

Courtney Westley

I am a third-year student (20 years old) currently enrolled in a BSc Geography and Environmental Science at the University of Pretoria in South Africa. My rowing achievements include gold in the U19 single and double scull at the South African Schools Championships, representing South Africa at the 2019 Junior World Championships in Tokyo in the Coxed Four, the 2022 U23 World Championships in the Double Sculls and soon, the 2023 U23 World Championships in the single scull as well as the 2023 World University Games in the single scull. I began my first camp with the RMB National Rowing Squad in March 2021 where I travelled with the team to Lesotho. Combining all the activities that I am involved in in my university career has been challenging, but I enjoy the opportunity to extend myself and push my limits.



Rowing Achievements

1. School Rowing

	GAUTENG SCHOOLS PROVINCIAL CHAMPIONSHIPS	SOUTH AFRICAN SCHOOLS CHAMPIONSHIPS	BUFFALO NATIONAL REGATTA	1ST CREWS BOAT RACE
U14 (2015/2016)	2x: 2nd 4x: 3rd 8x: 1st	1x: 5th 2x: 4th 4x: 4th		
U15 (2016/2017)	1x: 3rd 2x: 2nd 4x: 1st	1x: 1st 2x: 2nd 4x: 1st		
U16 (2017/2018)	1x: 2nd 2x: 1st 4x: 4th	1x: 1st 2x: 6th 4x: 4th		
1ST YEAR OPEN (U19) (2018/2019)	1x: 3rd 2x: 7th 4x: 8th	1x: 2nd 2x: 9th 4x: 5th		4x: 7th
2ND YEAR OPEN (U19) (2019/2020)	1x: 1st 2x: 2nd 4x: 1st	1x: 1st 2x: 1st 4x: 2nd	1x: 1st 2x: 1st 4x: 2nd	4x: 2nd

Throughout the school season many other regattas took place starting in September and ending with the South African Schools Rowing Championships in March. The four regattas mentioned above are the most competitive regattas of the season and are all results from Junior Women A events. Buffalo National Regatta is for those in U16 and above, although Assumption Convent School for Girls, the school I was in at the time, does not participate in this regatta, hence why I only entered in 2nd year open as a result of moving to St Andrew's School for Girls the year ending 2019. When including all regattas from U14 to 2nd year open (U19) I won a total of 89 medals and are broken up as follows:

- Gold: 46
- Silver: 26
- Bronze: 17

2. Provincial Representation

	SENIOR GAUTENG CHAMPIONSHIPS	SENIOR SOUTH AFRICAN CHAMPIONSHIPS
U16 (2018)	WA 1x: 8th WA 2-: 5th WA 8+: 4th	WA 1x B Final: 7th WA 4+: 7th (in which all other crews were 4-) WA 8+: 5th
1ST YEAR OPEN (2019)	WB 2-: 5th WA 2x: 1st WA 4+: 2nd (in which 1st place was a 4-)	WA 8+: 2nd WA 4+: 2nd (in which all other crews were 4-)

Senior Gauteng and SA Champs are regattas held after the schools rowing season. As a result of winning the 1x in U16 SA Champs, I qualified for the South African School Rowing Union development tour to London, UK. It is for this reason that I also represented Gauteng for these regattas. As a Gauteng representative, I competed not only against those of my own age, but also university rowers and while in U16 I also had the opportunity to race against rowers in U19 training towards junior national selection.

I was once again selected to be part of the Gauteng Provincial Team in 2020, but unfortunately all activities were stopped because of the COVID-19 global pandemic.

3. SASRU Development Tour 2018

Wallingford Regatta	U18 1x: 3rd
Eton Scullery Regatta	U16 1x: 3rd
Bedford Regatta	W8+: 1st

4. Junior World Championships 2019

	Heat	Repechage
W4+	3rd	6 th (Therefore, 7 th overall)

Rowing in the women's coxed four in the Tokyo 2019 Junior World Championships gave me the opportunity to gain international experience. As a result, I hope that this will only be the start to a growing rowing career as I continue and further my training to develop this platform.

Unfortunately, due to the COVID-19 global pandemic I did not have an opportunity to use this experience in a second visit to the Junior World Championships in 2020.

5. U23 World Championships 2022

	Heat	Semi-final	Final
W2x	2nd	2nd	6th

6. University Rowing

	SENIOR GAUTENG CHAMPIONSHIPS	SENIOR SOUTH AFRICAN CHAMPIONSHIPS	BUFFALO NATIONAL REGATTA	VLC NATIONAL SPRINTS	BOATRACE
1ST YEAR UNIVERSITY (2021)	*Did not take place due to Covid-19	WA 1x: 3rd WA 2x: 1st	*Did not take place due to Covid-19	*Did not take place due to Covid-19	WA 8+: 1st
2ND YEAR UNIVERSITY	*Not attended by National Squad	*Unable to row due to injury	WA 1x: 2nd WA 2x: 1st WA 8+: 1st	WA 1x: 3rd WA 2x: 1st WA 8+: 1st	

Other School Rowing Achievements

- Tamryn Peel Award for Excellence (peer voting) in 2018.
- Nicole Van Wyk Trophy for Best Sculler in 2018.
- Half school colours for rowing in 2018.
- Gauteng colours in 2018 followed by re-awards in 2019 and 2020.
- Rowing captain for 2018/2019 season.
- Nicole Van Wyk Trophy for Best Sculler in 2019.
- Debbie Peel Award for Best Senior Rower in 2019.
- Most Improved Senior Rower jointly shared with quad in 2019.
- Full school colours for rowing in 2019 and 2020.

- South African colours for rowing in 2019, 2022 and 2023.
- School Honours for rowing in 2020.
- Awarded the 2020 Ekurhuleni Women's School Sport Athlete of the Year.
- Sports colours at the University of Pretoria

Current Ergo Trial Best Times:

- 2k time – 7:13
- 5k time – 19:10

My Current Journey:

Through the process of training in the single scull this season, I have learnt so much more about myself as an athlete than what I ever have before in previous crew boats. It has forced me to push boundaries, step outside of my comfort zone and ultimately, grow as an athlete and an individual while taking on the intensive challenges of racing the single scull. I have also been able to go through this season always learning from my mistakes in order to continue moving forward in my journey. Another strength has been being able to manage my time very carefully in order to do well in managing my studies while still training full time.

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