

May 12, 2008 – NSRA announces IKON Award winners for Rowing

NSRA recognizes the following members at the 12th annual IKON Awards, which will be held at the Westin Hotel on Saturday May 31, 2008.

Team of the Year: **Patrick Convey and Devin Gordon** for their Gold in Senior B Lightweight Men's Double at the Royal Canadian Henley.

Male Individual Athlete of the Year: **Daniel Murray** for his consistent rowing for the 2007-08 season. He had the most top finishes (1st to 4th place) then anyone else in the Men's Single.

Female Individual Athlete of the Year: **Sarah Mitchell** for all of her first place finishes, in the Women's Singles events at Sprints, ACC, Around the Lake and the Atlantic Indoor Rowing Championships.

Male Team Athlete of the Year: **Robert Mills** for the most top finishes in team boats (Including Masters Men's Doubles, Master Mixed Double, Senior Men's 4 and Senior Men's Double, Master Men's C+, Master Men's 4).

Female Team Athlete of the Year: **Christine Sharp** for the most top finishes in team boats (Including Senior Women's 4-, Senior Mix 8+. Senior Women's 2-, Senior Women's 4x).

Coach of the Year: **Robert Sawler**, the only Level 3 certified coach in NS. He has coached the Senior B Lightweight Men's Double to Gold at the Royal Canadian Henley, as well as being a club coach.

Volunteer of the Year: **Marjo Laurinolli** is involved as the treasurer of the NSRA and the Halifax Rowing Club. She volunteers at many regattas and is on the Rowing Canada's "Rowing for All Committee" and Rowing Canada's "Adaptive Rowing Committee".

Sport Makes A Difference Award: **Katherine Harman** for starting Nova Scotia's first Adaptive rowing program at the Halifax Rowing Club.