

**SCOTTISH ROWING
AWARDS
SHORTLIST
2024-25 SEASON**

**CLUB OF THE
YEAR**



**SCOTTISH
ROWING**

Club of the Year

This award will recognise the achievements of a club over the last year. Clubs are the heart and soul of rowing in Scotland, and this award will recognise a club which provides a friendly, welcoming, and collaborative environment for its members and supporters – demonstrating a spirit of inclusion.

The award will be given to a club which has shown an outstanding commitment to the development of rowing opportunities in their local area, made a significant impact on the participation levels of people taking part and staying in rowing, attracted funding to enhance activities for their local communities and shown a commitment to good governance and club management throughout 2024-25.

Aberdeen Boat Club

Aberdeen Boat Club has been a hotspot of activity across the 2024-25 season. With performance highlights including Scottish Championship, British Masters and World Masters – where ABC not only recorded the third largest entry in the event, but also raced well and accomplished an impressive 3rd place finish in the women's points.

The club have experienced a massive growth in membership, especially among their women and beginner squads. They have run successful Learn to Row and novice programmes, all managed entirely by volunteers and host an annual Intercompany Row which introduces beginners to rowing in a fun and social setting.

Aberdeen Boat Club host multiple regattas – including one of only two sprint regattas in Scotland. They have built a strong volunteer culture, with a committee of over 50% younger members. They also have a number of umpires who support events and competitions across Scotland.

Inverness Rowing Club

Inverness Rowing Club have had an incredibly successful 2024-25 season. Their membership has increased from 122 to over 200 strong, with impressive growth in their junior section in particular which has welcomed over 30 new members.

They have active Learn to Row and Outreach programmes, positively impacting the lives of a number of carer groups, youth groups and schools.

Inverness Rowing Club have significantly upgraded their facilities including changing rooms, lighting and new boat storage. They have hosted a number of club training camps including a Masters Single Scull training camp.

With success in a number of funding applications, the club have done a lot of good work within their current club capacity, and have also been awarded Coastal Sculling Academy status by British Rowing.

None of the initiatives would have been possible without their members – and the support of the parents with kids in their junior section, who selflessly give up their time for the benefit of the Club and the wider community.

St Andrew Boat Club

St Andrew Boat Club have had another remarkably good season, not only did its performance squads achieve success at the very highest level, the club also broadened its reach in the community by taking on more recreational rowers of all ages and offering opportunities for rowers with additional support needs, as well as non-rowers with an interest in learning how to repair and maintain boats and other equipment. A series of evening talks also proved successful, bringing dozens of non-rowers to the club.

Successful Learn to Row initiatives, and a high retention rate saw significant growth in the club's junior squad. The juniors crews saw success across the Scottish Regattas, with notable results at Henley Women's Regatta. They have positively engaged with Scottish Rowing activity such as the Junior Academy and Scottish Argonauts, and the Young People's Panel.

2024-25 saw the seniors perform well, with stand out wins at Women's Eights Head of the River, and both the women's and men's squads qualifying and racing well at Henley Royal Regatta. Their masters were not left out – with wins at the British Indoors, Scottish Championships, finalling at Henley Masters, and putting up the clubs best ever performance at World Masters Regatta in Banyoles.

The Club is supported by volunteer coaches and supporters, and have also managed to upskill a number of members of the community in boat repairs through their Boatshed Team initiative.

**SCOTTISH ROWING
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2024-25 SEASON**

**INITIATIVE OF
THE YEAR**



**SCOTTISH
ROWING**

Initiative of the Year

This award will recognise an initiative which has positively impacted an individual, group, club, a community (rowing or non-rowing) and/or the sport over the last year. The initiative could involve collaboration with external groups or other Scottish Rowing clubs and rewards clubs going over and above.

Evidence:

- Explain the impact of the initiative within your club and environment.

Examples of initiatives could include (but aren't limited to):

- Sustainability
- Equality, Diversity, and Inclusion
- Outreach
- Community Building
- Fundraising

Aberdeen Boat Club

World Rowing Masters Regatta Initiative

This year Aberdeen Boat Club undertook one of the most challenging but also most rewarding initiatives yet: sending the largest squad in the club's history to the World Rowing Masters Regatta in Banyoles, Spain.

Whilst the idea of attending WRMR in Banyoles was raised 3 years ago, work on making the idea become a reality started in earnest at the end of 2024. What had originally been conceived as a women's masters venture soon became a whole club initiative.

