



**SCOTTISH  
ROWING**

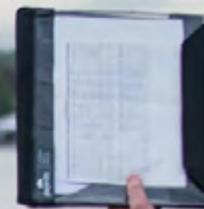


PHOTO CREDIT: ROB EYTON-JONES

**ANNUAL REVIEW | 2018-2019**



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Martin Claxton presenting the  
'Club of the Year' award to  
Dundee University Boat Club





**SCOTTISH  
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# PRESIDENT'S REPORT

MARTIN CLAXTON

I would like to start by recognising the many successes that Scottish rowers have achieved at World Championship level during the 2018-19 season. With six Scottish rowers in Olympic class boats at the World Championships in Linz, Austria they all delivered sterling performances that contributed to GB qualifying 10 out of 14 boats for next year's Olympics in Tokyo. Scottish U23s competing at Sarasota's World Championships delivered four Gold medals with outstanding performances that contributed to GB topping the table with a total of six Gold and four Silver medals. Highlights of these performances included Josh Armstrong becoming a three-times World Champion in the men's quad and Lucy Glover winning her fourth World medal claiming Gold in the women's quad. And our Juniors too have distinguished themselves with a total of eleven athletes representing GB in various competitions with medals being gained at the World Junior Championships, the Coupe de Jeunesse and at the GB/France match for Junior 16s.

And such a summary would not be complete without mention of the Scotland Rowing Team's historic performance here at the Park in this year's Home International Regatta. A great event that drew many positive comments from members of all the visiting countries and who sang the praises of the venue and in particular the local volunteers who were without exception applauded for their friendliness and helpful attitudes. And not forgetting the outcome, with three of the four team trophies being captured by Scotland, 16 individual race wins and the junior men triumphant in winning the team trophy for the first time in over a decade! None of this would be possible without the growing band of coaches, volunteers and support staff who, to put it simply, make it happen!

Last year I reported on the changes taking place within the Scottish Rowing Centre. I hope that most if not all of you have seen the significant improvement that has been delivered in the quality and range of training equipment now available for all clubs to use. The transition to coach led activities has seen a few minor hiccups but in the main we are seeing a steady increase in utilisation and the loss of the permanent manning by North Lanarkshire Council has not caused too much of a headache. The disappointing aspect has been the fact





## PRESIDENT'S REPORT (...CONTINUED)

> that the rowing tank still remains out of commission due to a combination of operational and financial issues but once these are overcome then we will bring it back into service as soon as is reasonably practicable.

My thanks go to the members of the re-branded SR Regatta Organising Committee who this year have brought us new events and new formats which have been part of a long overdue re-invigoration of the competition calendar. The Park itself has benefited from the legacy of the European Championships and this together with a different timing system has enabled us to deliver a better quality of SR run events. Alongside this though we continue to work closely with North Lanarkshire Council to try and offset the restrictions they are having to impose with their ever more demanding budget.

At a club level membership figures show a disappointing decline with overall a 2.5% drop for this year. Whilst 17 clubs have reported membership growth, 10 have declined and 2 remained static. The reasons are many and varied but accuracy of reporting has been an issue however one that hopefully has now been addressed. I would ask that clubs continue to make full use of the online membership system which is not only a very useful tool for your own administration but also will become more significant with the intended roll out of an improved race entry system that will integrate with membership. It is important for us as a sport that in these days of diminishing budgets we can continue to demonstrate to sportscotland that rowing is still a vital and attractive activity.

I am most grateful for the continued support provided by my fellow Board members and we recently welcomed a new member Mr Mark Barry. Mark brings a wealth of experience in corporate finance and re-structuring and has filled the long vacant gap of Finance Director. As you will see from the AGM papers we also want to introduce a minor amendment to the board structure to help ensure that we are aware of and therefore able to address issues affecting all participant groups within our membership and the proposed amendment to our Articles will provide for this.

On the world stage FISA (the World Federation and international governing body for rowing) has been under growing pressure to look at alternatives to the traditional 2K fine boat racing and FISA's Olympic strategy now embraces coastal rowing. In addition, Indoor rowing has a very diverse population which

extends far beyond our traditional on-water rowers. Indoor Competitions exist in many countries and, as the governing body for rowing, it was essential that FISA manage and control the World Championship titles. Until 2021, these Championships will be combined with existing competitions and will be run in partnership with Concept2 and it will be interesting to see how this aspect of our sport develops thereafter. Last year I mentioned that SR had become a member of the newly formed Commonwealth Rowing Association and since then FISA has now recognised the CRA as a member grouping and Scotland is represented on the CRA committee by our own Dot Roberts.

Many of you will be aware that a different form of coastal rowing in Scotland has flourished significantly in the past few years, not in the least due to the phenomenal success of the St Ayles skiffs and the establishment of many new coastal rowing clubs not only around Scotland but internationally as well. This is fixed seat rowing in classes of boat that are different in construction and crew numbers to the FISA recognised sliding seat coastal boats which form the basis of World Rowing coastal competitions such as that which took place on the Gold Coast and the recent beach sprint races. SR has been in dialogue with the Scottish Coastal Rowing Association (the Class Association for the St Ayles skiff) for almost a year now in order to identify how best we can work with each other and also to overcome what has become something of a sticking point regarding the application of the SR Rule of Racing relating to SR members taking part in events not run under SR's auspices.

In sum I firmly believe this has been a year of progress in many areas and SR remains in rude health despite the many challenges we face. As ever I am very grateful to Amanda Cobb and her team for the absolutely stalwart work they do in what is a very demanding and busy environment; a small team but one that punches well above its weight.

Finally, a thank you to you the clubs and your members for contributing to our sport in so many ways. From the significant asset which is the army of volunteers and supporters that help you and help us, through to the athletes of all ages and abilities that gain so much from being involved. Let's continue to make it happen!

Amanda Cobb presenting the 'Volunteer of the Year' award to Matt Taylor

PHOTO CREDIT:  
ROB EYTON-JONES

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# CHIEF OPERATING OFFICER'S REPORT

AMANDA COBB

It doesn't seem like a year has passed since I last wrote my review of the year, as the staff team has been working hard in so many areas. The restructuring of the development team last year has given us an increased focus and I am excited about the progress that has been made.

