

ATHLETE BIOGRAPHY

NAME: Tamsin Cook
SPORT: Swimming
DATE OF BIRTH: 25 December 1998
PLACE OF BIRTH: Cape Town, South Africa



OLYMPIC / COMMONWEALTH GAMES:

2016 Olympic Games Rio de Janeiro 2nd 4 x 200m final - Silver
6th place 400m final
800m Freestyle

INTERNATIONAL CHAMPIONSHIPS:

2015 FINA Junior World Championship 1st 400m Freestyle
2015 FINA Junior World Championship 2nd 200m Butterfly
2015 FINA Junior World Championship 1st 4 x 200m Relay (Junior World Record)

ADDITIONAL INFORMATION:

South African born, Tamsin Cook moved with her family to Perth, Australia at the age of 8 in 2007. In Perth she enjoyed a variety of sports such as surf club, hockey and athletics before focusing on swimming.

Cook participated in the 2014 Junior Pan Pacific Championships in Maui, Hawaii, but it was the 2015 FINA Junior World Championships in Singapore where she announced herself as a star of the future. She won gold in the 400m freestyle, was a part of the Junior World Record breaking 4x200m freestyle gold medal winning team and won silver in the 200m butterfly. Just under a year out from the Rio Games, Cook set her personal best time of 4:06.17 in Singapore. That time made her the sixth fastest Australian female swimmer in the 400m Freestyle event.

After such a successful international campaign, Cook was named Western Australia Institute of Sport's Junior Athlete of the Year in October 2015.

In 2016, at just 17 years of age, Cook was the youngest swimmer selected onto the Australian Olympic Team for the 2016 Rio de Janeiro Games. She stormed to prominence when she handled the pressure to anchor the 4 x 200m freestyle relay to a memorable silver medal along with Emma McKeon, Bronte Barrett and Leah Neale.

In the 400m freestyle she produced a personal best time of 4:04.36 to finish sixth in the Olympic final.

Cook took a break from swimming in 2018 to focus on her studies in Communications and Media with pathway to post graduate Law Studies at the University of Western Australia. She has recently returned to the pool and is training with the WAIS High Performance Swimming Program.