#### Welcome to my portfolio

#### **Ben Tallon**



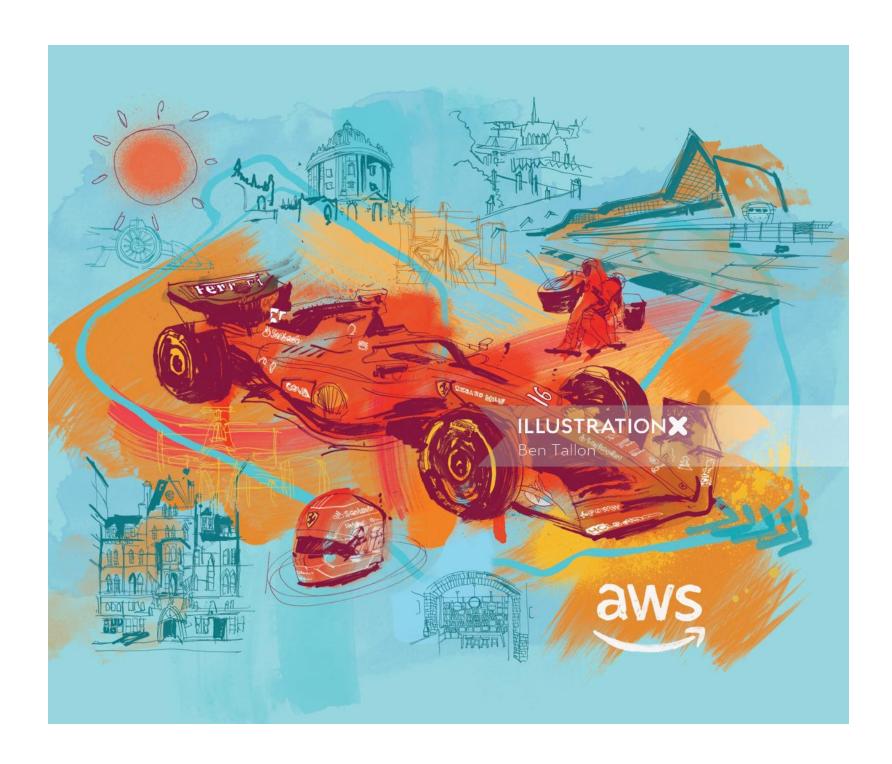












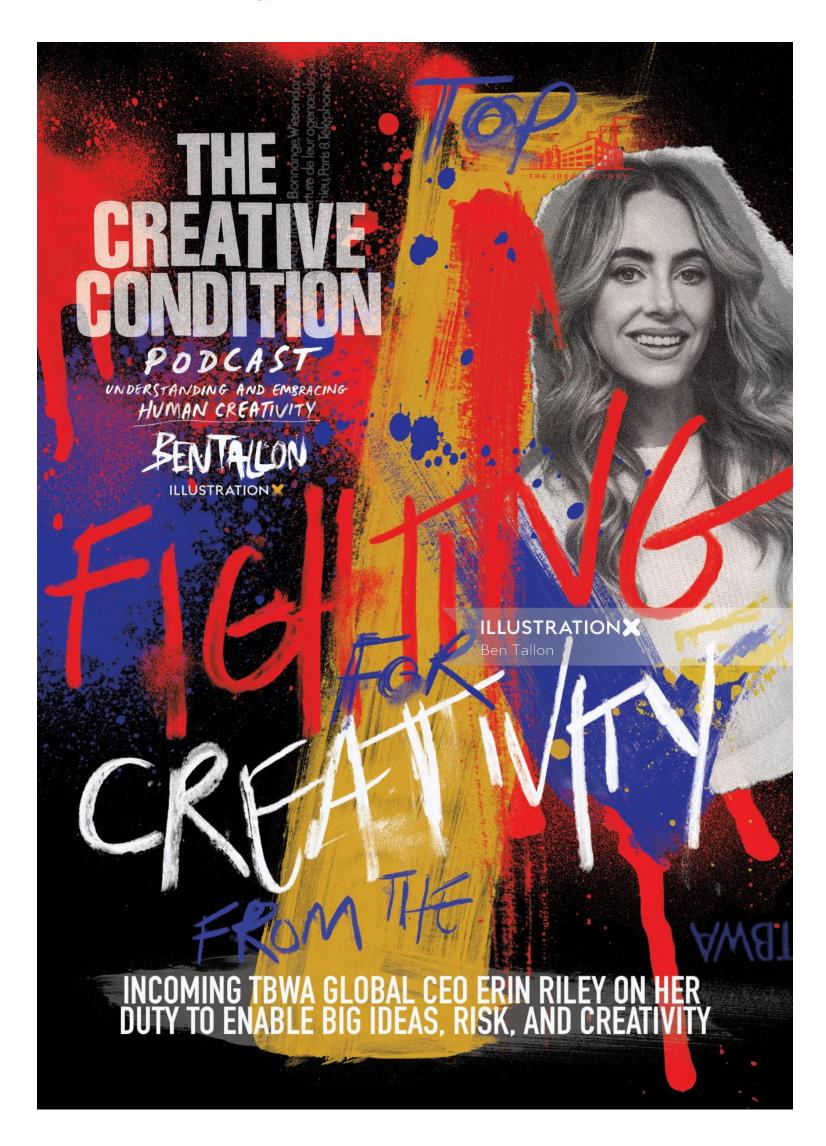




















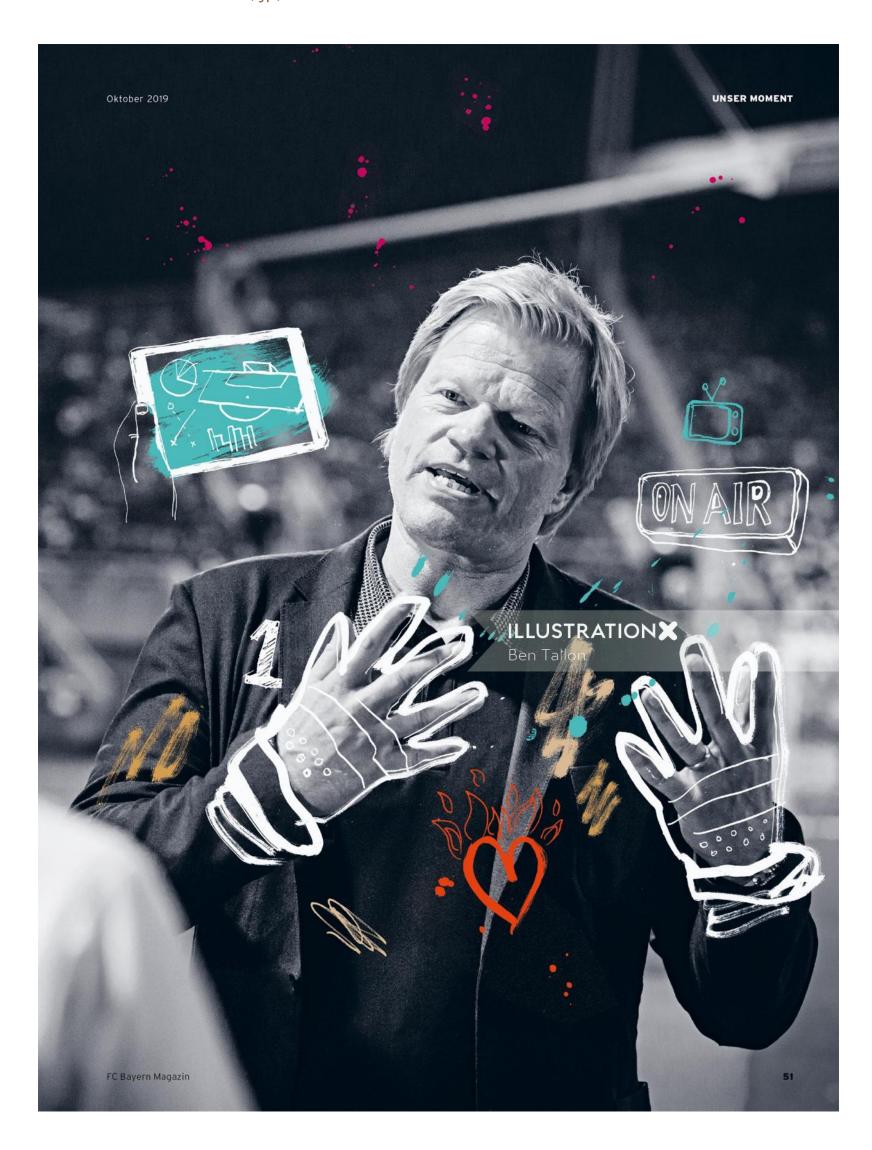


























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THE LAID-BACK EX-PAT LONDONER **NETHANEEL MITCHELL-BLAKE**, 27, 200m and 4x100m relay sprinter There's cool as a cucumber and then there's Nethaneel Mitchell-Blake, who lived in east London until the age of 13, when his parents moved the family back to their native Jamaica. There a teenage Mitchell-Blake would watch local hero Usain Bolt fly around Kingston's running track. Cut to the Rio 2016 Games, and he's competing against the fastest man in the world. 'I don't have time to be in awe of the competition,' he shrugs. 'But at the end of the day, he's a once in a lifetime talent.'

Having won an athletics scholarship to study international trade and finance at Louisiana State University and then making Florida home, Mitchell-Blake hasn't lived in the UK for half his life. The accent, however, is unmistakeably east London. 'I'm most definitely still a Londoner. I represented Newham on a club level and I still remember my roots.

The British relay teams have enjoyed success in recent years and it's always the most thrilling event on the athletics' schedule. Does he have sleepless nights about dropping the baton? 'I've never dropped a baton in my life! We put a lot of work into our exchange skills. It may look simple but it's not easy

when someone runs into you at maximum velocity with a small stick, with 50,000 people cheering. He's relaxed and ready for Tokyo, his second Olympics: 'I'm excited to go to war. I feel like we're modern day gladiators.' He spends his downtime putting that finance degree to good use 'diversifying my portfolio — I dabble in stocks, the crypto market, real estate. Athletes retire at 33, 34 and that's the age most people are getting their second promotion. I need to prepare for the future.' He's future facing when it comes to running too. 'I'm not at the pinnacle of my sport yet, there's way more to achieve.'

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which sound like torture devices. 'It's wooden training apparatus that I hang off with weights attached to me, 'she says.

Having never previously pondered the lack of other women in her sport, launching a female climbing symposium

to boost participation was an eye-opener.

