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So the world didn’t end in 2012; the London Games were fantastic, but Rio now beckons, and with two IAAF World Championships in between, we look forward to new challenges and more specifically, new medal targets.

The Olympic team performed very well in London, finishing fourth in the world with four gold medals, so we have a great platform on which to build, but I believe that we can do even better. Part of that is ensuring the transfer of talent from junior level through to senior success.

This is not a short term project. While the support we have from National Lottery, UK Sport, British Athletics and our sponsors gives every athlete the opportunity to demonstrate their ability and prepare in the best possible environment, the medal targets set by UK Sport ensure that once on funding, the athletes must maintain that exceptionally high standards going forward.

We have to ensure we have strong performance management of our best medal prospects coupled with greater accountability amongst our coaches.

While 2012 was about success in London, 2013 is about success in Moscow and continuing the positive momentum we have created. But there are also World Youth, European Junior and European Under-23 Championships to look forward to, and all bring opportunities to win medals and create new stars. Equally important at this level, these events also help develop a Championship-winning mentality which is essential for success on the global stage.

We have every reason to be excited about the future; the new stars of summer 2013 can become our Olympic Games heroes in 2016, and as their heroes did before them, look ahead to a home crowd at the IAAF World Athletics Championships in London, 2017.

We are all fortunate to be part of this exhilarating period in British Athletics.

“We have every reason to be excited about the future; the new stars of summer 2013 can become our Olympic Games heroes in 2016”
After performing so admirably in the IPC World Championships in 2011 and going on to exceed expectations in the London 2012 Paralympic Games with 29 medals, of which 11 were gold, the standard has now been set for the pinnacle of 2013 - the IPC Athletics World Championships in Lyon, France, and onwards to the 2016 Paralympic Games in Rio.

As a squad we’ve enjoyed significant progression in recent years. We’ve increased the base level at which we’re competing and our outstanding results in both junior and senior competition are evidence of success, in particular our progression from 18th in the athletics medal table in Beijing 2008 to third in London.

We’ve had to take a number of difficult decisions in this funding cycle, but this is the strongest group of athletes we have selected to the Paralympic World Class Performance Programme in recent years.

The funding made available to British Athletics from UK Sport and the National Lottery shows their ongoing commitment to elite sport. It gives every athlete the opportunity to prepare for competition in the best possible environment, but we must ensure that the athletes continue to see their inclusion on the programme as a privilege and not a right.

Paralympic sport continues to evolve and the medal targets set by UK Sport reflect such progression. Athletes must not only perform, but they must maintain exceptionally high standards going forward. In addition, accountability from both athletes and coaches is integral to success.

London 2012 was the biggest summer of sport the nation has ever seen and the Paralympics played a major part. Every session in the Olympic Park sold out with a record total of 1.4 million spectators. On television, a peak audience of 6.4 million tuned in for “Thriller Thursday” which included Jonnie Peacock’s gold medal winning T44 100m performance.

2013 opened with the British Athletics International Match in January which, for the first time ever, which showcased disability events in front of a capacity crowd in the new Emirates Arena. We’re making progress in all areas and need to continue this positive momentum.

“We’ve had to take a number of difficult decisions in this funding cycle, but this is the strongest group of athletes we have selected to the Paralympic World Class Performance Programme in recent years.”
I look back on 2012 with pride, not just because of the success of our athletes at the Olympics and Paralympics, but because of the way the nation embraced athletics.

The enthusiasm that greeted not only British athletes, but all the competitors in London from around the world, reminded us once again of the long-standing affection with which our sport is viewed by the British public.

From a performance perspective our teams delivered. The Olympic team finished fourth with four gold medals, a great platform on which to build for this year’s IAAF World Championships in Moscow and of course onto Rio in 2016.

Our Paralympic team exceeded all expectations finishing third in the medal table with 29 medals, of which 11 were gold. New heroes were created, making icons of established athletes and introducing new stars.

17.1m viewers watched Mo Farah earn his place in Olympic history by winning the 5000m and 10,000m double, while 6.4 million tuned on Channel 4 for the Paralympics’ “Thriller Thursday” which included Jonnie Peacock’s scintillating gold medal winning 100m and David Weir’s third track gold.

