

K-HB

MAGAZINE

Celebrate Rowing

*After the Rotterdam World Cup edition in 2019 and last year's cancellation
the Koninklijke-Holland Beker is back in Amsterdam
including Grand Nationals and much more.*

MERIJN
SOETERS

KN
RB



topsport
amsterdam



Imagery 'Dutch Women's
Eight' (2021, Merijn
Soeters)



08.

HISTORY: HOW IT ALL STARTED

In 2019 we celebrated the 125th anniversary of the Koninklijke-Holland Beker in Rotterdam. How did the regatta develop into its current form?

14.

INTERVIEW: DUTCH WOMEN'S EIGHT

The Dutch Women's Eight has a lot of new faces, with different backgrounds, motivations and full of upcoming talent. In an open-hearted conversation they shared their histories and future plans with us. Answering our questions, rowers Nika Vos, Karien Robbers, Tinka Offereins and Dieuwertje den Besten gave us a sneak peek into their daily lives.

22.

INTERVIEW: ELITE SPORTS KITCHEN

In an interview with Mark Wouters, the chef of the Elite Sports Kitchen in Amsterdam, we talk about food, exceptional caloric demands and marginal gains.



Imagery 'Thriving on
volunteers' (2019, Tim
Vonsée)

28.

STORY: THRIVING ON VOLUNTEERS

In an ultimate version of retrospection, we took a deep dive into the functioning of our own organization and tell you everything you should know about the different committees behind the scenes of the K-HB.

INDEX

PREFACES 4

Chairman Pieter van der Burg, Olympic silver medallist Matthijs Vellenga and Anna Vos, president of A.A.S.R. Skøll.

HISTORY 8

In 2019 we celebrated the 125th anniversary of the Koninklijke-Holland Beker in Rotterdam. How did the regatta develop into its current form?

LADIES TROPHY 13

Looking back to 2019 and forward to the upcoming 2021 edition with NZ's single sculler Emma Twigg.

DUTCH WOMEN'S EIGHT 14

Rowers of the Dutch Women's Eight share their histories and future plans.

WINNERS 20

The best of the best. For over 125 years.

ELITE SPORTS KITCHEN 22

Mark Wouters, chef of the Elite Sports Kitchen in Amsterdam, talks about food, exceptional caloric demands and marginal gains.

INSTAGRAM 26

A lot of rowing protagonists are very active on Instagram. Follow their accounts and enjoy all the rowing-loving content.

VOLUNTEERS 28

In an ultimate version of retrospection, we took a deep dive into our own organization.

PUZZLES 32

Got some time to kill? Challenge yourself with these puzzles.

PREFACES

PIETER VAN DER BURG

To our dear audience,

We are very pleased that after such a long time, we are able to come together again for the Koninklijke-Holland Beker. On June 26 2021, we will open the 127th edition of our event. Fortunately, we have been able to find a responsible and safe way to host the event for everyone involved - in this case it means that only the athletes will be present. The municipality granted us the possibility to organize an elite sporting event, but this year it has to be

“This year we also owe much gratitude to our patrons.”

Imagery 'Pieter van der Burg' (2019, Sonny Lensen)

without spectators. We will greatly miss you on the course, but as a solution, we have organized a live stream for racing and a live studio to provide interviews and background stories. This way, we hope to bring the Holland Beker to you at home.

This year the K-HB also hosts the National Championships for big boats. Together with the Holland Beker events, the competition will be enthralling. The racing schedule is different: each boat class will be raced in one block from heats to the final. This allows us to keep athletes in their own bubbles.

We are elated to be able to host our competition, one of the very few competitions this season. It's the beginning of the gradual opening up for our sport. Let's hope that next year a full competition calendar can be run again and that we, as the Holland Beker, can continue our long history and put a difficult time behind us. Of course, we look forward to the Tokyo Olympic Games and the Holland Beker organization wishes the Dutch team all the best and hopefully earn eternal glory in the form of many medals!

This year we also owe much gratitude to our patrons who have continued to support us in difficult times. Our thanks also go out to the municipalities of Amsterdam and Amstelveen and the province of North-Holland.

We look forward to seeing you online at the 127th Holland Beker!

On behalf of the board of the Holland Beker Competition Foundation,

Pieter van der Burg
Chairman

OLYMPIC

MATTHIJS VELLENGA

Dear fellow rowers, rowing and sports enthusiasts!

At the time of writing this introduction, we are not sure on how the 127th edition Koninklijke-Holland Beker is going to take place. Will it be a very strict version, with a capped amount of audience? Or one in full swing, still most likely with additional regulations. Obviously, I hope the latter and I know that whatever is possible, at that moment in time, the K-HB organization will create the best circumstances to race, enjoy and experience this great international rowing regatta the best way possible on the Bosbaan course!

As you all know, we needed to cancel the Koninklijke-Holland Beker regatta in 2020 and therefore the latest event was the Koninklijke-Holland Beker combined with the FISA World Cup 2019.

The international elite showed off their quality and heart in all events with beautiful and great racing. Probably this year the international character will be limited, due to obvious reasons, but the Koninklijke-Holland Beker will continue its legacy as one of the oldest sports events (since 1886) in the world.

I believe that the global impact of the 'C-virus' threw all of us to greater realization of basic and direct life essential elements. Therefore, I think racing this year after this long pause for the athletes will be more intense and on the side of the coaches and spectators we are more open to what we experience at these moments even more. So, what I am trying to say here is that apart from the downsides, we also live more in the moment, and that is something what especially sport is about!

I hope to see you all in great numbers on the 26th and 27th of June with great rowing conditions in a nice sunny weekend to experience and enjoy all the aspects of rowing which it has to offer for us all.

