



SPEAKER DETAILS

Tasmanian-born Al Viney was a promising young rower throughout her high school years. At the age of 18, in 2010, Al survived a high-speed car accident caused by a drunk driver. The accident left her with lasting impairments to her left elbow, forearm and hand.

Believing that her time as an athlete had passed, Al channelled her passion for sport into a career; graduating with a Bachelor of Exercise and sport science (sports Nutrition) from Deakin University and working as a sport scientist and strength and conditioning coach in Geelong until 2019.

In May 2018, Al was asked whether she had considered becoming a Para-athlete, an option she'd been unaware of. In November of that year, she began her journey as a Para-athlete when she sat in a boat for the first time since her accident, a second chance at her rowing dream.

Alexandra was selected for the Australian Senior Para-Rowing Team in the PR3 Mixed Coxed Four in February 2019. That May, she made her international debut at the Gavirate International Para Regatta, placing second in the PR3 four. She then placed fourth in the world at her first World Championships, in the bow of her selected boat class qualifying a place for Australia for the Tokyo 2020 Paralympic Games.

At Tokyo, Al competed with crewmates Nikki Ayers, Tom Birtwistle, James Talbot, and coxswain Renae Domaschenz in the PR3 Mixed Coxed Four to finish in fourth place with a time of 7:34.73.

Rowing Highlights

- Started Para-Rowing in November 2018
- Selected on The Australian National Rowing Team in February 2019
- Silver Medal in the PR3 Mixed Coxed Four at the Gavirate Para International Para Regatta. May 2019
- 4th Place in the PR3 Mixed Coxed Four at the Rowing World Championships, Austria. August 2019
- National Champion and holder of the Australian National Record in the:

Women's PR3 Pair in 2019, 2020, and 2021

PR3 Mixed Coxed Four 2019 & 2021

- Bow seat of the first Australian PR3 Mixed Coxed Four to ever go under the 7-minute mark. March 2021
- Selected in the PR3 Mixed Coxed Four to represent Australia at the Tokyo 2020(one) Paralympic Games. March 2021
- Placing 4th at the Paralympic Games after only 9 days of training together since selection in March 2021 due to the COVID-19 pandemic border restrictions in Australia. September 2021

Outside of her training in pursuit of Paralympic selection, Al is studying for a Master of Business (sports management) and operates a small business. She hopes to continue to raise awareness around road safety, mental health, women in sports and opportunities for people with impairments.