

McAyla Johnston

Hi All

Just to let you all know that McAyla Johnston, an ambulant athlete from Worcester Athletic Club, whom you may see on a Tuesday and Thursday doing some training up at the club, competes at National Level in the F37 Class in Javelin, Discus and Shot put. She has been competing since 2010 and has grown into a promising young athlete. Sometimes we forget what athletes are up to who train at the club, McAyla is one busy little girl.

She competes in the Aviva CP Series, 5 events a year excluding the Aviva Nationals also She has competed at the DSE National Junior Athletics for the past 3 years where she has achieved:

2010 1 Gold and 2 bronze

2011 1 Silver and 1 Bronze

2012 1 Gold and 2 Silver with PB's in all three events

She is coached by Ian Bowles and just loves to compete. In July 2012 she competed at the Nationals and at The Aviva CP Series in Yeovil where she smashed her PB's on both occasions. She is ranked by the Power of 10 (Ranking System for Disabled Athletes) as 1st in javelin, 3rd in Shot put and 5th in Discus nationwide, against athletes which includes open age group. She is so keen to show improvement every time she competes on behalf of Worcester Athletics Club and is proud to compete and hopes that she will one day compete for Team GB at the 2016 Olympics. She has her own web site at www.mcayla.com or you can find out more about her results at <http://www.thepowerof10.info/athletes/profile.aspx?athleteid=444862>.

Thanks

Her DAD

David Lamb