

St Andrew Boat Club – Meet your Captains – 2018/19



Captain

Lindsay Flockhart

When did you start rowing?
I got into rowing in 2013. Both of

my children row and I got fed up hanging about and started helping.

What do you like about the sport?

It's a close-knit community in Scotland and it is a friendly sport people can take to any level they want – from pleasure to performance.

How long have you been a member of SABC?

2013

What would be your perfect outing?

Somewhere where there is plenty of space and scenery. I went for a row in Chester at the junior camp – 7km out of Chester, no-one else on the river, spectacular scenery and wildlife. Then I realised I had to row 7km to get back. So perfection would be a flat, calm lake in an exotic spot that is quite warm.



Women's Vice-Captain

Trini Duke

When did you start rowing?
I took up rowing

at St Andrew Boat Club in the year after I left school, winning my first pot in a novice coxed four. This was followed by several years at Edinburgh University, Thames RC and Vesta - and then I took 23 years off! However, once a rower, always a rower.

What do you like about the sport?

I have always been keen on sport and was in my school teams for hockey, athletics and tennis. Rowing combines the best of what I most enjoy: camaraderie, competition, technical challenge and the feeling of working as a single, harmonious unit.

How long have you been a member of SABC?

Novice at SABC in 1986. Returned in 2015. Sometimes feel like I have been here forever.

What would be your perfect outing?

Sweep, not scull. Sunshine (always sunshine!), kilometres of calm water, great scenery, good company. Not much to ask for, surely?!

(Photo credit: Iain Wilson Photography)



Men's Vice-Captain

Mark Baguley

When did you start rowing?

I got into rowing at school in Norfolk where I learned to scull, racing in

singles, doubles and quads. At university (University of East Anglia) I carried on but moved to sweep boats, competing at local events and eventually higher level racing. In my final year, we qualified for the Prince Albert event at Henley, a first for the university and something they are yet to repeat.

What do you like about the sport?

I enjoy all water sports, having previously sailed dinghies. However, I mostly enjoy the team aspect and having goals to work towards – that motivation of not letting your crew down in what makes the difference between going straight home after work versus stopping at the gym for whatever session is on the training plan.

How long have you been a member of SABC?

After graduating I had to take a break from rowing as my work required me to be away from home for six months of the year. Moving to Edinburgh, I decided to take up the sport again and found St Andrew. That was in 2015.

What would be your perfect outing? Anywhere warmer than Scotland!