See you there!

Matthijs Vellenga
Chairman of the Holland Beker Wedstrijd Vereniging

Imagery 'Former Olympic rower Matthijs Vellenga' (Merijn Soeters)

SKØLL

ANNA VOS

Dear rowers, coaches and spectators,

Last year the Koninklijke-Holland Beker was unable to host a regatta due to COVID-19. I am pleased to announce that the Koninklijke-Holland Beker will take place this year on the Bosbaan in Amsterdam. I would like to give you a warm welcome. In 1937 the first regatta took place on the Bosbaan, now 84 years later we are able to host the regatta and witness athlete's perform from all over the world. Due to the regulations, this year's spectators can witness performances on the livestream.

I remember my first time rowing at the Koninklijke-Holland Beker in the summer of 2018. Solely a small number of Dutch freshmen boats were allowed to participate to make room for the international elite. The large number of great international rowers was impressive, especially in 2019 during the Koninklijke-Holland Beker combined with the World Cup.

The Koninklijke-Holland Beker, partly organized by my own student rowing club A.A.S.R. Skøll, is a memorable event. Now as the president of this beautiful rowing club, it is an honour to be part of it in a different capacity. Since 2003 Skøll co-hosts the Koninklijke-Holland Beker and provides 400 volunteers annually. In addition some of our members joined the board. It makes me proud to see them organize this magnificent international event.

Despite the pandemic I am sure that we will enjoy the regatta. We should count our blessings and celebrate all that is possible in these difficult times.

On behalf of the rest of our board, I wish you all good luck during the races. We hope that you will enjoy your time at the Koninklijke-Holland Beker and we would like to welcome you again in the upcoming years!

Anna Vos
President of the Amsterdam Student Rowing Club Skøll

Imagery 'Anna Vos, President of A.A.S.R. Skøll' (2020, Merijn Soeters)

In 2019 we celebrated the 125th anniversary of the Koninklijke-Holland Beker in Rotterdam. How did the regatta develop into its current form?

HISTORY

HOW IT ALL STARTED

**1886-
2021**

ESTABLISHING THE REGATTA

The sporting elite of Amsterdam were receptive to the urgent proposal by baron De Salis and his associates to create a Dutch competition for the skiff Master-ship. Regular meetings were held from February 1886, as is evident from bills from the Krasnapolsky

hotel. On 14 August 1886 the decision was taken to establish the Championships of the Netherlands for gentleman amateurs in Single Scull Outriggers.

THE FIRST CHAMPION

The Dutch Championship for

gentleman amateurs in Single Scull Outriggers on the River Amstel at Amsterdam commenced on 25 September 1886. The weather for the competition was favourable for rowers; the sky was overcast, a light wind blew from the South West; cheerful sunshine would have been more desirable for the spectators. It was decided to row in two heats;

the winners in each heat then had to compete for the honour of the Championship. The winner of the first series, Schilling, would eventually go on to win the Championship five times: an achievement that would be equalled by only two single scullers.

INTERNATIONAL COMPETITORS

After the first years of the Holland Beker it was decided that the first series of the Championship would remain at national level. It would not be until 1889 that the first international participants were admitted. In 1889, the competition was



Imagery 'F. Schilling in 1886, the first winner of the 'Holland Beker'.

organised internationally for the first time. The first participant was A. Brockhoff of the Ruderklubverein in Bonn. Six years later, in 1895, the Holland Beker was won for the first time by an overseas rower; A. Everitt from London. The other overseas winner in the early days of the Championship was Henri Blackstaffe in 1899, later an Olympic champion at Henley in 1908.

WORLD WAR I

As with any international competition, the Holland Beker has

aces with no foreign participants.

WORLD WAR II

During the Second World War, the German army invaded The Netherlands and people were keen to carry on 'life as usual' as far as possible. Accordingly, plenty of rowing competitions went on in the early days. The Holland Beker races of 1940 seemed initially likely to go ahead but eventually the board of the Holland Beker Regatta Association decided that the sombre circumstances of

"In 1895, the Holland Beker was won by an overseas rower for the first time."

inevitably been vulnerable to international crises like the first World War. From 1900 onwards, we began to see competitors from Belgium, Britain, France, Russia, Switzerland and above all Germany - but that all changed at the outbreak of the First World War. Unlike neighbouring countries, the Netherlands declared neutrality and remained unscathed from the ravages of war; consequently, foreign competitors could no longer come and compete in the Holland Beker regatta. The 1914 races, which had been scheduled for 12 and 13 September, were cancelled by the board of the Holland Beker Regatta Association, which saw no point in holding international

invasion called for the competition to be declared a domestic one and not to call it an official Holland Beker series. Furthermore, it was announced that the conditions were found inadequate for competitive rowing because the races were going to have to take place not on the Bosbaan but on the Amstel; consequently, no Holland Beker was awarded, although bronze medals were handed out.

THE 'ROYAL' MERGE

When the Royal Netherlands Yacht Club or just 'Royal' joined the regatta organisation in 1953, the

name of the regatta was changed to Koninklijke (Royal)-Holland Beker. The merger took place at the request of the Royal Dutch Rowing Association (KNRB), which was keen to see a single, large international regatta emerge in The Netherlands. Until then, the Holland Beker had largely been a local affair carried by the Amsterdam rowing clubs, which over a long period of time showed that the races were often combined with an anniversary of one of the Amsterdam rowing clubs.

