

Thomas – My Sporting Journey Part 6

A bank holiday for some... but no holiday for me!

On a very hot and sunny May Day bank holiday we arrived at York University Athletics Track for the York AC Summer League series. I really enjoyed the atmosphere and there was mostly able bodied athletes taking part and it was great for RaceRunning to be included. 3 RaceRunners including myself were taking part.



I had a really good 100m race and again ran a personal best – I wasn't expecting that! It started to get really hot and the next race was the 800m. I was quite determined to beat my pb and knew it was going to plan when I heard the 400m split time that they call out to you at the bell. I finished feeling quite exhausted but was so pleased when I knew I had taken a good chunk off my pb again. All the training through the winter was paying off a bit!



I only had three races on Monday so I had a good recovery time before my 200m race and it was probably a good job as it was over 27 degrees on the track when I lined up for my

200m. It went well and again I broke my personal best that I had run in Kingston. I know it is going to be hot out in Spain at the World Games so this was good practise for those type of conditions.



The next night I was back on the track training with my coach and we worked on speed for my 200m as well as a little endurance.

I'm now resting for the rest of the week with only some gentle treadmill work as I am competing again on Saturday as well as making sure all my homework is done. Oh the life of an athlete!