The challenge is now to continue this positive momentum through an exciting period for British Athletics.

In the next 12 months we have European Indoor, IPC and IAAF World Championships at senior level, in addition to World Youth, European Junior and European Under-23 Championships.

Previous editions of the age group events have seen talented young athletes experience their first success on the international stage.

Not forgetting of course, that as host of the European Team Championships in Gateshead in June, we will continue on our World Class events pathway which will conclude with both the 2017 IAAF and IPC World Athletics Championships back in the Olympic Stadium in just over four years time.

I would also like to thank all the sponsors who continue to support British Athletics.

And finally, thanks to you, the media, for your invaluable support and commitment throughout the period leading up to and during the Olympic and Paralympic Games. Athletics has never enjoyed so much coverage and for the Paralympics in particular it was unprecedented. That was down to you all, so thank you. We look forward to welcoming you back in 2013.
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The following biographies are of athletes supported by the World Class Performance Programme (WCPP) for 2012/13.

The 2013 Media Guide has been categorised into subsections following the two levels of WCPP funding across both Olympic and Paralympic Programme; Podium and Potential (previously titled ‘Development’).

The agents listed are commercial agents since this is a media publication. For race agents please contact British Athletics.

In addition to this annual Media Guide - which is also available online - British Athletics will provide Media Guide Inserts for each major Championship throughout 2013 to include both WCPP and non-WCPP athletes that are on British Athletics teams, which will also be available in print and online.

Biographical statistics such as personal bests and Championship Records are correct as of February 2013.

Photographs kindly provided by: Mark Shearman: Athletics Images

With thanks for their assistance: Athletics Data
BIOGRAPHIES

PODIUM OLYMPIC

BRITISH ATHLETICS
HARRY
AIKINES-
ARYEETEY
100M

DOMESTIC CHAMPIONSHIPS
2013 - British Athletics European Trials & UK Championships 60m silver
2012 - BUCS Championships 100m gold. Aviva 2012 Trials 100m 7th. Aviva European Indoor Trials 60m bronze
2011 - Aviva European Trials 100m silver
2009 - Aviva European Indoor Championship Trials 60m 6th. Aviva World Championship Trials 100m 5th
2007 - England Athletics Open Championships 60m gold
2006 - AAA Indoor Championships 60m bronze. AAA U20 Indoor Championships 60m gold. AAA U20 Championships 100m gold, 200m bronze
2004 - AAA U17 Indoor Championships 60m gold, 200m silver. AAA U17 Championships 100m gold, 200m gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 – European Championships 100m 4th
2011 – European Indoor Championships 60m 6th, IAAF World Championships 100m 3rd sf
2009 – IAAF World Championships 4x100m relay bronze. European U23 Championships 100m gold
2006 – World Junior Championships 100m gold (4x100m bronze)
2005 – World Youth Championships 100m gold, 200m gold

