



## **Abigayle Fitzpatrick**

**Age:** 20 Years

**Sport:** Athletics

**Discipline:** 400m Hurdles

**Region:** North West

### **How did you first get involved in your sport?**

My school sports day in year 11.

### **What do you enjoy the most about being a sportsperson?**

Getting to travel the world competing and meeting new people and wearing the Great Britain kit with pride.

### **Who is your sporting hero?**

Kelly Holmes, she has been through a lot and overcome many obstacles proving that if you practise and practise you really will prevail. She also proves that age is no barrier winning in the Olympics at 32 years old.

### **What does a typical week look like for you?**

Monday, Wednesday and Saturday I have gym sessions. Thursday, Saturday and Sunday I have track and hurdle sessions, Tuesday and Fridays are my rest days however I'm at university.

### **How has your Emerging Talent Fund Award helped you?**

My SBN Emerging Talent Fund Award from Verteda has been a massive help with the costs towards warm weather training which is helping me prepare for a great outdoor season, it's also contributed towards training fees and petrol costs to get me to training and competitions across the country.

### **What do you do in your free time?**

In my free time I like to chill out, or take trips to the Trafford Centre.

### **Key achievements**

2010, European Youth Olympic trials, U20, 400m hurdles, 8th in final, 62.39.

2010, Youth Olympic Games final, U20, 400m hurdles, 7th in final, 65.61.

### **Aims**

Remain number 1 in the UK.

Qualify for the Commonwealth Games.

Remain injury free.

Improve my World and European ranking.

Represent GB in the 2016 Olympic Games and medal.