



Laura Wright

Press Clippings



'Talking to Prince Harry is like talking to a mate!' Soprano Laura Wright and her rugby player beau Harry Rowland open up about about their Royal fans

By JESSICA RACH FOR MAILONLINE
PUBLISHED: 00:04, 8 November 2016 | UPDATED: 00:16, 8 November 2016

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It's not often performers are the ones to be star-struck by their audience.

But for Soprano Laura Wright, who regularly performs in front of the Royals, this is certainly the case.

The soprano singer, 26, along with her rugby player beau, 29, opened up about chatting to Prince Harry and the Queen, ahead of the Rugby Autumn Internationals.

Scroll down for video



Royal fans! Soprano Laura Wright, 26, along with her rugby player beau, 29, opened up about chatting to Prince Harry and the Queen, ahead of the Rugby Autumn Internationals

An official ambassador for Prince Harry's Invictus Games, opera singer Laura told this week's issue of OK! Magazine: 'We've spoken to each other quite a lot over the past few years and he's so passionate about the whole event and everything it stands for.'

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317

She added: 'He's really informal and friendly. Talking to Harry is like talking to a mate.'

'Harry was aware of me before my involvement in the Games because I've performed a few times for the Queen and he's also seen me performing at various rugby matches.'

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I love being involved with the Twickenham feels like home singing *Jerusalem* to the crowd to be a part of.

How did you become the England's rugby team?

Me and my former manager We thought that the fans more heart and courage if singing the anthem. At the for Rosslyn Park, so it may mix my two passions.

Do the England team see

Laura: I hope so! I've given the World Cup was a bit.

Harry: [To Laura] You didn't Cup games, though, that they kept losing!

Have you ever had an embarrassing moment in front of a rugby crowd?

My microphone stopped working when I was singing *Jerusalem*. Immediately the fans started singing for me, then when my microphone came on everyone cheered.

How did you two meet?

Laura: We met at Rosslyn Park Rugby Club about three and a half years ago. I was going there for physiotherapy and Harry was training his dog.



'MY MICROPHONE STOPPED WORKING. IMMEDIATELY THE FANS STARTED SINGING FOR ME'

I have been involved with the Twickenham feels like home to me and I never tire of singing *Jerusalem* to the crowd - it's a wonderful event to be a part of.

How did you become the official anthem singer for England's rugby team?
Me and my former manager came up with the idea. We thought that the fans would sing along with more heart and courage if they knew the person singing the anthem. At the time, I was playing rugby for Rosslyn Park, so it made a lot of sense for me to mix my two passions.

Do the England team see you as a lucky mascot?
Laura: I hope so! I've given them some luck, although the World Cup was a bit of a disappointment.

Harry: [To Laura] You didn't sing at any of the World Cup games, though, that must be why they kept losing!

Have you ever had an embarrassing moment in front of a rugby crowd?
My microphone stopped working when I was singing *Jerusalem* once. Immediately the fans started singing for me, then when my microphone finally came on everyone cheered.

How did you two meet?
Laura: We met at Rosslyn Park Rugby Club about three and a half years ago. I was going there for physiotherapy and Harry was training his dog.

met a few times after that and ended up going on date to Wimbledon Common. We took Harry's dog for a walk and then went for a roast.

Harry: Within three weeks we went on holiday to Portugal. We were very close to each other and thought there was nothing to lose.

Is it hard spending time apart from Harry, Laura?
My schedule is full-on, so it can be hard. Harry tries to come with me when he can, but if not there's always FaceTime! When we're together we make sure it's quality time. We have a lot of date nights.

Have you spoken about marriage and kids?
Harry: We talk about it quite a lot. This is the first in my life I've been very certain about my future.

What was Nicole Scherzinger like when you performed with her, Laura?
We met at an NFL match at Twickenham. I was singing UK national anthem and singing *America's*. We had that before we went on so she seemed lovely, but she had a huge entourage around her very nervous performing, she has a massive voice.

You're known as 'the Soprano' - do you mind Laura?
Laura: It makes me laugh, I don't mind it. I think the part comes from my deep voice.

