



BRITISHROWING

Lauren Irwin

Durham County Indoor Rowing

Chester-Le-Street Rowing Club

Durham University

Leander Club

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What was your experience of indoor rowing, first at the local event hosted at your school and then the county event? How much sport were you doing before taking part in the School Games Indoor Rowing events?

My first experience rowing at my local indoor rowing competition was how fun it was, especially as I was racing against girls all my age from different schools in the local area. I remember looking forward to going to another school with the other students selected and getting to know girls that I might not have spoken to at school if it wasn't for this!

My first time at the county event was a little scary; there were people who were rowing at boat clubs and actually had experience, whereas I was just selected from my PE teacher! It felt great to represent my school, as it is pretty small compared to the schools I was competing against, and to win a medal topped it all off.

What happened after the School Games event? What motivated you to want to do more of the sport?

After doing the School Games events for several years and winning in my events, I knew that this could be a new sport for me.

I was currently swimming at the time and wasn't really enjoying it, so I was looking for something new to do and would never have got into the sport without the School Games events through my school.

I think I was 14 or 15 when I started looking at potentially starting at a rowing club, but didn't really know anything about it. Durham University's coach spoke to me after winning my event and told me I have great potential, and gave me some details about joining a rowing club nearby. I was so motivated to continue in the sport as it was something I had never done before and a new challenge.

What have been your successes in indoor rowing? How would you say the introduction to indoor rowing has shaped what you are doing now in life?

My successes have been winning all of my junior races in the region (northern), racing for GB at the Junior World Championships in 2016, and racing at the U23 European Championships where we won Bronze. I then went on to race in the U23 World Championships in 2017, 2018 and

2019, where we came home with the Gold medal in the women's 4. I have won Women's Henley regatta (2018) in the GB U23 development crew and several BUCS medals including a Gold medal that Durham University women's squad had not seen for years!

I would say rowing is now my life. I am currently rowing as a full time athlete at Leander Club and have never looked back! Rowing has totally changed my life and gave me a direction and many challenges along the way which have shaped me as an athlete.