In January of 2025, 51 masters signed up – many of which would be racing internationally for the first time. With expectations set, and logistics managed, the volunteers leading the charge were set and ready to go.

The initiative generated a great buzz around the club – among long standing veterans and relatively inexperienced competitors lining up to order their kilts and book their flights! It was an event that truly brought the club together.

During the event Aberdeen Boat Club was a strong presence on site, and were a friendly and welcoming force, making many new connections and celebrating every result.

As for the rowing, a number of medals were won and the women achieved 3rd place in the women's club trophy. Not bad for a small club from the North-East of Scotland!

St Andrew Boat Club

The Boatshed Team

St Andrew Boat Club's Boatshed Team are an amazing initiative that truly brings together the local community and the boat club. Following the opening of the club's new boathouse, a space in the old boathouse became available that could be dedicated to boat repairs and equipment maintenance.

Subsequently, the Boatshed Team formed over time as seasoned rowers in the club, along with its boatman Ian "Chalky" White, started to meet weekly to carry out essential boat repairs.

Intrigued by the work going on, members of the community walking on the canal paths enquired about whether they could help. They were welcomed with open arms, receiving training from their peers in simple repairs. The group now meet every week, as has become a crucial place for its members to practice their skills, but also to connect on a human level and spend time with others. That is aside from its essential importance for the club, which would not be able to operate at its current levels if the Boatshed Team did not exist to maintain its fleet.

Wherever possible, the group also pass on their skills to other rowers in the club, with senior women, as well as rec rowers and those very new to the sport, joining them for sessions. Going forward, the club plans to fit out a workshop area in the old boathouse, as well as fully insulate and ventilate it, to provide the group with a comfortable area to work in, no matter the weather.

**SCOTTISH ROWING
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**VOLUNTEER
OF THE YEAR**



**SCOTTISH
ROWING**

Volunteer of the Year

The winner of this award can be a senior (over 24 years of age as of 1st September 2024) member or team of volunteers that has made an outstanding contribution to their club or the sport. This award will recognise a person(s)'s passion and commitment for providing opportunities, innovations or collaborations within their club or within the sport more widely. Nominations could include club committee members, parent helpers, event organisers or others.

Evidence:

- Volunteered in any aspect of their club or the sport – without them their club or the sport would not be the same.
- An inspiration and positive role model(s) for participants and peers.
- Evidence of achieving wider outcomes rather than just sporting achievements (e.g., social, and psychological benefits to local people, providing opportunities, enhancing reputation).
- Evidence of the impact that their volunteering has brought to the club or the sport (e.g., innovative ideas or enhanced club culture, more engagement with younger members, improved club's social media presence etc.).
- Demonstrated self-development – where others would recognise the change in the individual.

Brian Bain

Aberdeen Boat Club

Brian supports Aberdeen in a number of roles – from supporting the club in race entries, to coaching the Intercompany Row each year, and this year supporting the mammoth task of arranging the World Rowing Masters Regatta entries and logistics – including driving the club trailer across Europe to Banyoles for the event.

With a keen eye for detail, Brian has brought the club constitution up to date to support the club as it operates today. He often subsidises race entries in order to get entries to the organisers on time, and even made repayment of these fees a team sport; for every event he thinks of a different race to incentivise members to pay quickly and is now able to drum up thousands of pounds in a matter of hours!

Brian is quietly essential to the Club's success and operations, who is deeply respected and relied upon by all members.

Ian “Chalky” White

St Andrew Boat Club

Chalky has been a stalwart volunteer for decades, and it is no exaggeration to say he is an institution known well beyond St Andrew Boat Club.

Whether it is as a coach in his earlier years, towing boats, or laterally focused on the club's fleet and boat repairs, he has given countless hours of his time to SABC.

This year in particular, he has been entirely focused on keeping the fleet on the water to serve the clubs now nearly 200 members. In all weathers, and most days, he can be found in the boathouse, fixing and maintaining boats, taking care of oars, or passing on his skills to the Boatshed Team and anyone else willing to learn. He knows the fleet inside out and is always able to offer advice and support.

To say that the club would not be able to function without him is no overstatement - it certainly would not be possible to get the members onto the water as they currently do.

Rachel Robertson

Castle Semple Rowing Club

Rachel has organised a number of Learn to Row courses at Semple this year and over previous years.

