



BRITISHROWING

Coaching Conference 2025

INSPIRATIONAL COACHING

Delegate Pack

Welcome!

British Rowing is delighted to welcome you to the 2025 Coaching Conference. The programme is packed full of current and knowledgeable speakers who we are excited to have as part of the event. The content and topics have been developed in collaboration with the coaching community and reflect what we have heard is of relevance to you, the coach, in your coaching environment.

Although the event (rowing) is steeped in science and is technical in nature; the “business” of coaching is about the rowers - the people. Coaching is about doing the right thing; in the right way; at the right time for each individual.

The topics that the speakers will be speaking about have been collated in such a way, as to reflect this.

The Right Thing: This is the science bit. The technical and the physiological.

The Right Way: This is about the people and how to get the best out of each individual.

The Right Time: This is a mix of both. Doing the right thing, at the right time for that individual.

With that in mind, have a read through the delegate pack and consider which topics, in which column will make the most difference to your coaching at the moment. You will be asked to select your 1st, 2nd and 3rd choice for the sessions allocated at each time. We will be allocating places in sessions on a first reply basis, however; all sessions will be filmed and made available to delegates after the event, so you won't miss out on those you can't attend.

We look forward to welcoming you on the 25th and/or the 26th January at Edgbaston.

From all in the Conference Team at British Rowing.

Day 1 Programme - Community Focus

Time	Venue	Event	
09h30	Reception	Registration	
10h00	The Fry Room	The year in pictures and welcome address from a British Rowing Director.	
10h20	The Fry Room	Keynote Speech: Why deeper connections hold the key to unlocking potential (on and off the water). Cath Bishop , Olympic medallist, speaker, facilitator and coach.	
11h00	The Fry Lounge	BREAK	
BREAKOUT GROUPS			
11h20	The Fry Room “The Right Thing”	Pevsner Room “The Right Way”	Lodge / Corelli Room “The Right Time”
	Diversifying Club Opportunities for Rowers	Understanding and creating healthy performance environments for young athletes: a Salutogenic approach	The female rower
12h20	Diversifying Club Opportunities for Rowers (continued)	Dirty Waters - how to navigate around them	Transitions – What questions or decisions does an athlete need to make when looking at their next options in rowing?
13h00	Restaurant	LUNCH	
BREAKOUT GROUPS			
14h00	The Fry Room “The Right Thing”	Pevsner Room “The Right Way”	Lodge / Corelli Room “The Right Time”
	Self Care for Coaches	Neuroinclusive Coaching	Athlete monitoring, assessing, profiling and benchmarking for club coaches
14h50	How to ensure rowers are physically capable of executing the technical movements required in rowing to the best of their ability	Creative coaching - embracing ‘play’	Preparing yourself and your crew for competition
15h30	The Fry Room	British Rowing Technique 2025	
16h20	The Fry Room	Day 1 close	
17h00-18h00	Meet at reception	Walk and Talk	

Day 2 Sunday Programme - Performance Focus

Time	Venue	Event	
09h30	Reception	Registration	
10h00	The Fry Room	The year in pictures plus Learning, Education and Development - The future	
10h20	The Fry Room	Keynote Speech: Summiting Everest. Dr Andrew Randell , GB Olympic Head Coach - Women	
11h00	The Fry Lounge	BREAK	
BREAKOUT GROUPS			
11h20	The Fry Room “The Right Thing”	Pevsner Room “The Right Way”	Lodge / Corelli Room “The Right Time”
	“Greater than the sum of the parts”	Resilience in coaching	Coaching the Coaches & Raising the Bar: Junior Talent Pathway Pilot Project
12h20	British Rowing Technique 2025	Creating great coaching environments. Building trust through “Ski lift” time	Well that escalated quickly...
13h00	Restaurant	LUNCH	
BREAKOUT GROUPS			
14h00	The Fry Room “The Right Thing”	Pevsner Room “The Right Way”	Lodge / Corelli Room “The Right Time”
	Stronger, fitter, faster	Sports Psychology “Unlocking the secret to peak performance”	Developing a Care Infrastructure for Coaches
14h50	Maximising Crew Success: Performance Coxing	Training smart - maximising the impact of training completed	Identifying and supporting rowers with potential eating problems
15h30	The Fry Room	Sense making and connecting: So much stuff! Where to start? What matters?	
16h20	The Fry Room	Day 2 close	

Our Speakers

Alan Rapley



Alan Rapley is an experienced coach developer and former Olympic swimmer, having captained Great Britain at the 1996 Atlanta Games. With over 20 years in elite sport, Alan specialises in high-performance coaching, having worked with over 300 performance coaches, national teams, and professional teams to evolve macro thinking through micro solutions. Drawing from his experience as an athlete, coach and coach developer, he helps individuals and teams unlock their potential through tailored strategies and practical insights, blending sports principles with personal development for long-term success.

