



Marlene Royle

Marlene Royle is the world's best-known masters rowing coach.

She has been at the forefront of training older athletes since 1999 when she started the RoyleRow business leading rowing camps and writing custom performance training programs.

More recently she co-founded Faster Masters Rowing and now hosts a weekly live broadcast podcast where older athletes get their questions answered such as how to row in rough water, ways to manage SI Joint impairment and drills to learn correct feathering technique. Marlene is a registered occupational therapist with a specialty in hand therapy.

She is a sought-after speaker and journalist writing for Rowing News, Row2k and leading workshops and keynotes for US Rowing events.

Speech topics:

- Adapting rowing for older physiology - boat set up, rigging, technique
- Technique changes as you age through the decades (20s to 80s)
- Training for life. Mobility, coordination, strength, endurance, and technique
- Functional Movement Assessment for Masters Rowers - how to test your athletes' flexibility and what do to when you find limitations
- Coach development - why coaching masters is different. What you need to know, how to adapt your coaching, ways to manage a group with varied skills



Marlene Royle



Rebecca Caroe

Rebecca Caroe is an entrepreneur and global advocate for Masters Rowing.

Known for novel marketing and business concepts, Rebecca has a long track record as a marketing advisor to rowing businesses as well as owning 3 globally recognized brands.

She founded the world's third most popular rowing website and blog, Rowperfect UK which she sold in 2018 before starting the RowingChat podcast network and, more recently, Faster Masters Rowing in partnership with Marlene Royle.

Improving Masters Rowing and growing participation in the sport at grassroots level is her primary focus. She consults to national and regional rowing federations on strategies to improve rowing for masters. She was a commentator at the London Olympics for the BBC and is part of the Henley Royal Regatta commentary team.

Speech topics:

- How sport can grow masters participation - organising masters, changes in physiology by decade; making money from masters
- Learning to row for over 40s - why, how, recruitment, management, coaching
- Ways to grow club membership, participation and the dollars
- Steering - a masterclass for toe steering a 2-/4-/4x
- Masters Club Management - Helping athletes self-organize - ways to schedule, picking lineups (for practice and racing)
- Peer to Peer Coaching - for clubs without an in-person coach. A world innovation suitable for masters.



Rebecca Caroe

