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## Princess of Wales Urges Wimbledon Runner-Up to Hold Her Head High After Final Loss

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After a crushing double-bagel defeat, Amanda Anisimova left Centre Court uplifted by Princess Kate's simple, powerful charge to "keep your head high."

The Princess of Wales, Kate Middleton, offered words of comfort and encouragement to Amanda Anisimova after the American suffered a heavy defeat in the Wimbledon women's singles final. Following a 57-minute match where Poland's Iga Swiatek dominated with a rare double bagel 6-0, 6-0 victory, Kate urged the runner-up to hold her head high despite the tough loss.

Kate, who is patron of the All England Lawn Tennis Club, was warmly welcomed with a standing ovation as she appeared on Centre Court to present the trophy to Swiatek. After the ceremony, the Duchess took a moment to console a tearful Anisimova, sharing brief but meaningful words of encouragement. Anisimova later revealed how much the gesture meant to her, saying, “She definitely had a few things to say that were making me emotional again. She was really kind and she told me to keep my head high.”

The 22-year-old American admitted she was unsure if the Princess would attend, but was grateful for the support. “I guess it was a positive of today, and I can try and focus on that and not the match,” she reflected.

Swiatek herself described the moment of receiving the trophy from Kate as “surreal” and expressed her admiration for the royal family. “Since I was a kid, I’m a big fan of the royal family, so it was amazing and I really appreciated that,” she said.

## Royal Interaction

Beyond the trophy presentation, Kate engaged warmly with the younger generation and those involved behind the scenes at Wimbledon. Among those she met was eight-year-old Lydia Lowe, who performed the coin toss for the women’s wheelchair final. Lydia has overcome a serious brain injury earlier this year, which left her visually impaired and requiring rehabilitation to relearn essential skills. When asked if she was nervous, Lydia confidently advised the Princess, “Don’t be nervous. Take deep breaths.” Kate praised her bravery and called her “a pro.”

Kate also met 12-year-old Sophie Kneen, who took part in the coin toss for the women’s singles final and is involved with the AFC Wimbledon Foundation. Sophie described meeting the Princess as “so, so good” and appreciated the chance to talk about encouraging young girls to take up sports.

During her visit, the Princess chatted with wheelchair singles champion Wang Ziyang, volunteers, and staff, including honorary steward Bob Flint, to whom she offered praise for years of dedication.

The Wimbledon final weekend also saw members of the royal family in attendance, including Kate’s parents, Carole and Michael Middleton, alongside the Duchess of Edinburgh and the

Duchess of Gloucester. Sporting legends like Sir Mo Farah and Ian Wright enjoyed the day despite scorching temperatures nearing historic highs.