

# DARREN SONAL TRANCHELL

JUNIOR NATIONAL ROWING ATHLETE  
SRI LANKA

ASIAN INTERNATIONAL SCHOOL,  
COLOMBO



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BUILDING TODAY FOR A STRONGER TOMORROW

# DARREN SONAL TRANCHELL

JUNIOR NATIONAL ROWING ATHLETE – SRI LANKA  
ASIAN INTERNATIONAL SCHOOL, COLOMBO

## ABOUT ME

A highly dedicated and disciplined junior rower who competes with heart, trains with purpose, and represents Sri Lanka with pride on the international stage.

I believe in the power of consistency, teamwork, and continuous improvement to achieve extraordinary results.

## ATHLETE BIOGRAPHY

|                                                                                     |               |                                     |
|-------------------------------------------------------------------------------------|---------------|-------------------------------------|
|  | Date of Birth | 14 July 2011                        |
|  | Nationality   | Sri Lankan                          |
|  | School        | Asian International School, Colombo |
|  | Sport         | Rowing                              |
|  | Boat Classes  | 1X   2X   3X                        |
|  | Coach         | Mr. Sanjeewa Guruge                 |

## PERSONAL BEST PERFORMANCES

| CATEGORY                | TIME   |
|-------------------------|--------|
| Indoor Rowing – 1000M   | 3:15.5 |
| Indoor Rowing – 2000M   | 6:55.2 |
| On-Water Rowing – 1000M | 3:47.0 |
| On-Water Rowing – 2000M | 7:58.1 |

## FUTURE ASPIRATIONS

To represent Sri Lanka at junior and senior international competitions and inspire the next generation of Sri Lankan rowers.

## KEY ACHIEVEMENTS

 **INDOOR NATIONAL ROWING CHAMPIONSHIPS 2026**  
U16 – 2000m **GOLD MEDAL**  
U19 – 2000m **GOLD MEDAL**

 **TWO-TIME NATIONAL CHAMPION**  
Under 14 Single Scull Champion  
Sri Lanka National Rowing Championships  
**2024 & 2025**

 **NATIONAL DEVELOPMENT SQUAD**  
Selected to the Sri Lanka National Development Pool at 12 years of age

 **ASIAN ROWING CUP 2026 – KOREA**  
Open Men’s 2000m Final B Winner

 **TAREE SUMMER REGATTA 2026 – AUSTRALIA**  
Gold Medal – Open Single Scull  
Gold Medal – Open Double Scull

 **LEADERSHIP ROLES**  
 **ROWING VICE CAPTAIN**  
2026 / 2027  
 **HOUSE VICE GAMES CAPTAIN**  
2026 / 2027

## ATHLETE STRENGTHS

- ✔ Strong technical proficiency in sculling boats
- ✔ Excellent endurance and race consistency
- ✔ Ability to compete successfully above age category
- ✔ Highly coachable, disciplined, and mentally focused
- ✔ Demonstrates humility, professionalism, and resilience

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## INTERNATIONAL ACHIEVEMENTS

- **Gold Medal** – Open Single Scull – Taree Summer Regatta 2026 – NSW, Australia
- **Gold Medal** – Open Double Scull – Taree Summer Regatta 2026 – NSW, Australia
- **1st Place** – HW Men's 2000m Open Final B – 2026 Asian Rowing Cup – Chungju, South Korea



## NATIONAL ON-WATER ROWING ACHIEVEMENTS

- **Gold Medal** – Under 14 Single Scull – Sri Lanka National Rowing Championships 2024
- **Gold Medal** – Under 14 Quadruple Scull – Sri Lanka National Rowing Championships 2024
- **Gold Medal** – Under 15 Single Scull – Sri Lanka National Rowing Championships 2025
- **Gold Medal** – Under 15 Double Scull – Sri Lanka National Rowing Championships 2025
- **Winner** – Under 14 Championship Opening Regatta 2025 – Colombo Rowing Club
- **Winner** – Under 16 Double Scull South West Monsoon Regatta 2025 – Colombo Rowing Club
- **Silver Medal** – Men's Open Double Scull Head of the Beira Regatta 2025 – Colombo Rowing Club
- **Winner** – Junior Men's Double Scull Opening Regatta 2026 – Colombo Rowing Club
- **Winner** – Men's Open Single Scull Opening Regatta 2026 – Colombo Rowing Club



## INDOOR ROWING ACHIEVEMENTS

- **Silver Medal** – Under 14 Boys – Sri Lanka Indoor National Rowing Championships 2024
- **Gold Medal** – Under 14 Boys Relay – Sri Lanka Indoor National Rowing Championships 2024
- **Gold Medal** – Under 14 Individual – Sri Lanka Indoor National Rowing Championships 2025
- **Gold Medal** – Under 14 Boys Relay – Sri Lanka Indoor National Rowing Championships 2025
- **Gold Medal** – Under 16 Boys Individual – Sri Lanka Indoor National Rowing Championships 2026
- **Gold Medal** – Under 19 Boys Individual – Sri Lanka Indoor National Rowing Championships 2026
- **Silver Medal** – Under 16 Boys Relay – Sri Lanka Indoor National Rowing Championships 2026
- **Silver Medal** – Under 19 Boys Relay – Sri Lanka Indoor National Rowing Championships 2026



## RECOGNITIONS & SCHOLARSHIPS

1. Selected for the Sri Lanka National Development Pool at **age 12**
2. Most Outstanding Sculler – Middle School (2024/2025) – Asian International School
3. Most Outstanding Oarsman of the Year 2025 / 2026
4. Recipient of academic scholarships from Asian International School in acknowledgment of outstanding achievements, excellence, and contributions to rowing during the 2025/2026 and 2026/2027 academic years.