RACING ON THE AMSTEL

The first rule regarding the regatta for the 'Championships of The Netherlands for gentleman amateurs in Single Scull Outriggers',

organised by the Committee of the same name, stipulated that it be held in autumn and in Amsterdam. It was established that the distance would be approximately 2,000 metres, without bends. The most logical place to hold it was on the Amstel — or at least so according to the first organisers. At the March 1888 meeting, the committee was invited to consider an alternative terrain, because some considered the Amstel unsuitable and were convinced that the North Sea Canal was better. Nevertheless, when the rules were revised in 1908, it was asserted that the competition should preferably take place on the Amstel.

HOLLAND JOINING THE FISA

Around the time of the quarter-century of the Committee for the Championships of The Netherlands

in 1911, representations were made within the world of Dutch rowing to join FISA. National championships would have to be held to determine who would attend the European Championships. For the Committee, this would mean that they lost the rights to organise the open championship of The Netherlands. After extensive discussions within the world of Dutch rowing, and perhaps because of the dramatically undersubscribed championship series of 1913, the Committee was indeed stripped of the mandate at the beginning of 1914.

HOLLAND BEKER TROPHY

The silver trophy costs a thousand guilders — the equivalent of €11,500

Imagery 'The Holland Beker predecessor on the River Amstel.'

in 2011 terms. In September 1886 the trophy was described as: 'A matte silver cup, crafted in Renaissance style, borne by slender Tritons, its chief ornamental motifs being dolphins, water plants and shells. Three stylish medallions bear the inscription, the Dutch coat of arms and a Dutch landscape with an outrigger scull in the foreground. The three medal lions on the lid represent Neptune, while on top of the whole assemblage a rower standing upright is mounted, bearing laurel wreath and oar. At 46 centimetres in height, the piece is a genuine work of art.

LADIES TROPHY

In 1894, the Committee incorporated an event for juniors into the regatta programme. For years, the winner of this event was rewarded with nothing more than a large silver medal. However, on the 25th anniversary in 1911, a number of interested parties once again came into action to amass the significant sum of 600 guilders to acquire a trophy for this event. However, this newer trophy was lost in the 50s. Yet it so happens that during the search for old photographs for this book, the

trophy was happily rediscovered in the display cabinet of Amsterdam rowing club De Amstel. Following extensive restoration, the trophy has been returned to its former glory and has been given a new function: the trophy for the ladies' skiff event.



INTERVIEW LADIES TROPHY 2021: EMMA TWIGG

SHORT

Despite the 2020 edition unfortunately having been cancelled, we still have the wonderful memories of the 2019 World Cup in Rotterdam. Women's single sculler Emma Twigg (NZ) certainly remembers this weekend too. In her comeback year she won the Ladies Trophy. With a finish time of 08:14.03 minutes, she left her Swiss and Dutch competitors behind and Emma went home with gold! We asked her a few questions.

Hi Emma, how do you look back to the World Cup 2019 in Rotterdam?
I have some great memories of the World Cup in Rotterdam. It was my first season after a break from the sport, so it was very special for me to win.

When and where did you start rowing?
I started rowing in high school as a fourteen year old at the Hawkes Bay Rowing club in my hometown.

What are your plans for 2021?
Hopefully we will have the Olympic Games this year. Due to NZ's tough border restrictions, we won't be travelling to any World Cups or regattas prior to Tokyo as we would have to quarantine for two weeks on return to NZ. We will prepare with our own racing at home.



Imagery 'Emma Twigg with the Ladies Trophy in Rotterdam' (2019, Ellen de Monchy)

DUTCH WOMEN'S EIGHT

In March 2021 the new names of the Dutch Women's Eight were announced. This young and talented group will perform at the Koninklijke-Holland Beker 2021. We met a few of them this spring and asked them about who they are, what their strenghts are and what plans they have for the future.

Two years ago, in 2019, when the World Cup in Rotterdam is only just behind us targets are set on the upcoming Tokyo 2020 Olympic

“Sometimes we are called the positive vibe eight.”

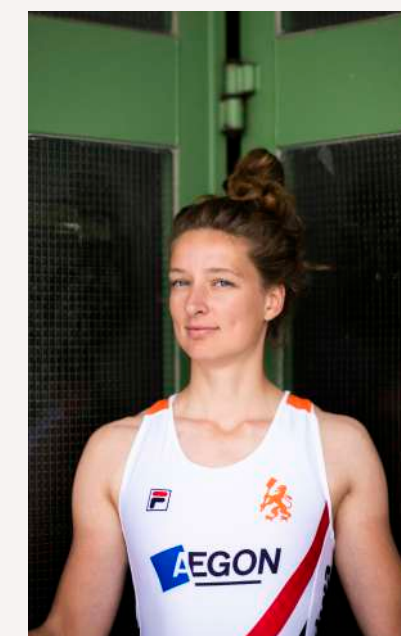
Games. The Dutch Women's Eight is still in its former formation. From that moment on, things started to

Imagery 'The Dutch Women's Eight in Varese, Italy' (2021, Merijn Soeters)

change in rapid succession. A group of young talents was invited into the selection group, resulting in an extensive period of testing, experimenting and seat racing. The Dutch Women's Eight was definitely not a formed team yet. Even an

who are these women who will represent the Netherlands in the next few years? We invited them for an interview.

Karien Robbers has been a regular part of the group for a long time.




