year. Having been on the committee for part of the year as the novice mens rep, he is looking forward to playing a larger role this year, contributing to the function of the club and maintaining correspondence with all our graduates.

Ordinary Member for finance: Mohammed Ali Kahn

Ali is a former novice rower in his third year of chemical engineering. He's taking up the new role of ordinary finance member this year after serving as treasurer the year before. He's hoping to provide continued support to ensure the clubs financial position remains strong and stable.

Ordinary Member: Charlie Dobson

Charlie is a final year Veterinary student who recently returned from a year studying Agriculture and rowing at Newcastle University. Since 2012, she has coached novices, rowed with the senior women and served 2 years as EUBC Secretary. She is looking forward to a new role taking the Scottish Boat Race on to even great prestige as Ordinary Member.



Photo: James Temple at HRR, courtesy of Aesthetic Sport



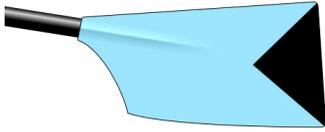
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Introducing the Coaches of 2017/2018

Colin Williamson



Rowing has been my life since dreams of Pro Rugby were cut short due to injury. A fortunate injury, it turns out. Rowing has given me some of the highest highs (and maybe lowest lows). It has now given me a career, and I even found a wife. I have come full circle. Born in Edinburgh in the 80's (that's enough detail), I have lived and rowed in Scotland, England and Ireland. I have represented Scotland, Great Britain and Ireland as an athlete (some with success, others less so) before returning to the city of my birth to take on the task that has been my new life for the last 3 years. Rowing is life. Life is Rowing. Wouldn't have it any other way. I also like cats. And dogs, but I'm not allowed one.

John Higson



I rowed at Edinburgh between 2002-2009 and then was involved in coaching from that point on. Coaching the Novice Men in the 2012/13 season was the seed that then saw me wish to pursue a career in coaching and so in the 2013/14 season I became a full time coach at the club and began coaching the Senior Women's Squad. The rest, as they say, is history. The Senior Women's Squad has grown from strength to strength over the past three seasons and as always, the aim is to continue to better the former years' results.



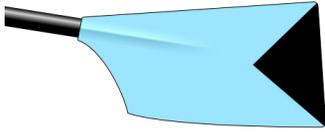
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Matt Evans



I am the Performance Development Coach for EUBC. I began coaching with Southampton University Boat Club before moving to Durham University Boat Club as the Talent ID Coach. I am very much looking forward to contributing to the increasing success of EUBC.

Meghan Hunter



Having rowed for many years before coming to university, Meghan has been a part of EUBC since 2012. First (albeit briefly) as a rower, she then volunteered for two years, coaching with both the novice and then senior women's squads. In 2015 she officially became part of the coaching team, starting as a part-time intern overseeing the novice men while she finished her Applied Sport Science degree, and now as a full time coach for both the novice squads.



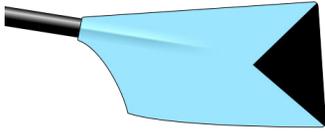
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Summer Race Reports: Overview

For the full report please visit: <https://www.facebook.com/EdinburghUniBC/>

- **Henley Womens Regatta** saw Maddie Arlett winner of The The Godfrey Rowsports Trophy for Lightweight Elite Single Sculls at Henley Womens Regatta beating the course record previously held by Appelboom of Mortlake Anglian and Alpha set in 1992.
- **World Cup II Poznan:** Gavin Horsburgh and Josh Armstrong both made their senior GB debut in the M4x and M1x respectively.
- At **Henley Royal Regatta** our Women's 8+ was one of only four crews qualified for the Remenham Challenge Cup (first female EUBC crew to qualify for HRR). Strong performance also from the Visitor's Challenge Cup 4- (Rufus Scholefield, Calum Irvine, Ollie Wilkes and Matt Christie) and the Prince of Wales 4x (Gavin Horsburgh, Josh Armstrong, Matt Curtis and James Temple). Both crews making it to semi-finals on the Saturday.
- **World Cup III Lucerne:** Senior Women's Captain Maddie Arlett and The University of Edinburgh Alumni Robyn Hart-Winks win a silver medal in the GB LWT 4x.
- Another highlight includes the **U23 World Championships** where we had five athletes and two of our coaches (Colin Williamson, John Higson) selected to represent Great Britain in **Plovdiv**, Bulgaria. Huge achievement and just reward for all their hard work from Josh Armstrong (M1x) Gavin Horsburgh and Matthew Curtis (LM2x), James Temple (LM4x) and Oli Wilkes , who came back with a silver medal in the M4+.
- **Home International Regatta:** With Laura McDonald and Calum Irvine, EUBC provided both the Senior Women's and Men's Captain for the Scotland Team. Alongside many individual victories, Scotland's senior women won the competition overall.
- **European U23 Championships**, Poland: Graham Ord and Ollie Wilkes win silver in the GB M8+., with Andras Nemeth competing in the M4- for Hungary.
- **Senior World Championships**, Florida: See Below for Race Report.