Throughout 2024-25, she has increased the clubs membership by 10 new members through her Learn to Row initiative.

Not only does she run the Learn to Row, she also helps with the unenviable task of laying and removing the course buoys for Castle Semple Regatta each year. She is a key regatta organising member, and greatly assists with the smooth running each year - this year battling exceptionally high temperatures to support a successful regatta for the Scottish Rowing Community.

Rachel is also skilled at boat repairs and maintenance, a role she assumed willingly and without question. She regularly uses her own initiative to get repairs done, often purchasing parts and spares in order to get the club's fleet back on the water promptly.

She also encourages and inspires other rowers to be the best they can be, both rowing competitively herself, and supporting the second training session on a Saturday.

She is a big part of Castle Semple Rowing Club and has been for over 20 years – the club would simply not be the same without her.

**SCOTTISH ROWING
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**YOUNG
VOLUNTEER
OF THE YEAR**



**SCOTTISH
ROWING**

Young Volunteer of the Year

The winner of this award will be a young person (24 or under on 1st Sep 2024) that has made an outstanding contribution to their club or the sport. This award will recognise a person's passion and commitment for providing opportunities within their club or within the sport more widely. Nominations could include club committee members, helpers, event organisers or others.

Evidence:

- Volunteered in any aspect of their club or the sport – without them their club or the sport would not be the same.
- An inspiration and positive role model(s) for participants and peers.
- Evidence of achieving wider outcomes rather than just sporting achievements (e.g., social, and psychological benefits to local people, providing opportunities, enhancing reputation).
- Evidence of the impact that their volunteering has brought to the club or the sport (e.g., innovative ideas, promoting accessibility and inclusion or enhanced club culture, more engagement with younger members, improved club's social media presence etc.).
- demonstrated self-development – where others would recognise the change in the individual.

Amy Henderson

Heriot-Watt University Boat Club

Amy has been the driving force behind Heriot-Watt University Boat Club over the past year. After starting as a beginner, she quickly stepped into the role of Club Secretary and later became President in early 2025, bringing unmatched enthusiasm and dedication.

With over 200 hours of volunteering, Amy has gone above and beyond her official duties—organising training, events, and socials, including alcohol-free gatherings to promote a more inclusive club culture. Her leadership has benefited every member, from beginners to coaches.

Amy's work with the Scottish Student Sport panel has strengthened ties with other university clubs, leading to joint training sessions, composite crews, and shared logistics for major events like BUCS.

Beyond HWUBC, Amy has been a committed volunteer in the wider Scottish rowing community. She's supported major regattas, begun umpire training, and continues to race as both an athlete and a cox—all while balancing her university studies.

Amy's dedication, energy, and leadership have made a lasting impact on her club and the rowing community.

Dominic McGrory

Strathclyde Park Rowing Club

Dom has been a committed member of SPRC since he took up rowing seven years ago, becoming an invaluable part of the club. At just 16, he completed his British Rowing Session Coach qualification and quickly began volunteering with junior, senior, and outreach groups. His coaching talent was evident early on, leading to a performance coaching role with the senior squad. Coaching older, more experienced rowers could have been a daunting prospect, but Dom's emotional intelligence and maturity have made him a respected leader—especially in driving this year's World Masters campaign in Banyoles.

Dom has also worked to build sustainability into the club's volunteer structure, encouraging juniors and students to assist with coaching and coxing, helping to inspire future leaders. Beyond SPRC, Dom chairs the inaugural Young People's Panel and coaches on the innovative Row the Rhythm programme. He's also a regular contributor to Junior Rowing News and is currently studying Politics & Spanish at the University of Glasgow.

Dom's dedication spans coaching, volunteering, writing, and racing—making a lasting impact on both his club and the wider Scottish rowing community.

Gabrielle Topp

Aberdeen Schools Rowing Association

Gabrielle is one of the most helpful and committed members of ASRA. Whether it's trailer loading, supporting younger athletes on and off the water, or playing a key role in the Learn to Row programmes, she's always ready to lend a hand.

This summer, ASRA ran five weeks of Learn to Row camps, staffed entirely by volunteers—and Gabrielle attended every single session. She's welcoming, fun, and a natural teacher. The juniors she coached made impressive progress, but more importantly, they had a fantastic time. Each week, she had a queue of juniors asking specifically to be coached by her—a true testament to her impact.

