

Scott McCowan

Category: BC3

Date of Birth: 17/07/91

Coach: Glynn Tromans

From: Dundonald, Ayrshire, Scotland

Twitter: @smccowan



Scotland's Scott McCowan is eyeing a spot on the Paralympic GB boccia team. Tokyo will be his third Games after first making his debut in front of a home crowd at London 2012.

Four years later in Rio, he competed alongside brother Jamie. Scott is joined on court by Dad, Gary, who is a ramp assistant. Meanwhile, Mum, Linda, performs the same role for Jamie.

"We ended up hosting a living room championship during lockdown which got very competitive. The family rivalry was very strong!"

His proudest moment to date was when he captained the BC3 Pair to a silver medal at the World Championships in Beijing in 2014.

The proud Scot is a four-time British Champion 4 (2013, 2014, 2017 and 2019). Like his brother Jamie, Scott is known for the McCowan roar – now famous on the international boccia circuit – which erupts after a good shot.

To excel in the sport, Scott says you need "dedication, resilience and intelligence."

Away from the boccia court, Scott is an avid sports spectator, enjoying football, American football, golf, darts and snooker. His other passion is live music.

Stephen McGuire

Category: BC4

Date of Birth: 18/8/84

Coach: Claire Morrison

From: Hamilton, Scotland

Instagram/Twitter: @bocciabhoy

Stephen is a fearsome competitor with the international record to prove it. Recent highlights include individual World Champion in 2016 and individual European Champion in 2017. He has won the British Championships 13 times and can also boast a multitude of other titles.

He made his Paralympic debut at London 2012 where he proudly competed alongside his brother, Peter.

He is a proud ambassador of the sport: “Boccia is the world’s most inclusive sport, no matter your ability you can compete on a level playing field. Boccia is a strategic, highly tactical, precision sport based on solid fundamentals of delivering a ball.”

Steph is the captain of the BC4 Pair which is also comprised of Evie Edwards and Louis Saunders.

Training at home during lockdown has given Steph time to refocus and rebuild. And it’s had its funny moments too:

“I live in an apartment so I started throwing over the garden wall. Before I knew it, all my neighbours were out on their balconies shouting support and taking bets on whether I’d hit the target or not. It was a much-needed break from the news and for those who were missing watching sport, it gave them something to enjoy!”

Away from boccia, Steph is a season ticket holder at Glasgow Celtic Football Club. He also loves watching Formula 1:

“For me, it’s more about the strategy behind each race than the race itself.”