

Looking Forward  
Giving Back



More information on the University of Aberdeen  
Development Trust Sports Bursary scheme is available at  
[www.abdn.ac.uk/sportandexercise/performance](http://www.abdn.ac.uk/sportandexercise/performance)

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Kelsey  
Stewart

Development Trust Sports Bursar





# Kelsey Stewart



**Age:** 21  
**Nationality:** Scottish

**What are you studying?**  
3rd year  
**BSc in Exercise & Health Science**

Each year, I have progressed academically whilst juggling a busy training and competition schedule. I continue to aim high in my studies as I feel it is important to have a successful career alongside athletic achievements.

**Sport Details**  
Specialist Sport: Athletics  
Main Event/Discipline: 400m

**Club(s):**  
Aberdeen Amateur Club

**Sporting Achievements and Representative Honours:**  
2017 (My first year in the U23 age group)  
1st U23 Scotland  
7th U23 UK  
4th Senior Scotland

**Sporting Career Highlights**  
Going to XXI Commonwealth Games Gold Coast, Australia for 4x400m

Ran at Manchester International and Loughborough International for Scotland 4x400m teams

April 2018  
Commonwealth Games 4x400m  
Selected

June 2017  
British Under 23 Championships 400m  
1st (53.63 = PB)

August 2017  
Scottish Senior Championships 400m  
1st (54.27)

May 2016  
BUCS 800m  
2nd (2.09)

**What are you on target to attain?**  
In sport, we push our bodies so hard that it is difficult to predict what is around the corner. Things can be going great and then we pick up an injury. Therefore, it is important to take each race as it comes and not get too far ahead of ourselves. As athletes, we want to win every race we compete in and improve our personal bests.

**What are your long-term performance goals?**  
I hope to get Great Britain vests at senior level in major championships and be up there, competing with the big names in the world whether that be at 400m or 800m. In addition to this, I hope to represent Scotland at future Commonwealth Games. If everything goes to plan, I should improve my personal bests at 200m, 400m and 800m.

**What motivates you?**  
The girls in my training group are really close and we motivate each other on the cold and dark nights in winter when the going gets tough.

**Any top tips?**  
It is important to have a social life as well as balancing your sport and studies. My life revolves around training so I can sometimes become a bit obsessive about it. Therefore, it is good for me to make time for non-athletics friends and chat about other things to get me away from it for a while.

**How do you relax?**  
Spending time with my friends, family and golden retriever Max.

**What words or phrases do you use to psych yourself up?**  
I often find myself saying 'come on' or 'you have got this' before the last rep in a tough training session.