Beyond coaching, Gabrielle helped organise the camps, including a mini regatta and team games, contributing to the smooth running and inclusive atmosphere. Her efforts played a major role in ASRA's largest summer intake to date, with many new juniors joining the club thanks to her influence.

Now serving as one of ASRA's vice captains, Gabrielle continues to help the club grow while fostering a positive and welcoming environment.

**SCOTTISH ROWING
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**CLUB COACH
OF THE YEAR**



**SCOTTISH
ROWING**

Club Coach of the Year

This award will be made to a coach actively coaching in a Scottish Rowing affiliated club who has provided a positive environment for their athletes to develop, have fun and stay safe. This coach can operate voluntarily or in a paid capacity.

Evidence:

- Adopts an athlete-centred approach to coaching.
- Testimonials from athletes, parents, other coaches and/or club members to show impact on individual and / or crew development
- Delivered high quality coaching sessions to a group or to individual athletes.
- Responsible for providing opportunities for participants to progress and enjoy rowing. An inspiration and positive role model for participants and peers.
- Qualifications and/or continuous personal development achieved in the last year.

Gary Bain

Aberdeen Boat Club

Three years ago, Gary Bain set out to build a competitive Women's Masters Squad at ABC, aiming for success at the 2025 World Rowing Masters Regatta (WRMR) in Banyoles. Starting with 20 rowers, the squad has grown to over 40, welcoming both returning athletes and new novices.

Gary's inclusive and consistent coaching has shaped a flexible, team-first squad where rowers of all levels thrive. His approach fostered camaraderie and competitiveness, with highlights like mock regattas and side-by-side training sessions.

In the 2024–2025 season, the squad delivered on Gary's vision with standout performances at major events including Rutherford Head, WEHARR, Scottish Regattas, British Masters, and WRMR—where they placed third in the Women's Club Trophy.

These achievements not only fulfilled a club goal but also raised the profile of Scottish rowing internationally. Gary's influence has inspired the men's masters squad and laid the foundation for continued success beyond WRMR 2025.

His warmth, openness, and expertise have guided over 40 women on an extraordinary journey of growth and excellence.

Harvey Buchanan

Nithsdale Amateur Rowing Club

Harvey Buchanan is an inspiring and compassionate coach at Nithsdale Rowing Club. His ability to instil self-belief in every rower—regardless of experience—has made a lasting impact across the club. From Learn to Row participants to junior athletes, Harvey adapts his coaching style to suit each individual, helping grow membership through his fun and inclusive approach.

Driven by a belief that rowing should be accessible to all, Harvey has welcomed athletes with additional needs, mature beginners, and competitive rowers alike. He's brought creativity to training, introducing fun ergo competitions and tailoring sessions to individual goals.

Harvey also fosters collaboration, working with local sports clubs like the kayaking community to support joint events. His commitment extends beyond coaching—he's actively liaised with the council to support flood prevention efforts that protect the club's future.

Described as the heartbeat of Nithsdale, Harvey's kindness, humility, and enthusiasm continue to shape a welcoming and thriving rowing environment.