We have been working for some time to articulate a pathway for rowing in Scotland and this picture is now informing much of the work we are doing around performance development, competition, coaching and club development. Hopefully you will start to see a consistency of language and a clarity in how the work we are doing fits into this pathway.

There have been some changes within the staff team this year. Stevie Baxter, Workforce Development and North RDM left us in August. Andy Barton has taken over the lead for workforce and we are recruiting to fill the role of Club Support Manager. This appointment will have responsibility for implementing the Club Support Toolkit.

On the competition side, the Competition Strategy Group ("CSG"), supported by the Scottish Rowing Regatta Organising Committee ("SROC") has completed a review of Scottish Rowing run competitions, rebranded Strathclyde Park Regatta (now the Scottish Rowing Spring Regatta) and introduced major changes to the Scottish Rowing Championships. The group is now looking at competition more widely, both in terms of the calendar and in how Scottish Rowing manages competition.

We have been working on a new Competition entry system to be launched imminently, which will provide a consistent experience when entering events. The ability to validate eligibility at the point of entry is a priority and our new system will do this.

Lee Boucher, Head of Performance Pathways, has built on the activities launched last year. The recruitment of three volunteer coaches to support the programme has enabled us to deliver more, better quality activities to help our young athletes reach their potential. We were

delighted to be able to send a number of juniors to race in the Head of the River Race in March and Henley Women's Regatta in June with some excellent results.

We continue to see the impact of our University performance partnerships with some impressive results in terms of GB selections and U23 medals. There are clear signs that the performance development pipeline is strong. In July I had the privilege of watching the Scotland Rowing team's best ever performance in the Home International regatta.

The landscape for Scottish sport continues to evolve. The new **sportscotland** strategy #SportForLife recognises the wider value of sport with a new vision of "An active Scotland where everyone benefits from sport". This is aligned to the Scottish Government's priorities for sport, one of which is a clear need to address the inequalities in sport.

Scottish Rowing has two new projects, both of which are aimed at taking rowing into the community. The first is building on the work already started at Firhill to provide rowing opportunities to the local community while the second is running indoor and on water rowing activities for ASN schools in Lanarkshire. The success of these is dependent on us building strong long-term partnerships with funding bodies, local authority partners, schools, community groups, and other sports clubs.

The work to upgrade the training facilities in the Scottish Rowing Centre was completed early in 2019 and while it has been a challenging time for the centre, we are starting to see increased interest from potential users. The Centre now plays an integral part in the Scottish Rowing events at Strathclyde Park, with the whole centre open to volunteers and participants. The ASN schools programme has benefitted from having a base to operate from, and the number of performance development activities run at the centre is increasing. The Scotland Rowing team also saw the benefits of having a high-quality training base in which to





## COO'S REPORT (...CONTINUED)

> prepare for the Home International Regatta this summer. With interest from third party users also on the increase, weekend activity is strong. However, while the Centre is showing that it can be a valuable asset for the sport, it needs to be financially sustainable and the priority for the coming months is to grow the activity during the week.

I would like to end my report with a few thanks. First, to our funding partners **sportscotland** for their continued support both financial and in terms of knowledge and expertise and to the Scottish Rowing staff for all their hard work, commitment and passion for the sport. Thanks also to the Scottish Rowing Board of Directors, a dedicated group of volunteers whose hard work happens behind the scenes. Finally, it is people who make great clubs and great events and the sport would be nothing without the volunteers in clubs, on event committees, umpires and coaches who give their time throughout the year. Thank you!



**SCOTTISH  
ROWING**

# 2019 World Rowing Under 23 Championships

San Antonio - Ponte Vedra, Florida, USA



PHOTO CREDIT:  
LUCINDA DOUSE / ALL MARK ONE



# PERFORMANCE REVIEW

## LEE BOUCHER - HEAD OF PERFORMANCE PATHWAY

Scottish rowers once again demonstrated progression and achievement on the performance pathway as the 2018-19 season brought about many highlights at home and abroad.

The priority for the GB Rowing Team at the World Rowing Championships in Linz, Austria, was attempting to qualify as many boats as possible for next year's Olympic Games.

All six Scottish rowers in Olympic class boats helped earn their respective boats a starting spot in Tokyo, as Great Britain qualified 10 out of 14 Olympic boats, whilst there was a place on the podium for Sholto Carnegie (bronze, men's four) and Maddie Arlett (bronze, lightweight women's single scull). For 25-year-old Arlett this represented her first world championship podium finish having come through the Edinburgh University Boat Club beginner programme.

Whilst medals at senior level were few and far between, Great Britain produced a record haul at the World Rowing Under 23 Championships in Sarasota, USA. Four world champions from Edinburgh University contributed towards GB topping the medal table with six gold and two silver medals.

Josh Armstrong became a world champion for the third time as his under 23 men's quad retained their world title following another dominant performance. Edinburgh coach John Higson led the GB women's four to the top of the medal podium with a crew that featured two of his student rowers – Alex Rankin and Lydia Currie – whilst another of his squad, Lucy Glover, won her fourth world medal after claiming gold in the women's quad.

Eleven Scottish juniors represented Great Britain across the different age group competitions. Three rowers from Aberdeen Schools Rowing Association were selected to compete at the World Junior Championships in Tokyo, with Miles Beeson winning a silver medal in the men's four. St

Andrew Boat Club's Alice Patton won three medals in the junior women's pair and eight at the Coupe de la Jeunesse in Corgeno, Italy, whilst the ASRA junior men's coxless four of Matthew Hughson, Archie Innes, Ashley Geddes and Oscar Forbes won gold at the GB France J16 Match.

At Henley Royal Regatta there was further Scottish success with Josh Armstrong and Alex Milne, both former pupils of The Glasgow Academy, winning the Prince of Wales Challenge Cup and the Fawley Challenge Cup respectively.

