



Eugene Ayanful – double bronze medallist at the European Junior Athletic Championships!

College student Eugene Ayanful ran the race of his life to take the bronze medal in the 100 metres sprint at the European Junior Athletics Championships held in Serbia in July.

Eugene, a Level 3 sport student at Havering Sixth Form College, also won bronze for Great Britain with the 4 x 100m relay team – and now has his sights set on the 2012 Olympics.

The former Abbs Cross School student, 19, from Hornchurch, ran a superb race in the 100m final, pipping his Great Britain team-mate Andrew Robertson to third place in a personal best (PB) time of 10.37 seconds - which was decided on a photo finish.

Eugene was on top of the world after the race. He said: "I would like to thank my athletics coach Christine Bowmaker and my fitness and gym instructor, Michael Leader. They have both been fantastic. My time of 10.37secs would have won me the World Junior 100m title last year, so I feel I am world class for my age."

"The Olympics are in three years' time so I have to continue to work hard with my training so I can hopefully line up with the best in the world – Usain Bolt!"

Eugene, who runs for Woodford Green and Essex Ladies Athletic Club, is now Britain's top junior 100m runner.

He said: "All the hard work I put in, all the commitment and all the times I was allowed to train in the gym at College instead of going to my sports practical has been worth it. It was all for that moment. I wanted to make Great Britain and the College proud."

Ian Budge, College Team Leader for sport, leisure and tourism said: "Eugene has worked really hard over the last year and he has balanced his College commitments well with training and athletic competitions.

"He has been given remission from some of his practical sport lessons to train in the College gym and this hard work and dedication has obviously paid dividends.

"Along with support from his coach, academic and personal tutor, Eugene has a support network which should result in him attaining both on and off the track. The College is really proud of him and we can't wait for him to run a new PB."

Away from his success on the track, Eugene has studied hard at the College to progress to the Level 3 BTEC National Certificate in Sports Development course, which he is currently working towards.

Click on the link to watch Eugene win the bronze medal in the 100m at the European Junior Athletics Championships.

<http://www.youtube.com/watch?v=Ulnm-03ViIE>

Pic caption:

1. Eugene is pictured, right, on the winners' podium with gold medallist Christophe Lemaitre, from France, who broke Dwain Chambers' European Junior record to win the race in 10.04s, and silver medallist Ramil Guliyev, from Azerbaijan.
2. The photo finish for the bronze medal spot between Eugene and GB team-mate Andrew Robertson.