Self Care for Coaches: Saturday 14h00 In the session, we will explore the critical importance of coach wellbeing, particularly during the high-pressure periods of competition. We'll explore practical strategies for maintaining balance, managing stress, and building resilience throughout the year. By focusing on self-care, mental clarity, and sustainable energy management, coaches can perform at their best and, ultimately, support their athletes more effectively, even in the most intense competitive environments.

Alex Wolf



For over two decades, spanning six Olympic Games, Alex has been a driving force behind the success of athletes and teams, helping them excel in the moments that define their careers. As co-founder of the Strength and Conditioning Academy, Alex's mission is to bring education and consultancy in physical preparation and personal performance to a broader audience. Lead author and content creator for [Science of Rowing](#), Alex has published two [books](#) and several peer reviewed articles. Alex's career includes 15 years with the UK Institute of Sport, supporting GB Rowing at the London Olympics. Alex consults with the Chinese Rowing Association, Saudi Arabian Rowing Federation, and the Para Rowing Foundation.

How to ensure rowers are physically capable of executing the technical movements required in rowing to the best of their ability: Saturday 14h50 In this session, we'll dive deep into how to ensure rowers have the physical foundations to consistently achieve the technical rowing movements demands. We'll explore the importance of developing the physical characteristics to not only help move boats fast, but the foundations of developing the stability which enables effective force production to build more robust athletes. Coaches will learn practical ways to assess their rowers and implement targeted off-water training that enhances their ability to maintain strong, efficient positions throughout the stroke cycle, ensuring a solid base for improved performance and reduced injury risk.

Stronger, fitter, faster: Sunday 14h00 This presentation focuses on the key elements required to build stronger, fitter, and faster rowers, addressing both endurance and the often-underdeveloped areas of high intensity training, power and speed. We'll discuss how to effectively train these aspects alongside endurance, ensuring athletes can accelerate, maintain speed, and maximize efficiency across all distances. By adopting a balanced approach to training, coaches will be equipped to develop rowers who are not only fit but fast and powerful, ready to excel in the evolving demands of modern rowing competition.

Alisdair Nauls



Alisdair ("Ali") Nauls is a passionate conservationist and skilled communicator with a teaching background. He joined The Rivers Trust in 2022, focusing on the EU "Preventing Plastics Pollution" project. Ali has extensive experience working with diverse groups—volunteers, businesses, educational institutions, and greatly enjoying the British Rowing Club Championships in '24. A keen sportsman and water mad, Ali would snorkel/swim/surf/kayak in a puddle given half a chance. He strongly believes everyone and anyone, from whatever background, from whichever sport, can contribute to conservation of our beautiful blue spaces, inspiring each other to take nature-positive action.

Dirty Waters - how to navigate around them: Saturday 12h20 This session will talk about what to look out for on your local waters, how to row safely on them and then steps to take to help clear them up.

Andrew Kirkland



Dr. Andy Kirkland is a Lecturer in Sports Coaching at the University of Stirling. He has a breadth and depth of experience at the 'coalface' in sport, working as a sport scientist, coach developer and coach. Andy's focus in his personal coaching has been in cycling and triathlon, working with athletes from the grass-roots to Olympic level.

His practical experiences in and through sport have influenced his academic work, which focuses on holistic approaches to Develop Healthy Performance Environments in Sport.

Understanding and creating healthy performance environments for young athletes: a Salutogenic approach: Saturday 11h20 The aim of my presentation is to encourage you to reflect on what 'the right thing, in the right way, at the right time' means to you in terms of your coaching practice. We'll explore questions surrounding how to help athletes prosper in rowing through cultivating healthy environments. Doing so means getting the 'stress balance' right by understanding what stress is, how individual athletes cope with it and how much is appropriate. My hope is that the presentation will encourage you to think about how holistic your coaching practice is and how you can support more adaptive training environments.

Andrew Randall



Andrew joined British Rowing in 2022 as the Women's Olympic Head Coach. A successful 2024 Olympic campaign saw his crew win gold in the Women's Quadruple Sculls, with the Women's Squad winning five medals overall (two gold, one silver and two bronze). Over the past three seasons he has guided the GB Women's program to multiple wins and medals at World Cups, the European Championship and World Championships. Previously, Andrew worked for Rowing Australia as a Senior Coach at both the Men's and Women's National Training Centres. Andrew represented Australia on several occasions in lightweight crews. In 2000 he completed a PhD in Medicine at the Garvan Institute of Medical Research.

