



SCOTTISH ROWING

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ANNUAL  
REVIEW  
2022-23



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A photograph of two blue rowing caps with white logos, resting on a sandy beach. The background is a blurred view of a beach with people in the distance under a clear sky.

# PRESIDENT'S REPORT



It is a true privilege to be able to report on the key developments, issues and points of pride over the past year for the Scottish Rowing community. As ever, I want to sincerely thank every individual present today as well as each member of our wider community for their contributions and dedication to our sport – whether it is rowing, coaching, umpiring, organising, advising, leading or any other role that is crucial to our effective functioning; the commitment, patience and kindness of so many continue to be the biggest and best force within our sport.

Now into our second year of our strategic plan, which emphasises reflection, empowerment and change – we are investing in enabling and developing the next generation of leaders within our sport, through flagship programmes such as Champions for Change and Future Leaders. Similarly, the rollout of the Coach Club intends to provide a more supportive and structured package for those invested in developing others.

As another central pillar of the strategic plan, the Scottish Rowing Centre continues to go from strength to strength in order to be the ‘thriving home’ of rowing in Scotland, with the recent refurbishment of the tank allowing for many more people to experience the joys of rowing, many for the first time. Projects in Ayr and Firhill also continue to be highly successful in extending our reach to those who may have never considered rowing. It was so exciting that this past year has also seen the revitalising of another epicentre of rowing in Scotland, with the West Boathouse on Glasgow Green celebrating its reopening following a multi-million pound restoration.

Coastal rowing continues to develop at a fast and exciting pace, with Scotland being one of the forefront nations within this discipline. In December, Scotland topped the medal table at the Commonwealth Rowing Association Beach Sprint Championships in Namibia. The exciting prospects for coastal rowing, the withdrawal of the GB Start programme from Scotland this year and the continued commitment of sportscotland facilitated an exciting opportunity for our performance capability this year. Through both a replenished performance fleet, aptly named in April after some exceptional contributors to rowing in Scotland as well as three new coaching roles, including one focused on coastal rowing, and an additional programme support role, we are excited to see how this team can continue to build Scotland’s ability to develop athletes and para-athletes, junior and senior, who can compete against the world’s best.

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As aforementioned, individuals are the backbone to any sport – and I wish to specifically recognise several this afternoon. I'd like to thank my former Board colleagues, Chris Woods and John Gill, who departed their roles over the past year. My sincere thanks to the rest of the Board for their ongoing dedication in strengthening the governance of the sport, the key volunteers and the staff team, led by Amanda, for their day to day work and support. I also wish to recognise those who we have sadly lost from our community this year; Colin Simpson, Bob Neill, George West and Jo Pinder, in particular, are remembered with genuine appreciation for the legacy each of them has left within rowing in Scotland.

As we look to the coming year, along with other sports, we are no different in reflecting and planning for a better and safer culture for every individual who is involved with rowing in Scotland. We recognise that this is an area that we all must play a part in, and one that we can always improve on. We want to work in collaboration with clubs to ensure that we always remain true to our values and strive for a future of rowing with fewer barriers, however they may present – so that the special feeling and affection that we all hold for rowing can be felt by more and more people.

*Matt Taylor*



# CHIEF OPERATING OFFICER'S REPORT



The year since the last AGM has been a busy one with new activities and existing programmes. You can read about all of these in detail in this Annual Review.

Following a strategic review with our funding partner **sportscotland** in November 2022, we were successful in securing additional investment to support our performance pathway activities and the development of Beach Sprints with a view to the Commonwealth Games in 2026. Our capacity to support athletes in Scotland is better than it has ever been and this new investment will add to our capability.

The announcement of the inclusion of Coastal Beach Sprints in the Commonwealth Games sport programme was a huge boost for the sport. We were well placed to respond having had a level of involvement since the first Commonwealth Beach Sprint Championships in 2018. A successful performance in the Commonwealth Rowing Association Beach Sprints in December last year underpinned a successful proposal for additional investment from **sportscotland** to enable us to build on our early success towards Victoria 2026.

Sadly, at the time of writing, Victoria has pulled out of hosting the games, leaving the 2026 event without a home. We are aware that there is significant work going on behind the scenes to secure a new host, and we await a decision on this and on whether Beach Sprints will be included in the programme for the 2028 Olympic Games in Los Angeles.

With this new investment and following the departure of Andy Barton as Pathways Manager, Lee Boucher has taken on an enhanced role and is now heading up an expanded Pathways and Performance team, integrating our approach to the sporting pathway from club beginner to GB representation.

The governance and culture within sport rightly continues to be an area of focus. At the last AGM, we discussed the implications of this review for rowing and since then we have been making progress in reviewing our own procedures around Club Governance and Safeguarding.

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On the systems side, we have been disappointed with the significant issues that members have experienced with the competition entry system. We believe an online entry system linked to our membership system is a basic requirement for any sport and are looking at options to address this need.

