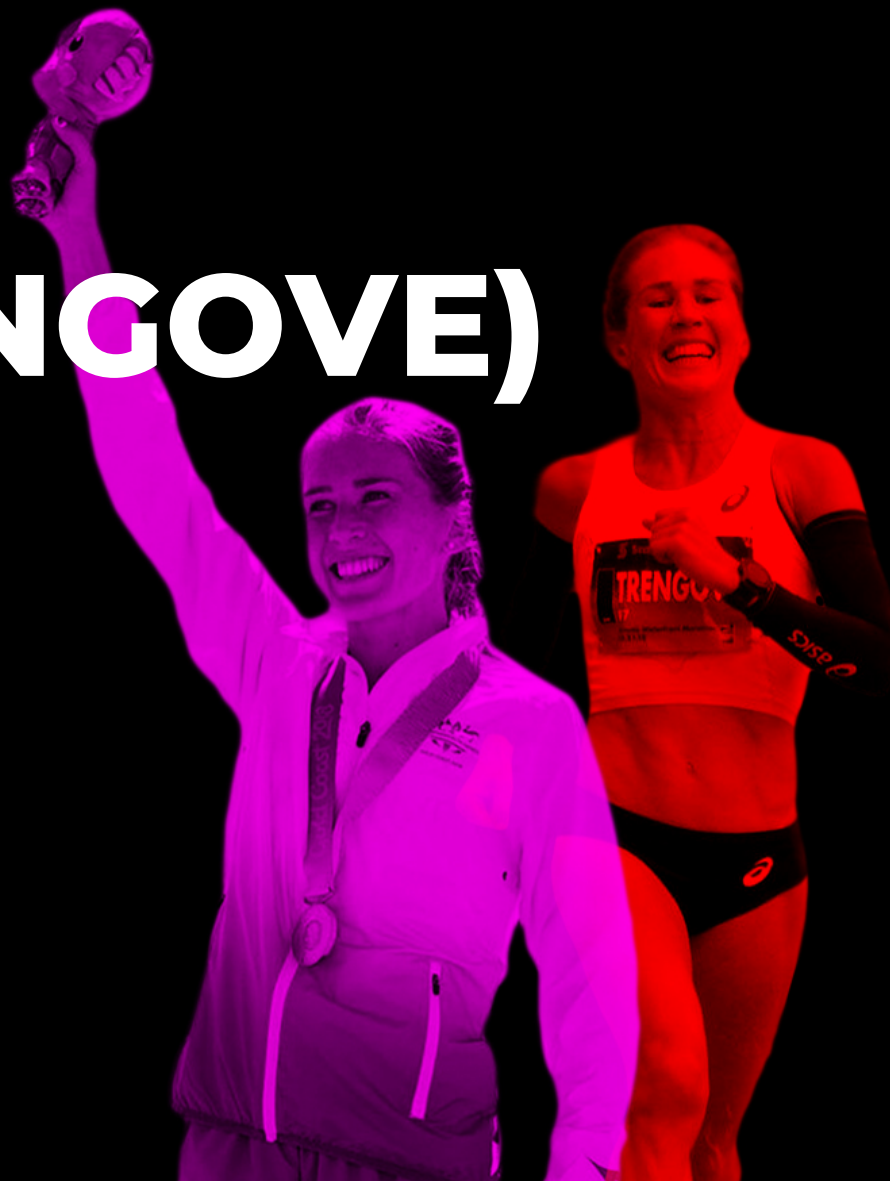




JESSICA STENSON (NEE TRENGOVE)





A Commonwealth Games gold medallist and two-time Olympian, Jess Stenson (née Trengove) is one of Australia's greatest ever marathon competitors.

NATIONALITY

Australian

DATE OF BIRTH

15/8/1987

TEAMS

Athletics Australia

CAPABILITIES

Guest Panellist
Clinics
Ambassador
Social Media
PR Campaign
Appearances

INTERESTS

Health & Nutrition
Lifestyle
Beauty & Fashion
Wellbeing
Leadership
Family
Business
Environment

BIO

Growing up in the small South Australian town of Naracoorte, Jess Trengove's childhood dream was to become an Olympian.

Finding a passion for running at a young age, that dream soon became a reality after a rise in Australian distance running that saw her take out victories in Adelaide's City-Bay Fun Run, the Australian Cross Country Championships, the Melbourne Half Marathon and Sydney's iconic City2Surf.

These road and cross-country races built a strong foundation for her brave debut at the marathon distance in Nagoya, Japan in March 2012.

Jess's performance in Japan was the fastest ever debut marathon by an Australian woman. Stopping the clock at 2.31.02, almost a full minute under the Olympic A-Qualifying standard, Jess secured her spot on the Australian Olympic team bound for London.

Running just her second-ever marathon at the 2012 London Games, Jess found the opportunity to represent her country in the green and gold alongside the world's best reinforced her love for the race. Jess clocked an impressive 2.31.17 crossing the line in 39th place.

Backing up with an 11th placing at the 2013 world championships, Jess went on to have a standout performance at the 2014 Glasgow Commonwealth Games. Continuing Australia's proud record in the women's marathon, Jess surged home to claim the bronze medal, finishing behind two experienced Kenyan runners.

Jess Stenson – Howie Games Podcast (Part A)



Off the training track, Jess works part-time as a physiotherapist, where she is particularly interested in bio-mechanics, training load and functional movement.

In 2016, she started a business with her husband and brother Jack, designing and selling Rundies (sports underwear).

Jess endorses a healthy lifestyle through her ambassador roles with the Jodi Lee Foundation, Little Heroes Foundation and Raising Literacy Australia.

Jess also proudly represents Asics Australia and Southside Suzuki.

SOCIAL MEDIA MARKERS

39K+

INSTAGRAM FOLLOWERS

5.71%

ENGAGEMENT

8.5K+

TWITTER FOLLOWERS

CAREER HIGHLIGHTS

2012 London Olympics - Marathon: 39th
2014 Glasgow Commonwealth Games - Marathon: Bronze
2016 Rio Olympics - Marathon: 22nd
2017 World Championships - Marathon: 9th
2017 Australian Road Running Championships - 10km: Gold
2018 Gold Coast Commonwealth Games - Marathon: Bronze
2022 Birmingham Commonwealth Games - Marathon: Gold



To request more information about
Jessica Stenson (née Trengove),
please contact us.
talent@tlaworldwide.com

TLA Australia
Head Office – Melbourne
Level 3,
510 Church St,
Cremorne
VIC 3121

TGI Sport (Europe)
Floor 1
6 Henrietta St,
Covent Garden, London
WC2E 8PT