Keynote speaker: Sunday 10h20 Summiting Everest

Ann Redgrave



Dr Ann Redgrave learnt to row whilst a medical student. She competed as a rower for Great Britain from 1984 through to 1988 representing GB at Olympic Games, World Championships and Commonwealth Games. She has worked as a doctor with the Team since 1992 and is currently the Chief Medical Officer for the Great Britain Rowing Teams. She is passionate about helping rowers realise their true potential whilst minimising the impact on their long term health.

Coaching the Female Rower - what's all the fuss?: Saturday 11h20 Understanding the nuances of coaching the female rower can enhance the coach-athlete relationship and enable better communication when female health issues arise. The session will provide insight into aspects of female health that impact ability to train/compete.

Training smart - maximising the impact of training completed: Sunday 14h50 What is it about a training programme that makes it effective? Why do some rowers respond well and some not to the same programme? This session will explore why and provide coaches with tools to facilitate improved outcomes - training more is not always the answer.

Ben Reed



Ben has coached for more than 30 years, from novices and juniors through to masters and Olympians. He coached several Oxford colleges to their headships, OUWLR to seven boat race victories, St Paul's J16s to golds at National Schools, and Wallingford's lightweight women to medals at Brit Champs and Henley Women's Regatta. Six of his athletes have competed for Great Britain at the Senior World Champs, and he coached the LW4x to gold in 2011 and 2016. More recently he has been involved in talent identification and development in the Thames Valley.

Athlete monitoring, assessing, profiling and benchmarking for club coaches: Saturday 14h00 Hopefully this presentation will do exactly what it promises in the title. Matt Paul and I will aim to run through all feasible methods of athlete testing to allow you to decide what will work for you in your context.

Bruce Lynn



Bruce Lynn is Coach/Coordinator of Marlow Rowing Club's Adaptive/Pararowing squad where he has coached over 100 adaptive rowers including several Paralympians. He also runs the website adaptiverowinguk.com (over 270 articles on adaptive/pararowing and complete database of UK adaptive clubs and events) and serves as a leader of the Community Adaptive Group.

Coaching Adaptive Rowers: Saturday 11h20 Coaching adaptive rowers is the ultimate in athlete-centric coaching. It can also enhance your skills in conventional rowing as you have to take all conventional wisdom about technique with a grain of salt and re-evaluate from first principles what makes the boat go faster. This talk will provide a basic introduction to the impairments, adaptations and accessibility considerations with disabled rowers.

Caragh McMurtry



Caragh's rowing journey brought the happiest and darkest moments of her life. Discovering rowing through an outreach project, her neurodivergent traits were key to her early success at junior level. Joining the national team, those same traits made her stand out for the wrong reasons, leading to a misdiagnosis of bipolar disorder. The pressures of elite sport and her late diagnosis of autism becoming a turning point, enabling Caragh to embrace her true self and share this insight with her coaches. After rowing, Caragh founded Neurodiverse Sport CIC, a nonprofit with a bold vision: to make neuroinclusive practices the standard in all sports, creating truly inclusive environments where everyone can thrive in sport.

Neuroinclusive Coaching: Saturday 14h00 During the panel discussion on neuroinclusive coaching, Caragh will share her personal journey as a neurodivergent athlete and discuss how understanding neurodiversity can transform coaching practices and athlete experiences. She will explore the importance of recognising individual needs, the power of communication, and the role of lived experience in creating supportive, inclusive environments.

Caroline Shepherd



Caroline is a Senior Programme Manager at Earthwatch Europe, leading the Freshwater programme in the UK. With a background in Economics and experience in project and programme management, Caroline has been leading freshwater projects with Earthwatch for six years, working with community groups, partners and funders. She lives in Leamington Spa and is passionate about spending time in nature.

Dirty Waters - how to navigate around them: Saturday 12h20 This session will talk about what to look out for on your local waters, how to row safely on them and then steps to take to help clear them up.

Carolyn Plateau



Dr Carolyn Plateau is a Reader in Applied Psychology with more than 15 years' experience in researching eating problems in athletes. Carolyn has published widely within the academic literature and received funding from a variety of sporting organisations to support her research (e.g., England and Wales Cricket Board, UK Sport, and the UK Sports Institute). She works closely with UK Coaching to develop and deliver accessible content around eating problems in sport. Carolyn's work has informed the development of interventions for athletes and their wider team, to promote the prevention and early identification of eating problems within the sport context. Her online CPD course "Disordered Eating in Athletes" has been adopted by several sport's governing bodies as part of their coach education provision.

Identifying and supporting rowers with potential eating problems: Sunday 14h50 This talk will explore the prevalence and impact of eating problems in rowers. It will provide guidance on identifying rowers who may be at risk of eating problems and explore the role of sports professionals in supporting athletes who present with eating problems.

