



Date of birth 17 July 1991
Home town Dundonald, South Ayrshire
Occupation Full time athlete
Sport Boccia

Classification BC3
Events Individual and Pairs
Coach Glynn Tromans



Personal Bests

- 2013 European Championships, Portugal - Pairs bronze
- 2014 World Open, Povo de Varzim, Portugal - Singles bronze
- 2014 World Championships, Beijing, China - Pairs silver

How and when did you become involved with your sport?

I attended my first Scottish squad session in 2006 after trying boccia at the Ayrshire Special Games, where I was spotted by one of the Scotland coaches (now GB Boccia BC1/2/4 coach), Claire Morrison. She invited me to attend a session with my brother Jamie McCowan (former BC4 European Pairs Champion, now turned BC3 teammate) and we were hooked after attending our first competition. I joined the GB set-up in 2009 and have been selected for every major championships since.

Sporting Highlights

- Representing Great Britain at the 2012 London Paralympic Games.
- Captaining the first GB BC3 major championship medal win in 17 years at the Europeans in 2013.
- Reaching my first major final at the World Championships in 2014, resulting in our pair being ranked world No 1 for almost a year.
- Reaching career high individual ranking of world No 8 last season.

Sporting Goals

To win pair and individual gold at the Rio 2016 Paralympic Games. To become world No 1 in the Individuals and reclaim it in the Pairs. My short term goal is always just to win the next match in front of me.

One piece of advice for an aspiring athlete?

Ask yourself every day: "How can I be better?"

The quote that helped me most in my career: "Perfection is not attainable, but if we chase perfection we can catch excellence." - *Vince Lombardi*