Imagery 'Tinka Offereins (left) and Karien Robbers (right). ' (2021, Merijn Soeters)

intensive training camp in Seville (2020, January) was not decisive enough to complete the selection, although the Olympic Games were getting closer and closer. In March 2020, the pandemic came into play. Suddenly, people had to train from home and all prospects became uncertain. Bad news struck shortly after with the Olympic Games canceled. Nevertheless, the women continued training and were eventually awarded a bronze medal in Poznan during the European Championship (2020, October). From that moment on everything happened very rapidly. The team received their top sport status, a few ladies decided to quit and some new athletes joined the selection. Finally, the group for the Women's Eight was made 'final' in March 2021, after another intensive training camp. We became curious;

Dieuwertje den Besten and Tinka Offereins joined the selection in 2019. Nika Vos was invited in 2020 after Poznan. We are happy to meet the rowers and ask them: *“So the team is finally complete?”* Karien starts laughing: “Well, you never really know for sure until you are at the start of a race”. They explain that the team is now fixed until the Olympic Qualification Tournaments.

So what kind of team do we have in front of us? Dieuwertje starts laughing: “Positive vibe eight!” She explains: “We are all very positive minded and the people around us notice that we are having a lot of fun together. That is why we are sometimes called the positive vibe eight.” Nika: “It still amazes me how relaxed the atmosphere is, while there is also so much pressure to perform.” But it's not only



laughing and relaxing. There is a weekly online meeting where the exact plan for the week is established and during these sessions it can become very serious. Everybody is given the chance to have their input. A strong division of roles stays absent. The cooperation is outstandingly strong. **Karien:** “I have been part of the women's selection for a long time and it really strikes me how well we work together at the moment. The team spirit really showed positive developments over the past year.” It could be possible that the COVID-19 crisis also contributed to the powerful connection that the rowers experience. **Tinka:** “In one moment, we all had to train from home. The rowing machines and watt bikes were lifted into our living rooms and in the meantime we motivated each other by sharing videos and keeping in touch online.” **Dieuwertje:** “Also thanks to Diederik de Boorder, our coach. He encouraged us to share motivational videos with each other. He is a real team binder.”

More in the background, but absolutely indispensable are the coaches. An entire crew of coaches

Imagery 'An extensive training camp in Seville to work on the definitive formation.' (2021, Merijn Soeters)



*Imagery Dutch Women's Eight coach
Diederik de Boorder instructs his rowers
(2021, Merijn Soeters)*

stand behind the Women's Eight. Josy Verdonkshot is responsible for the bigger picture and manages everything around the selections. Freek Robbers has the important role of embedded scientist. He seems to be a favored coach, also among the other teams (the men for example). **Tinka:** "Together with Freek and Diederik we really built up to the European Championships. They are present with almost every training. If something is bothering us, we can always approach them." All the coaches are very involved and the ladies have nothing but

praise for the entire crew. Next to refining and perfecting the rowing technique, the coaches encourage the rowers to become independent and adult athletes. **Nika:** "That is different from what I was used to. Back "home" at my student rowing club Skøll I was used to a lot of personal attention. The coaches want to bring you to the highest possible level and therefore they are taking you by the hand in a certain way. They want you to get into the selection and bring you to the top. Now that I have joined the National selection, I have to prove

myself again and set my own path." **Dieuwertje:** "I can agree on that, at Laga, where I used to row, we had a lot of personal attention as well. My coaches used to map out the whole plan for me. Now that I'm part of the bigger national picture I have to make my own choices. The coaches here motivate me to make my own plan."

The preparations for the upcoming season are in full swing. Besides the personal development and the growing group cohesion, the ladies are also simply getting stronger and better. They train in different boat types. The smaller numbers contribute a lot to what they call "feeling with the boat". A training camp in Pusiano, Italy, is on the schedule. Away from everything, the performance of the eight will be taken to a next level. And fortunately, there is more to look forward to. The European Championship in Varese is next after the camp in Pusiano. And not to be missed: the upcoming Olympic Qualification Tournament (OQT). The ECU and the OQT is where it must happen. **Tinka:** "It's going to be so exciting. I foresee that we are better than we were back in October. At that time, we were only 2 seconds behind Romania. The Romanian team will be our main competitor. Just like us, the German eight has a lot of young athletes in their boat. It will become clear during the next races how they have developed themselves in the meantime. I think it is possible to win...". **Dieuwertje:** "... if everything comes together." So when we ask about the goals for 2021, there is a clear answer: Top 2 at the OQT is required for a ticket to Tokyo and that is what they are aiming for. But most of the ladies are also dreaming

about the Olympic Games of 2024 in Paris. The majority is still quite young and there is no doubt that there is a lot of talent and potential to grow further. There is a multi-year plan that goes far beyond Tokyo.

It is very clear to us: We have to keep an eye out on the Dutch Women's Eight. Fortunately, we can get a closer look during the upcoming Koninklijke-Holland Beker.



ACHIEVEMENTS SINCE MARCH 2021

This interview was conducted in March, 2021. In the meantime the Dutch Women's Eight achieved the following results: European Championship (April 11, 2021) - 06:09:98 (2nd place) & Olympic Qualification Tournament (May 17, 2021) - 06:25:39 (4th place)

*Imagery 'The Dutch
Women's Eight racing in
Varese, Italy' (2021, Merijn
Soeters)*

WINNERS 1960-2019

In 2019 we celebrated 125 editions of the Koninklijke-Holland Beker. And of course, no regatta without winners. We listed them for you, because their great achievements should not be forgotten.

