

Flo-Jo Biography

Florence Griffith-Joyner (known as Flo-Jo) was born and grew up in California. From a young age, she was very athletic and soon started attending running track meets. At university in California, she continued to compete in track and field. She attended the Olympics in 1984, where she won a silver medal in the 200 metre distance. During the 1988 U.S. Olympic trials, Flo-Jo set a new world record in the 100 metre sprint of 10.49 seconds. From here, she went on to win three gold medals at the 1988 Olympics. Griffith-Joyner has held the world record for the women's fastest 100m ever since.

(see: https://en.wikipedia.org/wiki/Florence_Griffith_Joyner)

Teacher Profile: sample

Mrs Collins was born in 1989 and grew up in Chester, Cheshire. She has always enjoyed making and drinking tea. By the age of 10, Mrs Collins could drink a (slightly cooled) cup of tea in under 12 seconds and began competing at county-level tea-drinking competitions. She continued to compete throughout her teen years and established herself among the world's great tea speed-drinkers. Since breaking the world record (5.5 seconds) in 2020, Mrs Collins has been approached by several British tea brands offering sponsorship. Her favourite tea is English Breakfast tea, taken with a couple of rich tea biscuits.