### Scots representing Great Britain at World Rowing Championships in 2019

NAME (CLUB)	EVENT	BOAT CLASS	RESULT
<b>Maddie Arlett</b> (Edinburgh University BC)	Senior	LW1x	BRONZE
<b>Sholto Carnegie</b> (Leander Club)	Senior	M4-	BRONZE
<b>Karen Bennett</b> (Leander Club)	Senior	W8+	5th
<b>Rowan McKellar</b> (Leander Club)	Senior	W8+	5th
<b>Melissa Wilson</b> (Cambridge University WBC)	Senior	W4x	6th
<b>Polly Swann</b> (Edinburgh University BC)	Senior	W4-	7th
<b>Angus Groom</b> (Leander Club)	Senior	M4x	8th
<b>Josh Armstrong</b> (Edinburgh University BC)	Under 23	M4x	GOLD
<b>Alex Rankin</b> (Edinburgh University BC)	Under 23	W4-	GOLD
<b>Lydia Currie</b> (Edinburgh University BC)	Under 23	W4-	GOLD
<b>Lucy Glover</b> (Edinburgh University BC)	Under 23	W4x	GOLD
<b>Gavin Horsburgh</b> (Edinburgh Uni BC)	Under 23	LM1x	7th
<b>Miles Beeson</b> (Aberdeen Schools Rowing Association)	Junior	M4-	SILVER
<b>Megan Hewison</b> (Aberdeen Schools Rowing Association)	Junior	W2-	7th
<b>Abigail Topp</b> (Aberdeen Schools Rowing Association)	Junior	W2-	7th



# HOME INTERNATIONAL REGATTA

STRATHCLYDE PARK, 27<sup>TH</sup> JULY 2019

The Scotland Rowing Team made history on home waters at the 2019 Home International Regatta (HIR), winning three of the four team trophies for the first time in the history of this prestigious annual competition between Scotland, England, Ireland and Wales.

Scotland won 16 of the 36 races on the day in wet, but calm, conditions at the world class rowing facility at Strathclyde Park, North Lanarkshire.

Leading the way was Edinburgh University Boat Club's James Temple who won all three of his races - the lightweight men's single and double scull and the men's quad - to help the Scottish senior men regain the Annamarie Phelps MBE Cup, last won by Scotland in 2015.

The Scottish men's coxless four of Josh Thompson, Rory Young, Calum Young and Robert Powell were involved in one of the most exciting races of the day coming through the field from third place at 1000 metres to pip England on the line to the gold medal.

Jack Burns retained his men's single sculls title, part of an impressive men's sculling group alongside Temple, Dale Flockhart and Mike Simpson, that won four of their five events.

Glasgow University students Ethan Matthews and Duarte Menezes produced a dominant display to lead their race from start to finish, winning the lightweight men's pair by over 8 seconds.

Scotland's senior women have won the Dame Katherine Grainger Quaich in two of the last three years however they were out to regain the team trophy from England who won it in Cork last year. The Scots, seemingly inspired by the occasion, were in unstoppable form winning seven of the nine boat classes including the women's eight in the penultimate race of the day.

It was a Scotland Rowing Team debut to remember for 18-year-old Maia Hely of Glasgow University, enjoying two wins in the senior women's coxless four and eight despite having only taken up the sport as a beginner 11 months ago. Her four, with clubmate Niamh McClure

along with Kirstin Giddy and Lydia Theos from the University of St Andrews, enjoyed an excellent victory over a Welsh crew featuring GB senior and under 23 internationals.

The women's coxed four of Christy Crook, Catriona Scott, Katie Sugden and Natalie Tysoe, coxed by Holly Bartlett, were all making their Scotland Rowing Team debuts and they executed a superb race plan to come through from third place early on to win by clear water at the finish.

Fiona Bell and Perri McCluskey resumed their partnership in the women's double scull after finishing third in Cork a year ago. Bell, who recently represented Great Britain at senior level in the World Rowing Cup in Rotterdam, and McCluskey from Strathclyde Park Rowing Club and part of the British Rowing World Class Start programme, both demonstrated how much they have developed as individuals and as a crew over the past 12 months as they added another gold to the Scottish tally.

Current Commonwealth Beach Sprint champion Robyn Hart-Winks returned to flatwater conditions to represent the Scotland Rowing Team for the first time in four years and she defended her unbeaten record at HIR, winning the women's single scull and quad scull alongside Bell, McCluskey and Rosie Payne.

Hamilton rower Payne, currently studying at Robert Gordon University, had earlier won the lightweight women's double scull with Jenny McCormick of Aberdeen University Boat Club.

Scotland's junior rowers also enjoyed their best-ever collective performance at the HIR with the junior men's team winning the John Hartland Trophy and the junior women's team finishing joint second in their match with several exciting races entertaining the home crowd.

Junior men's captain Alex Milne, fresh from winning the Fawley Challenge Cup with Leander Club at the world-famous Henley Royal Regatta earlier this month, led by example winning his two races in the single scull and double scull with Robert Kilgour.







**SCOTTISH  
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## HIR (...CONTINUED)

> There were a series of strong performances in the junior men's sweep team that ultimately helped Scotland to the team trophy for the first time in over a decade. The match had gone right to the wire, with England and Scotland still in contention for the trophy with just the junior men's eight still to race.

The Scottish eight of Matthew Hughson, Rhuari Stuart, Aidan Graham, Scott Lewis, Chris Bardas, Xander Beeson, Ashley Geddes and Robert Davis, coxed by Youcef Djoudi, recovered from a slow start to get back in contention through the middle of the race. With only a few hundred metres to go the Scots upped their rate and roared on by the passionate crowd they reeled the England eight in and crossed the line ahead of them to ensure jubilant celebrations on both the water and land.

In the junior women's coxless four, the Scottish crew of Heather Gordon, Maddie McClure-Rothero, Robyn Patton and Laura McKenzie resumed a rivalry with the English four from Nottinghamshire County Rowing Association. The two fours had gone head-to-head at the British Rowing Junior Championships in Nottingham the previous weekend with the Scots coming out on top.