young age I was oblivious to the barriers

women were facing,' she says. 'Worrying

about things like getting bulky, getting

stronger than their boyfriends or climbing

on their periods. But it's clear climbing is

growing among women. Sport helps break

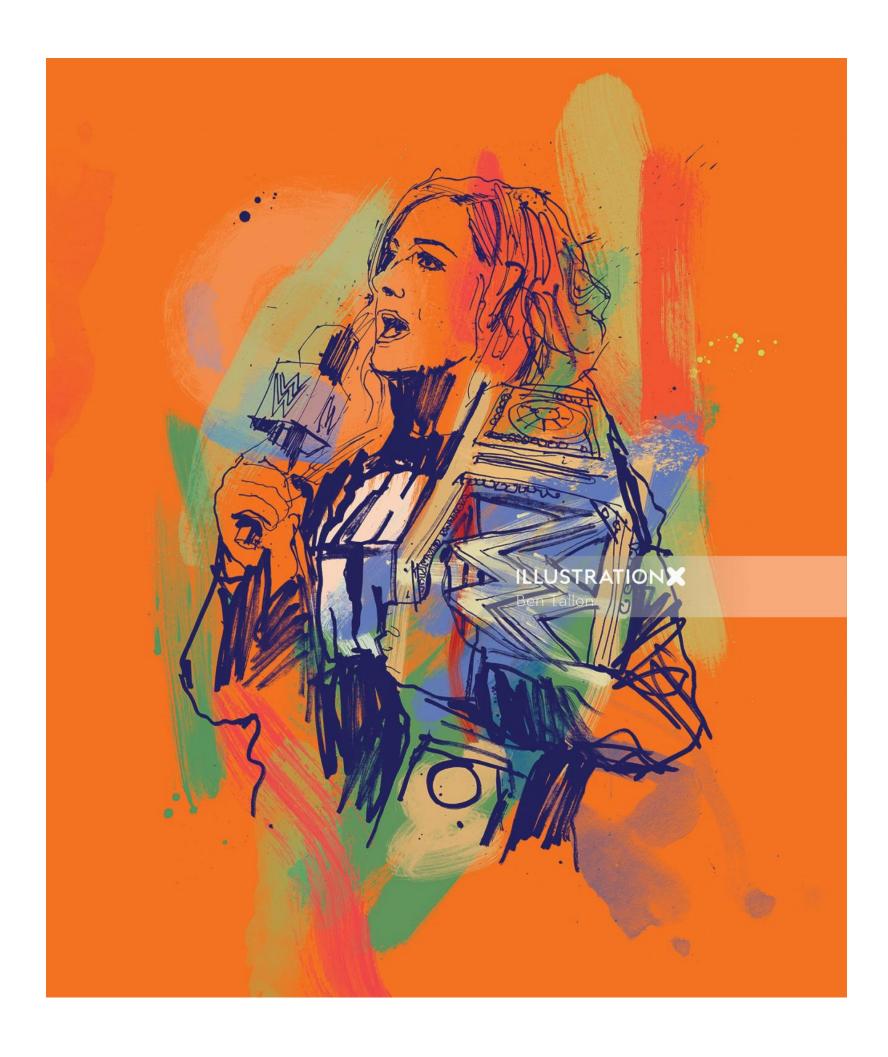
down so many barriers with body image. Women are realising that beauty and

strength aren't mutually exclusive.

