

# SCOTTISH ROWING ANNUAL REVIEW 2023 - 2024



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**SCOTTISH  
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# President's Report

## Alistair Neill

This has been a year of change within Scottish Rowing. At the 2024 AGM we welcomed Laura Graham as Director of Coaching, and Sophie McCall as Director of Development, to the Board of Scottish Rowing. When Matt Taylor was confirmed as President at the 2023 AGM, I was pleased when he asked me to be his Vice-President. Little did we know then that within a few weeks, Matt would have to stand down from his role due to illness, and I would take over as acting President. Sam Winton and Neil McIver also stood down during the year, due to work commitments, and I would like to thank Matt, Sam and Neil for their contribution to the Board. After a robust and thorough process, in May we welcomed three new members to the Board – Alastair Clarkson as Finance Director, Jonny Logan as Commercial Director and Robert Gordon as Ordinary Director.

In May we also lost our COO, as after almost 14 years in the role, Amanda decided it was time to hang up her oars and retire. Amanda had overseen a significant and highly successful period in Scottish Rowing's history, as well as navigating the sport through the pandemic. After another round of interviews, we were very pleased to appoint Lee Boucher as our new CEO. Lee, who moved from Head of Performance and Pathways with the organisation, brought not only his wealth of experience and insight from within the organisation but also a set of fresh, dynamic ideas for both strategic and operational change.

The changes in the Board were still not complete, and in July, after nearly a decade on the Board as Director of Performance, Dorothy (Dot) Roberts announced that she was stepping down with immediate effect due to other personal commitments.

With all of these changes within the leadership of the sport, I feel that this would be a good time to complete the transformation to a fresh new Board, and I have decided that after nine years on the Board of Scottish Rowing, I would not stand for re-election at this year's AGM. I would like to sincerely thank the existing board members for their support, dedication and enthusiasm over the years, and to wish the new Board and our CEO all the best, and I am sure that the sport will thrive under their guidance and leadership.

Whilst I have spoken about the leadership of Scottish Rowing, we must also remember the leadership within our member clubs. Contrary to popular belief, these clubs are not run by magic pixies, they are run by hard-working, dedicated individuals, people who give their time to make sure that others can enjoy our sport.

This group of individuals, led by a club President, includes the club Treasurer who makes sure that the club has sufficient finances to pay the bills and to buy new boats and equipment. The Secretary, who keep open the lines of communication within and outwith the club. The Boat Master who carries out repair to boats and equipment and makes sure the fleet is in the best possible shape. The Safety Officer who ensures that we can train and row safely. The committee who run the club. And in almost every club, you will find that group of people who just step in and do everything, well almost everything else. These people are the backbone of the clubs, and the backbone of the sport. Without them, we would not have the sport of rowing as we know and love it.

When we next turn up for a training session, spare a thought for this group of often unsung heroes, and in your own way, say thank you to them all for keeping this sport that we love alive and thriving.

# Chief Executive Officer's Welcome

## Lee Boucher

In a year of significant change within Scottish Rowing, I'm delighted to be introducing my first Annual Review as CEO of the organisation. I'm extremely grateful for the positive messages of support from across the rowing community since I took up the role. I believe that we are all custodians of an incredible lifelong sport, and I look forward to giving my all as part of a team effort to help create more opportunities for more people to enjoy the many benefits that rowing can provide.

In May, we said goodbye to our Chief Operating Officer Amanda Cobb after more than 13 years of distinguished service with Scottish Rowing. Amanda worked tirelessly and selflessly, often behind the scenes without fanfare, to help progress and protect our sport and the organisation that she leaves behind is unrecognisable to the one she arrived at over a decade ago. On a personal level, I'd like to thank Amanda for the support and encouragement that she provided to me over many years.

The Board of Scottish Rowing has also seen a significant turnover of members within the last year. I'd like to join Alistair in thanking those who have stepped down whilst welcoming our new Directors. The sport would not be able to operate without these dedicated volunteers who give up so much of their time. Alistair himself will step down from the Board at the AGM and I would like to acknowledge his significant contribution to Scottish Rowing that goes way beyond his role as a Director. Thank you, Alistair!

2024 has of course been an Olympic and Paralympic year which gives our sport a unique moment in the spotlight. It is hard not to be inspired by the outstanding achievements of our British athletes in Paris this summer and it has been encouraging to hear about the increased interest that this has helped to generate in learn to row courses in clubs and for beginners taking up the sport across our school and university programmes.

Over the next 12 months, Scottish Rowing will be developing our new strategic plan and in the coming months myself and the team will be embarking on a roadshow up and down the country to hear more about the challenges and opportunities at a local level. I am under no illusion about the size and scale of the issues facing community sport, especially in the current climate, however by working together and investing in the people who make things happen we have a chance to build a better future at all levels.

I hope that you enjoy reading about some of the highlights from across the last year in this bumper annual review. The reports showcase the many successes across the sport from our community outreach initiatives to club sport and performance pathway activities, and cover both 'classic' flatwater programmes as well as the emerging coastal sculling discipline.

These achievements would not be possible without your efforts, so thank you for continuing to go above and beyond to drive the sport forward – whether you are a rower, a club volunteer, a coach or official, a partner organisation, or a staff or board member. This review is a testament to your hard work, dedication and talent and I look forward to what the next year brings.



# Highlights



## January Land Camp

The camp, held at Oriam, Scotland's Sports Performance Centre on the Heriot-Watt University campus in Edinburgh, ran for 10 days at the start of January (Junior Academy for 5 days) before many athletes returned to school, university and work after their festive breaks. This being the first time that Scottish Rowing has taken on a camp of this size with multiple programmes linked together and all involved were pleased to see what came of the collaboration!

Read more about the January Land Camp [here](#)

**36 Athletes from 5  
Performance Pathway  
Programmes**

**12 Juniors, 19 U23's, 3  
Seniors, 2 Para - Athletes**

**13 Clubs Represented**



## Para Athlete Spotlight

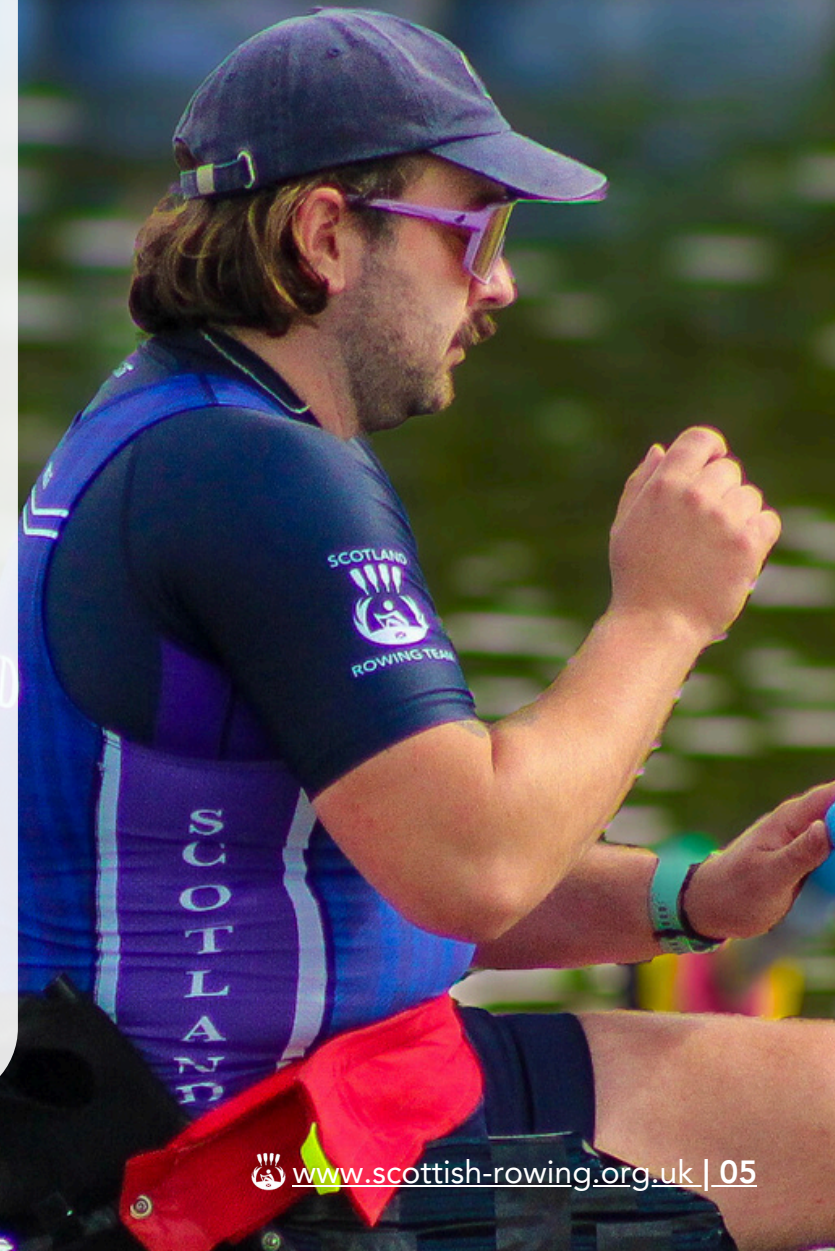
Over the last year, we have seen two para-rowers, both supported by the Scottish Rowing Performance Programme, push their performances to new heights as they continue their journey as aspiring Paralympians.

Jake Woods, of Strathclyde Park Rowing Club, having recently marked two years in the sport, managed to earn his first international vest for the GB Rowing Team when he raced in Poznan, Poland, at World Cup 3. Jake raced a strong international field in the PR1 M1x in a Paralympic year, finishing fifth overall. Later in the summer Jake returned to Scotland to race his second Home International Rowing Regatta, where he retained his 2000m title in the PR1/2 M1x event. As part of his preparations for adaptive races, it was great to see Jake compete at domestic regattas in open event categories. He gained valuable racing experience among able bodied competitors when there was a lack of equal opposition – with great results at the Scottish Rowing Spring Regatta, Castle Semple Regatta and the Scottish Rowing Championships.

While still working part-time as an architect in Edinburgh, Jake works closely with coaches Ailie Ord (Strathclyde Park Rowing Club) & Tom Young (Scottish Rowing), along with colleagues from the **sportscotland** institute of sport and GB Rowing Team to continue his development towards a seat at the Paralympic Games in 2028. Jake has a passion for making modern architecture accessible and inclusive and uses his connections through both sport and his professional life to share and develop these principles.

Samantha-Louise Gough, of St Andrew Boat Club, is another new face to the sport, who has already impressed many of the coaches and rowers whose paths she has crossed. Samantha started rowing in April 2023, having played blind football for England (in the absence of a Scotland team). In her first year, she has already attended GB Trials, won the PR3 W1x at Henley Women's Regatta, and is a Home International Rowing Regatta winner for Scotland in the PR3 W1x Sprint event.

Samantha is a visually impaired athlete (B1) with no vision, who trains on the Union Canal in Edinburgh with the Senior Women's squad at St Andrew Boat Club, where her squad-mates and coach, Lindsay Flockhart, have helped teach her a brilliant sculling technique. Again, Samantha works closely with both the **sportscotland** institute of sport and GB Rowing Team to support her training on the water. Samantha uses her sports, and social media, as a platform to help raise awareness, educate and develop access to sport for those who are visually impaired.





## Hosting Home International Rowing Regatta

The Home International Rowing Regatta returned to Strathclyde Park for the 15th time, as 2024 was Scotland's turn to host. The HIR Regatta is an annual event where teams from Scotland, England, Ireland and Wales go head to head in hopes of taking home the Team Trophy. We welcomed around 300 athletes and coaches from across the four nations. We also had 2 umpires from each of the visiting nations, the officiating team play a key role in our regattas. Off the water, there was lots of hard work going on behind the scenes from our volunteers and staff. Events of this scale cannot be run without the help of volunteers from manning the stake boats, helping with timing, assisting with the medal presentations, and working in race control. Thank you to all those who put in the effort both before and during the event to help support us. A huge thank you goes out to the team at North Lanarkshire Council who set up the course, drove launches for the umpires and provided safety cover. The event ran smoothly, and we received great feedback from all of the visiting nations.



## Paris 2024 Olympics

Three years have passed since our Scottish Olympians raced in Tokyo, and after a shorter than usual quadrennial, Team GB made their return to the Olympic Regatta, this time at the Stade Nautique de Vaires-sur-Marne, in Paris.

