**February 2025**

**Lachlan Woodfull**

1. How old are you and what school do you go to?

I am 17 years old and I go to Bishop Tyrell Anglican College.

Bishop Tyrell has a gifted athlete sporting program which I was selected to be a member of in 2024 alongside 13 other able bodied athletes from a wide array of sports. Being a part of this program enables me to target my athletics training in school sport time and other helpful advantages like having the provisions for me to do my school work from home for two days after a big meet to allow my muscles to recover after competition :)

2. What is your favourite sport to participate in and why?

Athletics and cross country running are what I am really passionate about. I am a member of Raymond Terrace little athletics club and Team Zip at Baulkam Hills with coach Matt Rawlings.

(Along with having CP I have one vision eye and am severely deaf with a cochlear implant so mum hasn’t put me in ball sports really because she’s worried about my working eye or my implant getting taken out with a ball - so it’s lucky that I love to run!)

3. What is your sporting goal?

My sporting goal is to represent Australia Internationally as a T36 runner. World championships, Australasian Championships, Commonwealth Games and of course a Paralympic Games would be a dream come true for me.

4. What is your proudest sporting moment/achievement?

My proudest moment in sport is probably dropping 10 seconds off my 800m PB at the Australian All Schools Championships in December 2024.

And also receiving the Spirit of Sport Award for 2023 at Bishop Tyrell Anglican College which is for good sportsmanship, for being a good role model for others, for always having a “Can Do" attitude no matter what challenges are in front of me.

5. What do you love most about competing in sport and being around other para-athletes?

I love having something positive to focus on every day. I love the quiet comaradery between the para athletes. There is a respect and understanding for the added challenges we each face to achieve our goals and the genuine support for each other to achieve is really cool.

I have met my best friend through athletics Abbie Peet who is also a T36 runner. We can talk to each other about aspects of having CP that not even my mum understands because even though mum loves me heaps and has gone to all of my appointments and therapy sessions from when I was born she doesn’t have CP.

6. Do you have any hobbies outside of sport?

Outside of sport, I live on a hobby farm which is an hour away from my school so there’s not that much time for hobbies other than farm life - horses, dogs, chickens, ducks, cats and bushwalking.

I do love music, I have nearly 60 hours of playlists, I have one for training (in the paddocks and in our gym on the farm), one for wind down time, one for study and one just for fun. :)