In this issue…

• Upcoming Events
• President’s Word
• The Coach’s View
• British Championships
• November Race Reports: GB trials; Inverness; Scottish Indoors
• Rutherford Head
• Charity Erg
• Alumni News

Contact us at rowing.alumni@ed.ac.uk
Upcoming Events

We are still finalizing our racing calendar; however the following events can be penciled into your diaries:

Semester Two Events

February 9th 2019: GBRT Second Assessment
March 16th 2019: WEHORR
March 30th 2019: HORR
Dear all,

Welcome to an exciting second edition of this year’s Celeste! It’s been quite the start to the year so far and we’ve got a jam-packed newsletter for you all to read as a break from all the Christmas preparations.

With a lot of the work by the club and committee being done ‘behind the scenes’, I think we have had a fantastic start to the year both as a committee trying to continually improve the running of the club as well as the results achieved by all our athletes so far this season. In true comeback style, Polly Swann returned to the racing and GB stage with a fantastic win in the W1x at GB Trials and all of our GB athletes had promising performances at this 1st assessment, giving an idea of what we might expect to see as the season continues.

The racing this term finished with Rutherford Head for us and also had a premiere - for the first time in club history, all five squads (Senior Men and Women, Novice Men and Women and Rec) went down to Newcastle to race some of the top university boat clubs in the country on the Tyne in its standard choppy conditions (see the race report for more).

On December 14th we will be running our annual Christmas Charity Erg on Princes Street and we will be fundraising for the mental health charity Mind this year, to also show our support with RTHM. RTHM - Rowing Together for Healthy Minds - is a campaign run by a group of UK university boat clubs that have come together to change the attitudes towards the stigma that exists surrounding mental health, partnering with Mind.

I would also like to invite you to our annual Bow Ball, so please save the date of February 9th, 2019. Further details for this can be found on page 14. This event has always been a great occasion for current and previous EUBC members to come together and enjoy a night with good food and dancing and we would love to see more alumni attend again this year.

I wish you all a wonderfully festive season and a great start into 2019!

Yours,
Gina
The Coach’s View

John Higson

Semester one from the coaches perspective.

It has been a positive start to the season across the club. From winning the VL at the British Championships to topping the medal table at both BUCS events this season so far.

Semester one is an interesting one when it comes to trying to answer the question, “so how are things going?” “Things” are indeed going well; and how are we doing? Again, we’re doing “well”. Beyond that it really is quite hard to put quantification on it. Our competition is still an unknown but we work off these early season indicators and then assume that come the summer those early indicators will have been on the slower side of where the competition actually stands.

What semester one has been, is a semester in which we have adopted a shuffle in coaching structure and one in which we have inducted a good number of new faces into the squads. Those new faces, and the old, are coached in a way that focuses on performances rather than results. So whenever we debrief on a session or a race, it has (or should have) very little to do with who we beat and by how much. With that in mind, maybe it is a little easier to provide more detail on the above questions. Instead of just going “well”, “things” could be said to be going ‘in the right direction’. Across the squads we are learning from our training and seemingly carrying it through into racing. Technical models as always continue to be worked on and the collective ethos and culture has already sprouted legs and run, and that has been exciting to see and encourage. The latter point there could assist in expanding on the answer to how we are doing. We are doing “well” because... we are doing it together.

As the club strives to continually better itself, better ourselves, what we are unquestionably growing in - and keeping an eye on - is our togetherness. With growing encouragement from relatives and friends, parents and supporters; and increasing squad sizes we strive to keep our feet planted within the, our, Baby Blue bubble as we continually challenge progress and performance.

May I therefore take this opportunity to thank everyone reading this for your support and encouragement and wish you all the very best over the festive period and into the New Year. Have a good one!
The British Championships 2018 was undoubtedly EUBC’s most successful venture to this particular competition yet, coming out on top and winning the Victor Ludorum.

Over the two days of competition, we had numerous medal winners on the podium. In the men’s doubles and quads we had two crews on the podium in both competitions. The women equally performed outstandingly, with our top 4-winning the U23 title, the first VIII fighting a very close A final and our B VIII finishing closer to the A crew than they ever had before.

