

Sarah Wells

Track and Field
Toronto, ON

- 4-time National Champion
- Semifinalist – 2012 London Olympic Games
- Silver and bronze medalist – 2015 Pan Am Games in Toronto
- 2015 Athletics Ontario Hurdler of the Year



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Sarah Wells, RBC Olympian

Sarah is a 400m hurdler who grew up on the outskirts of Toronto in Unionville. Recruited by her high school teacher, Sarah joined the Toronto Track Club in 2005 and, with only eight months of training, made her first national team. Since then, Sarah has been a part of multiple national teams including at the World Championships, Pan Am Games and Olympic Games. In 2012, after winning the Canadian National Championships for the third time in her career, Sarah represented Canada at the London Olympic Games, where she finished as an Olympic semifinalist. At the 2015 Pan American Games in Toronto, Sarah received medals in the 400m hurdles and 4x400m relay. Following an injury-ridden 2016 season, Sarah did not qualify for the Rio Olympic Games but plans on relentlessly pursuing her goal to become an Olympic medalist by using the obstacles she faces as motivation in pursuit of the 2020 Tokyo Olympic Games.

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