



PROMISING ATHLETES PROGRAMME

Alexa Atkins

Having grown up constantly on boats, Alexa developed a passion for the water from an early age. Her early exposure helped build both a strong competitive drive and an impressive track record on both the national and international stages.

She's a continuous member of the Welsh Squad since 2022, her achievements include ranking as the 6th female Topper in the UK and 25th in the world in 2024, alongside claiming the South Wales ILCA 4.7 championship. More recently, she ranked 11th female ILCA 4.7 in the UK for 2025, the same year she became South Wales Female ILCA 6 Champion and was ranked 12th female ILCA 6 in the UK in 2026.



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To support her performance on the water, Alexa relies primarily on the gym for physical training, while also keeping active through hiking and tennis.

Off the water, she gives back to her local community by volunteering with the Cub Scouts and has demonstrated immense dedication by completing her Bronze and Silver Duke of Edinburgh's Awards, and is currently working towards her Gold. Her role model is local legend Hannah Mills, whom she grew up watching sail out of Cardiff.

Being selected for the Promising Athlete Programme with Legacy Leisure is vital for Alexa's ongoing development and future goals. Convenient access to gym facilities provides the dedicated space she needs to build the physical strength and weight required to compete successfully in the ILCA 6 class and continue progressing on the world stage.

