



BRACKLEY
LEISURE CENTRE

PROMISING ATHLETES PROGRAMME

Mia Hawkins

I started 9 years ago at uni doing triathlon training with an elite team-mate Vicky Holland. She went on to win bronze at the Olympics in Rio and later became world champion and that kind of inspired me to follow in her footsteps as a triathlete.

It's been really useful for me to be able to use the gym and pool on a regular basis for injury prevention. Plus swimming is my weakest area in triathlon, so it allows me to get in an extra few sessions to build that up.

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Being on the Promising Athlete Programme means I can use the swimming pool at the centre to help me build up my weakest area, which right now is swimming. This will really help me towards training for the European championships in Istanbul in September this year.

Probably my biggest achievement was when I finished eighth in the World Championships in Lausanne.

Plus I finished third in the National Championship last year which qualifies me for the European Championship in Istanbul in September.

That is my big goal for the year!

I enjoy most crafts and also reading. I often support children's charities.



Mia Hawkins

Vicky Holland is without a doubt my role model! Training with her for a couple of years I learnt a lot. I saw how she overcame injury to become an Olympic medalist and have always been impressed with her mentality to recover and be successful.



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with your Local Authority



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