There were significant changes in staffing this year. We said goodbye to a number of respected colleagues from our team, all of whom leave with our thanks and appreciation for their contribution. We were also devastated to lose our dear colleague Jo Pinder – Member Services Administrator – after a long and difficult illness. Her memory will live on through her many friends in the sport.

Within the performance pathway the additional investment from **sportscotland** enabled us to create three new coaching roles. Tom Young was appointed as the new Lead Performance Pathway Coach and he was joined by Iain Docwra who returns to Scotland to take up the new role of Beach Sprints Pathway Coach. Dale Flockhart has recently been appointed as the new Assistant Performance Pathway coach. This is an exciting new phase in the development of our performance programme.

The Pathway Development Team also welcomed new team members during the year including Helen Lawrance (Competition and Events Manager) and Ronan Welch (Pathways Manager). Cara O'Donnell, takes on the new role of Sports Programme Co-ordinator working across the Performance and Pathways team on various projects.

As always, I would like to end my report with some thanks. First, to our funding partners **sportscotland** for their continued investment and for their support and advice. Thanks also to the Scottish Rowing staff team who each year deliver new activities and opportunities with enthusiasm and creativity. The Scottish Rowing Directors are all volunteers who give generously of their time, support and expertise. I thank them for the service they give the sport. The biggest thanks go to all the volunteers across the sport. Whether you give two hours or two hundred, you contribute to making clubs and events successful year after year.

*Amanda Cobb*

# CLUBS AND COMMUNITY

## Community Programmes

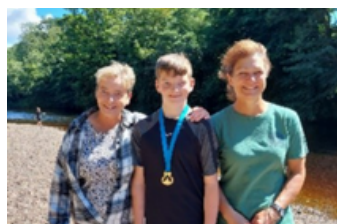
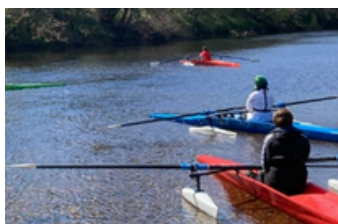
Scottish Rowing delivers or supports a number of community and outreach programmes and activities. We are working to expand these outreach activities and are keen to support clubs where we can.

As well as providing financial support for delivery, we have recently launched Champions for Change, a programme aimed at helping clubs design and deliver barrier free access to rowing.

### River Ayr

This project is specifically aimed at those who might not have the ability to engage in physical activity outside school due to personal or financial circumstances.

2023 started off with the project being recognised by South Ayrshire Council - winning the Initiative of the Year at their 2022 Coaching and Volunteer Awards.



Following this, attention turned to planning and delivering the regular activity for 2023 to groups of young carers and care experienced young people as well as others who are not engaging well with school activity. We also ran three weeks of holiday activity over the summer culminating in a family day in partnership with Thriving Communities.

In total 95 individuals experienced rowing for the first time during the summer holiday programme on the River Ayr and two of the care experienced group have expressed an interest in joining a rowing club.



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## Strathclyde Park Rowing Club Community Outreach Project

Strathclyde Park Rowing Club are committed to provide barrier-free access to rowing to their local community. With funding from Foundation Scotland, Tesco Community Fund, LoveRowing, Aldi Community Fund, North Lanarkshire Council and Scottish Rowing, so far in 2023 they have delivered 26 free coached rowing sessions for 231 people from local primary and secondary schools, youth and men's groups.



Photos provided by : Strathclyde Park Rowing Club

As part of the North Lanarkshire Future Fridays initiative, from the start of the new school term in September 2023 they have been delivering free coached rowing sessions every week to pupils from FirPark Secondary, Dalziel High School, Cardinal Newman High School and Our Lady's High School. The uptake on these sessions has increased since last year - with both an increase in the number of participants and interest expressed by schools who were not involved in 2022.

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"I really enjoyed getting out on the water"

"I enjoyed learning how to turn the boat"

"I loved rowing on the water fastly"



"Loved it"

"The group of pupils all had a particular set of needs, and we weren't sure how they would respond since two of them had a fear of water"

"The coaches were great with the pupils from the start, got to know them well and were able to work with them to achieve their goals and overcome any reservations they had"

"The SPRC team were absolutely fantastic and ensured that our pupils were receiving high quality learning experiences, whilst having fun at the same time"

"This was an amazing opportunity for our pupils as this is an activity that they might not have had the chance to experience otherwise"

"The fact that the pupils would ask every week if they were going down to Strathclyde Park is a testimony in itself as to how much they enjoyed it"

SPRC OUTREACH FEEDBACK

# CONTINUED...

## The West Boathouse

In May, the **West Boathouse on Glasgow Green** celebrated its grand reopening – with over 250 people in attendance - following a two-year multi-million pound restoration project led by the Glasgow Building Preservation Trust, Clydesdale Amateur Rowing Club, Clyde Amateur Rowing Club, Strathclyde University Boat Club and supported by the National Lottery. This fantastic facility provides an opportunity for community engagement through rowing and other community activities.