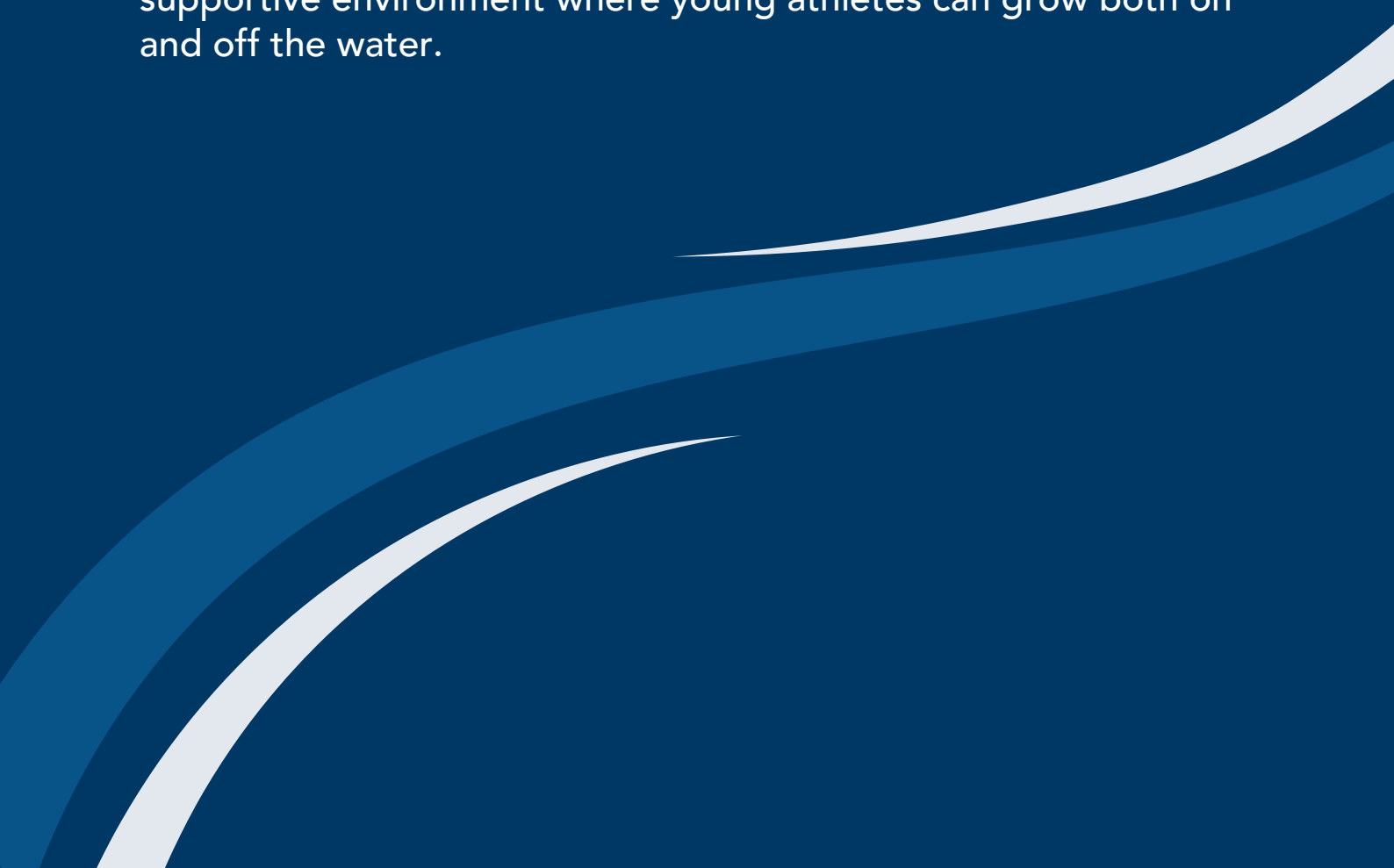
Michel Dearsley

Aberdeen Schools Rowing Association

Michel Dearsley has made an outstanding impact at Aberdeen Schools Rowing Association, with glowing testimonials from both parents and juniors. As lead coach for ASRA's outreach and Learn to Row programmes, Michel has achieved an impressive 60% conversion rate from beginners to club members.

More than just a skilled coach, Michel builds strong, trusting relationships with athletes—supporting both competitive and recreational rowers in balancing sport, studies, and teenage life. His genuine care promotes not only technical development but also personal growth in resilience, discipline, and teamwork. Michel's sessions are well-planned, engaging, and tailored to individual needs, making rowing enjoyable and accessible for all. His inclusive approach welcomes performance athletes and complete beginners alike, and he's a true role model within the club.

Michel's dedication continues to shape ASRA into a thriving, supportive environment where young athletes can grow both on and off the water.



**SCOTTISH ROWING
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**PERFORMANCE
COACH OF THE
YEAR**



**SCOTTISH
ROWING**

Performance Coach of the Year

This award will recognise a coach at a Scottish Rowing affiliated club who has provided a positive environment for athletes to develop and thrive, supporting athletes to compete at national and international standard events

Evidence:

- Adopts an athlete-centred approach to their performance coaching environment.
- Testimonials from athletes, parents, other coaches and/or club members.
- Delivered high quality coaching sessions to a group or to individual athletes.
- Responsible for, and evidence of, developing talent on the performance pathway.
- Demonstrated ability to seek to learn from others and to be in touch with latest coaching ideas and principles
- An inspiration and positive role model for participants and peers.
- Must hold appropriate Coaching qualifications for their role.
- Must be actively coaching at a Scottish Rowing member club during the 2024-25 competition season.