Cath Bishop



Dr Cath Bishop learnt to row at Cambridge University and went on to compete at three Olympics. Highlights include winning the 2003 World Championships and an Olympic silver medal in 2004. Formerly a British diplomat specialising in global conflict issues, she now works as a leadership and culture coach. Cath's book The Long Win, challenges how traditional definitions of success can hold us back in sport, business and education. She is an independent advisor to British Gymnastics following the Whyte Review and writes a monthly column for The Guardian as well as co-hosting The Inside Out Culture podcast. Cath is a Henley Steward, advisor to the True Athlete Project and Trustee of Love Rowing.

Keynote speaker: Saturday 10h20 Why deeper connections hold the key to unlocking potential (on and off the water).

Colum Cronin



Colum Cronin is a Reader in Sport Coaching and PE at Liverpool John Moores University, UK. There he leads the MSc Sport Coaching Programme. Colum's research focuses primarily on coach-athlete relationships and coach education. He has a particular interest in understanding caring relationships in sport coaching, co-authoring the book, [Care in Sport Coaching](#) published by Routledge and has recently researched care for coaches with UK Coaching. He also has experience as a basketball coach in the public, private and voluntary sectors.

Developing a Care Infrastructure for Coaches: Sunday 14h00 In this presentation, I will report on research, conducted with UK Coaching, on the care experienced by coaches in the UK sport system. I will detail some of the informal care experiences, and also consider how sports can build a care infrastructure to support their coaches with a relational 'web of care'.

Darren Whiter



Darren's first success was coaching Di-Luzio and Matthew Wells to Gold at the 1997 Junior World Championships, later coaching Matthew to the World U23 1x title. Darren joined British Rowing in 1999 as U23 Lead Coach. He coached Zac Purchase to the 2005 World U23 LW1x title and Zac and Mark Hunter to the LW2x Gold Medal at the 2008 Beijing Olympics. Darren was appointed Lead Coach for the LW Men's Programme in 2009, until the IOC's reduction of LW Men's events, and moved to the LW Women's Squad, coaching Emily Craig and Imogen Grant. Winning Bronze at the 2019 World Championships, secured qualification for the Tokyo Olympics, where they finished 4th. Three years later in Paris they would become Olympic Champions.

Resilience in Coaching: Sunday 11h20 In this presentation Darren will share key elements of the process of the Lightweight Women's Double of Emily Craig and Imogen Grant recovering from the extreme disappointment of Tokyo to becoming World Champions in 2022. He'll illustrate the behind-the-scenes and 'off camera' challenges this team faced along the way - right up until the Olympic Regatta in Paris. He'll explain that these challenges are to be expected upon any high performance journey and a high degree of resilience is necessary for athletes and coaches to deal with them. He will also share his experiences and beliefs as a seven time Olympic coach on the criticality of failure for learning, improving and achieving success, and some personal and professional tools for not just surviving but more importantly thriving amid the expectations and pressure of the high performance environment.

Doug MacDonald



Doug has worked widely across the UK High Performance system as a performance coach developer, supporting coaches from grassroots all the way through to current Olympic head coaches. Doug works within the Olympic Pathway team, leading on coach development support to British Rowing's Olympic Pathway coaches.

Coaching the coaches: Sunday 11h20 British Rowing is continuing to extend coach learning beyond formal coach education courses; meeting the coaches where they are at. In this session, British Rowing coach developers, George and Doug, will share some of their experiences working with rowing coaches from grassroots to performance levels. The session will conclude with stories from coaches who are actively involved in working with a coach developer and a presentation from this year's Talent Coach of the Year.

So much stuff! Where to start? What matters?: Sunday 15h30 George and Doug will facilitate a session that will help delegates to make sense of what they've heard and how they could apply it in their own coaching environments.

Georgina Williams



Georgina has worked widely across sport as an education lead and coach developer, specialising in grassroots and pathways coaches. She was a finalist for the UK Coaching Coach Developer award in 2015. Georgina leads on Coach Development support for communities and pathway coaches.

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Hannah Vines



Hannah has supported countless coaches over three decades, and is an influential role model, particularly for young women at the start of their coaching career. She has mentored coaches from overseas, and regularly supports British Rowing in the delivery of their coach development programmes. Recently, Hannah was awarded the Community Coach of the Year - Children and Young People, by UK Coaching.

Creative coaching - embracing 'play': Saturday 14h50 Through this session I want to consider how we can see through the eyes of our participants so they are learning and embracing exploring how to row rather than coaches 'teaching' them. I want to share examples of session content I've used to develop skill through play and team challenges.

