

PAMELA GLOVER

HERITAGE

Pamela Glover describes herself as "a citizen of the world."

Her DNA traces from Cornwall and Scotland across Northern Europe, and through Nigeria, Benin, Togo, Colombia and Panama - the historic journey of slavery to the Caribbean.

Her mixed-race father was born and raised in Pill, Newport.

WALES MEANS...

IT IS HOME

Pamela says Wales felt truly hers through sport.

Competing in Taekwondo for Wales, carrying the Welsh flag alongside teammates, created a powerful sense of belonging.

Growing up mixed-race could feel complicated, but Pamela is clear about who she is. Newport remains home.



MARTIAL ARTS

CONTRIBUTION

Pamela represented Wales internationally in Taekwondo and competed at World Championship level.

She won Welsh, Scottish and British sparring titles and World Black Belt Destruction event using the elbow.

In her community she ran the Pill Kickers Taekwondo club and worked as a play leader for local summer schemes.

STRENGTHS & JOY

A powerful martial artist with sharp focus and determination.

Today her greatest joy comes from the simple things such as feeding the little birds waiting outside her window each morning.

“ I’M STOOD ON OTHER PEOPLE’S SHOULDERS... EVERY GENERATION BUILDS ON THE LAST. ”