

Justin started rowing at Whanganui High School and has continued active involvement in the sport ever since. He was selected into RPCs and also represented NZ Universities in international competitions. He has raced at Canadian Henley, Taiwan, China twice, Moscow and Australia. His most recent rowing success was at this year's National Champs where he and Alastair Bond (brother of Hamish Bond) won the Championship Lightweight double.

Justin studied at Otago University, gaining a degree in physics and post grad qualifications in sports science and biomechanics. While still studying he volunteered to work with NZ elite cyclists and upon completing his studies he was employed by BikeNZ as a sports scientist. He worked with BikeNZ until the conclusion of the Rio Olympics. He is now employed by High Performance Sport NZ as a physiologist and bio mechanist working with NZs elite rowers.

In his high performance sporting roles Justin monitors the performance of the athletes, writes training programmes for those athletes, and works with individual athletes to ensure their rowing setups are the most advantageous possible.

Justin wrote the training programme athletes followed at the UBC this past season, our most successful in recent times!