


Sara Campbell

World Free Diving Champion

Sara confounded the freediving community when she smashed all three deep freediving World Records in under 48 hours – all within just nine months of starting the sport





SARA attributes her remarkable success in such an extreme sport - diving to 96 metres beneath the sea on just one breath - to her exceptional mental focus. Freediving is a combination of physical flexibility and mental strength. Sara speaks with confidence, engaging the audience about her journey of self-understanding through extraordinary achievement, under pressure in a foreign environment without air.

“Campbell has left her freediving rivals in her wake.”
The Times

“Sara Campbell, aka Mighty Mouse, is the world champion in of the world’s most dangerous sports.”
The Guardian

“The story of Campbell’s meteoric ascent (or decent) is remarkable.”
The Sunday Telegraph

For more information and to book Sara as a speaker, please contact: Vikki Cheung, Sport Environment Limited, Times House, 45 North Hill, Plymouth, UK, PL4 8EZ. Tel: +44 (0)1752 600111
E: vikki.cheung@sportenvironment.com



theblueproject.org/saracampbell
Sara Campbell is an ambassador of The Blue Climate and Oceans Project