

Please include a couple of photos (ideally action shots) and if you have any video clips of you performing that would be great too.

Name: Grace McCollin

Sports Athletics, Hockey and Netball

Representative Honours(achievements):

English Schools - 75 m Hurdles Champion

National ISA - 200m and 75m Hurdles Champion

English Athletics - 75m Hurdles Silver Medallist and 100m semi finalist

Midlands Clubs Athletics - 75m hurdles and 100m Champion

Warwickshire Schools - 100m and 75m Hurdles Champion 3rd place Combined Events and Team Gold in Combined Events at Warwickshire and Midland

England Athletics - Indoor 60m Hurdles Bronze medallist and 60m semi finalist

How did you get into your sport? With both my parents being PE teachers I have been involved in sports since I was very young starting with swimming lessons at only 10 weeks old! My first competitive sport was gymnastics, in which I competed for Rugby Gymnastic Club for 10 years – competing at National and Regional Level until the end of Year 7. At Junior School, I represented the school at a number of sports and it is through the school Rugby and District Athletics Competition that I first got into Athletics, winning the long jump, high jump and 75m. I was invited to Star Tracks Summer Camp and really enjoyed it and was invited to join James Wright Coaching as part of the Rugby Athletics Club. My first training session with James, I did hurdles, but was not very good as I was struggling with the technique! That first session inspired me and I decided to change sports from gymnastics to athletics and haven't looked back since.

What does your training/week programme look like to compete at your sporting level?

My training changes depending on the time of the year. Currently I am working on the outdoor season which is lots of strength work but generally my week looks like this:

Monday Strength and Conditioning - 1 hour

Tuesday - 2 hours Speed

Wednesday 1 hour Strength and Conditioning

Friday - 2 hours Speed and Strength

Sunday - 2 hurdles technique with hockey and netball in between!

What has been the highlight of your season?

My highlight would have to be winning the English Schools Gold medal in July.

What are your goals for this season?

I have now moved up an age group to U17s so this season is all about the preparation for the coming year. However I would like to make National Finals for the 60m hurdles indoor and 80m hurdles outdoor.

Who are your sporting role models?

Jessica Ennis Hill

Dina Asher Smith

Cindy Sember

What advice would you give to young athletes?

Train hard, remember not every day can be good and one bad session doesn't mean they are all going to be bad.

Link to video

[VIDEO-2023-07-01-22-43-33.mp4](#)



