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Get in Touch:

eubcgraduatesec@gmail.com

or

rowing@ed.ac.uk

Front Page Photo:
Gregor Maxwell on one of many Concept2s in the new Dame Katherine Grainger Rowing Gym.

Photo Credit: Colin Williamson. Bottom Right: Gavin Horsburgh, SCP at sunset
Dear all,

Welcome to the second edition of Celeste for the 2017/18 season. Thanks to Boris for collating the newsletter: I know it can be a struggle chasing different people for their contributions and he’s certainly sent me enough reminders. Sorry…

If nothing else, please make sure you look at the Bow Ball invitations within this edition. Last year’s Bow Ball was a great success with a large alumni representation, and we hope to keep the momentum from the 150th Anniversary as we return to normal proceedings. Note that it falls earlier than previous years on Saturday 27th January to better accommodate the racing timetable.

This semester we moved into the new Dame Katherine Grainger rowing gym (previously Trust Upper Hall), which contains around 50 ergs. The hall has provided a new hub for EUBC now that most water sessions take place at Strathclyde Park rather than the Union Canal. That said, the Canal Boathouse is still supporting competitive rowing for EUBC. Recreational rowing had their first win of the year at Glasgow Fours Head in Women’s Res 1 Coxed Fours, causing us to reconsider the squad’s title. This is the first time a Rec crew has won at a competition during my four years at Edinburgh, and we are hoping to expand this section of the Club alongside the Performance group. Finally, a special mention to Lauren and India for winning the first GB Trial of the season in the Women’s Pair!

I wish all of you a Happy New Year and hope you will enjoy reading this edition!

James Temple
President
The Coach’s View

I’m pretty sure I was asked to write something at the same time last year and so I’m determined not to open with the clichéd entree mentioning a ‘tough grind’ or ‘harsh winter months’; although now I mention it, the harsh winter months seem to have crept up on us sooner than expected.

In fact, as I write this, Strathclyde Park and indeed Caversham - where I am currently sitting - are both frozen.

And; far from being a “tough grind”, our reflection on semester one is one of perhaps too many interruptions to the “tough grind”.

The first GBRT assessment in Boston was arguably our most successful to date, and Inverness [the following week] embodied a great whole-club atmosphere where we dominated the events across the board. Indoors [the following week] was - on average - a little flat, and Rutherford [the following week] I’m still a little undecided about.

However, with semester one behind us we - the coaching team - can begin to look forward; and with the new entry criteria for Henley Royal and Women’s now bestowed upon us, forward progression is a definite must. That being said, I find it prudent to offer the same thoughts that I do to my squad; let’s not get caught up planning too far ahead. Semester two has two key events: February Trials and the Heads (in London). I think it’s fair to say with regards to both that Colin and I are looking forward to the process of preparation and not simply the results. Semester two will allow us to commit to the “tough grind” where the fight, passion and heart to race are truly built. It allows us - as coaches - to aid the character development of the athletes as much as their technical development and what has been a pleasure to see and encourage over the past few seasons has been the growing whole-club culture across the squads.

Continually raising expectations are always going to be hard to reach, but therein lies the essence of development, progress, and the future of EUBC.

John Higson

Photo Credit: Scottish Rowing, John coaching EUBC Senior Women at SCP

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INVITATION

The Edinburgh University Boat Club

BOW BALL

Saturday 27\textsuperscript{th} January 2018
19h00

The Principal Hotel
19-21 George Street, Edinburgh EH2 2PB

Dress Code: Black Tie

Tickets: £50 each to be purchased via the EUBC website:
http://edinburghrowing.co.uk/shop
Teenager India Somerside proved she is coming of age after partnering Lauren Gray to first place at this month’s GB Rowing Team 1st Assessment at Boston.

The Edinburgh University Boat Club pair have been rowing together since the summer. And whilst Somerside is a lifelong rower and former member of Glasgow Schools Rowing Club, Gray was a complete novice when she arrived at Edinburgh University three years ago.

“Coming into this Lauren had never been to a GB trial before, I was one of the youngest people there and we hadn’t ever raced any of the rowers that we were up against,” admitted Somerside.

“So it was a real shock to win the trial and we couldn’t believe it.”

What a difference a year has made for 19-year-old Somerside who is supported by Winning Students, Scotland’s national sports scholarship programme for student athletes.

