Thomas – My Sporting Journey Part 5

The start of the 2018 season – Kingston Upon Thames – April 2018

I have quite a busy 2018 competition season coming up and my first races took place at the Weir-Archer Athletics Track in Kingston upon Thames in April. The event was the first of the Cerebral Palsy Sport's Athletics National Series and despite all the training I had done through the winter I was really nervous.

The 100m was the first race and it went quite well. When the time came in I realised I had broken my personal best time that I had last set in July 2016 at the European Championships. #Progress! The day had started well and I felt really at home on my new RaceRunner. I don't think people realise just how important gettign the right equipment is to an athlete and with the help of the Douglas Bader Foundation I was able to do that.



It was also good to see some of my Racerunning friends at the track and I do enjoy this part of RaceRunning – that I can see people who have become good friends. The next race was the 800m and I felt I had a really good race … and it was as I took over 30 seconds off my PB. The 400m and then the 200m also went really well and again I broke my personal bests for both of those events. A good day at the office!





After each event I always talk to my coach Lee at Lincoln Wellington Athletics Club at the next training session about what went well and what we feel I need to work on. He is a really supportive coach and understands me.

Knowing what competitions were next coming up we trained hard on both speed and endurance during my training sessions and also on the treadmill that I have at home to train on.