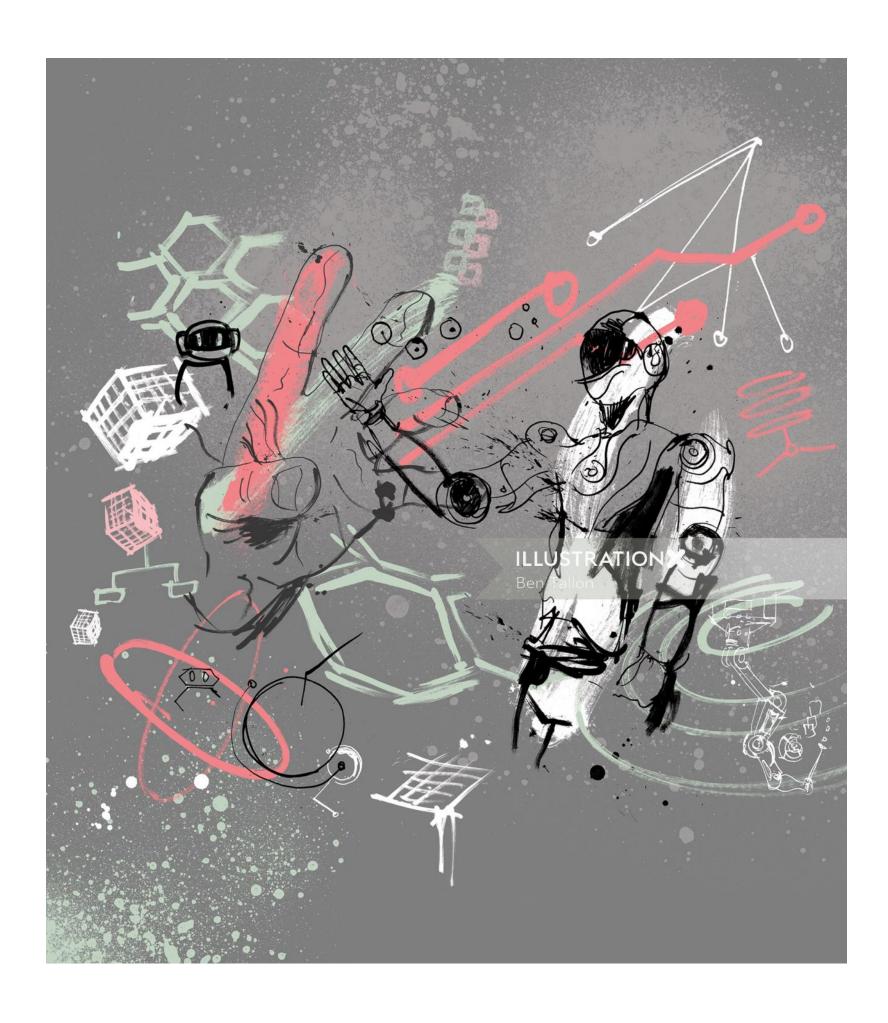
'Because I'd been doing it from such a



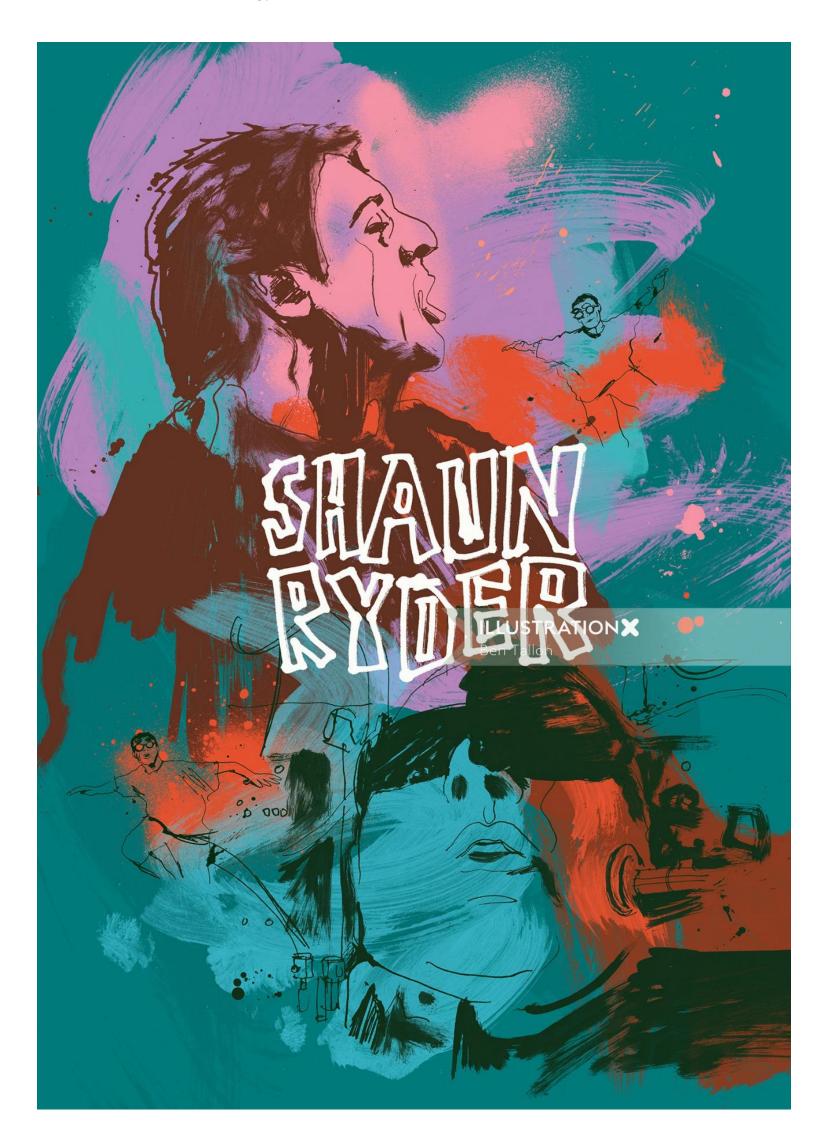




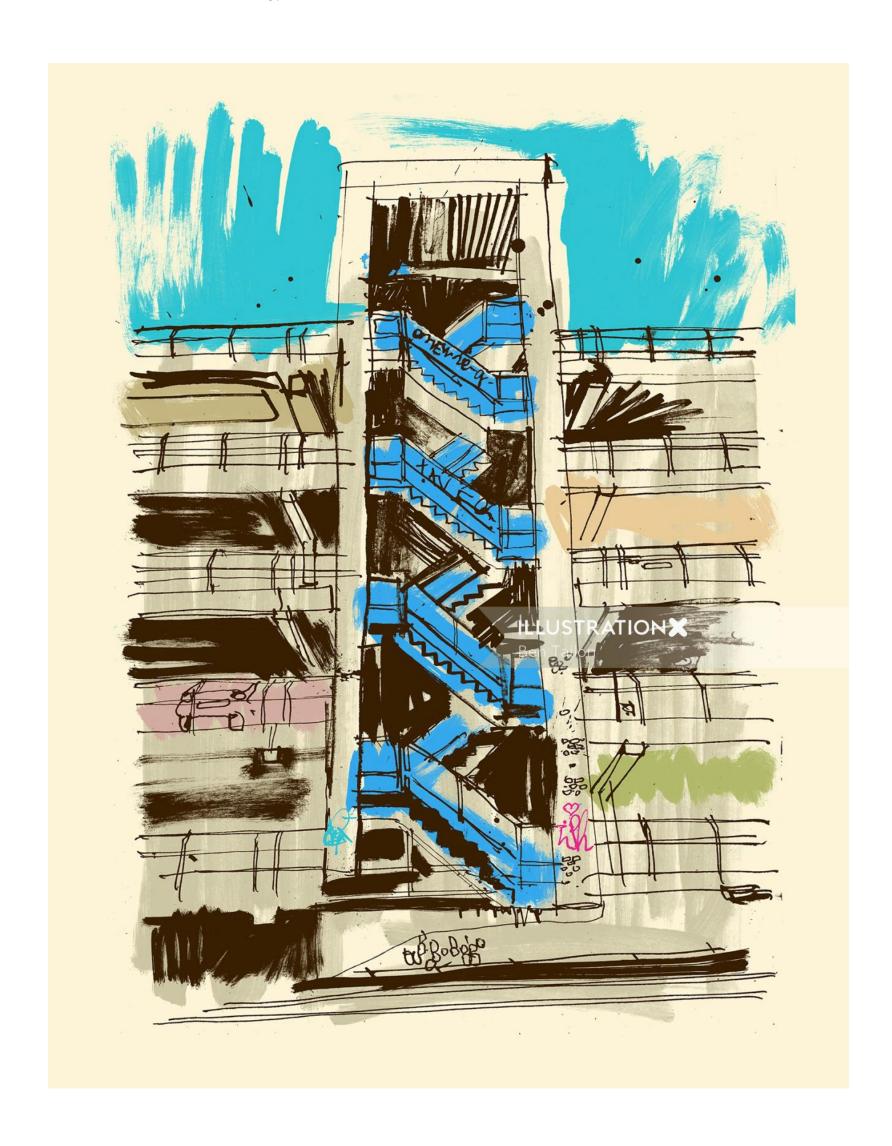




