

Greg Rutherford

Name:

Greg Rutherford

Born:

17 November 1986 in Milton Keynes, England

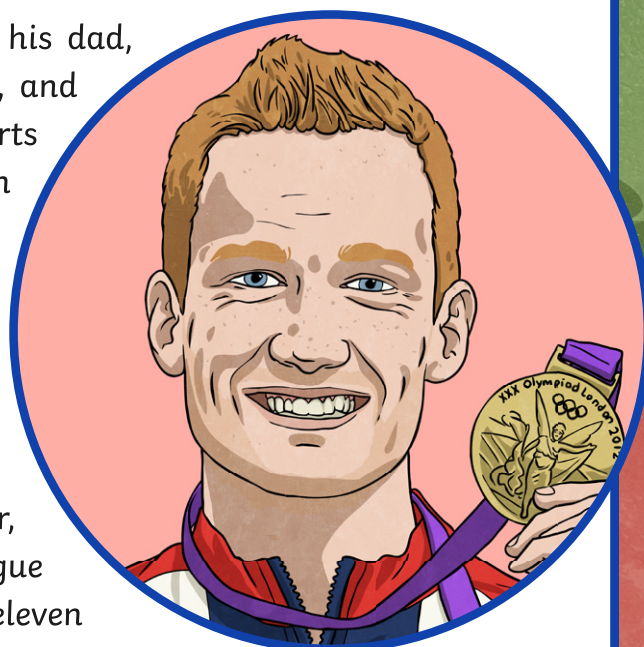
Olympic Games and Medals

2012 London Games:

1 gold medal
(Long Jump)

Childhood

Greg grew up in Bletchley, Milton Keynes with his dad, who was a builder, his mum, who was a nurse, and two siblings. As a child, he played several sports including football, rugby and badminton. His main ambition in life was to have a career in sport; if not as a sportsman himself, then as a sports physiotherapist. At the age of 14, he had trials with Premier League football club Aston Villa but eventually, he decided to pursue a career in athletics. Unsurprisingly, Greg comes from a sporting background with his great-grandfather, Jock Rutherford, winning three Football League First Division titles with Newcastle United and eleven England caps.

**Achievements**

At 18, Greg became the youngest-ever long jump winner at the AAA Championships in 2005. He trained hard for the three years that followed and after winning the GB Olympic Trials with an impressive leap of 8.20m, he was the third best qualifier and a definite medal-hopeful going into the 2008 Beijing Olympic Games. Disappointingly, a historic ankle injury and two no-jumps within the first two rounds of competition meant that Greg made no impression and eventually finished in 10th place. Greg's Olympic disappointment fuelled his next four years of training and he came back even stronger in 2012 for the London Olympic Games. In the long jump final, he took the lead in the second round with a jump of 8.21m, improving to 8.31m in the fourth round, which proved to be the winning jump. Greg became the first Briton

in 48 years to win gold in the long jump. His gold medal was one of three won by British athletes on the same evening (the others were won by Jessica Ennis and Mo Farah) on a night that later became known as 'Super Saturday'.

Life after the Olympics

Greg's Olympic achievement was honoured in many ways, including the placing of two gold post boxes in his hometown of Milton Keynes, being featured on a special Royal Mail commemorative postage stamp and receiving an MBE from Her Majesty, The Queen. However, Greg's Olympic career is definitely not over yet as he has recently been picked for Team GB for this year's summer Olympic Games in Rio. His preparations are going extremely well after recently setting a new British indoor long jump record of 8.26m, so watch this space!

When not training or competing, Greg spends most of his time with his son, Milo, who was born in October 2014. Greg is also an Athlete Ambassador for the development charity 'Right To Play' who work to promote the value of sport and play to create life-changing opportunities for disadvantaged children across the world.

Try measuring yourself. How many metres tall are you?

How many of you could Greg Rutherford jump over laid end-to-end?

**Remember, Greg's winning jump at the London Olympics in 2012
was 8.31 metres!**

Greg Rutherford Questions

Answer the following questions using full sentences that give as much detail as possible.

1. Give two reasons that show Greg was very sporty from a young age.

2. How does Greg take after his great-grandfather?

3. Describe how Greg may have been feeling after the 2008 Beijing Olympic games.

4. What happened on Super Saturday?

5. List THREE ways that Greg's Olympic achievement was recognised in Great Britain.

6. Why does the author tell you to 'watch this space'?

7. Can you give TWO ambitious adjectives to describe how Greg may be feeling about the Rio Olympic Games and explain your reasons?

I think Greg will be feeling _____ because...

I think Greg will be feeling _____because...

8. Why do you think the author tells you to measure yourself and then think of how many of you would make 8.31 metres?

9. Research the 42 events that will take place at Rio 2016. If you could take part in an Olympic event, which one would you choose and why?

[illegible]

Greg Rutherford Answers

1. Give two reasons that show Greg was very sporty from a young age.
He played several sports including football, rugby and badminton and he had trials with the Premier League football team, Aston Villa.
2. How does Greg take after his great-grandfather?
They were both famous sportspeople – Greg's great-grandfather played football for Newcastle United and England.
3. Describe how Greg may have been feeling after the 2008 Beijing Olympic games.
Pupils' own responses. Answers may include; devastated that he had injured himself so close to the Olympics, determined to get over his injury so he could compete at the Olympics in the future or disappointed that all his hard work in training had been for nothing as he had only finished 10th when he was expecting to win a medal.
4. What happened on Super Saturday?
On Super Saturday, three Team GB athletes – Greg, Jessica Ennis and Mo Farah – won gold medals during the same track and field session at the London 2012 Olympics.
5. List THREE ways that Greg's Olympic achievement was recognised in Great Britain.
List ALL three of the following; the placing two gold post boxes in his hometown of Milton Keynes, being featured on a special postage stamp and receiving an MBE from Her Majesty, The Queen.
6. Why does the author tell you to 'watch this space'?
The author tells you to watch this space because there is probably going to more to write about his achievements once he has competed in this year's Olympic Games in Rio.
7. Can you give TWO ambitious adjectives to describe how Greg may be feeling about the Rio Olympic Games and explain your reasons?
Pupils' own responses that may include; confident because he has won a gold medal before, apprehensive in case he has a last minute injury like 2008, eager after all his preparation and training, anxious in case he doesn't fulfil people's expectations.
8. Why do you think the author tells you to measure yourself and then think of how many of you would make 8.31 metres?
8.31 metres was the distance that Greg jumped to win the Olympic gold medal. The author wants you to measure yourself and compare that to the 8.31m to show you how big a distance it is.
9. Research the 42 events that will take place at Rio 2016. If you could take part in an Olympic event, which one would you choose and why?
Pupil's own response.