## Clydesdale Amateur Rowing Club Community Outreach

The Clydesdale community outreach programme has three main strands:

- A schools programme offering learn to row activities to pupils from three different schools; Stonelaw, Trinity and Cathkin Secondary Schools.
- A carer's programme, funded by Scottish Rowing, during the last term for up to 8 children from the three schools above. This will continue through 2023/24.
- Learn to Row sessions throughout the year for those registering to attend. This comprises people from juniors through to adult learners.



## Firhill Youth Project

Earlier this year, the management of this project was handed over from Scottish Rowing to the Board of the recently formed SCIO. The project was successful in securing a sizeable grant from the Glasgow Communities Fund which will enable the project to employ a full time development officer for three years. We continue to provide input to the project as it develops and finds its feet as an independent body and are grateful for the partnership and support from Glasgow Life in the ongoing development of this project.



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FIRHILL YOUTH PROJECT

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## Scottish Rowing Centre Active Schools programme

January saw the return of Active Schools sessions delivered by Scottish Rowing staff. The delivery of sessions was completely turned on its head – with the programme being completed indoors utilising the indoor rowing tank. This has no doubt increased engagement and enjoyment of the rowing sessions for the children, and also provided an improved experience for our staff and the active schools instructors. Through this change, we have created a better environment to learn basic skills, and have the capacity to play games and create interactive race situations for the children (and teachers!). It has been wonderful to see the response of these children, who may otherwise never experience rowing, never mind experiencing rowing in a custom built indoor tank!

In total, we have run 175 Active Schools sessions in 2023, and reached over 2,000 primary 7 children. The sessions have been a great introduction to structured indoor delivery for some of our less experienced sessional coaches, and have provided the perfect environment for them to learn and grow as instructors/coaches and to build their confidence in delivering a familiar sport in a different way.

## Charities

At the end of January, a Scottish Rowing invitational team of Polly Swann, Sam Scrimgeour, Jane Hardie and Cameron Kemp, along with a team from Glasgow University Boat Club took part in the **Doddie Aid Britannia Regatta** aboard the Royal Yacht Britannia in Edinburgh to raise awareness and help raise vital funds in the continued fight against Motor Neurone Disease. The rowing teams completed a 3-hour relay race on the Concept 2 ergometer alongside 8 teams of celebrities.



Photo provided by: Lee Boucher (Scottish Rowing)

# PATHWAYS AND TALENT DEVELOPMENT

This year has seen a wide range of activities and opportunities at nearly every level of the sport.

Following a successful pilot in the 2021/22 season, the **Scottish Rowing Junior Academy** programme returned in Autumn 2022 with strong interest from all corners of Scotland as 34 junior rowers signed up through the application process. A total of 16 rowers representing 6 different clubs were subsequently selected to join the programme, with Academy athletes benefiting from a camp-based programme delivered between October and April focusing on physical preparation, crew boat skills and performance behaviours.



Photo: Holly Jones (Scottish Rowing)

The **Scottish Rowing Schools Indoor League** took place between September and November with three rounds of racing in individual schools leading into the **Scottish Schools Indoor Rowing Championships** held at Hutchesons' Grammar School in Glasgow. Across the three rounds there were over **2,200** participant sessions recorded with 18 schools and 158 pupils travelling to the final event where George Watson's College topped the final standings, just ahead of the Hermitage Academy.

The popular **Scottish Rowing J16 Land Camp** returned to the **sportscotland** national sports training centre at Inverclyde, Largs, in early December with 32 participants from across Scotland enjoying the packed residential programme which this year was led by Andy Barton and the Pathway Development team. Sessions were delivered by experienced coaches including Tom Young (British Rowing) and Lewis McCue (Edinburgh University) as well as physical preparation expert Jonny Stevenson (Resilience PPE), whilst British Rowing World Class Start athlete Mike Simpson took part in a Q&A session and Cara O'Donnell delivered a coxing workshop.



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Early in the New Year, the Scottish Rowing Centre provided a welcome environment for athletes from the **Scottish Rowing Performance Programme** and Junior Academy to get some valuable indoor training completed as the weather outside started to take a turn for the worse. British Rowing's Under 19 Programme Manager Dan Cooper travelled up to Scotland for the **Junior Academy** camp in January where he led a video analysis session and provided a GB Rowing Team update.

The **Scottish Argonauts junior development project** was delivered by the performance team once again with a training and selection weekend organised at Strathclyde Park before three crews were selected to compete at the Tideway Heads in London. The junior women achieved their highest ever placing (43rd) at the Women's Eights Head of the River Race (WEHORR) in early March whilst two junior men's eights competed at the Head of the River Race two weeks later. At WEHORR both Clydesdale Amateur Rowing Club (Small Club) and Edinburgh University Boat Club (Beginner Academic) won pennants.

Scottish Rowing extended its successful partnership with the University of Edinburgh for a further six years with a mutual commitment to create a thriving programme at all levels that supports and encourages long-term athlete development. Further partnership extensions with the University of Glasgow and University Rowing Aberdeen (University of Aberdeen and Robert Gordon University) – both of whom have appointed new Head coaches in the current season – are being finalised whilst Scottish Rowing has also established strong links with the University of St Andrews as we look to establish a coastal sculling academy.