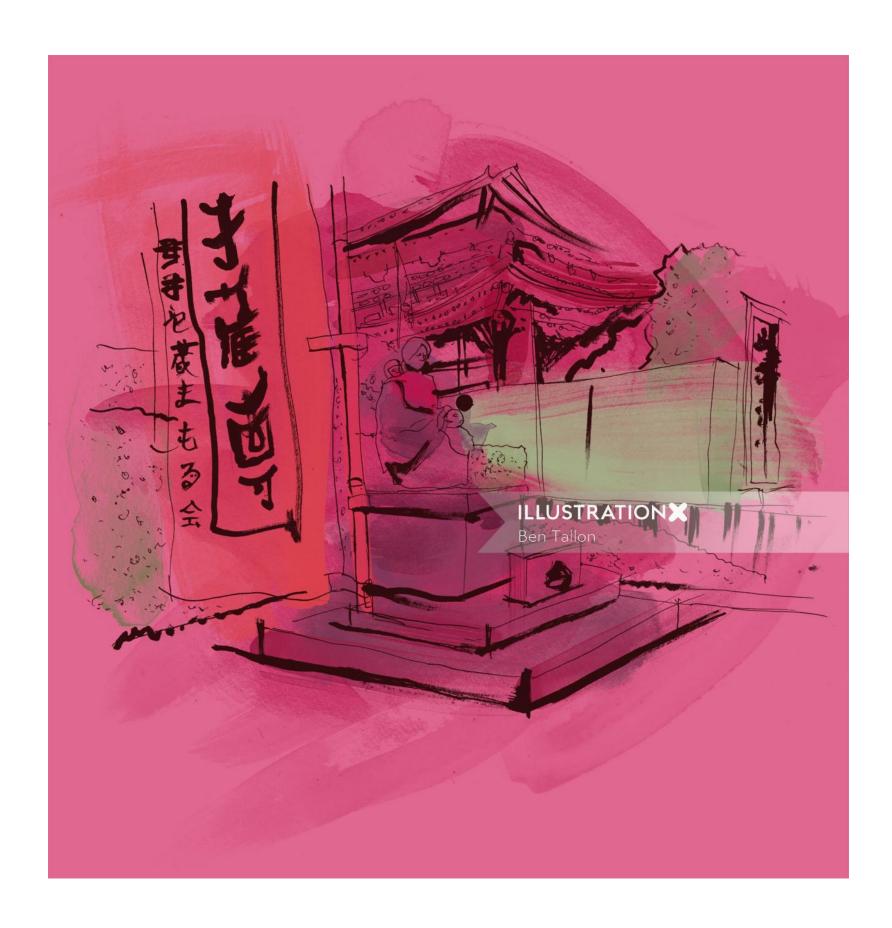
















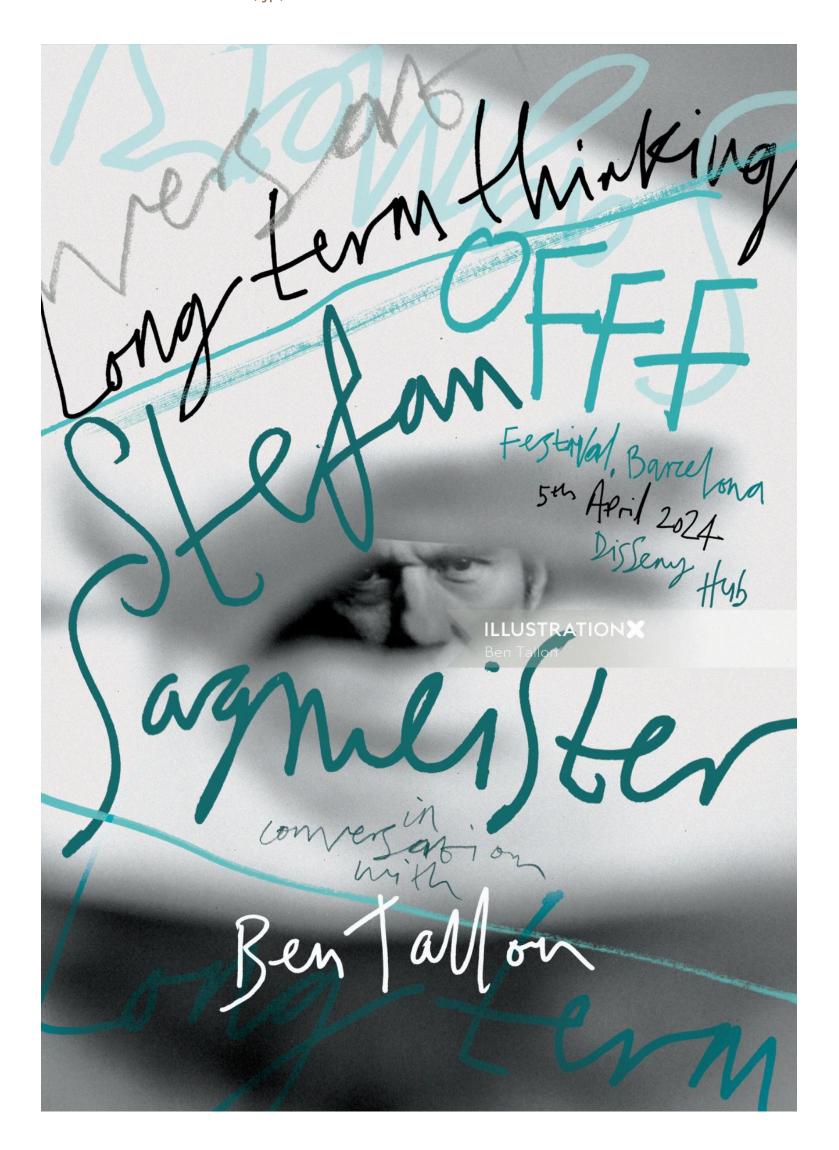








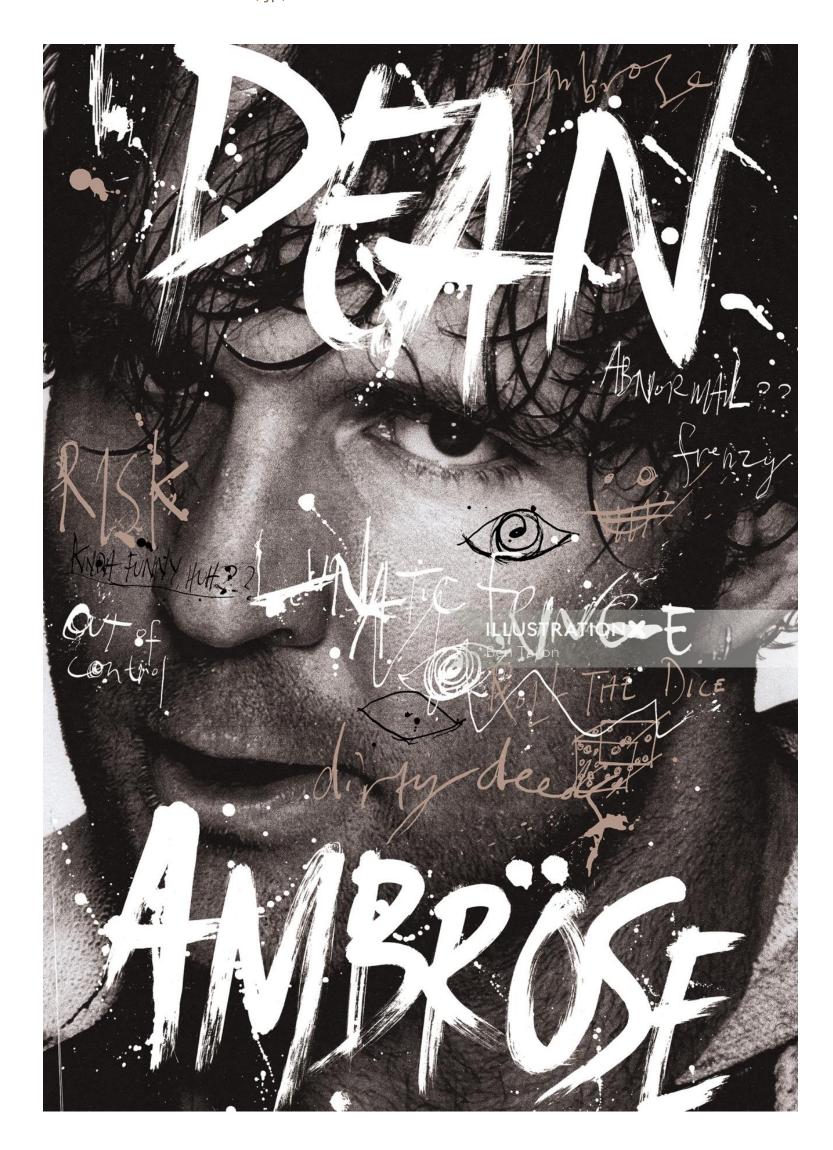




