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# KEY STROKES

## KBC ROWING NEWSLETTER

### 2025 - ISSUE # 2



#### 64TH GRAND MOSCOW REGATTA 2025, RUSSIA

The Karachi Boat Club represented Pakistan at the 64th Grand Moscow Regatta, held from June 5th to 7th, 2025, on the Moscow River in Russia. The regatta is one of the biggest international rowing events that brought together over 1,300 athletes from 11 countries, including Pakistan.

Across four days, nearly 500 races were held. The Karachi Boat Club team included 11 rowers, eight men and three women, who competed in different boat classes such as Single Scull, Double Scull, Quad Scull, and Coxless Fours. The team flew out on June 3 after completing two months of focused training to prepare for the event.

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#### WORLD ROWING VIRTUAL INDOOR SPRINTS 2025

The Karachi Boat Club proudly participated in the World Rowing Virtual Indoor Sprints, a global competition where each athlete rowed 1000 meters on the ergometer. A total of 46 enthusiastic members represented the club, including 27 male and 19 female rowers. The club delivered an outstanding performance, with several participants placing in the global top 10.

Notably, Ali Imran secured 2nd place in the Junior Men Under-12 category, and Iman Sheikh also earned 2nd place in the Junior Women 17-18 category.

This event highlighted the growing talent and commitment of KBC members, whose dedication to indoor rowing has raised the club's profile on the international stage. The unity, discipline, and passion displayed by our rowers reflect the strong spirit of Karachi Boat Club.

By: Naad-e-Ali Changezi



TOP 10 FINISHERS AMONG THE BEST  
SPRINTING TO SUCCESS

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Pakistan earned two medals at the regatta. Farid Arif and Imran Khan won silver in the Men's Double Scull, while the Mixed Quad team of Arwais Babai, Haris Shakeel, Ilsa Asim, and Mahnoor Hussain took bronze. These results show the steady progress of rowing in Pakistan and the potential of its athletes on the international stage.

In a celebration the team was hosted by Mrs Zahra Ahmed wife of his Excellency Mr. Muhammad Khalid Jamali, ambassador of Pakistan to Moscow, Russia and Mr. Gyan Chand, Deputy Head of Mission and was Charge D' Affairs. The team presented a token of appreciation on behalf of Karachi Boat Club on this occasion.

By: Haris Shakeel



## THEIR SUPPORT - OUR STRENGTH

Over the past two years, Pakistani rowers have had the chance to take part in some incredible international events - from the 63rd and 64th Grand Moscow Regattas to the Coastal Regatta in Vladivostok.

We'd like to express our sincere thanks to Mr. Andrey Viktorovich Fedorov, Consul General (CG) of Russia in Karachi, whose continued support has helped open doors for our rowers. His presence and encouragement have made a real difference, not just to the events themselves, but to the athletes representing Pakistan abroad.

“These opportunities didn't just happen. They were made possible through the steady support and involvement of a few key individuals who've stood behind the sport and its athletes.”

A big part of this journey has also been the Russian Friendship House, and in particular, Mr. Ruslan Prokhorov. His efforts to build meaningful connections through sport have helped create a space where young Pakistani rowers can grow, compete, and engage with the international community in a way that wasn't possible before.

All of this would not have been possible without the efforts of Mr. Ather Iqbal, member of the rowing committee for last 2 decades and also a past member of the KBC managing committee, who has been at the heart of it all. His commitment, often behind the scenes has been crucial to making this friendship and cooperation between the Russian Federation and Karachi Boat Club meaningful for the athletes. His commitment extends further to the KBC International ISR where his contribution in raising sponsorships helps us host international teams not only from Russia but also from Indonesia and Sir Lanka.



Mr Andrey Viktorovich Fedorov  
CG of Russia



Mr Ather Iqbal  
Rowing Committee Member



## ANNUAL KBC SPRING REGATTA 2025

The KBC Spring Regatta, held on the 19th and 20th of April, brought a refreshing burst of activity post the Inter School Regatta. With clear skies overhead and oars gliding steadily through the creek, the Karachi Boat Club hosted a friendly yet competitive gathering of rowers. The event featured participants from all age groups, with categories for Under-13, Under-15, Open, and Masters. Indoor rowing events, including 2000m and 500m sprints, added an extra layer of variety and challenge.

I competed in the Open category—both in the Single Sculls and Double Sculls events. And let's just say... things went better than expected. I managed to win both my races, thanks to my amazing doubles partner Naad-e-Ali Changezi.

