

Shante Little – 400M Hurdler Visits School

400M hurdler Shante Little (ranked 3rd in the UK) visited Gosbecks Primary School to talk to the KS2 pupils about the challenges athletes face on the road to achieving their own personal goals.

The pupils at Gosbecks continually challenge themselves by stepping out of their comfort zones to achieve their targets. Shante talked to the pupils about her own challenges along the way to get to where she is now. She competed in the British Athletics Championships in Birmingham on 4th July coming 2nd qualifying for the finals on Sunday 5th. However, she had to withdraw from Sunday's finals due to a back injury. Shante spoke to the children about how to overcome such setbacks and move forward in a positive frame of mind. She explained that sometimes you have to make choices which are frustrating and upsetting at the time but are right when you look at the grand scheme of things for the future. She has her sights set on the Olympic Games in Rio next year and her personal best times this year indicate that she can achieve that goal. However, Shante knows that she has to recover fully to be the best that **she** can be. She also knows better than anyone that athletics is a highly competitive sport therefore she has to continue to always strive to be the best that she can be, relentlessly! The children were inspired by Shante's journey and asked some very interesting questions on how to always be the best that **they** can be.



