



**Ingles Lumfuankenda**

**4<sup>th</sup> Year Athletics**

What is...

The coolest thing about your sport?	Long jump, when you jump you get a slow motion feeling
Your greatest sporting moment?	Winning gold medal at the Indoor Scottish Schools (long jump)
Your sporting ambition?	To win

Tell us...

What gets thumbs up at GSOS?	The training
Thumbs down?	When the weather is bad and we are training outside
What you like about the coaches?	We get along well
How you manage to balance training and school work?	It's ok, you have to be prepared
Your greatest achievement since joining GSOS?	Winning gold medal at the Indoor Scottish Schools
A top tip for anyone thinking of joining GSOS?	Be motivated