

Name – Josh Walker

Place of Birth – Inverness, Scotland

Sport- 60m Hurdles & 100m Hurdles

Club – Boston & District Athletics Club

Education –

St Helena's Primary School, Willoughby, Lincs (1999 – 2005)

Queen Elizabeth's Grammar School, Alford, Lincs (2005 - 2006)

Skegness Grammar School, Skegness, Lincs (2006 - present)

Sporting Background -

Having only competed for a club since the summer of 2009, I have progressed rapidly up the rankings. Having discovered a natural talent for hurdling at a school sports day, I decided to take up the sport more seriously. I started training hard and I began the 2010 indoor season with a time of 9.21 secs for 60m hurdles. By the end of the season, my personal best had improved by nearly a whole second to 8.50 secs, ranking me in the top 10 in England, 2nd in Scotland and 11th in the UK. I am hoping to reach top 5 ranking by the end of the outdoor season, compete at the UK Schools Games and run for my country of birth; Scotland.

My lifetime goal is to run for Great Britain and compete at an Olympic Games.

New Era Gym Sponsorship –

I have been provided with a complimentary gym membership, a Personal Trainer, received discount supplements and been given nutritional advice. The Staff have also given me constant support and help, and offered me advice regarding injuries and diet. My training programme, set by the staff, is specific to hurdling, which allows me to concentrate on that particular sport. This training, combined with technique training has lead to a big improvement in my times and rankings.

A huge thank you to New Era Gym for your help and support!

2010 U17 Boston						
Event	Perf	Pos		Venue	Meeting	Date
60	7.61	i 2	1.7	Manchester (SC)	Reebok Manchester Open Meeting	21 Feb 10
60HU17M	8.50	i 4	h1	Birmingham	Aviva England U15 / U17 / U20 Championships	27 Feb 10
60HU17M	8.71	i 2	1.2	Lee Valley	London Games	30 Jan 10
60HU17M	8.95	i 4		Sheffield	Northern Athletics Junior Indoor Championships	16 Jan 10
60HU17M	8.96	i 3		Manchester (SC)	Reebok Manchester Open Meeting	21 Feb 10
60HU17M	9.01	i 2		Manchester (SC)	Reebok Manchester Open Meeting	3 Jan 10
2009 U17 Boston						
Event	Perf	Pos		Venue	Meeting	Date
60	7.76	i 3	1.07	Manchester (SC)	Reebok Manchester Open Meeting	6 Dec 09
300	39.87	i 2	7	Manchester (SC)	Reebok Manchester Open Meeting	6 Dec 09
60HU17M	9.21	i 2	3	Manchester (SC)	Reebok Manchester Open Meeting	6 Dec 09
100HU17M	15.5	5		Boston	Lincolnshire Schools Championships	13 Jun 09

Best known performances			
Event	PB	2009	2010
60	7.61i	7.76i	7.61i
300	39.87i	39.87i	
60HU17M	8.50i	9.21i	8.50i
100HU17M	15.5	15.5	

UK Rankings			
Event	AG	Year	Rank
60i	U17	2010	147
60	U17	2010	141
60HU17Mi	U17	2010	11
60HU17M	U17	2009	60
60HU17M	U17	2010	11
100HU17M	U17	2009	176