



PROMISING ATHLETES PROGRAMME

Alfie Osborne

Alfie started running at parkun events with his family at the age of 8 years old and found that he really enjoyed it.

After a few years he decided to join the Cardiff Athletics Club and trained regularly. He continued to train through Lockdown and since then I have taken big steps forward in getting stronger and improving my performance and times.

I often use the Gym especially during the winter for strength and plyometric training. It is a great way of varying my training and using the Gym is very useful if I ever have an injury.

As well as running, I play various racquet sports such as Badminton, Swimming and Football.



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I have represented Wales twice in Athletics, once on the track and once for Cross Country.

I have competed against Teams from England, Ireland and Scotland and it was a fantastic experience for me.

I have also won medals at the Welsh Championships on the track in the U17 age group. Most recently I represented Wales at the Association of Colleges National Championships in Nottingham and finished 4th in the 1500m at the U20 Welsh Championships.

I look up to and I am inspired by some of the greats such as Sir Mo Farah and Eliud Kipchoge, as well as the likes of Josh Kerr who is currently showing what is possible for British Athletes.

I will be volunteering at this year's Cardiff Half Marathon in October. It will be so good to 'give back' to the running community and I am looking forward to experiencing such a massive event from 'the other side'.

Being part of the Promising Athletes Programme has made me realise just how far I have come since I started and recognise all of the things I have achieved along the way.

Hopefully it will help me to improve greatly because I have plenty more goals I want to achieve over the next few years.



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