# Rebecca Achieng Ajulu-Bushell's Elite Swimming Journey and Neil Gourley's Commonwealth Games Aspiration



### Rebecca Achieng Ajulu-Bushell: A Journey Through Elite Swimming

Rebecca Achieng Ajulu-Bushell, the first Black woman to swim for Great Britain, has opened up about her challenging experience in competitive swimming. At 15, she was the world's top-ranked short-course 50m female breaststroker but quit the sport at 17, just before the 2012 London Olympics. Her new memoir, "These Heavy Black Bones," sheds light on the intense demands of elite sports, including rigorous training, body scrutiny, and racial and gender-based pressures. Ajulu-Bushell recounts the physical and emotional toll, revealing a behind-the-scenes look into a high-performance world.

### Neil Gourley's Commonwealth Games Aspiration

Scottish middle-distance runner Neil Gourley has expressed his hopes for Glasgow potentially hosting the 2026 Commonwealth Games. Gourley, who missed the 2023 World Indoor Championships due to injury, sees the prospective event as an opportunity for personal redemption. Reflecting on Glasgow's successful 2014 Games, Gourley is excited by the possibility of reclaiming his dream of competing on home soil. He sees another Glasgow-hosted Games as not only a personal milestone but crucial for sustaining the Commonwealth Games' legacy and global sporting appeal.