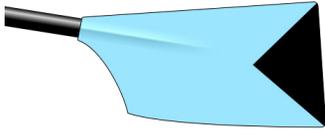
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EUBC Senior World Championships 2017 (Sarasota, Florida)

Britain's first medal of the World Rowing Championships was won by the lightweight men's quad (LM4x) and our very own Gavin Horsburgh, with Maddie Arlett and alumni Robyn Hart-Winks finishing 5th in the lightweight women's quad (LW4x).



Britain's lightweight men's quadruple scull (LM4x), stroked by EUBC athlete Gavin Horsburgh, claimed the team's first medal of the 2017 World Rowing Championships after winning silver on the opening day of finals in Sarasota-Bradenton.

The quad of Gavin Horsburgh, Peter Chambers, Ed Fisher and Zak Lee-Green were edged on the line by France, who clinched gold by just 0.17 seconds with Greece back in third.

Horsburgh said: "We went out there three days on the trot and committed ourselves each time and showed our best form. In the final we didn't quite get the result we wanted but we couldn't have asked for more effort".

"It's a fantastic feeling to win a medal but to also win Britain's first here, we couldn't have asked for more. It's my first senior Worlds and we set a high bar for ourselves and I wouldn't be sat here without three incredible teammates."

In the women's lightweight quadruple sculls (LW4x) A final, EUBC athlete Maddie Arlett, and alumni Robyn Hart-Winks, finished in fifth, as Italy, Australia and China claimed the medals. The crew consisting of Maddie Arlett, Robyn Hart-Winks, Eleanor Piggott and Gemma Hall, the same athletes who won silver in Lucerne, made it straight into the A final by finishing second in their heats in Sarasota-Bradenton.



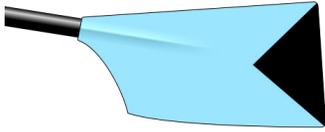
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EUBC alumni Keneth Liu had an excellent championships racing for Hong Kong, finishing 5th in the C final.

British Rowing Performance Director Sir David Tanner said: “As a Team we’ve had an excellent first six days here in Florida and my congratulations go to the lightweight men’s quad on winning our first medal after an impressive week for the four of them”.

Gavin Horsburgh, Peter Chambers, Ed Fisher and Zak Lee-Green had been building their form throughout the Championship this week and looked to be peaking at the right time after an impressive display in their semi-final.

Gavin Horsburgh: “The trip was an amazing experience; it was the first time since 1994 that the USA has hosted a World Championships so they created an event which intended to leave a legacy hence why alongside the rowing there were a variety of entertainment stalls and shows. The racing itself was incredible as the standard in the lightweight men’s quad sculling has increased due to the scratching of the men’s four from the Olympic programme. Many more countries now put potential scullers who aim to make the Olympic lightweight double (the only remaining boat class) into the quad which in turn made it much more competitive this year”.



Photo Credits: Naomi Baker for British Rowing



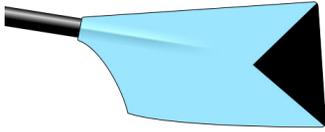
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Summer Racing Impressions



Maddie Arlett, celebrating her victory in the Elite Single Sculls at HWR



Women's 8+ racing the Academic Eights at HWR



First outing and Scottish Champions in the Open 4x



Matching beanies for the Women's Second Eight on a very grey day at Scot Champs



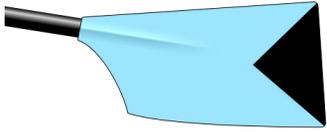
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Novice Men's 4+ (Dyer, Giles, McDiarmid, Wagner, Logan) at HRR Qualifiers for the PA Challenge Cup