Team GB had a much-improved performance in 2024, returning with three gold, two silver, and three bronze medals. Scots Sholto Carnegie and Rowan McKellar each put in exciting performances in both the men's and women's eights. Sholto turned bronze from the Tokyo Olympics into a gold medal in Paris, and after some tight racing in the final, Rowan and her crew secured a bronze medal for Team GB.

Former Edinburgh University Boat Club athlete, Oli Wilkes rowed in the men's coxless four, bringing home a bronze medal at his first Olympic Games. A second Edinburgh University graduate, Lucy Glover, was selected as the spare for the women's scullers and won her spares race in the single at the beginning of the regatta. Fellow Scot, James Robson, raced in the spare men's pair alongside crewmate Will Stewart, the pair also winning the spares race before taking on their role of cover for the rest of the team.

Great Britain climbed to second place on the medal table – just below the Netherlands who won an impressive four gold medals. In terms of total medals won, the GB Team joined the Netherlands in the top spot, with eight medals a piece.



M8+ Gold (Sholto Carnegie)  
LW2x Gold  
W4x Gold  
M2- Silver  
W4- Silver  
M4- Bronze (Oli Wilkes)  
W8+ Bronze (Rowan McKellar)  
W2x Bronze  
M4x 4th  
W2- 9th

M2- Spare 1st (James Robson)  
W1x Spare 1st (Lucy Glover)



Photo Credit: Steve McArthur | British Rowing

## Coach Academy Launch

The inaugural cohort of the Coach Academy featured nine participants aged 17-27 representing eight rowing clubs from across the Scottish Rowing community. These development coaches were provided with access to bespoke webinars hosted by former GB Rowing Team coach Robin Williams, opportunities to shadow senior coaches within the Scottish Rowing network, and the ability to assist with the planning and execution of key Scottish Rowing performance activities – with three of this year’s cohort being recruited as assistant squad coaches for the Scotland Rowing Team at the 2024 Home International Rowing Regatta.

Participants were also supported through a 1-2-1 coach development programme using the Scottish Rowing Coach Framework tool - this identified strengths, blind spots, and areas for development that were then supported with a bespoke CPD programme including professional qualifications.

Building off the success of this year’s academy, the programme will be continued into the 2024-25 season. It will be looking to support a new cohort of ambitious young coaches while supporting several members of the first cohort to continue stepping to progress their coaching knowledge and delivery.





Photo Credit: Holly Jones | Scottish Rowing

## Scotland joins the Junior Inter-Regional Regatta

Team Scotland made a big impression at their first Junior Inter-Regional Regatta back in May as they faced off against the 12 British regions. Nine crews medalled in total, coming from eight of the nine clubs represented at the regatta, demonstrating the depth of the junior talent within Scottish clubs and making us the talk of the regatta. Team Scotland remained competitive all day, particularly in the women's events. The girls worked hard and placed a close 3rd in the Women's VL, with a mere 3 points between them and first. The boys also raced admirably to take 6th place in Men's VL. Team Scotland came 5th in the Overall standings, an impressive result for the team's first inclusion in the event.

Read all about their success [here](#)

62 Athletes  
aged J14 – J16

9 Scottish Clubs





Photo Credit: Scottish Rowing

# Inaugural Scottish Rowing Beach Sprint Championships

We welcomed athletes to the inaugural Scottish Rowing Beach Sprint Championships this year. There has been a lot of buzz around the discipline in recent years and with multiple Scottish athletes seeing success on the world stage and the announcement that Beach Sprints is to join the Olympic line-up in LA 2028, it is an exciting time indeed. The Scottish Rowing Beach Sprint Championships took place on Saturday 18th May at East Sands, St Andrews, as part of the Four Nations Beach Sprint Series. We saw 83 athletes register to race who were not only from Scotland, but we also welcomed competitors from Australia, Austria, England, France, Jersey and Wales. Racing was unfortunately cut short due to the Haar rolling in from the North Sea. Despite this, the racing that did take place did not disappoint, with close finishes and exciting waves.





## The River Ayr Access Steps

The River Ayr Access Steps were officially opened for use on the 17th March by Dame Katherine Grainger. The Access Steps, which were made possible by investment from South Ayrshire Council, were very much appreciated by the young people from South Ayrshire Young Carers as they were very excited to be launching from the steps for the first time. They had previously been launching via a small beach embankment which required them to wade in.

The opening event saw a good turn out with representatives from Scottish Rowing including Dorothy Roberts (Director of Performance), Dolphin House Outdoor Education Centre, South Ayrshire Thriving Communities, South Ayrshire Young Carers, Ayr Academy and University of the West of Scotland. Along with many locals who came to support and check out the new facilities.

One local member of the community said that *"it has been very refreshing to see the young people out on the water over the last few years and I hope this means that more of them can get involved. The colourful boats are always lovely to see when I'm out for my walks."*

The steps will be welcomed by the rowers and coaches from the River Ayr Project - which is specifically aimed at those who might not have the ability to engage in physical activity outside school due to personal or financial circumstances. Growing each year, the project has worked with multiple different groups of young people including Young Carers, Active Schools and even some Ukrainian Refugees.

We are excited to continue working within the community and making good use out of the new steps.





Photo Credit: Ron Wallace

# Club of the Year

Tay Rowing Club were awarded the Scottish Rowing Club of the Year Award for 2022-23 on the 2nd November 2023. The club, established in 2015, has done incredibly well setting themselves up on the River Tay in Perth. Having won club of the year they have continued their efforts in developing a thriving and diverse membership throughout this season and through the summer.

Beginning as a senior only club they have been working towards opening their doors up to juniors. To do this, the club ran a very successful Junior Camp over the summer. The camp was a 4-day, learn-to-row camp that was used to test the interest and general response in the local area for an expanded junior division. It was also utilised to understand opportunities for engagement with young people who may not traditionally engage with the sport of rowing via the Perth & Kinross Schools' Coordinator network and to gain learnings on the provision of paid Community Coaching staff for future junior rowing / outreach activities. 85.7% of those that completed the feedback for the camp stated that their child would like to continue in rowing. This is all part of the club's plans for establishing a flourishing and dynamic club on the Tay near Perth.

We are very proud of all the work they have done so far in their development, a well deserving winner of the Club of the Year. We are excited to see what they do next and look forward to hopefully seeing some more Junior rowers on the Tay soon.



# Clubs and Communities



Photo Credit: Holly Jones | Scottish Rowing

## River Ayr Project

This year, the River Ayr Project has partnered with South Ayrshire Thriving Communities, South Ayrshire Health & Social Care and Love Rowing to assist in putting five staff from the Thriving Communities Outdoor Learning Team through a learn to row course followed by a basic instructor's course. 4 of the 5 are now engaged in the project, regularly delivering to the young people and are signed up to complete their Level 2 Session Coach Course.

The weather has been against us with delivery not being able to start until the beginning of May due to the river conditions and the weather has been a constant battle throughout. Despite this we have been able to deliver sessions to 36 individuals from a mix of backgrounds. A large section of these individuals are Care Experienced Young People, experiencing homelessness, foster care or in care. We have also worked with other Young Carers with Ayr Academy, Queen Margaret Academy and Marr Academy.

There has been a new opportunity to work with four boys with mild autism and social anxiety that are home schooled. One of the parents gave us their feedback saying, "From my perspective, rowing has been a great opportunity for him to be involved in a sport where he can develop skills at his own pace. He has enjoyed meeting new adults and more recently other young people. The coaches have created an atmosphere where the young people can have fun together and learn something new in a collaborative rather than a competitive setting e.g. last week the young people were helping each other out by sharing skills when someone got stuck or didn't know how to turn their boat"

As well as working with young people we have been able to support two women from the Ukrainian Refugee Community, and when asked about the River Ayr Project they said, "I've really enjoyed the rowing sessions so far! I tried rowing for the first time. The experience has been excellent, and I feel like I've learned a lot. The instructors have been incredibly helpful, patient, and supportive. They do a great job of explaining the techniques and offering constructive feedback, which has really helped me improve. Overall, it's been a great way to challenge myself while still feeling supported, and I'm excited to continue progressing. That is fun and sport and kind of meditation, all in one. I really appreciate that opportunity, and I would strongly recommend that for everyone".

We are looking forward to continuing the project with the support of our fantastic partners, who we would like to thank for all of their contributions toward the project in the past year. Thank you.

## Active Schools

The Scottish Rowing Centre continues to support the North Lanarkshire Active Schools Outdoor Education Team in providing weekly rowing sessions for children of primary 7 age. These sessions serve as a unique introduction to rowing, utilising the Indoor Rowing Tank and Concept2 RowErgs at the Centre to teach participants the basic rowing stroke - along with some fun games and team challenges! The sessions would not be possible without the support of our sessional coaches who travel from their home clubs and locations to provide activity for these groups of children.

With the support of our Scottish Rowing sessional coaches, we have provided sessions for over 2,450 P7 pupils between August 2023 and August 2024. For many of these children, this was their first introduction to the sport. A large proportion of the schools involved in this activity are located within areas of deprivation according to SIMD rankings, so it is encouraging to see that rowing as a sport is accessible to participants from a wide variety of backgrounds.

The rowing sessions are widely reported as one of the most popular activities of the week, and it is great to see the Centre and the coaches deliver such diverse activity.

## Firhill Youth Project

The project has been able to develop and maintain their strong partnership work with over 25 organisations and have plans to build on this number as 2024 progresses.

In the past year, they have worked with Active Schools, which has allowed them to work with different primary and secondary schools, which include pupils from areas of the highest deprivation in Glasgow with a high number of service users from SIMD 1&2, and pupils with additional support and learning needs through ASN units within schools.

Maintaining already existing relationships and establishing new connections with organisations has been a priority for the Firhill Youth Project and Community Sports Hub. Through recent meetings and rapport-building, they have also welcomed new partner organisations to our rowing activities at Firhill, including Together Reaching Higher in Sighthill and Shakespeare Youth Club.

The project has delivered to 215 individuals and trained and retained 6 volunteers in 2023/24. Fantastic work from all those involved with the project

## Woodhead PS Visit

Over 100 school pupils at Woodhead Primary School in Hamilton were given the opportunity to try their hand at some indoor rowing on Tuesday 11th June. There were six sessions delivered across the school day, as part of their Fit Planet Week, where the pupils got the opportunity to learn about the different parts of the rowing machine and how to use them, before finishing up with some exciting relay races.

The schools Fit Planet week is part of the Health and Wellbeing Curriculum which brings together all aspects of health, including getting and being active through sports, encouraging healthy eating and learning about safety. Indoor rowing is a non-traditional, high-energy sport for pupils to take part in. This sport is something different which is simple and easily accessible, for all. For most of the young people this was their first experience of rowing, despite living so close to Strathclyde Park.

By bringing rowing into the school, we hope this opens the door for many of them to get involved in the sport in future years.

*“This was a fantastic experience for the children. For many, it was their first taste of rowing, and it really brought out their competitive side! The coaches were fun, clear, and made the experience exciting.”* – Mrs Murray, Woodhead Primary School Teacher



## Clydesdale ARC and Clyde Gateway

A new project started up on 1st February 2024, as we partnered with Clyde Gateway and Clydesdale Amateur Rowing Club to deliver outreach rowing activity on the River Clyde specifically targeting young people in the Clyde Gateway area of South Lanarkshire.

After a bit of time to get things set up, Clydesdale Amateur Rowing Club delivered the first Learn to Row programme funded by Clyde Gateway for pupils from Stonelaw and Trinity High Schools in April. Pupils, selected by the schools, attended the West Boathouse in Glasgow Green and participated in a six-week block going from no experience of rowing to being competent and independent, developing their rowing skills and the ability to manoeuvre safely on the river. The sessions were led by a qualified coach and were progressive, encouraging pupils to overcome initial reservations and increase their skill levels to a point where they are able to both scull by themselves in a glide single and also to row as part of a crew, further developing their confidence and demonstrating how to work as part of a team.

During the programme 13 pupils from Stonelaw Academy and 11 from Trinity Academy were given the opportunity to try rowing for the first time. The programme continues to run throughout the year providing access to rowing to the young people in the community. Well done to Clydesdale Amateur Rowing Club and thank you to Clyde Gateway for all your support.





