

# Claudia Hollingsworth

## *Olympic Track and Field Star*

Claudia Hollingsworth's rise in athletics has been remarkable. In 2024, she claimed a spot at the Paris Olympics after an impressive 800m win at the Australian National Championships. Despite not making the final, her semi-final run showcased her immense potential. In the same year, she won a silver medal at the World Junior Championships, affirming her status as a rising star in Australian athletics.



Claudia's journey began in primary school, where she competed in the Pacific School Games. Initially passionate about Australian Rules football, she ultimately chose track and field, guided by coach and 5000m bronze medalist Craig Mottram. Her breakthrough came in 2022 when she ran the 800m at the World Championships and set a new Australian Under-20 record in early 2024.

Beyond sports, Claudia is passionate about empowering women and promoting sustainability. Growing up in an environmentally conscious family, she's been actively involved in initiatives like beach clean-ups and advocating for reduced plastic use. In 2025, Claudia will begin studying occupational therapy, balancing her academic and athletic pursuits. With her talent, dedication, and values, Claudia is poised to be a leading figure in Australian sports, especially heading toward the 2032 Brisbane Olympics.

To meet the pressures and challenges of being on the world stage, Claudia has had to develop a mature outlook and a positive mindset, making her a fantastic role model for younger people and an inspiring speaker to motivate audiences of all ages.

## *Claudia Hollingsworth Talks About*

### **THE POWER OF MINDSET**

Switching her mindset away from self-doubt and towards visualising success resulted in a positive change in Claudia's performances on the track. She explains that when you approach situations with a positive mindset, positive results will follow.

### **STAYING PASSIONATE**

Claudia has faced some gruelling challenges but her love for her sport has helped her prevail. When you are passionate, success becomes more than just achieving goals, it becomes an exciting

journey, she says.

## FOSTERING COMMUNITY

One of the best things about competing globally is seeing how athletes lift each other up, even when competing against each other, Claudia says. She explains that having a strong network of supporters has been vital – and that’s an important lesson for all of us.

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