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Following the appointment of Tom Young as Lead Performance Pathway Coach, Scottish Rowing was able to lead an athlete development project through both Henley Women's Regatta and Henley Royal Regatta for a number of returning US based rowers. With the focus on big boat rowing in the US, this proved to be a really valuable period for this group as with Tom's input they were able to focus on their individual development through training and competing in smaller boats as well as spending time in the gym with technical input provided by the sportscotland institute of sport.



Photos: Holly Jones (Scottish Rowing)

Late summer saw the arrival of two Junior Technical Camps at the Scottish Rowing Centre. This was an exciting two weeks for the centre, as the camps demonstrated a new offering to the Scottish Rowing Junior Membership. The camps were split by age, with week 1 open to J14 and J15 rowers, and week 2 open to J16 and J17 rowers. The learning outcomes of both camps were to improve the technical proficiency of the attendees prior to the start of the 2023/24 season.

One of the aims of the Scottish Rowing Centre is to better serve the our members – and we believe adding a variety of summer camps to our offering will help to support our junior membership and improve interclub relations. The Junior Technical Camps have provided the athletes with the additional skills required to apply for activities such as the Junior Academy.



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The camps were aimed at juniors who had competitive domestic race experience, and the aim was for the participants to gain technical understanding of their stroke and specific tools to improve it. It also proved to be a gateway for a female Scottish athlete's coaching development. Perri McCluskey is currently undertaking her British Rowing L2 Sessional Coach Qualification and Scottish Rowing supported her through her RYA Powerboat Qualification prior to her assisting our Camp Head Coach – Michael Hughes (EUBC Beginner Coach) on delivery of both weeks of Junior Technical Camp



Photos: Holly Jones (Scottish Rowing)

# SCOTLAND ROWING TEAM

In early December 2022, the Scotland Rowing Team topped the medal table at the **Commonwealth Rowing Association Beach Sprint Championships** in Walvis Bay, Namibia winning gold medals in three out of the four events. Gregor Hall won gold in the men’s coastal solo (CM1x) whilst Laura McKenzie (Leander Club / Glasgow University BC) and Sam Scrimgeour (Glasgow RC) took the win in the mixed double scull (CMix2x). All three also teamed up with Isla MacCallum to win gold in the mixed team relay.



The Scotland Rowing Team also enjoyed a successful campaign at the 2023 **Home International Rowing (HIR) Regatta** hosted by Ireland at Lough Rinn in County Leitrim. Overall Scotland won 9 gold medals on the day and finished in second place in both the junior and senior women’s team trophies, and third in the equivalent junior and senior men’s events. All of the senior women’s team were successful in winning at least one gold medal on the day with Zoe Beeson (Aberdeen Schools RA), Isla Wilding and Morven Thomson (both Strathclyde Park RC), Maisie Aspinall (Aberdeen University Boat Club), Josephine Briggs, Grace Dawson and cox Izzy Knott (all Edinburgh University Boat Club) all winning three golds.



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The Home International Rowing (HIR) Beach Sprints was hosted by Wales in Saundersfoot, the venue for last year's World Rowing Beach Sprint Finals. Edinburgh University Boat Club's Isla MacCallum, the 2022 world under 19 silver medallist, was the sole returning member of the Scotland Rowing Team which had captured the team trophy at the inaugural HIR Beach Sprints in St Andrews last year. The Scotland team fought hard across all boat classes but unfortunately were unable to translate this determination into any victories on the day, with the hosts Wales taking the team trophy for the first time.



Photos: Christina Taylor

# GB REPRESENTATION



Photos: Ben Tufnell (British Rowing)

In October 2022, the **World Rowing Beach Sprint Finals** were held in Saundersfoot, Wales, with the GB Rowing Team featuring a strong Scottish contingent including three athletes who had competed for the Scotland Rowing Team at the inaugural HIR Beach Sprints in St Andrews. Edinburgh University's Isla MacCallum took a memorable silver medal in the under 19 women's solo (CJW1x) event after impressive head-to-head victories over Portugal and France before losing out to Tunisia in the final. Gregor Hall (Stirling RC) finished just outside of the medals in 4th place after competing in some extremely challenging conditions.

Scotland's leading junior and senior rowers travelled to Boston in Lincolnshire for the **GB Rowing Team Early ID Trials** where Alexander Patton (St Andrew BC) and Kloe Hunter (Glasgow Academy) were the leading Scottish junior athletes, with Dan Jones (Edinburgh University) and Perri McCluskey (Strathclyde Park RC) the top performing senior athletes.

