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Athletics

Binfield sprinter benefits from Christie's advice

BINFIELD sprinter Helen Pryer has joined forces with Olympic legend Linford Christie as she bids for international glory.

Pryer has enjoyed the best season of her career and shattered a number of long-standing records in the 200m.

Now she has set her sights on international competition and 1992 Olympic champion Christie is convinced she has the quality needed to be a success against the world's best.

He said: "Helen has tremendous potential. It's been really exciting to see her progression in the past couple of years and there's clearly so much more to come as her recent training progress has been phenomenal with me.

"With the right backing, I'm confident it is just a matter of time until Helen firmly establishes herself amongst the world's best sprinters."

Pryer has been undefeated in the UK league circuit 200m this season and recently won the 'UK Golden Challenge' award for the most successful British-League based athlete of the year.

She also won national 200m titles in the UK Challenge and Inter-County Championships and in July she ran a personal best time of 23.29 seconds at the BAL Cup semi-final.

Her consistent performances have seen her selected by UK Athletics to perform abroad next season but she has been told she will need to fund herself for international competition.

So she is on the lookout for much needed sponsorship to help her cope with the expenses needed to compete at the highest level.

She said: "My progress over the past two seasons has been fantastic and it's thanks to the hard work I've put in

with my new team of specialists.

"But now I need to perform regularly abroad against the world elite as I'm just a fraction of a second away from Olympic and World Championship qualification standards. The international experience I would gain through sponsorship funding would help me to step-up beyond that level.

"It's exciting as successfully representing my country in the World Championships next year and beyond would be my ultimate dream."

Pryer, who at 29-years-old could be considered a late developer, added: "We're all absolutely certain I'll be faster again next season with this opportunity as I'm gaining strength and speed at a faster rate than I ever have.

"Just look at Linford for someone who peaked well beyond my age - he won Olympic gold at 32 and that'll be near 2012 for me."

To sponsor Helen, please contact her through her website at www.helenpryer.com or email her at helen@helenpryer.com.



Top tips: Binfield's Helen Pryer has received advice from Linford Christie.