



Congratulations, Louise, for every medal won and thank you for everything you've done!

Louise Christie has officially announced her retirement from the sport. The five-time Scottish champion made history when she won the first ever silver rhythmic Commonwealth Games medal for Scotland at Birmingham 2022.



BEST PIECE OF ADVICE

Don't compare your journey to anyone else. I have achieved things in my career that felt against all odds, and I never believed would be possible, so never give up and always fight for your dreams.

LOUISE'S PROUDEST MOMENTS

- 2005** Louise started as a recreational gymnast with coaches Sue and Claire Morgan.
- 2007** Louise was selected for the rhythmic Scottish squad
- 2019** Selected for the GB squad and attended British Championships and was third for clubs. Louise never looked back, going from strength to strength.
- 2020** Sue Morgan retired and Amy Stewart became Louise's coach.
- 2022** GB: World Cup in Tashkent, Uzbekistan
GB: European Championships, Israel
- 2023** GB: World Challenge Cup, Cluj-Napoca, Romania
GB: European Championships, Baku
Graduated from Robert Gordon University in Aberdeen with a first-class honours degree in Applied Sport and Exercise Science.
- 2024** GB: World Cup in Tashkent, Uzbekistan
GB: European Championships, Budapest

Scottish Champion - 2017, 2018, 2019, 2022 and 2023

British Ribbon Champion 2022 and second overall

British Ball Champion 2023 and second overall

Silver medal in ribbon at the Birmingham 2022 Commonwealth Games

Home Nations Champion 2023

Louise represented Great Britain around the world but her greatest achievement was making history for Scotland at the Commonwealth Games in Birmingham. Her medal was the first silver in rhythmic gymnastics for Team Scotland and was first silver medal won by a female gymnast at the Commonwealth Games.





SPECIAL THANKS TO...

I am so grateful to my family who wholeheartedly supported me throughout my career. They have worked so hard to ensure I had every opportunity to grow and develop as an athlete and they were there every step of the way cheering me on.

To my coach Amy, it truly has been a full circle moment. When I was younger I idolized Amy as a gymnast and when she retired she gave me a letter promising to come back and coach me one day. I still have that note to this day and I am so grateful she came back, and we were able to share some historic sporting moments together. By no means has it been a straightforward journey, however, I am so thankful she always believed in me and helped fulfil my potential in the sport I fell in love with because of her.

There are so many people who have contributed to my success, and I feel so privileged to have been supported by the Scottish Institute of Sport and train with so many inspiring and accomplished athletes. There is so much work that goes on behind the scenes to reach this level and succeed, and I appreciate everyone that has been part of this journey.

WHAT'S NEXT...

Earlier this year I accepted an offer to study my masters in Physiotherapy at Queen Margaret University, So I am looking forward to moving down to Edinburgh in January. Since retiring, I have been doing lots of cycling which has been really exciting, and I am looking forward to seeing where that takes me once I move.