PERSONAL BESTS
100m 10.10
60m 6.55
<table>
<thead>
<tr>
<th>Q &amp; A</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>What was your first Olympic Games memory:</strong></td>
<td>Linford Christie winning Olympic gold</td>
</tr>
<tr>
<td><strong>Favourite athletics venue:</strong></td>
<td>Brussels.</td>
</tr>
<tr>
<td><strong>Pre-competition meal:</strong></td>
<td>Chicken from Nando’s</td>
</tr>
<tr>
<td><strong>Sporting hero:</strong></td>
<td>Maurice Greene</td>
</tr>
<tr>
<td><strong>What other sports do you like:</strong></td>
<td>Football</td>
</tr>
<tr>
<td><strong>If you were not an athlete what would you like to be:</strong></td>
<td>A footballer</td>
</tr>
<tr>
<td><strong>Favourite film:</strong></td>
<td>Due Date, The Hangover</td>
</tr>
<tr>
<td><strong>Favourite TV programme:</strong></td>
<td>Family Guy, Phineas &amp; Ferb, Boondocks</td>
</tr>
<tr>
<td><strong>Favourite music/group:</strong></td>
<td>Funky House</td>
</tr>
<tr>
<td><strong>Favourite food:</strong></td>
<td>Pizza and Nando’s</td>
</tr>
<tr>
<td><strong>Food dislike:</strong></td>
<td>Sushi</td>
</tr>
<tr>
<td><strong>Favourite subject at school:</strong></td>
<td>Science</td>
</tr>
<tr>
<td><strong>If you could take 3 people out for dinner who would they be:</strong></td>
<td>Rihanna, Will Smith, Beyonce</td>
</tr>
<tr>
<td><strong>If you were stranded on a desert island what 3 items would you take with you:</strong></td>
<td>Laptop, iPhone, 3DS</td>
</tr>
<tr>
<td><strong>Do you have any pets:</strong></td>
<td>Weimaraner called Poppy</td>
</tr>
<tr>
<td><strong>What is in your kit bag when you go out onto the track:</strong></td>
<td>Haribo, Lucozade bar, spikes, cricket ball, rope</td>
</tr>
<tr>
<td><strong>Do you have a motivational song, if so what is it:</strong></td>
<td>Drake featuring Rick Ross – I’m on one</td>
</tr>
</tbody>
</table>
YAMILE ALDAMA
TRIPLE JUMP

DOMESTIC CHAMPIONSHIPS

2013 - British Athletics European Trials & UK Championships TJ gold

2012 - Aviva European Indoor Trials TJ gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 - Olympic Games TJ 5th, IAAF World Indoor Championships TJ gold

2011 - IAAF World Championships TJ 5th

FOR CUBA

2000 - Olympics 4th

1999 - IAAF World Championships silver

FOR SUDAN

2006 - World Indoors bronze

2004 - Olympics 5th, World Indoors silver

PERSONAL BESTS

TJ 15.29
Q & A

What was your first Olympic or Paralympic Games memory?
Atlanta 1996 I saw the greatest boxer of all time Mohammed Ali

What has been the best athlete performance ever in an Olympic Games:
Bob Beamon 1968

Best friend in athletics: Frank Attoh

Pre-competition meal: Anything but has to be 3-4 hours before I compete

Sporting hero: Rafa Nadal

What other sports do you like: Tennis

If you were not an athlete what would you like to be: Pianist

Favourite film: 300

Favourite music/group: Tina Turner

Favourite food: Seafood

Food dislike: Plain cheese sandwiches

Interesting unknown fact about yourself: It took me two days to travel to a competition in Congo. I arrived on the day of competition and won with a jump of 14.91m.

What is in your kit bag when you go out onto the track: Spikes, music, fruit, skipping rope

Do you have a motivational song, if so what is it: Tina Turner

DOB: 14/08/1972
Born: Havana, Cuba
Lives: London
Club: Shaftesbury Barnet
Trains: Lee Valley

Coach: Frank Attoh
Kit: Mizuno
Facebook: Yamile Aldama
DOMESTIC CHAMPIONSHIPS

2013 - British Athletics European Trials & UK Championships 400m bronze
2012 - Aviva European Indoor Trials 400m silver
2010 - Aviva European Trials and UK Championships 400m silver
2008 - Aviva Olympic Trials & UK Championships 400m bronze

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 - European Athletics Championships 4x400m silver. IAAF World Indoor Championships 4x400m silver
2010 - European Championships silver
2009 - World Championships 7th. World Athletics Final 400m 4th
2007 - NCAA Indoor Championships 400m bronze
2008 - Olympic Games 4x400m relay 4th

PERSONAL BESTS

400m 44.74

MICHAEL BINGHAM

400M
Q & A

What was your first Olympic or Paralympic Games memory?
My first memory is when I ran in the 4 x 400m relay in Beijing 2008.

Favourite athletics venue: Crystal Palace

Best friend in athletics: Robbie Grabarz

Pre-competition meal: Food!

