

Jamie McCowan

Category: BC3

Date of Birth: 02/03/1995

Coach: Glynn Tromans

From: Dundonald, Ayrshire, Scotland

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You could say boccia is in Jamie's DNA; his brother Scott has also been selected to represent ParalympicsGB. Meanwhile, Jamie's Mum, Linda, is his ramp assistant while his Dad, Gary, performs the same role for Scott:

"We are fiercely competitive. During lockdown, we played more than 60 matches in our living room which decided our mood for the day, depending on the result!"

"My Mum and Dad are as desperate to win as me and Scott!"

Jamie and Scott were both selected for Rio 2016 and have since achieved a European Championships silver medal in 2017. Jamie also battled to become European BC3 Individual Champion at the same event:

"It is the biggest tournament I have won and I had to come back from 6-0 in the final which doesn't happen often!"

He is also the 2018 BC3 British Champion.

Both McCowans are well-known for their celebratory on court roar which erupts after a good shot.

Outside of boccia, Jamie is a huge football fan and supports Celtic and Arsenal. During lockdown, he has really missed going to gigs and can't wait until it's safe to enjoy them again.