

UStABC

MAGAZINE

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University of
St Andrews

Boat Club

SAINTS SPORT CLUB OF THE YEAR WIN

Club achievements both on and off the water recognised by Saints Sport Awards Committee

PROJECT 24: ARRIVAL OF THE NEW BOATS

Two new boats funded by over 60 incredible donors arrive at Lochore

SAINTS IN LOCKDOWN

We have a look at how UStABC athletes have been keeping up with training during lockdown

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A WORD FROM THE NEW USTABC PRESIDENT



As the club looks forward to an exciting yet somewhat uncertain new year, we are delighted to welcome Alisa Martin to the role of UStABC Club President. She is supported by a dedicated student committee who are already working hard to build on club successes, and who will play their own part in the ever evolving club history.

"As I have not met many of you, I think a quick introduction is in order. I am Ailsa and I am delighted to have taken the position of President at UStABC. I will be starting my third year studying International Relations in September and am looking forward to tackling the challenging year ahead both on and off the water. I started rowing at 13 years old with Glasgow Schools Rowing Club and have raced on the Scottish and British rowing scene as both a junior and student. Rowing is the ultimate team sport and the supportive friendships that I have built have kept me in the sport and led me to take on positions where I can pass on the joys of the sport. I take huge pride in being able to facilitate the enjoyment, appreciation and success of others in the sport, and I have great

hopes for the coming season.

While the future may be slightly blurred at the minute, I have great hope for where the club will be in a year's time. The resilience and determination on display throughout the 2019-20 season proves that even in the most frustrating of times, we are able to push our limits and keep shifting our sights to the next target. Following the cancellation of most events this season, we will be looking to return in force in the 2020-21 season; lifting our sights to even greater performances and participation in the biggest events in our racing calendar, namely the Henley Women's and Henley Royal Regattas as well as the Tideway Heads.

In this next year, we will also continue to pursue the long-term development of the club. In these uncertain times, we are looking to keep the club's sustainability, friendly nature, and performance mindset at the heart of everything we do. We will continue to stay on track with the club's development strategy and hope to make as much progress as we can throughout this unusual season to come. With another Olympic year to come, we will be hoping to take this new found momentum of hope into the new year and see even greater progress than we could have imagined in normal circumstances.

We always love to see your support throughout our season, and I look forward to updating you on our successes as the season moves forward."



SAINTS SPORT AWARDS

The club had a fantastic few days during the 2020 Saints Sports Awards held virtually in the last week of April, where their successes from past seasons, both individually and as a team, were recognised and celebrated. Seven of the eight Full Blue recipients this year were Boat Club members, with Holly Bartlett, Chris Bock, Kirstin Giddy, Henry Marles, Campbell Nelson, Lydia Theos and Oscar von Hannover rewarded for their performances in our record-breaking 2019 season. On top of this, Aidan Graham and Ailsa Martin were awarded a Half Blue and Colours respectively.



Kirstin Giddy also received the Continued Achievement Award for sustained contribution at a high standard throughout her university career, with her commitment both on and off the water being recognised. She was also a finalist for Saints Sport Athlete of the Year. The awards committee summed up her achievements as follows:

“Kirstin served two years on the Boat Club Committee as Women’s Captain and two years on the Saints Regatta Committee as Regatta Services Officer.

She happily took on extra duties as Women’s Captain in the absence of a Director of Rowing and led the Senior Women’s Team to multiple club ‘firsts’ including a top-50 finish at Women’s Eights Head of the River Race in 2018. She reached the third assessment of GB trials U23 selection in 2020. She has represented Scotland for two years, winning two gold medals at the Home International Regatta in W8+ and W4- in 2019. Amongst a series of medals she has won with the Boat Club, she won a gold medal in WC2- at Scottish University Championships 2019 and was awarded the University Shield in W4- at British Rowing Senior Championships 2018.”

Kirstin's contribution to the club as both an athlete and a leader throughout her 4 years at the club has been truly exceptional and is almost impossible to condense onto a piece of paper. All those at UStABC are extremely grateful for the dedication, experience and leadership she has given to the club throughout her time there. Whilst she will be deeply missed by all those at St Andrews, we are delighted to welcome her as a member of Eden BC.



