

A group of rowers in a boat on water. The rowers are wearing black uniforms. The rowers in the background are holding up their oars. The rowers in the foreground are holding up their oars and smiling. The rowers in the foreground are holding up their oars and smiling. The rowers in the foreground are holding up their oars and smiling.

New Zealand Olympic Ambassador

Tom Mackintosh

Olympian number:
1457

Sport:
Rowing

Event:
Eight

Tom Mackintosh was born in Wellington in 1997 and attended Kelburn Normal School, Hereworth School and Lindisfarne College. His favourite subjects at school were English and Technology and he remembers that he played 'pretty much everything under the sun' when it came to sport at school: cricket, tennis, soccer, basketball, rugby, cross country and rowing. He admits he wasn't particularly amazing at any particular sport as a child and just loved playing with his mates and being active.

Tom began rowing at Lindisfarne College and Hawke's Bay Rowing Club in 2012, at the age of 15. He says his Dad was really passionate about rowing and encouraged him to get in a boat. He loved hearing the stories about his Dad's rowing days and thought it sounded interesting. Tom's personal strengths in rowing include being long limbed and having a good aerobic base. He likes working with people and says rowing is the ultimate team sport, it is all about working together. Getting athletes on the same page is something he thrives on.

In 2014, Tom was selected in the junior men's coxed four who raced at the World Rowing Junior Championships in Hamburg, Germany and won a bronze medal. After

10 Quick Facts About Tom

1. Tom's nickname is Tmack!
2. He has a Dachshund called Nelly.
3. Tana Umaga was his childhood hero.
4. His favourite food is found at The Chilli House, Cambridge.
5. He likes to listen to Rap music.
6. Avengers Endgame is his favourite movie.
7. Tom likes to holiday in Taupo or the South Island with family.
8. Tom is 197cm tall.
9. After winning both the men's premier pair and double, Tom was awarded 2021 New Zealand Rowing Championships Male Rower of the Year.
10. When asked which NZ athlete he admires the most, Tom replies 'Probably Hamish Bond, he's pretty good at rowing!'



**New Zealand
Olympic Education**



school, Tom stayed involved with rowing at RPC (Rowing Performance Centre) level and was a member of the New Zealand Universities Trans-Tasman team and New Zealand U21 team that competed in a two-regatta series against Australia, all while focusing on his studies at the University of Canterbury.

Tom was selected three years in a row for New Zealand U23 crews. In 2017, the U23 men's eight placed 7th at the World Rowing Championships in Plovdiv, Bulgaria, in 2018 the U23 coxless four won a bronze medal at the U23 Worlds in Poznan, Poland and the men's U23 coxless four won a silver medal at the U23 Worlds in Sarasota, Florida.

Tom has been part of the Rowing NZ Elite Men's squad since 2018, including the 2021 Olympic Team. Highlights along the way to the Tokyo 2020 Olympic Games include rowing with some of his idols and 'earning my seat at the table' as a younger member of the crew, amongst older athletes. Tom says he was striving for the Olympic team for so long that when he eventually got named he 'couldn't quite understand what had happened'.

The New Zealand men's eight did not place highly enough at the 2019 World Championships to qualify for the Tokyo 2020 Olympics and had to attend the 'last chance regatta' in Switzerland. They won the regatta and returned home to spend two weeks in managed isolation just a month before departing for Tokyo.

Finishing second in their heat, they headed to the repechage round which they won. The final of the men's eight saw them

grow their small lead from the halfway mark to win New Zealand's first gold medal in the eight since 1972. Tom sits in the bow seat in the men's eight and says the position suits him well as he is 'lanky and light for a heavyweight'.

Tom reflects that being surrounded by all the best athletes in the world is something he will never forget, he loved being at the Olympics!

Outside of rowing, Tom enjoys playing golf and catching up with friends. He loves boating, fishing, diving, water-skiing and being outdoors. He has completed a BCom in Accounting and Finance from the University of Canterbury and a Master of Management at Massey University. He co-founded PickUp Cherries, who distribute cherries throughout the Waikato and sees owning a business and leading a successful team as something very appealing for his future.

Links

Instagram [@tmacktmackk](https://www.instagram.com/tmacktmackk)

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