

## NEWSLETTER ISSUE 2: SEPTEMBER 2019

### Unisport Nationals div 1 Silver at worlds for Smithy

Adelaide University Boat Club is gearing up for UniSport Nationals division 1 later this month. Formerly known as UniGames or Inter-Varsity, around 20 athletes will make the trek across to the Gold Coast from the 30<sup>th</sup> Sep – 3<sup>rd</sup> Oct.

For the third year in a row, racing will take place at the Wyaralong Dam; 80km west of Gold Coast. These waters, whilst picturesque, have presented challenging conditions in the past with unpredictable wind patterns and dubious infrastructure.

Nonetheless, West Lakes has been an excellent training ground in preparation. Main trials were conducted last week, involving a 30 minute open rate, 2000m ergo test as well as the SASI time trial last weekend (31/8).

Crews will be finalized by 13<sup>th</sup> of September, but a men's eight will be sent as well as several smaller boats for both men and women.

AUBC rower Will Smith has won a silver medal at the 2019 world rowing championships in Austria coming 2<sup>nd</sup> in the PR3 M2- last Friday (30/8).

Sitting behind Torrens icon Jed Altschwager, the pair set the fastest time in the heats, but were beaten by only 1.41s by the Canadian crew in the final, the same combination that beat Jed and James Talbot in 2018 world championships by 11.14 seconds. Will and Jed's final time was 7:17.83.

This was Will's first time representing Australia at a senior level, and subsequently received a McVilly-Pearce pin (#882) on the 1<sup>st</sup> September 2019.

For the Tokyo 2020 Paralympics, there are only two seats for PR3 men, which is in the mixed coxed four. Both Jed and Will will be gunning for a seat in the PR3 Mix4+ for Tokyo.

### COMMITTEE NEWS

*With the new committee members well and truly settled into their respective roles, the committee has been hard at work resolving outstanding issues. Here are some of the main topics that have been resolved during the past couple of months.*

- **HEAD COACH.** Brynley Millward has renewed his role as part time head coach at AUBC until the end of the 2019/2020 season. We look forward to seeing the club's development under his management.

- **NEW BOATS.** A sub-committee has been formed consisting of Hugo Langsford, Bill Natt, Sarah Petrov, Alacoque Tunny and Lachlan Ward to oversee the acquisition of new boats in the future. AU Sport are currently processing a variety of options.

- **BUDGET APPROVED.** The budget for the 2019/2020 season has been approved by the committee, and will be used for financial decisions and all grant applications.

*For any feedback regarding this newsletter, please contact Cameron Natt via email: [cameron.natt1@gmail.com](mailto:cameron.natt1@gmail.com)*

**GO BLACKS!!!**



Yeah the Pair: Will Smith (bow), Jed Altschwager (stroke) blast out the gates. Photo: Rowing Australia



AUBC 1<sup>st</sup> Grade M8+ 2018

# MORE NEWS



AUBC has recently introduced its latest fundraising campaign, this time in the form of raw Kangaroo Island Honey.

Initiated by AUBC icon Michael Page, the club will be offering tubs of 1kg honey for just \$12 each. But what makes this honey so special compared to your average honey from the supermarket? I'm glad you asked...

Most garden variety honeys are a blend of Chinese-sourced honey with glucose compound. This results in a very ordinary product with little or no health benefits.

Most commercial honey is boiled, not raw. Boiling negates any health benefits, in that the enzymes in the honey which promote good health are denatured and rendered ineffective.



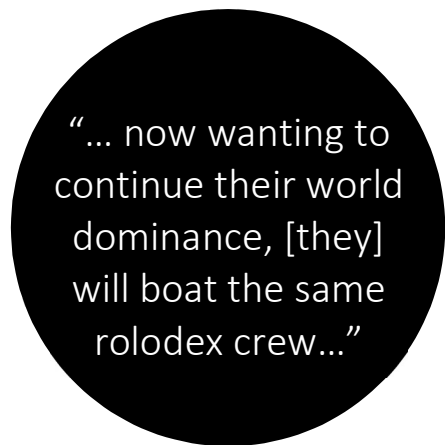
At \$12 for 1kg, this is a steal. As a comparison, a well-known market leading brand's 1kg tub is \$12.50 (at Woolworths) for an impure boiled honey (possibly imported) product. If you are interested in purchasing some tubs (or find out about AUBC wine!), please contact [aubcfundraising@gmail.com](mailto:aubcfundraising@gmail.com) to place an order.

## Dynamic Duo go for back to back gold

Reigning world champions Michael Page and Henry Newland are preparing for the World Rowing Masters Regatta. Racing will take place at Lake Velence, Budapest from 11-15 September

The pair won gold last year in the HM4+ in Florida, USA with Jack Hume (AUBC Captain 64') and John Alberti. (H: Average age of 70+).

The four rowers from the 2018 crew are now wanting to continue their world dominance, and will boat the same rolodex crew for the HM4+ in Budapest next week.



Henry will also be racing the HM1x, whilst Michael and John will contest the HM2-. Henry will also compete in the H2x with Ian Munrow (Former AUBC rower).

If that wasn't enough, Jack, Michael, Henry and Ian will join forces to race the HM4-.

The HM4+ will race the heat at 4:26pm local time (11:56pm Local time)!



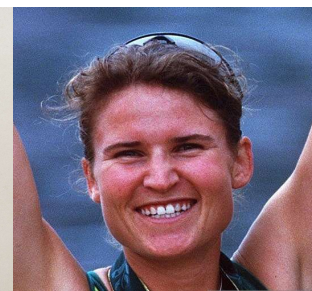
In the pain cave: Michael Page (front) and Henry Newland (back) putting in the hard yards

## AUBC FUN FACT

There have been 2 AUBC rowers that have won Olympic Gold medals

- Kate Slatter: W2- Atlanta 1996
- Collier Cudmore: M4- London 1908

Both have rowed Inter-Varisty for AUBC. Cudmore; 1904 (7 seat, 2<sup>nd</sup>), 1905 (3 seat, 2<sup>nd</sup>). Slatter; 1996 (7 seat, 1<sup>st</sup>)



AUBC Golder Rowers: Collier Cudmore (left) and Kate Slatter (right)

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