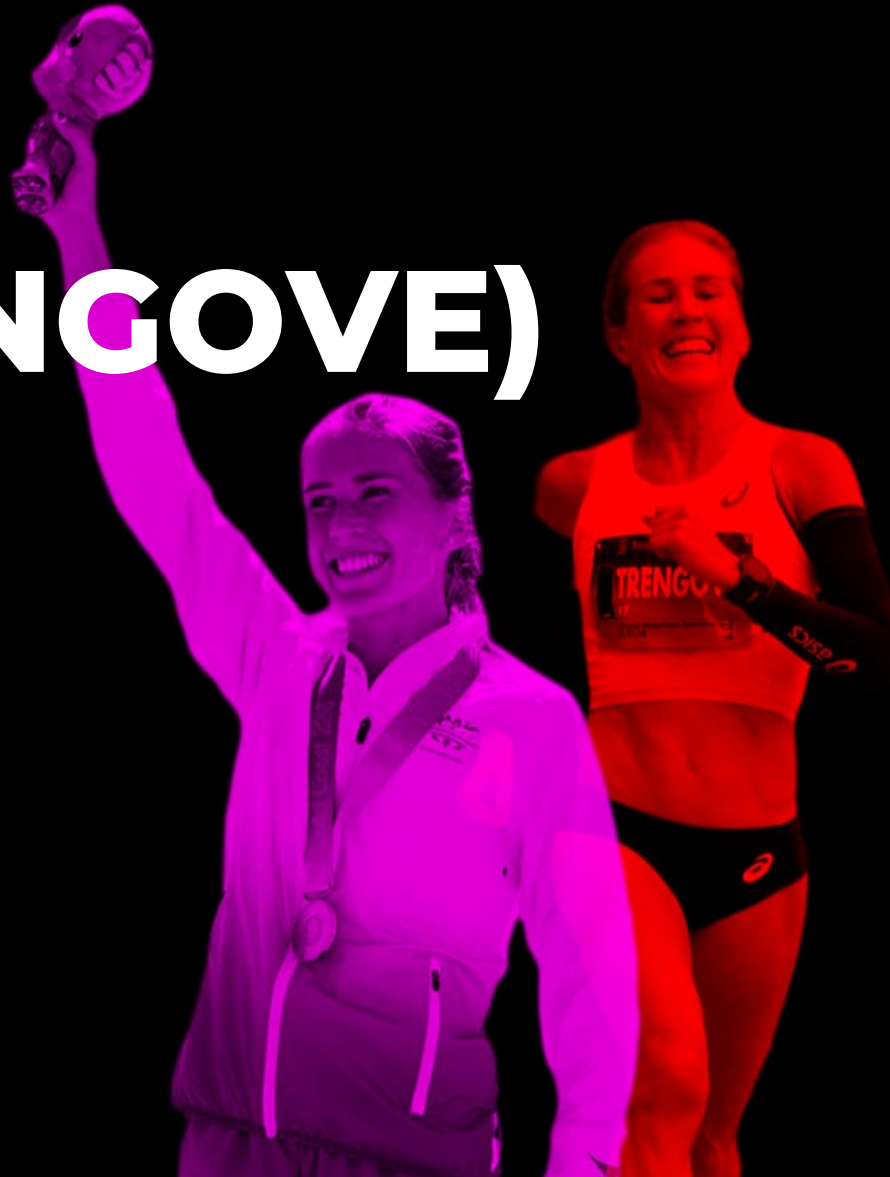




# JESSICA STENSON (NEE TRENGOVE)







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

**NATIONALITY**

Australian

**DATE OF BIRTH**

8/15/87

**TEAMS**

Athletics Australia

**CAPABILITIES**

Guest Panellist  
Clinics  
Ambassador  
Social Media  
PR Campaign  
Appearances

**INTERESTS**

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

## 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.



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**

20K+

**INSTAGRAM FOLLOWERS**

5.71%

**ENGAGEMENT**

5K+

**TWITTER FOLLOWERS**

## CAREER HIGHLIGHTS

2012 London Olympics - Marathon: 39th

2014 Glasgow Commonwealth Games - Marathon: Bronze

2017 World Championships - Marathon: 9th

2017 Australian Road Running Championships - 10km: Gold

2016 Rio Olympics - Marathon: 22nd

2018 Gold Coast Commonwealth Games - Marathon: Bronze

2022 Birmingham Commonwealth Games - Marathon: Gold



To request more information about  
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