Andrew Goff Summer Ad Astra Blog 2019

The summer of 2019 has been possibly my most exciting since joining the Ad Astra academy in 2015 since I got to tick a major item featured on almost all rowers bucket lists: Compete at Henley Royal Regatta.

For those who haven't heard much about it, Henley is the most prestigious rowing event there is. Crews travel from around the globe just to be enter the preliminary race to earn a spot in the regatta, something less than half of these crews receive.

My crew of four Ad Astra athletes entered the Visitors Challenge Cup, a notoriously difficult event for boats of four. Previous events this season which were funded by Ad Astra however, meant we had a good track record and allowed us a direct entry with no preliminary race needed.

The regatta itself progressed well for us as we beat the defending champions, Leander, on day one and members of the 'Deutscland Acther Squad,' (Olympic champions in the men's 8) on day two. Unfortunately in the semi-final we met the eventual winners of the event who also broke the course record and set the fastest time of any four man crew at the event including top tier international crews.

To have come as far as we did and beat crews of such a high calibre however is something I'm incredibly proud of. Just last year beating them would have been an impossible ask. Making the switch from lightweight rowing to openweight paired with the strength and nutrition support Ad Astra is what made the key difference in my opinion.

As much as I enjoyed my time in Henley, it was a little bittersweet as I feel it marked an end of my time on the Ad Astra academy. I don't know when, if ever, I will have the opportunity to team up with three other world class athletes and achieve such goals. I am however, so grateful to have had this chance even the one time since that week in Henley was the best I have had.

Competing at the Henley Regatta 2019

Andrew Goff along with fellow Ad Astra Elite Sports Scholars competing at the Henley Regatta in 2019