



Tim Predergast

Athletics

I am a visually-impaired middle distance runner from New Zealand. At the age of eight I started losing my vision and eventually lost 95% of my sight. I experienced difficulties coming to terms with this but at the age of 12 discovered running and since then I have represented New Zealand at two Paralympic Games and won Gold in Athens over 800 metres.

What is your favourite/most important piece of kit?

My running spikes are my most important piece of kit. In Athens in one of my races I lost one of my shoes so had to cope without this vital piece of kit for the race!

Best piece of advice that you have ever been given:

My first ever New Zealand vest was probably the best piece of kit I have ever been given it was a huge buzz and meant so much to know that I would be representing my country overseas.

What advice would you offer for any one looking to try something new or to better themselves?

I would say be resilient. I worked hard for five years before I started making some real progress in my sport. It was the enjoyment I got from being involved in a training squad and the thrill of competing that kept me going.

What is the most Challenging situation that you have been in and what was the outcome?

In sport the most challenging thing to overcome was in Athens when I finished a disappointing 4th in the 1500 after expecting to win. This shot my confidence for the 800. I was so upset with myself and had my confidence shot. I was told by a member of the team to imagine a black box and a gold box. The black box was my 1500 and that was to go under the bed, the gold box was my 800 and I was to use everything that was positive about my running for the next few days leading into the final. It worked and I won Gold!

Why have you decided to become an Athlete Mentor?

The athlete mentoring programme is a great concept. I am really keen to work with young people and hopefully through some of the experiences I have had in life and sport be able to help them in realising what it is in life that they want and just maybe play a role in making these dreams and aspirations begin to come to life.