Henry Shepherd



Henry is a Communities Coordinator at River Action, an independent national campaigning organization. He coordinates grassroots campaigning to effect policy change at the national level. By engaging a diverse range of groups and the media, he aims to raise awareness of the state of the UK's rivers and mobilise public opinion. Having studied Geography at the University of Birmingham and University College Dublin, Henry has pursued a career in the environmental and grant-giving sectors. His experience includes working at Arcadia Fund, one of the UK's largest environmental funders, and producing research papers on agricultural policy in the UK and EU. You can contact Henry at: henry@riveractionuk.com

Dirty Waters - how to navigate around them: Saturday 12h20 This session will talk about what to look out for on your local waters, how to row safely on them and then steps to take to help clear them up.

Lauren Rowles



Lauren won gold at both Rio 2016 and Tokyo 2020 in the PR2 mixed double sculls with Laurence Whiteley. She teamed up with new racing partner, Gregg Stevenson, in 2022. Lauren and Gregg qualified their boat for the 2024 Paralympic Games at the 2023 World Rowing championships in a World Best Time (WBT) of 08:00.57, and went on to win gold at Paris 2024, Lauren's third consecutive Paralympic PR2 Mixed Double Sculls title. The crew was crowned World Rowing Para Crew of the Year in November 2024. Outside of rowing Lauren is an active spokesperson for the LGBTQ+ community and wants to encourage and inspire children to get involved in sport.

Keynote speaker Saturday Gala Dinner

Lesley Walters



Lesley has been coaching for over 25 years at Shanklin-Sandown Rowing Club, Isle of Wight. Here they have enjoyed great success with Junior crews on the coastal circuit and notably in classic boats, consistently medalling at JIRR and the British Championships since 2018. Leading on the various club Talent Development pathways, Lesley ensures SSRC punches well above their weight against mainland clubs and public schools. Striving for growth and exploration of new ideas to re-energise the Junior programme, she joined cohort one of the Lead Programme in January 2024, to support her drive to further raise the bar.

Raising the Bar: Junior Talent Pathway Pilot Project: Sunday 11h20 This session will outline the two foci within this LEAD project, in terms of building her own coaching practice and using this to support the strategic development of Junior talent across the Wessex Region.

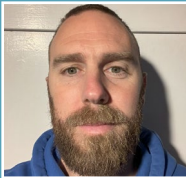
Lucy Hart



Lucy is currently British Rowing Beach Sprint Coach, Lead coach for the England Team and has three years working with the GB rowing team. She is passionate about creating an inclusive environment for athletes from all coastal disciplines, giving them the freedom to explore their potential in a supportive way.

Where does 'coastal' fit in the rowing offer to our Club members?: Saturday 11h20 Ever wondered what the fuss is about coastal rowing and if our sports less thought of cousin can actually have anything to offer our members? Perhaps you have sat on the erg waiting for the flood water to subside contemplating your rowing choices or wondered what it would be like to see rough water conditions and be excited to take to get your boat out or maybe you've simply wondered what lies beyond the river...

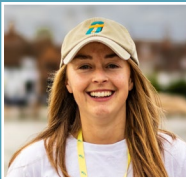
Matt Paul



Matt is an ex-world class start coach in Yorkshire, whose graduates have gone on to win Olympic gold medals, Henley medals, world championships and fulfilling coaching positions across the country.

Athlete monitoring, assessing, profiling and benchmarking for club coaches: Saturday 14h00 Hopefully this presentation will do exactly what it promises in the title. Ben Reed and I will aim to run through all feasible methods of athlete testing to allow you to decide what will work for you in your context.

Morgan Baynham-Williams



WOX mentor Morgan Baynham-Williams is a World Champion and European medalist. She has a wealth of experience in rowing and coaching at the highest level. Morgan's experience has led her to a deep understanding of leadership, strategy, and performance optimisation. In addition to this, she has a BSc in Sport Science and a Masters in Musculoskeletal Sciences from Oxford University. She is a recent graduate of the Two Circles Athlete program where focus was on up-skilling in all facets of commercial sport including sponsorship, marketing, consulting, technology, content and streaming. Morgan has a deep passion for sport, performance, and success, and is an excellent communicator of this.

Maximising Crew Success: Performance Coxing: Sunday 14h50 Learn how a skilled coxswain can transform your crew into a winning machine. Discover the secrets of effective communication, motivation, and strategy, that will propel your team to victory. Presented by "The Winning Cox" - a collaborative of coxswains who have all represented Great Britain, and have years of experience coaching coxes to drive their crews to go faster.

Nicola Benavente



Nicola Benavente was appointed as the GB Rowing Team's new Paralympic Head Coach in December 2024.

Previously, she was a GB Start coach from 2014 to 2023, and then Paralympic High Performance Coach till 2024. In that role she coached the PR3 Mix4+ and PR2 Mix2x to World titles at the 2023 World Rowing Championships. She then went on to win her first Paralympic gold and silver medals at the Paris 2024 Paralympic Games with the PR3 Mix4+ and the PR3 Mix2x.

