



2014 Row Nova Scotia Awards

Male Individual Athlete of the Year

Logan LeFort – Mic Mac AAC

Logan enjoyed a successful 2014 season. His results speak for themselves as he placed first in the Senior M1x at the Northwest Arms Regatta, Nova Scotia Bud Myra Memorial Sprints and first in the Junior M1x at the Really Chili Regatta. Furthermore Logan went on to win the Atlantic Rowing Championships U19 M1x and place 4th in the Junior M1x at the prestigious Royal Canadian Henley Regatta. Logan qualified to compete at the National Rowing Championships in the Junior M1x event and earned a spot in his first international regatta competing at the CanAmMex regatta where he placed 2nd in the M2x and M4x events as part of the Canadian team.



Female Individual Athlete of the Year

Amber Oke - Mic Mac AAC

Amber has long been a strong competitor in the Nova Scotia Rowing Community and nothing changed in the 2014 season. Amber won the Pelham Prize, Master's Women's 1x at the Nova Scotia Bud Myra Memorial Sprints and Really Chili Regatta. Amber also found success outside Nova Scotia where she placed first in the Master's A and B W1x events at the prestigious Royal Canadian Henley Regatta.



Male Crew of the Year

Mic Mac AAC Men's 4x – Logan LeFort, Patrick Branch, Zak Lewis, William Bryden

The Mic Mac AAC Men's 4x consisting of Logan LeFort, Patrick Branch, Zak Lewis and William Bryden were the top crew in Nova Scotia through the 2014 season. The Mic Mac AAC quad won the Nova Scotia Bud Myra Memorial Sprints and competed in the Royal Canadian Henley Regatta where the crew impressed by placing second in the Under 23 M4x event.





Female Crew of the Year

St. Francis Xavier Rowing Club Women's 8+ - Adelaide Wimpenny, Emily Joyce, Fiona McDougall, Nancy MacLeod, Ella Besserer, Erin Wilson, Laura Graham, Emma Gibbons, and Braelin Rowe

The St. Francis Xavier Women's eight started the season slowly at the Head of the Four Bridges Regatta. However following that regatta they made a statement by not losing another race on route to winning the Atlantic University Championships. At the Canadian University Rowing Championships in Victoria the women's eight struggled in the time trials. And due to a knee injury in the time trial a replacement woman had to be inserted into the crew. In the B final they performed admirably finishing third. This tight knit crew showed perseverance, determination and compassion all season long on their way to the best women's eight result St.FX has ever had.



Coach of the Year

Patrick Cody – Row Nova Scotia

Patrick Cody has been involved in rowing in Nova Scotia for many years, first as an athlete and now as a coach. Patrick Cody is currently head coach of the Nova Scotia Provincial Team and has been influential in the coaching of many of Nova Scotia's best rowers including Logan LeFort, and the Mic Mac AAC quad who won male individual and male crew of the year honors. On top of being the Provincial Team head coach, Pat also is the Row To Podium Coach and in July was tasked with coaching the Canadian Men's sculling team at the CanAmMex Regatta.



Umpire of the Year

Linda Lee – Halifax Rowing Club

Linda Lee is a long time rowing athlete, coach, and umpire in Nova Scotia. Linda is one of the top umpires in the province, and due to this was the Chief Umpire to all the regattas in Nova Scotia in 2014 except two. At the two she was not the Chief Umpire, Linda was still at the event as an umpire. On top of umpiring at the regattas, Linda volunteers more of her time to plan the umpiring schedule and facilitating the umpire training course.





Volunteer of the Year

Rachel Mays – Dalhousie Rowing Club

Rachel Mays has been a member of the Dalhousie Rowing Club for three years, and president for the past two. Rachel is the driving force behind the Dalhousie Rowing Club. As a member of the Varsity team she has found success competing at regattas across Atlantic Canada. As well, Rachel has excelled as President. Rachel has been instrumental in the expansion of the club to a full Varsity, Novice and Learn to Row programs. Rachel has spearheaded all the fundraising campaigns, regatta participation, practices, and social events in 2014 as well as volunteering as the head winter training coach this winter.



President's Award

Antigonish Rowing Club & St. Francis Xavier Rowing Club

The Antigonish Rowing Club and St. Francis Xavier Rowing Club had a tremendous 2014. In a joint effort between the two clubs as well as many Lochaber community volunteers they were able to install a fully buoyed 2000 meter course which is the first east of Quebec. Using this new facility at Lochaber they were able to successfully host the Second Annual Atlantic University Rowing Championships, the Atlantic Rowing Championships and the International CanAmMex Regatta. Furthermore, Lochaber and St. FX will be hosting the Canadian University Championships in the Fall of 2015.



Mileage Award

Richard Proulx – Mic Mac AAC

Richard Proulx is an avid athlete at Mic Mac AAC. In 2014 Proulx participated in all Row Nova Scotia Regattas. In the Icebreaker Regatta Proulx placed second in Masters Men's 1x and first in open mixed 4x. At the Nova Scotia Bud Myra Memorial Sprints Proulx finished second in the Masters B Men's 2x. Finally at the Really Chili Regatta Proulx placed second in Masters Men's 1x and first in open mixed 4x. However, Proulx's dedication to the sport goes far beyond his participation in regattas. He is vital to Mic Mac AAC doing anything and everything. Richard is always on time to open the club for the master's program, helps keep the coach boats fueled, a dedicated training companion and always available at a moment's notice should a crew need an extra seat at training or in a regatta.





Broken Oar Award

Spencer Landry – St. Francis Xavier Rowing Club

Spencer Landry was part of the St. Francis Xavier Rowing Club's men's eight that competed at the Canadian University Rowing Championships in Victoria, BC. The night before the time trials were set to take place at 2:30pm, Spencer became ill and had to be taken to the hospital immediately. Arriving at the hospital just after 4:00am, Spencer was placed on IV and confined to a hospital bed for the entire morning. Meanwhile, the rest of the men's eight crew decided that if possible they thought Spencer deserved the opportunity to race if he was able. After 8 bags of IV fluid and a long morning in the hospital Spencer was able to race and helped the St. FX men's eight reach the B final. After 16 hours of sleep, Spencer and the rest of men's eight raced in the B final where they placed second. Spencer is graduating with a Business degree in the spring of 2015 making these his two races last with St. FX.



Row Nova Scotia Long Service Awards

Barry Burgess – North Star Rowing Club

Linda Lee – Halifax Rowing Club

Edna Mills – North Star Rowing Club

Robert Mills – North Star Rowing Club

Carolyn Mills – North Star Rowing Club

Patrick Cody – Mic Mac AAC

Robert Sawler – North Star Rowing Club

Keith Davies – North Star Rowing Club

Steve McIntosh – North Star Rowing Club