At Strathclyde Park the English were out for revenge and the racing was close the whole way down the course with less than a second separating the crews at each of the intermediate timing points. The Scottish crew held their nerve following a late push from the English to cross the line first, earning the Scotland junior women's captain, Heather Gordon from Inverness Rowing Club, her second consecutive HIR title in the coxless four.





# JUNIOR DEVELOPMENT PROGRAMME

The Scottish Rowing Junior Development Programme has provided a strong platform to support the improving junior performances at national and international level. Running across the full season the programme brings together athletes and coaches from all over Scotland and provides high quality training, competition and educational opportunities.

The programme benefited from the appointment of three new volunteer coaches - Lindsay Flockhart, Holly Reid and Jordan Stanley - at the start of the season which allowed Scottish Rowing to increase the range of activities offered. Guest coaches to impart their knowledge included Robin Williams, multiple Olympic medal winning coach, who attended the residential J16 land camp at the **sportscotland** Inverclyde National Training Centre, Largs, in December.

Scottish Rowing supported two junior eights representing the Scottish Argonauts at the Women's Eights Head of the River Race, which unfortunately was cancelled on the day due to poor weather conditions, and the Head of the River Race, with the junior men putting in a spirited performance.

Henley Women's Regatta was once again a focal point for the junior development programme with 14 rowers and 4 crews representing 9 clubs travelling together as part of a Scottish Rowing supported group. Anna Buchanan (Glasgow Academy) became the first Scottish name on the prestigious Di Ellis Trophy for the junior single sculls, one of five trophies won by Scottish crews at the event.

Partners are central to the success of the Scottish Rowing Performance Programme and we would like to thank **sportscotland**, the **sportscotland** institute of sport, our University partners, Winning Students, SportsAid Scotland and British Rowing for their excellent support of the performance programme.

Scottish Rowing is also extremely fortunate to have such a committed group of coaches, support staff and volunteers who make everything happen in our clubs on a daily basis and we would like to extend our thanks and appreciation to them.



SCOTTISH  
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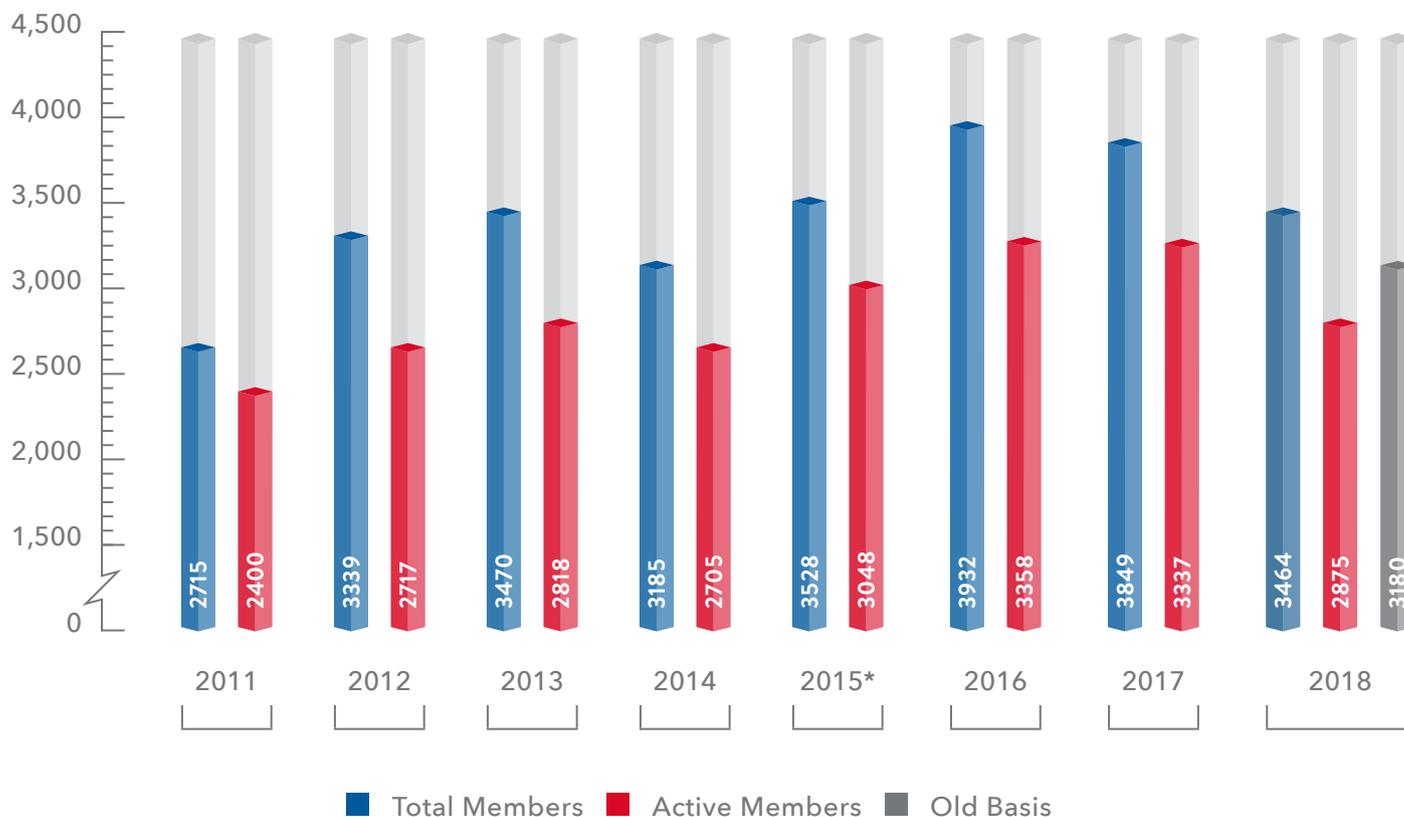




