



BRITISH ROWING

Beth Willford-Dutton

Cheshire County School Games

Northwich Rowing Club

Oxford Brookes University Boat Club

GB Junior Rowing Team

TEAMWORK | OPEN TO ALL | COMMITMENT



Since the School Games Indoor Rowing Competition in 2014, my life has dramatically changed. I took up the sport after enjoying my experience at the county School Games event in Cheshire, where I won my individual rowing race much to my surprise.

I originally use to play netball and was only introduced to rowing via taking part in the local event at my school, before being selected to attend the county event the same year.

A few weeks after the competition I started to learn to row at Northwich Rowing Club, and at first was really scared of rowing, and falling in!

Two years later at 16, I went to my first GB trials coming 4th. From J16 trials, I was invited on a GB potential camp and continued to trial until my last year a junior.

I was invited to train in Spain with the GB Junior pathway squad, later going on that year to represent GB at the Coupe de la Jeunesse in Poland. I raced in the Women's eight achieving a Gold medal, becoming European Junior Champion. I also raced my single in the spare singles event, winning medals too.

In my final year as a junior, whilst also studying for my A levels during my final year of college and training, I was selected to race at the European Rowing Championships in Germany.

On reflection of my junior years, I was extremely proud of my achievements in such a short amount of time, with the number of amazing friends and family I had made along the way, especially from the amazing Northwich Rowing Club.

I became part of the Oxford Brookes University Women's Squad in 2018. With my mind still fully focused on rowing, I enrolled onto a sport and exercise science course.

In my two years so far into my university adventure I have finished 8th at the GB senior trials, raced against the Cambridge women's blue boat, won at Women's Henley regatta and more. My aims are to race in the U23 GB squad and compete again at Henley Royal Regatta.

If it wasn't for the School Games competition opening the Indoor Rowing Race, giving individuals the opportunity to try new sports, then I would have missed all this opportunity in the sport I now love and would otherwise never have considered taking part in.

It helped make the best memories, life skills, best friends, and more importantly the determination to believe that anything is possible! Indoor rowing at the School Games changed my life changed completely, and I cannot be more grateful.