Kare Adenegan on her training and Black Lives Matter

Have you been able to maintain your usual training schedule during lockdown?
"Training has been quite different due to lockdown. I now do most of my training on rollers inside and do gym sessions with the equipment I have, bands, dumbbells, etc."

What is life as an elite athlete like?
"Like any other athlete, life is busy and tiring. Training is tough and as a group we put in a lot of miles on the track (around 10 miles per session). Balancing training with studies at Warwick University has also required commitment but has been really rewarding."

How have British Athletics supported the Black Lives Matter movement?
"British Athletics have been very supportive of the Black Lives Matter movement and are showing a commitment to keep discussions about race going. I think the most important thing is for BAME (Black, Asian and minority ethnic) athletes to be represented in athletics, for example in committees and boards in athletics. That is a practical step in ensuring all concerns and interests are accounted for in athletics."

Kare Adenegan’s live streams:
"I've started a series of live streams on Instagram called, ‘A Discussion on Race and Disability' where I am talking to disabled people about these issues as I think that there needs to be a platform for black disabled people to share their experiences linking to the Black Lives Matter conversation."

These live streams shall be saved to her Instagram @kareadenegan so they can be watched at any time.
Athletics at University

Whilst many of Godiva’s athletes are still in school, university remains a popular choice for higher education. Below are accounts from a selection of Godiva athletes who are currently at university, hoping to provide some insight into their athletics experience.

Ellie Minshull, University of Birmingham:
"Athletics at university is much more of a group environment and there are lots of opportunities to go away with the club. I am doing more mileage than I had done before, along with circuit training, strength and conditioning and spinning sessions. Running at university has given me my best friends at Birmingham, next year I shall be living in a house with all athletes, of all abilities. Socially, the sport nights out are really fun and competition wise, BUCS (British Universities and Colleges Sport) is the main event however there are also inter-university competitions. In the beginning, the first session is a little nerve-racking as I did not know anyone. You must remember everyone is looking to find friends as well as continuing their athletics."

Miles Clisham, Leeds Beckett University:
"One of the key differences would definitely be the size of the group, our group is large, which means there is always someone to run with. Personally, I have gained more of an insight into how elite athletes live and train. There are countless Olympic-level athletes regularly training within the groups and the group is centred around the main goal of becoming better at running and racing. Joining a team at university definitely makes the experience better. It introduces you to a whole new set of individuals that not only help improve your running, but also become your friends. University athletics provides an array of opportunities, aside from the sense of togetherness and being part of a team, travelling and competing at meets is always enjoyable. At Leeds Beckett, there are groups that cater for all abilities, ranging from elite athletes, to people who just simply want to keep fit. In any case, it provides you with a great platform to help you on your way."

Amelia Starling, Loughborough University:
"The training group is open to anyone and is mixed ability. The main difference is that girls and boys train separately. Training was easy to get to as I lived on site and because the group were so friendly, I think I became more focused. Athletics became a big part of my university experience as I have made some great friends that I compete and enjoy nights out with."

Alicia Roberts, University of Nottingham:
"Training for me at university is less structured which has its advantages and drawbacks. I often have the chance to choose between two distance sessions and will occasionally do more individual training due to my location, which has allowed me to focus on the longer distances. University athletics is great because it caters for everyone, along with providing socials and trips (I loved BUCS Cross-Country in Edinburgh). People are friendly and it is a helpful way to make friends in the early days at university."

Holly Cherry, University of Leeds:
"Training at university has been great in many aspects. It has granted me the opportunity to experiment at different distances, alongside some of my closest friends at university. Experiencing participating at such a high-level competition such as BUCS presented the chance to not only witness elite athletes compete, but to race against them. In addition to wanted to continue my running when I moved to Leeds, I have realised being in a competitive environment with a team of people that share common interests helps build your strongest friendships at university, which is why joining a society is so enjoyable."

Quiz answer from last month's edition: Jessica Ennis-Hill and Christine Ohuruogu