

# Olympian Christie backing Helen to take on the world

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Pryer's performance has recently earned her a long-overdue selection by UK Athletics bosses to perform abroad next season against world-class opposition.

However, the sprinter, who subsidises her training through work as a fitness instructor, has been told by athletics chiefs that she will need to fund herself for international competition, despite posting a strong performance against established full-time sponsored British internationals in the televised 200m final of the Olympic Trials in July.

Her lack of financial support was recognised by the national UK magazine *Athletics Weekly* which described her as "one of the most underrated sprinters around" - she is the only sub-24 second senior elite 200m sprinter who was not given the opportunity to compete abroad in 2008.

Pryer is seeking sponsorship to fund the considerable training expenses needed for overseas competition, which she believes will give her an excellent chance of reaching the World Championships next year.

Pryer, who remains undefeated in the UK league circuit 200m this season, has shown indomitable courage to progress rapidly through the sprinting ranks in the past two years after the personal tragedy of losing her mother to cancer.

She was acknowledged by UK Athletics as one of the 'most-improved' track and field athletes at the end of last year.

Pryer 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."

Pryer, who at 29 appears to be a late developer, is adamant her best is still to come.

Sprint coach Christie agrees: "Helen has tremendous potential. With the right backing, I'm confident it is just a matter of time until she firmly establishes herself among the world's best sprinters."

To sponsor Helen, contact her through her webpage at [www.helenpryer.com](http://www.helenpryer.com) or email her at [helen@helenpryer.com](mailto:helen@helenpryer.com).



## ■ ATHLETICS BY JOHN SHIRLEY

BINFIELD sprinter Helen Pryer is heading for the big time - that's the verdict of former Olympic 100 metres champion Linford Christie.

Pryer's recent results has inspired Linford Christie to offer his mentorship.

Now Pryer is seeking sponsorship to help her complete a deserved move to international competition after a breakthrough season of record-breaking 200m performances.

Pryer claimed the biggest accolade in the UK domestic athletics league recently, winning the season-ending 2008 UK Golden Challenge award - given to the most consistently successful British-league based athlete of the year.

The award follows the sprinter's most successful domestic season to date.

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