

Thomas – My Sporting Journey Part 9

The heat is building and so is the pressure!

Well I wished for it to get a little warmer to train and but I didn't imagine it was going to get this hot. At least it is good training for Spain. Since my competition in June in Gloucester I have been training hard at my club Lincoln Wellington Athletics Club building up to my next competition.

We travel all over the country and my next challenge saw me compete in my very first Typhoo National Junior championships in Coventry – the home to Coventry Godiva Club. The competition was over two days and it was so hot on the track. On the first day I had the 800m, 400m and the 100m. RaceRunning was included for the first time and on the first day I had the 800m, 400m and the 100m! I was close to my Pb on my 100m and 400m and took over 6 seconds off my 800m Pb. Oh and I won 3 golds! On the second day I was also close to my 200m pb and won another gold medal. 4 golds and a pb – not bad for a weekend on the track!



Image courtesy of Nick Stevens



On July 17th I ran another 3k road race as good CV training at Lincoln Wellington Ac. I took over 20 seconds off my 3k pb so I was really pleased with that.

As the month has gone on, my training has focused on developing my speed in preparation for a special race in Manchester. For the first time ever RaceRunning was also included in the England Athletics / CAU Disability Championships. I competed in the 100m and made the final and won a bronze medals with a new pb time.



As the month of July comes to an end my full focus turns to the CPISRA World Games in Spain. I am so honoured to be representing Team CP England and I'm really looking forward to representing my country again.

I'm going to be racing against athletes much older and stronger than me so I'm going to try to run the best races I can, aim for pbs and do my family and country proud.