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MY WEEK IN WORKOUTS BY SPORTING SOPRANO LAURA WRIGHT

Soprano, rugby player and official NFL wide receiver Laura Wright shows how she stays healthy.

By Pamela Levin 09 November 2016

Laura Wright is not your average soprano singer. As the official NFL wide receiver -- plus the owner of Sweet Brown at NFL -- she's spent the months in the gym, however off the pitch she doesn't miss weight than some of the guys at Maria Jovita, honey (play).

Classically, Wright mixed cross fit, Olympic weight training and Pilates to sculpt a lean physique. Through she's no stranger to adding intense cardio -- as a former rugby player she's got a head for speed.

Today, she runs on through her week of workouts.

Feeling inspired? Try them for yourself!

Monday

CROSSFIT

I started off the week at 7am with an hour long CrossFit class at [CrossFit Sugar](#) in Canby, OR. The workout is strength based, so heavy, strong and intense. The second half is more cardio based. I made a green chocolate brownie and I then had a protein bar and a protein shake. I then had a protein bar and a protein shake. I then had a protein bar and a protein shake.

Tuesday

OLYMPIC WEIGHT TRAINING

I've always been a bit tall and lean so I've always found it hard to put on muscle. So that's my aim at the moment is to get stronger and build more strength. I'm not worried if that makes me a bit bigger. It doesn't matter what I eat, it's what you eat that's important.

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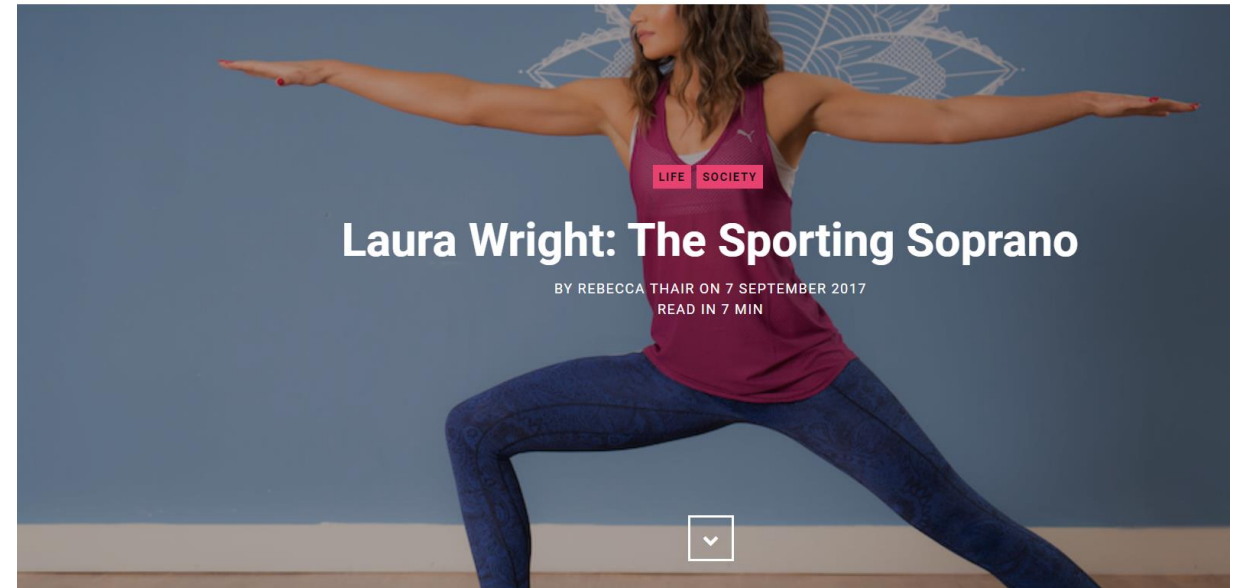




LAURA WRIGHT

The 2017 Invictus Games ambassador (and favourite singer of the Royal family) explains how she became inspired by the fighting spirit of our wounded armed services personnel

Chances are you'll have heard Suffolk-born Laura Wright's heavenly vocals when she's performed at some of the biggest events in the world over the past few years. The soprano, 27, has made a name for herself as the first-ever official anthem singer for England Rugby, combining her two passions: music and sport. After being signed to a record label at just 15 years old, and a period of septic arthritis left her confined to a wheelchair for a year, she found the motivation from a stressful childhood to be a keen advocate for positive mental health and wellbeing as well. The healing and unifying power of music has led



LIFE SOCIETY

Laura Wright: The Sporting Soprano

BY REBECCA THAIR ON 7 SEPTEMBER 2017
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Fit!