The GB triallists all returned to Boston in February for the **GB Rowing Team Long Distance Trials**. Scottish rowers took the top 3 places in the lightweight men's category as Dale Flockhart, Dan Jones and Ben Parsonage put down strong performances. George Heriot School's Amy Newton was the top performing junior athlete with top 10 finishes in both sweep and sculling boat classes across the weekend. Meanwhile at Caversham, Strathclyde Park Rowing Club's Jake Woods took part in his first on-water assessment as part of the **GB Rowing Team Para-Rowing programme**.

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Photo: Allmarkone

At the **GB Rowing Team Senior and Under 23 Trials** Dale Flockhart retained his lightweight men's title for the second successive year, a result which would later see him selected for the **European Rowing Championships** with Edinburgh University teammate Dan Jones (where they finished 15th).

Hannah Supple (Edinburgh University BC) was one of a number of under 23 and development athletes who recorded strong performances at these trials. At the prize giving, British Rowing Director of Performance Louise Kingsley made a special presentation to Tom Young in recognition of his contribution to the GB Rowing Team during his time as the World Class Start coach for Scotland.

At the beginning of May, two Scottish junior athletes were selected to represent the GB Rowing Team at the 2023 **Munich International Junior Regatta**. Amy Newton (George Heriot's School) competed in the junior women's four with St Andrew Boat Club's Alexander Patton racing in both the junior men's single and double scull. Whilst at the **Duisberg International Wedau Regatta** a number of under 23 and senior Scottish rowers – Perri McCluskey (Strathclyde Park RC), Hannah Supple (Edinburgh University BC) and Abigail Topp (Leander Club) - got valuable international competition as part of a GB development group.

At the **European Rowing Championships**, Great Britain returned to the top of the medal table with a total of 10 medals including Sholto Carnegie (gold, men's eight), Oli Wilk (gold, men's four), Rowan McKellar (silver, women's four), Karen Bennett (silver, women's eight) and Lucy Glover (bronze, women's quad).



Photos: British Rowing



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The GB Rowing Team continued their strong form at the second World Rowing Cup in Varese again topping the medal table with podium finishes for Sholto Carnegie (gold, M8), Oli Wilkes (gold, M4-), Rowan McKellar and Karen Bennett (both silver, W8).

Great Britain rounded off the World Cup series in Lucerne, topping the medal table and taking the overall team title with medals for Karen Bennett (gold, W8), Oli Wilkes (gold, M4-), Lucy Glover (silver, W4x), Sholto Carnegie (silver, M8) and Rowan McKellar (bronze, W4-).

Following the British Rowing Beach Sprint Championships it was confirmed that Gregor Hall (CM1x), Laura McKenzie and Sam Scrimgeour (CMix2x), and Ryan Glymond (CMix4x+) have been selected to represent the GB Rowing Team at the World Rowing Beach Sprint Finals in Italy later in the year, with McKenzie and Scrimgeour also set to compete at the European Rowing Beach Sprint Championships in France. Iain Docwra (Scottish Rowing) and Natalie Firth (Stirling RC) have been selected as part of the GB coaching and boat handling teams.

Scottish Rowing was once again well represented in GB age-group teams across junior and Under 23 age groups in 2023. Briony Wood, added the GB France J16 Match title to her list of accolades in 2023, whilst at the Coupe de la Jeunesse in Amsterdam fellow Glasgow Academy athletes Kloe Hunter, Sofia Nielsen and Carmen Buter won two gold medals as part of the women's eight with Hunter also picking up two silver medals in the coxed four. Alexander Patton (St Andrew BC) recorded an impressive silver medal as part of the GB men's quad at the World Rowing Under 19 Championships. Aberdeenshire's Miles Beeson (ex. Aberdeen Schools RA) made it three gold medals in three different boat classes in three years when he took the men's pair title at the World Rowing Under 23 Championships in Plovdiv, Bulgaria.



Photos: Glasgow Schools Rowing Club



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Olympic qualification was the main aim of the GB Rowing Team at the World Rowing Championships in Belgrade in early September. Continuing their impressive form from earlier in the season, Great Britain finished with nine medals and qualified 13 boats for Paris 2024. Scotland's rowers played their part with Sholto Carnegie (men's eight) and Oli Wilkes (men's four) both winning gold as part of a dominant men's sweep team performance. On the women's side, both the women's four (Rowan McKellar) and the women's eight (Karen Bennett) achieved Olympic qualification finishing third and fourth place respectively. Lucy Glover had a challenging championships in the women's single scull placing 22nd overall.



Photos: Benedict Tufnell (British Rowing)

# COMPETITION AND EVENTS

The **domestic competition calendar** got underway with Head races in Aberdeen and Inverness whilst some Scottish clubs ventured to compete on the Tees and the Tyne. The season continued with events in Aberdeen, Glasgow and Inverness, with the **Inverness Winter Head** also incorporating the **Scottish Student Sport (SSS) Head**.

At the **BUCS 4s and 8s Head** on the Tyne in Newcastle there were medals for Edinburgh, Glasgow and Strathclyde with Edinburgh enjoying a clean sweep in the beginner women's categories. At the **BUCS Regatta** in April, the University of Edinburgh enjoyed another successful campaign and finished third overall in the Victor Ludorum, whilst the Strathclyde University Boat Club also came home with a number of podium finishes.