# MEMBERSHIP

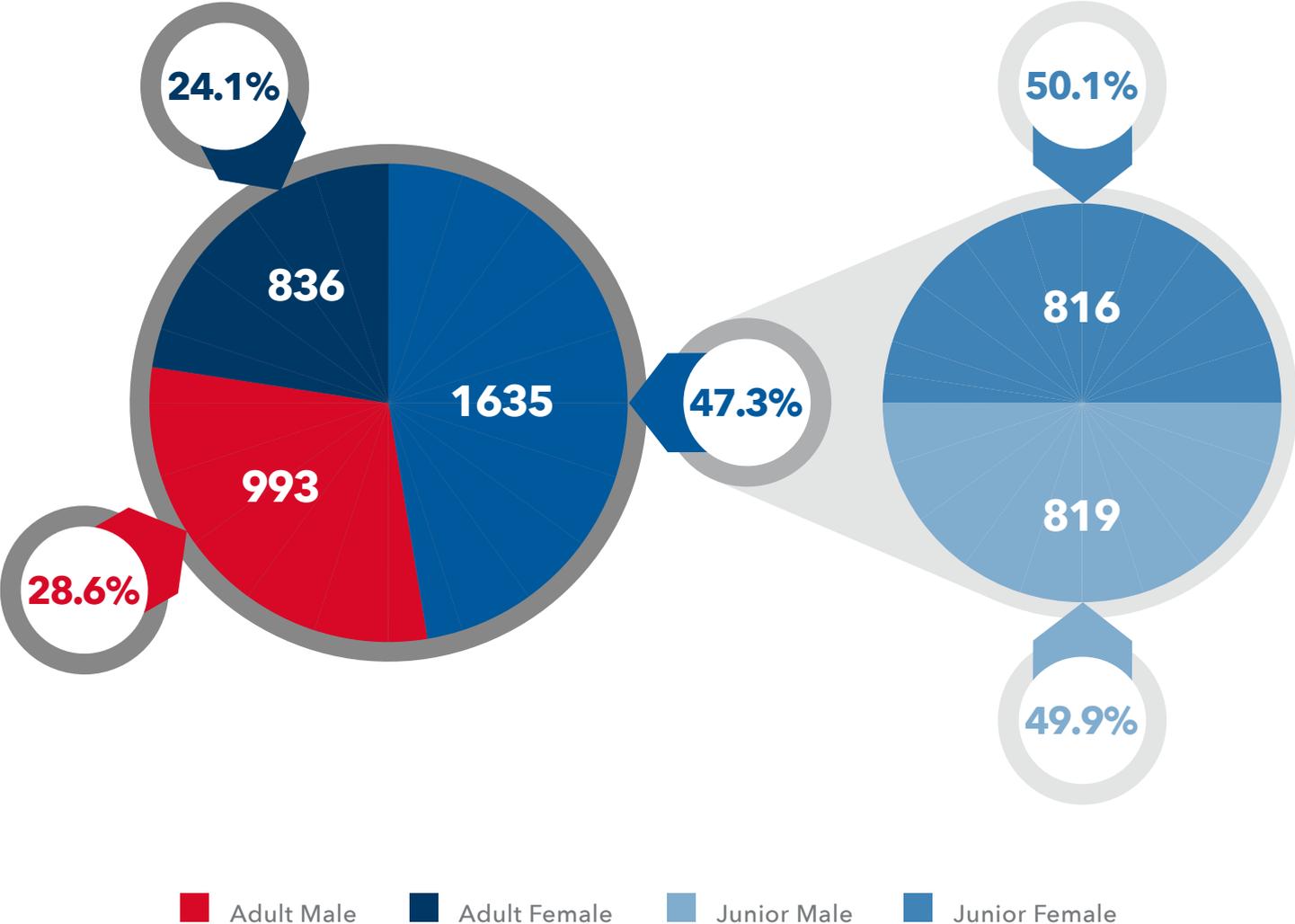
## MEMBERSHIP NUMBERS 2011 - 2018

Membership growth and increasing participation are key objectives for Scottish Rowing. The chart [below] shows the trend in reported club membership plus other Scottish Rowing activities since 2011. Since a peak in 2016, membership has declined, with a significant drop in 2018. While this was disappointing, there was no single reason for this, but factors included; a net fall in underlying club membership, the stopping of some Scottish Rowing participation projects as funding came to an end and the closure of the Scottish Rowing Centre public gym. As a consequence of introducing a new reporting format, we have also reallocated certain activities from 'active' to 'inactive' this year. Most of these are one-off occurrences and we are hopeful that we will see an increase in participation in 2019.



\* From 2015, reported membership data includes regular participation in the Scottish Rowing Schools Indoor League

MEMBERSHIP BREAKDOWN





# PARTICIPATION

## DEVELOPMENT TEAM

During 2018-19 we said farewell to Stevie Baxter after over 3 years operating as North Regional Development Manager and Workforce Development Manager. During Stevie's tenure he oversaw several projects and initiatives across the North Region and nationally. Working closely with clubs, Stevie's highlights include the creation of the North Region Development Group, the design and implementation of the regional Emerging Athlete Programme in partnership with Scottish Institute of Sport, the introduction of key development areas including a range of workshops and the connections and developments made with umpires and volunteers. Scottish Rowing would like to thank Stevie for his contribution over the last 3 years and we wish him the very best in his new role.

Following Stevie's departure, Andy Barton moved into the role of Workforce Development Manager, while continuing to work as Regional Development Manager (West), with Adam Hardy continuing to work as Competitions and Events Manager and Regional Development Manager (East).

## DEVELOPMENT FORUM

This year saw the establishment of the Scottish Rowing Development Forum, a cross-disciplinary group openly recruited from all areas of our sport. The aim of the Forum is to review our current provision and to consider and propose developments that will increase the size and diversity of our membership while ensuring a quality experience for all. It explores the means by which we encourage and support participation, enjoyment of the sport, and personal growth for all athletes and non-rowing volunteers at all levels and capacities.