Sports Psychology - Unlocking the Secret to Peak Performance: Sunday 14h00 Sports Psychology needs to be an integral part of any rowing coach's core knowledge. This session will build your ability to apply the psychological basics to yourself, your athletes, and the whole squad and club culture. The psychological basics are easy to describe, but very difficult to do day in, day out.

William Winstone will bring 'the basics' to life through sharing his experiences and challenging you to answer some key questions. He will then interview **Nicola Benavente** and Nick Baker to explore their psychological approach as coaches, and how it has evolved. Finally, there will be time for Q&A.

Nick Baker



Nick Baker is the most decorated Paralympic Coach of all time.

He joined the GB Rowing Team in the Autumn of 2013 and was promoted to Paralympic Head Coach in 2022. Nick has coached crews to six World titles, two World silver medals and a World championship bronze medal. On the Paralympic stage he has helped to cement Great Britain's reputation as the leading Para-Rowing nation, coaching crews to winning four gold medals and a bronze medal across three cycles.

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Paul Garner



Dr Paul Garner has an international reputation for research and applied interventions in coach development. His research primarily focuses on the relational element of coaching, supporting coaches and coach educators with their intra- and inter-personal knowledge, culture development and leadership. Having represented Great Britain as a member of the British Alpine Skiing Demonstration Team, he has worked extensively in snow sports as a performer, coach, coach developer and assessor. Paul continues to work closely with a number of governing bodies including BASI, BEF, GB Rowing, Table Tennis England, PGA, and England Lacrosse, to drive excellence in coach education, development and assessment across the coaching landscape.

Creating great coaching environments: Building trust through 'ski lift time': Sunday 12h20 It is argued that person-centredness, when properly understood, is an effective way to approach any coaching context from grassroots to elite, and that it is therefore important for coaches of any background to engage with thinking in this area. This session will draw from empirical research into humility and the characteristics of person-centred coaching, this session will use the POWA model (Garner et al., 2022) as the conceptual framework upon which to base discussion.

Peter Sheppard



Peter is Head Coach - Olympic Pathways for the GB Rowing Team. Under Peter's guidance GB's young rowers have performed consistently on the international stage and provide a significant contribution to the senior team, with a number of rowers aiming to compete at the Olympic Games having developed through the Junior and U23 pathway.

Transitions - What questions or decisions does an athlete need to make when looking at their next options in rowing?: Saturday 12h20 The talk will highlight the options available at both transition points, what to look out for, questions to ask, and pitfalls to avoid.

Vicky will focus on U19 to U23 (School to University) and Peter Sheppard will cover U23 to Senior (University rowing to what's next).

Rachel Dulai



Rachel is British Rowing's Sustainability Lead, who, with the British Rowing Working Group, created and is now delivering the Sustainability Strategy, focussing initially on the clean water agenda. This is off the back of leading the World Rowing Coastal Championships and Beach Sprint Finals 2022 in their pursuit of the international ISO standard for events and sustainability - the first event in Wales to gain this certification. Prior to her foray into sustainability, Rachel's background is in events, most notably in rowing, Power8 Sprints and outside rowing, The Royal Parks Half Marathon. A lapsed rower from Thames RC, creds many decades ago, were winning the National Championships as both a heavyweight and lightweight in the same day (quads).

Dirty Waters - how to navigate around them: Saturday 12h20 This session will talk about what to look out for on your local waters, how to row safely on them and then steps to take to help clear them up.

Rachel Grainger



Rachel is Lead Adult Rowing Coach at Barn Elms Rowing Club and a recent Graduate Intern rowing coach at Kingston Grammar School. Rachel has an MSc, affiliated with the faculty of Public Health and Sport Sciences, from the University of Exeter.

The female rower - A MSc Dissertation study investigating whether the menstrual cycle affects the power output that elicits lactate threshold in trained female eumenorrhic rowers: Saturday 11h20 I will present the study I conducted for my MSc dissertation and how it developed. I will introduce the topic and my rationale for the study, my methods, results and discussion. I will highlight the careful design required by studies investigating the menstrual cycle to verify the menstrual cycle phase participants are in, as well as ensuring that participants that are seemingly normally menstruating but actually have subtle menstrual cycle disturbances are not mistaken for eumenorrhic participants. As there are currently no general guidelines for training at different phases of the menstrual cycle from research due to a wide variation in findings from studies, it is important for research on exercise and the menstrual cycle to verify menstrual cycle phase and the hormonal status of every participant. Greater availability of funding is needed to make these methods more accessible to more researchers.

Rhona MacCullum



Rhona MacCullum, the British Rowing 2023 Talent Development Coach of the Year, Lead Coach at Tideway Scullers School and has served on selection panels as the Discipline Lead for the GB Rowing Team Under-19 Women's Sculling. Rhona maintains concurrent careers in both coaching and heritage charities.