Imagery 'The Holland Beker trophy' (2019, Ellen de Monchy)

| YEAR | ROWER | COUNTRY | FINISH TIME |
|------|-------------------------|----------------|-------------|
| 2019 | Sverri Nielsen | Denmark | 7.24.51 |
| 2018 | Ondrej Synek | Czech Republic | 7.41.98 |
| 2017 | Ondrej Synek | Czech Republic | 6.38.77 |
| 2016 | Mahe Drysdale | New Zealand | 7.02.83 |
| 2015 | Mage Drysdale | New Zealand | 6.43.94 |
| 2014 | Roel Braas | Netherlands | 6.44.33 |
| 2013 | Roel Braas | Netherlands | 6.47.96 |
| 2012 | Mahe Drysdale | New Zealand | 6.42.74 |
| 2011 | Ondrej Synek | Czech Republic | 6.43.78 |
| 2010 | Ondrej Synek | Czech Republic | 7.11.39 |
| 2009 | Mahe Drysdale | New Zealand | 6.50.82 |
| 2008 | Mahe Drysdale | New Zealand | 6.43.76 |
| 2007 | Ondrej Synek | Czech Republic | 6.40.60 |
| 2006 | Lassi Karonen | Sweden | 7.03.52 |
| 2005 | Ondrej Synek | Czech Republic | 7.11.26 |
| 2004 | Tim Maeyens | Belgium | 6.48.11 |
| 2003 | Vaclav Chalupa | Czech Republic | 7.03.07 |
| 2002 | Marcel Hacker | Deutschland | 6.48.11 |
| 2001 | - | - | - |
| 2000 | Derek Porter | Canada | 6.53 |
| 1999 | Xeno Muller | Switzerland | 6.57 |
| 1998 | Xeno Muller | Switzerland | 6.38 |
| 1997 | Vaclav Chalupa | Czech Republic | 6.59 |
| 1996 | Vaclav Chalupa | Czech Republic | 6.53 |
| 1995 | Koos Maasdijk | Netherlands | 7.22 |
| 1994 | Pepijn Aardewijn | Netherlands | 6.17 |
| 1993 | Vaclav Chalupa | Czech Republic | 6.54 |
| 1992 | Vaclav Chalupa | Czech Republic | 7.13 |
| 1991 | Christian Handle | Germany | 6.50 |
| 1990 | Andreas Hajek | Germany | 6.47 |
| 1989 | Nico Rienks | Netherlands | 6.47 |
| 1988 | Christian Handle | Germany | 6.50 |
| 1987 | Thomas Lange | Germany | 6.51 |
| 1986 | Peter M. Kolbe | Germany | 7.34 |
| 1985 | Dirk Crois | Belgium | 6.57 |
| 1984 | Jürgen Nelis | Netherlands | 7.00 |
| 1983 | Ronald Florijn | Netherlands | 6.57 |
| 1982 | Uwe Mund | Germany | 7.39 |
| 1981 | Ricardo Ibarra | Argentina | 7.35 |
| 1980 | Petri Karppinen | Finland | 6.50 |
| 1979 | Rüdiger Reiche | Germany | 6.58 |
| 1978 | Alf Hansen | Norway | 7.01 |
| 1977 | Hans Svensson | Sweden | 7.22 |
| 1976 | Sean Dra | Ireland | 7.18 |
| 1975 | Peter M. Kolbe | Germany | 8.20 |
| 1974 | Wolfgang Honing | Germany | 7.16 |
| 1973 | Wolfgang Guldenpfenning | Germany | 7.27 |
| 1972 | Wolfgang Glock | Germany | 7.05 |
| 1971 | Freddy Backmann | Switzerland | 7.10 |
| 1970 | Nils Secher | Denmark | 7.05 |
| 1969 | Kevin Dwan | United Kingdom | 7.10 |
| 1968 | Jochen Meissner | Switzerland | 7.14 |
| 1967 | Nils Secher | Denmark | 7.10 |
| 1966 | Jan Wienese | Netherlands | 7.02 |
| 1965 | Jan Wienese | Netherlands | 7.06 |
| 1964 | R.J. Groen | Netherlands | 7.11 |
| 1963 | R.J. Groen | Netherlands | 7.24 |
| 1962 | S.A. Mackenzie | Australia | 8.25 |
| 1961 | S.A. Mackenzie | Australia | 7.22 |
| 1960 | J.W. Rentmeester | Netherlands | 7.38 |

WINNERS OF THE LADIES TROPHY

| YEAR | ROWER | COUNTRY | FINISH TIME |
|------|-------------------|-------------|-------------|
| 2019 | Emma Twigg | New Zealand | 8.14.03 |
| 2018 | Annekatrin Thiele | Germany | 8.45.13 |
| 2017 | Inge Janssen | Netherlands | 7.26.97 |
| 2016 | Emma Twigg | New Zealand | 7.40.25 |
| 2015 | Ekatarina Karsten | Belarus | 7.25.22 |
| 2014 | Kimberley Crow | Australia | 7.24.33 |
| 2013 | Kimberley Crow | Australia | 7.19.16 |
| 2012 | Frida Svensson | Sweden | 7.34.65 |
| 2011 | Ekatarina Karsten | Belarus | 7.17.28 |
| 2010 | Ekatarina Karsten | Belarus | 7.31.21 |



Imagery 'Chef Mark Wouters in the Elite Sports Kitchen' (Merijn Soeters)

In Dutch we have the saying “je bent wat je eet”. This would roughly translate to “tell me what you eat, and I tell you what you are”. Of course, this should not be taken too seriously, but there is a grain of truth in there.

RECIPE CEREAL BAR

20 servings | 1 baking tray 30x40cm

- 250 grams of seed mix
- 250 grams of raisins
- 200 grams of peanut butter
- 375 grams of muesli
- 3 eggs
- 3 bananas, finely smashed
- 125 grams of honey
- 75 grams of coconut grater

Mix everything, press tightly into the lined baking tray and bake in the oven (175 degrees, 20 minutes).

Then cut into 20 pieces. Can keep for 2 weeks in the refrigerator. Enjoy!

