

Jacob Woodbury



AGE: 20

SCHOOL: SCU - Exercise physiology

SPORT: Athletics

CLUB: Grafton Athletics Club

How did I get into the sport?
Competing with friends at school gave me a sense of belonging and determination to reach for greater heights.

HIGHEST COMPETITION LEVEL:
National Championships

BEST ACHIEVEMENTS:

- 2024 NSW Country Champion -Discus
- 12th in 2023 U20 Nationals – Discus
- Lifetime Discus - PB 42.61m

SHORT TERM GOALS:

- Qualify for nationals in multiple throws.
- Top 10 in open men's discus
- Learn to hammer throw

OTHER HOBBIES:

- Bouldering
- Coaching
- Cycling
- Photography

FAVOURITE FOOD?
Mango

