

# ***TOM***

# ***WHITE***

KINGSTON AC  
& Polytechnic Harriers



***A COLLECTION OF CONVERSATIONS***

***003***

Athletics entered Tom's life quietly, threaded into after-school sessions and weekends split between a plethora of different sports; football, swimming, rugby, and eventually athletics. A just 8 years old, Tom was part of Kingston AC's Kestrels – alongside Aaron – trying almost every event. By 11, it was sprinting that he found himself enjoying the most, constantly being the quickest on the rugby team too. Tom's dad was a swimmer growing up, whilst his mum competed in athletics at university so having a family with a sporting background meant that it was inevitable that he too would also find his feet in such an environment.

Over the subsequent few years, swimming and football were ultimately dropped but there was no need to choose between rugby and athletics. It was conveniently cyclical, rugby in the winter months and athletics in the warmer portion of the year. Eventually, by 15, Tom decided he wanted to take athletics more seriously, a good choice that was because he immediately started dropping his PB times from 12.5s, to 11.8s, to 10.9s in the space of 16 months. His first time sub-11 came at English Schools which he talked about it as his 'favourite competition', 'it is the pinnacle of junior athletics'. His Middlesex team also got silver in the relay which was a big feat against the other rival teams that are from nearby counties.



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Now 23, Tom has completed his 4 years at Cardiff University and is undergoing training in AI workflow in the hope to be placed in a corporate job in a few months time. A shift in lifestyle from his time at University where the track was nearby and contact hours were less, has opened his eyes to the level of commitment it takes to work fulltime as well as train most days: 'especially Tuesdays and Thursday are quite hectic, I get on at nine, finish at 5, and then have 10 minutes to get changed and then drive straight to training which I won't get home from until 9 sometimes'. Tom credits his time in Cardiff as some of his most memorable athletics years because of the environment; 'It's such a social sport, especially field events and sprints, because there's so much downtime when you're not in between reps or sets, or event rounds at competitions'.

Tom ended last season on a high, running 10.8 once again, his best for a long while after being plagued by hamstring problems. Talking about the 2025 season, he said: 'it was a bit stop-start to begin with but it was a really good end to the season, it's given me the confidence for this 2026 season'. He's excited to see what 2026 brings, hopefully an invite to British Champs too!





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