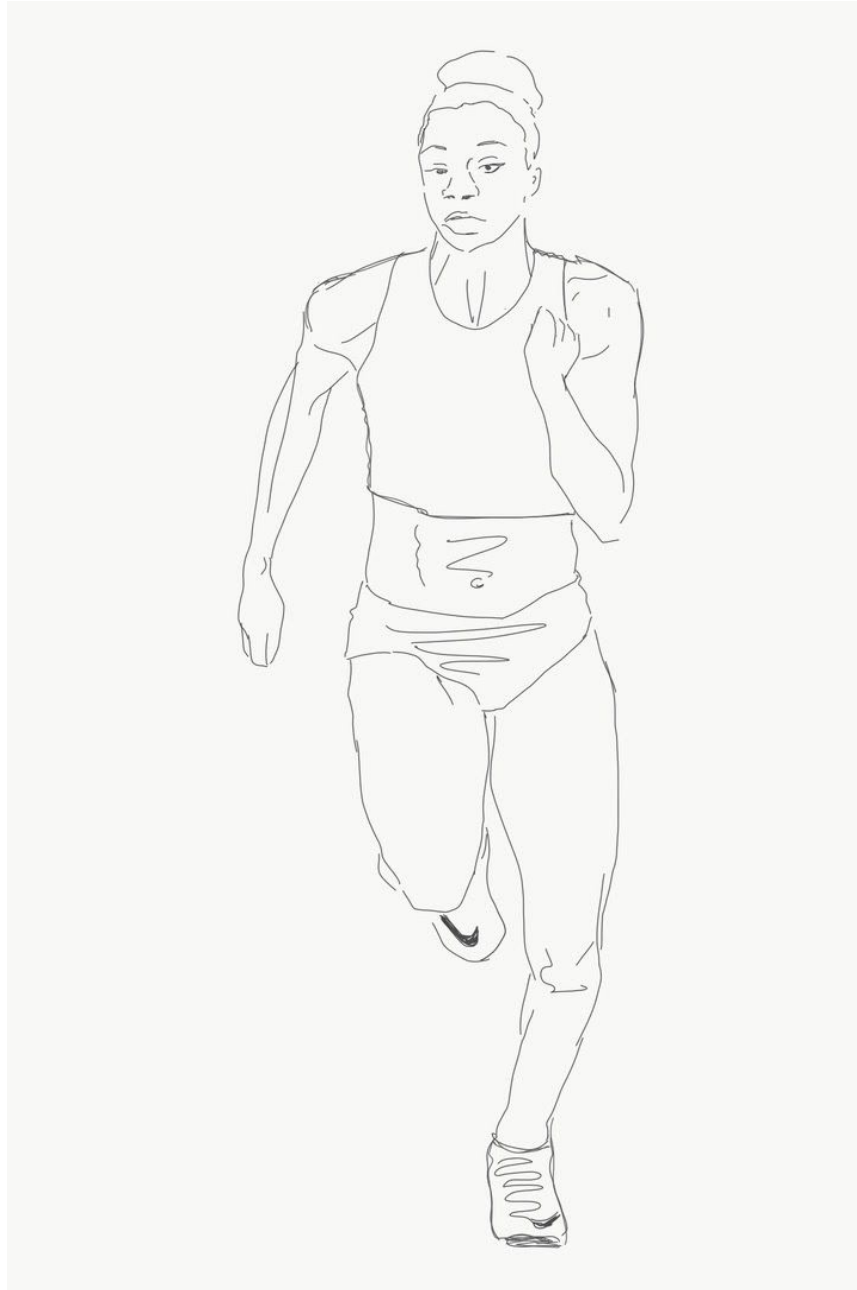


My Black History Hero: Dina Asher-Smith



Dina Asher-Smith is a British sprinter and a great inspiration for me.

Her personal bests were 10.83 in the 100m and 21.88 in the 200m race, both in 2019. But what I find even more inspiring is that in 2009 she ran 300m in 39.16 sec which is the World Best for age 13 still today. This is a time so fast I can hardly believe somebody that age can do this.

She was born in Orpington, Greater London, in December 1995 as Geraldine Rachel Asher-Smith. Her athletics club is Blackheath & Bromley.

Her A-levels were so good that she was able to study History at King's College London and graduated there in 2017.

I love that she has always trained extremely hard, and yet has trained her brain at the same time. From my trainer I know that athletes work very, very hard to get over only getting second place during a race or jump a centimeter more in long jump.

She has won 14 medals in total and was named BT Sport Action Woman of the Year in 2018.

I think she is important because she inspires young people to do what they love and to believe in themselves and work hard. She is an inspiration for me because I love athletics and like her style of running.

I am sure we are going to see many more exciting races with her.

By Lili (8R)