Dale Flockhart

Edinburgh University Boat Club

Since joining Edinburgh University Boat Club in spring 2024, Dale Flockhart has made a remarkable impact. His athlete-focused coaching style and positive attitude have helped his crews thrive, with tailored support that meets each rower's individual needs. Recently retired from international rowing, Dale brings both experience and empathy to his role, quickly earning the trust and respect of his athletes. His influence was evident early on, with his crew winning the Scott Skirving Trophy at the Head of the River Race just months into his tenure. This was followed by A-Final appearances at Met Regatta and a standout Henley Royal Regatta campaign, where the coxed four reached the final of the Prince Albert Challenge Cup. Dale's unwavering focus on athlete development, combined with his infectious positivity, has made him a role model and a driving force behind the club's recent success.

Testimonial from crew member Alex Dixon: "Dale Flockhart has completely changed the game for EUBC. His passion, commitment and belief in us have pushed everyone to a new level, creating a new atmosphere. Last season, his coaching was a huge part of why we made the final in the PA at Henley - he kept us focused, driven and believing we belonged there. Beyond Henley, his support helped us smash it at BUCS, setting a new fastest time in the 8+ and putting in one of our best ever performances at HORR, winning the Scott Skirving Trophy. Dale genuinely cares about the squad, and it shows in the results. He has built something really special here, and we're all better for it."

Lewis McCue

University of St Andrews Boat Club

Lewis joined UStABC in 2024 with bold ambitions. From a club with limited facilities and modest expectations, he set out a vision: qualifying two eights for Henley Royal Regatta, expanding the boat fleet, growing coastal rowing, and even attracting GB interest in a potential coastal centre. For a women's squad that had never entered Henley, these goals felt out of reach—but Lewis made them reality.

Just months later, the women's 8+ not only qualified for Henley but won their first-round race—a historic achievement for the club. The men's 8+ narrowly missed qualification by less than a second. At Women's Henley, Hansine Marshall won the aspirational single scull, coached by Lewis. She and Tom Mitchell, both new to rowing, went on to be selected by GB at the European Coastal Rowing Championships. Lewis also coached Sophia Issberner, who earned a seat in the GB women's 8 and won gold at the World University Games.

Beyond performance, Lewis is known for his approachability and support for athletes—helping them balance rowing, studies, and manage neurodiversity. He's also helped to secure funding for athletes, enabling them to take part in activities they may not otherwise be able to.

In just one year, Lewis has transformed UStABC—delivering elite results while fostering a happier, healthier club culture.

**SCOTTISH ROWING
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**JUNIOR OF THE
YEAR**




**SCOTTISH
ROWING**

Junior of the Year

This award will recognise a high performing Scottish junior rower or cox (under the age of 18 as of 1st September 2024), competing in either beach sprints or classic rowing for a Scottish Rowing member club. This could be domestic competition, or international representation. The award looks for evidence from the 2024-25 season to demonstrate success.

Evidence:

- A member of Scottish Rowing during the 2024-25 competition season.
 - Information on performances, accomplishments, or competitive results denoting achievement in domestic competition or beyond.
 - Scottish or GB Rowing Team selection.
 - Dedication to training as well as competition schedule.
 - An inspiration and positive role model for participants and peers.
 - Promoting and representing Scottish Rowing in a positive manner.
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Ezra Ferguson

George Watson's College Boat Club

For the second year running, Ezra has been an exemplary junior athlete. At the Scottish Championships, he won all three of his events, including the J18 1x by a significant margin—finishing faster than all but one senior rower and placing second overall in the open event. Remarkably, he was only 16 at the time.

Ezra also trialled for the GB team this year, navigating challenging logistics with determination and performing strongly throughout the process. Alongside his rowing, he maintained academic excellence, achieving more than one A grade in his Highers.

Dedicated, focused, and constantly striving to improve, Ezra continues to impress both on and off the water.



Isabel Soyinka

Clydesdale Amateur Rowing Club

In her final year at school, Isabel has excelled both academically and athletically, across multiple disciplines.

In the newest Olympic rowing discipline of Beach Sprints, Isabel, a Scottish International in 2024, has won the junior events at domestic regattas (Saints Regatta), winning bronze medals in both the JW 1x and Mixed 2x at the Scottish Championships (defacto Scottish Champion in both due to non-Scottish competitors) and later winning the GB U19 Trials event – earning her right to represent Great Britain at the 2025 European and World Beach Sprint Championships (October & November) a phenomenal achievement for someone only racing their second season in the discipline.