TONE WHAT YOU OWN

Look Influencer

Laura Wright

With three older rugby-playing brothers, Laura Wright, 26, was 'on a mission' to prove to her dad that she was just as strong. We reckon she accomplished that goal in proper rugby: Crowdie, Olympic weightlifting and sprints singing... this girl does it all.

WHY RUGBY?

'It's a really open and accepting environment. The best thing about rugby is that whatever shape you are there's a position for you, specific to your shape. I loved the fact that although I'm a bit taller and skinner than the other girls, it works to my advantage.'

GET STRONG WITH SPRINTS

'Whenever I do sprints, I wake up the next morning and my abs are in agony; you don't realise that you're actually using so many body movements. Sometimes I take my dog out running and we do hill sprints; you can do them in the park or on an athletic track. Start with 60 metres and work up.'

I Snack Mind

BILTONG WITH CHILLI SAUCE

MY 15 MINUTE WORKOUT

'A lot of rugby is leg-based, so focus on the lower body.'

LUNGES ARE BETTER THAN SQUATS

You're working on your stability and balance as well. Add dumbbells (10kg-15kg) if you can. Try 12 lunges on each leg, three to four sets.

DEADLIFTS

Work up to three sets of eight. My one-rep max is 125kg.

BOX JUMPS

Stand with feet shoulder-width apart a comfortable distance from the box, drop into a quarter squat, extend hips, swing arms and push feet through the floor to propel yourself onto the box. Work up to do as many as you can of these.

Laura's Mantra

'Everything in moderation'

EMBRACE THE STRENGTH

'People are embracing their own bodies now and accepting that every person is different. I'm not going to starve myself to conform to what's seen as perfect. It's about being the best that you can and I think it's really important to show that to younger girls. They go on social media and think that they have to look a certain way.'

A Rugby Player's Diet

Breakfast

Eggs and avo on toast

Lunch

Pasta with chicken

Dinner

Fish and lots of veg

Snacks

Protein shake

Build up your fitness with



NFL Predictions: Laura Wright takes on Richard Graves in Week Four

Last Updated: 02/10/17 1:09am



Laura Wright will be singing the national anthem at Wembley on Sunday

In Week Four, English soprano Laura Wright takes on *Sky Sports News'* NFL reporter Richard Graves for our weekly predictions.

Graves goes into the week with a winning record, having followed up a Week Two win over Team GB hockey gold medalist Samantha Quek, with victory over Vernon Kay, but can he keep his successful run going against Wright?

2017 Prediction Results

	Richard Graves	Opponent's score	Graves' season record
v Paul Merson	9-6	10-5	0-1
v Sam Quek	13-3	12-4	1-1

SOPRANO LAURA WRIGHT ON FASHION AND PERFORMING AT BRITISH CHAMPIONS DAY

Posted by Karen Grace | Oct 9, 2017 | British Champions Day Fashion, Celebrities | 0  | ★★★★★





In the closet with soprano singer Laura Wright

THE soprano is pitch perfect in monochrome and glam frocks.

By LAURA MULLEY

PUBLISHED: 00:01, Sun, Mar 12, 2017



The soprano is pitch perfect in monochrome and glam frocks

Laura, 26, found fame as a teenager in the classical girl group All Angels before launching her solo career. She performs at various sporting events, including rugby at Twickenham, and sang at the opening ceremony of last year's Invictus Games. She is an ambassador for Marie Curie's Swimathon 2017 and lives in south London with her boyfriend, rugby player Harry Rowland.

