

LAUREN BURNS

- **Taekwondo**
- **Sydney 2000 Olympic Games**



Date of Birth	8 June 1974
Born	Melbourne, VIC
Lives	Melbourne, VIC
Height	165cm
Weight	49kg
Institutes	Victorian Institute of Sport (VIS), South Australian Institute of Sport (SASI)
Represents	VIC
Occupation	Research and Development
Olympic Games	Sydney 2000
Olympic Medals	1 Gold Medal

Lauren Burns is Australia's first Olympic Gold Medallist in Taekwondo. She is also one of only three Australian women individual Olympic Gold Medallists at the Sydney 2000 Olympic Games, the other two being Cathy Freeman and Susie O'Neill.

A true champion, Lauren achieved her victory through an incredible amount of hard work, perseverance and teamwork. She overcame numerous injuries, made personal sacrifices and shed weight, almost starving herself in order to compete in the Under 49 Kilogram Class. Her crowning glory was Olympic victory.

Since 1993, Lauren has been 12 times Australian National Taekwondo Champion, an Australian Team Member and Women's Team Captain of the Australian Taekwondo Team.

She has competed internationally for over 7 years and won numerous international awards including Gold at the US Open (1999) and medals at the World Championships in 1996 and 1997.

A recipient of an Order of Australia Medal, Lauren was the 2001 Sports Medal Recipient and Blitz Female Full Contact Fighter of the Year (1999 and 2001).