Everyone was delighted when the overall results were announced; having dominated other strong clubs such as Leander and Oxford Brookes. It is credit to the coaches and athletes, and the hard work they have put in all season. May it continue!
GB Trials (1st Assessment), Boston, Lincs

Senior Men

For the Senior Men, the first GB Trial proved to be one of the most successful so far. The 2K test was kicked off by Jack Burns and Josh Armstrong, in the heavyweight division. Both athletes were inside the top 20, finishing 6th and 18th respectively. Later on, it was the turn of James Temple and Gavin Horsburgh. James and Gavin both recorded a PB, with James setting a new lightweight club record of 6:13. The outcome of this, was an overall placing of 2nd and 5th.

On Sunday, the heavyweights were up first for the 5k water assessment. Josh and Jack had solid rows, resulting in a 5th and 6th place finish. It was close racing for the lightweights, with James finishing just over a second ahead of Gavin, for 3rd place. Gavin was the top U23 and finished 4th overall.

Josh Armstrong (SM Captain)
Senior Women

We had a record number of 10 women competing in Boston this weekend at the first set of GB trials. Saturday saw a solid performance on the erg across the group, with a couple of PB’s from Alex Rankin, Lizzie Cooper and India Somerside, which is very promising to see so early on in the season. Sunday was a success for the EUBC women with great results across the board. In the W2- event Alex Rankin and India Somerside finished top U23 pair and 3rd overall, with Lydia Currie and Jane Hardie coming in behind them in 4th and first time trialists, Lizzie Cooper and Flora Blake-Parsons in 11th. The Scullers also put down very strong performances with Sophie Parsons and Laura McDonald finishing 6th and 7th U23 in the LW1x, only 1 second apart. Lucy Glover finished overall 4th and top U23 in the W1x. Polly Swann made her debut back on the GB rowing scene this weekend, following a back injury, to take a very impressive win the in W1x. This promising start for the EUBC women should make for a very exciting season ahead!

Lydia Currie (SW Captain)

Trials Photo Credit: AIMarkOne

Inverness Fours and Small Boats Head

Novice Men

Starting off the weekend against some tough crews, our two Nov. Men’s 4+ came 5th and 7th out of 9 in their category as they raced down the short course at Inverness. Having only been rowing for eight weeks, our NM held their own coming 19th and 29th respectively out of a total of 50 other boats on the course.

On Sunday our baby blues raced alongside the big dogs on the 4.5km long course in the R2 4+, coming 10th and 11th in their category. Our A boat had an excellent head to head battle with one of our Senior Women’s crews in the last 1km, only just losing out by half a length at the finish.

We are incredibly proud of our NM athletes for their hard work and determination both during their eight weeks of training and at their very first competition representing EUBC. Keep a look out for more news of our #NextGen baby blues coming soon.

Maya Doughty (NM Captain)
Novice Women

After eight weeks of rowing, the Novice Women were excited to take what they had learnt and apply it into their first racing experience at Inverness Head. Taking three W4+, we geared up for our first run on the short-course in the Novice Category Saturday morning, placing 2nd, 4th and 7th. Sunday morning saw them race up in the WR2 4+ category, tackling the long-course. What seemed daunting at first ended up being a strong run for the novices, holding their own in an experienced category finishing 5th, 6th and 7th. They were able to take what they had learnt from racing Saturday into Sunday to build on their race plan; they pushed for the line and finished strong, happy with their performance! Overall, it was an enjoyable weekend for the Novice Women and has made them excited for what is to come this year representing the Baby Blues.

Brianna Siddle (NW Captain)

Senior Women

A 17 woman strong squad took on Inverness 4s and Small Boats Head in force this weekend, entering a total of 12 boats across the four divisions. Of the 7 events these crews were entered across, EUBC’s Senior Women took the win in 5, led by Vice Captain Abbie Craig.

Saturday division 1 saw a good start with 1st and 2nd in the Women’s Open Coxless Four, with the winning crew composed of Hannah Davis, Helena Brecht, Imogen Wolstencroft and Lauren Macnaughton. Come division 2, Davis and Brecht teamed up again, along with Robyn Patton, Elspeth Grant and Dan Baillache to win in the Women’s Open Coxed Four. The quad came in second in the Women’s R1 Coxless Quads event to Glasgow Academy.

