



# Sean wroe

## **"Just have fun!"**

**Date of Birth:** 18 March 1985 (Age - 23)  
**Athletics Club:** Glenhuntly  
**Coach:** Eric Hollingsworth  
**Event:** 400m & 4x400m Relay  
**Personal Best:** 45.20

Sean will be competing in his first Olympics in Beijing and after a great 2007 is confident of performing well at the Games. In 2007 he won the World University Games (Universiade) in Bangkok and then ran a personal best in the semi finals of the World Championships in Osaka, just missing out on a start in the final.

This year Sean has already represented Australia at the World Indoor Championships in Valencia, finishing sixth in the final, and is now competing well on the European circuit. He will be hoping to continue his outstanding record of improvement by making the final of the 400m and running a new sub 45 second personal best in Beijing.

Sean's mother, Miyuki, is Japanese and his father, Doug, is Australian. They have been the most significant help in Sean's athletics career. Sean says that it was never an issue whether he was going to run for Australia or Japan. "Deep down in my heart, I know I am Australian", he said. He added "besides, I look better in Green & Gold, than I do in Red & White"! Sean also credits his primary school PE teacher, who introduced him to sports; Ittay Fletcher, his first athletics coach; and his current coach, Eric Hollingsworth, as major influences on his athletics career. Competing in club competition for Glenhuntly AC also helped Sean during his junior career, by regularly enabling him to compete in increasingly competitive races.

When asked what advice he would like to pass on to young athletes starting their careers, Sean said, "Just have fun!"

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