Favourite food: Sweet potato

If you were stranded on a desert island what 3 items would you take with you:
Water, music, sweet potatoes

Do you have any pets: Joey a Boxer dog
DOMESTIC CHAMPIONSHIPS

2012 - Aviva 2012 Trials & UK Championships 5000m bronze

2011 – Aviva World Trials & UK Championships 5000m gold, CAU Inter-Counties Cross-Country Championships 5th

2009 – CAU Inter-Counties Cross-Country Championships 27th

2005 – AAA Championships 5000m 4th

2004 – AAA Championships 5000m 10th, CAU Inter-Counties 5000m gold

2003 – Norwich Union England U23 Championships 1500m 5th, CAU Inter-Counties 1500m 9th, National 10k Road Championships 6th

2002 – CAU Inter-Counties 1500m 7th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 - Olympic Games 5000m 8th, 10,000m 8th, European Championships 5000m 4th


PERSONAL BESTS

5000m 15:02.00
10,000m 30:55.63

JULIA BLEASDALE

5,000M / 10,000M
Q & A

What was your first Olympic or Paralympic Games memory?
Barcelona 92

What has been the best ever Olympic/Paralympic Games and why?
London – the first for me!

Outside of parents, who has had the greatest influence on your athletics career?
Partner Kevin Nash

Favourite athletics venue?
Training in the mountains surrounding St Moritz, Switzerland

Toughest opponent?
The Africans!

Sporting hero?
Haile Gebrselassie

What other sports do you like?
Mountain running, cycling, paragliding

What is your favourite pre-competition meal?
Salmon with quinoa and vegetables

What did you do during your 2012 post season break?
A week paddling in the Algonquin Provincial Park, Canada

Interesting unknown fact about yourself?
I play viola and piano. I believe my dropping left shoulder when running is the result of my early years playing the viola

What is in your kit bag when you go out onto the track?
Just the essentials to keep it as light as possible

DOB: 09/09/1981
Born: Hillingdon
Lives: Dorking/Surrey
Club: Hillingdon/Thames Hare & Hounds
Coach: Nic Bideau
Kit: Nike
Twitter: @JuliaBleasdale
Web: Juliableasdale.com
HOLLY BLEASDALE
POLE VAULT

DOMESTIC CHAMPIONSHIPS
2013 - British Athletics European Trials & UK Championships PV gold
2012 - Aviva 2012 Trials & UK Championships PV gold. BU CS PV silver. Aviva European Indoor Trials & UK Championships PV gold
2011 – Aviva European Indoor Trials & UK Championships PV gold. Aviva U23 Championships PV gold. Aviva World Trials PV gold
2008 – English Schools Championships 80mh 5th. UK School Games 80mh 5th. English Schools Combined Events Championships Heptathlon 14th
2007 – Sainsbury’s English Schools Championships 80mh 6th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 - World Indoor Championships PV bronze. Olympic Games PV 6th
2011 – European U23 Championships PV gold. European Indoor Championships PV 11th q. Spar European Team Championships PV 5th. IAAF World Championships PV NH q
2010 – IAAF World Junior Championships PV bronze

PERSONAL BESTS
PV 4.87m (indoors)
PV 4.71m (outdoors)

Q & A
What was your first Olympic or Paralympic Games memory? Kelly Holmes double
What was the best performance during 2012? Jonnie Peacock/David Rudisha
What has been the best ever Olympic/Paralympic Games and why? 2012. Crowd and facilities
Outside of parents, who has had the greatest influence on your athletics career? Paul Bradshaw (fiancé)
DOB: 02/11/1991  
Born: Preston  
Lives: Euxton  
Club: Blackburn  
Trains: Cardiff & USA  
Coach: Dan Pfaff, Scott Simpson  
Agent: Mission Sports  
Kit: Nike  
Twitter: @hollybleasdale

Favourite athletics venue?  
Birmingham Indoors/Mannheim

Best friend in athletics?  
Katarina Johnson-Thompson

Toughest opponent?  
Silke Spiegelburg

Favourite training session?  
Pole vaulting

Least favourite training session?  
Long running

Sporting hero?  
David Beckham

Most famous person you have ever met?  
Prince William/Kate Middleton

What other sports do you like?  
Football, badminton, golf

If you were not an athlete what would you like to be?  
Physiotherapist

Favourite film?  
Taken

Favourite music/group?  
Mumford & Sons

What is your favourite pre-competition meal?  
Chicken

If you could take three people out for dinner who would they be?  
Rowan Atkinson, Lee Evans, Liam Neeson

If you were stranded on a desert island what 3 items would you take with you?  
iPhone, Mac, iPhone charger

What did you do during your 2012 post season break?  
Eat, chill

Do you have any pets?  
Allergic!