The first of the 3 annual meetings took place in June at Stirling University. Forum members discussed a range of subjects around the topic of motivation: those things that encourage people to take up and continue in our sport and those factors that may drive them away. A broad range of views and perspectives – participant (youth, student, masters, adaptive), volunteer (umpire, club committee), academic, governing body, club (new and well-established, recreational and performance focused) ensured a really lively debate. The output from this and future meetings will inform the development plans for our sport at a National level and at the same time facilitate the sharing of valuable knowledge between clubs and other agencies.

Martin Claxton presenting the  
'Community Coach of the Year'  
award to Lindsay Flockhart



## PARTICIPATION (...CONTINUED)

### DEVELOPMENT CASE STUDIES

The following club and individuals have been leaders within the Scottish Rowing community over the last year in providing quality experiences for their members and their local communities.

#### **CASE STUDY 1: DUNDEE UNIVERSITY BOAT CLUB - CLUB DEVELOPMENT**

Dundee University Boat Club (DUBC) made advancements in key areas in 2017/18. This past year saw the creation of their website, their first promotional video and an increased following on Social Media. The club attributes these milestones to the creation of the Sponsorship and PR committee position.

Three different training plans, tailored to squad and ability (beginner, social, competitive), including weights and core training were adopted. An increased importance of ongoing testing throughout the season was also introduced and water session plans for individual crews were implemented. DUBC also introduced training camps to their members, including a 4-day camp at Inchrya in January. Impressively for a university club, 5 members were also put through their UKCC Level 2 Coaching and some members are currently going through Scottish Rowing umpire training.

The club's main achievement in 2017/18 in racing was the movement from only entering boats into novice categories towards entering R2 and intermediate categories. The club won events at beginner, novice, R2 and intermediate levels at various Scottish events.

Sponsorship increased with key donations from local trusts totalling £4,000. This, along with fundraisers such as their Ergathon and Ceilidh raised nearly £10,000.

> The club's ambition, strategic planning and whole club ethos have led to their highest membership on record, with a healthy mix of returning rowers and new beginners. The club has developed hugely over the past year, managing to balance training and racing with fun, socials and personal development.

#### **CASE STUDY 2: LINDSAY FLOCKHART - COMMUNITY COACHING**

Lindsay Flockhart (left) has been unstinting in his efforts to help others progress in the sport, not only in his role as club captain of St Andrew Boat Club (SABC) but also as coach to both junior and senior crews.

He takes time to listen to SABC members, to find out what motivates each individual, and has the skill to develop their potential. Through Learn-to-Row courses he reaches out to the community, encouraging rowing for all, including a selection from a local more deprived high school.

He works to build relationships with both the public, resident associations and other clubs on the Edinburgh canal, and maintains cordial networks throughout the Scottish and British rowing community.

He has also recently been selected as a Scottish Rowing Junior Development Coach, highlighting his desire to develop not only SABC junior rowers, but junior rowers from across Scotland.

# SCOTTISH ROWING DEVELOPMENT PROJECTS

## CLUB SUPPORT TOOLKIT

Scottish Rowing recognises that clubs are vital to rowing in Scotland. It is through clubs that participants first experience rowing, and no matter how far they progress in the sport, clubs will still be at the centre of everything they do. In order to support our member clubs, Scottish Rowing's Club Support Manager has been working this year to create the Club Support Toolkit ("CST"). The CST has been developed to:

- Expand and retain knowledge and skills within clubs;
- Maximise time efficiency within clubs;
- Minimise risk for all members within clubs;
- Enhance experiences for all members within clubs

The CST is a holistic support resource for clubs that aims to identify as many of the factors required to run and manage a successful rowing club and provide valuable, easy to use and free resources to clubs to help with these areas. A series of tools and templates have been created or sourced and this library will continue to grow as the rowing landscapes evolve. These resources include information, guidance, 'how to' guides, templates, links to additional resources and Scottish Rowing staff time and expertise. All the resources within the CST are free to any affiliated Scottish Rowing Club.

## TAKING ROWING INTO THE COMMUNITY

Widening access to rowing is an important part of our role as a Governing Body and we are working to develop programmes with a specific focus on inclusion. We are proud of the work we are doing to develop new opportunities for people to row as demonstrated by the following projects.

## ADDITIONAL SUPPORT NEEDS SCHOOLS PROGRAMME

Leanne Mains (below) was appointed as Additional Support Needs Rowing Coach in March 2019. She was introduced to rowing at school in 2004 after being selected by the then Scottish Amateur Rowing Association's Talent ID scheme, a forerunner to the current GB Start Programme. But the new programme she is running is very different to her introduction to rowing and seeks to encourage children from local schools in disadvantaged areas to take up rowing.

"This programme is certainly at the different end of the spectrum to how I found the sport" Leanne explains. "We are looking at children and young adults with additional support needs from school locations which tend to be in areas of multiple deprivation. This is a fantastic opportunity for them to get more active doing something they've probably never been exposed to before."

In the summer of 2019, Leanne took her fledgling programme - getting people rowing on ergometers



> indoors for the first two weeks before venturing onto the water at Strathclyde Park – to five ASN schools in North Lanarkshire. The effects have been little short of startling both in the numbers of children engaging and their reaction to being on the water for the first time.

“The response has been incredible,” says Leanne, who is already planning to spread the programme to South Lanarkshire. “All five schools in North Lanarkshire engaged with our six-week programme with the numbers involved pushing forty over six weeks. Some of these schools have only thirty pupils in their entire school roll, so to see the level of engagement that we’ve had each week is amazing. My overall goal is to make sure that the rowing sessions that I put on are the best hour of the pupils’ week, and hopefully I am doing just that!”

## FIRHILL YOUTH PROJECT

Jointly funded by Scottish Rowing and Glasgow Sport, Aimee Williams (right) was appointed as Head Coach of the Firhill Youth Project in June 2019. Aimee’s role is to introduce young people from North Glasgow to rowing, other water sports and lifestyle activities and opportunities. From the local area herself, it wasn’t so long since Aimee first got in a boat – a kayak – which she reveals had a transformational effect on her own life.