EUBC Supporters Charlie Bradley Thomson, James Wallace Galloway Scott and Steve Morrison following the race from a barge at HRR



Women's first 8+ alongside the Waiariki R.C., NZ crew at HRR

Photo Credit: Aesthetic Sport courtesy of Anthony Touareg Benoit



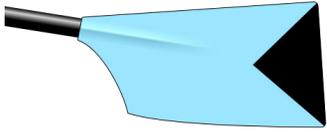
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Women's 8+ at the finish line of HRR



Proud crew of EUBC's 150th Anniversary Row Past at HRR



Gavin and Matt as the GB U23 LM2x



The GB LW4x wins silver at Lucerne

Photo Credit: Aesthetic Sport courtesy of Anthony Touareg Benoit



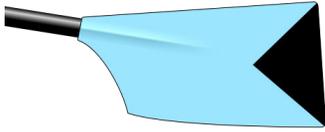
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Josh Armstrong, representing GB in Plovdiv



EUBC contingent of the GB U23 Worlds Team



GB U23
LM4x
with
James
Temple.

Photo Credit: Intersport by Peter Spurrier, and Rowing Celebration



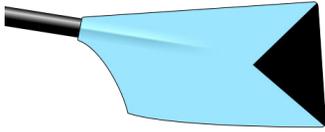
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Oli Wilkes winning silver at U23 worlds in our very own Ronan Murphy.



Recovery in Plovdiv, Bulgaria



Graham Ord and Oli Wilkes win silver at the European U23 Championships



Calum, Kieran, Matt and Rufus showing off the 150th One-pieces at Canadian Henley.



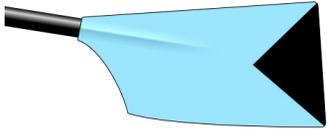
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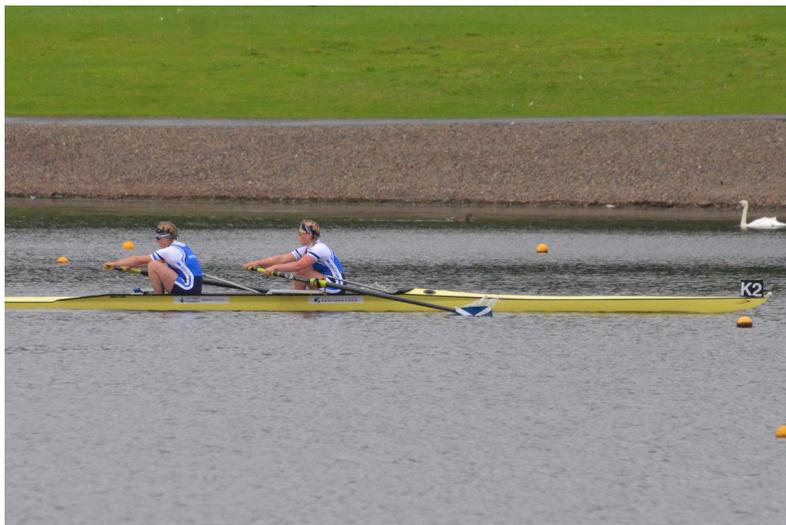
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Maddie, Gavin and Robyn, off to Senior World Champs in Florida



EUBC vs The World: Live Stream of the A Finals in the new DKG



Lauren Gray and India Somerside in the Scotland W2- at HIR



Laura MacDonald, Scotland's Senior Women's captain at HIR



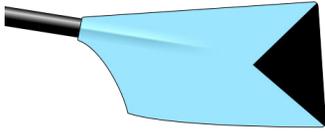
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HRR Receptions

In addition to our annual cricket pitch reception, this year, a host of Edinburgh athletes and coaches were invited to the house of the Rector of the University Steve Morrison and his wife Gayle on the Friday evening for a few drinks. The Morrison's house was situated in line with the Henley finish line, on the Buckinghamshire side of the river, providing a spectacular setting to see out the evenings racing with some fantastic company. Mr and Mrs Morrison displayed their passion for both the University and the Boat Club and ensured that everyone had an amazing time. We cannot thank them enough for putting together such a wonderful occasion.



