

# Claire O'Hara

Double World  
Champion Kayaker

Freestyle kayaking is a fast dynamic, explosive whitewater sport in which paddlers perform complex gymnastic moves whilst surfing river waves.

Squirt boating involves performing fluid and graceful routines above and below the water surface.



## Claire O'Hara

Freestyle Kayaking World Champion 2011-2013  
Squirt Boating World Champion 2009-2013

Having just won two gold medals for Great Britain at the World Freestyle Kayaking Championships Claire O'Hara can now be called the best female freestyle kayaker in the world. Claire not only successfully defended her World Champion title in squirt boating but also added to it with a second gold medal in freestyle kayaking.

Claire has been competing in freestyle kayaking for over 10 years and has been a member of the British team for the last 6 years in both disciplines. She has had a very successful international kayaking career winning 7 British Champion titles, 3 European Championship medals and 4 World Championship medals.

*'I cannot really describe how great it felt when I won two Gold medals at the World Championships. It was amazing. All the years of hard work and dedication came together and paid off as I achieved my goal and dream of becoming a double World Champion in my sport.'*

Her dedication and success has been recognised both inside and outside the kayaking world. In 2008 she won the Leeds Sports Woman of the Year Award and she was highly commended on three other occasions. This year she has been nominated for the 2011 'Rider of the Year Award' in the USA, invited to perform at the London Boat Show and she was the subject of the BBC 1 documentary 'Inside Out'.

She is frequently invited to give presentations at sports awards events and will be the freestyle spokesperson on the promotional video for kayaking for the London 2012 Olympics.

*'It is my aim to continue to be the best that I can be; to train hard, paddle well and perform to the best of my ability in both disciplines of my sport. It is a great honour to represent Great Britain and I hope to continue to do everyone proud.'*

Claire is already training to defend her titles at the World Championships in the USA in 2013. She is planning to compete on the UK, European and North American circuit for the next few years, inspiring future freestyle kayakers across the world.

Claire has support from a number of companies and individuals without whom she would be unable to compete at such a high level. The support from all of Claire's sponsors plays a critical part in her success and she would like to thank everyone for their continued help and encouragement.

Claire is currently a self-funded athlete. If you could possibly help in supporting Claire in any way please contact her on:

07985 200550 or at [ohara\\_claire@hotmail.com](mailto:ohara_claire@hotmail.com)

For further information on Claire and her achievements check out her website and blog at:

[www.claireohara.co.uk](http://www.claireohara.co.uk)



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