



ADAM WHITEHEAD



Age: 33
DoB: 28/03/1980
Born: Bedworth, Warwickshire
Home: Coventry
Height: 1:85m
Weight: 81kg
Clubs: City of Coventry
Coach: Nick Sellwood

Current Personal Bests

	(S.C)	(L.C)
50m Breaststroke	27.27	27.79
100m Breaststroke	59.75	1.01.05
200m Breaststroke	2.08.54	2.14.14



Contact the Youth Sport Trust on 020 7278
 7208 for more information. Last updated
 7th November 2007



In August 2002, at the Commonwealth Games in Manchester, Adam made a dramatic return to International swimming by winning the men's 100m breaststroke and taking a further two silver medals, making him the most successful male swimmer at the games. Twelve months previously Adam had virtually quit the sport following a dramatic failure at the Sydney Olympics, where he crashed out in 21st place. After suffering back and knee injuries and a bout of depression, the turnaround was remarkable. He puts it all down to a mental strength and a tenacious will to succeed. Adam has spent eight years at the top of his sport both domestically and on the world stage.

Competitive Record

2002

Commonwealth Games

Gold 100m breaststroke (a new Commonwealth Games record)

Silver 50m breaststroke

Silver Medley relay

Voted Swimming Times Male Swimmer of the Year, 2002

2001

World Student Games

Bronze 50m breaststroke

2000

World Championships

4th 200m breaststroke

Olympic Games qualifier

21st 100 breaststroke

23rd 200 breaststroke

1999

European Short Course

Bronze 200m breaststroke

1998

Commonwealth Games

Bronze 200m breaststroke.

European Short Course

Gold 200m breaststroke

1997 & 98

European Junior

Two Silver 200m breaststroke

Two bronze 100m and the 4 x 100 medley relay

Highest World Ranking, number 1 in 1998 (200m Breaststroke, S.C)

16 Open British Championships

Adam now works for the Dame Kelly Holmes Legacy Trust as the Trusts Athlete Manager. He recruits, trains and supports all the athletes that deliver on behalf of the Trust.

