

General Information

Country:	GBR
Gender:	M
Height:	189
Weight:	80
Handedness:	Right-handed
Date of birth:	1983-07-30
Education:	BEeng Civil Engineering
Profession:	Transport Highways Engineer
License:	30071983000

Further Personal Information

Family	Wife Gia
Languages	English
Higher education	Civil Engineering - City University London: England

Sport Specific Information

When and where did you begin this sport?	He began fencing in 1994 at the Finchley Foil club in London, England.
Why this sport?	While at the supermarket one day with his family he bumped into fencing coach Ziemek Wojciechowski, who persuaded him to give the sport a try.
Handedness	Right

General Interest

Hobbies	Learning foreign languages. (combativecorner.wordpress.com, 19 Jan 2016)
Memorable sporting achievement	Qualifying for the 2012 Olympic Games in London. (combativecorner.wordpress.com, 19 Jan 2016)
Most influential person in career	Coach Ziemek Wojciechowski. (combativecorner.wordpress.com, 19 Jan 2016)
Injuries	He fractured his foot in 2008 and broke his hand in 2009. He then broke his foot again in 2010, which took about six weeks to heal. (morethanthegames.co.uk, 21 Oct 2010)
Sporting philosophy / motto	"Just do it." (Athlete, 28 Nov 2011)
Awards and honours	He was named the 2007 Athlete of the Year by the British Fencing Association. (britishfencing.com, 26 Sep 2007)
Milestones	In January 2019 he became the first British fencer to be ranked number one in the world, since the introduction of the rankings in 2001. (britishfencing.com, 26 Jan 2019; bbc.co.uk, 26 Jan 2019) He became the first British fencer in 53 years to win a medal at the world championships when he claimed silver in individual foil at the 2018 edition in Wuxi, People's Republic of China. (SportsDeskOnline, 04 Jun 2019)
Other information	RETIREMENT In May 2021 he announced his retirement from competition, but chose to remain in the sport as a coach. "I felt that after 20 years at senior international level, it was time to go. I certainly have no regrets about my career because I got a better innings than most." (hamhigh.co.uk, 13 May 2021; zfw-fencing.co.uk, 13 May 2021)