



PROMISING ATHLETES PROGRAMME

Stuart McNally- Athletics

Being part of the Promising Athlete Programme is a great opportunity. The support from Lex Leisure will allow me to use both gym and swimming facilities to take a more structured and well-rounded approach to my training. This will help me become a stronger, more resilient athlete and give me the best chance of achieving my future performance goals. I turn 50 at the end of this year and will be moving into a new age group, which gives me fresh motivation to train smart, stay durable, and remain competitive.

OVERVIEW

What are your hobbies or interests, and are you involved in any charity work?

I enjoy reading, health and fitness (especially strength and conditioning), and all things technology.

Who is your role model and why?

David Goggins. He has transformed himself through discipline and mental fortitude. Looking at his life, he proves that you can push yourself regardless of age. When I've wanted to quit during my athletics career, I remind myself of his mindset to push through.

What type of training facilities do you use or need?

I train regularly at my club's athletics track. To improve, I need access to a swimming pool and gym facilities. Swimming helps with cardio and breathing, while the gym is essential for strength training. Equipment like treadmills and cross trainers are also very useful for lower-impact training when a track/road run isn't possible due to injury, rehab, or other factors.

What other sports or activities do you enjoy?

I enjoy occasional parkruns and longer endurance runs, in addition to general gym-based strength training.



OVERVIEW

Why did you select the sport you have?

I started running as a way to quit smoking, which I had done since a young age. I realized I was severely out of breath just running for a bus. Starting with running around the block, I later joined Dartford Harriers after my son did. Running is largely a mental challenge; pushing myself in every training session significantly improves my mental fortitude. Although sessions can be tough in the moment, the sense of accomplishment is incredibly rewarding.

What Awards and Accomplishments have you achieved so far in the sport?

- I currently hold the club records for my age category in the 400m (indoors), 600m, 600m (indoors), and 800m (indoors).
 - I have represented GBR internationally at both the European indoor and outdoor championships.
 - At the outdoor championships, I won a bronze medal in the men's 4x400 relay (3rd place).
 - I received the Best Men's Masters award last year.
 - I was ranked 2nd in the UK for my 600m time last year.
 - As the Dartford Harriers Masters team manager, I guided the team to the final two years in a row.
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OVERVIEW

What does being part of the Promising Athlete Programme with Parkwood Leisure mean to you and your future success?

The Promising Athlete Programme is a fantastic opportunity. The support from Lex Leisure grants me access to both gym and swimming facilities, enabling a more structured and well-rounded approach to my training. This will help me develop into a stronger, more resilient athlete, maximizing my chances of achieving future performance goals. Turning 50 this year will move me into a new age group, giving me fresh motivation to train intelligently, stay durable, and remain competitive.

