



CountyAthletesProgramme Athlete Profile Form

Name Nathan Woodward

Picture

Sport Athletics



How Long have you been doing your sport?

7 years

What influenced you to take up the sport?

It started back at sports day in primary school where I always performed well, so I begged the mother to take me to the local track, and when she did there was no going back!

What have you achieved in your sport?

I have broken the u17 British record, for my event the 400meter hurdles, won a number of national titles over a number of events and won a bronze medal at a world championships.

What are your future aspirations in your sport?

To compete at the Olympics (London) and to perform to the best of my ability as I know this can take me very long way.

How often do you train?

I am currently training 4/5 times a week.

Why do you enjoy participating in sport?

Because the 'buzz' and feeling of achievement during and after the training and especially competition is a feeling that I drive for, a feeling that is second to none!