Sunday morning saw a win for the R1 Coxless Four of Sara Johnston, India Mattocks, Sarah Riches and Brecht, as well as the R2 Coxed Four steered by Kate Duke of Abbie Craig, Louise Howat, Ellen Brignall and Patton. That afternoon, the quad came in second in the Women’s Open Coxless Quads event to SABC and a coxed four of Baillache, Riches, Davis, Brecht and Jade Carlyle took the win in R1 Coxed Fours, followed closely by the second four steered by Duke with Immy Greig-Connor joining Johnston, Patton and Brignall.

Dan Baillache (Senior Coxswain)
Senior Men

With the top guys performing at GB Trials the rest of the squad headed off to Inverness Small Boats, which for some was their first race for EUBC. With conditions far exceeding a normal weekend at Strathclyde Park, the Senior Men fought through the cold weather. Despite numerous illnesses, last minute crew changes and tough racing, they came back with wins in the Open 4x, Open 4-, Open 4+, Open 2x, Open 2-, Open 1x (and more wins in several other categories!) as well as a J18 1x win! Out of all four divisions, they clocked the absolute fastest time on the course for three out of those four, including having the three fastest boats on the course in Saturday Division 2 (with still more than half a minute ahead of any other boat on the course). It was a weekend of serious racing but also adapting and most importantly, enjoying every part of it. The successes of the SM here helped EUBC take home the antlers again (the award for being the club with the results over the course of the weekend) and have shown just a tiny glimpse of what we might be able to expect of them as the year progresses.

Laurence Ellis (Appointed Vice SM Captain)
Scottish Indoors

**NW**
Indoors was another great experience for our Novice Women, with 4 finishes in the top ten & all our competitors placing in the top 27/56. The relay was a nail-biting event with them just missing out on a gold by 0.2 seconds but they fought to the line and took home the silver. They are excited to put this power into boats and race at Rutherford this December

Brianna (NW Captain)

**NM**
Our NM also competed in the indoor championships and put their power to the test. In the Men’s Beginner 1K we had four finish in the top ten with one of our very own NM taking home the win with an astonishing time of 2:51.2. They then went on to end the day with a fantastic relay event, winning Gold and Bronze. We are yet again incredibly proud and can’t wait to see them put this power down in the competitions to come.

Maya (NM Captain)
The ‘Border Reivers’ were a group of raiders who operated along the Scottish-English border from the 13th to 17th centuries. They rode out on horseback, looting and pillaging from rival tribes, before returning home with their spoils.

Our annual hop over the border to Newcastle has become a highlight of the first half of the season, marking the last race of the calendar year and a final competitive excursion before the December exam season kicks off. So, at 0500 on Saturday morning, seventy athletes ‘rode out’ from Edinburgh (on the comfort of a coach) to see what could be brought back from the Tyne...

With other events across the United Kingdom falling victim to stormy weather, it was a relief to all to find flat conditions and little wind. However, it wouldn’t be Rutherford Head without a little bit of meteorological misery to make sure people didn’t get complacent, so the racing unfolded under incessant rain, meaning managing ones body temperature in the endless wait up at the start was an integral part of race tactics to be considered.

Division One was led off by the Men’s Eights. Our 1st Eight, on its first real session together as a crew, had an inauspicious start, incurring a time penalty for daring to leave their outer layers on as protection from the conditions a little longer than the umpire was willing to tolerate. However, the five seconds added was to prove academic, as they had a strong row to finish in second overall, ahead of hosts Tyne and perennial rivals the University of London, but behind home favourites Newcastle. The 2nd Eight,
made up of a lot of our newer athletes, also acquitted themselves well to finish second in the ‘Band 2’ category (an explanation of the new bandings would take a whole new article, on another level of boredom, from which I will spare you), which was won by our friends at the other end of the M8, Glasgow University.

Our Women’s squad were spearheaded by a top Quad and Coxless Four. The Quad came in as the second fastest women’s crew, again missing out to Newcastle. Our 1st Coxless Four, made up of the top two under 23 pairs from the recent GB trials, claimed our first win of the weekend, showing they can transfer their undoubted small boat skills into the bigger boats. Showing the continuing depth of the Women’s squad, it was the 2nd Coxless Four who pushed them closest.

