

Athletes Profile



Amelda Gare **Rowing**

DOB: 07.11.90

Course: AS/A2 Levels in English Language & Literature, Maths, PE



Secondary School: Grey Court School

Club: Molesey Boat Club

Honours: Competing internationally at World Cup events

Amelda started rowing at 15 when she took part in a World Class Start Screening at her secondary school. Since then she has won a trial in Holme Pierrepont National Water Sports Centre and competed in Germany, France, Czech Republic, Belarus, Russia and Spain.

In May 2008 she won a gold and bronze medal at the World Cup. The gold medal was in the coxless pair and her team finished six seconds ahead of the Polish team. Amelda is surely an athlete to look out for at London 2012.



Richmond upon Thames College