Having competed in the 2016 World Rowing Junior Championships she followed up last autumn by entering the GB senior trials for the first time. Moving up an age group was a big step, perhaps too big at the time, and her experiences were mixed. But a year of training, maturity and finding a great partner in Gray, have made a world of difference.

“Last year at trials was my first year and each trial I had a different partner. It was a great learning experience to see how things were at senior and under 23 level and get used to it,” explains Somerside.

“I know how to approach the trials now. I know what they want and we need to show what we can do on the water for them to consider bringing us to any seat racing or consider us for any crews.”

Somerside and Gray had been together in a boat as part of the Edinburgh University women’s four the whole summer before they scaled down to the pair just before the Home International Regatta at Strathclyde Park. That they won on their home water in such dominating fashion was a sign of what was to come.

“Lauren and I are familiar with each other and it worked well,” said Somerside. “We are similar height wise, our erg scores are quite similar and we have a similar technique. So it really worked easily.

“Now she’s helping me improve. She’s believed in me. If one of us is making calls and saying we have to go now I know she will absolutely go for it and I’ll do the same for her. That belief really helps push us along. She’ll push for me and I’ll do it for her.”
The pair are the latest revelations in a growing line of University of Edinburgh successes.

Amongst the notable Edinburgh successes in Boston were Calum Irvine and Oli Wilkes who finished third in the Openweight Men’s Coxless Pair, whilst three Edinburgh University students featured in the top eight in the Lightweight Men’s Single Scull with Matthew Curtis fourth, James Temple fifth and Dale Flockhart seventh. Lucy Glover placed fourth in the Openweight Women’s Single Scull with Laura McDonald sixth in the Lightweight Women’s Single Scull.

For Somerside, the move from school to university programme a year ago has been an eye opener in the most positive sense. It’s not simply a case of the coaching or the facilities being better, and there is no doubt that both are of the highest standards, but being around success and a winning environment is infectious.

“Watching how Edinburgh has brought on rowers in the lightweight programme, with two current students and a former athlete going to the senior Worlds this summer is really motivating for me,” continued Somerside.

“Lauren started as a novice in the Edinburgh programme, and has got better and better each year. The improvement rate I’ve witnessed in her over the last year has been huge. “I’ve found the difference from the school programme to the university is huge. It took me a while to adapt and figure out how I was going to be able to cope with it and improve. “But now I know how to work with the programme to get results, and the help of the coaches is fantastic.

“There’s a reason Edinburgh is doing so well at the moment and its all down to them.”
Higson is first rowing coach from Scotland selected for Performance Foundation Coach Support  (Posted: November 1st 2017)

John Higson, the lead coach of women’s rowing at Edinburgh University Boat Club and number two to Head Coach Colin Williamson, has become the first rowing coach from Scotland selected for the newly launched UK Coaching's Performance Foundation Coach Support programme. Described as an “18-month long journey” for 38 coaches from eight sports, the programme will be run by the UK Coaching Talent and Performance team in partnership with UK Sport. It is designed specifically to develop coaches working with talented athletes who have the potential to win medals. Higson’s athletes certainly fit that category. Maddie Arlett and Robyn Hart-Winks had never been in a rowing boat before starting at the University of Edinburgh but within a handful of years, Higson helped them reach senior World Championship ‘A finals’ this summer. You’d be forgiven for imagining the pair’s fifth place in the Florida Worlds was THE stand out moment of Higson’s short coaching career. But the success of his club athletes at the university are right up there too.

“I like our athletes to have another thing running alongside their main goals, and it’s the same with me and my coaching,” said Higson.

“Yes, the achievements of Maddie and Robyn this summer was the pinnacle of what I have been able to achieve as far as developing individuals but then I also have squad and club goals.

“So I look back at getting a full university crew to Henley Royal Regatta last year as a very big marker of what we as a club and squad are able to achieve.” Higson himself learnt to row at Edinburgh University in 2002 and, near the end of his eight year spell as a student, he took on a voluntary coaching role. His aptitude for coaching soon became apparent and made him a clear choice for the first ever intake of the sportscotland-funded Coaching Futures programme, which in particular opened his eyes to the sharing of ideas between coaches from different sports. And it’s that very aspect of the Performance Foundation Coach Support programme which appeals to Higson.