In the classic rowing discipline, Isabel was crowned Scottish Champion in three different events (Junior Women's Pair, Four and Double), and a Bronze medallist in the Junior Women's Pair at the British Championships. Isabel not only went on to race for Scotland in the Junior Women's team, putting in strong performances in both the JW double and quad, but was also given the honour of being named Junior Women's Captain for the event, owing to her work ethic and ability to lead by example.

Isabel's dedication to her sport is evident, training in her home club on the River Clyde as the only female in her age category, travelling to work with likeminded athletes across central Scotland to keep her competitiveness sharp, and not to mention finding time to regularly travel to St Andrews where the performance Beach Sprints programme is based to keep up her coastal based training.

If cross-code rowing wasn't enough of a challenge for a young athlete, Isabel has excelled academically too, earning her place at Edinburgh University to study Medicine in September 2025 - bear in mind, that she will now be juggling racing at Euro & World Championships with her first two months at University!


Lottie Meakins & Ines De Kock

Aberdeen Schools Rowing Association

Lottie and Ines have displayed a huge amount of development in the past year, coming together as a crew to achieve a high level of success in their pair.

Lottie and Ines won WJ16 Pairs at the British Rowing Club Championships, J16 Pairs at the Scottish Rowing Championships and, the cherry on top of their year as a pair, represented Great Britain at the annual GB v France match where they enjoyed a very successful campaign and won gold against the French in a very commanding fashion.

Lottie and Ines are leaders in the club and dedicated members of the competitive squad at ASRA. They set a strong example for athletes younger than them and are always kind and friendly with other members of the club.



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**SENIOR OF THE
YEAR**



**SCOTTISH
ROWING**

Senior of the Year

This award will recognise a high performing Scottish rower or cox who has achieved significant success in beach sprints or classic rowing at a national and/or international level. The athlete must be a current or former member of a Scottish Rowing member club and be a positive role model for others in the sport. The award looks for ongoing evidence of achievement with a focus on the 2024-25 season.


Evidence:

- A member of Scottish Rowing during the 2024-25 competition season.
- GB representation at senior and/or under 23 level.
- Significant performances at World Rowing events.
- Other achievements in national level competition.
- Positive advocate for Scottish Rowing and inspiration to others within the rowing community.

Izzy Clements

Edinburgh University Boat Club

Izzy Clements has had an exceptional season, balancing her studies at the University of Edinburgh with representing Ireland at both the Senior European and U23 World Championships. At the Senior Europeans, Izzy raced the lightweight women's single scull and finished an impressive 4th overall. Soon after, Izzy then switched to the double scull for the U23 Worlds, where she and her crewmate placed 12th—despite the challenge of managing an injury in the lead-up to the event. Her resilience, determination, and ability to perform at the highest level while maintaining academic success have made Izzy's 2024–25 season truly remarkable.



Laura McKenzie

Glasgow University Boat Club

For several years now, Laura McKenzie has been a leading athlete in the world of Beach Sprints, a World Silver Medallist in 2023 (CMix2x) and European Silver Medallist in 2024 (CMix2x), she rounded out the 2024 season in the same boat type at the World Championships with a strong time trial performance (2nd) before being knocked out by the eventual Silver medal winners from Italy.

Working closely with the Scottish Rowing Performance Programme, Laura's training stepped up a level in 24/25, during the GB Rowing Teams testing in January (against classic discipline Olympic medallists), Laura showed that she was still a leading athlete in the discipline, earning her place as one of only 3 athletes on the new Olympic Beach Sprint Programme for the LA cycle.

Throughout the domestic racing season, Laura stamped her mark across the UK, winning the Women's solo event (CW1x) at every event she entered:

- Saints Regatta
- English Beach Sprint Championships
- Welsh Beach Sprint Championships
- Jersey Beach Sprint Championships
- Scottish Beach Sprint Championships
- British Beach Sprint Championships
- GB Rowing Team Trials

She also took to the coastlines of Europe to make sure she had the best exposure to international competition winning Bronze in the CW1x and Silver in the CMix2x at the Cyprus International Beach Sprint Regatta (April 2025) and then on to winning Gold in the CW1x at the Filippi Lido Trophy in Donratico, Italy, against a strong international field, where she also finished fourth in the CMix2x at the same regatta.

