

## Thomas – My Sporting Journey Part 7

### Personal Bests are Always the Goals

I have had a busy month of May with my competition programme. After the York race on the Bank Holiday Monday, we travelled back up to York on May 12<sup>th</sup> for the second of the Cerebral Palsy Sport Athletics Series. It was another warm day and I was really quite pleased with my RaceRunning races, I ran a personal best in my 100m and my 400m and solid times for my 200m & 800m.



On May 22<sup>nd</sup> I then took part in my first 3k of the year at the Lincoln Wellington Athletics Club Road Race Series. It was nice to run with my club mates and I ran the 3k in 17mins. It was not a bad time and great after I had also done a training session on the track too and I got a medal!



On May 30<sup>th</sup> I attended the Team England World Games 2018 Training Day. It was held at Moulton College in Northamptonshire and involve many of the athletes including myself who have been selected to compete for England at the Cerebral Palsy World Games in August this year. As well as track sessions, it was a busy day of learning at the Team CP England 🇬🇧 World Games training day with classification workshop and a really helpful anti-doping workshop delivered by UK Anti-Doping.

It was really important for me as a young athlete to learn about anti-doping and clean sport as there will be anti-doping testing out at the World Games. We have to learn how to manage our medications, how to check medications and what is permitted. I don't think my Mum will ever look at a flu remedy in the same way again. I found it really helpful and the team from UK Anti-Doping were great!



So May has been a busy month and I'd like to say it gets calmer in June but it is just as busy so I'm getting good at sleeping in cars traveling up to venues and I could not do that without the brilliant support of my Mum, Dad and my little brother Mattie. They are Team Talbot!