



Laura Rose-Smith

UoM Sport Scholar: Triathlon & Duathlon

What did you get involved in at Manchester University?

A lot of my training is done solo due to the nature of Multisport but I do try and participate in activities around campus through my yoga and gym sessions. I use the yoga classes provided by the 'Better' University gyms and make the most of the scholar's strength and condition sessions where I get the chance to train alongside a variety of different athletes.

What was your motivation for getting involved?

I've always been involved in sport and have pretty much given everything a go at some point. My love has always been running but I soon got the multi sport bug after attending my first swimming session and buying my first bike in 2014.

Why is female engagement so important?

Female engagement is so important because without the interest, women's sports will not grow. There are still elements of inequality within sport and by increasing female participation it will encourage change to continue.

*To find out about all our Athletics opportunities please visit:
<http://www.sport.manchester.ac.uk/sport/athleticsxcountry/>*

*To find out about our range of gym offers see this page:
<http://www.sport.manchester.ac.uk/facilities/>*