

Lewis is a chip off old starting blocks



EYES ON THE PRIZE: Motherwell AC sprinter Lewis Gibb is dreaming of adding to his medal collection at the 2014 Commonwealth Games, with the help of dad Robert, who has now qualified as an athletics coach. Photo Ref: wp 3005071 2609 athletics

ATHLETICS

A DEDICATED father and son are proving that sporting talent runs in the family.

Robert Gibb has taken action to help his son, 13-year-old rising star Lewis, to achieve his dream of tasting triumph at the 2014 Commonwealth Games.

Robert, himself a former runner, has just completed his coaching qualifications in order to help the youngster sprint even further up the national rankings and aim for striking gold for Scotland.

Motherwell AC member Lewis has only been competing for two years but is already third in the

Scottish 60 metres rankings at under-15 level, having previously topped the under-13 charts for both 60m and 100m and been ranked third in Britain at the shorter distance.

He is the current Scottish schools' under-14 100m champion and claimed under-15 silver in the 60m at the Scottish championship earlier this year.

Lewis trains at Wishaw sports centre three times a week with his fellow Motherwell AC members.

The teenager is full of praise for coach Bob McCrum who has helped nurture the talent first spotted at a Boys' Brigade sports day.

The young athlete said: "Bob is a great coach as he really pushes me to my limit. Without him, training would be a whole lot easier but I wouldn't be as good

as I am today. For the past two years, I've had a huge amount of support from him and from my dad, who's driven me all over the country to make sure I can compete in as many events as possible.

"Because he was an athlete he seems to think that he's faster than me but he's still to prove it!

"My first experience of the track was when I won the 100m at a Boys Brigade sports day when I had just turned 11 — I was racing boys who were four years older so that's when I realised running was something I was good at, and now I normally train with a more experienced athlete to push myself further."

For more information about Motherwell Athletics Club, visit www.motherwellac.com.