Beyond the racing, the regatta had a great community vibe. Younger rowers zipped around with excitement, indoor events added an extra layer of challenge, and the Masters proved that age is no barrier when it comes to competitive spirit. It was inspiring to be part of an event that celebrated the sport at every level. Winning both events was a personal high, but more than that, it was a reminder of why I love rowing - the grit, the grind, and the glory. Here's to more races, more wins, and many more early mornings on the water!

**By: Rayyan Imran**



## KBC MASTERS REGATTA 2025

The Master rowers gathered at the Karachi Boat Club on the morning of May 1st, 2025 for the Masters Regatta. The event featured mixed coxed 8s, with a total of five boats competing in a format designed to bring out both competitive spirit and community camaraderie. The new members of the rowing community, who had participated in the Learn To Row programme, showed enthusiasm and signed up for the races.

The teams were made on the spot, and the regatta began with two heats. The first heat saw three boats vying for a spot in the final. It was a dynamic race, but Coach Asghar's crew emerged as the clear winner, setting the tone with a commanding performance. The second heat, featuring two boats, was closely contested and ultimately won by Arif Ikram's team.

With anticipation building, the final brought together the two top teams from the first heat and the winner of the second. The race did not disappoint. All three boats were virtually neck and neck throughout, making for a thrilling spectacle. In the end, Coach Asghar's boat secured a hard-fought victory. The winning team included: Asghar Ali, A. G. Lakho, Abdul Qayyum Khan, Umer Allahrakha, Danish Ali, Nehan Asad, Sahar Awan, and Naveen Asad, with Vaneeza Waheed as cox. Close behind them was Arif Ikram's boat, featuring Asim Iqbal, Kashif Nisar, Zulfiqar Ali Selani, Hamza, Usama Narejo, Wajeeha Asim Khan, Shahzad Khan, Arif Ikram himself

*As an accountant, rowing brought new energy and connection into my routine life.*

*Racing alongside those I've trained with turned competition into a celebration of shared growth.*

*The regatta was an unforgettable experience that deepened my love for the sport and community.*

**By: Rohan Kumar**



*I am a rowing mum, who finally took the plunge for herself into the world of rowing. Karachi Boat Club organized a fantastic masters regatta for both seasoned and new rowers on May 1st. Although it was a holiday, all rowing enthusiasts showed up bright and early in the morning. The event was all it promised to be, exciting, fun and relaxing. I had a great time racing with an actual crew. Although my team lost, it was a memorable experience and has renewed my resolve to become a better rower.*

**By: Mehreen Baloch**



## KBC MASTERS REGATTA 2025

and Huriya Faisal as cox. Following the excitement on the water, rowers and spectators gathered for a hearty breakfast. The morning also included a celebratory cake cutting to mark Khurram Khawaja's birthday, adding a personal and festive touch to the morning. To top it all off, commemorative t-shirts were distributed to the members of the winning team - a fitting end to a spirited and memorable event.

The Spring Regatta not only showcased the athleticism and teamwork of the rowers but also highlighted the enduring spirit of fellowship that defines the Karachi Boat Club community. As a first-time participant, I found the experience both exhilarating and memorable - the energy on the water, the camaraderie among teams, and the warmth of the post-race celebrations made it a truly special introduction to the club's rowing tradition.

**By: Sahar Awan**



## IFTAR REGATTA - A CELEBRATION OF SPORT AND SPIRIT

On a calm Ramadan evening at Karachi Boat Club, rowers gathered for an event that blended competition with community spirit. The main event featured coxed four (4+) races, with all crews formed through a draw system. Each boat was mixed, with two girls and two boys, and balanced by placing two senior and two junior rowers together. This approach, led by Head Coach Asghar Ali, ensured fair competition while encouraging camaraderie across age and experience.

Races were held over a 500-meter course, running from the black pontoon to the KBC pontoon. The heats and early rounds took place in the final hours before Iftar, as athletes pushed through the physical challenge of fasting with focus and determination.

As the Maghrib Azaan echoed, rowers and spectators gathered for a communal Iftar, generously hosted by the club. With the sky turning dusky blue, the competition resumed with the quarterfinals, semifinals, and finals. The evening closed with a special boys' coxed eight (8+) race - an exciting finale that drew cheers from the crowd.

A short award ceremony followed, with medals presented to the top three crews and applause ringing out across the docks. The regatta was a fitting reminder that rowing is more than just a sport - it's a shared journey marked by effort, respect, and unity, even under the unique demands of Ramadan.