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In the closet with

Laura Wright

The soprano is pitch perfect in monochrome and glam frocks Words and styling by Laura Mulley

Laura, 26, found fame as a teenager in the classical girl group All Angels before launching her solo career. She performs at various sporting events, including rugby at Twickenham, and sang at the opening ceremony of last year's Invictus Games. She is an ambassador for Marie Curie's Swimathon 2017 and lives in south London with her boyfriend, rugby player Harry Rowland, and their dog Rocky.

How would you describe your style? It's two extremes. I spend half my life performing in amazing dresses and the other half in gym kit or a Barbour jacket walking the dog. I love glamour, but I associate it with performing, so I go for a more sports luxe look when I'm not working.

What colours and shapes suit you best? I love monochrome. I think it's a really sharp look. I like wearing structured dresses and tailored jackets.

What do you wear when performing? It's usually a glamorous dress, which suits the type of music I sing and gets me in the mood to perform. For rugby performances I wear my England rugby shirt as it shows I'm a true fan. I even play rugby myself.

Do you have a stylist? Only if I'm doing a styled shoot. I have good relationships with a few dress brands so I can often borrow things for performances or red-carpet events.

What is your favourite fashion era? To look at, the 1950s, but I wouldn't wear those styles. I like parts of the 90s, too. The great thing about now is that every style is coming back in and anything goes.

Who is your style icon? I have to mention Audrey Hepburn. She wore a lot of monochrome and made elegance an everyday thing. People become style icons because of their presence, though, not just what they wear. Nowadays, I think, Gemma Arterton has that type of confidence.

Do you own more high street or high end? Definitely more high street, but also I own brands like lululemon and Barbour, which are quite expensive, although they do last. It's exciting when I get the chance to wear designer clothes, though, as you can feel the quality.

Have you a favourite high-street store? Topshop, New Look, for little going-out tops, and Zara, whose clothes fit me really well.

Do you have any favourite designers? I love Paul Costelloe. I went to his show at London Fashion Week last month and loved every single item. I also like Barbus and Zeynep Kartal for dresses to perform in.

Do you own anything vintage? I've a few things that belonged to my mum – a shirt, a simple black dress and a black ballgown.

Are you a hoarder or do you clear out your wardrobe regularly? I'm definitely a hoarder. I buy a lot with the intention of sending it back but never get round to it. Harry's much better at getting rid of stuff.

What is the oldest item in your wardrobe? A white dress designed by Jacob Kimmie that I wore to the Classic Brit Awards when I was 15 and in All Angels. **What is the most expensive item in your wardrobe?** Probably one of my Michael Kors watches.



S MAGAZINE • 12 MARCH 2017

Laura loves this silver Reiss jumper, which she teams with leather Freddy jeans and black over-the-knee Dune boots (just seen)

Laura wore this sharp Scribe of London suit to perform at an NFL match last year. She wears her England rugby shirts at Twickenham

Far left: The soprano wears a burgundy leather dress by Scribe of London with Asos nude heels. "I'll either get my legs or my top half out. Never

When not performing, Laura can usually be found in her dog-walking gear: a Barbour jacket, black Tommy Hilfiger jeans, War Child charity T-shirt and Blundstone boots

How much do you spend each month on clothes? I do spend a bit, especially online, but I'll buy lots of things rather than one expensive item.

What is your worst fashion faux pas? I once wore a beautiful white Jasper Conran dress with a high split and built-in shorts to sing at the rugby, but when I stood up on the podium the wind blew the wrong way and it looked like I was flashing my pants.

How many shoes and handbags do you own? With shoes, I don't know. I've got boxes of them in the attic. I've definitely got over 100. I haven't as many handbags – shoes and coats are more my things.

Tell us about Swimathon 2017... Anyone can get involved, you don't have to be super-fit. You can either enter an individual race or a team event – I'm doing it in the Olympic pool with my three brothers – and you swim one, two or five kilometres.

