

# TAKE A BREAK

18/09/2024  
#ActiveEssexFoundation

# MORNING WORKSHOPS

18/09/2024  
#ActiveEssexFoundation

# WELCOME

# LEWIS RICHARDSON

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Olympic Bronze Medallist Boxer

TEAM GB



18/09/2024

#ActiveEssexFoundation



**LEWIS**  

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**RICHARDSON**





# BACKGROUND

- Lewis Richardson
- 27 years old
- Colchester, Essex
- Former student at:
  - Monkwick Infant and Junior School
  - Thomas Lord Audley School
  - Colchester Sixth Form College
  - Sheffield Hallam University





# BOXING ACHIEVEMENTS

- 126 bouts (no fights)
  - 101 wins/25 losses
- Paris 2024 Olympic Bronze Medalist
- European Silver Medalist
- Commonwealth Bronze Medalist
- 12x International Champion
- 5x National Champion



# BOXING - WHERE IT STARTED

- 2010 - Entered Centurions ABC
- 2011 - First Bout
- 2012 - First National Title
- 2014 - First International Title
- 2016 - First England Bout
- 2018 - Became a member of GB Boxing



TEAM G  
OLYMPIC RINGS



# BOXING - REPRESENTING GB

- 2018 - First Great Britain Bout
- 2019 - First Great Britain Gold
- 2020 - Tokyo Olympic Qualifiers
- 2022 - Commonwealths & Europeans

**2024 - PARIS OLYMPICS**





# CHALLENGES & INJURIES

- Back - three stress fractures
- Knee - MCL Grade 2 Tear
- Wrist - surgery
- Mental Resilience
  - Belief and confidence
  - pressure to perform and win
  - Politics, governance and weight changes
- Product of environment - breaking the mould



# DOING WHAT I LOVE TO DO

- I love playing sport as my job
- I get to travel the world
- Try new experiences
- See different cultures
- Have friendships for life
- Learn lots of transferable skills
- Have new opportunities



TEAM



# WHY ME?

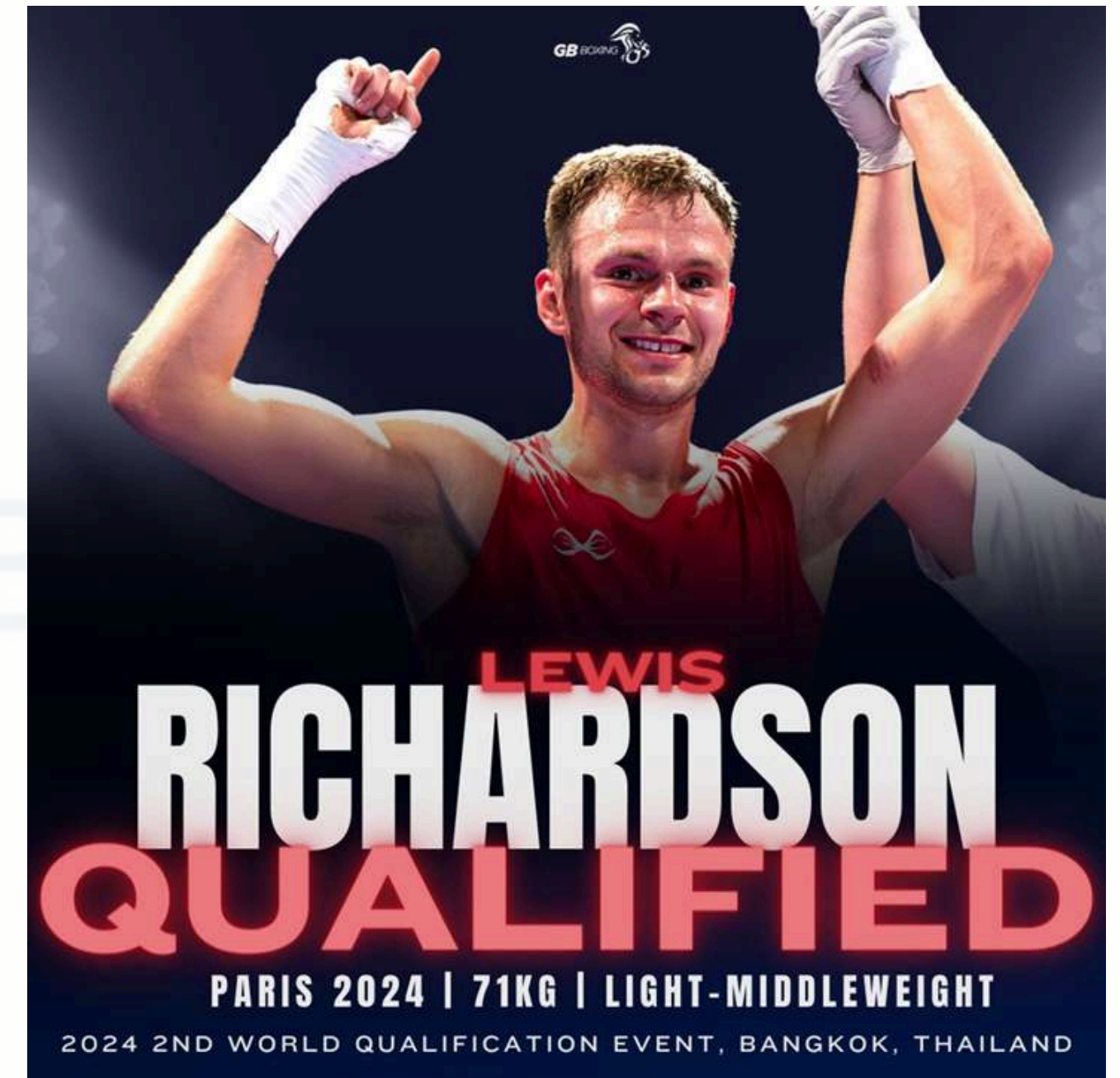
- Smart choices
- Accountability
- Hard work
- Discipline
- Resilience
- Respect
- Gratitude
- Enjoyment

Many of these skills I have developed, are transferable into life.



# THE POWER OF SPORT

- A positive outlet to express yourself
- Provides a purpose and direction
- Improved physical fitness and mental health
- Life changing memories and experiences
- Become part of a family and community
- Learn transferable life-skills





# THE POWER OF SPORT

- Challenge yourself to be the best you
- Engage with positive role models
- Give back to the community
- Become a better you inside and outside of sport





**LEWIS  
RICHARDSON**



# MY JOURNEY SO FAR





# THIS COULD BE YOU

- Humble beginnings
- A passion for sport
- Stumble across a boxing gym
- Hard work, discipline, enjoyment
- Success inside and outside the ring
- A role model to inspire the future



# THANK YOU



**@LEWISJRICHARDSON\_**



**@LEWISJRICH**



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**LEWIS RICHARDSON – TEAM GB BOXER**





# WELCOME

# GRAHAM HELM

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# LUNCH TIME

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