

To
The Swiss Rowing Federation
For public disclosure

Retirement from the Swiss rowing team and international rowing competition

After more than ten years competing for the Swiss rowing team, the time has come for me to retire from international competition.

This has been by far the toughest decision I have ever made, particularly because I feel I have not reached my full potential. However, knowing how gruelling and monotonous the training and lifestyle are in our sport, I do not feel the burning desire nor motivation required to go back to rowing full time anymore, and I feel like I need new challenges.

I was incredibly lucky to start rowing in one of the best clubs in the country, Lausanne Sports Aviron, coached by Arnaud Bertsch who gave me all the tools needed to undertake a career in the national team. I then worked with many great coaches who each taught me valuable lessons and shared their vision with me, most notably Edouard Blanc who coached me from my first steps in the national team all the way to an Olympic final in Tokyo last year together with Roman Rösli.

Rowing has played an instrumental role in positively shaping my life and character. I have experienced amazing emotions, learned to push my limits both mentally and physically, travelled all around the world, meeting people from many different nationalities and building friendships for life. Moreover, this sport has led me to incredible opportunities I could only dream of when I first started, culminating with an MBA at the University of Oxford and a win in the legendary Boat Race. I hope that my path will inspire the next generation of rowers. With plenty of hard work, one can accomplish great things, and a passion like rowing can teach you so much and open incredible doors for the future.

I would like to sincerely thank Swiss Rowing, all of my coaches and everyone who helped me practically or financially and made this whole adventure possible.

Barnabé Delarze

A handwritten signature in black ink, appearing to read 'B. Delarze', with a stylized, flowing script.