

Former Athlete Profile - (Retired) Meg Blair

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Meg joined the team during pre season of 2023/2024 to get fit and strong. She has had no running background but was involved in martial arts. Her running and conditioning improved dramatically through the pre season and she eventually racked up the courage to compete. We are hopeful that this improvement continues. She has really enjoyed training and the camaraderie of the squad and embraced the competition setting numerous personal goals.

Debut -

She is eligible for novice events.