

AARON

MARLOW

KINGSTON AC
& Polytechnic Harriers



A COLLECTION OF CONVERSATIONS

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Athletics has been part of Aaron's life for as long as he can remember and he's been with Kingston AC & Polytechnic Harriers (KACPH) for 15 years. Joining in Year 4 when he was just seven years old, like many young Kingston athletes, Aaron joined the original Kestrel Club set up in 1991 for novice athletes, and tried every event until something stuck. A few years passed and as an U13, he was enjoying combined events and finding real joy in the jumps. However as an U17, it became clear that the throws were where his natural talent lay. From that point on, Aaron's focus narrowed to javelin, discus and shot putt - events that would bring him numerous Surrey titles and medals.

Now Aaron's main focus is javelin and discus with PBs of 50.82m and 40.45m respectively, though whilst we chatted down at the track, he hinted at a possible shot put comeback for the indoor season: "I'm thinking of adding shot put back into the mix," he explained, "especially for indoors, so I can get some competitions under my belt before the first outdoor competition of the year, which will be the Surrey Champs." Aaron is also hoping to break 53m this year in the javelin and 45m in the discus - an exciting season to say the least!

Speaking with Aaron, it was clear that years in the sport and at KACPH has instilled a mindset that is not just about quantitative success for him but as he said, "I'm living my best life. As long as I'm training and competing, I don't mind what level I get to - I just want to be doing it!"

There's something quietly admirable about that outlook, trusting that fulfilment comes from consistency and commitment rather than outcomes alone. This hasn't gone unrecognised as Aaron's home club, KACPH, have awarded him a significant grant which allowed him to be the proud owner of the new Valhalla carbon fibre javelin. "I am incredibly grateful for the support my Club has given me," he said. "Even though I've never been to a national champs, I've been very consistent. Their decision to support me and believe in me is something I really appreciate."



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Amongst conversations about his many achievements, it was Aaron's reflections on club life that carried the most weight. Winning Surrey Championships was, of course, a highlight, but Aaron spoke fondly about the environment at the Club particularly when he was a novice and how it fostered his love for athletics; "It was so important to have an introduction to athletics like that," he said. "That's where I had the most fun. I had no pressure on myself or anyone else."

Away from the track, Aaron has just bought his first house and balances training with work in hospitality and at an estate agents. He spoke appreciatively about the flexibility he's been given to take weekends off to compete in the summer, acknowledging that juggling both isn't easy, but is possible through routine and support.

While he now trains at Walton Track due to his coach being based there, he remains firmly tied to KACPH, the club that's been home throughout his athletics life.





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