**By: Shahnoor Meraj**





## KBC UMPIRING SEMINAR I 2025

On April 12th, an advanced umpiring seminar was hosted at Karachi Boat Club as part of our structured effort to strengthen the club's technical officiating capacity. This session marked a significant milestone in our umpiring programme, drawing the highest attendance to date with nearly 30 participants.

The seminar was led by seasoned umpire Arif Ikram, along with Annabel Wells Belgaumi and Aaleen Hussain. It was a comprehensive and interactive session focused on key officiating concepts. Highlights included a detailed discussion on the Quadrennial Congress of World Rowing, providing attendees with insights into international developments and updated standards within the sport. The session also covered the critical areas of protests, objections, and appeals, equipping participants with the skills to confidently navigate competitive race scenarios.

This seminar forms an integral part of the KBC's umpiring certification pathway, leading coaches toward their eligibility to become Club Technical Officers (CTOs) or Junior Technical Officers (JTOs). These roles are essential to the continued development and professionalism of race officiating at the club, ensuring a high standard of fair play and technical accuracy across all events.

We thank our facilitators and participants for their commitment to excellence, and we look forward to further building our officiating community in future sessions.

*By: Aaleen Hussain*



*"From the water to the whistle,  
learning the art of umpiring!"*



## CONCEPT 2 WORLD ERG CHALLENGE 2025



The Karachi Boat Club team participated in the annual World Erg Challenge held from March 15th to April 15th, 2025. Together, the team clocked an outstanding total of over 1 million metres over the course of the month-long event.

Competing among 434 teams worldwide, KBC earned an impressive 99th position! The World Erg Challenge is a demanding test of consistency and mental resilience, and KBC's performance reflects the growing strength and discipline of its indoor rowing community.

This achievement stands as a proud moment for the club and its young athletes, showcasing their ability to compete on an international platform. Congratulations to all participants and coaches for their commitment and hard work. KBC looks forward to building on this momentum in future challenges.

*By: Farid Arif*



**KBC Team breaks  
1,000,000m  
in World Erg  
Challenge 2025**

# SCHOOL OUTREACH PROGRAMME (SOP)

Since its inception in 2021, the School Outreach Programme (SOP) has been transforming the lives of underprivileged children through rowing. Every year, the programme grows stronger, with students from Kiran Foundation and Ida Rieu College for the Blind and Deaf showing remarkable progress.



Arif Ikram  
Captain of Boats



Naveen Asad  
Head of SOP



*Their hard work and dedication have led them to win medals at multiple regattas, proving that with the right support, they can compete at the highest levels.*

This year marks a major milestone for Ida Rieu's rowing journey. Due to their impressive achievements, a pontoon has been installed exclusively for them, allowing their students to safely access the water. This is a groundbreaking step, as it enables visually impaired athletes to train directly on the water rather than being limited to land exercises. The introduction of the pontoon reflects SOP's commitment to inclusivity and equal opportunities in sports.

To further support this transition, students from Kiran Foundation and Ida Rieu have also begun swimming lessons. Learning to swim is an essential skill that enhances their safety, builds confidence, and prepares them for open-water training. For many of these children, this is their first exposure to swimming, making it a transformative experience that extends beyond rowing.

At the forefront of these initiatives is Naveen Asad, the project head of SOP. Under her leadership, the programme has expanded beyond rowing, offering essential life skills, fostering teamwork, and instilling resilience in its participants.

As SOP continues to grow, the vision remains clear—to provide more opportunities, better resources, and a platform for these young athletes to shine. The journey of these students is a testament to determination, inclusion, and the power of sports. With each stroke they take, they are proving that barriers can be broken and that the future of rowing is brighter and more inclusive than ever.



## KBC LEARN TO ROW - MASTERS PROGRAM 2.0

Joining the Learn-To-Row program at Karachi Boat Club marked my first formal step into rowing, and truthfully, into any competitive sport since my school days. Held from April 8th to May 17th, the six-week programme consisted of 18 structured sessions designed specifically for absolute beginners aged 27 and above. This batch brought together 12 participants, spanning a wide age range from 27 to 53, which added diversity and depth to the experience.

What stood out to me was how thoughtfully the camp was designed. From our early days on stable octuples to progressing onto quads, the gradual shift in boat types gave us confidence and allowed for safe, skill-based learning. The rotation between multiple coaches - Asif, Sadaf, Wajeeha, and Hamas meant we were constantly exposed to different techniques and perspectives. Each coach brought their own blend of discipline, patience, and encouragement, which kept the learning dynamic and inclusive. The coxswains, especially Vaneeza and Hooria, played an invaluable role. Beyond steering, they offered real-time guidance correcting our timing, motivating us mid-row, and helping build the sync that's so critical on water. Even the khalasis added to our learning journey.

