

Martin Brockman - End of year review 2010

This year has been an interesting year for me. I had big expectations for myself coming into the 2009 season which in some ways I achieved and in others I did not. My main aim was to win a medal at the national championships and earn one of the 4 spots available for senior international competition and then to go on and score 7400pts, shooting me up the rankings.

I started my season well at the Kent Championships with 3 personal best performances showing I was in good shape early on. I then had my first decathlon the next weekend; unfortunately, it was awful weather making a good score near impossible. The next decathlon on my schedule was the national decathlon in Stoke. I competed well although after picking up a shoulder injury wasn't at my best, however, still set a new personal best score by over 200 points (7255pts) and finished in 2nd place. I believed at this point that that would qualify me for the senior international I was aiming for but unfortunately I was not selected as they selected some people who finished behind me in the competition.

I was, however, selected for the under 23 competition held here in sunny England. Although it wasn't the competition I was aiming to compete at I was determined to set a score to beat the athletes competing at the senior international. Unfortunately I came down with flu the week before the competition but decided to compete anyway, obviously to set a low score. The most disappointing part of this experience was the fact that if I had been well I would have easily won my first international medal.

After a disappointing season I decided to have some time off before going to compete at the Kent Combined Events Championships where I set a new championship best with a score equal to my personal best showing me that I could have scored my target score given the right circumstances. I finished ranked 8th in the country with only 17 points between myself and 5th making it an exciting competition for next year.

Although I did not achieve all of my targets I still had a progressive season that set me up well for the 2010 season. My winter training for 2010 has changed drastically from the last few years. It has been interesting to try something different to what the other athletes are doing and after a whole winters training I appear to be in good shape.

During the winter I competed at the National Indoor Heptathlon. Here I was again aiming to be in the top 4 places to gain myself a spot in the indoor competition. I scored my target score in the competition and finished in 4th place, however, I again wasn't selected for the team as they took the athlete who finished in 5th.

Since then training has gone well apart from a slight hamstring injury and I am ready for the 2010 season where, as always, I have big aims. I am sure that I will qualify for the Commonwealth Games in October but I will have to set a very high score in order to be selected for the team. I will start my season the same as last year with a minor decathlon in May and then the National Combined Events Championships in June where I plan to be selected for some international competitions throughout the season where I can go abroad and set a big enough score to be selected for the Commonwealth Games.