Photos: Holly Jones (Scottish Rowing)

Entries for the **Scottish Rowing Spring Regatta** (incorporating the Scottish Student Sport Rowing Championships) were up on last year with 660 crews and 697 individual athletes taking part. Scottish Rowing President Matt Taylor led a boat naming ceremony to name the Filippi performance fleet with Dame Katherine Grainger, Jim Aitken MBE, Ailie Ord and Mike Morrice in attendance to be honoured for their contributions to Scottish Rowing.



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In May, Scottish Rowing hosted its first ever Beach Sprints Regatta in Ayr as the **Scotland Rowing Team Beach Sprints Regatta** was delivered in partnership with South Ayrshire Council, the Outdoor Partnership, Ayr Sea Cadets, Prestwick Sailing Club and Swift Racing Boats. The event featured 30 competitors from across Scotland and England with many competing in a Beach Sprints competition for the first time. Gregor Hall, who had finished runner-up to Sam Scrimgeour in Ayr had also taken part in equivalent events in Wales and England, winning both against experienced GB opposition.



Photos: Rebecca Cobb

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There were strong performances by Scottish schools and clubs at the **National Schools' Regatta** at Dorney Lake with medals for Glasgow Academy (silver, Girls J15 4+ and gold, Girls Championship 1x), Aberdeen Schools Rowing Association (gold, Boys Championship 4+), George Heriot's School (gold, Girls Championship 2-) and St Andrew Boat Club (gold, Boys Championship 2x).

Scotland's largest one-day regatta – **Castle Semple Regatta** – was one of several club-organised competitions through the summer period which also included the North East Regatta, the Clyde ARC Power Sprints, Nithsdale Regatta and the Glasgow Rowing Club Summer Regatta.

The **Scottish Rowing Championships**, which took place in glorious sunshine, also saw an increase in entries on 2022 despite a decision being taken to run over two days (instead of three). For the first time the event ran as an Open Championships with entries accepted from clubs from outside of Scotland



Photos: Holly Jones (Scottish Rowing)



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Attention then switched to Henley-on-Thames where Glasgow Academy (Junior 4+) and Edinburgh University (Development 4+) were amongst the winners at the **Henley Women's Regatta** and whilst there were no Scottish club victories at **Henley Royal Regatta** a number of ex-pats took home a coveted red box including Rowan McKellar (Town, Leander Club and Imperial College), Patrick Tawns (Thames, Thames RC), James Doran (Ladies, Oxford Brookes University), Oli Wilkes (Stewards, Oxford Brookes University), Sholto Carnegie (Grand, Oxford Brookes University & Leander Club) and Freddy Foxwell (Fawley, Leander Club).



Photo: Alice Vine

The return of the **British Rowing Junior Championships** to Strathclyde Park in July for the first time since 2015 was welcomed by the Scottish Rowing community, resulting in a 43% increase in Scottish school and club entries compared with 2022. On the water, Scottish clubs performed with distinction with medals won by Aberdeen Schools Rowing Association, Aberdeen University Boat Club, George Watson's College, Glasgow Rowing Club, Glasgow University Boat Club, St Andrew Boat Club and Strathclyde Park Rowing Club.

In coastal sculling, Gregor Hall (CM1x), Laura McKenzie and Sam Scrimgeour (CMix2x) had all been selected to represent Team GB at the 2023 ANOC **World Beach Games** in Bali, Indonesia, before the event was cruelly cancelled less than one month before it was due to start. McKenzie and Scrimgeour took gold in the CMix2x at the **British Rowing Beach Sprints Championships** in Exmouth, with Hall coming home with a bronze in the CM1x. The University of St Andrews Boat Club also got onto the podium taking bronze in the CMix2x. Whilst Saints also won two medals at the **British Rowing Offshore Championships** held on the same weekend.

# EDUCATION

This year saw the roll out of **Coach Club**, Scottish Rowing's new register for coaches which provides members with coaching insurance as well as a range of other benefits including a free subscription to UK Coaching. Across the period over 24 coaches have signed up to the programme. During the year Scottish Rowing ran a **British Rowing Session Coach Course** and also a **British Rowing Club Coach Course** with further courses including a **British Rowing University Coaching Assistant Course** and **Level 2 Strength and Conditioning Course** planned.

With access to the meeting room and gym area, plus water access, the SRC remains a brilliant location for a variety of coach development courses. British Rowing club/sessional coach courses are run from the centre one to two times per year in order to support the clubs with coach education, and this year we have also successfully brought two First Aid courses to the centre. This is an important step in coach development as First Aid is a prerequisite of many coaching courses and indeed very valuable to coaching roles. Via the Scottish Rowing Pathways Team, we have been able to provide these courses at a much reduced fee to those looking to acquire their coaching qualification or refresh their knowledge as a club coach or volunteer.



