

MEET MO



When did you first become involved with S-Factor Academy?

I first became involved with S-Factor around November 2016.

How did you hear of the club?

Through a friend who was a member.

What are your favourite disciplines (what track/field events have you tried and which are your preferred ones)?

I have tried 200m and long jumps but my preference is long distance and middle distance such as 800m, 3,000m and 5,000m.

What has been your biggest achievement in connection with S-Factor?

Winning the award for "Most Improved Athlete" at the S-Factor Academy Awards Evening, November 2017.

You were part of the S-Factor warm weather training consort in Portugal in 2017 and 2018 - what was your daily routine?

My daily routine was getting up early in the morning (approx. 7:30am) for breakfast and being ready for the morning session at 10am, and when we finish the session we get a break to have our lunch at 12pm after that we rest and then we start the evening session at 4pm, we finish the day's training at 5:30pm and then we go back to the hotel to jump into the cold pool to recover.

What did you enjoy most about warm weather training?

The training and the food!

When did you get involved with S-Factor's Affiliate Arco Academy?

In 2017

What did you enjoy about Arco Academy?

I have enjoyed the whole experience and the knowledge that I gained from Arco during my work experience there, I have also, with the support of my S-Factor coach Rob, gained work experience at The British Red Cross!

What are your career aspirations?

To be a legend!