CLUB OF THE YEAR

After a number of nominations in recent years, UStABC was honoured to receive the title of Saints Sport Club of the Year 2020. This is awarded to the university sports club which has shown the most outstanding commitment to achieving excellence, experience and engagement throughout the year and is testament to the hard work of UStABC members across a number of club activities. The awards committee had this to say about the club's extraordinary achievements:

Excellence

"The Boat Club had a very successful season. UStABC athletes got 3 gold medals in W8+, W4- and W4+ at Home International Regatta 2019 for Team Scotland. They also became Scottish Champions in M2- and W4+ at Scottish Championships 2019. First gold medals and 2 bronze medals were also gained at BUCS Regatta 2019 and UStABC were runners-up of the Scottish Student Rowing Victor Ludorum 2019. The Women's Team reached the quarter finals of Henley Women's Regatta for the third year running and the Men's Team made club history by reaching the semi-finals of Henley Royal Regatta for the first time.

They were also Medium Academic Pennant winners and broke a club record at Head of the River 2019. In the GB Trials, 2 athletes progressed through the first round and 1 continued through the second round. The club has shown great depth this year because gold and silver medals were also won in the beginner relays at Scottish Rowing Indoor Championships 2019.

Experience

UStABC is entirely run by students. This provides many leadership and management opportunities for students, particularly on Saints Regatta Committee. Saints Regatta is the largest student-run regatta in the UK.

There are opportunities to develop life-long connections with the club through the alumni and supporters club, Eden Boat Club. The Boat Club also conducted their most successful fundraising campaign to-date on the SaintsFunder platform, raising £35,000 for new equipment.

Engagement

The club saw a 200% increase in beginners from 2018-19, showing a huge rise in student engagement. The club has engaged with pupils at Lochgelly High School, running weekly indoor sessions for them and there are plans to begin learn-to-row courses for the local community next year. The Boat Club also raised £1092 for Maggie's Fife through a 24-hour 'Ergathon', took part in the Row Britannia campaign, and were the first sports club at the University to sign Scotland's Mental Health Charter for Physical Activity and Sport. The establishment of the club's Welfare Team helped raise awareness surrounding mental health through campaigns such as 'Movember'."



2020
SPORTS
AWARDS

BE THE DIFFERENCE

PROJECT 24: EXPANSION OF THE FLEET

The club are delighted to announce the recent arrival of two new, Saints branded Hudson boats at Lochore. These new, high quality additions to the fleet will enable the club to compete at an unprecedented level, and vastly increase the opportunity for all rowers at the club to fulfill their potential.

The purchase of these boats was facilitated by the extraordinary generosity of over 60 donors, contributing over £17 500 to support the future of the club; an amount which was doubled by an incredible match donor. The gratitude of all members of UStABC, current and future, for the exceptional gift they have been given by these donors cannot be overstated.

These boats represent very tangible evidence of the incredible strength and generosity of the community within and surrounding UStABC and Eden BC. We are incredibly grateful to everyone supporting the UStABC programme, and are delighted to see how this community continues to support the hard work of athletes and club leaders as they strive towards future club success.



SAINTS IN LOCKDOWN



The club has faced a number of challenges throughout its 58 year history, and each time they are met with the determination and perseverance which has been passed down through each generation of the club from our founder, John Browne.

As unprecedented in its impact as this pandemic has been in all aspects of our lives, we are delighted to see the determination and motivation of all club members during this time. Club leaders have been working exceptionally hard to support all members, and many of the club's athletes have been enjoying new forms of training, and exploring a little more of their local area's in the process.

We hope that for many members, past and present, the friendships and community formed through the club have helped to play at least a small role in supporting all of us during these challenging times.





THANK YOU

TO ALL OUR KEY WORKERS

We would like to thank all Eden BC members who have been working incredibly hard to keep us safe and connected during this time. We are incredibly grateful for your work, and proud of the contribution you are making.

Eden BC Chairperson, Ollie Negus, has kindly agreed to share his experiences with us :

"My role as a 2nd year surgical trainee in Norwich has changed substantially since the start of lockdown with positives and negatives. I was unfortunate enough to contract the virus in April, but got away with fairly mild symptoms. Since then, I have been on a reduced rota which has allowed me plenty of time to recover and get my fitness back. In the absence of elective operating, my surgical training has been put on a complete hold and I haven't held a scalpel since March. The pandemic has however inspired me to take a sabbatical from my surgical training and in September I will be going back to uni and studying for a Masters in Clinical Education at UEA!"

We would love to hear more about the work of Eden members in any role during this pandemic . Please get in touch at edenbc.membership@gmail.com to share your story.

A LOOK AHEAD TO SOME OF OUR UPCOMING EVENTS

I must admit, being asked to write a column on events in the current climate feels akin to inviting Stephen Hawking to speak at a Flat Earth Society convention. Unless you are particularly introverted, socially, it has been a bad year. Only after several weeks of easing measures have I relearned how to string a sentence together. So rather than talk about how much fun we've all had this year which is the usual remit, I'll attempt to throw a bit of hope your way and tell you of the potential upcoming occasions.