Laura has since been selected to race for the GB Rowing Team in the CW1x at both the European and World Beach Sprint Championships (October & November 2025, respectively), showing her excellence in the British field, and offering the opportunity for her to show her class against full international fields, in what will be undoubtedly an exciting start to the Olympic Beach Sprints cycle.

Laura's accomplishments have been inspirational for those who get to work for Laura in Scotland, repeatedly representing GB while at University, and then going on to show that you can be a World Class Programme athlete in rowing while staying both in education (studying for a PhD at Glasgow University) and residing Scotland while doing so.

Sophia Issberner

University of St Andrews Boat Club

Sophia started her rowing journey in 2022, taking up the sport when she enrolled at University of St Andrews, where she took to the water quickly, developing her physical and technical skills. Following a successful 2024 season racing domestically, she went into the beginning of the 24-25 season with the aim of trialling for the GB Rowing Team.

In the early stages of the trials, she impressed with her ergometer scores, and made steady progress on the water, finishing November and February as the 12th and 13th ranked U23 in the UK, respectively. Come April, at the GB U23/Senior Final Trials, Sophia teamed up with an athlete from Nottingham and finished 15th overall (among the Olympic programme athletes) moving herself up to 6th ranked U23 athlete. After further testing she earned her seat in GB's Women's 8 for the World University Games in Germany later that Summer. This crew went on to command the championships, winning all of their races en route to claiming the Gold Medal in style!

Sophia's domestic season played a part in her international successes, earning a Scottish Championship in the W4- a few weeks prior to qualifying for the Championship W4- at Henley Women's Regatta, and then going on to qualify the first ever University of St Andrews Women's crew at the prestigious Henley Royal Regatta.

A fantastic set of achievements for an athlete in only her third year in the sport, and undoubtably many more nominations to come in future years.

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**CREW OF THE
YEAR**



**SCOTTISH
ROWING**

Crew of the Year

This award will recognise the crew that has achieved the notable performance(s) over the past 12 months. The whole crew should be from Scottish Rowing member clubs or have represented Scotland competitively, and may be a senior, junior, or masters crew. This award looks for evidence from the 2024-25 season to demonstrate success.

Evidence:

- Information on performances, accomplishments and/or competitive results of the crew.
- All crew members must be a member of Scottish Rowing during the 2024-25 competitive season.
- Positive advocates for Scottish Rowing and inspiration to others within the rowing community.

Edinburgh University Boat Club - Prince Albert Challenge Cup 4+

This year's Edinburgh University PA 4+, reached the final of Henley Royal regatta (a feat which hadn't been achieved since 2016 and the first Scottish crew since 2017 to make a final). They faced a strong UL crew and only narrowly lost the final.

The crew overcame a tough season with athletes having to overcome serious illness and injuries. Their first race together was at Met Regatta, where they finished 2nd, followed a few weeks later by a 2nd place at Marlow Regatta. The discipline and determination that went into the training period between Met and Henley was as inspirational as the performance itself. They closed the gap on UL from over 2 lengths at Met to three quarters of a length at Henley, having led the majority of the race.

George Heriots School Rowing Club - J16 Girls 4x

This crew have achievements well beyond all expectations in the 2024-25 season.

The girls have worked hard and dedicated themselves throughout the season, and their results have been exemplary. Finishing 2nd at GB J16 Trials and the Scullery, 1st at Brit Champs and JIRR and less than a second from qualifying to Henley Women's, this crew demonstrated exceptional determination. They also showed dominant performances across the Scottish Rowing Regattas.

Aside from this, a number of the crew have been involved in Scottish Rowing projects such as the Junior Rowing Academy, Scottish Argonauts, Scottish Rowing Young People's Panel and the Home International Regatta and continue to inspire others to achieve great things through rowing.

With balancing their studies, and bringing so much fun to their sessions, they are a delight to coach and support.

Tom Mitchell & Hansine Marshall - CMix 2x

These two athletes have achieved more in their first year of the sport than many could ask for in their entire career!

Neither Tom nor Hansine had rowing experience prior to joining the club at the University of St Andrews at the start of the 2024-25 season, and with support from the coaching team at UStABC they have taken to the coastal discipline like fish to water, picking up the following accolades along the way;

- GB Selection for the National Federation CMix2x at European Coastal Championships
- HIR Beach Sprint Senior CMix2x Winners
- Scot Champs CMix2x Bronze medallists (behind the four GB Senior Beach Sprinters) - and they were 2nd in the TT
- Scottish Offshore Championships CMix2x Gold medallists