Preparing yourself and your crew for competition: Saturday 14h50 Rhona will highlight key strategies for coaches preparing themselves and their crews for competition, especially relevant for those leading a crew into an arena that will be new to the coach. Focus will be placed on mental, physical, and strategic readiness, with practical insights on fostering a positive team environment and ensuring peak performance under pressure. Topics will include Mental preparation, Physical readiness, Team dynamics, Coaching strategies and Confident authenticity.

Rob Cree



Rob is GB Rowing Team Para Talent Coach responsible for a rower's first step on the para Pathway including recruitment of new starters and existing rowers with classifiable disabilities.

Para / Adaptive Rowing Talent ID: Saturday 11h20 What we are looking for when we are searching for rowers on the Paralympic Pathway and how clubs and coaches can help us!

Robin Williams



Robin began rowing in Monmouth School, continued at London University as an Under 23, and then at London Rowing Club as a GB lightweight rower. His coaching career also began at LRC in the early 1990s and continued in 1994 when he became head coach at CUBC, winning seven University Boat Races. In 2005 he took up a role with British Rowing as Lead Coach for Lightweights and later moved across to the Women's team. He is best known as the crew coach to the W2- of Stanning and Glover but also coached the M4- in Tokyo 2021. In recent years he has worked as a coach developer and mentor, helping crews and coaches of all levels around the UK and also abroad.

British Rowing Technique 2025: Saturday 15h30 and Sunday 12h20 In my session we look at the important corner-stones of technique, and where to find resource and help.

Rose Sargent



Rose, who has ADHD, learned to row in her second year of university at King's College, Cambridge. She became Vice Captain after completing her novice year and has since graduated, but coaches and supports King's whenever she can. Alongside rowing, she works in EDI policy and has recently taken up rugby.

Coaching neurodiverse rowers: a brief introduction: Saturday 14h00 Over recent years, there has been increasing interest in creating an inclusive environment for neurodivergent athletes. The presentation, delivered on behalf of BR Neurodiversity Working Group, will introduce the concept of neurodiversity and explain why coaching neurodivergent rowers is easy, eye-opening and rewarding, as well as offering best practice examples for interested coaches!

Steve Trapmore



Steve was enticed back to rowing in 2007, after winning gold at the 2000 Sydney Olympics, when he began coaching Imperial College, and was later appointed Head Coach. In 2010 he became Chief Coach of CUBC to lead them into the 2011 Boat Race campaign. Steve brought stability to the Cambridge programme developing a robust environment for scholar athletes to excel in a ruthless but rewarding team environment. After Cambridge's clean sweep at the 2018 Boat Race, Steve accepted the role of High Performance Coach within the Great Britain Olympic Rowing programme and now develops athletes and crews to compete at World and Olympic competition. He was awarded an MBE in 2001 by HM Queen Elizabeth II for services to rowing.

"Greater than the sum of the parts": Sunday 11h20 Steve will briefly discuss his transition from athlete to coach along with an overview of his eight years in charge at Cambridge University Boat Club. He will then focus on describing his time coaching in the British National Team and his journey through two Olympic Games. He will specifically discuss navigating the ups and downs - the behind the scenes - of the Paris Olympiad which culminated in his crew achieving what he achieved himself as an athlete: Olympic Gold.

Tom Pattichis



Tom rowed as an undergraduate at Sussex Uni/Shoreham RC prior to coaching novices as a volunteer. He became a British Rowing Scholarship Coach (a scheme funded by the Henley Stewards Charitable Trust) in the early 2000s, going on to hold various coaching and development roles with British Rowing over a fifteen-year period, ultimately leading to coaching the senior team between 2018-2021. Tom became Olympic Pathway Manager in 2022, working across various projects, including the development of the GB Beach Sprint programme, a new coastal rowing format for inclusion in LA 2028. In spring 2024 he briefly coached the, at the time, unqualified GB W2x. This led to a busier summer than expected...

Well that escalated quickly...: Sunday 12h20 Working with the GB W2x, from the Final Olympic Qualification Regatta, through to the Paris 2024 Olympic Games. How did the crew find extra speed/performance in a seemingly short time frame, and are there any lessons which can be learned which are relevant for club programmes.

Vicky Spencer



Vicky is the U19-U23 Olympic Transition Coach. She is focused on identifying and supporting athletes with senior team potential within the U19 pathway, particularly those considering studying and rowing at a U.S. university. She also serves as the performance and technical lead for the Great Britain U19 program and U19 Team Selector. Vicky has coached crews from Great Britain and Australia at several U19 and U23 World Rowing Championships, juggling a young family in the process. Before her return to the UK in 2022, she successfully built and led various school and club rowing programs to the highest level of success in Australian rowing.

