

Promising Athletes Programme

Darcie Benson

At just 14, Darcie has already established herself as a rising talent in athletics. A student at Torquay Girls' Grammar School, she has always loved PE and discovered athletics at age eight after joining friends at a local club. The sport felt natural from the start, and she quickly gravitated toward 60m hurdles, long jump, and the pentathlon.

Her achievements reflect her dedication. She was part of the winning mixed 400m relay team at the Schools Championships in Birmingham, where they also set a national record. She placed 2nd in the South West U17 Long Jump, and after finishing 4th at the South West Championships, she qualified for the National Championships in the Pentathlon.

A key influence in her journey has been a long-time teammate from Exeter Harriers — a former Schools British Champion who earned a scholarship in Texas. His guidance, advice, and support have shaped her confidence and development, giving her someone to look up to who has already walked the path she hopes to follow.

Alongside athletics, Darcie enjoys hockey, football, and a range of school sports, keeping her active and well-rounded.



Darcie's Future

Darcie's ambitions for the coming years are clear: she hopes to return to the National Championships, continue improving as she matures, and ultimately become South West Champion in both hurdles and long jump. Long-term, she would love to work in the sports industry, combining her passion with her future career. She is also about to begin a coaching course, aiming to support younger athletes and give back to the sport that has shaped her.

To reach her goals, Darcie relies on a range of facilities through the Promising Athletes Programme. She uses the gym for maximum-strength leg work and explosive training, the pool for speed-based swimming sessions recommended by her coach, and equipment such as the Torque Tank to build power and conditioning. Having access to a fully equipped, professional training environment gives her the structure and support she needs to progress.

For Darcie, the programme represents opportunity — a better chance of achieving her goals, improving her strength, and training at a level that matches her ambition. With the right support, she is determined to keep pushing forward and inspiring the next generation of athletes she will soon help coach.

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