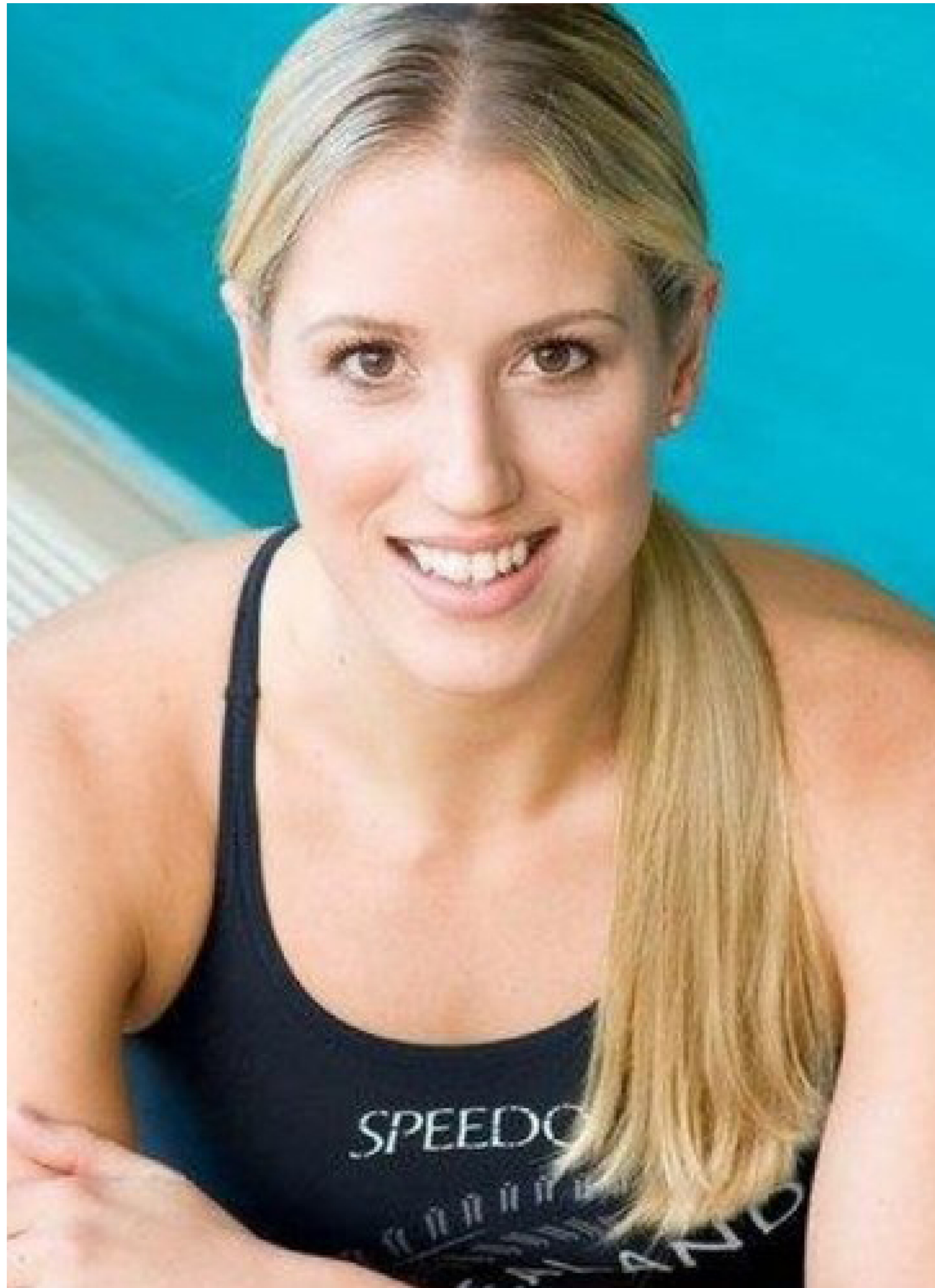




Melissa Ingram



1999-2003

Through hard work and never giving up, Melissa Ingram trained 10 times a week from the age of 10 to chase her swimming dream, only to have missed qualifying for the Athens Olympics in 2004 by less than a second! However, she refused to give up and went on to compete at the 2008 and 2012 Olympics.

She credits her success with achieving as much of a balance between her studies and swimming commitments, such as studying in the library during her lunch hour in order to complete her homework as she'd be too tired by the end of the day. *"It was all about working hard but making sure I had a life post swimming."*

Melissa has since won bronze medals at the 2004 World Championships and 2006 Commonwealth Games.