## Strathclyde Park Community Outreach

The Strathclyde Park Rowing Club Community Outreach Programme grew its activities in the last year by increasing its engagement with local primary and secondary schools, youth and adult community groups. They had 124 pupils from 5 local primary schools on the water in a series of taster sessions and competing in erg relays for the "ParkShark" - a large toy shark plush.

With the aim to bring more members into rowing, Strathclyde Park Rowing Club have worked on creating a pathway into the club for secondary school pupils who were keen to continue their rowing journey after their initial 6-week block of outreach rowing sessions. 7 participants have followed this route and are now embedded in the club junior squad and competing. Alongside this they established a 5k "ParkRow" around the perimeter of Strathclyde Loch which a crew from the adult community group successfully completed in the summer as the culmination of their block of rowing sessions. The members at Strathclyde Park have become more engaged as junior and adult participants returned as volunteers and contributed to the delivery of outreach sessions.

For their hard work and dedication their activities were recognised by nominations in 2 categories (project of the year and volunteers of the year) in the 2024 North Lanarkshire Sport and Volunteer Awards, this is on top of them winning the Scottish Rowing Initiative of the Year last November.

Well done to all those at Strathclyde Park Rowing Club who help run a fantastic programme, keep up the great work!



# Pathway Development

A photograph of a rowing team on a lake. In the foreground, a young man with red hair and sunglasses is rowing. He is wearing a white t-shirt with yellow sleeves and a logo. Behind him, two women are also rowing. The background shows a line of trees and a grassy bank. The text 'Pathway Development' is overlaid in large white letters.

## Schools League and Schools Indoor Championships

The 2023 Scottish Rowing Schools Indoor League was run from September to November. In its usual format participants were able to take part in 3 rounds in their own school or club, with many of them also taking part in the Scottish Rowing Schools Indoors Championships. 340 individuals took part in the league (rounds 1-4) across 13 different schools, we also welcomed two new schools to the league for 2023. Four schools saw an increase in their participation numbers from the previous year. 25% of participants took part in all four rounds of the league.

This year the Championships were hosted by Fettes College in Edinburgh on Friday 24th November. 174 individuals took part in the Championships, from 12 schools. George Watson's College topped the League tables with a whopping 343 points, and once again took home the Victor Ludorum shield. They were followed by Fettes College in second and George Heriot's School in third.

Congratulations to all those who took part in the league and a massive thank you to Fettes College for assisting in the planning and hosting of the finals this year.





## J16 Land Camp

The popular J16 Land Camp took place from 8th to 10th December 2023 at the **sportscotland** National Sports Training Centre Inverclyde, in Largs. There were 31 young athletes in attendance representing eight clubs. We had some fantastic practitioners and guest coaches who came along to educate our athletes; Dan Cooper, GB Rowing Team U19 Programme Manager ran some technical sessions on the RowErgs; **sportscotland** institute of sport Physical Preparation Coach, Chris Robinson ran some detailed strength and conditioning sessions; Dr Laura Forrest, a Sports Science Lecturer from the University of the West of Scotland worked with the girls discussing Female Athlete Health; Dr Nidia Rodriguez-Sanchez, a lecturer in Physiology and Nutrition at University of Stirling, spoke to the boys about Nutrition and the importance of a balanced diet.

The Camp has been running for several years now and supplies young athletes with the knowledge needed to progress their rowing career. Previous athletes who have attended the camp have gone on to compete for the Scotland Rowing Team and the GB Rowing Team at international level.

The 2024 J16 Land Camp will run from the 6th to 8th December.

4 Guest  
Presenters

31 Athletes  
in  
Attendance



## Junior Inter-Regional Regatta

The Junior Inter-Regional Regatta (JIRR) is an annual competition for J14, J15 and J16 athletes contested by teams representing the various British Rowing regions. Recently, following a review of the event format by the JIRR Organising Committee, Scotland was represented for the first time. With the help of the junior coaches, we set up selection criteria and utilised the Caley Marina Winter Head as the main selection event. From this, sixty-two athletes from nine clubs were selected. The day featured a packed schedule of racing across all boat categories with time trials taking place in the morning, seeding crews into some tight side-by-sides in the afternoon. For many of the junior athletes it was their first opportunity to get a taste of racing at this level, taking on some of the best athletes from across the country.

Co-Team Manager, Ronan Welch said *“It was fantastic to see such a strong team come together from across the Scottish Rowing community, and to perform so strongly on our first entry to the event shows the strength and depth of junior rowing in Scotland. A massive thank you to the coaches and parents for being the logistical support to make it all happen. I can't wait to be back again next year and to see how this key junior pathway event evolves in providing top level racing for all ages and stages!”*

Well done to all the athletes who competed at the event, they were a fantastic representation of the Scottish Rowing community, and we cannot wait to go back for more in 2025!





**SCOTLAND**

## Coach Club

The Coach Club is a coach registration scheme for rowing coaches in Scotland. The coach club membership encourages active coaches to gain and upkeep the appropriate qualifications and training to promote safe practice within their clubs. Coaches who join the club are expected to have (or gain) the following qualifications:

- Level 2 Rowing Coaching Certificate (Session or Club)
- Emergency First Aid Certificate
- Safeguarding Certificate – e.g., CWPS (if juniors are present at your club)

The register also allows Scottish Rowing to communicate with the coaches about upcoming opportunities, activities workshops and courses to help them build and maintain their coaching knowledge and skills. As a member of the club, coaches gain a one-year free subscription to UK Coaching, a platform that provides many online learning opportunities.

46 current  
coaches

17 clubs  
represented







Photo Credit: Holly Jones | Scottish Rowing

## Junior Technical Camps

August saw the return of the Scottish Rowing Junior Technical Camps. Led by Edinburgh University Boat Club coach, Mike Hughes, the two camps focussed on fine tuning the technical ability of junior scullers. This year, Mike was assisted by Emma Morrison of Dundee University Boat Club.

The camps proved to be popular once more. The first camp, catering for the J14/15 age group ran at full capacity with a mix of male and female rowers, and the J16/17 camp with 6 junior men. Both camps saw an increase in the spread of clubs in comparison to the 2023 camps - with juniors travelling from as far as Inverness Rowing Club to attend.

Although the weather proved to be much more temperamental than last year, the camps were a success and our junior rowers in attendance improved on key skills both on and off of the water. From basic erg technique, technical work in the Indoor Tank, and the essential skills in a single scull, and a variety of land-based work, the coaches ensured all of the bases were covered.

The Junior Technical Camps not only offer the chance for junior rowers to hone their skills and technical ability, but with Mike in the leading role, they also serve as a valuable development opportunity for the assistant coach. It was great to see a young female coach in the assistant role once more - and Emma was a great asset to the camps. She brought a refreshing confidence to the table and was eager to learn from one of Scotland's best coaches. Emma has now moved on to work full-time, coaching at Wimbledon High School, we look forward to seeing more of her in the future!

# Performance Development



## Junior Academy

The Scottish Rowing Junior Academy welcomed its third cohort in 2023/24. The Academy exists to support and develop talented junior (J16 - J18) rowers and coxes to reach their potential. Equipping them with the tools to achieve success in rowing both nationally and internationally. It aims to provide education, opportunity and community for athletes, coaches, and parents. Using a camp-based structure the athletes attended five camps between September and April, with each camp focussing on a different aspect of the sport.

The 2023/24 Academy saw 14 athletes from 5 clubs on the programme. The athletes benefited from many different types of sessions/workshops. Along with coaching from Tom Young, Head of Performance and Lead Performance Pathway Coach, athletes benefitted from sessions run by **sportscotland** institute of sport practitioners across subjects such as physical preparation, physiology, nutrition and performance lifestyle. The parents of these athletes were also able to attend a workshop delivered by Eira Parry, of High Performance Parenting.

Since completing the Academy, the athletes have had a successful regatta season:

- 8 athletes competed at the Head of the River events as part of the Scottish Argonauts team.
- 6 athletes were selected for the Scotland Rowing Team at the HIR Regatta and 3 selected for the HIR Beach Sprints.
- 3 athletes progressed to the semi-final of the Groton School Challenge Cup at Henley Women's Regatta.

As we head into our 4th year of running the Junior Academy, we are updating how the programme operates. This will allow more young athletes the opportunity to benefit from the programme each year.



## Scottish Argonauts

The Scottish Argonauts Project provides a unique opportunity for many of our junior rowers to experience training and racing in eights at a national level competition, namely the Women's Eights Head of the River Race and the Head of the River Race on the Tideway. The Project has been running for several years and is a staple in the Junior Development Programme.

With 35 athletes taking part in the selection camp in February and only 18 seats available, the athletes had their work cut out for them. After two-days of trials and testing the two boats were selected, one women's crew and one men's. The athletes donned their Lion Rampant kit and headed to London. The women's crew had a strong race battling some tricky conditions, they finished 121st overall and 25th in the School/Junior category with an admirable time of 21:57.1. The men's crew faced off against 296 crews on the Thames, finishing 137th overall and 7th in the Open Junior category. They stormed down the course with a time of 18:59.5. We look forward to working with many of these young athletes in the future both as juniors and as they transition through to seniors.



## Student Beginner Programme

The Student Beginner Programme is a new addition this year and is the first of its kind hosted by Scottish Rowing. It aims to help develop students who have never rowed before, to discover their potential and assist the student-run clubs with coaching support throughout the year. 19 students and 5 coaches took part in the inaugural Student Beginner Programme camp at the Scottish Rowing Centre, with representatives from the University of St Andrews, University of Glasgow, Heriot-Watt University, University of Strathclyde, Stirling University and the University of Aberdeen.

Head of Performance and Lead Performance Pathway Coach, Tom Young said; "We know from experience that there are lots of talented athletes out there that take up the sport each September across the country, and it was great to see not only so many of our clubs get on board with this new programme, but so many fresh-faced athletes excited to explore their potential in the sport!"

Alongside the SBP camps, selected athletes were invited to attend GB Rowing Olympic Pathway Development Camps working alongside the Scottish Rowing Performance Development Academy.



# Performance Development Academy

In 2023, the World Class Start programme underwent a rebrand and restructure, this saw the programme temporarily withdrawn from Scotland, before a new partnership between Scottish Rowing and British Rowing was forged. This partnership now sees the Performance Development Academy (Scotland) running under the management of Scottish Rowing (with investment and support from British Rowing).

The new-look PDA (Performance Development Academy) works to the same 'start' model of recruiting tall and powerful rowers with high perceived potential in rowing, only now with a geographically much wider spread and more collaborative remit within the wider rowing community in Scotland. The programme, which last season was run by Head of Performance & Lead Performance Pathway Coach, Tom Young, and Assistant Performance Pathway Coach, Dale Flockhart, saw 12 new and existing athletes from Glasgow University, Edinburgh University, Heriot-Watt University, Strathclyde Park Rowing Club and St Andrew Boat Club enrol in the new programme in the 23/24 season. The new, more open, programme also saw athletes from even more clubs across Scotland take part in the National Development Camps at the National Water Sports Centre in Nottingham, such as University of St Andrews Boat Club, University Rowing Aberdeen and Aberdeen Schools Rowing Association. As part of the April National Development Camp, 13 Scottish athletes took part on the British Rowing National Development Regatta which saw 112 athletes (including those on the Paralympic Performance Programme) race in a mammoth single sculls event.

The National Development Camps take place six times each year, in October, November, February, March, April and August; if you are interested in hearing more about these camps, you can get in touch with Scottish Rowing Head of Performance, Tom Young.

Photo Credit: Scottish Rowing



## Beach Sprints Academy

Beach Sprints is a new coastal sculling discipline in Scotland, therefore we needed a new way to support and develop a new crop of athletes and talent transfer existing flat-water rowers.

Focussing on a camp-based programme for the first year, allowed potential sites to be scouted out that could, in future, provide training centres or event locations. Camps were held throughout the Winter and Spring in the following locations:

- East Sands, University of St Andrews (GB Coastal Sculling Academy)
- Portobello Beach
- Nairn Skiff and Sailing Club
- Largs Sailing Club and Inverclyde
- Helensburgh Sailing Club

It is the aim of Iain Docwra, Beach Sprints Pathway Coach, to continue working with the clubs at these locations and continue to find new ones, to build the offering of coastal sculling in Scotland. Enhancing the knowledge of local coaches and rowers, while increasing the equipment available for more people to use. The first year has proven successful and we look forward to continuing to work with athletes in this exciting discipline.

