

Katharine Merry – Olympic Bronze Medalist



Katharine is one of Britain's most outstanding female Athletes. Her career highlight came at the Sydney Olympics when she won Bronze in the 'race of the games' against Gold Medalist and Australian heroine Cathy Freeman. Starting her international career at age thirteen, Katharine became the fastest school girl in the world by fourteen. After years of extreme pressure, injuries and coping with the media spotlight she eventually became the fastest woman over 400m in 2001.

Career Highlights

1993 European Junior gold medalist in the 100m & 200m
 1999 Fifth in the World Championships for 400m
 2000 Olympic Bronze medalist for 400m
 2001 World Number one

Katharine draws on her 17 years of experience at the highest levels of athletics. Few can be better placed to comment on just what it takes to be truly World Class. Her no compromise approach to every element of her life serves as an inspiration and a lesson in drive and determination to be the best in the face of adversity. Her story is one of motivating a high performance team; including her coach Linford Christie and making the right decisions but not necessarily the easy ones when it comes to career defining moments. When all else failed Katharine adopted a "back to basics" approach by focusing on winning routines that bring success in some of the most pressurised situations in the world.

Katharine is now an official UK athletics mentor and also a renowned athletics commentator and sports pundit for the BBC.

"Katharine delivered an inspiring speech, and had clearly researched the role of the SSCO, relating her experiences and achievements in sport to her audiences own goals and targets. She also stayed on to contribute to the network tables in the afternoon! Katharine's involvement in the day contributed to it being a huge success and we would be delighted to invite a speaker of her calibre back to our next network day. Thank you, Katharine and Raise the Bar for all your help!" **Herts Sports Partnership**

