



Sophie Byers

6th Year Athletics

What is...

The coolest thing about your sport?	Running
Your greatest sporting moment?	Getting into GSOS
Your sporting ambition?	To do my best

Tell us...

What gets thumbs up at GSOS?	Getting to combine school and training
Thumbs down?	The school bit
What you like about the coaches?	They are friendly and know what they are talking about
How you manage to balance training and school work?	It's fine
Your greatest achievement since joining GSOS?	Smashing my P.B's
A top tip for anyone thinking of joining GSOS?	Definitely join, work hard and you'll get the benefits