What is your best beauty secret? I swear by Malin+Goetz skincare products – my old make-up artist recommended them. Using mineral make-up for a couple of weeks will calm down oily skin.

What is the best piece of fashion advice you have ever been given? If you're getting your legs out, keep your top half covered up and vice versa.

A selection of Laura's shoes by Asos, Prada, Kurt Geiger and Zara. She has more than 100 pairs

Laura loves chokers. She bought the black ones at Zara and Topshop, her charm bracelet is from Pandora and the friendship bracelet is by Links of London

The singer wears her Swatch, Skagen and DKNY watches with Jo Malone scents. "I love their candles, too," she confesses

PHOTOGRAPHS: TESSA HALLMAN / HAIR AND MAKE-UP: CARLOS PALMA USING REDUX (CARLOS PALMA.CO.UK)

Emotional ties with The Royals' go-to soprano Laura Wright

By LUISA METCALFE FOR YOU MAGAZINE
PUBLISHED: 00:02, 5 February 2017 | UPDATED: 00:02, 5 February 2017

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The Royals' go-to soprano Laura Wright on glamorous gowns, rugby shirts and singing for Prince Harry



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© Gemma Day

Laura keeps being mistaken for Meghan



Mistaken Identity: Laura Wright (Getty Images)

London's newest hotel – the Trafalgar St James – opened its doors last night with a rooftop party where Iodie Kidd and Millie

Laura Wright certainly turned heads at the recent launch of London City Island, where guests enjoyed a red carpet entrance with fantastic canopies and an endless supply of bubbles. The talented singer wore a beautiful gown from **Open for Vintage** during her performance.

Open for Vintage is home to some of the world's most exclusive vintage and pre-owned fashion designs and watches. The singer looked ravishing in red as she sang Skyfall to a packed audience.



Laura Wright wowing Open for Vintage at the Ballymore event, which marked the launch of City Island

The event attracted a number of stars, including Donna Air and Vanessa White from the Saturdays, and the social soirée ran late into the night.

London City Island will become something of a Mecca for the arts with the London Film School and the English National Ballet both moving to the area. The site has been developed by EcoWorld Ballymore and boasts fantastic facilities including a gym and swimming pool. The Island Grocer provides an incredible selection of food and beverages and it is also home to a restaurant.

Find out more about London City Island at www.londoncityisland.com. Open for Vintage enquiries can be directed to +44 20 3837 8335 www.openforvintage.com.

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HOME > WOMEN

Laura Wright: 'I want to show that strength can be sexy'

My perfect weekend: soprano, rugby player and official RFU anthem singer Laura Wright, 24, shares her gym kit and ball gown lifestyle and hopes to inspire young female athletes



Laura at Rosslyn Park Football Club in Barnes, London, where she plays rugby. Photo: Clara Molloy



By Olivia Parker

7:50AM GMT 20 Aug 2014

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On Friday nights I try to chill at my home in Wimbledon, south London, because I usually have a performance the next day. I only recently moved here and haven't managed to empty many boxes yet, so I might go and get my nails done or have a relaxed meal somewhere out of the house. I'm really bad at cooking, but I managed a fish pie the other week that actually tasted OK and didn't leave me feeling sick afterwards. Success! No drinks are allowed the night before a concert, obviously, and I try to eat food that's good for my throat, like ginger.

I do have occasional pre-performance panics that I haven't got all my music or don't know the words. A session watching Family Guy or American Dad in bed usually helps calm me down, but when I can't sleep I end up watching Bridesmaids. I probably shouldn't disclose how often I've seen it, but I find it so funny every time.

On Saturday I'll either get picked up by my tour manager or just jump on a train to the concert venue, taking all my dresses and stuff with me. For live gigs I tend to do my make-up myself because there's never much downtime before a performance, but for the rugby matches at Twickenham my lovely make-up artist, Zara, comes along and makes me look 10 times better than I could myself.