“That cross fertilisation between sports is interesting and, having input from other sports on how they work in their set ups, is probably the thing I am looking forward to most,” he said.
“One of the things I really like about Edinburgh University is that we already work cross-sport within our office.

“One of our swim coaches here works primarily with women too and I often ask him how he works with a group of women and how he gets that group to work together and share a common goal when they have individual goals as well.

“Now I’m keen to see how that comes through in this programme.”

Coaches on the Performance Foundation Coach Support programme will have the opportunity to expand their knowledge, broaden their understanding, challenge their thinking, develop their insight and enhance their coaching practice by hearing from industry experts and meeting experienced coaches from the talent and high performance domain.

Higson feels completely fulfilled in his current role and believes that one of the almost unique parts to being a rowing coach is that he can combine his full time club role with international opportunities. Last summer he was selected by the GB Rowing Team to coach at the under 23 World Championships.

In a short period as a coach he has achieved much with what is a deceptively simple style.

“It’s all very well having one of the best university programmes in the country but if the athlete is having difficulty working with it, whether it’s on the physical side or with all sorts of other stuff that’s going on outside sport, you need to take that into account.

“For me the biggest part of coaching is being able to engage with athletes and recognising that I am working with a human being and treating them as one.

“It’s not just about getting a result, it’s about the person behind it that needs support and help in order to get the result.

“I care about all my athletes and I would hope my athletes know that I do.”

Photo Credits: Scottish Rowing, John Higson coaching EUBC Women at BUCS

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Scottish Rowing 2017 annual awards shortlist

Unsurprisingly a whole number of EUBC athletes, coaches and crews feature among the shortlist for Scottish Rowing Annual Awards 2017. These include Maddie Arlett and Gavin Horsburgh, both nominated for International Rower of the year, Josh Armstrong, shortlisted as Senior Rower of the Year, Dale Flockhart shortlisted for Junior Rower of the Year, EUBC HRR prince of Wales M4x and EUBC HRR Remenham Cup W8+, both shortlisted for Crew of the Year as well as John Higson and Colin Williamson, both nominated as Coach of the Year.

Huge congratulations to all of them!

British Rowing:

Many congratulations to Lucy Glover, fresh face in the baby blue army, as she receives the Mark Lees Foundation Award for the most promising development rower of the year:

“GB crews experienced significant success at U23 and Junior levels throughout the year as well, with the Mark Lees Foundation awards for the most promising development rowers of the year going to Lucy Glover and Sam Meijer, both gold medal-winning scullers at the World Rowing U23 Championships in Plovdiv.

Glover stroked the women’s quad to a remarkable gold, with the crew overcoming a late injury substitution to lead from start to finish, taking gold from Australia and Germany.” (Text from British Rowing)
Race Reports

GB Trials First Assessment

"Outstanding weekend at British Rowing Trials in Boston for Edinburgh University Boat Club, PB's and Club records in the Saturday ergo (New Hwt and Lwt Men’s Club records, 1 and 2 in the country for Lwts), followed by top finishers in every category in the 5k water assessment. India Somerside and Lauren Gray with top honours, winning the W2-, Calum Irvine and Oli Wilkes coming 3rd in the M2-. Lucy Glover 4th in the W1x, Laura MacDonald 6th in LW1x, and Matthew Curtis, James Temple an Dale Flockhart finishing 4th, 5th and 7th in LM1x.

Great sculling too from Josh Armstrong who lead the M1x through halfway, before an unfortunate visit to the bushes...

Early trial with much to do, but good starting point!" - Report Credits Colin Williamson
Recreational Rowing

**Aberdeen Fours Head (November 4th)** – Report by Lindsay Evans

The recreational squad had success in their first race of the season in Aberdeen. With glassy water and clear blue skies, both boats finished in fourth place, coming off the water delighted by the results. The squad is looking forward to improving these results in upcoming events this season.

**Glasgow 4's Head (November 25th)** - Report by Victoria MacAskill

The intermediate rowers in the boat club’s recreational squad had their first win this weekend at the Glasgow Fours Head. Despite the freezing temperatures and a difficult course, the women’s Res 1 4+ brought home a gold with the men’s Res 1 4+ coming in a close third.

Photo Credits: CLS

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EUBC 4+ in splendid conditions at Aberdeen Head

Proud Winners of the Women’s RES1 4+ 2017
Inverness Head

Many wins on great water in the stunning autumnal highland capital, as all Senior and Novice Crews went u to Inverness had Head Coach Colin Williamson wondering: “Is there a better place to row in the UK?”

