

# EUBC NEWS

## Brit Champs | Gloucester Head | JAY's Aim

### JAY's Aim

We have recently had a defibrillator set up at the Boathouse because last year sadly a young man died whilst going on a run from a cardiac arrest and if there was a defibrillator around it would have saved his life. It is important to us as a club that we know how to use it as it could potentially happen to anyone. We had a training session with Jay's brother learning how to give CPR and use a defibrillator.



We are also doing a Ergathon on November the 14th to raise money for this charity and our aim is to produce enough watts between the squad to power 1000 defibrillators.



### Brit Champs

This was the first race for EUBC of the winter season so select crews went to show what we could do after such a successful summer last year.



The Women's quad came 7th in the time trial after having not trained at all together with Susannah Duncan flying in for the weekend from her university in Delft, Amsterdam. After coming 4th in the A/B semi it meant they had a good run in the B final where they built on the previous 2 races and had a great race to finish a solid 2nd in the B final winning the university shield and setting a new record, making this the best result for the women 4x.

The mens 8+ solidified their place in the a/b semi final meaning they had already won the university shield. After coming 6th in the A/B semi it meant they made the B final and had a nail biting final against UL finishing less than half a length down from them whilst setting a new record in the process. This is the best finish ever for Exeter at Brit champs in the 8+

The women's lightweight quad event faced a challenging field with 3 new freshers in the boat. After racing their semi they secured a place in C final and had a close finish with Surrey University to come 6th by 1 second.



Overall, this was the best ever result for Exeter as a club

## GB trialists

With GB trials close round the corner we have the biggest squad going with a total of 11 rowers both open and lightweight

Women:

Bella Daniels, Elle Nash, Susannah Duncan and Danielle Semple as lightweights

Rosie Little, Seun Olubondun, Abby Pape as open weight

Men:

Seb Tyrie, Josh Tyrell as lightweights

James Beattie, Charlie Newbold, James Doran as openweights.



Pictures of our medal winners in order they are mentioned.

November 1st, 2018

and it has set the standard high for the remainder of the winter racing.

## Gloucester Head

This was a training event for the whole of the seniors squad to test our abilities on a longer course at the venue that we will re-visit in a few months time for BUCS head. There were 2 divisions in the morning and afternoon in which we had a grand total of 7 wins.

In the morning division, there were 3 wins from the Mens coxed 4 with a domination over the rest of the field which was impressive with 3 freshers in the boat. The other 4 in the same category came 5th. The Mens quad had another huge win with a 32 second difference between them and the 2nd crew. The Women's 8+ had a 10 second win over UL which shows great potential for the depth of the squad in the upcoming head races. The other women 8+ came 3rd in the same category. The 2 mens 8+ faced a tough field with 3 UL crews in the same category but still came a strong 4th and 5th overall with the boats being made up of mainly freshers.

After having a successful morning, the crews were in good spirits and keen to keep racing hard for more medals. The mens 4+ took another convincing win with Josh Braithwaite and Joe Elwig taking another medal with 2 new faces in the boat. Seb Tyrie took the win in the mens single with a 10 second lead over Charlie Newbold who finished 2nd, followed by James Beattie in 3rd and Ben Sherry in 6th place. This puts the top 3 scullers in a really good place for the upcoming first set of trials in November. The women's 4+ (made up of 4 of the women who got a medal in the 8+ in the morning) took another big win over the other crews. The women 4x took a win in their category with a big step on after their race at Brit Champs after having a re-shuffle of crews.

The Women's 8+ came 2nd and 3rd in their category, and the 4x came 4th with a race that was a huge step up from their race at Brit Champs despite having a crash early on. The mens 8+ came 4th and the 4x came 5th.

Overall, the whole squad was in such good spirits the whole day and adding a few medals to the bag was a cherry on top of the cake. This has set up the squad for a really strong season of winter racing.