Their keen eyes and timely pointers at the pontoon helped me understand rhythm and balance in ways I hadn't considered before. By our 10th session, we were given the opportunity to participate in the Masters Regatta alongside seasoned rowers from the club. For someone who couldn't mount his oars properly just a few weeks earlier, being part of a real regatta was both overwhelming and exhilarating. I made my fair share of rookie mistakes, but the encouragement from fellow rowers, coaches, and coxswains turned it into a celebration of progress rather than a test of perfection.

By: Rashid Mehmood



This experience wasn't just about rowing. It was about returning to sport, rediscovering discipline, and embracing teamwork after years away from it all.

## KBC COACHING WORKSHOP II 2025

On Saturday, 24th May 2025, we had the chance to attend a much-needed rigging workshop, conducted by Mariam Kanchwala and Maryam Meraj along side Wajeeha Khan and Head Coach Asghar Ali. This was one of the most insightful experiences I've had in a while. Like many of us, I came in with only a vague idea of how boat rigging worked. I'd always relied on others or just guessed my way through. This workshop was a game-changer.

Rigging isn't just about following a formula, it's also about understanding what works best for your own body and comfort on the boat.

We started with the basic standards of rigging—and how each adjustment affects boat performance. After going over the fundamentals, we got hands-on practice. We tried out different setups and learned how to adjust things like gate angles, footrest, spread and span on individual needs. It was empowering to finally understand the technicalities of the boat, and how to make small changes that can greatly improve balance and control. This workshop didn't just teach us how to rig a boat—it gave us confidence for when we go on the water. I walked away feeling more prepared, more capable, and more excited to row.

By: Ilsa Asim



## KBC ROWING CALENDAR 2025

	Club Seasonal Regatta	Inter-School	National/ Inter-National	Seminars & Development	School Events
June 2025	Harbour Cup Fri 13th - Sun 21st			KBC Summer Programme KBC School Outreach Programme	
July 2025	5 KBC Summer Regatta Sat 26th - Sun 27th		Dutch International Youth Regatta (DIYR), Amsterdam Sat 5th - Sun 6th	KBC Summer Programme KBC School Outreach Programme Umpiring Seminar - II Sat 19th	
August 2025		Alumni Rivalry Cup Sat 2nd	Asian Rowing Beach Sprints U19 & U23, Pattaya, Thailand Wed 6th - Sun 10th	Coaching Seminar - III Sat 23rd	
September 2025	KBC Autumn Regatta Sat 13th - Sun 14th		World Rowing Masters Regatta, Banyoles (Spain) Thurs 10th - Sun 14th Asian Rowing U19 & U23 Championships, Shenyang China, TBA		KGS Inter-House
October 2025		KBC Indoor Rowing Regatta Sat 25th - Sun 26th	Rowing, SUP, Kayak and Dragon Boat Regatta, Malaysia, TBA	Coaching Seminar - IV Sat 25th	

## ROWING COMMITTEE 2025

1. Arif Ikram (Captain of Boats)
2. Akhund Siddiqui (Vice-Captain of Boats)
3. Ali Fadoo (Member)
4. Ather Iqbal (Member)
5. Danesh Dinshaw (Member)
6. Aaleen Hussain (Rowing Member)
7. Abdullah Ahmed (Rowing Member)
8. Annabel Belgaumi (Rowing Member)
9. Hamas Esbhani (Rowing Member)
10. M. Danish Iftikhar (Rowing Member)
11. Maliha Tahir (Rowing Member)
12. Mariam Yousuf Ali (Rowing Member)
13. Maryam Meraj (Rowing Member)
14. Naveen Asad (Rowing Member)
15. Sadaf Salman (Rowing Member)
16. Wajeeha Khan (Rowing Member)
17. Asghar Ali (Head Coach)
18. Abid Rehman (Rowing Administrator)
19. Afaq Zia (Assistant Row. Admin)

## PARTNERS IN ROWING (ISR)

### Platinum Partner:

### Gold Partners:



### Silver Partners:

### Arts Partner:

### Auto Partner:



### Bronze Partners:



### Others Partners:



### Karachi Boat Club

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Karachi Boat Club Website: [www.kbcrowing.org](http://www.kbcrowing.org)



Karachi Boat Club Rowing



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