



## Tim Foster

### Olympic gold winning rower turned Olympic coach

Now an elite coach, Tim Foster became a household name during his career as a British Olympic rower. Part of the coxless four who won Gold at the Sydney Games in the year 2000, Foster's determination and technique have served to inspire a new generation of sportsmen and women.

## Tim's biography

### Coach Tim Foster

Having retired from professional competition after reaching the pinnacle of his career, Foster has since concentrated on working as a coach, helping new rowers at all stages of their journey towards Olympic stardom.

- British rower and coach
- [Olympic](#) gold winner
- Nine times Rowing World Championship medallist
- [Motivational speaker](#)

### Speaking Style

Relaxed and approachable, Foster's humour and ability to recount his experiences with vitality and purpose have enabled him to become a truly motivational and entertaining speaker.

## Tim's talks

- **Part of the Best**
- **Winning and Success**
- **Overcoming illness**

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