# Scottish Rowing Performance Programme

The Scottish Rowing Performance Programme this year supported thirty-two athletes, across a variety of disciplines, from our World Class Programme athletes preparing for the Olympic Games, to our home-based juniors, under 23's, beach sprinters and para-rowers, and all the way across the Atlantic, where we support Scots on rowing scholarships in the USA.

These athletes are primarily supported by their home club coaches with additional support from the Scottish Rowing Performance Pathway Coaching Team, consisting of Head of Performance & Lead Performance Pathway Coach, Tom Young, Beach Sprints Pathway Coach, Iain Docwra and newly appointed Assistant Performance Pathway Coach, Perri McCluskey, who took over the role from Dale Flockhart in August, now leading the Senior Men's squad at Scottish Rowing's High Performance Partner Programme, Edinburgh University.

This year we said goodbye to our longstanding physiologist, Pete Bonner, after 8 years of working with Scottish Rowing. Pete has worked across all of our Performance Pathway programmes and he has been instrumental to the development of our International Beach Sprints rowers in recent years. We wish him all the best in his new role at Scottish Cycling!

See below for the full list of our lead Performance Programme practitioners:

**Performance Physiology** – Alex McGuigan

**Physiotherapy** – Karina Leahy

**Physical Preparation** – Chris Robinson

**Performance Lifestyle** – Shirley Addison

**Performance Psychology** – Matilda Mayne

**Performance Nutrition** – Ailis Robertson

**Sports Medicine** – Dr Michelle Jeffrey

 [www.scottish-rowing.org.uk](http://www.scottish-rowing.org.uk) | 37



Photo Credit: Scottish Rowing



## Winning Students 100 Scholarship Programme

The 2023/24 Season saw the relaunch of the Winning Students scholarship programme, now known as 'Winning Students 100' (WS100), after a new injection of funding from **sportscotland** and the Scottish Funding Council, following a break in new scholarships on the programme during the pandemic.

The scholarship supports 100 of Scotland's most promising student athletes, helping to balance their sport and studies by offering financial aid and working with the institutions to provide academic flexibility. Following a competitive application process Scottish Rowing was pleased to see that rowing was announced as one of only two WS100 'priority sports' meaning that Scottish Rowing can nominate up to 20 scholarships each year rather than the limit of 6 that other sports are restricted to. This season, eleven athletes were awarded the scholarship for their performances which provided them support for their journeys through the performance pathway, helping to subsidise the costs of competition, training camps, equipment and travel. Scottish Rowing and its scholars are hugely thankful for the support that the WS100 programme provides and we look forward to working with them further in the upcoming seasons.



## University Partnerships

Scottish Rowing's university partnerships continue to play a pivotal role in supporting dual career athletes, allowing talented student rowers the opportunity to balance their sporting excellence alongside their academic studies. Investment in professional coaching and support services has enhanced the student experience and helped foster training environments which support long-term athlete development.

Highlights from our university partners in 2023/24 include a record 54 students from the University of Edinburgh qualifying 7 boats at Henley Royal Regatta; University of Glasgow student Laura McKenzie winning a silver medal at the European Rowing Beach Sprint Championships; and University Rowing Aberdeen, a partnership between the University of Aberdeen and Robert Gordon University, supporting a student rower through to the GB Rowing Team final crew formation. Investment at the start of the season in a full-time Beach Sprints Pathway Coach saw increased partnership working throughout the year with the University of St Andrews, with both partners sharing the ambition to develop a world leading coastal sculling programme.



THE UNIVERSITY  
of EDINBURGH



University  
of Glasgow



University of  
St Andrews



UNIVERSITY OF  
ABERDEEN



ROBERT GORDON  
UNIVERSITY ABERDEEN



# Scotland Rowing Team



Photo Credit: Holly Jones | Scottish Rowing

## Home International Rowing Regatta

The Home International Rowing Regatta is amongst the most anticipated events of the year. It was Scotland's turn to host, and for the 15th time, the event took place at Strathclyde Country Park, where we welcomed around 300 athletes and coaches from across the four nations.

A total of sixty-one athletes, from seventeen different clubs were selected to represent Scotland. Fifty-three (87%) of these athletes were representing a Scottish club. Edinburgh University Boat Club boasted the highest representation with 12 athletes competing across three of the teams (Senior Women, Senior Men and Junior Women) with Aberdeen Schools Rowing Association and St Andrew Boat Club also offering a strong share of the team, each with seven athletes representing. A large portion of the team made their debut for Scotland at the regatta with thirty-four athletes wearing the saltire for the first time, over 50% of the total team!

Each squad requires an inspirational captain and this year the captains were:

### **Senior Men's Squad Captain, Colin Wallace.**

- Colin of Deeside Scullers was selected as the Senior Men's Captain. This year marked his seventh time representing Scotland at HIRR, the last time being in 2011. Colin raced the PR3 Men's Single Scull, winning Gold in the 500m race.

### **Senior Women's Squad Captain, Maia Hely.**

- Maia of St Andrew Boat Club returned to the Senior Women's Team for the first time since 2019, where she had won both the W4- and W8+. Maia was one of only two athletes in this year's Scotland Rowing Team with experience of lifting a team trophy. Maia competed in the W2- and W8+ achieving Gold in both events.

### **Junior Men's Squad Captain, Oliver Plank**

- The Glasgow Academy's Ollie, who won the JM1x B event in Lough Rinn last July, was chosen as the Junior Men's Captain. He was one of only three Junior Men to have competed in HIRR previously. Oliver was part of the JM4x.

### **Junior Women's Squad Captain, Rebecca Harrison**

- Rebecca, who made her Scotland debut this year, was chosen as the Junior Women's Captain. Plying her trade at St Andrew Boat Club, she was part of the Scottish Rowing Junior Academy, raced at WeHORR as part of the Scottish Argonauts crew and progressed to the Semi-Finals at Henley Women's Regatta. Rebecca competed in the JW2- and the JW8+.



Photo Credit: Scottish Rowing

## Home International Rowing Beach Sprints

The Scotland Rowing Team travelled to Bournemouth for the final Beach Sprints Regatta of the season, six of whom (60%) were racing at HIRBS for the first time, each doing an incredible job across several rounds of racing to help Scotland finish a fantastic second place in the overall points table.

Scotland picked up two second places in the Junior events, with Isabel Soyinka (Clydesdale Amateur Rowing Club) took on the Junior Women's Solo, losing out in the final to the GB World Beach Finals sculler from England. Scott MacCallum (Stirling Rowing Club) in the Junior Men's Solo also made the A Final, this time losing to the sculler from Ireland. Will Lawson (University of St Andrews Boat Club) won his semi-final of the Senior Men's Solo against a Welsh GB International, before falling just short against the English sculler for another Scotland second place.

The new U23 mixed double event (CBMix2x) saw scullers from rival university clubs join forces, Robbie Waddell (Glasgow University Boat Club) and Isla MacCallum (Edinburgh University Boat Club) beat the Irish pairing in the B-Final to finish 3rd overall. In the Senior equivalent boat class, the blue riband CMix2x, Scotland Rowing Team captain Gregor Hall (Stirling Rowing Club) and Megan Hewison (Leander Club) dominated from start to finish to bring the Gold Medal back to Scotland.

A big event, with a small support team, Team Manager, Ailsa Martin, and Lead Coach, Iain Docwra (Scottish Rowing) travelled with a team of coaches/boat handlers who worked tirelessly to bring the best results for the Scottish athletes. Carol Wallace was on hand to represent Scotland proudly in the Umpiring team, and Scottish Rowing CEO, Lee Boucher, as Scotland's HIR Delegate.

**Team Manager**

Ailsa Martin

**Lead Coach**

Iain Docwra (Scottish Rowing)

**Coaches/Boat Handlers**

Natalie Firth (Stirling Rowing Club)

Lewis McCue (University of St Andrews Boat Club)

Gillian Stewart (Scottish Rowing)





# Representing Great Britain

Photo Credit: Benedict Tufnell | British Rowing





Photo Credit: Scottish Rowing

# GB Trials

## U23 & Senior Final Trials Regatta

Six Scots travelled down to Caversham in April to get their final ranking for the season, to either work towards claiming for a seat at the U23 World Championships, or to make a statement for the 2028 Olympic cycle.

In the M1x, Josh Matthews (Edinburgh Uni Boat Club) finished 6th in the A-Final (3rd U23) to put the 19-year-old in a good position for the U23 World Championships and showing strength among talented senior athletes. In the W1x, two U23's from Edinburgh Uni, Hannah Supple and Charley Faint, raced hard in a large entry to get themselves into the C & D Finals, finishing 6th and 10th ranked U23's across the scullers, respectively.

Maisie Aspinall (University Rowing Aberdeen) finished 9th overall in the W2-, and 7th U23 pair along with her partner Georgina Thorpe from Nottingham University, a strong showing from the 2nd year U23. Abigail Topp, a former University Rowing Aberdeen and Aberdeen Schools RA member, placed 14th in the W2- representing Leander Club.

There were also familiar faces in the M2- event, with Aberdeen Schools RA alumnus Miles Beeson finishing 5th overall while representing Leander Club, and Edinburgh University graduate James Doran (Oxford University Boat Club) finishing 3rd overall in an exciting A-Final.

## U19 Trials Regatta

The final of the small boat trials for the U19 team in Nottingham was an all-female affair for Scotland, with five athletes from two clubs racing in the Women's 2- events. Sofia Nielsen (The Glasgow Academy) took bragging rights when she won the B-Final with her partner from Henley RC. Sophie Sinclair and Penny Irvine (both Aberdeen Schools Rowing Association) were next in the pecking order, finishing 5th in the B-Final, with Jemima Aspinall (Aberdeen Schools Rowing Association) and Kloe Hunter (The Glasgow Academy) finishing 6th in the same final. For the strong showing in these events, these athletes were all awarded invitations to the U19 crew formation events.

## Beach Sprint Trials

For 2024, the GBRT trials process was split into two campaigns. First up was in Bournemouth in April for the Small boats trials, the result of which would determine the senior women and senior men solos along with the mixed double ahead of the summer's international competitions. The format was simple, three flat out time trials around the standard beach sprint course, top 4 athletes progressing onto the afternoon session in coastal doubles. Racing was held in a rolling, playful, swell, making launching and returning to the beach a great test for all athletes. After the morning session all four of the Scottish Rowing supported athletes finished in the top 4.

·Men: 1st Sam Scrimgeour, 2nd Gregor Hall

·Women: 2nd Laura McKenzie, 4th Heather Gordon

Due to deteriorating sea conditions, racing in the coastal doubles was abandoned. The outcome, Laura McKenzie and Sam Scrimgeour were selected to represent GBRT in the Mixed Double for a second season.

The coastal quad trial was held at Tees Rowing Club and Redcar beach. The 8 top males and females were invited to compete in a same sex doubles matrix at Tees on the Saturday, with the top 4 earning their chance to seat race for the mixed coastal quad off Redcar beach the next day. Heather Gordon (Inverness Rowing Club) and Cameron Buchan won in the doubles, with Gregor Hall (Stirling Rowing Club) finishing top 4. This saw all 3 Scottish rowers through to Sunday. After a morning of hard testing in benign conditions, the GBRT mixed quad for 2024 would contain 3 Scots out of the 5 seats . Heather, Cam and Ryan Glymond (University of St Andrews Boat Club) returning for his 3rd year as Cox.

With the Coastal PR3 Mixed Double Sculls returning in 2024, GB ran a selection trial. Colin Wallace (Deeside Scullers) emerged from his 11-year rowing hibernation, fresh from a race win at HIR Regatta, finished top at the Tees trial and was paired to his able-bodied partner, Jersey Rowing Club's Natacha Seanson, ready for some training ahead of the World Championships.



## World Rowing Senior, U23, and U19 Championships

While the Olympic Regatta was taking place in Paris, back home at Caversham (GB Rowing HQ) three Scottish athletes and two coaches were working hard training for the combined Senior, U23 and U19 World Championships in St Catharines, Canada.

