



**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, Povia 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*

