



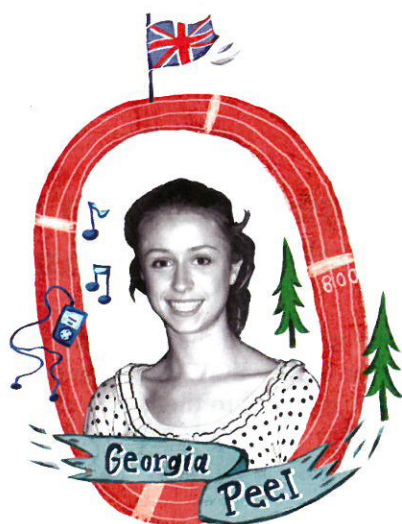
Our GB hopefuls

Adele Tracy – 400m and 800m runner

I prefer to do 800m but in order to be fast in this event I must be fast at 400m. The 400 can be very intense and you can feel quite sick afterwards. But the 800 is based more on speed and endurance.

I do about five training sessions a week. This involves a combination of gym sessions, jogging, long run and track sessions. We train out on the track in all weathers. When I have minor injuries I train by doing aqua-jogging, which involves less pressure on my legs.

My long-term goal is to compete at the World Juniors in 2012. I feel I'm a bit too young for the London 2012 Games, 2016 would be a more realistic goal.



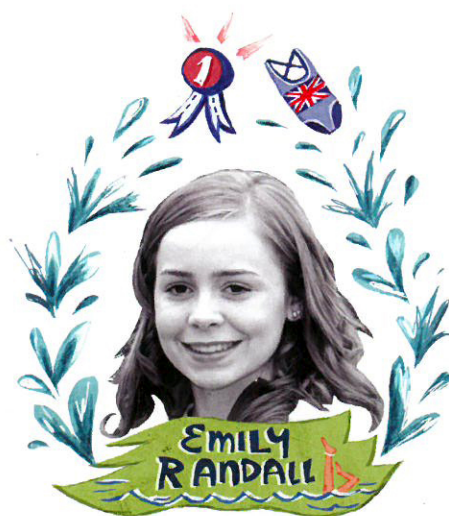
Georgia Peel – 800m and 1500m runner

I prefer running in 800m and 1500m races, as I am more of a shorter middle distance runner, however I sometimes do 3000m to work on my endurance.

I train at Aldershot, Farnham and District, I'm coached by Mick Woods and I do a training session on a Tuesday, Thursday and Sunday.

Before a race I am quite relaxed, it's only when I get to the race I start getting nervous so I have a pre race playlist on my iPod which gets me in the mood to race.

My most important pieces of equipment are my trainers and spikes. Anyone starting in athletics needs a good quality pair of supportive trainers that are comfortable to run in.



Emily Randall – synchronised swimmer

I began synchronised swimming when I was eight, I mostly swim in teams but do solo as well.

Usually I'm in the pool for about an hour and a half to two hours a day. I then do an hour of land training, but the senior GB squad train for about 40 hours a week. You can be part of the senior GB squad at any age, it just depends on your ability.

When we have a team event we all buy each other "good luck" presents and have a team bonding session before our routines start.

I'd definitely tell people that it is a really fun sport to get involved in and you can really express yourself through it. No equipment is needed! •

For more information

To catch up with Adele, Georgia and Emily, see how they're getting on and find out what's happening in Surrey in the lead up to and during the 2012 Games, visit Go Surrey: www.gosurrey.info