

James Douglas

In this edition of the Member Insight the spotlight is on James Douglas, here's what he had to say!



What first inspired you to get involved in Sport?

Parents taking me to local events like the Grasmere Gallop when young. Older sister being successful at cross country.

What keeps you motivated?

Enjoyment of training and competing. Setting new targets to achieve.

How much training do you do each week?

Six days a week plus a few swims as well. Two track sessions a week at Border.

Do you enjoy training and what is your favourite session?

I enjoy group training and getting out on runs on my own for a bit of peace!
Favourite session – 800 / 400 / 800 / 400 “eye balls out” to quote John Clementson!

Do you follow a healthy diet, or are you a junk food addict?

I have a fairly balanced diet, I allow myself a few treats every now and again, like a slice of cake or Friday night Fish and Chips when not racing!

How do you prepare mentally and physically for a competition?

Pre race warm up (jog and strides) gets me mentally and physically going, I stay relaxed and gain some focus when on pre race visit to the porta-loo!

What is your training / competition nightmare?

One of the few people to be disqualified from two long distance track races! Missed the start of 5k British League race in London because I was warming up elsewhere! I made the start 200m too late, finished the race and then got disqualified for being late!

What is your training / competition heaven?

Racing pb's / meeting targets. Or winning a great race. Recent pb of 30:56 in Great Manchester 10k was good.

How do you relax?

Have a relaxing tea with family on evening, then watch some good telly cup of tea and some cumbrian fruit loaf. Spooks / Ashes to Ashes are personal favourites.

What is your next goal?

I want to qualify for the AAA's 3k steeplechase. I will have to run 9:10.

Are any other members of your family into sport?

Whole family! Sisters and Mam and Dad. My girlfriend also competes in Athletics and Triathlon.

What is the best part of being a member of the Border Harriers?

Training and cheap race entries.

Which sports do you enjoy watching?

I will not be moving from the sofa very much when the World Cup or Wimbledon are on! Beach Volleyball is also good to watch, it's a good sport.

Which athlete do you most admire?

Maurice Green sporting legend. Paula Radcliffe – Her marathon world best is the most untouchable world record out there..

What advice would you give to newcomers?

Train and race sensible, use your brain a bit. Too much too soon in races and training will only have a negative impact.

Have you a top tip that you could pass onto your fellow athletes?

Set regular targets and don't be scared of racing / competing, they can be some of the best training sessions! And the New Balance factory, Shap / Keswick for cheap kit!

If you could have one sporting wish – what would it be?

Beat Andy Murray in Wimbledon final!