

jack binstead
age 11
london – kingston
wheelchair racing



athlete profile

How did you first get involved in your sport?

I was nine years old when I was introduced to a local disability sports day which was run by the 915 club through the Kingston Council sports team. It was there I was noticed for my good sports skills and was approached by the lady who held the event (Sandi Barker) She said there is a local club called Velocity Wheelchair Racers, you'll enjoy wheelchair athletics. So that's what we did and I've never looked back.

When did you first realise you had a talent for your sport?

As soon as I tried wheelchair racing I loved it and the people at the club were really nice to me.

Describe a typical day in your sporting life?

I train three times a week sometimes four at our home track in New Malden, each session is about 1 1/2 hours long on a Monday, Wednesday & Saturday.

Who is your sporting hero and why?

I train closely with Tushar Patel sometimes one to one to get some of his experience. He's great fun but takes his sport seriously. I also know David Weir too because he also belongs to the same club. I see myself very lucky to have these people around me because I see them as just racers, even though they are the best.

key achievements

- London Mini Marathon 2007 U13 boys Champion
- Winner in the DSE Nationals in the relay

aims

- Compete in the London Marathon
- To race for his country one day in the Paralympics games, he is aiming for 2016 when he will be 20.

"The grant made possible by The Bank of New York Mellon has really taken the pressure off the family's finances in funding Jack's sport. Because of the award I will not have to say no to travelling to events that can be costly. Many Thanks." – Graham Binstead, Jack's father

Did you know?

SportsAid is the only UK charity working with 48 National Governing Bodies of Sport. We help an average of 1,500 athletes every year, both disabled and able bodied.