There was also a win from our ‘Band 2’ ‘Band 3’ coxed fours. It was especially pleasing to see the Band 3 crew made up of athletes from the clubs Recreational Squad, who have made a concerted effort to race more this season, and are showing that their own training is going well as they pick up some silverware.

Rutherford always marks the first big river experience for our Beginner athletes. Far from being overawed by a stretch of water about thirty times wider than the Union Canal (and which moves…in both directions!), they performed admirably and took a few scalps in the Band 3 and 4 categories across both divisions, testament to their speedy progress and in the absence of a dedicated beginner or novice category.

The highlight of division two was surely the ‘Battle of the Quads’. EUBC have won the quads event five years in a row at Rutherford, and there was never any danger of someone stopping it becoming six. The question was, would it be the Lighties or the Heavies? Both crews had to weave their way through the newly established Alumni 8+ category (something to think about for next year, Alexandra?), but did so without incident, and it proved to be the nimble Lightweights who took the spoils on this occasion, overturning the order from British Championships in October, with the crews finishing first and second overall in the division. We even boated a 3rd Quad, who won Band 2 and were the fourth fastest quad.

Our Women reached a significant milestone in putting out three eights from the Senior squad for the first time in recent years.

The 1st Eight were up against not just the usual Rutherford opposition of Newcastle, UL and Durham, but also crews from the traditionally strong Women’s programmes at Thames RC and Tideway Scullers School, adding to the evidence that this is becoming the most competitive Head Race outside of London. A solid row was to place them second behind UL and ahead of Thames, with the top two crews showing themselves to be a class apart at this early stage of the season. The 2nd Eight claimed the Band 2 prize, and the 3rd Eight also had a good row that would have won them Band 3, had the advanced mathematics required to put them there agreed.

It was a slightly damper and colder group of people who loaded up and set their noses north again. However, the journey was warmed by the spoils successfully pillaged and lessons learned to take us into 2019 in good shape.

Race report by Colin Williamson.
Invitation

The Edinburgh University Boat Club

BOW BALL

Location: Caledonian Hotel, Edinburgh

Date: Saturday 9th February 2019

Time: 1900h

Dress Code: Black Tie
Alumni News

Charlie Bradley Thompson, EUBC President from the 2015/16 season, is serving as an Officer in 3rd Battalion The Parachute Regiment. He is currently deployed in Afghanistan. Along with the rest of B Company, he will be spending Christmas out in theatre. For some of the younger soldiers it is their first time out of the UK, let alone away from home for Christmas. Charlie therefore got in touch with us recently, asking for donations of Christmas welfare boxes. The senior squads took on the challenge, and with kind donations from everyone, we managed to put together 26 boxes for members of Charlie’s Battalion. We wish them all a very Merry Christmas.

Charity Erg

Our annual charity erg took place on Friday 14th December, this year raising funds for MIND, the mental health charity. Many members of EUBC braved the freezing conditions in Grassmarket, and rose over £700 for the very worthy cause. Mental health is an issue which is finally being talked about in sport, and we are delighted to do something to support this wonderful cause.
Parents and Supporters Group

The Parents and Supporters group has been a big success this semester. British Championships was particularly successful, with parents turning out en masse laden with goodies to keep our athletes well-nourished and fueled for racing, which undoubtedly helped towards our historic win of the Victor Ludorum. Thank you for your ongoing support, and we look forward to meeting more EUBC supporters in the New Year.
Dear alumni…

I would like to wish you all a very Merry Christmas and the very best for the New Year on the behalf of everyone at EUBC. 2018 has been a very successful year for the club, and as always we look to build on this success next year. Much of these achievements are due to the ongoing support from past members and alumni. Each year of the club’s history has been a step towards EUBC coming out victorious at the British Championships. It speaks volumes for how the club has developed and how it continues to thrive. So, on that note, thank you for the role you have played in EUBC, however large or small. It has undoubtedly formed what the club is today.

As always, feel free to contact me with any queries.

Wishing you a happy and peaceful festive season.

Yours, Sophie