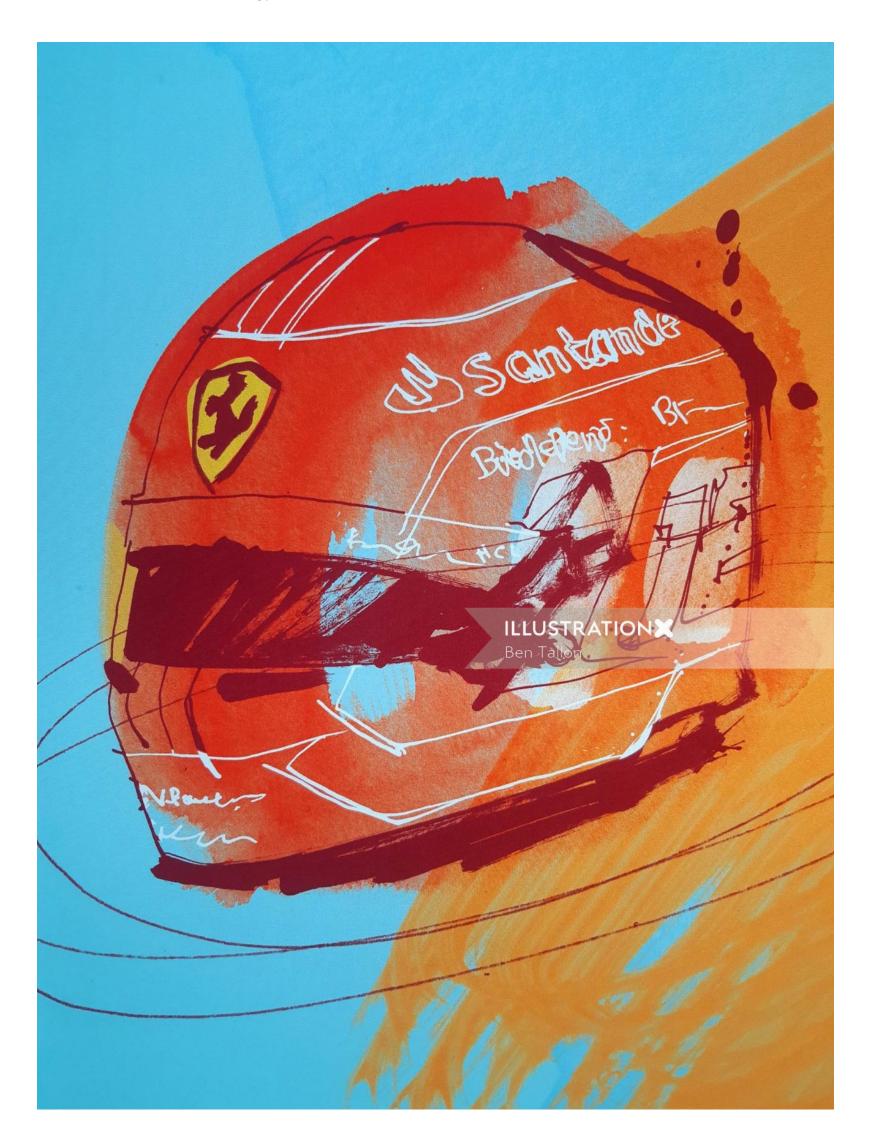




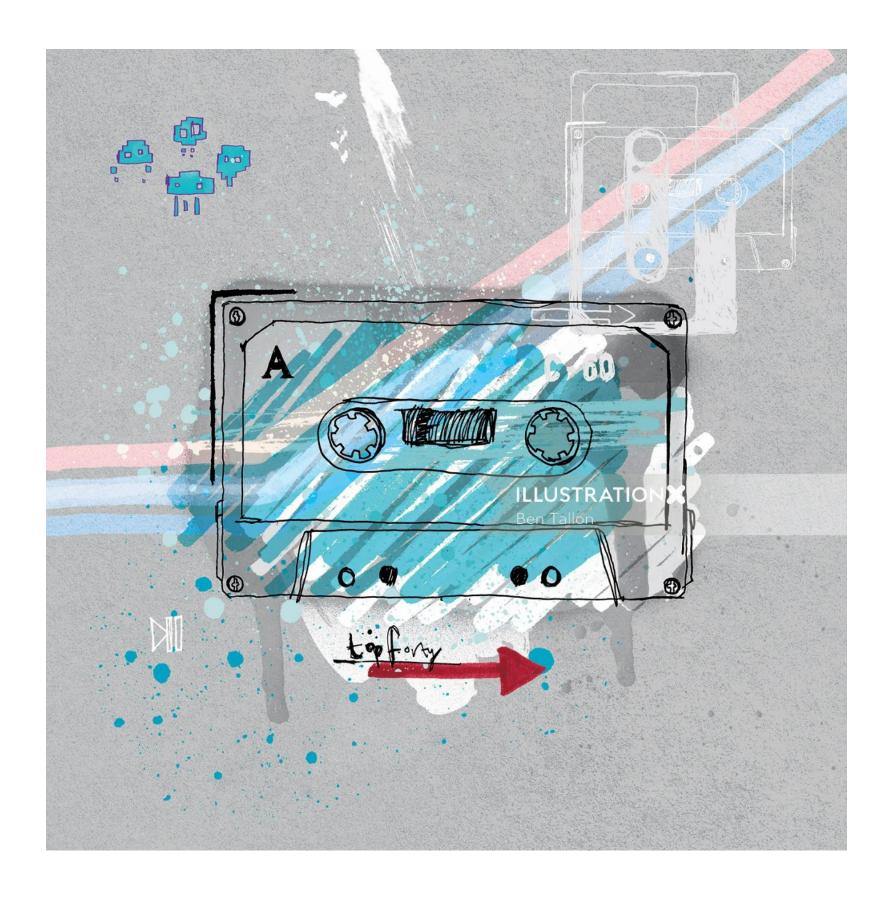








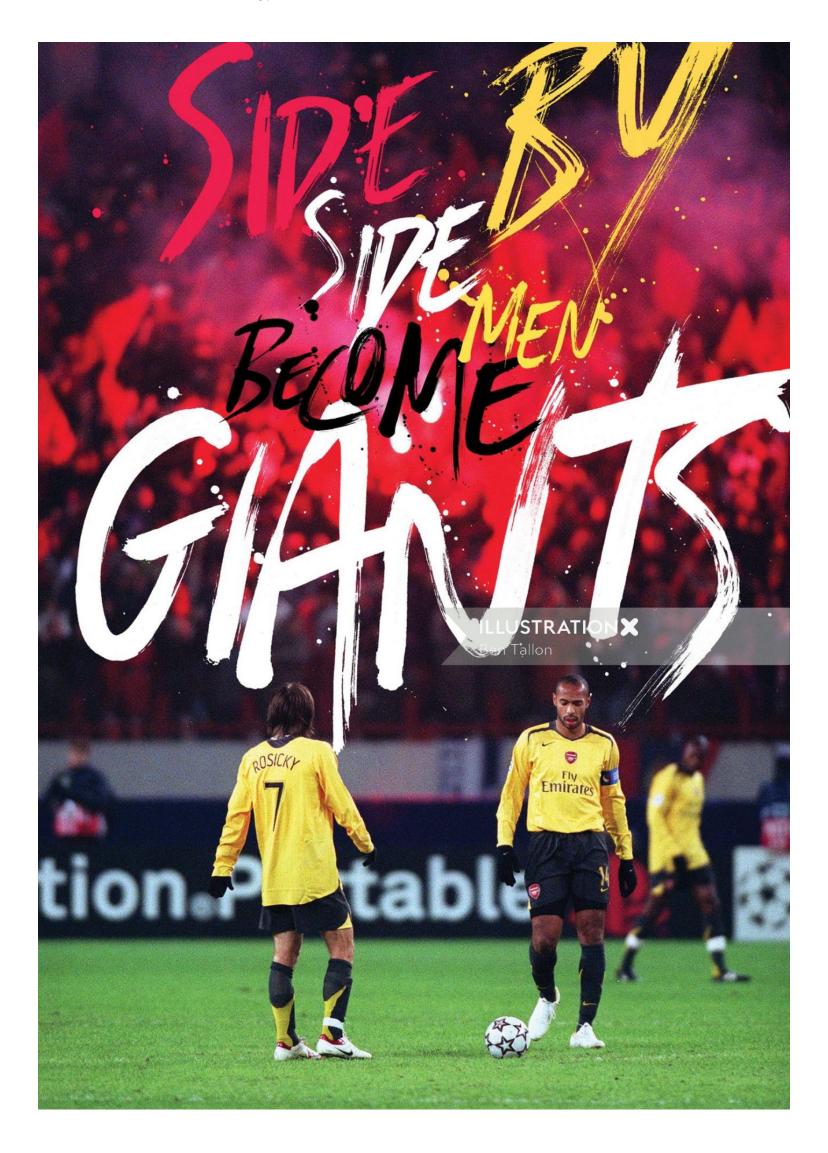