With the recent focus on “marginal gains” in sports, and especially on the Olympic level, it is not surprising that marginal gains can be made by fueling the body in the best way possible. However, after a long training session, an athlete might not want to stay in the kitchen for too long or have to think too hard on how to make its meal healthier or better. As a result, combined with constant new insights in nutrition, we have seen the establishment of several Dutch ‘restaurants’ specifically aimed at elite athletes. In these elite sport restaurants, athletes can choose from healthy and fresh-cooked meals by professional chefs, aimed at the specific caloric and nutritional demands of athletes.

With five central training locations throughout the country, we have one of the elite sport restaurants located in Amsterdam at the Bosbaan, the Olympic Training Centre for rowers. The location in Amsterdam is also open to other top level athletes located in Amsterdam, as it is part of Topsport Amsterdam. The

“Some of the rowers were a bit skeptical at first.”

man in charge is Mark Wouters. Having worked in restaurants for over twenty years, Mark set up the Amsterdam elite sport restaurant in cooperation with the KNRB and Topsport Amsterdam about two years ago. We got to grill Mark (pun intended) and ask him a few questions.

What is the background of the Elite Sports Restaurant Amsterdam?

Before the establishment there was already a kitchen available at the Bosbaan, but this kitchen was only used by rowers themselves. Following the wish of the KNRB and Topsport Amsterdam to take training to a higher level and to take advantage of the marginal gains, discussions were started to set up an elite sport restaurant, run by professional chefs and open to more than just the Olympic rowers.

How did Mark end up with Elite Sports Restaurant Amsterdam?

As mentioned, Mark has over 20 years of

experience working in the kitchen in different capacities. Mark has always been a sports enthusiast so when he saw this vacancy coming by, he did not hesitate.

Despite all of his experience, working in the Elite Sports Restaurant Amsterdam brought dynamics Mark was not really accustomed to yet. It is quite rare to meet or even see the chef when going to a restaurant. In the Amsterdam Restaurant however, there is a lot of contact between the chefs and the ‘customers’. With rising awareness regarding nutrition among the athletes, they tend to ask questions on the ‘how’ and ‘why’. Also, although Mark is the one making the recipes, athletes can make requests. This provides for a much closer relationship between chef and ‘customer’ than in a regular restaurant or kitchen.

What makes Elite Sports Restaurant Amsterdam special?

One of the first Elite Sports Restaurants in the Netherlands is located in Papendal, where most of the Olympic athletes have their training headquarters. During the early stages of setting up Elite Sport Restaurant Amsterdam, a lot of contact was made with Papendal.

With the wide variety of sports and different athletes, Papendal offers her products in a kind of buffet-style, whereby athletes can pick & mix the different parts of their meal themselves. In Amsterdam, Mark and his team cook whole meals for the athletes to take home or eat right away.

What is the best meal plan for rowers?

One of the first rules by Mark is that food has to be tasty. Whether you are on a holiday with friends or training for Olympic gold, eating should be fun. Most of the time people still think that healthy or athlete-appropriate food is not necessarily tasty, but Mark tries to proof otherwise.

Elite rowers tend to train somewhere between 12 and 16 times a week. Arguably, rowing is called one of the toughest sports in the world. As a result, rowers have exceptional caloric

demands and sometimes it is just impossible to eat enough regular food to make up for the used energy.

As a rule, Mark tries to incorporate at least 250 grams of vegetables, 30 grams of protein and good sourced carbohydrates and fats in his meals. Aside from the one or two meals that Mark prepares for the rowers, most of them will use additional energy gels and other carbohydrate-rich products to keep their energy levels at an adequate level.

For our readers, Mark has provided two of his recipes (a cereal bar recipe on page 23 and his Roti Massala recipe on the next page).

What about the awareness of the right nutrition under athletes?

The focus on the right nutrition is not completely new. In the 70s the Tour de France was won on steak and red wine, but those times are long gone. That being said, there is definitely a new trend visible regarding nutrition. Some of the athletes were a bit sceptical at first when Mark started, but they now understand and appreciate the energy Mark and his team, including professional dietitians, are putting in providing the right fuel for the rowers.

One of the ultimate goals is to be able to create equal conditions for the athletes, irrespective of whether the athletes are training at the Bosbaan, being on training camps or racing on international events such as the Olympics. As part of achieving that goal, it will not come as a surprise that Mark and his team are regularly accompanying the Dutch national rowing squad to those events, so that foodwise the conditions remain equal when compared to training at home.

To further enhance the awareness regarding nutrition, Mark has plans for writing a book full of recipes, so keep an eye out for that.

And with that being said, we thank Mark for his time and start preparing our own meal.



RECIPE ROTI MASSALA

- 1 white onion
- 2 cloves of garlic
- 1 large carrot
- 4 eggs
- 1 cauliflower
- 250 grams of baby potatoes
- 250 grams of long beans
- 1 can of coconut milk (400 ml)
- 300 grams of chicken thighs
- Garam massala, curry powder and sambal
- 4 wraps

Cut the onion, garlic and half a carrot into thin slices. Fry this in a wok with 2 tsp garam massala, 2 tsp curry powder and 1 tbsp sambal. Deglaze with the coconut milk and add 250 grams of baby potatoes. Simmer for 20 minutes.

Marinate the chicken thighs with some sambal & curry powder and fry them in a frying pan. Cut half the cauliflower into small florets. Roast the cauliflower together with the chicken in the oven at 200 degrees for 10 minutes.

Meanwhile, boil 2 eggs per person (soft boiled is best).

When the potatoes are almost done, add 250 grams long beans and the cauliflower and serve with the wraps. Enjoy your meal!

