



## County Athletes Programme Athlete Profile Form

**Name** Danny Mills

**Picture**

**Sport** Running



### **How Long have you been doing your sport?**

8 Years

### **What influenced you to take up the sport?**

The reason I took up running, was because I didn't realise what endurance I had and I didn't really show much enjoyment in other sports that I have tried. I started off as a sprinter until I realised I had a talent in endurance running. I started off just running because I enjoyed it but when I reached U13 level (I started when I was 7) I decided I would make the most out of running.

### **What have you achieved in your sport?**

So far, I have achieved a lot in my sport, I am currently West Midlands Cross Country Champion as well as Warwickshire County and School Cross Country Champion. I have recently won the Midland Championships and I have placed 3rd top age and 7th bottom age at the English Schools Cross Country Champs, getting into the top 8 of these has allowed me to race in the SIAB Cross Country Championships and race for my country, these have been at Dublin, Ireland and Perth, Scotland. I have also placed 2nd in the English Championships for clubs and 4th in the UK Championships. My greatest achievement though has been competing in the World Schools Cross Country Championships for my country in the Czech Republic.

### **What are your future aspirations in your sport?**

My future aspirations are to be able to follow my success on cross country onto the track, gaining an England vest. Also now I have 3 England vests I would like to go one step further and gain a Great Britain vest. Long term goals include another major championship appearance and of course the Olympics. However most importantly I continue to train hard and enjoy the sport I do.

### **How often do you train?**

I train differently from Cross Country to the Track however here is a usual Winter (Cross Country) training week.

Monday - Hill session, down the club, 8miles



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Tuesday - Track session, down the club, 3miles

Wednesday - Steady run, on own, 3-4miles

Thursday - Road Session, down the club 5miles

Friday - Rest Day

Weekend - Race(s), if not steady long run 8-10miles.

**Why do you enjoy participating in sport?**

I enjoy participating in sport, because I am a competitive person and I like working together as a team. Sport is something you can be pleased with. It's something that can make your day or make you feel happy, and when you have completed your sport you feel good about yourself and pleased you have done it!