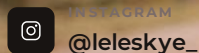


LEAH THAMES

PROFESSIONAL 400M & 200M SPRINTER · RELAY ATHLETE

FAST. FEMININE. FOCUSED.

Building an elite career with confidence, purpose, and a little bit of pink.



REPRESENTED BY
Blue Bird Sports



PARTNER WITH LEAH

FOLLOW THE JOURNEY



ELITE COMPETITOR · PROVEN RELAY CONTRIBUTOR · EMERGING LIFESTYLE BRAND

ATHLETIC PROFILE

ON THE TRACK

400M — PERSONAL BEST

51.54

SIU Program Record

200M — PERSONAL BEST

22.69

Personal Best

- ✓ 2025 MVC OUTDOOR MOST VALUABLE FEMALE ATHLETE
- ✓ NCAA CHAMPIONSHIP QUALIFIER
- ✓ SIU PROGRAM RECORD HOLDER — 400M (51.54)
- ✓ 200M PERSONAL BEST — 22.69
- ✓ ALL-AMERICAN HONORABLE MENTION
- ✓ MULTIPLE-TIME MVC CONFERENCE CHAMPION
- ✓ CHAMPIONSHIP EXPERIENCE & BIG-MEET PERFORMER

ABOUT LEAH

REDEFINING THE ELITE ATHLETE

Leah Thames is a professional 400-meter and 200-meter sprinter and accomplished relay athlete redefining what an elite athlete can look like.

A recent college graduate, NCAA Championship qualifier, and 2025 Missouri Valley Conference Most Valuable Female Athlete, Leah is building her professional career while inspiring others to pursue big goals with confidence and authenticity.

Her platform blends elite performance, wellness, lifestyle, food & culinary, and personal growth — creating a community rooted in ambition, femininity, and genuine connection.



CONTENT PILLARS

 PERFORMANCE Training, racing, workouts, and the pursuit of excellence.	 LIFESTYLE Fashion, travel, routines, and life beyond the track.	 WELLNESS Recovery, nutrition, habits, and mindset.	 FOOD & CULINARY Recipes, meal prep, and food as fuel.	 THE JOURNEY Building a pro career in real time.
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BUILDING THROUGH AUTHENTICITY

 MONTHLY VIDEO VIEWS 10K+	 AVG. IG ENGAGEMENTS 500+	 AVG. TIKTOK VIEWS 1,500+
 ENGAGEMENT RATE 20%+	 NEWSLETTER SUBSCRIBERS 200+	 WEB & EMAIL COMMUNITY Growing

78% FEMALE · AGES 18-34 · US-BASED + GLOBAL

PARTNERSHIP

PARTNER WITH LEAH

Leah partners with brands that align with her values of excellence, authenticity, wellness, and empowerment. Together, we create campaigns that inspire and make an impact.

- › BRAND AMBASSADORSHIPS
- › SPONSORED CONTENT
- › PRODUCT INTEGRATIONS
- › LONG-TERM PARTNERSHIPS
- › EVENT APPEARANCES
- › SPEAKING ENGAGEMENTS
- › COMMUNITY INITIATIVES
- › USER-GENERATED CONTENT

Let's build something meaningful together.

IDEAL PARTNERS

THE RIGHT FIT

-  ATHLETIC APPAREL
-  WELLNESS & RECOVERY
-  BEAUTY & SELF-CARE
-  FOOD & NUTRITION
-  LIFESTYLE & TRAVEL
-  WOMEN'S EMPOWERMENT

GET IN TOUCH

LET'S CONNECT

For partnership, media, professional competition, or speaking inquiries, reach out to our team at Blue Bird Sports.

MANAGEMENT

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