Photo Credits: Helena Brecht



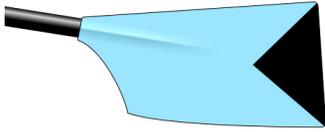
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Alumni News: Atlantic Carbon Zerow 2017

The Tides are Right



For any man who can find a why for his existence, he can figure out how to exist in any situation. For the four of us on team Carbon Zerow, who will in December of 2017 endeavor to row across the Atlantic entirely under our own power, our why is as simple as the air that fills our lungs. Today, carbon dioxide is 0.04% of every breath we take, the highest it's ever been in more than 20 million years. Temperatures are rising and the planet is burning, and it's as if all we can do is just breathe, patiently waiting like a ship stuck in irons. Or is it?

There is something else burning. It's the unrelenting passion, conviction, and personal drive of four men who do not take a single breath for granted. We're 6 months away from embarking on the Talisker Whisky Atlantic Challenge in which 30 specially modified rowboats will retrace Christopher Columbus' route, 3000 miles from La Gomera in the Canary Islands to Antigua in the Caribbean. Our minds and bodies are beginning to reflect on the monumental trial we are about to face. For every kilometer we row, for every barbell we lift, and for every dollar and pound we try to raise for our expedition and charity, World Land Trust, we're gathering friends, family, and sponsors that support us. We owe all of you a debt of gratitude for being a part of this daunting feat. We'll be writing a periodic newsletter, briefing you on our progress and challenges we face.

Winston Churchill said that plans are worthless, but planning is everything. Kyle Smith and James Lamb have embraced this ideology to the nth degree by meticulously organizing our food and -



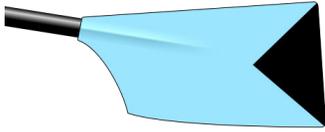
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Edinburgh University Boat Club



equipment needed to sustain 'Layla', our 9-meter-long vessel while we cross the Atlantic for 45+ days. Kyle labors over wiring schematics of our solar power electrical system so as not to tax our sole water-maker or communications systems to the point of failure. Using his knowledge as an electrical engineer, Kyle's approach is methodical and calculated, essential for a sailor venturing into adversity.

James pores over diet and fitness requirements to determine the optimum balance of calories and weight necessary to maintain a 6000 calorie/day diet without adding unnecessary weight to the boat. From recommending food supplements to required equipment lists, clothing options to fitness guides, James is setting the pace as we prepare.

On the other side of the pond, Brian is mastering the lost art of Galilean celestial navigation. He's also insistent of developing a redundant communication system involving two way radios and satellite phones. Regardless of the technology we'll have at our disposal at sea, he'll be peering through a sextant and calculating his position among the stars. He longs for the nights when it is just him and the oars, staring off into a world greater than he's ever known before.

As the team feverishly prepares for the expedition on the Atlantic, I'm sitting with this journal and trying write it all down. This will be a story of passion and commitment, a tale of a struggle through storms and sleep deprivation, and the ability of the human spirit to suffer well through anguish, both physical and mental. We're getting to know the boat, and we're getting to know each other. Above all, we want to know ourselves, and the answer to that lies somewhere on the Atlantic. The call whispers to us in the darkness of a moonless night and is roared to us in the middle of storm. But until then, we remain on shore, not taking a single breath for granted.

We'll keep you updated on our progress as well as our trials and tribulations as we grow as a team fit to embark on this odyssey against climate change.

Visit our website to learn more about our mission, or if you want to support our expedition and our charity, World Land Trust.

<https://www.carbonzerow.org/>



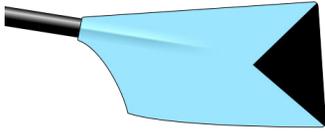
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Fair winds and following seas,

Your friends,

Team Carbon Zerow (**James Lamb**,
Kyle Smith, Brian Kerr, Philip Van
Benthem)

Dear alumni...

My name is Boris Wagner and I am the new alumni secretary for the Boat Club. Having joined rowing as a novice and fresher last year, I am looking forward to my second year of University and rowing.

We had a fantastic year last season; It was great to see so many of you at our 150th Anniversary celebrations, including our Bow Ball at the Balmoral Hotel. I cannot wait to welcome as many of you as possible to this year's Bow Ball, our alumni dinner at WeHARR and HARR (same weekend this year), as well as our annual Henley Reception.

Until then, I will be in contact with you via Celeste, as well as the Facebook group "Graduates of EUBC". Please feel free to contact me at any point via eubcgraduatesec@gmail.com.

I certainly hope you have enjoyed this issue of Celeste.

Yours,
Boris



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Produced by Boris Wagner for Edinburgh University Boat Club