

Philip Buys – Mountain Biking

Were you coached by a professional coach when you started your career?	Self coached when I started 9 years ago. Coached by Dr Jeroen Swart for the past 3 years now
What was the most valuable thing you learnt from your coach?	Importance of routine, structure and planning in training
When did you turn professional?	2009
What memorable moment comes to mind in your career?	Call up at 2012 London Olympics
Favourite sportsperson to watch while you were growing up?	Jose Antonio Hermida (Spanish Mountain biker)
What made you choose the sport you are currently participating in?	The fun of riding
Favourite cartoon as a kid?	Tom and Jerry
Favourite colour?	Green
Favourite food before a big competition?	Dessert
Are you studying or working, if so doing what?	Working on a few ventures for after riding
Favourite Music?	Foo Fighters
When you were growing up what did you want to be?	Professional bike rider
Your most treasured possession/s?	Health
What do you normally eat for breakfast?	Yogurt and muesli with fruit
My last meal would be?	Medium rare fillet steak followed by crème Brule
My signature dish is?	Scrambled eggs...
What I don't find amusing?	Doping and unfair sport
Favourite holiday destination?	Home
Stranded on an island, what are your 3 essential items?	Just a fast fuel efficient luxury yacht
What would you buy with your last R50?	Fuel for the yacht
Apart from sport, what are your other interests?	Videography, photography, hunting, fishing, endure motorbiking, anything outdoors
If you could change one thing in this world, what would it be?	Safe roads for cycling
What drives you as an athlete?	Always improving and pushing my talents to maximum potential
What do you like about the hpc?	A great resource of expert knowledge in sport and being surrounded by people with an interest in high performance in sport
How did you get involved with the hpc?	I've always been going to hpc for sports massages and then just got fast enough to apply for a sponsorship.