

Former Athlete Profile - (Retired) Sonia Brito

Contributed by Nick Fiedler
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Sonia has been a highly credentialled athlete for many years and was formerly an athlete with Doncaster Athletic Club. She competed in the Melbourne Commonwealth Games in the 400m Hurdles. She retired from running virtually straight after this, and took up motherhood where she now has two young children. She contacted Nick in early June 2010 with a view to getting back into athletics and getting fit again. She is scheduled to commence training on Wednesday 16/06/2010.

She does not intend to compete in amateur competition at this stage but hopes that the pros will keep her motivated and enjoying her athletics. Her husband Murray Harding is a highly succesful middle distance runner in the pros ranks.

She suffered a season ending injury at the beginning of returning to running and her prospects of returning to running are doubtful. We hope she makes a healthy and speedy recovery and then returns to running.

Pro Debut - 2001 Rye 120m Womens.

Season 00/01
1st Rye 400m Womens/veterans,
3rd Rye 120m Womens.