“This project is quite personal to me because I grew up nearby and there were limited opportunities to take part in sport, especially water sports! I want to help the young people that are growing up here access similar opportunities to the ones that I eventually found,” said Aimee, who is a British Canoeing women’s paddling ambassador, the only one in Scotland. “I can definitely say that sport has made such a big difference to my life, so it’s really exciting to be in a position to help others get involved and grow.”

Aimee is active in adventure sports; she has coached paddle sports for the past six years and been involved in youth work with children from difficult backgrounds and is a combat medic for the army in her spare time. But this is her first involvement in rowing and, having been



> out on the Firhill basin in the same boats which will be used to teach the children, she can see a world of opportunities.

Following the initial plan of introducing new rowers from local areas of deprivation around Firhill, Hamiltonhill and Possilpark, the longer-term aim is to roll out the initiative to more areas of North Glasgow. And, although rowing is the initial hook, the aim is to create a sustainable water sports activity hub which will branch out into other sports and educational activities.

## RIVER AYR

Scottish Rowing has held 2 days of activity on the River Ayr, in partnership with South Ayrshire Council, University of the West of Scotland, Troon Coastal Rowing and Duke of Edinburgh. A total of 38 children and young people experienced rowing, canoeing and coastal rowing in April and June 2019. It’s believed that this was the first time in 50 years that an organised water-based activity has taken place on the River Ayr. The event was designed to encourage young people to interact safely with the river and get fit and active at the same time. It is hoped that the partnerships will continue to grow, and more sustained activity will occur in the future in this location.



# COMPETITION & EVENTS

## COMPETITION STRATEGY GROUP

The competition pathway tracks rowers through from an early recreational stage to those who aspire to national / international honours. The Competition Group was formed to provide a focus on the development of competition - aiming to provide more opportunities for more people to race more often at a level commensurate with their abilities and aspirations.

Feedback from a member survey in 2018 helped to provide evidence of what rowers at different ages and stages want from their rowing and the events they enter. That information has helped to underpin recent discussions and subsequent development of the Scottish Rowing Championships held in June this year.

The changes at the Scottish Rowing Championships aimed to differentiate the event from the Scottish Rowing Spring Regatta held in April, ideally making the Scottish Rowing Championships a more aspirational event and to provide more of a performance competition environment for all levels of competitors. Work and discussions continue, but the feedback from the Championships has been positive and huge thanks to the Scottish Rowing Regatta Organising Committee for taking on all of the changes and bringing the event to life.

The group is also working with the Race Control Committee to provide oversight and development of the competition calendar. The calendar for the 2019/20 season has now been published with the inclusion of a new Scottish Rowing Winter Challenge event to be held at Strathclyde Country Park in February 2020. It is hoped that this new competition offering will combine longer distance 'head' racing with shorter sprints and will provide a focus to the winter season for a wide range of rowers.

There is further consultation in the pipeline to look at proposals for a series of events throughout the Winter Season and roll out of the new entry system.

## SCOTTISH ROWING SCHOOLS INDOOR LEAGUE

The Schools League is a free to enter virtual league that allows schools across Scotland to compete against each other without needing to travel. It provides an opportunity for schools that do not have access to the water to participate in the sport of rowing. Three rounds of the league are completed in school: each round, participants complete a fixed distance with points awarded for individual performance and number of participants per school. The Scottish Rowing Indoor Championships provides the final (optional) round of the league.

The 2018 edition of the League saw an increase in participation, with a record number competing. Over 2,300 young people took part, many of them who have no connection with a rowing club.

### Schools League Participation:

	No. of Participants		
	2017	2018	Change
<b>Round 1</b>	1308	1141	-12%
<b>Round 2</b>	902	1046	+15%
<b>Round 3</b>	511	1181	+131%
<b>Number of Schools</b>	32	21	-34%
<b>Unique Participants</b>	1777	2342	+31%

State schools competed strongly with schools with established rowing programmes for places on the overall podium. George Watsons College were the overall winners, with Hermitage Academy in second, edging The Glasgow Academy into third place.

1. George Watsons College
2. Hermitage Academy
3. The Glasgow Academy



OPEN 1X



**Josh Armstrong**  
Edinburgh University BC

WOMENS 1X



**Perri McCluskey**  
Strathclyde Park RC

OPEN 2-



**Oscar Nick von Hannover & Henry Marles**  
University of St Andrews

WOMENS 2-



**Alex Rankin & Lydia Currie**  
Edinburgh University BC



## COMPETITION & EVENTS (...CONTINUED)

### > SCOTTISH ROWING INDOOR CHAMPIONSHIPS

The Scottish Rowing Indoor Championships was held over two days at the Ravenscraig Regional Sports Facility in North Lanarkshire. The first day is dedicated to schools' competition, which is also the fourth round of the Schools Indoor League. The second day is for open competition; and this year we saw competitors travelling from England, Ireland, Hungary and Monaco.

A big focus of the Open Championships is the student competition. The University of St Andrews improved on their 2017 2nd place finish to take the Scottish Student Sport Victor Ludorum in 2018.

**FULL RESULTS** ([click here](#) )

	Entries (Number of Seats)			
	2017		2018	
	Individual	Team	Individual	Team
Schools	337	82	377	88
Open	471	63	381	39

### SPRING REGATTA & SCOTTISH ROWING CHAMPIONSHIPS

The 2019 editions of these events saw a number of changes. The Spring Regatta (formerly Strathclyde Park Regatta) was rebranded and a number of changes were made behind the scenes to improve the timing and results service. The Scottish Student Sport Rowing Championships was run alongside the regatta, this year won by Edinburgh University Boat Club.

The Scottish Rowing Championships saw the biggest change in the event format for many years. With the aim

of improving the quality of racing, Championship and Non-Championship events were introduced and novice racing was removed. Time trials were used to seed races and the use of combined category racing for seniors and older juniors was extended to more boat classes to ensure matching of boat speeds and better lane population.

A new skills assessment for younger juniors was introduced to encourage the development of important boat handling skills in younger athletes. Finally, the regatta was opened up to overseas crews for masters and para-rowers.

Club and Student Victor Ludorum prizes were awarded to George Watsons College and Edinburgh University Boat Club.