See https://invernessrowingclub.org.uk/events for a full list of results from the weekend.

One of many proud EUBC crews of the weekend: the winning Lwt M4x showing off the antler trophy. Frank Murray, Matthew Curtis, James Temple and Dale Flockhart.

Novice Girls celebrating their medals with cox Brianna Siddle

Photo Credits: Matthew Curtis
Scottish Indoors

Edinburgh University Boat Club won the Student Victor Lodorum trophy at the Scottish Rowing Indoor Championships, taking it back from Glasgow University Boat club.

Numerous outstanding achievements include Gold and Bronze in the Male University Hwt category for Connor Cockerill and Eddie McDiarmid respectively, Gold for James Temple in the Male University Open Lwt and Gold and 4 of top 6 teams in the University Male Team.

Lucy Glover and Lizzie Cooper secured a first and second place in the Female University Open Hwt while Laura MacDonald took Gold in the Female University Open Lwt. Our female teams took 1st and 2nd place in the Female University Team.

Our Novice Boys Teams took first and second place in the Freshers Team Relays, while the novice girls took Gold and Bronze in the Female Freshers Team Relays. Eloise Rimmer won Gold in the Female Fresher race.

Gregor Maxwell, James Temple, Ryan Morrison and Jacob Vyse being presented with the many EUBC medals and Victor Lodorum Trophy at SCP following Scottish Indoor Championships
Rutherford Head

Last weekend saw a very busy few days for EUBC, with the senior and novice squads embracing the cold and racing at Rutherford Head, on the Tyne. The recreational side of the club were racing at Glasgow 4's Head on the river Clyde.

Senior Men (Report by Matthew Curtis)
"The weekend was the final race of the year before Christmas for the senior men's squad. Rutherford head is 4.5k long on the river Tyne and is a great opportunity to test ourselves against some of the top UK universities. In Division 1 EUBC put out 2 senior men's 8s. The 1st 8 put in a good performance coming in 3rd behind a strong University of London (UL) 8 and narrowly missing out on 2nd place to Newcastle. The 2nd 8 also put in a strong performance placing 10th overall, 3rd in their category.

Division 2 saw the squad move into smaller boats with a coxless quad, coxless 4 and two coxed 4s. The quad showed their strength, winning the division ahead of UL and Newcastle. Their performance was followed up by a strong race from the coxless 4 who placed 6th, 2nd in their category behind UL. The day was rounded off by solid performances in both coxed 4s who came in 17th and 28th respectively, 4th and 2nd in their categories. The weekend was a strong show from the senior men and a good bench mark for the season ahead."

Senior Women (Report by Maddie Arlett)
"With still a bit of work to do to hit the top spots against the best Universities in the country, the senior women had a solid performance through the day. In the first division, the women's open quad came 5s off the win. This potentially came down to a crash coming down the last straight with UL catching a crab in front of them. "Solid race and great line the whole way down, it was a shame about the crash but there is exciting stuff to come in this quad" Women's Captain Maddie Arlett. The women's coxed and coxless 4 came 3rd in their categories behind strong UL and Durham crews. Our second women’s quad won their category by a huge 40seconds.

Second division: The first women's 8+ came second to a very fast UL crew, in front of strong Newcastle and Durham crews. Our second women's 8 crew won their category by a comfortable 55s."

Novice Men (Report by Gina Geffers)
"In an amazing effort of tightly knit teamwork, the Novice boys raced their main boats into the top 5 in their respective categories at Rutherford Head. Despite windy conditions and deceiving sun, they enjoyed their rigging, boating, wellies-fun, cuddling into foil blankets at the start as well as working out the best way to pit stop in marshalling, with that last blue bridge being everyone's saving grace. Overall, it was their most successful outing yet, with the whole squad racing and has sparked everyone's ambition for what is yet to come.

Photo Credit: Al Johnston

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Novice Women (Report by Brianna Siddle)
Rutherford Head marked the biggest event for the Novice girls, and despite the challenging conditions they held their own and had an eventful day of racing. They performed well both on and off the water, and I was proud to see them take home a win in the coxed quad. W4+A, 4th, W4+ B, 7th, W8+A 3rd, W8+ B 6th.
Senior Men’s Second 8+ at Rutherford Head.

