



PROMISING ATHLETES PROGRAMME

Harry Osborne

I started running at the age of 7 at one of my local junior parkruns. My love for the sport just grew from there as I loved to improve my time every week and beat my twin brother.

This theme has continued throughout the last 10 years because we are still very competitive. I love the adrenaline running gives me and the competitive aspect just adds to this.

As an Athlete at Cardiff Athletics, I primarily train at Cardiff International Sports Campus at Leckwith.

I also enjoy swimming and over the past year I have discovered Padel and would love to improve my skills and one day compete in this as well.



Harry Osborne

I have represented Wales at the Association of Colleges National Championships and have regularly represented South Wales in track and cross country over the last few years.

I enjoy watching all professional middle-distance runners.

I find their competitiveness and dedication truly inspiring, particularly Jakob Ingebrigtsen whose approach to racing motivates me to push myself further.

I am also passionate about Football and although I don't play it, I really enjoy watching it. Aside from Sport, I really like puzzles such as Sudoku and my current PB is nearly as fast as my 800m time!!

The Promising Athletes Programme has been a huge help in improving my performance in my sport ultimately leading me to my selection for Wales.

Access to the facilities Legacy Leisure has to offer has allowed me to enhance the quality of my training significantly, especially weight training as this helps me keep any injuries to a minimum and I strongly believe it has contributed to the string of Personal Best times I have achieved recently.

