

Katherine Renouf (née De Rome)

Natural Sciences (Physiology, Development and Neuroscience)

St John's College

During her time at Cambridge, Katherine represented the University in Swimming for three consecutive years and was awarded a Full Blue for each Varsity meet. She was also part of the winning Cross-Channel relay team in 2010. In her first year she rowed in the First boat for Lady Margaret Boat Club (St John's College) and competed in the May Bumps in 2009.

Sport was central to Katherine's time at Cambridge. She made great friends through both Swimming and the Ospreys, many of whom she is still close to now.



“High performance sport has helped me learn how to perform under pressure, work effectively as a team and taught me the merits of dedication, focus and hard work. I believe all these skills will be critical as a surgeon. I don't believe I would be where I am today without my experience within sport.”

Since graduating in 2011, Katherine has gone on to study post-graduate medicine at King's College London. She has worked as a junior doctor in the south-east and developed a strong interest in surgery. She hopes to start training to become a surgeon in the summer of 2019.

On the sporting front, Katherine has moved away from Swimming to Triathlon. She has slowly increased her distances over the past five years and in October competed at the Ironman World Championships in Hawaii, finishing 9th in her Age Group (AG) and was the 2nd British Amateur across the finishing line. Being a strong swimmer has helped her a great deal in Triathlon and at her last race at Ironman Western Australia she was first out of the swim ahead of the professional field and finished in the top 10 overall, 1st in her AG and secured a spot at the World Championships in 2019.