

Promising Athletes Programme



Hannah Irwin

The comprehensive funding and support provided by the program made a massive difference, allowing me to fully commit to and successfully complete my training. I am incredibly grateful for this opportunity and the impact it has had on my development.

My hobbies include reading, cooking, and spending time with my family and dog. My main sport is distance running (5K and 10K), inspired by my school teachers. I train using a track, cross-trainer, treadmills, and strength training. I competed in the 2022 Commonwealth Games and have represented GB in 10K and half marathons. My family inspires my goals.



OVERVIEW

On a slightly different note, I wanted to share a little about my personal life. In my spare time, my hobbies include reading, cooking, and spending quality time with my family and my dog.

My main sport is distance running, focusing on 5K and 10K events. I initially became passionate about running due to the inspiration I found in my teachers during my time at school. I train using a track, a cross trainer, and treadmills in the gym, alongside regular strength training.

I have been fortunate enough to compete at a high level, having participated in the 2022 Commonwealth Games and also competing for Great Britain in both 10K and half marathon events. My goals and ambitions in this area are significantly inspired by the people around me, particularly my family.

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