

## Harriet Knowles-Jones



### **Story of physical activity:**

As soon as I was able, my parents introduced me to as wide a variety of sports as possible. From waterpolo and climbing, to netball and athletics. I fell in love with running and endurance from about the age of 8 and have been competing ever since. It has brought me the most incredible experiences, I have travelled the world with my sport. It's amazing to have a whole community of like minded people round me, my closest friends are people I've met through training and racing.

### **What do you get involved with at Manchester?**

At Manchester, I'm involved with the University Athletics and Cross Country teams, I've competed with them at BUCs and the relays hosted by Manchester University. They have so many great

events and trips to get involved with.

### **Why is female engagement important?**

I would love to see more female involvement in sport, because from personal experience, it is the best thing I've ever done. Try a mix of everything, find something you like and the longer you stick at it, the more your ability and confidence will grow. It's so much more fun, being active surrounded by other people, playing a sport is so much more exciting than trying to motivate yourself to get fit, on your own, each day. You're far more likely to stick at it if you enjoy it. You'll feel better for it physically and mentally.

### **One line summary:**

I run and train because I love racing.