



Helen Glover – Sporting Giants

DOB: 17.06.86

Hometown: Penzance

Sport: Rowing (women’s pair, with Heather Stanning)

Former Sport: Athletics, Hockey

Best results: 2012 Belgrade World Cup, (gold), 2012 Lucerne World Cup (gold), 2011 World Championships (silver), 2011 Lucerne World Cup (gold), 2011 Munich World Cup (gold)



Helen’s story...

All-rounder Helen grew up in Penzance in a sporty family and from an early age was involved in sport. At the age of 14 she was playing hockey for the England satellite squad, captaining her county team and also playing tennis and swimming for her county. After being selected to run for England, Helen continued her love of sport by commencing a degree in Sport and Exercise science at the University of Wales.

Helen started rowing in 2008 through the UK Talent Team (UK Sport and English Institute of Sport) Sporting Giants scheme and was placed on to the GB Rowing Team's Start programme, sponsored by Siemens, in Bath and coached by GB Rowing’s Paul Stannard. Prior to this she had absolutely no experience with rowing.

Speaking to the Guardian about the Sporting Giants process, Helen said: “They tested 4,500 of us in groups of 200 at a time. I remember sitting in a room in Bisham Abbey and someone saying: ‘A gold medallist in 2012 could be sat in this room. Look around you.’ I thought: ‘Right, I’m going to make that me.’ It was quite surreal.”

In 2009 Helen won gold in the senior single scull at Women's Henley. Having the opportunity to focus on one sport in the knowledge she had the support of a world class team behind her, gave her the focus and motivation to put in the hours of training necessary.

At the 2010 World Rowing Championships on New Zealand's Lake Karapiro, Helen along with crewmate Heather Stanning gave a breakthrough performance in the women's pair, showing no fear in their first senior Worlds by doggedly hanging on to the coat-tails of the reigning world champions, New Zealand to win a fine silver medal.

The 2011 World Cup series started in the best possible way for Glover and Stanning, when they clinched the gold medal in the women’s pair in Munich. The pair continued



their rise to prominence at the final World Cup event in Lucerne, beating the reigning world champions from New Zealand to the gold medal.

Glover and Stanning have continued their golden streak in 2012, winning the women's pair at the first two World Cup events, in Belgrade and Lucerne. Now, having been selected to represent Team GB, she will now look forward to competing at the London 2012 Olympic Games.

