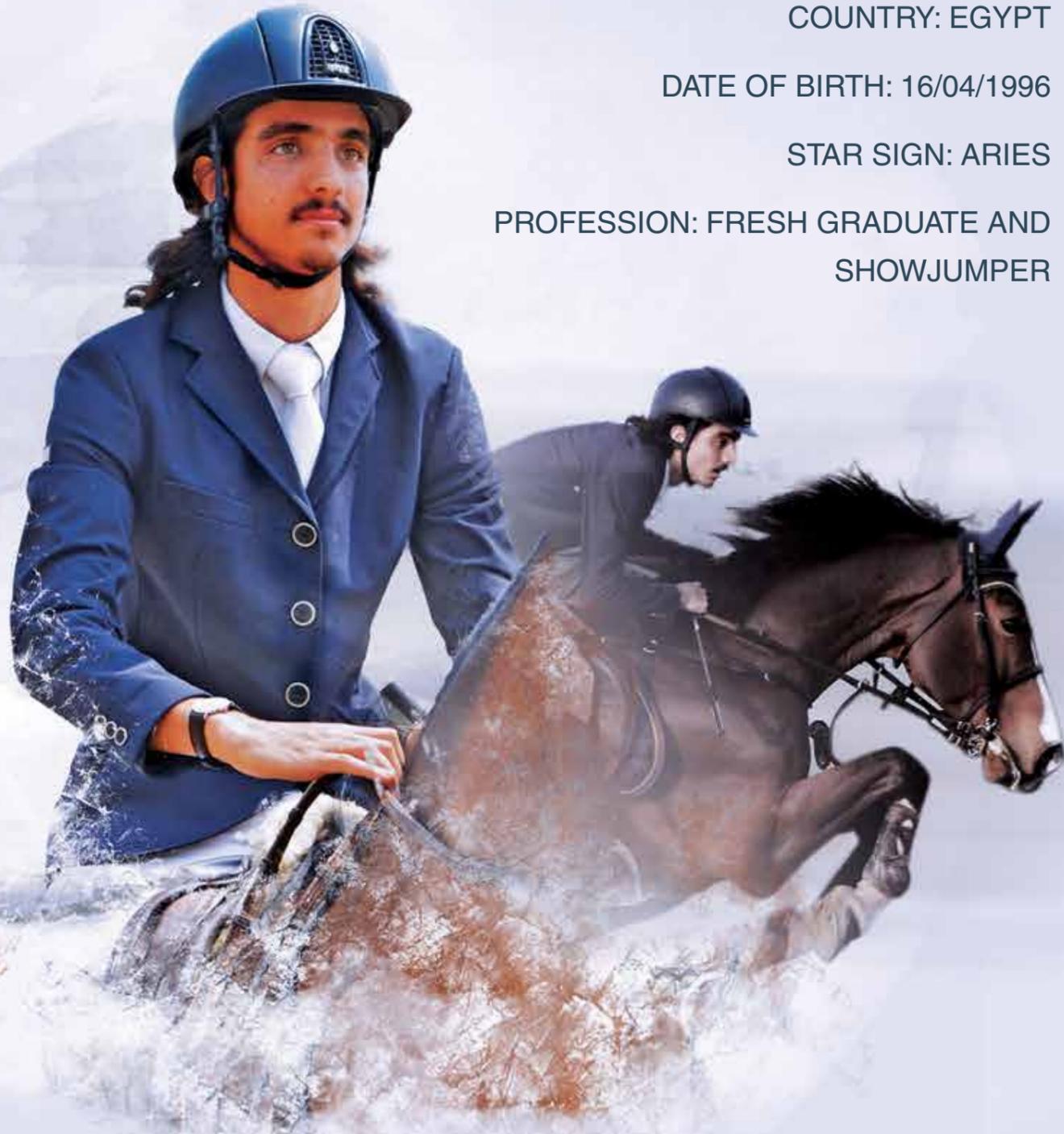


60 SECONDS WITH CAMILLE ARTIGAUD

COUNTRY: EGYPT
DATE OF BIRTH: 16/04/1996
STAR SIGN: ARIES
PROFESSION: FRESH GRADUATE AND
SHOWJUMPER



Tell HT a bit about yourself.

I'm 22 years old born in Cairo and raised by an Egyptian mother and a French father. I freshly graduated from the American University in Cairo from the School of Business. I'm passionate about horse riding and I'm a total petrol head.

Describe your typical daily practice.

Arriving at the stable daily, making sure everything is alright with the horse and the grooms. Then, walking the horse from the stable to the arena, and riding the horse for a maximum of 25 to 30 minutes.

Where is your favourite place for practice?

I am currently riding in Rabab, which is a beautiful and serene place to be, however, I must say that my favourite place for practice would be Feroussia Club in Zamalek. This place is where I grew up in the sport; learned, failed and succeeded.

Tell us one or two things in your training that contributed to your success.

First and foremost, is to train for the right amount of time. Neither too much nor too little; this way, the horse gets the most out of the training without getting exhausted. Secondly, is to concentrate deeply on the flat work on all gaits to develop the balance and muscle toning of the horse.

What was the best advice you were given?

"Trust your horse."

What advice would you give to young athletes?

When the sport drags you to the lowest point, get back up stronger, never give up on what you love, and enjoy what you are doing every day.

What is your best achievement?

The final competition this season, where I was able to balance between my senior year and compete at the A1 level and succeed in both.

What are the goals that you aspire to achieve?

Doing what I love every day in the next step of my life, continuing to achieve results in the A1 level, and inshallah in the future representing Egypt in international competitions abroad.

Who has been your greatest support?

My lovely horse AL, my great coach Captain Boraie, the outstanding group of grooms Korany and Salah, without them I would be nothing in this sport. And of course my family that is constantly helping me become the best version of myself.

What is your greatest motivation?

Self-improvement.

Who is your sporting hero?

Mohamed Ali.

What is your second favourite sport?

Football.

What is your favourite genre of movies?

Comedy.

What kind of music do you enjoy listening to?

Hip Hop and R&B.

What is your favourite book and who is your favourite author?

Reading isn't my go-to hobby, but I enjoy watching documentaries.

What is your favourite food?

Molokheya + Rice + Fried Eggplant = Favourite Food

What is the most memorable place you ever visited?

My Father's town Dourdan in France where he was born and raised.

What is your strength and what is your weakness?

Strength: Determination

Weakness: Anxiety

What is the biggest challenge you have ever faced?

Balancing between the sport and my studies.

What is the biggest reward you ever got?

Achieving both with great results.

If you had the power to change something in this world, what would you change?

For all people to have the opportunity and right to get a proper education.

If there is something about yourself that you would like to change, what would that be?

To be more patient. If you weren't who you are today, what would you rather be?

Professional Formula 1 Racing Driver.