

## **Kate Staples**

### **Biography**

Adventure Bootcamp Director & trainer, Kate is an inspirational sporting figure whose achievements in athletics include breaking 42 British records, 12 Commonwealth records and achieving a ranking of 8th in the world for indoor athletics in 1996.

A former Gladiator, Kate is no stranger to media spotlight and her character Zodiac was a well-loved part of the show from 1992–1997. Kate also presented the children's Gladiator series. She was invited to appear in the new 2009 Gladiators series but had to decline as she was expecting her third child last October. However, she hopes to make a guest appearance in Gladiators Legends during 2009.

In 1997, Kate's career took a dramatic turn when she broke her neck in two places and underwent eight hours of surgery, which forced early retirement from both Gladiators and British athletics. Having made full recovery, her experiences prompted her to further her efforts to inspire others to live a fit and healthy life.

Kate created the government-backed Fitness for Life programme and became director of a nationwide schools programme to promote health and fitness among children. After training a select group of celebrity clients in London, she gained the only qualification in the world to run Adventure Boot Camp and was the first person to bring Adventure Boot Camps to the UK. The launch of Kate Staples Adventure Boot Camp in 2003 was a resounding success. Kate has recreated the camaraderie that she felt when training on track, and clients are seeing amazing results on their fitness levels.

For further information or to arrange an interview with Kate, please contact Dan at Adventure Bootcamp on 01932 863240 or email [dan@fitnesscamp.co.uk](mailto:dan@fitnesscamp.co.uk)

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