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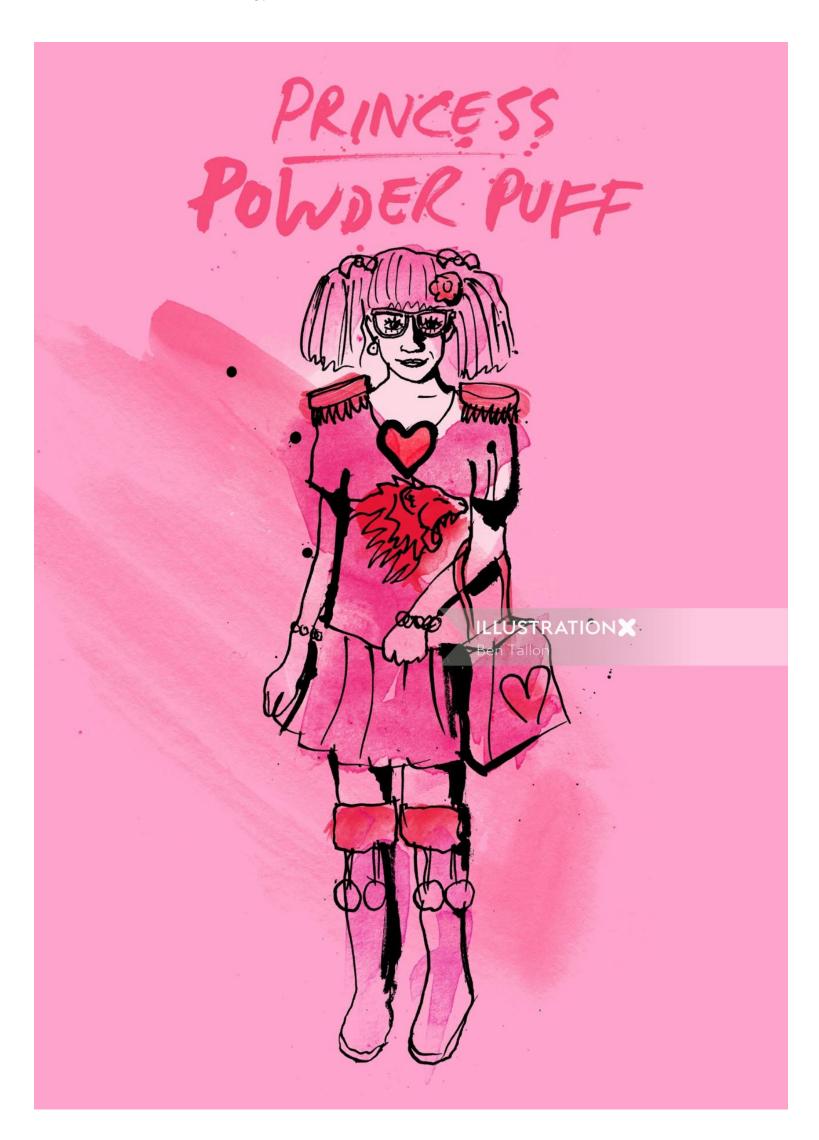
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