

ELLA CONNOLLY

EVENT: 400M - 4X400M



PB: 52.72

QA Club: Deception Bay

Nickname: Ella

Describe the feeling after being selected:

Relief and excitement

What the best advice anyone ever gave you?

When you're in a tough session, you have to ask yourself, whats going to hurt more, finishing these last reps, or losing when it counts.

Morning or Afternoon? Morning

Favourite pre-race snack? Fruit and Choc milk

Favourite post-race meal? Maccas

Any interests or hobbies: Teaching

What three things would you take to a desert island?

Fake tan, food and company

Who do you look up to? Raelene Boyle

Where do you see yourself in five years? Cardiothoracic Surgeon

Fun fact about Finland: There are over two millions saunas in Finland

Best advice you can give to up and coming athletes:

Have Fun!