INSTAGRAM

Follow, like, row, repeat!

Do you know a lot of rowing protagonists are very active on Instagram? Follow their accounts and enjoy all the rowing-loving content. For all the ins and outs of the K-HB follow [@hollandbeker](#). See you there!

SOCIALS



@hollandbeker

The official K-HB account for all the latest on the event.



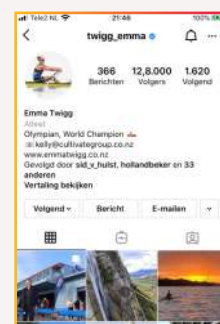
@govert4giver

Former Olympic rower Govert Viergever.



@merijnsoeters

Professional photographer Merijn Soeters.



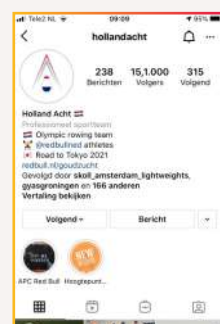
@twigg_emma

Olympian and World Champion Emma Twigg.



@ellendemonchy

Professional sports photographer Ellen de Monchy.



@hollandacht

The Olympic Men's Eight and their road to Tokyo.



@dutchsweeprowers

The women's sweep rowing team of The Netherlands.



@roeien.nl

Stories of the Dutch rowing community.

K-HB

Imagery 'Chairman Pieter van der Burg speaking to his board and organizing committee' (2019, Sonny Lensen)

BOARD & Organizing committee

Pieter van der Burg - Chairman
Margriet Zietse - Secretary
Romke van der Veen - Treasurer
Reinier Hietink - Manager
Femke Boelen - Athletes
Govert Viergever - Atletes
Laurens van Campen - Competition Manager
Jop Hoenderbos - Venue Manager
Nicole Hoksbergen - Transport Manager
Remus Otten - Event Manager
Pieter Taselaar - Volunteer Coordinator
Inge Struyk - Marketing & Communication Manager
Sanne Bril - Catering Manager

THRIVING ON VOLUNTEERS

Ja zeker, de Holland Beker!
You reading our well
known battle cry means
that we are racing again!
This makes us happy
beyond measure. Though to
obvious reasons our battle
cry was not heard in 2020,
our behind the scenes vo-
lunteers have been working
hard to make sure this
year's edition could be
organized.

But who are these people behind
the Koninklijke-Holland Beker, you
might wonder. What faces belong to
the volunteers who move mountains
every year? Who are the people
able to elbow bump each other on
Sunday evening after another
successful edition of the K-HB has
been wrapped up? To serve your
curiosity and in an ultimate version
of retrospection, we took a dive
into our own organization. Get to
know more about all the different
committees comprising the K-HB
below.

Catering

The name of this committee is kind
of self-explanatory. Serving ice cold
beer, making and selling
sandwiches, including the renowned
Skøll-burger, providing the ne-
cessary shots of caffeine, this

committee knows how to satisfy the
needs of visitors, participants and
volunteers of the K-HB. We love to
see this committee returning for the
next edition.

Venue

The most important part of a rowing
venue is a large quantity of water.
However, this alone does not make
a rowing venue rowable. Lanes have
to be created, boats carrying the
umpires need to be chartered, the
equipment for time-measuring
needs to be rented and installed.
For all these tasks the venue-
committee has her checklists and
makes sure everything is set up
correctly before the regatta starts.
Also, should the weather change
during the regatta, the venue-
committee will discuss with the
umpires whether the unfair weather
protocol has to be implemented.

Volunteers

If you have ever visited the K-HB it
won't be hard to recall the sight of
a couple hundred volunteers
running around in their royal blue
polo shirts, making sure all the
different tasks necessary to run the
K-HB are being dealt with. These
volunteers, or 'shifters' as they are
called, are our fuel for life. To make
sure all those blue polo's are filled
with enthusiastic students, the
volunteer-committee is always
looking to recruit. Basically, without
this committee there would be no
volunteers and thus no K-HB. Due to
the dialed down edition organized
this year, less volunteers had to be
recruited.

Events

Without a doubt, rowing is the main
attraction during a rowing regatta.
However, a rowing regatta would be
rather dull without any additional
events. This committee is re-
sponsible for using their creativity
to come up with fun side activities.
Not just for participants and

Imagery 'Volunteers of the
K-HB' (2019, Tim Vonsée)



Imagery 'Volunteers of the
K-HB' (2019, Tim Vonsée)





Imagery 'The K-HB racing terrain in full swing.'
(2019, Merijn Soeters)

visitors, but also for the much needed (and earned) entertainment for the volunteers after they have finished their tasks during the regatta. Without visitors and less volunteers, this committee is already thinking about ways to make the 2022 regatta the most entertaining edition ever.

Marketing & Communications

First of all, this magazine would not have been here in front of you without the Marketing & Communications committee. Furthermore they make sure the

“What faces belong to the volunteers who move mountains every year?”

livestream is full of relevant content, news and media announcements are written and sent out and interviews are held. Last but not least they are responsible for the different socials. So make sure to follow [@HollandBeker](#) on Instagram and the related [Facebook page](#).

