

## Our Unknown Heroine: **Antigoni Ntrismpioti**

**Age:** 39

**Place of birth:** Karditsa, Greece

**Place of residence:** Karditsa

**Profession:** track and field female athlete

**Race:** 20 km and 35 km race walking



## Biography

Antigoni Ntrismpioti was born in Karditsa. She lives and works out there, even today. She has competed with the National Team in international events of all categories. For a long time, she had stopped walking and competing, but as it turned out it was a simple pause, as she came back stronger and the successes started coming one after the other. She has participated in two Olympic Games (2016, 2021), in World and European championships.

## Biography



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She was "bronze" in 2013 in the Mediterranean Games, won the gold medal in the European Team Championship (2021) and the silver medal in the team standings both in the World (2022) as well as in the European Team Championship (2021), while in 2021 she was eighth in the Olympic Games in Tokyo. Undoubtedly, her year was 2022 after she won two gold medals (20km and 35km walk) at the European Championships in Munich, achieving something that no Greek athlete had done until now. Earlier in the season she was fourth at the Oregon Worlds.

## Studies

Antigoni is a graduate of the Gymnastics Academy of the Faculty of Physical Education and Sports Science and is currently doing postgraduate studies in Sports Management for the Disabled at the University of Peloponnese.



## The road to recognition

The runner who in August made history by winning double gold at the European Championships in Munich had a long journey, full of sweat and challenges, losses, separations and rematches, but also a lot of love. The announcer who announces the names of the winners in the 35km race has trouble pronouncing her last name. She laughs and cries at the same time. In fact, for the next few moments she can't stop crying.

## The road to recognition



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## **The road to recognition**

Before the acclaim and recognition, there was a period in which she stopped the championship. It was a very indifferent period in her life. She had no goals and no vision. She had stopped due to family problems. She had to work to support her younger siblings.

She had another role then, very important and she had to be dedicated to it. Her mom worked all day. Later, after a bet she made with a friend, he coaxed her back into it. Her dad believed her too much. There were some circumstances at the right time that helped her make the big comeback.



## A typical day in Karditsa

Antigoni's schedule is fixed. She wakes up in the morning and goes to training at nine. By twelve she must be finished to go to work. At six she will leave to go to training again and return to work at half past eight, to return home at twelve.

"There were times when I would leave at two o'clock at night," she says. "I can't go for coffee. I will rarely go out for a beer. In December and January, when she is preparing, she takes the car and leaves. She stays at her coach's house during training. All the female athletes stay together, cook and exercise.

"In training you have to think of things to fill your time, to train. Later, the competition comes into play".

## Excerpts of her interviews

She believes it's never too late. "I'm not the only one who proves it. There are people who study in their fifties and sixties because that's when they found the opportunity to take the next step in their lives. I don't want to let go of what I've dreamed of".

## Excerpts of her interviews

Regarding her participation in the 2023 World Cup and the 2024 Olympics where "it will be the last race of her career", Antigoni told about it:

"Paris will be the last race of my career, and I put an end to that. It will be the last, I will be 40 years old, I want to devote myself to other things after that, I feel fulfilled, especially with these 2 gold European medals. So, I want a good placing at the Worlds and why not an even better one at the Olympic Games in Paris".

## Our Antigoni...

Antigoni Ntrismpioti from the small town of Karditsa, with her long journey, full of sweat, challenges, losses, separations and rewards, but also a lot of love, managed to reach justification.

**What justification? Now everyone knows her last name!!!**



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## Sources

For the presentation of our unknown heroine, Antigoni Ntrismpioti, we got information and photos from the internet and more specifically from:

(1) [segas.gr](http://segas.gr)

(2) [lifo.gr](http://lifo.gr)

(3) [in.gr](http://in.gr)

**Thank you for your patience and  
attention!!!**