Sophie Sinclair of Aberdeen Schools Rowing Association was able to bring home a fantastic silver medal on her debut in the JW8+, making it a third consecutive year that this boat class has medalled at Worlds. Coach, Holly Reid (Aberdeen Schools Rowing Association), made her second U19 World Championships appearance, this time coaching Aberdeen Schools' rower Penny Irvine at her first World Championships in the JW2- (alongside her partner Annabelle Thornton from Sir William Perkins' School Boat Club) to a strong 6th place amongst a talented field, having rowed a fantastic first heat which saw them qualify directly to the A-Final.

The final Scot amongst the team of 98 athletes and coaches was in the U23 M4x, which saw Edinburgh University Boat Club's Josh Matthews racing at his first U23 World Championships, coached by Scottish Rowing's Tom Young. Both having been a part of the same boat type at the U19 World Championships in 2022, the young quad gathered momentum through the regatta to finish 6th place in a tightly packed final, where a new World's Best Time was set.



# World Rowing Beach Sprint Finals

The GB Beach Sprint Team, including a record number of Scottish athletes, took second place in the medal table at the 2024 World Rowing Beach Sprint Finals, in Genoa, Italy. Six senior Scottish athletes flew out to Italy as part of the GB Rowing Team. This was the first year of the event since the announcement that the Beach Sprints discipline was to be added to the Los Angeles Olympic Games programme in 2028, resulting in strength in depth across all boat classes including many current and former Olympians. The sea conditions on the Friday proved to be confused and chaotic, leading to some high-profile crews becoming unstuck in the first round of time trials.

Cameron Buchan (Edinburgh University Boat Club), Heather Gordon (Inverness Rowing Club) and cox Ryan Glymond (University of St Andrews Boat Club) raced in the Coastal Mixed Coxed Quad (CMix4x+) alongside experienced beach sprinter Charles Cousins of Mumbles and Leander Club's Rosa Thomson in the bow seat. The CMix4x+ looked to make a fast start to their event, coming second place to France in the time trial, followed up by a strong performance against Japan in the last 16, comfortably taking the lead over Germany in the quarterfinals, before a tense sprint finish to the line saw them overcome the Spanish crew in the semi-final race to guarantee GB their first medal in this boat class since 2019. In the final, both GB and the Netherlands made powerful starts and were evenly matched up to the turning buoy. A tight turn and an incredible return row saw GB claim their first World title in this event. The Coastal PR3 Mixed Double Sculls were back as an inclusion event in 2024. Colin Wallace (Deeside Scullers) sat in the bow seat assisted by his able-bodied partner, Jersey Rowing Club's Natacha Searson. After a blisteringly quick time trial on Friday, Colin and Natacha knew the knockout stages of racing were going to be a challenge. Conservation of Colin's condition through the early rounds meant the pair could keep their powder dry until the USA show down in the A-Final. With an explosive exit off the beach from Natacha and the boat handlers, the GB crew were up and they never looked back. Colin carved a beautiful line around the course and the pair beat former Paralympic silver medallist Danielle Hanson and partner Gary Rought of USA to claim their first senior gold medal at a World Rowing Beach Sprint Final.

Returning to the GB Coastal Mixed Double (CMix2x) were Sam Scrimgeour (Glasgow Rowing Club) and Laura McKenzie (Glasgow University Boat Club), silver medal winners at both the Worlds event in Barletta in 2023 and the 2024 European Championships in Gdansk. Time trials up first, the Mediterranean Sea was in charge and the World order reshuffled, the reigning World Champion pairing of Kiddle and Dunham (NZL) out, along with the USA crew and Dutch family double, all eliminated. The technically strong French pair topped the timing sheet, Laura and Sam stitched together a clean, safe run around the buoys landing them in 2nd place overnight. The GB crew drew the Italians in the first knockout round, this year's European Silver & Bronze medallists were about to show the world exactly why this event has been given Olympic status. Both crews stormed off the beach, the crews were equal getting to the turning buoy. Still level coming out of the turn who could ride the returning swell best? The Italians, Silvia Tripi's feet hitting home soil first and she was away to the buzzer, Laura only a few meters in her wake.



Photo Provided by: Cameron Buchan

## European Rowing Coastal and Beach Sprint Championships

Gdansk, on the edge of the Baltic Sea, was the arena for this year's Europeans Championships. Sam Scrimgeour and Laura McKenzie were back racing in the mixed double against the best Europe had to offer.

Sea conditions in Poland were tricky making racing fun and unpredictable. The Glasgow based crew made short work of the time trial finishing 3rd. Setting up an A-final show down with the powerful, Lithuanian duo, GB got the initial jump, but the opposition clawed back and both boats rounded the turn buoy together, the Lithuanian's rode the waves more effectively back the beach and Jancionis exited the bow seat just 1 meter in front of Laura. Laura and Sam claimed the European Silver with only 0.9 seconds separating them and the Gold Medal crew.

## European Rowing Championships

Edinburgh University graduate Oli Wilkes opened up the Olympic-class A-Finals in style, by winning Great Britain's first Gold of the championships in the Men's 4-, and just two hours later Rowan McKellar followed this up with a Silver medal in the Women's 8+. Sholto Carnegie wrapping up the regatta winning Gold in style in the Men's 8+, in what were tough conditions on the Szeged Regattabahn.



Photo Credit: Julia Kwacic | World Rowing



## GB v France J16 Match

There was one Scottish Athlete selected to represent GB at this year's GB vs France J16 Match. Ezra Ferguson, of George Watsons' College Boat Club, was selected to race in the Men's 1x, which he went on to win.

Ezra has had an impressive year. He won the OJ16 1x at Spring Regatta and Scottish Championships with silver medals at the Junior Inter Regional Regatta in the OJ16 1x and in both the OJ18 and OJ16 1x's at the British Rowing Championships.

Huge well done to Ezra and his coaches, we look forward to seeing how he progresses in his rowing career.

## World Rowing Cup Series

Three athletes made their senior debut in Poznan, with triple U23 World Champion Miles Beeson racing as GBR2 in the M4-, finishing an impressive 5th place in the A-Final. Edinburgh University graduate James Doran (Oxford University BC) took on the M2- as GBR1, winning the B-Final to finish 7th overall. Jake Woods also made his GB debut, as he raced a stacked Paralympic field in the PR1 M1x, where he finished a very respectable 5th overall.

## Coupe de la Jeunesse

There were two athletes, one coach, one coach developer and one umpire from Scotland who represented GB at the Coupe de la Jeunesse event hosted in Račice, Czechia. The event is an annual international junior event for European rowing federations by invitation.

The Glasgow Academy's Kloe Hunter came home with an impressive three medals. On Saturday, Kloe secured gold in the JW8+ with her crew taking the lead over Italy and setting a new U19 World Best Time, before going on to take silver in the JW4+ later that day. Kloe gained another silver in the JW8+ on the Sunday. Aberdeen Schools Rowing Association's Jemima Aspinall, who was part of the crew that won the Groton School Challenge Cup at Henley Women's Regatta earlier in the season went on to collect two medals with the JW4-. She and her crew secured the Bronze with the tightest of margins, being only 0.364 seconds ahead of France on the Saturday. They then made the move to gain the advantage over Ireland to take the Silver on the Sunday. With an incredible five medals between them, we could not be prouder of our young athletes and look forward to supporting them further in the future.

Lewis McCue was selected as a coach for the event. We were also lucky enough to have some Umpire Representation as Jen Thomson, Chair of the Scottish Rowing Regatta Organising Committee, went along as a GB Umpire to the event, whilst St Andrew Boat Club's Doug MacDonald supported the GB Rowing Team in his role as Coach Developer for British Rowing.





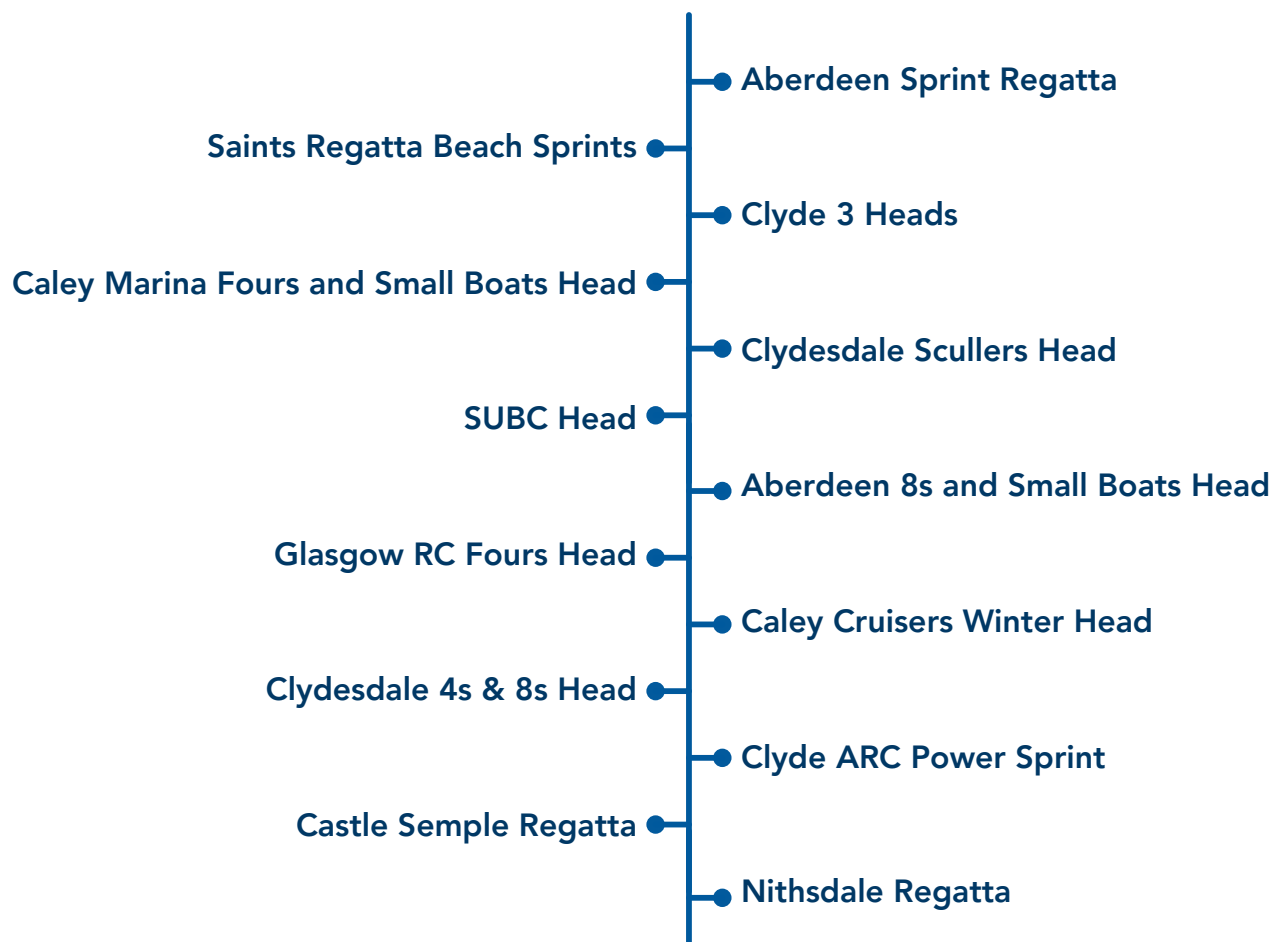


Photo Credit: Benedict Tufnell | British Rowing

# Competitions & Events

## Domestic Round Up

This year we've had a fantastic season of domestic racing with 13 club events across the season, hosted by 9 different clubs. A huge thank you goes out to all the clubs and individuals who have dedicated their time and effort into hosting these events, we know that it takes a lot of organisation for these races to run.



## Tideway Head Races

The Head of the River races took place in March this year with a strong Scottish contingent entered across the board.

At the Women's event, St Andrew Boat Club charged down the course to finish 48th overall, winning the Medium Provincial Club Pennant along the way. In the Men's event Edinburgh University Boat Club produced another fine performance as they placed joint 13th overall, putting them 3rd in the University Pennant category. It was a pleasing outing for the OMasD crew from St Andrew Boat Club as they came in 4th in the Vesta International Masters Head of the River.

Huge congratulations to all those who competed at these events!

10

Scottish Crews at  
WeHoRR

10

Scottish Crews at  
HoRR

2

Scottish Crews at  
Vesta Masters

## World Rowing Masters Regatta

17 Scottish athletes took the trip to Brandenburg, Germany to race at the 50th World Rowing Masters Regatta on the 11th – 15th September. The World Masters event takes place annually, attracting athletes from across the world to compete in the 5-day event.

