

# Athletes' News

*The latest updates from Godiva athletes*



## The British Championships

With COVID affecting most competitions this year, the British Championships will be the biggest event of the season for most athletes. Godiva are proud to have Esther Adikpe, Yasmin Liverpool, Morgan Amed and Alex Farquharson representing Godiva. Morgan and Yasmin have shared their experiences of training and insight into the champs below.

### Morgan:

"This is my first outdoor British Championships after pulling out of last year injured. I have competed at two indoor championships making the final of the 200m in Glasgow.

It is by far the biggest race on my calendar every season, the standard is always insanely high. You're going to be racing against the best in the country and even Europe in some cases.

Training has obviously been difficult this year with COVID, but I've managed to get a good block of training and races in so hopefully I can put together some decent runs.

My main aim for the champs is to go and enjoy the whole experience, obviously try and run some PBs as well which would be a great way to end this crazy season."

### Yasmin:

"I competed at the British Championships for the first time last year, so this will be my second outdoor champs. This is my most important race of the season with there being no Olympics/Europeans.

My training was heavily impacted by the pandemic as was/is the case for most athletes. I did a lot of solo training on grass without regular access to a track until late June. I've managed to make a huge amount of progress since then in order to peak for the champs.

My biggest competition is Laviai Nielsen, reigning British champ and world medalist.

My aim is to run a PB in the 400m and take home a medal."

**Congratulations Yasmin on coming home with the bronze medal.**

## Remembering Tony Brindle.

We were very saddened to hear of the recent passing of Tony Brindle, a much-loved former member of Godiva. A kind, generous and highly sociable man, Tony made a valuable contribution to the club. As a youngster, he had been a promising footballer and played in goal for the West Bromwich Youth team. He didn't pursue the game as a career however and his work as an Area Maintenance Manager for the Post

Office brought him to Coventry in the mid 1980's. He joined Godiva soon afterwards and was also a founding member of Northbrook AC, a club with which he maintained strong ties. An enthusiastic runner, he loved participating in races and completed several marathons. But he will be best remembered for his organisational and motivational skills. His walking challenges will live long in the memory of all those who took part. He set up trips on the South Downs Way, the Ridgeway, the West Highland Way and Ben Nevis to name but a few. He was also the Vets' team Manager for road and cross country and sat on the committee for some time. He and his wife Rita moved permanently to their holiday home in central Brittany when he retired and many Godiva friends were welcomed there over the years.

**Tony will be missed by all who knew him.**