Sometimes I borrow dresses for my concerts, and that's so exciting because they're always absolutely stunning. The bigger the better, in my opinion. When I perform at the rugby, however, they obviously like me to wear white or red in support so I've invested in a couple of my own dresses. When I'm ready I walk out into the stadium – usually accompanied by mad, crazy thoughts like "what if my mic doesn't work" or "what if my dress rips off" – but once I start singing, it's all OK. I feel so honoured to be the RFU's official anthem singer because it's such a special, unique experience and the teams are always really lovely to me, even when they've lost a match.

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A bride-to-be is worried that her fiancé is hiding something from her and it's giving her cold feet about her pending nuptials. Dr Petra Boynton, the Telegraph's sex and relationship agony aunt, says communication is key

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Women are more judgemental than men about breast-feeding in public, says BBC presenter Emily Rowman, calling their catty glances "a real shame".

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2. "My mum is an artist, so I always look for unusual things for her"



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DEAR SANTA

We asked four celebrities what their dream Christmas-shopping list for friends and family would look like

by NIKI BROWES

Laura Wright

The soprano is fast becoming a favourite of the royal family, having been picked to perform at the Queen's 90th birthday celebrations and Prince Harry's wedding Games

I have three older brothers: Seamus, Paddy and Liam. Paddy and his wife are expecting their first child together this Christmas, so I'm picking out baby gifts for the first time. I love the **Chloé** baby gift set (1. £155), although pretty much anything that small is going to look adorable! For my amazing dad, the **David Hassel** cashmere robe (2. £2,399) would be perfect. He's not well at the moment and this would make him look the business on Christmas morning and give him a boost. My mum is an artist, so I always look for unusual things for her. The **Lyngard** lustre vase (3. £160) would appeal to her with its stunning colours and smooth lines. I'd have to get the gorgeous **Christian Lacroix** Feivolités notecards (4. £31.95 for six) for my grandmother. We still write to each other and she'd be thrilled with those. For my manager, Kirsty, the **Salvatore Ferragamo** Aileen shoulder bag (5. £1,195) would be wonderful. She's super-chic and this would be a fine addition to her collection. My brother Liam is an architect and has talked about the **Leica** Slate (6. £139.99), which lets you draw as if you're using a pencil. I'd give him this so he can sketch his ideas 24/7. For my partner in crime, boyfriend Harry, I'd choose the **Feld & Volk** customised Apple watch in Carbon Brass (7. £6,119; exclusive to Harrods). He works in the fitness industry and I think he'd feel pretty sharp with that on his wrist. For my girlfriends, it would have to be **Charlotte Tilbury** lipsticks (8. Matte Revolution, £23 each). I'm a huge fan of her make-up; it's only fair to share the love!

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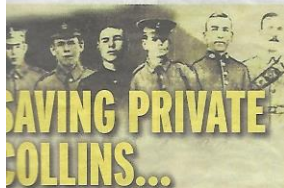
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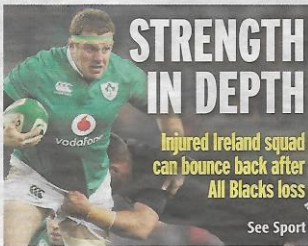
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SAVING PRIVATE COLLINS...

Five Irish brothers who fell in the Great War are honoured at last


Page 4



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WHOSE LAKE IS ANYWAY

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PITCHING IT WRIGHT

The ENGLISH HOME



Laura Wright, photographed during a weekend visit to her parents' Suffolk barn conversion.

MY ENGLISH HOME

Laura Wright

The colour teal, open space and her beloved hound are a few of the things that make a home for this British soprano

Since winning BBC Radio 2's Young Chorister of the Year at the age of 15, soprano Laura Wright has released three albums as a solo artist. Her talent was acknowledged by The Royal Family when she was invited to perform at the Queen's 90th birthday celebrations and at the Invictus Games, of which Prince Harry is patron. She lives in South London with her boyfriend Harry - formerly a professional rugby player, but who now plays in a semi-professional capacity whilst also teaching Pilates - and her brother Liam, an architect. Laura is also a full-back for Roehampton Ladies' rugby team.

