

Sophie Lowery

Gymnast and footballer

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Additional info

Gender **Female**

Date of birth **08/07/2015**

Nationality **British**

About

I am an artistic gymnast and footballer with five years of experience, including two years in gymnastics competitions where I secured 2nd place at the national level. I am passionate about daily training in fitness and running, always striving to excel in everything I undertake.

Education

Canvey Junior School
Sep 2020 – Jul 2026
Canvey Island

Within my school setting I am achieving higher than expected grades in all my subjects. I am also a part of the school football team and running team competing in districts and league matches

Text box

From the age of 5 I started my gymnastics journey working through the levels to achieve level 9. After 3 years I was invited into the squad for WAG where I now compete at local and regional levels. I finished 1st in regionals giving me my place at nationals where I was placed 2nd in all 4 disciplines (floor, vault, beam and bars.) As well as a solo sport I am also part of a football team where we currently sit in the south east Essex league. I play left midfield and love being part of an exciting developing team.

I enjoy all aspects of fitness and run regularly for my hobbies aswell as spending time with my family.

Hobbies

- Football
- Family time
- Swimming
- Fitness
- Running