

Jamie-Lea Marshall: A Champion's Journey in Bowls

From picking up a set of carpet bowls as a child to standing atop the Commonwealth Games podium, Jamie-Lea Marshall's journey in bowls is one of dedication, passion, and perseverance. As she continues to balance her sporting career with the joys of motherhood, Jamie-Lea reflects on her incredible experiences in the sport and her hopes for the future.

A Childhood Introduction to Bowls

Jamie-Lea's love for bowls began at the age of 10 when her neighbour introduced her to the sport. The club provided her with a set of carpet bowls to use outdoors, and from that moment on, she was hooked. Spending time at the club with her neighbour, who has since sadly passed away, played a huge role in shaping her passion for the game. "She is the reason I started bowls, and I have a lot to be thankful for," Jamie-Lea shares.

That passion has only grown stronger over the years. "Bowls is something you can always improve on, no matter what you've achieved," she says. Now, she is driven not just by her personal ambitions but by the hope that her daughter will one day witness her success in the sport.

The Golden Moment

Among the many highlights of her career, one stands out above the rest—winning gold at the Commonwealth Games. Having already earned bronze in her first Games and silver in her second, Jamie-Lea was determined to complete the set. Years of dedication, training, and even a few tears culminated in a moment she will never forget: standing on the podium, singing the national anthem alongside her teammates Sian Honnor and Natalie Chestney. "It was a dream come true," she recalls.

Life Lessons from Bowls

Beyond the competition, bowls has instilled invaluable skills in Jamie-Lea's life. "Dedication and commitment are things that you can take forward outside of bowls," she explains. Time management, balancing training with daily responsibilities, and planning effectively are lessons she has carried into all aspects of her life.

Juggling Roles: Athlete, Mother, and More

Recently, Jamie-Lea has embarked on a new chapter—motherhood. Just weeks after giving birth to her daughter, she continues to play indoor bowls and compete in tournaments. Balancing family life with sport is a challenge, but she credits her husband, mum, and teammates for their unwavering support. "My team has been really understanding when I turn up tired!" she laughs.

Finding time for loved ones while maintaining a competitive edge requires careful consideration. "Playing bowls makes life very busy, so I'm learning to be more

selective about the competitions I enter to ensure I can focus on my family,” she says.

Encouraging More Women in Bowls

Jamie-Lea is a firm believer in the inclusivity of bowls and encourages more women to give it a try. “You’ll meet new friends while also satisfying that competitive element. It’s a fantastic community to be a part of, whether you want to play competitively, socially, or get involved as a coach or volunteer.”

She also highlights the Commonwealth Games as a powerful platform for showcasing women in bowls. “Hopefully, it inspires more women and girls to take up the sport and become the champions of the future.”

Looking Ahead

Jamie-Lea’s journey is far from over. As she continues to navigate life as a new mum, she remains committed to competing at the highest level. With national finals in the mixed fours on the horizon and an exciting trip to the British Isles Championships alongside her friend Val, she is ready for the next challenge. “Last year, when we won the pairs, I was in my first trimester of pregnancy, so it’s lovely to be able to play together again.”

Through every success and every challenge, Jamie-Lea Marshall’s story is one of passion, perseverance, and inspiration. As she continues her journey, she remains a role model for women in sport—both on and off the green.