



## **Bobby Clay**

**Age:** 16 Years

**Sport:** Athletics

**Discipline:** Middle Distance

**Region:** South East

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

My Mum was a county runner and when my sister and I were really young we always went running with her, which inspired me to get involved with my local club.

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

Being able to do something I love so much.

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

My sister, she is 18 and also a member of the GB athletics and cross country team. We train together and do everything together, she works so hard and is extremely self-disciplined. I am so lucky to have such an amazing sister and best friend, Alex truly is my inspiration.

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

Monday- 1hr easy run.

Tuesday- track session (endurance based).

Wednesday- gym session, 1hr easy jog.

Thursday- track session (speed based).

Friday- rest day.

Saturday- grass session (usually a tempo run) and gym session.

Sunday- long easy run about 60-90mins.

### **How will your Emerging Talent Fund Sport Award help you?**

My Emerging Talent Fund Award from the Sport Business Network is so helpful, to be able to have this support and allow me to continue to reach my potential and full capabilities. I am going to use this grant to finance my travel and accommodation for preparation races and the World Trial. These races are all round the Country, so this grant is very much appreciated. Plus maybe I'll be able to buy a bag of pick n mix as well!

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

I love to ride my pony and care for my other animals. This keeps me very busy when I am not running as I have horses, pigs, goats, cows, sheep, rabbits, guinea pigs, dogs and a cat!

### **Anything else we should know about you?**

I love to write poetry. Sometimes when I'm in bed I just wake up with the start of a poem in my head and have to quickly write it down.

### **Aims**

To run the qualifying standard required for the World Juniors Championships.

Improve all my track personal best times.

My ultimate goal is to be an Olympian and so in order to achieve this goal I strive to become the best athlete I possibly can be.

Compete in the World Championships in 2017.