Transitions - What questions or decisions does an athlete need to make when looking at their next options in rowing?: Saturday 12h20 The talk will highlight the options available at both transition points, what to look out for, questions to ask, and pitfalls to avoid.

Vicky will focus on U19 to U23 (School to University) and Peter Sheppard will cover U23 to Senior (University rowing to what's next).

William Winstone



After a business degree and early career with John Lewis, William spent 14 years as head coach of Bush Hill Park Tennis Club, whilst developing a successful psychotherapy and sport psychology practice. In 2006 he decided to focus on sport psychology, leadership, and team development. Within British Rowing he was Start psychologist 2007-2017 and worked with Olympians including Mo Sbihi and Helen Glover, and many of the now-thriving Olympic and Paralympic coaches. He was psychologist with the Para Rowing team 2010-2024, having recently stepped down from this role. He is an [expert](#) in developing the ability of coaches and sport scientists to create high performance relationships with athletes and multi-disciplinary team members.

Sports Psychology - Unlocking the Secret to Peak Performance: Sunday 14h00 Sports Psychology needs to be an integral part of any rowing coach's core knowledge. This session will build your ability to apply the psychological basics to yourself, your athletes, and the whole squad and club culture. The psychological basics are easy to describe, but very difficult to do day in, day out.

William will bring 'the basics' to life through sharing his experiences and challenging you to answer some key questions. He will then interview Nicola Benavente and Nick Baker to explore their psychological approach as coaches, and how it has evolved. Finally, there will be time for Q&A.

Yewande Adesida



Yewande coaches within the classic and beach sprint formats, which has involved selection as a coach for the GB and England Beach Sprint teams since 2022. This year she has run a Beach Sprint pilot out of Fulham Reach Boat Club as a means of giving young people different opportunities within the sport. Outside of rowing, Yewande trains and competes in cycling and completed a PhD in 2023 in wearable technology in sports to measure biomechanics.

Establishing beach sprint activity at a non-coastal location - a pilot: Saturday 11h20 Interest in the Beach Sprint format is growing rapidly, especially with its inclusion in the LA28 Olympic Games, but the number of athletes taking part in the format is still relatively low. This poster introduces a 30-week pilot that was run at a non-coastal location as a means of increasing awareness of and access to the Beach Sprint format. It presents the methods used to introduce the format to beginners and to experienced rowers who then went on to compete at Beach Sprint events, as well as sharing the key learnings and challenges of implementing this pilot.

Zoe De Toledo



WOX mentor Zoe De Toledo is an Olympic silver medalist and European champion. She has a wealth of experience in rowing at the highest level, having coxed the British women's eight to an historic silver medal at the Rio 2016 Olympics. Zoe is a qualified doctor and has a Master's degree in Psychological Research, and Criminology and Criminal Justice. She is a passionate advocate for the importance of mental health and well-being in sport. Zoe is also a highly respected commentator and analyst, providing expert insights into the world of rowing for a range of broadcasters, and is well known for her engaging and informative style.

Maximising Crew Success: Performance Coxing: Sunday 14h50 Learn how a skilled coxswain can transform your crew into a winning machine. Discover the secrets of effective communication, motivation, and strategy, that will propel your team to victory. Presented by "The Winning Cox" - a collaborative of coxswains who have all represented Great Britain, and have years of experience coaching coxes to drive their crews to go faster.

Exhibitions

Exhibitions will be available all weekend in the Fry Lounge.

Exhibitions include:

- Alisdair Naulls (The Rivers Trust): A guide to water quality
- Yewande Adesida: Establishing Beach Sprint Activity at a Non-Coastal Location – A Pilot
- Rob Cree: Paralympic and Adaptive Classifications in Rowing
- Bruce Lynn: Just Start with One: Introducing Adaptive Rowers to your Programme
- Alex Wolf: Science of Rowing: Unlock the Power of Rowing Science
- Georgina Williams and Doug MacDonald: Coach Development
- Andrew Kirkland, Stephen MacDonald and Sarah Harris: Level 4 Coaching Certificate
- Rosie Mayglothling: The Lack of Women in High Performance Coaching
- Rachel Hooper: British Rowing Coach Education Qualification Review
- Richard Nunn: iRowClean: Clean Sport in Rowing
- Rob Mayes and Di Farrell-Thomas: The British Rowing Community Team
- Sasha Adwani (The Winning Cox Mentor): Find Your Authentic Voice: The Essential Roles of a Coxswain
- Joe Edwards and John Ewans (Active Tools): Tools for Coaches
- Tim Liversage ([RALPHH](#)): Free Defibrillators for Rowing Schools and Clubs!

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