In spite of these extensive changes and an increase in entry fees, entries were only slightly down on last year and we look forward to building on this new event next year.

These events are organised by the Scottish Rowing Regatta Organising Committee, a voluntary group that embraced the changes and took on a huge amount of additional work to make the events a success and thanks go to Lindsey Vyse and the rest of the committee for all their hard work.

	Entries (Number of Seats)			
	Spring Regatta		Scot. Championships	
2014*	2276		1515	
2015*	2188	-4%	1577	+4%
2016*	2465	+13%	1788	+13%
2017*	2461	-0%	1747	-2%
2018*	2512	+2%	1435	-18%
2019	2401	-4%	1303	-9%

*\*Numbers restated to reflect seats sold (i.e. excluding coxswains)*



## ADDITIONAL INFORMATION

### INCOME

Members.....	<b>£57,947</b>
<b>sportscotland</b> (Core Funding) .....	<b>£396,000</b>
Other (Grant) Income .....	<b>£43,837</b>
Events (Scottish Rowing).....	<b>£38,599</b>
Other Income .....	<b>£54,623</b>
	<b><u>£591,006</u></b>

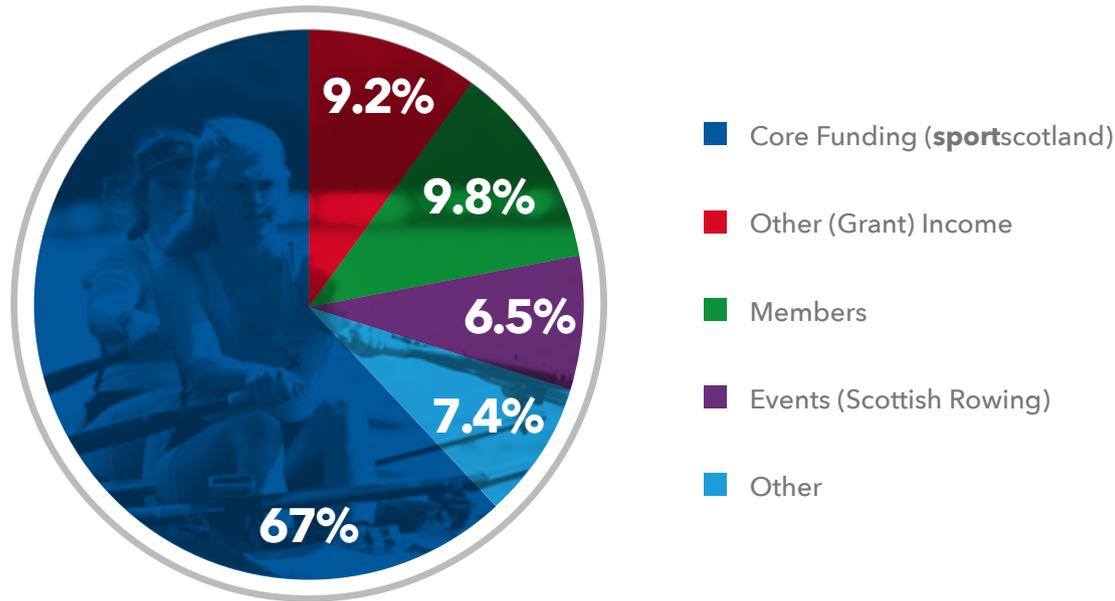
### EXPENDITURE

Performance .....	<b>£230,279</b>
Governance .....	<b>£920,627</b>
Sport Development .....	<b>£128,573</b>
Member Services.....	<b>£63,837</b>
	<b><u>£1,343,316</u></b>



# FINANCIAL OVERVIEW

## BREAKDOWN OF INCOME (2018-2019)



In the financial year ended 31 March, 2019, Scottish Rowing produced a loss of £752,310. This was after a write-off of £747,772 of intercompany debt\*\*. The underlying loss before this one-off item was £4,538 (2017-18 £26,323 surplus).

Income of £591,006 was slightly down (1%) on last year. In 2018-19, Scottish Rowing received £396,000 of core funding (2017-18: £396,000) of which £266,000 related to staff posts. Other grant income was received from **sportsScotland** (in the form of non-core funding), Winning Students and Glasgow Life.

Membership income, which is made up of club affiliation fees, individual memberships and regatta fees, represented just under 10% of Scottish Rowing's 2018-19 income.

Event income was generated from the 2018 Strathclyde Park regatta, Scottish Championships and the Scottish Rowing Indoor Championships. The majority of "other" income is candidate fees for coaching courses and athlete contributions towards performance programme activities or the cost of competing at the Home International Regatta.

\*\* The intercompany debt between Scottish Rowing and its subsidiary company Scottish Rowing Centre Ltd, relates to costs arising when the centre first opened and additional loans made over the life of the Centre. The building has now been transferred to Scottish Rowing Ltd and this loan is now deemed to be irrecoverable and has been written off. As a consequence, a similar profit was generated in the subsidiary company and the overall impact on the group net assets was zero.

Martin Holmes - 'Masters Rower of the Year'



PHOTO CREDIT: DAVID INGLIS



# SCOTTISH ROWING AWARDS

## OUR WINNERS



**Junior Rower of the Year**

**Sara Johnston**  
(Inverness Rowing Club)



**Senior Rower of the Year**

**Harry Leask**  
(Leander Club)



**Masters Rower of the Year**

**Martin Holmes**  
(Castle Semple RC)



**Crew of the Year**

**Junior Women's Coxless Four**  
Abigail Topp (ASRA)  
Megan Hewison (ASRA)  
Sara Johnston (IRC)  
Heather Gordon (IRC)



**Community Coach of the Year**

**Lindsay Flockhart**  
(St Andrew BC)



**Coach of the Year**

**Lewis McCue**  
(University Rowing Aberdeen)



**Volunteer of the Year**

**Matt Taylor**  
(University of St Andrews Boat Club)



**Club of the Year**

**Dundee University Boat Club**



# SCOTTISH ROWING IS A PROUD PARTNER OF





**SCOTTISH  
ROWING**