

ABOUT CARA

Cara Brown was born in London to two Scottish Parents and lived in Battersea. Cara used to spend her winter holidays on ski trips with her parents and learnt to ski with the ESF in Meribel, France. Aged 7 Cara moved to Milan, Italy for three years before moving to Varese to complete her education.

Aged 10 Cara joined her first ski club Kandahar and did her first ever race training camps. After getting a feel for racing and deciding she wanted to do more of it Cara started spending all her weekends and holidays at The British Ski Academy in Les Houches. She did her first ever ski races aged 13 with BSA and continued to race alongside them until she turned 15.

Aged 15 Cara was invited to train with The Scottish Alpine Ski Team. After a few training camps Cara was asked to join the team based on her potential. Cara has been a member of the Scottish Team for the past 5 years.

After finished her schooling in 2012 Cara did her first full-time season based in Austria with Stefan Moser. Cara had a great season, which including halving her slalom and therefore decided pursue skiing rather than going straight into further education.

Cara trains with French race team Orsatus, based in Meribel and run by Alex Furrat. Cara had a brilliant season: She won the CIT World Championship Super-G, Giant Slalom and Slalom and then went on to win the Arnold Lunn CIT World Cup. Cara is the first British athlete to ever accomplish this. At the CIT World Cup finals Cara scored a 26 in Giant Slalom which knocked 17 points off her previous best taking her points down to 32.

Cara finished her season performing exceptionally at the British Championships. Cara won over 20 medals and 12 trophies. Her titles include British Overall Champion, Ladies Overall Champion, Ladies Under-21 Champion, Ladies Junior Champion and Non-British Team Champion. She was also chosen for the Kirsteen McGibbon award for always striving to improve. Cara is honoured to have been selected for this award.

Moving into her third full time season Cara really upped her game and competed in her first ever World Cup race in the December 2014 Val D'Iserre Super G. Cara finished in a brilliant 36th place having started bib 63.

Cara was also chosen to forerun the men's and ladies World Cup Final Downhill races in Meribel. The men's race was a brilliant experience with higher speeds and bigger jumps. Coming off the back of a World Cup experience Cara performed exceptionally well at the Delancey British Alpine Championships again.

Cara defended her Ladies, Junior and Under 21 titles and also won the Junior Giant Slalom, Senior and Junior Downhill titles.

Cara finished her 2014-2015 with two excellent giant slalom races in Villards de Lans scoring her best ever results that will bring her points down to 21.