

Overcoming adversity through sport

Abdifatah Dhuhulow

A person cannot be defeated
except: Death and quitting



If you believe in and your mind
can conceive, you can achieve



Coming out of my box



Receiving a prestigious award after running my first marathon



How the sport has helped me and what I have learnt so far through sport?

- Health
- Socially
- Personal development
- Fear of failure & Self-doubt



My epic challenge project



Thank you!

Abdifatah Dhuhulow
adhuhulow@yahoo.co.uk