



**CountyAthletesProgramme**  
**Athlete Profile Form**

**Name** Hayley Murray **Picture**  
**Sport** athletics-hammer

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

4 years

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

I started athletics when I was 9 when I did a cross country event for school. A family friend told me to join Nuneaton Harriers. I tried many events including high jumping and sprinting before starting the hammer 4 years ago.

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

I have competed for Great Britain on 1 occasion and England on 4 occasions traveling to places such as Greece and Croatia. I think I have also brought some recognition to the Midlands especially for women's throwing.

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

My ultimate goal is to get to the London 2012 Olympics. However my goal for this year is to be within the top 10 women in the country, and to get to the world junior championships in Poland.

**How often do you train?**

I train as often as I can with college and work commitments as well. This mainly includes 4 technique sessions per week and 2 sessions at the gym per week.

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

I enjoy participating in sport because it is competitive. I enjoy competing and trying to better myself every time I go out.