



changing**LIVES**:



Adam Whitehead

Swimming- Men's 100m / 200m Breaststroke

Adam Whitehead is a former European and Commonwealth Champion. Adam swam at 5 European Championships (gaining Gold in 1998 and Bronze in 1999 in the 200m breaststroke), 2 Commonwealth Games (winning Gold in 2002 for the 100m breaststroke, 2 silver medals and 1 bronze medal), 2 World Championships (finishing just outside the medals, in 4th, in 1999) and became an Olympian in the year 2000.

Adam represented Great Britain for 10 years and was Commonwealth Games Record holder for the men's 100 metres Breaststroke.

When Adam was at school, he was a very average pupil and very small for his age. He never really excelled at academic subjects and was never first to be picked. He suffered with dyslexia and had to, and still does, work hard on dealing with this. At the age of 16 he fell in with the wrong crowd and it took a big event for him to turn his life around and follow his dream of Olympic Gold.