This year there were 3 Scottish clubs represented: Strathclyde Park Rowing Club, Clydesdale Amateur Rowing Club and Loch Lomond Rowing Club, and 3 Scottish club members representing non-Scottish clubs (Royal Air Force Rowing Club and Carlow Rowing Club). There were Scots featured in an impressive 48 crews ranging across all boat types.

A total of 10 Gold medals were brought home by Scottish athletes, a true testament of the Masters talent within our rowing community.

## Proving Grounds

October 21st and 22nd saw a new event for Scottish Rowing – assisting in a CrossFit competition with an indoor rowing segment at the SEC Centre in Glasgow. The organisers of Proving Grounds approached us at the start of the year with visions of a spectacle at their UK Final.

Teams of two competed over various distances on linked ergometers using slides over the course of the weekend as part of 4 challenging workouts, leading to a final. The result was two successful days of racing, race control and marshalling thanks to the Scottish Rowing staff and volunteers – and a great buzz about the versatility of indoor rowing.

## Scottish Rowing Spring Regatta

- Spring Regatta took place on Saturday 27th and Sunday 28th April 2024.
- Entry numbers have increased every year since 2022.
- 46 more individuals entered Spring Regatta in 2024 than in 2022. 712 individuals entered Spring Regatta 2024.
- Junior, Senior and Masters events have all seen increases in entries this year.
- Both the spring Regatta and Scottish Championships are organised by the Scottish Rowing Regatta Organising Committee (SRROC), and we want to thank them for their hard work and dedication to making these events so successful.





## Scottish Rowing Championships

- Scot Champs was held from Saturday 8th - Sunday 9th June 2024.
- Entry numbers have increased again this year.
- 628 individuals entered the Scottish Rowing Championships 2024.
- Junior, Senior and Masters events have all seen increases in entries.
- New trophies were awarded for the Women's Single Sculls (the Amanda Cobb Trophy) and the Women's Pairs goblets (known as the Jo Pinder Trophy) and two original trophies have been reinstated for the Open Single Sculls (the Walter Freer Cup, c.1913) and the Open Pairs (the William Denny Cup, c.1895)



# Scottish Rowing Beach Sprint Championships

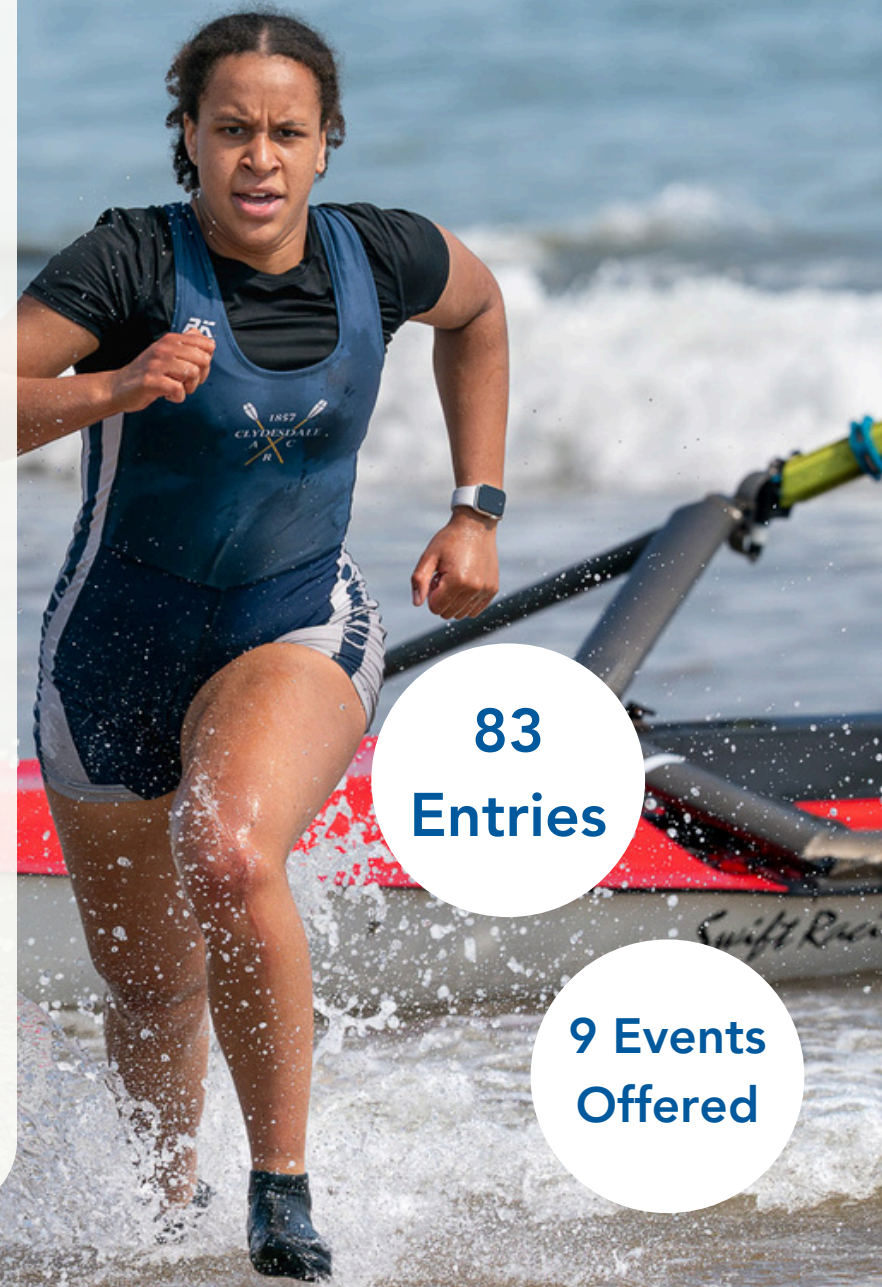
The inaugural Scottish Rowing Beach Sprint Championships took place on Saturday 18th May at East Sands, St Andrews.

The Scottish Champs was the final event in the Four Nations Beach Sprints Series with events held across the Home Countries and a leaderboard established. We also welcomed competitors from Australia, Austria, England, France, Jersey and Wales. As providing pool boats is a normality in beach sprints this allows for athletes from across the world to access the event easier, not having to worry about the transportation of equipment.

A huge thank you goes out to our partners at Swift Racing, University of St Andrews and Edinburgh University who kindly supplied the boats.

The championships were held on East Sands in St Andrews, the location of one of the new GB Coastal Sculling Academies. There were athletes from four of the Academies competing. The Coastal Sculling Academies identify and develop rowers with the potential to perform at international level in the Beach Sprint format, this is joint project supported by British Rowing, Welsh Rowing and Scottish Rowing following the recent inclusion of Beach Sprint rowing in the programme for the 2028 Olympic Games in Los Angeles.

Staff and volunteers from Scottish Rowing were also integral to the delivery of the 2024 British Rowing Beach Sprint Championships held in St Andrews at the beginning of August.



**83  
Entries**

**9 Events  
Offered**



## Henley Women's Regatta

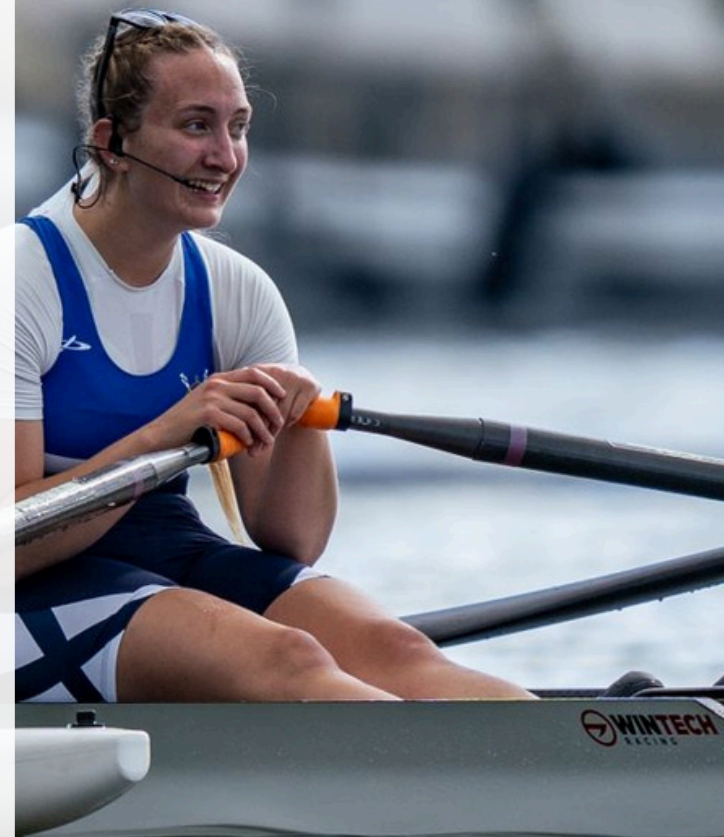
A record number of over 2,300 female athletes (579 crews) took part in this year's Henley Women's Regatta. Twenty-four Scottish crews made the journey south to race, with 3 of these crews walking away with silverware for their efforts.

Sunday's first final saw Edinburgh University Boat Club retain the Frank V Harry Cup for Development Coxed Fours after winning the event in 2023. The crew of Grace Chapman, Erica Watt, Millie Drury and Katie Robertson, coxed by Theo Murphy, were dominant in all of their races across the weekend, performing in a way that coach Mike Hughes will undoubtedly be proud to have watched!

St Andrew Boat Club's Samantha-Louise Gough, a visually impaired (B1) athlete, won the Grosvenor Cup for PR3 Women's Single Sculls. At the event, Samantha was taking part in her second ever race, and her first in the single scull. Thanks to the hard work of the organisers of Henley Women's Regatta, Sam was assisted via radio earpiece by Scottish Rowing's Head of Performance & Lead Performance Pathway Coach, Tom Young. Safe to say that Samantha's fearlessness made her hard to beat in the event, and we are excited to see what the future brings for such a talented and hard-working athlete. Credit to coach Lindsay Flockhart and the support at St Andrew Boat Club for making Sam's progression in rowing possible.

In defeating a formidable crew from Kingston Grammar School, the Aberdeen Schools Rowing Association crew of P. Irvine, S. Sinclair, J. Aspinall, C. Arthur, coxed by L. Arthur claimed victory in the Groton School Challenge Cup (J4+).

Congratulations to all who raced – clubs represented included Aberdeen Schools Rowing Association, University Rowing Aberdeen, University of St Andrews Boat Club, St Andrew Boat Club, Clydesdale Amateur Rowing Club, Edinburgh University Boat Club, and Strathclyde Park Rowing Club.



## Henley Royal Regatta

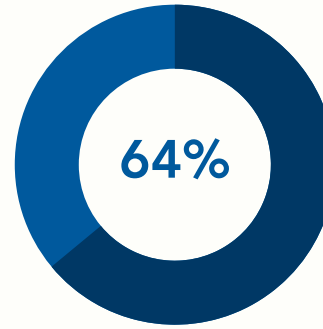
An impressive 13 Scottish crews made it into the main draw of this year's Henley Royal Regatta in July. With representation from Aberdeen Schools Rowing Association, St Andrew Boat Club, Clydesdale Amateur Rowing Club, and Edinburgh University Boat Club, it was a busy start to the week. The changeable weather didn't dampen spirits, and we witnessed some exciting racing and progressions from Scottish athletes and crews.

Thursday gave us the best of the weather, and during the lunch interval, Scottish Rowing hosted a reception for members and guests to connect with friends old and new and enjoy light refreshments in the sunshine. Henley Cricket grounds were awash with Scottish club blazers, and it was wonderful to witness a great turnout and attendees in such high spirits. An excellent opportunity to reflect on racing and discuss the favourites heading into the latter stages of the week, we look forward to a repeat effort in 2025!

