

SHARON GAYLE

By Laura
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“After climbing a great hill, one only finds that there are many more hills to climb.” – Nelson Mandela

Thus begins the story of Sharon Gayle, a woman who has earned her mark in the Figure world through hard work and perseverance. But, just like any other INBF competitor who takes home his or her pro card, Sharon’s journey has only just begun.



PHOTOGRAPHY BY REG BRADFORD

THE 2009 INBF WORLDS OVERALL FIGURE CHAMP

The 5-8, 128-lb. beauty trains at various New York Sports Clubs in the New York City area. She has been training for 15 years, but started competing in April 2009. “I must admit that competing was not part of my original plan. That idea came about after my friends and clients insisted that I looked like a competitor, so why not use [my physique] to my advantage.”

The British-born personal trainer always considered herself fit and toned, but she knew she had to work hard to make her body balanced and symmetrical. So, she decided to try to prove to her clients that bodies really can be tweaked and improved.

Today, the single 35-year-old Figure competitor is just happy to

be living her dream after winning her pro card at the 2009 INBF Muscletech World Figure Championships in New York. “I stepped on stage believing that I would do well,” she remembers. “I trained hard and viewed all of my previous competitions to prepare for the Worlds. However, I also knew that any contestant traveling halfway across the world to compete at the Worlds was serious. Nevertheless, I told myself I would do my best to shine.”

Prior to her win in New York, she took fifth place in her class at the INBF IART Hercules Ms. Fit Body & Best Body Championships last June. She also placed fifth in the open Figure tall class at the INBF Metabolix *(continued on page 151)*