



Sharron Davies

Sharron Davies occupies a unique position in British life. In an age of increasingly fleeting fame & notoriety, she has been one of the UK's best known & most popular sportswomen since bursting onto the scene as a 13 year old Olympian in 1976. More than 30 years later she is still as popular, in demand & a much admired character.

As a sportswoman, television personality, devoted mother of three, public speaker, model, enthusiastic charity worker, powerboat racer, author, interior designer & equestrian – Sharron enjoys a busy and varied life & retains remarkable popularity amongst those aged 8 to 80!

Having first swum for Britain at the extraordinary age of 11 she was selected for the 1976 Montreal Olympics & instantly became a household name. At only 14 she confirmed her talents by winning two European Bronze medals, only losing out to the then all conquering East Germans. But it was in 1978 that 15 year old Sharron stormed to the first of her many successes winning Commonwealth gold medals in both 200m & 400m Individual Medley events.

Her astonishing form continued & in 1980 she took a battling silver medal at the Moscow Olympics finishing just behind Petra Schneider of East Germany. Ms Schneider has since admitted that her performance was heavily drug enhanced. An emotional reunion between Sharron & Petra was the subject of a captivating Channel 4 documentary.

As is often the case with prodigies whose success & stardom arrives so early, Sharron decided she needed a break from training and competition & *'retired'* at the age of 18 to pursue a media career. However the lure of the water proved too much & she returned in 1989 & promptly regained her national 200m title.

As ladies Captain of Britain's 1990 Commonwealth Games squad she led by example & returned with silver & bronze medals.

Twice voted British Press Sportswoman of the Year, Sharron's incredible international career spanned three decades; numerous major titles & medals, 200 British records (some of which stand to this day including the 20 year old 400m IM record), 5 World Masters records & an MBE awarded by the Queen for services to sport.

Retiring from competition in 1994 Sharron has become a regular on television & in the press. As a key member of BBC television's commentating & presenting team she has covered many major events including the Seoul, Atlanta, Sydney, Athens & Beijing Olympics. The London Games will be her 10th Olympiad as a competitor or broadcaster.

Sharron has also presented TV's **The Big Breakfast**, been the subject of a Channel 4 documentary, co-hosted **Superstars**, adorned the covers of many leading magazines, written for publications such as **Total Sport**, **Cosmopolitan** & **The Independent** as well as contributing magazine features on one of her biggest hobbies – interior design.

Other television work includes a successful 26-part series on **Parenting** & ITV's **Gladiators**, where as *Amazon* she won over a whole new generation of fans. A serious knee injury forced her out of the all-action show after two years but the resulting 5 operations failed to dampen a further sporting passion – skiing!

She has also chalked up many appearances on favourite programmes such as **Question of Sport**, **They Think It's All Over**, **Dancing on Ice** and **Britain's Best Dish**. Her versatility has seen her involved in TV campaigns for Ribena & Ultralase amongst others as well as popping up in series such as **French & Saunders**, **The Hale & Pace Show**, **Eggheads** & **The Money Programme!**

Sharron has written several books including an autobiography, fitness & pregnancy guide, a learn to swim book (translated into 10 languages), a back care book, a Fit for Life CD-Rom & a fitness video.

Hobbies include horse riding, fashion, art, architecture, keeping fit (still regularly working out in her extensive home gym) & skiing. And thanks to her involvement in ITV's 2010 series of **Dancing on Ice** she has become an avid & dedicated ice skater. However her greatest passion is her three children; Elliott, Grace & Finlay who are regularly by her side during her travels.

As patron of Disabled Sport England & The Sports Aid Foundation, Sharron devotes much of her time to charity but it's with her very own annual swimming event, **Swim for Life** that she has become widely known. Launched over 15 years ago with Princess Diana, it involves 2000 pools nationwide & has since raised millions of pounds for different causes.

Sharron remains in constant demand for media work, motivational speaking, public appearances, product endorsements, photo shoots & works with many household name companies on a regular basis, often with family fitness in mind.

**For more information on Sharron Davies,
Contact: 0113-239-2222**