



60th Annual General Meeting – Elected Director Nominations



Virginia Hayward: Virginia Hayward started her love of rowing as a school girl at Rockhampton Girls Grammar School in Queensland. Moving to the University of Queensland in 1985 allowed her to continue rowing both at College and at the UQBC, where her passion for rowing in VIII's was ignited. Virginia joined the Royal Australian Navy in 1989 and her rowing opportunities were limited due to her time serving at sea.

In 1999 she moved to Canberra and joined Black Mountain Rowing Club where she was a competitive Master's rower and served on the Committee in several roles. In 2019 Virginia re-joined the Navy full time, after a decade working in Government, and became President of the Australian Defence Force Rowing Club – a position she still holds. She was also actively involved in the Canberra Grammar School rowing committee and community from 2018 – 2023, where her son was a keen rower.

Virginia joined the RACT Board in 2021 as a Director and is the current Chair of the Governance sub-committee. Virginia is still competing and rowing with Defence and is looking forward to competing in another Head of the Yarra in 2024.

Virginia brings a strong background in Governance to the Rowing ACT Board, as well as her leadership capacity as a Commodore in the Royal Australian Navy, and her passion for rowing.

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Sebastian Lang: Sebastian started rowing nearly 20 years ago and have more recently watched his daughter discover rowing and develop her skills. This has given Sebastian an appreciation for what attracts people into rowing at different life stages. His club roles have given him insights into the rowing activities that maintain and build motivation, drive performance, and also those that cause people to move away from the sport. Sebastian is committed to playing a role in growing the Canberra rowing community, while at the same time maintaining and utilising existing members' enthusiasm.

Sebastian brings a range of relevant skills and experience gained throughout a public sector career to the Rowing ACT board. In particular, he has substantial community and stakeholder engagement, for example, as the former senior executive manager of various national parks and the Australian National Botanic Gardens. Additionally, Sebastian has held public-facing roles, such as the lead spokesperson for the Australian Government's threatened species policy, providing deep experience in social media engagement and awareness-raising campaigns. Sebastian has extensive government grant program experience - having designed and administered many funding programs, so is well versed in the opportunities that arise in this area, as well as how to target funding applications for the best chance of success.

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Kathryn Ross: Kathryn began her rowing career in 2006 where she was identified through a talent search program. She acquired her disability through an accident at the age of two where she was run over by a lawn mower on her family farm affecting her right leg.

Kathryn has had a stellar career in Rowing spanning over nearly two decades. She is the first Australian to compete at all Paralympic Games (Beijing 2008, London 2012, Rio 2016 and Tokyo 2021) since Rowing was introduced in 2008 and won the first medal for Australia taking home a silver medal at the 2008 Beijing games. Since then she has gone on to take home multiple world championship medals, including three consecutive gold medals in the PR2 category of mixed double sculls and a gold medal and world record in the singles sculls. Kathryn currently holds multiple world and national records on and off the water.

Outside of rowing, Kathryn is a Registered Nurse, working in multiple sectors of emergency, mental health and suicide prevention. She is a passionate advocate for athlete wellbeing, serving on Rowing Australia's Athlete Commission and Paralympics Australia's Broader Community Engagement Subcommittee. Currently, she is a prominent member of the Disability Sports Australia Advisory Committee and actively supports the subcommittees for Boccia Australia.

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