## British Rowing Championships



## British Beach Sprint Championships



of all medals won by Scottish Athletes

## National Schools' Regatta



35 Scottish Crews



5 Medals

## BUCS (Head & Regatta)

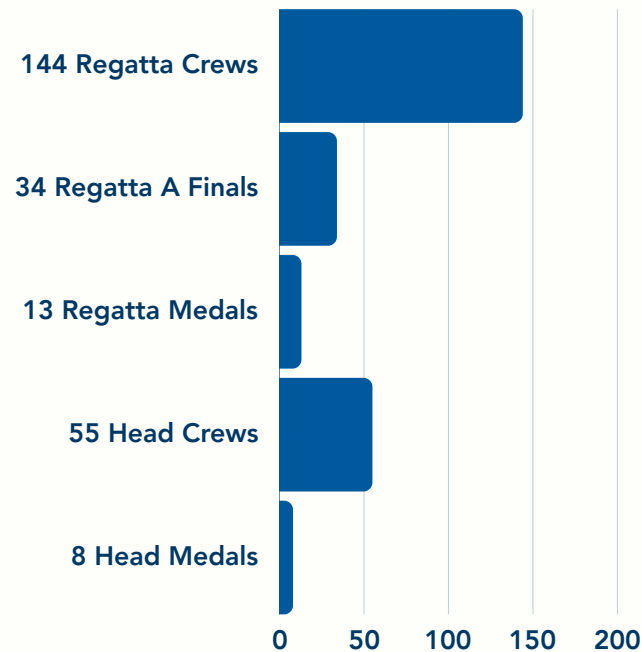


Photo Credit: Scottish Rowing



# Education

A person wearing a black wetsuit is shown from the side, focused on operating a drone. The drone is a grey quadcopter with a light blue camera mounted on the front. The person's hands are on the drone's controls, and a yellow wristband is visible on their left wrist. The background is a blurred view of the sea and sky, suggesting the person is on a boat. The overall tone is professional and focused.

# Coaching Courses

This year saw an increase in the number of coaching courses delivered with the support of our coach educators; Laura Graham, Sophie McCall and Iain Rice.

It is important to us to provide coach education to those who are interested to continue to maintain and build our coaching workforce. We were able to run not only the rowing specific courses but also courses in Strength and Conditioning, and First Aid.

The coaching subsidy grant, supplied by **sportscotland**, allowed us to support 15 people through their coaching courses. This grant has supported many coaches throughout the years and we are very grateful to benefit from its assistance.

**2 new Level 3 Senior Club Coaches**

**6 new Level 2 S&C Coaches**

**42 new Level 2 Session Coaches**

*"Coach education and development continues to form a crucial part of growing and progressing our sport. Co-founder of LinkedIn, Reid Hoffman, famously once said, "for many people, 'twenty years of experience' is really one year of experience repeated twenty times" because while time spent in practice is essential, we also need to engage in reflection, discussion with peers, and keeping an open mind to new ideas. Coach education initiatives give us that opportunity to meet our peers in the sport, to pause and really think about why we do things the way we do, and to share innovative methods and concepts."*

**-Laura Graham, Director of Coaching**

## Regatta Ready Day

In April, Scottish Rowing opened the loch at Strathclyde Park to its membership and hosted the first ever Regatta Ready Day. This was a new event designed to upskill and develop the whole Scottish Rowing community, while offering an opportunity to make valuable connections with other member clubs. On the water there was stake boat practice, the option to take part in a time trial, and open training sessions to allow crews to experience the unique water and weather Strathclyde Park has to offer. Beach Sprints Pathway Coach, Iain Docwra, brought along several coastal sculling boats for members to try out on the loch ahead of our upcoming Scottish Rowing Beach Sprint Championships. Indoors, with support from practitioners from the **sportscotland** institute of sport, we provided free workshops for club coaches and parents.

Regatta Ready Day also provided Scottish Rowing and our skilled volunteers the opportunity to get regatta ready - with additional umpire training and timing testing going on behind the scenes. We welcomed those who were interested in supporting in volunteer roles to attend and gain some valuable experience in event day job roles in a more relaxed setting.

Feedback from the event was overwhelmingly positive and we look forward to running this event in successive years, continuing to develop the value for the full Scottish Rowing membership.



## Anti-Doping

Scottish Rowing continues to be committed to the principles of Clean Sport and throughout the year delivered a pro-active education programme with Clean Sport workshops provided for all athletes and coaches supported through the Scottish Rowing Performance Programme and Junior Academy, as well as all those selected for the Scotland Rowing Team.

We also delivered regular Anti-Doping messaging through our website and social media channels across 2023/24 and supported UK Anti-Doping's Clean Sport week.

Visit the UKAD Website to make sure that you are being '100% Me'



# Membership



Photo Credit: Holly Jones | Scottish Rowing



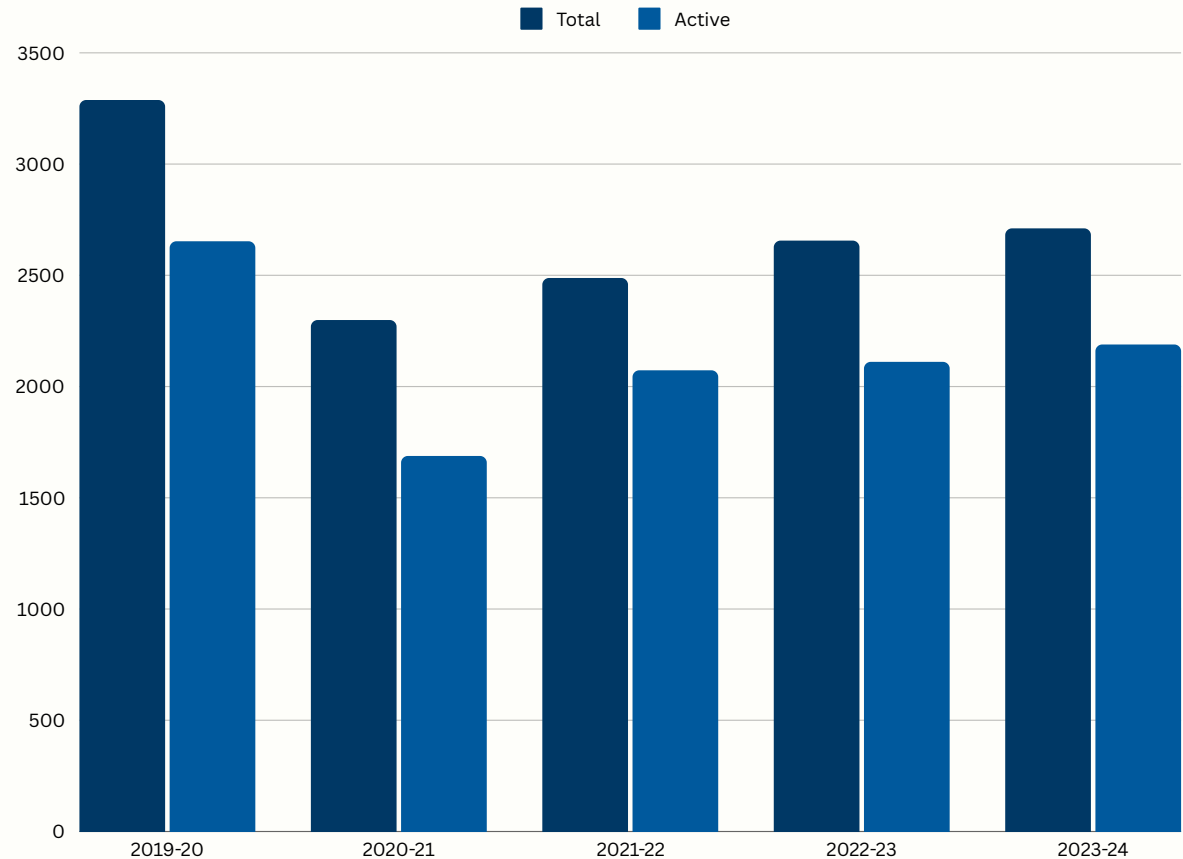
# Member Numbers

This chart shows the trend in reported membership from the last five years. This data combines the club annual returns with additional indoor rowing activity. Membership continues to steadily recover since the pandemic affected 2020-21 season.

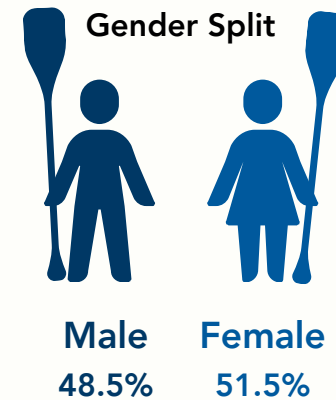
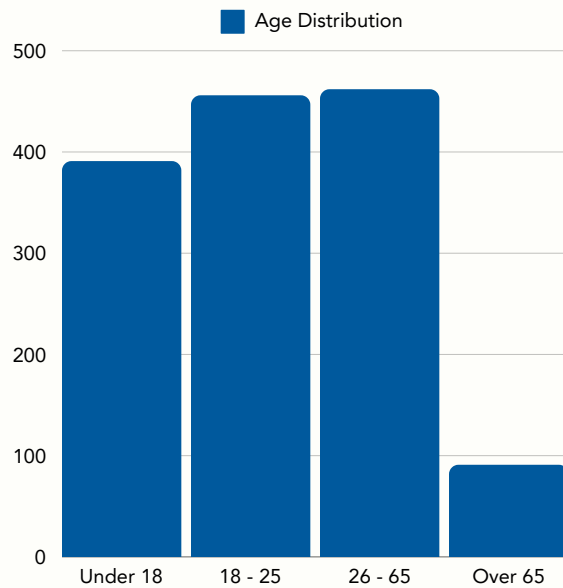
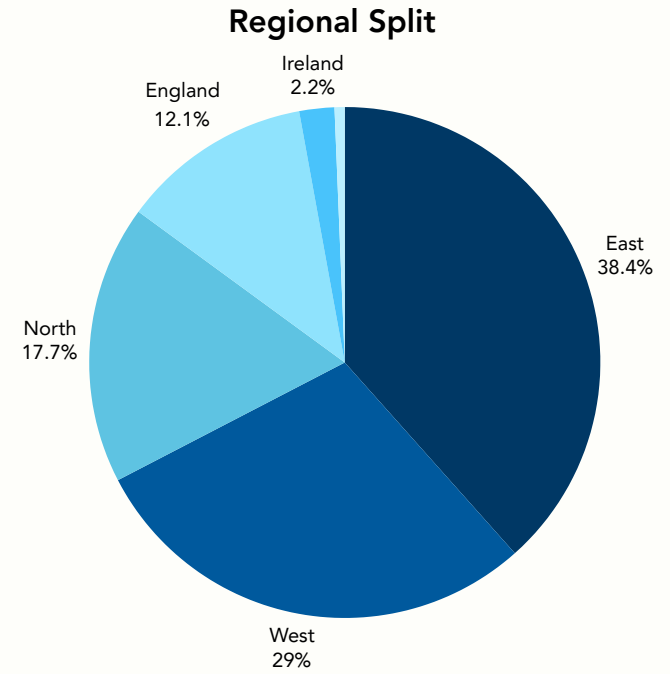
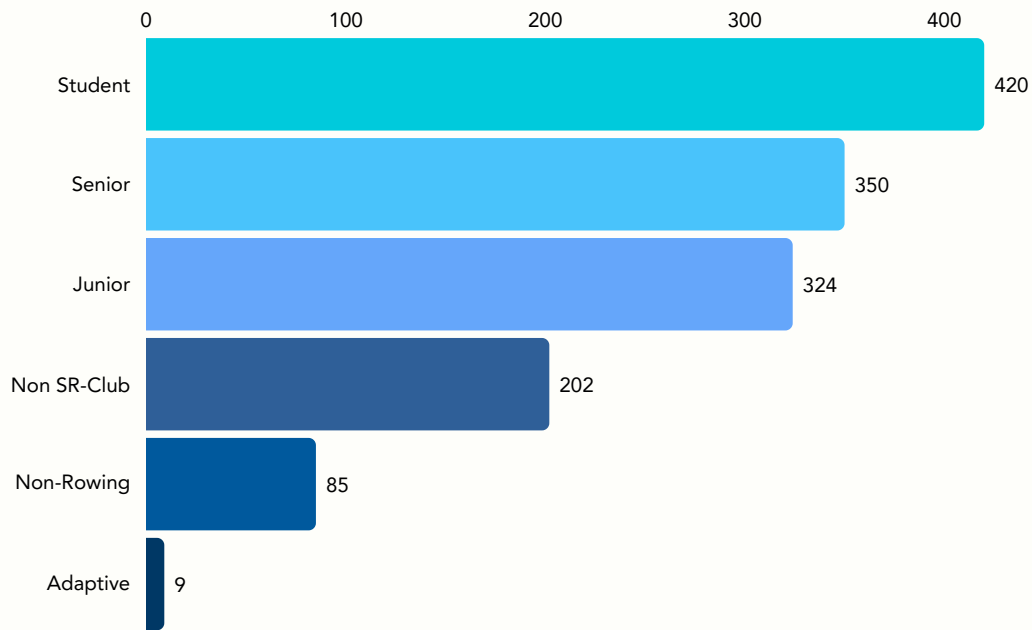
We have seen a 3.7% increase in our active membership this year, matching the growth of the 2022-23 season. At this rate of growth membership will return to pre-covid levels within 6 years based on projections.

