

SPORT Rowing

HOMETOWN Victoria, BC

In 2015, Avalon switched her passions from cross-country skiing to rowing and was then identified as a 'Future Olympian' by Rowing Canada at a BC RBC Training Ground event. Avalon made her international debut with the senior team in 2017 and 4 years later won Olympic Gold in the stroke seat of the Women's Eight.



Tokyo 2020 Olympic Gold medallist



2022 World Championships Bronze medallist



RBC Training Ground Alum