



Nicola Adams World Championship Silver Medallist

Age: 28
D.O.B. 26/10/1982
Home Town: Leeds
Weight: 51kg
Event: Boxing
Weight Category: Flyweight
Club: Haringey Police Community Club
Coach: Brian John and Alwyn Belcher

Nicola first stepped into boxing at the age of 12. Paying a visit with her mum to the local gym in Leeds, Star and Fitness, her sole purpose was to get fit. However it was here, encouraged by her mum, that she found herself partaking in a kids boxing session and from then on the gloves were always close by her side.



It was a year later when the young boxer was to step into the ring in her first competitive fight, an exhibition bout against Claire Newton from a rival gym. Winning her first ever fight was an achievement that gave Nicola the confidence to pursue additional fights but for her coaches it was proving to be harder than first thought. After searching near and far, it wasn't until she was 17 that Nicola was able to find an opponent to take into the ring. Yet again her fearsome talent was underlined, knocking the Newcastle-born rival out in the second round.

In 2001 the Leeds-born boxer attended an England selection training camp, where she was lucky enough to train alongside World Heavy-Weight Champion, David Haye. Speaking highly of David, she states that it was him who inspired her to train harder and aim higher. With these words of wisdom in the back of her mind she was to be



presented with a golden opportunity adding more excitement to her year. She was asked to represent her country and on acceptance became the first ever English female boxer. Her first bout for her nation was in a dual international against Ireland, winning on the outclass rule in the second round, technically crushing her opponent.

Nicola has remained a representative of England since the age of 18, breaking numerous records, as well as becoming English amateur national champion 4 times. In 2007 she was to once again prevail when representing Great Britain at the European Championships in Denmark. Here she became the first ever English female to win a medal at a major tournament. Her most landmark

achievement to date and taking a step further in her career was her performance which painted her place on the world scene in Ningbo. At the World Championships



she was to pick up a silver medal on the podium in China, narrowly missing out to world number one boxer, Karolina Michalczuk.

Nicola's boxing career continues to go from strength to strength and in March 2010 she confirmed her place on the GB women's squad for the London 2012 games. With full funding in place she has the last piece of the puzzle for her 2012 preparations.

Focussing her ambitions on top spot on the podium, Nicola is set to make history yet again as being one of the first female boxers to compete in the Olympic Games.

Achievements:

2010 World Championships, Silver
2008 Angered Centrum Box Cup, Gold
2008 World Championships, Silver
2008 Witch Cup in Hungary, Gold
2008 Haringey Box Cup England, Gold
2007 European Championships, Silver
2007 Witch Cup in Hungary, Silver
2007 Ahmet Comert Box Cup, Bronze
2006 York v Canada at Niagara Falls Casino, Gold
2006 English Amateur National Championships, Gold
2005 English Amateur National Championships, Gold
2004 International Tournament in Hungary, Gold
2004 English Amateur National Championships, Gold
2003 English Amateur National Championships, Gold
2002 International Box Cup, Bronze
2001 First female boxer to represent England

