

## Sarah Winckless

Olympic bronze medallist and double World Champion



An Olympic bronze medallist and double World Champion, Sarah Winckless has represented Great Britain at three Olympic Games and seven World Championships.

She is an athletic all rounder, with an England Vest for discus throwing and Cambridge Blues in netball, basketball, athletics and rowing. Upon leaving university she decided to focus on one sport and has become a key member of Great Britain Woman's rowing team over the last twelve years.

Sarah sees the value that sport brings in all walks of life. Previously she has represented the BOA at Party Conferences highlighting the need to keep and improve sports facilities in schools and the community under their 'playground to podium' banner. She is also currently working with UK Sport on their Athletes Insight Panel.

Having retired from international competition in 2009, Sarah now runs her own company focusing on life coaching and motivational speaking.