



Sam Coombes

Athletics- 800m

After participating in the National Schools tennis finals as a youth and playing county football until the age of 17, I then decided to pursue a career in middle-distance athletics. Running the fastest 800m time in the National Junior League and being recognised as a potential future Olympian is the reason I continue to train every day.

What is your favourite/most important piece of kit?

My heart and lungs!

Best piece of advice that you have ever been given:

Believe in myself and always know you can beat anyone

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

Enjoy it and have as much fun as possible.

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

Being a slightly wayward school kid I sometimes got into quite a lot of trouble at school. I tried to use the discipline I had gained in sport to straighten myself out and concentrate on getting qualifications that could help me progress in life.

Why have you decided to become an athlete mentor?

I love working with youngsters to help improve their lives through sport. Sport can give youth belief and confidence that can help them achieve in school and in their respective social environments.