Where do you live and why? I have just bought a place between Ryper Park and Morden with my boyfriend. It is an end-of-terrace, two-bedroom house with a little garden, in a leafy suburb quite close to Richmond Park. For work, I needed somewhere in London but, as we have a dog, we needed to be near lots of open space. Also, having grown up in Framlingham, Suffolk, I was determined to find somewhere near green space.

What sort of dog do you have? A Springer spaniel crossed with a Labrador (called Rocky) so he's absolutely nuts and really sappy and hilarious. I love him to bits. There's a whole other world out there when you're a dog owner and I'm completely a part of that now.

City or countryside? The countryside, definitely. I love the space and I feel like the air is different, and I prefer the slower pace. I wouldn't want to live there now, but it is definitely where I'll go when I have a family as I saw so many positives from growing up in the countryside myself. I grew up with three older brothers and it definitely made me a bit of a tomboy. I think it's the reason I loved sport and I was determined to play rugby. I was of the mindset where I thought, if they can do it, why can't I?

If we didn't know what you did for a living, would your house reveal it? I don't think so. You would probably think I was sporty because there are kettlebells on the floor and loads of fitness equipment. But would you think I was a singer? I doubt it.

What is your most recent home purchase? A distressed gold antique table from



Laura singing at the 2016 Invictus Games opening ceremony in Orlando, Florida

live in Suffolk. It has a globe underneath that rotates which you can see through the glass lid. Harry's mum is very into antiques and often has her own stall at Kempton Market, so I feel a little bit of pressure to find something that she would approve of. I was quite pleased with myself when I found that.

Do you have plans for renovations? We want to open up the kitchen, which is a galley kitchen at the moment. We want to make it more open plan so the kitchen becomes the main living space in the house. Not that I'm a good cook. I leave that to Harry.

Can you describe your taste in interiors? Because I grew up in the countryside, and then having Harry's mum as an influence, I'd say it's quite rustic but with a modern twist. I'm somewhat of a bargain hunter and like going to Kempton Market and picking things up and customising them myself. I find it's a nice project and it's very satisfying, too, although I do also mix these things up with stuff from The Conran Shop and Anthropologie. But overall, I like to be a little thrifty.

Has anyone influenced your interior style? My mum, Caroline Wright, is an artist who does everything from performance art to watercolours and graphics. I've done live performance art with her that's been really bizarre and crazy. She has influenced me to have one-off, unique things. We have a very large cream canvas featuring a thin graphic down the middle, which is the back of a tree painted on it. It's really interesting and hangs in the dining room.

Which is your favourite room? Probably the sitting room, because it is the most finished, whereas everywhere else isn't quite finished. Because we have only been here a few months, I feel like the previous owner's presence is still around.

Is there an underlying decor theme? Yes - I insisted on having teal dotted here and there. The front door, the middle of the rear reads and the dining chairs are painted in teal. For the interior of a home, it is one of my favourite colours.

Do you have any travel mementos? Not really, but I have a National Football League (NFL) shirt given to me by the former quarterback Joe Montana after I sang at the NFL games at Wembley Stadium. I also have the dress that I wore when I sang at the Invictus Games opening ceremony. Both mean a lot to me.

If you didn't live where you do, where would you like to live? In Suffolk, so I can be closer to my family. It's about an hour and 10 minutes on the train, and then a further half an hour in the car to my parents' house, because they really are in the middle of nowhere.

What would we never find in your home? A garden gnome. I hate them. They freak me out - they're creepy. People who have gnomes usually have about 30 of them and I think it's weird.

How do you make a home original? We have so much social media these days and it's so easy to copy people, but I think it's important to put your own personality into your house. It's great to follow trends, but I hate it when a home looks so perfect that it almost seems fake. I think there is always room for a bit of randomness.

Describe what is on your coffee table. I always have a massive bunch of flowers on the coffee table and there will be sheet music out - an opera score or something original - and I've got a little keyboard next to it. Liam often has drawings out from his work, too. It's quite a creative household.

Finally, what should no English home be without? A cup of tea, shortbread and a dog. All quintessentially British things that I could never do without.

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Laura Wright

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