PARTNERS



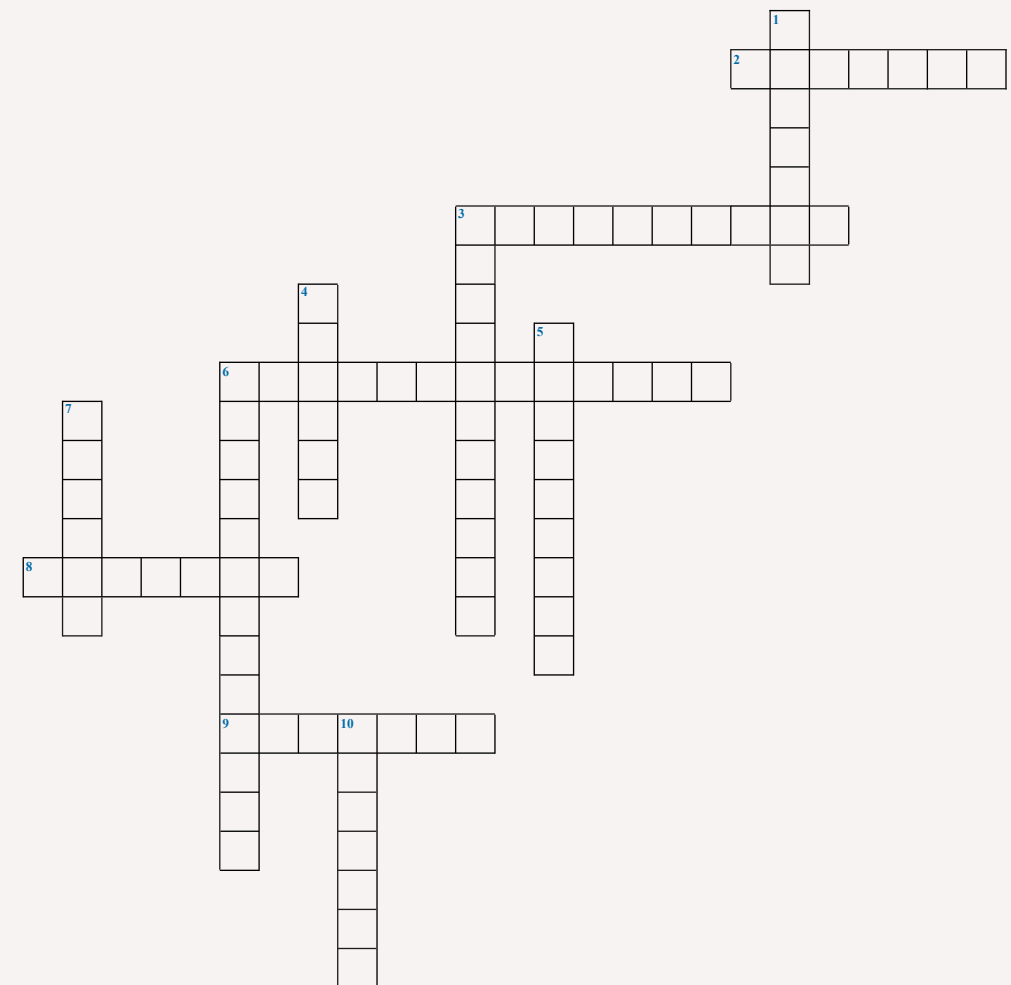
PUZZLES

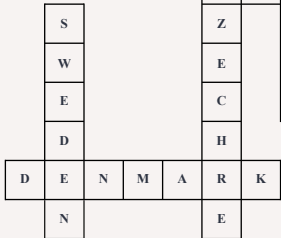
CHALLENGE YOURSELF

PUZZLE

Who were the winners of the Holland Beker and the Ladies Trophy in the last twenty years? Try to find all their names in the Word Finder. Finished? Challenge yourself and find the corresponding nationalities in the Crossword Puzzle (solution on page 34).

G C M A L M N E S L E I N I R R E V S C
L O N I N N E S S N A J E G N I U A H A
M C R Y A F R I D A S V E N S S O N K V
V K O S I M K O G J N X Z P V R F L W U
D Z E K K A V O K P A N K A K R I M C E
E M L K A T R I N R U T S C H O W G L Z
W A B V N I Q I L B D U L M S H A R X E
O H R H J S V A Q B D N K F U S P V B S
R E A K E N Y S J E R D N O E N U G V A
C D A R J J H J N V U E R Z U E L G B M
Y R S K T E Y M Q N C K N Y X Y A I N A
E Y C X H C L T K U E M I Y T E H W U F
L S O P D Y R B T Z R K Y L J A C T O B
R D T A R E K C A H L E C R A M V A W K
E A X I Q S D D D A W R M I S M A M T Y
B L Z Y F J D R N X F W Q F V I L M V I
M E F M A H B A W H N L R Y K T C E J E
I O V T N B L R H P L Y P F L Y A D Z N
K E X A X Y Z Q D W S V C Q L B V L E N
F X I E P P S N E N O R A K I S S A L R





PATRONS

As a Patron, you receive several privileges. During both competition days, we have reserved special places at the moving stand so that you can follow the races up-close from start to finish. On the final day you can enjoy a fantastic VIP lunch in our tasteful and cozy track-side surroundings, a great opportunity to meet old (rowing) friends and make new contacts. Finally, you will be invited to our annual dinner.

The Royal Holland Beker Patrons are an extremely important part of our organization. Without their financial support and commitment, the competition would have never reached the scale it has now. And for that, we would like to thank them.

Interested in becoming an official Patron of the Koninklijke-Holland Beker? There are several options: check out hollandbeker.nl/partners



*Imagery 'Front and back
cover' (2019, Merijn
Soeters)*



*K-HB Magazine is a publication of Stichting Holland Beker Wedstrijden Text Kim van den Houten, Sven Valstar
Design Erwin Prins Imagery Merijn Soeters, Ellen de Monchy, Sonny Lensen, Tim Vonsée.*

Would you like to respond to this publication? Send an e-mail to marketing@hollandbeker.nl