

# Athlete Spotlight

## Jeremiah Azu

### FUN FACTS!

- 1 I am of Ghanaian descent. I grew up in Wales and proudly represent Wales and Great Britain on the international athletics stage.
- 2 I dreamed of becoming a footballer before focussing fully on sprinting!
- 3 I can run 100m in under 10 seconds- that's faster than the cars outside your school gates!
- 4 I bring huge energy to races and celebrations, dancing and smiling after competitions
- 5 I focus on sleep, recovery and healthy food to help my body perform at its best. My favourite post race meal is wings with mac and cheese!
- 6 I love gospel music! Before races, I don't listen to any music, it's important for me to listen to how my feet sound!
- 7 One of my favourite colours is lime green!



## Competition!

- 1 Use the template to design a sock for Jeremiah
- 2 Ask a parent or guardian to send a photo of your design to... [cath.bingham@runwales.org.uk](mailto:cath.bingham@runwales.org.uk)
- 3 Jeremiah will choose the winner!

