

Blue = introduction

Red= conclusion

When feel better – make the most of yourself.	Year 2000 wanted to get fit - started running
Born 1984 London	Try new sports, be active.
2008 Olympic World champion 400m Beijing	Secondary school joined school netball team.
Worked hard at netball	400m runner for United Kingdom
Took part in 400m – nobody else wanted to	2012 London Olympics 400m finals
Loves the freedom of running. Feels like flying	Kept winning 400m races!
Disappointed with silver medal	Played for England netball teams.
Had to choose between netball and running	Felt nervous and lots of pressure in finals
London crowd = proud Christina = emotional	Being active makes you feel better