

## PROMISING ATHLETE PROGRAMME **MEMBERSHIP BIO**

### **PHIL NORMAN**

32

#### **Sport**

3000m Steeplechase

#### **Most notable achievement**

- Representing Great Britain twice including competing at the Tokyo 2020 Olympics.
- British champion – 3000m Steeplechase [2020]
- 3 x medallist at British Championships
- Represented England on track, road and cross country

#### **Goals and future aspirations**

To continue to perform at the highest level.



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## PROMISING ATHLETE PROGRAMME

# PHIL NORMAN

## NORTH DEVON

Welcome onboard Philip. Or Phil as he likes to be known as. Phil is an Olympian for Great Britain that competes at the highest level of his chosen sport (or event), the 3000m Steeplechase.

The Olympics is the pinnacle of a track or field athlete's career. Although Phil did not get past the heats stage at Tokyo 2020, representing Great Britain is his proudest honour. Phil went on quite a journey to achieve the honour of representing his country.

Starting athletics at the age of 8 at his local club Exeter Harriers, Phil and his family moved to North Devon when he was 12. From there, he joined North Devon Athletics Club where he made huge progress. At 17, he became the u20 national champion in the 3000m Steeplechase. Despite the success, Phil decided to step away from the sport for six years!

Phil made his return in 2014 and through hard work and dedication, built his physique back up to becoming the British champion of the 3000m Steeplechase in 2020, making him eligible to represent Team GB at Tokyo 2020.

Phil's time of 8:32.52 set a stadium record at Manchester Regional Arena. He hopes to continue performing at the highest level for some time yet with his sights firmly set on representing Team GB at the World Championships in Oregon, USA.

Phil maintains a consistent speed over a large distance in the athletics event he competes in. Therefore, cardiovascular fitness is essential to Phil continuing to compete at a high level. He uses the treadmills and cross trainer machines at the centre to maintain his cardiovascular fitness. However, in steeplechase racing, athletes must overcome obstacles including high hurdles. Phil needs strength in his legs to overcome those obstacles; he uses the leg extension and leg curler to build strength in his quadriceps and hamstrings as well as using the leg press machine and free weights to build core strength in his legs.

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