



Ambassador for Sport 2010-11

ALEX BRADLEY

DOB: 22nd November 1993

CLUB: LONDON IRISH GOLD GROUP
ENGLAND U16

SPORT: RUGBY

Represented Hampshire, London and South East
Represented England U16 at the U17 Four Nations tournament
in Rome against Wales, France and Italy.

During the season I train with London Irish twice a week and with school three times a week. On top of this I carry out a weights program most days.

Rugby requires high levels of strength, speed and stamina at all levels but even more importantly at this level. It also requires you to carry out skills under the pressure of an international and to perform these to the highest standard.