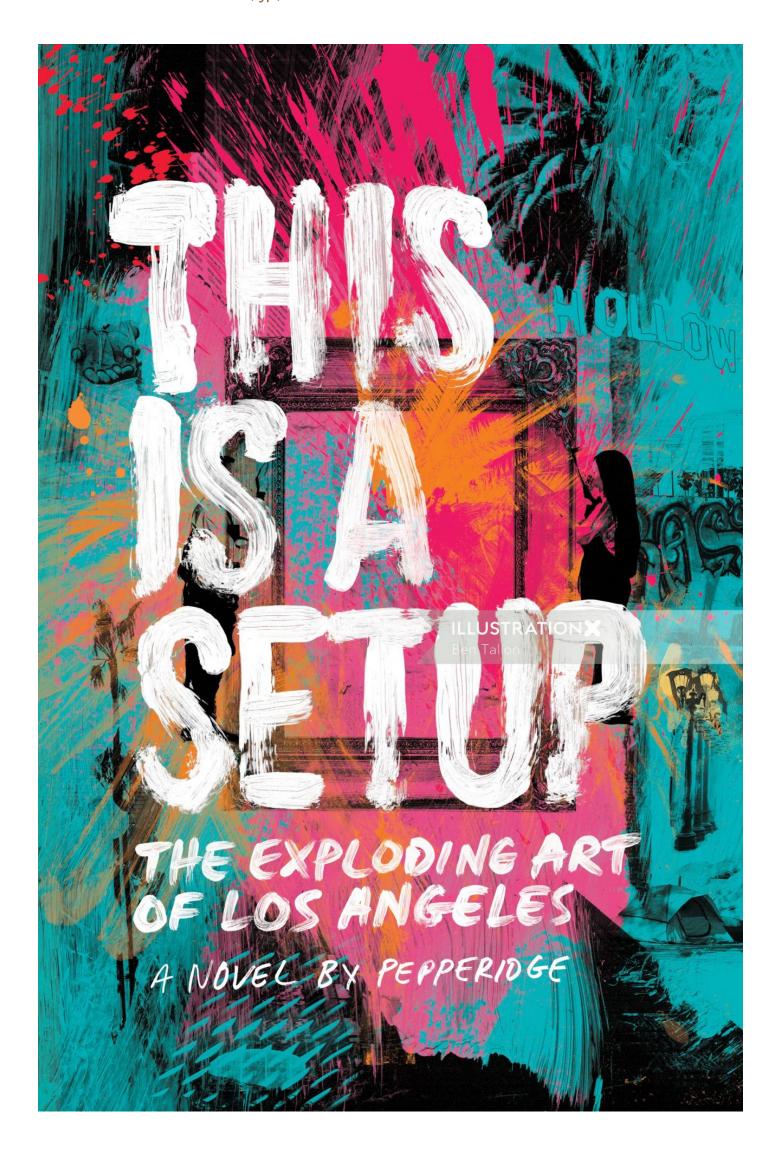






















### Need advice?

We're ready to help



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