



<b>Date of birth</b>	23 October 1985
<b>Home town</b>	Kirkcaldy, Fife
<b>Occupation</b>	Car salesman
<b>Sport</b>	Athletics
<b><u>Classification</u></b>	T46
<b>Events</b>	Marathon
<b>Club</b>	<a href="#">Anster Haddies</a>
<b>Coach</b>	Ron Morrison

### Personal Bests

- 2:40.40

### How and when did you become involved with your sport?

I have been involved in sport from a young age. I played football from around 8 years old. Throughout my football career I engaged in regular training and weekend games.

Latterly, during my senior years in football, I started running more regularly to keep fit. The more I ran, the more I started to enjoy it and I caught the running bug!

I began entering some events and distance races. I started to dedicate more time to running and began to lose the same focus and drive for football.

Early in 2010, I decided to retire from football and fully focus and concentrate on running. In June 2010 I sustained significant injuries in a motorcycle accident. This impacted hugely upon my physical abilities. During my rehabilitation, I became invested in regaining a level of fitness and running helped me with that. I was able to run at my own pace and build upon that. Gradually, running sparked my previous focus and drive. From then I have been committed to the sport.

### Sporting Highlights

As with all other athletes, no doubt, every time I achieve a distance PB is a highlight. It allows me to chart the progress I am making and it means I am constantly able to set goals.

I have represented Scotland twice at the Frank Duffy 10-mile road race in Dublin; this was a great honour. I felt privileged to pull on a Scotland vest.

I have represented Great Britain on two occasions, once at the IPC World Marathon Championships in 2015 where I ran a PB of 2:40.40 and placed 5th in my category. More recently, I ran the same course, at the London Marathon as part of the IPC World Cup in 2016 where I again ran a PB of 2:37.28.

My GB races have afforded me the opportunity to be selected as an athlete on the UK Athletics World Class Performance Programme.

### **Sporting Goals**

My focus at present is to continue to improve and progress within my category and field.

### **One piece of advice for an aspiring athlete?**

To believe that anything is possible. To get there, it is about mindset and attitude. Don't ever let anyone tell you that something can't be achieved, it can. Also to appreciate the good people around you, they help you on your journey and will help you reach your goals. Despite running seeming like an individual sport, it's not. Appreciate the team that you rely upon and bounce off.

I also think it is important to enjoy the sport. This makes the hard work and effort worthwhile and the good times even better!



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[Derek Rae](#)