The timing of the lockdown held a particular sting as Eden were poised to hold the John Browne dinner the weekend after we were all confined to our homes. It was to be the best attended Alumni Dinner event the club have held to date with an admirable 54 names on the guest list. The menu looked divine and in the absence of the salmon ceviche I resorted to treating myself to a take away on the night in question to calm the gastric juices. As ever, the University Women's Club were fantastic in helping us to organise the event and were magnanimous in our cancellation. We hope to return in 2021.

The deckchairs were kept in storage this year and Henley Royal Regatta painfully released their Henley at Home series over Instagram to remind the rowing world what we were missing out on. Strawberries nibbled on the patio at home do not have the same appeal as on the banks of the Thames. I'm excited to say that coming Henleys are looking rosy for Eden. What with the sustained success of the student rowers and progress with University-alumni communication we hope to begin running the event with support from the University. The palm tree drinks-cooler and the bashed-about barbeque after many years of service may be getting an upgrade. I must stress that nothing is confirmed but one way or another, Eden will soon be back under the gazebo.

During our last committee meeting (which I must say was slick. Zoom etiquette was outstanding, exemplified by the muting discipline - highly impressive), my socially starved colleagues implored me to add additional smaller events to the Eden social calendar going forward. All being well this will be achieved by three initiatives: First, we have intentions to make 4's Head a larger event this year with a planned location for Eden spectators to gather and a more established dinner in the evening. Secondly, after a bunch of brave souls from Norfolk made the trip up last year, we will be plugging a larger alumni contingent at the student Christmas Dinner in St Andrews this year. Finally, we'd like to introduce Eden evenings where small meet ups are planned, perhaps after work, in certain cities. The obvious place to start would be London but we'd love to facilitate meet ups all around the world. Please get in touch if you think this might be possible where you are.

Well then, feeling a bit more cheery now? Absence makes the heart grow fonder and all that. Our return to the manicured lawns of Henley and tiles of London town will be worth the wait!

Chris Furby
Events & Supporters Director
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SAINTS REGATTA GOES VIRTUAL

Our virtual event will run over both Saturday 12th and Sunday 13th September with options to take part on the water, an ergo or on foot. All entry fees will be donated to Scottish Association for Mental Health (SAMH), a charity whose work has becoming increasingly relevant in the current circumstances and one which we are very proud to support.

We are asking all participants to take on 500m sprints in their chosen discipline and we'll collect the scores and announce the winners! We are offering medals to event winners and we are also selling t-shirts for £5 for those that wish one.



As we have expanded our event to include running and rowing machine options, we would love to see non-rowers taking part as well! Please share this information with friends, family, club members and anyone you think may be interested. This is a fantastic chance to bring people together after a very unusual summer and we'd love to see everyone supporting the incredible work of SAMH and testing their fitness in some friendly competition

To take part, each participant should fill in the registration form in our email! Deadline for registration is midnight 6th September 2020. This will give us time to send out the full details of how the weekend will run and to send out t-shirt orders in time for the event.

Entry fees are a donation to SAMH and we would recommend £3 for each event. Please transfer your entry (and t-shirt money) to the following account.

Account name: UStABC Account

Sort Code: 80-09-55

Account No.: 00812354

Reference: Entry or Entry + Tee (if you choose to purchase a t-shirt)

Once all entries have been paid, the money raised will be transferred to SAMH to support their fantastic work.

On the day of your event, we would like you to complete and record your 500m sprint between 7am and 7pm in your chosen discipline. This could be through any running or GPS app or on a stroke coach. We then ask that you upload your results and confirmation to a separate form that will be sent after registration.

We will then post and send out the results for each day's events by 10pm on the same day.

UStABC are also looking for donations of prizes for overall category (run/row/erg) winners. If you would like to donate a prize, or if you have any questions about the event, please get in touch with the regatta committee at saintsregatta@st-andrews.ac.uk

THE EVENTS	Saturday 12th September	Sunday 13th September
Row (1x)	J14, J15, J16, J18	Social/Recreational, Competitive, Over 40s
Erg	J14, J15, J16, J18	Social/Recreational, Competitive, Over 40s
Run	Social/Recreational, Competitive, Over 40s	J14, J15, J16, J18

GRADUATING SAINTS

Kirstin Giddy, MA (Hons) History

Emily Haworth, BSc (Hons) Physics

Isabel Hesse, BSc (Hons) Biology

Gabriele Keblyte, MLitt Management

Henry Marles, BSc (Hons) Medicine

Lilli Nadol, MSc Mathematics

Seb Pettersson, MSc Finance and Management

