



Debbie Smith

Adventure Racer

Debbie is one of the UK's leading female adventure racers. Currently she races for one of the countries top teams – Team Accelerate. Adventure races are long-distance multi-sport events which include running, mountain biking, kayaking and rope work. Debbie has many wins to her credit as part of a mixed team and as a female soloist. She also races to a high level in the individual sports. She has been on the podium of 24 hour solo mountain bike race and ultra distance running events.

What is your favourite/most important piece of kit?

My running shoes – put them on and the hills are waiting.

Best piece of advice that you have ever been given:

Put your mind to it and you can do it.

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

Never give up and enjoy what ever you do.

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

Being halfway into the Tour du Mont Blanc- 158km, 8500meters of accent- continuous running- and my stomach giving up!! With the amazing support of friends I pushed on to finish the event in 10th place.

Why have you decided to become an Athlete Mentor?

It is a great opportunity to use my skills and experiences as a sports person and in life to help others reach their potentials.