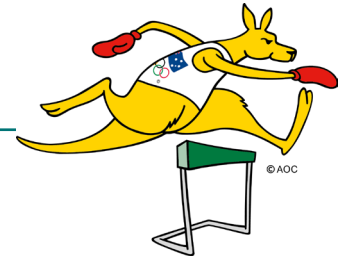


Education Ambassador



Youcef Abdi

Born in Algeria, Youcef Abdi moved to Australia after visiting Sydney for the 1996 World Junior Championships. He competed for his first Australian team in 2006, winning bronze in the 1500m at the Melbourne Commonwealth Games.

He took up steeplechase in the and competed in the event at the 2008 Beijing Games, finishing sixth, just 0.14 seconds outside of Shaun Creighton's Australian record.

Abdi competed at his second Games in London, finishing sixth in the steeplechase.

Age: 37

Sport: Athletics

Games competed in: Beijing 2008 and London 2012

Where do you live: Sydney

Home town: Sydney



What sports did you compete in at school?: Athletics and Football (soccer)

Are you training for RIO 2016?:Yes

What was/is a typical training day?: Am 40' Run + Gym PM track session 20' jog then 20x400m

What is your earliest memory of the Olympic Games?: Seoul 100m Final

Favourite non-sporting past time: Golf

What is your favourite food?: Steak

What is your favourite memory from school?: 6k walk to school(school in Algeria/North Africa)

Dream when you are a kid, and turn that dream into reality when you grow up

Follow Youcef on Social Media:

Twitter? @abdirunning

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Website? athletesweb.com.au