



## OLYMPIC WATCH

# JACK ROUGHAN

The fastest visually impaired sprinter in the world in his age group and category, 17-year-old Jack Roughan is an exciting prospect, both for the 2012 Paralympic Games and beyond...

**→ You only began competing in athletics competitions when you started at New College Worcester (a specialist college for the blind and partially sighted). What inspired you to get going?**

"I started at the college four years ago, and athletics came up because the school offered me the opportunity to compete in several competitions – and I enjoyed it. I watched quite a lot of athletics on television, and I wanted that opportunity."

**Since then you've picked up a number of accolades and medals at youth level, including three at the 2009 IBSA World Championships in Colorado. Have you upped your performance levels since starting out?**

"I think I've improved quite a lot since then. I was really an amateur and didn't have a coach there to lead me through it. Now I've got myself a coach [Lincoln Asquith, Commonwealth 4x100m relay silver-medal winner in 1986 and coach and guide runner to silver-medal winning Paralympic sprinter Libby Clegg]. He is teaching me how to do things properly and how to approach things



### FAST FACTS

**JACK ROUGHAN**  
**Event** 100m and 200m, T12  
**Current medal prospects** Outside chance  
**Next up** Stoke Mandeville Disability Athletics, July 30-31

mentally. At the moment we're preparing for the competitions I've got coming up – we do a lot of runs, block work, and work on technique and the mental side of things."

**You were named as one of SportsAid's 16 for 2016 – a group of 16 talented young athletes tipped for success at the Brazil Games. But you've got a more immediate target – how do you rate your chances of qualifying for London 2012?**

"I definitely think I've got a good chance. To qualify, athletes have to try and attain a certain time – but UK Athletics will base it on your performances over a year, so it's all about consistency. I'm working with my coach towards the A-standard required."

**Do you know which event you'll specialise in?**

"I run both 100m and 200m, but I feel more confident about the 100m. All of the other competitors in my category (T12) are a lot older, and the world record is around 10.6s. I'm assuming they have a lot more time to dedicate to training whereas I'm still at college, but I'm hoping university will give me that time. At the moment my best time for the 100m is 11.94s, but I'm trying to stay in the elevens." ❦

AMIT KATWALA

*Jack Roughan is supported by the Vision Charity, which is raising money for its Sports Legacy Fund to help blind and visually impaired children participate in sports. Find out more at [www.visioncharity.co.uk](http://www.visioncharity.co.uk)*

**“ I FEEL MORE CONFIDENT ABOUT THE 100 METRES THAN THE 200 ”**

**OLYMPIC SHORTS**  
**CLEVER WINTERBOTTOM**  
 While many who failed to secure all the Olympic tickets they wanted to beat their fists and wailed about 'unfairness', one man hunted down other sources and has thus nabbed tickets for almost every day of the Olympics. Patrick Winterbottom scoured outlets in Poland, Iceland, the Czech Republic and others to add to the £700 of tickets he got through the UK ballot. After a month of searching, and spending more than £4,000, he now has tickets for every day except August 5. Let's hope he'll get the time off work.

**NO PARTY TIME FOR ATHLETES**  
 Great Britain's track-and-field athletes will be barred from the London 2012 Opening Ceremony, because having to stand for long periods could harm their chances of success. UK Athletics head coach Charles van Commenee has laid down the ruling, despite the fact that track-and-field events do not start until a week after the ceremony, saying: "They would not go shopping for eight hours before their biggest event, so why would you be on your feet for that long?"



**BIGGEST MAC IN THE WORLD**  
 Eyebrows were raised when McDonald's was named one of the Olympic sponsors, with people suggesting their menu doesn't fit in with the Games' sporting ethos. But the fast-food giant has announced it will be opening the world's biggest McDonald's at the Olympic Park, one of four in the area, including one inside the Athletes' Village. Although they're not able to leave the Village for the opening ceremony, at least Britain's track-and-field hopefuls will be able to grab a Big Mac while they're watching it on TV.