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INTERNATIONAL WOMEN'S DAY 2025: DR NICOLA ROBINSON (GBR)



The International Olympic Committee's theme for International Women's Day 2025 is **#SportForAllWomenAndGirls**. Why is it so important that equal opportunities are provided for all women and girls in sports worldwide?

Why *isn't* it important? Equal opportunities for women and girls in sports are essential to ensure everyone can reach their full potential and benefit from the personal, social and health advantages that sports offer.

In Modern Pentathlon, providing these opportunities empowers women to challenge themselves, build confidence and inspire future generations. By breaking down gender barriers, we promote inclusivity, diversity and a stronger, more dynamic sporting community.

Prioritising gender equality in sports helps create a fair and thriving environment where all athletes can succeed and contribute to the sport's growth.

Reflecting on your lifetime involvement in sport, how far do you think has the gender equality movement come, and how far do we still have to go?

Over the years, there has been a noticeable shift, with more female athletes getting the recognition they deserve, more opportunities to compete and a greater emphasis on creating a level playing field.

I think Modern Pentathlon has always done this very well. However, there is still work to be done. While women's participation and visibility have increased, we need to continue advocating for equal funding, media coverage and leadership roles in sports to ensure lasting change and true parity for all.

As a sports leader, how much are you motivated to show other women and girls that there are pathways in this field?

As a Modern Pentathlon coach and Para Pentathlon activist, I'm deeply motivated to show other women and girls that there are clear pathways in sports, regardless of their background or ability.

My role isn't just about coaching athletes, but also about inspiring and empowering the next generation of women to see themselves in leadership positions, as coaches, officials and advocates for the sport.

I'm passionate about creating an inclusive environment where girls and women feel supported and encouraged to pursue their athletic goals, whether in able-bodied or para sport. The more we shine a light on these pathways, the more we break down barriers, making it clear that there is a place for everyone in Modern Pentathlon and in sport as a whole.

This motivation drives me to keep pushing for more opportunities and visibility for women and girls in all areas of the sport.



What do you see as the main inequalities affecting women and girls in sport at the present time, either in your country or worldwide?

A significant inequality is the under-representation of women in leadership positions within sports organisations in general, more so in coaching and officiating roles, which means that women's perspectives are often sidelined in decision-making processes.

This also extends to para sport, where there is an added challenge in ensuring equal opportunities for disabled women and girls to participate and excel.

Do you have any suggestions for policies or actions that might address these inequalities?

To support the promotion of female leadership, sports organisations should implement policies that actively encourage and support women in coaching, officiating and leadership roles.

Initiatives like mentorship programmes, leadership training and scholarships for women entering coaching can help close the gender gap in these positions.

About the author

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