

Name: Peter Wishart

Events: Discus, Shot Put, Hammer, and Javelin

Age Groups: U13 to Masters

Bio:

Got involved with (track and field) athletics in summer 1972; started off life as a 400m runner. Chose this event because I saw someone running one lap of the school (grass) track and just wanted to run faster.

400 for most of career; later 800 & 400H.

As a young athlete, significant achievements:

1974: London Schools Junior Boys 400m champion;
All England Schools Junior Boys 400m champion.

1975 & 1976 London Schools Intermediate Boys 400m champion.
1977 London Schools Senior Boys 400m champion.

Joined Cambridge Harriers in late 1975. By the early / mid 1980s the *writing was on the wall* as far as performance was concerned, but continued training.

Returned to competing as a Veteran (Masters) athlete in 2000.

Began "career" as Veteran thrower 2011 following rehab from left patella tendon rupture – could not run!

Started coaching late 1990s, but continuously from 2000 to present day.

Initially coached sprints, transferring to throws in 2011.

Was encouraged to coach (novice throwers) from 2012.

The throws athletes I have coached all started from novice, and happy to say, that many have gone on to be successful, of which the most notable are:

Divine Oladipo (shot): novice to All England Schools champion 2014; competed in the 2022 Commonwealth Games shot final finishing 5th.

Nana Gyedu (shot): novice to All England Schools champion 2018, and Schools International champion. 2019 - ESAA English Schools' Championships - SP Gold. 2019 - Schools International - SP Gold & CBP

Cleo Agypong (shot): novice to All England Schools champion 2019. In 2022 she became the U18 European shot put champion.

My aim as a coach: to coach each athlete with consideration to their individual needs and abilities; with the emphasis on developing athleticism, the relevant strengths and agility (general and event specific); and technical ability in order to achieve their potential.