While progress is slow it is great to see the Scottish Rowing membership consistently rising year on year.

The 2023/24 season saw a significant spike in participation and outreach activity being delivered by Scottish Rowing and its member clubs which is not reported within this metric.



# Membership Data

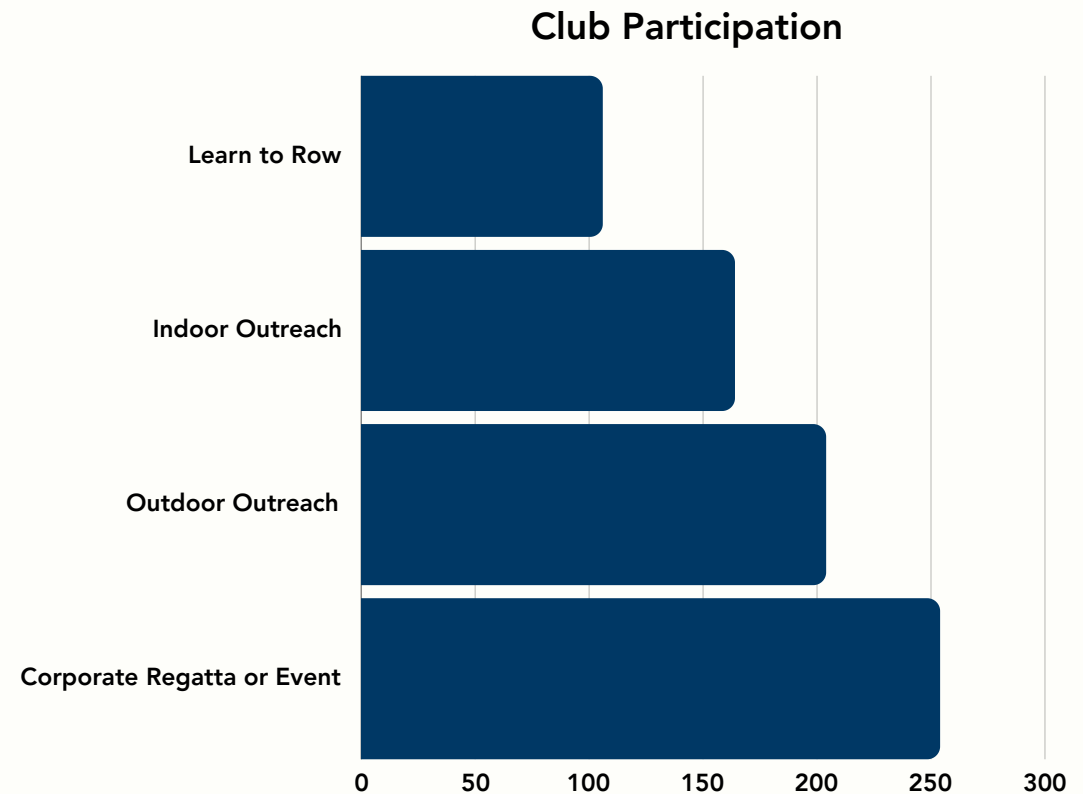
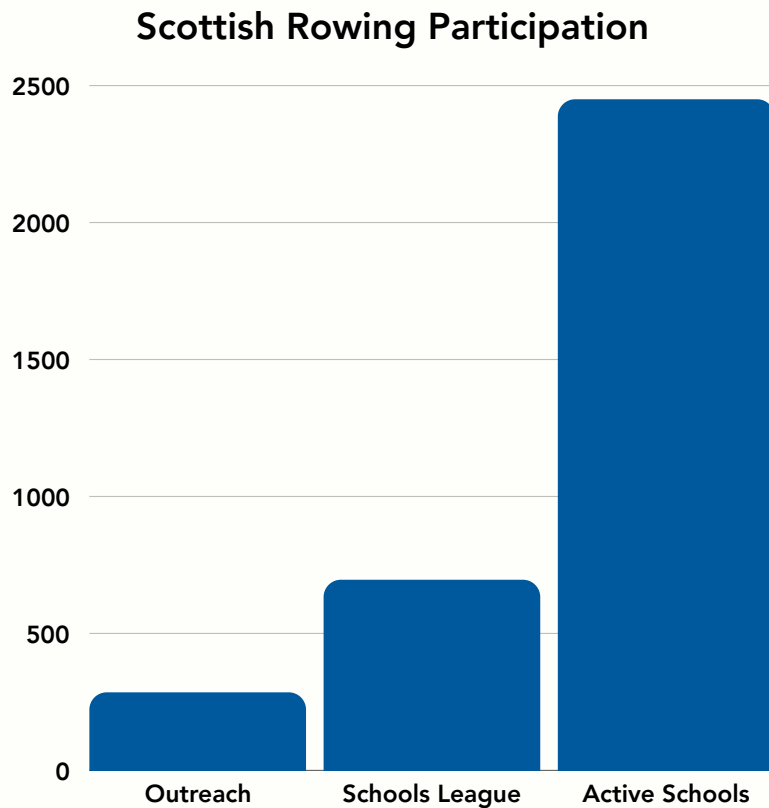


## Other Participation

A breakdown of participation activity provided by Scottish Rowing as well as its member clubs is shown below:

Scottish Rowing saw a significant increase in participation activity, driven primarily by partnership working with Active Schools at the Scottish Rowing Centre. There was a decrease in schools league activity delivered within the schools league this year due to a school dropping out, however the participation was still up overall by a fantastic 85%.

Within the club membership there has been an expansion of corporate regatta events resulting in boosted participation. Clubs have also seen success in Indoor Outreach, with over 100 new participants compared to last year. Despite a slight decrease in Learn to Row activity, overall club participation grew a healthy 16.9% this year.



## Change in Membership

Shown in the tables below are a high level overview of the membership figures reported to **sportscotland** in the spring, as well as the comparison with the previous year's data. For commentary on participation data please refer to the the previous page.

On the club membership side junior participation is up significantly at 33%, however senior membership has dipped slightly by 3.4% in line with a slight decline in the coaching and non-active population at 4.2%. Club outreach performed well, almost quadrupling (393%) this year as Firhill continues to expand its provision.

Overall, membership grew by 2.1% during the year which is positive, highlighting that development activities are effective and informing a programme of work for the coming year to address key demographics.

### Participation

Participation Activity (Clubs)	2022/23	2023/24	% Change
Learn to Row	144	106	-26%
Come and Try	102	90	-11.7%
Corporate Regatta or event participation	70	254	+264%
Schools or community participant (indoor)	60	164	+273%
Schools or community participant (on water)	247	204	-17.5%
<b>Total Activity (Clubs)</b>	<b>623</b>	<b>818</b>	<b>+31.3%</b>
<b>Participation Activity (Scottish Rowing)</b>			
Schools League Participants (total)	1273	696	-45%
Scottish Rowing Active Schools	526	2888	+549%
Scottish Rowing Outreach	285	285	0%
<b>Total other Activity Scottish Rowing</b>	<b>2084</b>	<b>3869</b>	<b>+85%</b>
<b>Total Sport Participation</b>	<b>2707</b>	<b>4687</b>	<b>+73.1%</b>

### Club Membership

Club Membership	2022/23	2023/24	% Change
Club Junior	418	556	+33%
Club Senior	1327	1282	-3.4%
<b>Total Club Active</b>	<b>1745</b>	<b>1838</b>	<b>+5.3%</b>
Coaches	160	153	-4.4%
Other non-active	385	369	-4.2%
<b>Total Club non-active</b>	<b>545</b>	<b>522</b>	<b>-4.2%</b>
<b>Total Club</b>	<b>2290</b>	<b>2360</b>	<b>+3%</b>
Club Outreach	30	118	+393%
Schools League (3 or 4 rounds)	336	233	-30.6%
<b>Total Outreach</b>	<b>366</b>	<b>351</b>	<b>-4.1%</b>
Total Sport Junior	784	907	+15.7%
Total Sport Adult	1872	1804	-3.6%
<b>Total Sport</b>	<b>2656</b>	<b>2711</b>	<b>+2.1%</b>



Photo Credit: Holly Jones | Scottish Rowing

# Finance

Photo Credit: Scottish Rowing

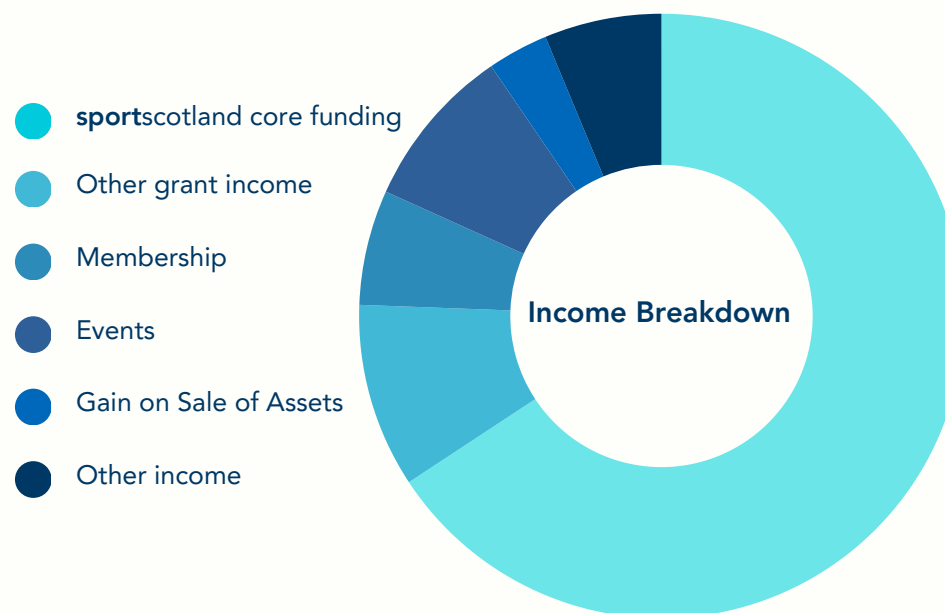
# Finance Report

In the financial year ended 31 March 2024, Scottish Rowing reported a deficit of £11,759 (2022/23: surplus of £21,277), which included a £29k surplus on the sale of performance equipment. These proceeds were re-invested to replace the boats sold. Income generated was £892.5k (2022/23: £745.1k).

The increase was driven by a 26% increase in core funding received from **sportscotland**. Scottish Rowing received £587.4k (2022/23: £464.8k) of core funding from **sportscotland**, of which £388k is specifically for staff posts. Increased income from Scottish Rowing events was also reported through the year which helped to offset increased running costs.

Other grant income was gratefully received from British Rowing to support performance pathway activity and the Scottish Physical Recreation Fund. Membership income, which is made up of club affiliation fees and individual memberships, represented 6.2% of Scottish Rowing's 2023/24 income.

Income (£'000)	2022	2023	2024
<b>sportscotland core funding</b>	404	465	587
Other grant income	82	64	88
Membership	47	55	55
Events	17	47	78
Gain on Sale or Assets	16	37	29
Other income	61	78	56
<b>TOTAL INCOME</b>	<b>627</b>	<b>746</b>	<b>893</b>
<b>Expenditure (£'000)</b>	<b>2022</b>	<b>2023</b>	<b>2024</b>
Performance	219	251	431
Governance & Member Services	215	276	285
Sport Development & Pathways	161	197	189
<b>TOTAL EXPENDITURE</b>	<b>595</b>	<b>724</b>	<b>904</b>





SCOTTISH  
ROWING



Thank you to our partners

Photo Credit: Holly Jones | Scottish Rowing



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