



SAMANTHA JOHNSON

EVENT: 100M HURDLES

PB: 13.76

QA Club: NOOSA ATHLETICS CLUB

Nickname: Sam

Describe the feeling after being selected:

Waiting for the official selection felt like the longest four days of my life, so it was a big relief when I got the call to say I was on the team. I was super happy and excited (still am) and it felt like all the hard work had paid off.

What the best advice anyone ever gave you?

Work eight hours, play eight hours, sleep eight hours

Morning or Afternoon? Morning

Favourite pre-race snack? A Banana

Favourite post-race meal? Massaman beef curry

Any interests or hobbies: Brewing Kombucha

What three things would you take to a desert island?

A multi-tool, fishing rod and a Wilson Volleyball.

Who do you look up to? Sally Pearson

Where do you see yourself in five years? QAS Physio ;)

Fun fact about Finland: The Finnish invented "Angry Birds" yet they live in the worlds happiest country.

Best advice you can give to up and coming athletes:

Don't get caught up on results and placings when you're young. Enjoy making friends and memories that will last a lifetime Work hard but have fun.

