

Olympic Medallist Visits Polwhele House

A school in Truro received a special visit today from three-time Olympic Silver medallist, Frances Houghton.

Polwhele House, near Truro, welcomed the World Champion rower for the morning in order to inspire and educate the children on competing at a high level.

Houghton won silver medals at the 2004, 2008 and 2016 Olympic Games and was part of four World Championship-winning crews in the quadruple sculls.

Houghton is no stranger to competing at a young age, having first made the Junior team in 1995 aged 14. She finished fourth in the quadruple scull in her first World Rowing Junior Championships just a year later aged 15.

Headmaster Alex McCullough is happy to host Frances, saying:

“Having such an illustrious career from such a young age is so inspiring for our children here at Polwhele House. We encourage our pupils to pursue a range of sports, fully appreciating all the benefits to be gained from competing – including fitness, motor co-ordination, teamwork, sportsmanship, and camaraderie.”

Polwhele House educates children aged between 3 and 13, including pre-preparatory and preparatory classes. They offer a range of sports facilities, including a sand school and stables, in order to allow the children to train and compete in equestrian events.

Alex continued:

“We enjoy hosting sporting experts at Polwhele House so we can make our pupils aware of the skills and training involved with competing professionally. Frances is a brilliant role model and we are delighted to welcome her.”

Further information is available at www.polwhelehouse.co.uk