

## Nick Miller

In this edition of the Member Insight the spotlight is on Nick Miller, a Hammer Thrower, here's what he had to say!



### **What first inspired you to get involved in Sport?**

Watching Sam Coe in year 8 throw about 60m, from that day on I set my sights on breaking his records

### **What keeps you motivated?**

The feeling of winning and being the best, I have never been a person for second best and the feeling of a huge throw is un-beatable.

### **How much training do you do each week?**

Depends on the time of year, at the moment either throwing or footwork every day along with the gym 6 times a week hitting different muscle groups specific to hammer throwing, Sunday is for rest.

### **Do you enjoy training and what is your favourite session?**

My favorite session has to be heavy deadlifts and abs, this hits all the muscle needed to throw the hammer and is very explosive, leaving me dead for the rest of the day.

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

A bit of junk is always nice, but generally 2 chicken or tuna salads a day, with carbs, protein, l-glutamine, creatine ethyl ester and BCAA's supplemented in. All in all a good 5000 k/cal's a day.

### **How do you prepare mentally and physically for a competition?**

A good breakfast and a reward to throw for, normally in the form of some food. Before and during competition I like to be left alone to focus, talking is a big no no.

### **What is your training / competition nightmare?**

Not winning, hate the feeling.

### **What is your training / competition heaven?**

Throwing huge so that everyone becomes your friend.

### **How do you relax?**

A bit of music and some strawberry laces seem to work.

**What is your next goal?**

European championships in 2011 followed by the world champs in 2012, the aim is to medal at both, and take the gold on the day.

**Are any other members of your family into sport?**

My dad used to be a jack of all trades, county/national level in a lot, however for him I've learnt it's better to be outstanding at one than average at several, my mum also used to be a good sprinter and badminton player.

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

The opportunity to meet new people and have a chance to compete. The team spirit is always good too.

**Which sports do you enjoy watching?**

I'm not really the kind to watch sport, unless I'm taking part I'm not that interested, other than hammer now and again.

**Which athlete do you most admire?**

Koji Murofushi, for me the greatest hammer thrower, his technique rarely changes and his power weight ratio is impressive, unlike many throwers he's about 6'2 and 16st at best but still competes with 20+ stone giants and comes out on top.

**What advice would you give to newcomers?**

Take your time and it will come, I've waited 4 years to get to the top in this country while chasing others, generally speaking the majority that are promising at a young age get out performed as they age due to maturity levels and development of other athletes.

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

In the hammer start slow and build it up, don't go full out into every turn, you won't throw as far, also it's the speed of the hammer NOT you.

If you try you may fail, if you don't try, you will fail.

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

World record hammer throw, being the first to break 90m.