Photos: Holly Jones (Scottish Rowing)

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During 2023, the Rowing Centre has also held a variety of non-rowing specific workshops. The aim of these workshops was to deliver a number of different sessions to both the rowing community and to those not currently involved with rowing. To date we have run a running workshop, a weightlifting workshop and a one focused on women's health and the menopause

In May, Scottish Rowing appointed its first-ever Anti-Doping Advisory Group with representatives from athletes, coaches and clubs helping to ensure that we continue to meet our obligations in the ongoing fight for Clean Sport. Throughout the year Scottish Rowing has delivered a pro-active education programme with attendance at Clean Sport workshops mandatory 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.



Photos: Holly Jones (Scottish Rowing)

## Child Wellbeing and Protection

The Scottish Rowing Child Protection and Welfare office provides regular support to Club CWPO's through quarterly 'POD' sessions.

In 2022 three sessions were held covering: adopting policies and procedures, working towards the child wellbeing and protection standard's key themes and reporting and recording of low-level concerns.

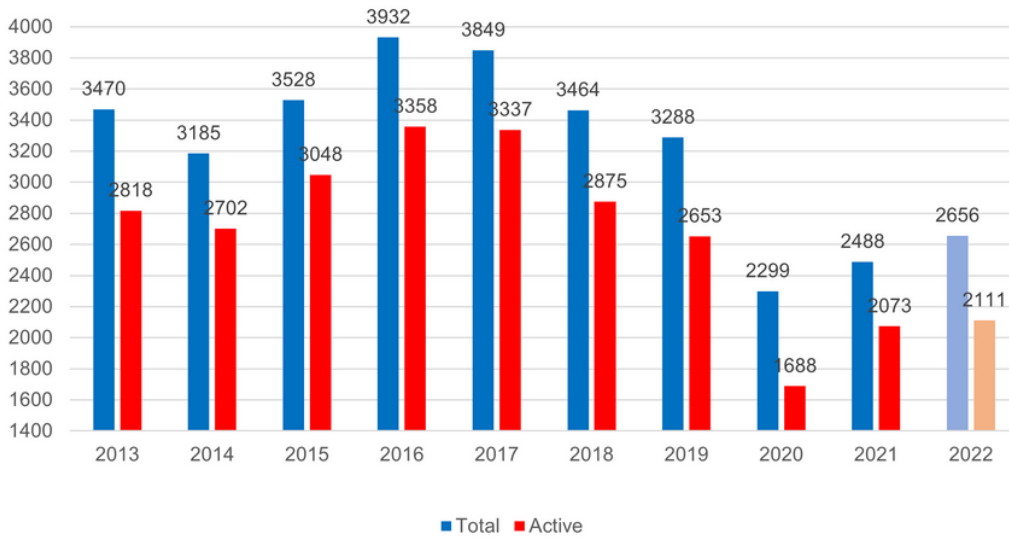
Our first session in 2023 was an opportunity for the Club CWPO's to share their experiences and talk through their challenges and successes with the second session being a case management workshop.

# MEMBERSHIP

The chart below shows the trend in reported membership over the last ten years. This is the combined membership reported through the club annual returns and also includes indoor rowing activity.

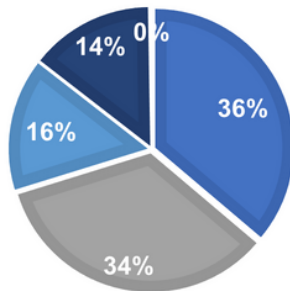
Membership continues to recover but junior membership has been slower to recover than senior and numbers of junior women have declined slightly.

Membership Numbers 2013-2022



## MEMBERSHIP DETAIL

■ Snr M ■ Snr W ■ Jnr M ■ Jnr W ■ Other





# CONTINUED...

A breakdown of other activity, including Scottish Rowing activity is set out in the table below. While the reported level of club led activity is down, this has been more than offset by the Scottish Rowing delivered activity which has increased significantly. This increase was driven by an increase in participation in the Schools Indoor League and the start up of the Active Schools Activity at the Scottish Rowing Centre.

<b>Participation Activity (Clubs)</b>	<b>2021</b>	<b>2022</b>
Learn to Row	468	144
Come and Try	234	102
Corporate Regatta or event participation	400	70
Schools or community participant (indoor)	30	60
Schools or community participant (on water)	59	247
<b>Total Activity (Clubs)</b>	<b>1191</b>	<b>623</b>
<b>Participation Activity (Scottish Rowing)</b>		
Schools League Participants (total)	836	1273
Scottish Rowing Active Schools		526
Scottish Rowing Outreach	143	285
<b>Total other Activity Scottish Rowing</b>	<b>979</b>	<b>2084</b>
<b>Total Sport</b>	<b>2170</b>	<b>2707</b>

# FINANCE

In the financial year ended 31 March 2023, Scottish Rowing generated a surplus of £21,277 (2021-22: £32,895) which included a £37k profit on the disposal of performance equipment. The disposal proceeds were reinvested to replace the boats sold.

