

General Information

Country:	FRA
Gender:	F
Handedness:	Left-handed
Date of birth:	1993-10-11
License:	11101993000

Further Personal Information

Family	Husband Jules, son Mathis [2021]
Residence	Saint-Maur-des-Fossés, FRA
Occupation	Athlete, Massage Therapist, Physiotherapist
Languages	French
Higher education	Physiotherapy - National School of Physiotherapy and Rehabilitation [ENKRE]: France

Sport Specific Information

When and where did you begin this sport?	She began fencing at age eight in Lyon, France.
Why this sport?	"When I was seven, my mother was looking for a sport for my little brother. There was a fencing club, Masque de Fer, and she proposed that I try it. I said no, that I didn't want to do a 'boy's' sport. I tried it the following year, and I liked it immediately. So I joined the club. The year after, my other little brother wanted to try, and so there were three of us Mallos at the club. Afterwards, the epee fencers left the club to start their own club, so we created an internal epee club called Lyon Epee Metropole, where I stayed until I left to join Cercle d'Escrime de Saint-Gratien."
Club / Team	Cercle d'Escrime de Saint-Gratien: France
Name of coach	Herve Faget [national], FRA
Training Regime	She trains full-time, with two sessions per day.
Handedness	Left

General Interest	
Nicknames	Blondiii (dax.fr, 15 Jul 2013)
Memorable sporting achievement	Winning individual bronze at the 2023 European Championships in Plovdiv, Bulgaria. (leprogres.fr, 17 Jun 2023)
Most influential person in career	Coach Remy Delhomme. (dax.fr, 15 Jul 2013)
Hero / Idol	Her mother. (dax.fr, 15 Jul 2013)
Injuries	She underwent a minor operation on her left wrist in August 2017. (actu.fr, 02 Aug 2017)
Sporting philosophy / motto	"I take events as they come without putting pressure on myself." (20minutes.fr, 19 Jun 2013)
Awards and honours	In September 2013 she won the Rhone D'Or in France. The award was presented in recognition of her athletic achievements during the year. (cercle-bellecombe-lyon.fr, 08 Sep 2013)
Famous relatives	Her brothers Axel and Robin have both competed in fencing, representing the Lyon Epee Metropole club in France. Their father Eric Mallo has served as vice president of the club. Her husband Jules Breton has played ice hockey in Ligue Magnus, the French men's top division. (eliteprospects.com, 17 May 2021; lesportdauphinois.com, 12 Dec 2018; lyonmag.com, 11 May 2018)
Ambitions	To compete at the 2024 Olympic Games in Paris. (Instagram profile, 24 Apr 2024)
Other information	<p>OLYMPIC CONFIDENCE BOOST</p> <p>She said her individual bronze medal at the 2023 European Championships in Plovdiv, Bulgaria, had given her confidence leading into the 2024 Olympic Games in Paris. "I've been waiting a long time to win a medal at a major competition. It shows that I'm on the right path. I know that I can go to the [2024] Olympics and perform well individually and collectively. Winning medals the year before is a positive sign. But I don't want to look too far ahead, even if I've been thinking about the Grand Palais [the Paris 2024 fencing venue] ever since I was pregnant, with my son in the stands watching me. This is why I train every day. Today, I feel like I have attained a certain maturity and I know what I am capable of." (sportmag.fr, 27 Jun 2023)</p> <p>FOCUS ON FENCING AND FAMILY</p> <p>She works as a massage therapist, but put her career on hold to prepare for the 2024 Olympic Games. "Since January [2023] I have stopped working thanks to help from sponsors, my club and the national bodies. This makes things a lot easier for recovery and organisation. When I finish a competition I can spend time with my son Mathis instead of going straight back to work the next day. I put my professional career on hold, temporarily. I will go back to massage, but for now I'm focusing on fencing and family. While I was on maternity break, I missed fencing, the game of it, and I was very happy to come back to it. This is something that makes a big difference for me today, I really see fencing as something fun, a pleasure, even if it's an integral part of my life. My son has given me that sense of perspective, and I think that's why I'm stronger than ever." (sportmag.fr, 27 Jun 2023)</p>