



Sophie Barr

2021 Kilburn

Rowing

INTERNATIONAL REPRESENTATION

U23 World Championships (2025)

Rowing World Cup (2026)

INTERNATIONAL ACHIEVEMENTS

U23 World Championships Women's Pair (Final B)

5th Women's Eight (Rowing World Cup 2026)

Where are they now?

Sophie is currently studying at Harvard University.

NATIONAL ACHIEVEMENTS

3rd Australian National Championships U23 2x (2025)

4th Australian National Rowing Championships U19 2x (2021)

Australian Underage Rowing Team Selection Invitee 2022



STATE REPRESENTATION

South Australian State Team Member (2021, 2022, 2025)

STATE ACHIEVEMENTS

1st New South Wales State Championships U23 2x (2025)

2nd New South Wales State Championships U21 2x (2022)

South Australian State Champion U19 1x (2021)

SASI Rowing Program 2021

South Australian U19 8x State Champion (2020)

South Australian U19 4x State Champion (2020)

South Australian U19 2x State Champion (2020)

SCHOOL ACHIEVEMENTS

Sport Prefect (2021)

Rowing Captain (2021)

Ursula Lundberg Cup for Outstanding Sporting Achievement (2021)

Prize for Excellence in General Mathematics (2021)

Prize for Excellence in Psychology (2021)

Kilburn Middle School Sport Captain (2018)

Yr 8 Prize for Sustained Effort and Consistent Approach to Studies (2017)

Yr 7 Prize for Academic Excellence (2016)

Kilburn Junior School Athletics Captain (2015)

Junior School Prize for Academic Excellence (2015)



SCHOOL CO-CURRICULAR

Student Library Initiatives Club (2018 – 2021)

Environment Club (2018 – 2019)

Rowing (2015-2021)

Athletics (2015 – 2021)

Soccer (2015 – 2020)

Swimming (2015 – 2017)

Triathlon (2016 – 2018)

Netball (2016 – 2019)

Cross Country (2015)

Oliphant Science Awards (2015 – 2016)

MEDIA LINKS

<https://www.adelaidenow.com.au/messenger/sport/messenger-community-news-names-top-20-young-sa-athletes-to-watch-in-2021/news-story/255939a1e382b27fc-3686d95e7f7ddd5>

https://rowingaustralia.com.au/latest_news/rowings-next-generation-ready-to-make-their-mark-at-u23-world-championships

<https://www.adelaidenow.com.au/messenger/sport/south-australian-rower-sophie-barr-accepted-in-to-harvard-university-to-compete-in-varsity-team/news-story/ec53c52e719696259944df9f515b47bb>

<https://jrnlnews/2025-australian-rowing-championships-womens-u23-pair-preview/>