M4x: Dale Flockhart (b), James Temple, Josh Armstrong and Gavin Horsburgh (s).

Photo Credits: Al Johnston

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Senior Women’s 8+ at Rutherford Head

Novice Men’s 8+ in the feared “Predator”

Photo Credits: Al Johnston
Novice Women’s 4+ in action

W4- at Rutherford Head. Somerside (b) Gray, Payne and Rankin (s)

Photo Credits: Al Johnston

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Upper Right: Unlucky cool off for the Novice W4x. Later to become EUBC’s most liked Instagram post ever…

Left: EUBC Christmas Charity Erg on Princes Street which raised £865.02 in support of the Teenage Cancer Trust.

Other EUBC fundraising efforts this semester included the Novice Squad’s ‘Race a Novice’ as well as the Senior Women’s 24 hour ‘ergathon’ outside the Main Library.

Photo Credit: Alexandra Ming and Brianna Siddle

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New Boathouse Development Plans

On Christmas Eve (is that a thing?) the presents arrive early for Edinburgh University Boat Club as we reveal the exciting plans for our new Rowing centre at Strathclyde Country Park. Former club member Matt Loader of Loader & Monteith Architects has led the design team and his professional abilities have been complimented by his passion for the sport and EUBC.

We are once again hugely grateful to University of Edinburgh Sport and The University of Edinburgh for their continued backing as we seek to further progress and be a leading University programme for years to come.

We hope many more people will now be able to follow in the footsteps of those who have come to the club as complete novices or junior internationals and gone on to domestic and international success.

With a planning application being launched in January, we hope to be building shortly after the Glasgow 2018 Regatta has departed in August.

Exciting times to be a member of the baby blue army! (by Colin Williamson)
Monday (30th October) was the 8th anniversary of the tragic death of EUBC alumni Dr Sarju Patel

“As for us all, university changes us and the Sarju that eventually left EUBC was very different from the precocious National Schools Gold Medalist* who arrived. In Sarju's case though, EUBC was also changed, and for the better.

Always a big hearted individual Sarj put helping other club members above his own objectives in the sport, at a time when the club ran on a shoestring budget with no staff, individuals like this made the club happen. For example one year, Sarj insisted on coming in the towing vehicle for one of the EUBC trips to Nottingham to race, even though he couldn't tow and it was much less comfortable than the hire coach. This turned into a record journey from the canal via SCP to a stationary M6 arriving in Nottingham some 14hours later!! In his role as self appointed morale officer he kept us sane as we crawled a 1mph through the sheep strewn fields of Lancashire.

Sarj held roles as social sec, cox liaison officer as well as coaching the novice groups for many years. He was also at the forefront of getting various bars to sponsor EUBC in the form of T-shirt and club night outs as well as arranging some discounts with various hotels for the EUBC dinners. To steal a Topolski quote: "There's something difficult...troublesome about most talented rowers." the same applies to some coaches and would be a lie to say he never clashed with members of the Exec during his long tenure at EUBC but always because he would fight his athletes corner and such arguments were always in good spirits as he always had the best for EUBC in mind.

After EUBC Sarj moved onto the Alexandra committee where he was described as a force of nature and was the driving force behind Alexandra competing again as a racing club. It is not overstating things to say he loved the crews he coached, the athletes he rowed with and the club itself and there is a well earned reason why he is sorely missed by club, crewmates and friends"

Eulogy by Stan Livy
Calling all alumni…

2018 Edition of the Bow Ball

Remember to buy your ticket for a fantastic evening on Saturday 27th January at the Principal Hotel George Street.

http://www.edinburghrowing.co.uk/shop

WeHORR and HORR Dinner

We are sorry to announce that unfortunately there will be no Alumni Dinners at WeHORR or HORR this year.

Both events being scheduled for the same weekend (10th-11th February) this year – meant that the logistics of getting all crews together for an alumni dinner and finding a suitable venue in Putney were not feasible.

We would still however be incredibly happy to see as many of you as possible on the banks of the Thames cheering on EUBC crews. Please do come and find us around the boating area at Thames RC, Putney as well.

I hope you have enjoyed reading this issue of Celeste,

As always, feel free to get in touch,

Yours,

Boris
EUBC Graduate Secretary

eubcgraduatesec@gmail.com