Income generated was £745.1k (2021-22: £627.2k). The increase was driven by a 15% increase in core funding received from sportscotland along with an increased level of activity compared to the previous year with the Home International Regatta returning to the calendar and Scottish Rowing events returning to normal. Scottish Rowing received £464.8k (2021-22: £403.8k) of core funding from sportscotland of which £312k is specifically for staff posts.

Other grant income was gratefully received from Commonwealth Games Scotland, Winning Students and the Scottish Physical Recreation Fund. Membership income, which is made up of club affiliation fees and individual memberships, represented 7.4% of Scottish Rowing's 2022-23 income. The event income generated is offset by the costs of running the events.

£000	Mar-22	Mar-23	
<b>Income</b>			
sportscotland core funding	404	465	62.4%
Other grant income	82	64	8.6%
Memberships	47	55	7.4%
Events	17	47	6.3%
Gain on sale of assets	16	37	5.0%
Other income	61	78	10.4%
<b>TOTAL INCOME</b>	<b>627</b>	<b>745</b>	<b>100%</b>
<b>Expenditure</b>			
Performance	219	251	
Governance & Member Services	215	276	
Sport Development & Pathways	161	197	
	-		
<b>TOTAL EXPENDITURE</b>	<b>594</b>	<b>724</b>	

# FINANCE

## Income Breakdown by Source

- sportscotland core funding
- Other grant income
- Memberships
- Events
- Gain on sale of assets
- Other income





# HIR RESULTS

Medal winners for the Scotland Rowing Team at the 2023 Home International Rowing Regatta

Crew (listed from bow)	Boat Class	Distance
Oliver Plank (Stirling Rowing Club)	JM1x 'B'	2000m
Briony Wood (Glasgow Academy)	JW1x 'A'	2000m
Jake Woods (Strathclyde Park Rowing Club)	PR1 M1x	2000m
Morven Thomson (Strathclyde Park Rowing Club) Maisie Aspinall (Aberdeen University Boat Club) Josephine Briggs (Edinburgh University Boat Club) Grace Dawson (Edinburgh University Boat Club) Isabelle Knott (Edinburgh University Boat Club) ©	W4+	2000m
Isla Wilding (Strathclyde Park Rowing Club) Zoe Beeson (Aberdeen Schools Rowing Association)	W2-	2000m
Orla Johnson (Imperial College Boat Club) Anna Fisher (St Andrew Boat Club) Josephine Briggs (Edinburgh University Boat Club) Grace Dawson (Edinburgh University Boat Club) Morven Thomson (Strathclyde Park Rowing Club) Maisie Aspinall (Aberdeen University Boat Club) Isla Wilding (Strathclyde Park Rowing Club) Zoe Beeson (Aberdeen Schools Rowing Association) Isabelle Knott (Edinburgh University Boat Club) ©	W8+	2000m
Jake Woods (Strathclyde Park Rowing Club)	PR1 M1x	500m
Isobel Clements (Edinburgh University Boat Club) Isabella Roper (Tideway Scullers School) Catriona Norval (Strathclyde Park Rowing Club) Laura Bates (Newark Rowing Club)	W4x	500m
Emily Carruthers (Aberdeen University Boat Club) Isla Bathgate (Strathclyde Park Rowing Club) Josephine Briggs (Edinburgh University Boat Club) Grace Dawson (Edinburgh University Boat Club) Morven Thomson (Strathclyde Park Rowing Club) Maisie Aspinall (Aberdeen University Boat Club) Isla Wilding (Strathclyde Park Rowing Club) Zoe Beeson (Aberdeen Schools Rowing Association) Isabelle Knott (Edinburgh University Boat Club) ©	W8+	500m

# SCOTS ON THE GB TEAM

Scots representing Great Britain at World Rowing Championships in 2023

Name (Club)	Event	Boat Class	Result
Alexander Patton (St Andrew Boat Club)	Under 19	M4x	SILVER
Miles Beeson (Molesey Boat Club)	Under 23	M2-	GOLD
Abigail Topp (Leander Club)	Under 23	W4-	4 <sup>th</sup>
Hannah Supple (Edinburgh University Boat Club)	Under 23	W4x	8 <sup>th</sup>
Sholto Carnegie (Leander Club)	Senior	M8+	GOLD
Oli Wilkes (Oxford Brookes University Boat Club)	Senior	M4-	GOLD
Rowan McKellar (Leander Club)	Senior	W4-	BRONZE
Karen Bennett (Leander Club)	Senior	W8+	4 <sup>th</sup>
Lucy Glover (Edinburgh University Boat Club)	Senior	W1x	22 <sup>nd</sup>
Gregor Hall (Stirling RC / University of St Andrews BC)	Beach	CM1x	TBC
Laura McKenzie (Glasgow University BC / Leander Club)	Beach	CMix2x	TBC
Sam Scrimgeour (Glasgow Rowing Club)	Beach	CMix2x	TBC
Ryan Glymond (University of St Andrews Boat Club)	Beach	CMix4x+	TBC