What is in your kit bag when you go out onto the track?  
Spikes, training plan, drink, pen

Do you have a motivational song, if so what is it?  
The Climb – Miley Cyrus

If you were Prime Minister for one day you would...  
Build a national PV centre

If you had a super power what would it be?  
Invisibility
DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships 400mH silver. BUCS 400mH gold, 400m gold

2011 – Aviva European Indoor Trials & UK Championships 400m silver

2009 – England U23 Championships 400m hurdles silver, CAU Inter-Counties 400m hurdles gold

2008 – BUSA Championships 400m hurdles gold, England Athletics Open U23 Championships 400m hurdles gold, Olympic Trials 400m hurdles bronze

2007 – BUSA Championships 400m hurdles gold, European Athletics U23 Championships 400m hurdles 5th, Norwich Union World Champs Trials 400m hurdles bronze

2005 – AAA U20 Championships 400m hurdles gold

2004 – AAA U20 Championships 400m hurdles silver

2003 – AAA U17 Championships 300m hurdles gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – IAAF World Indoor Championships 400m 3rd sf, 4x400m silver

2011 – 3rd European Indoor Championships 400m bronze, 4x400m relay silver

2010 – European Team Championships 4x400m silver. IAAF World Indoor Championships 400m 5th sf, 4x400m bronze

2009 – European Indoor Championships 400m 5th, 4x400m silver

2007 – IAAF World Championships 4x400m 6th. World University Games 400m 6th. European U23 Championships 400m 5th

2005 – European Junior Championships 4x400m gold

2004 – World Junior Championships 4x400m 5th

PERSONAL BESTS

400m 45.61
DOB: 14/11/1986  
Born: Grimsby  
Lives: Loughborough/York  
Club: City of York  
Trains: Loughborough  
Coach: Steve Fudge  
Agent: Steffen Keil: Aurum Sports Group  
Kit: Puma  
Twitter: @Rickbee400

Q & A

What was your first Olympic or Paralympic Games memory? Playing the Sydney 2000 Olympic video game.

What was the best performance during 2012? Mo Farah 10,000m and Usain Bolt 100m.

What has been the best ever Olympic/Paralympic Games and why? London 2012, because it’s home.

Outside of parents, who has had the greatest influence on your athletics career? First coach – Geoff Barraclough.

Favourite athletics venue? Don Valley/Sports City.

Do you have any pre-competition superstitions? I always dress in a certain order before a big race.


Toughest opponent? The clock.

Most famous person you have ever met? Ronan Keating.

What other sports do you like? F1, basketball, football.

If you were not an athlete what would you like to be? Slightly fatter.

Favourite film? Anything Star Trek.


What is your favourite pre-competition meal? Pasta/lasagne.

If you could take three people out for dinner who would they be? William Shatner, Tom Baker and Matt Smith.

If you were stranded on a desert island what 3 items would you take with you? Bukowski collection of novels and poetry, a cowboy hat, and a guitar.

What did you do during your 2012 post season break? Dentist trips.

Do you have any pets? I’m pressuring for a dog but not yet.

Interesting unknown fact about yourself? I’m attempting to write a book.

What is in your kit bag when you go out onto the track? Nothing special.

If you were Prime Minister for one day you would... Tour MI6.

If you had a super power what would it be? Wolverine style healing.
DOMESTIC CHAMPIONSHIPS

2013 - British Athletics European Trials & UK Championships 400m gold

2012 - Aviva 2012 Trials & UK Championships 400mH silver. BUCS 400mH gold, 400m gold

2011 - Scottish Senior Championships 400m gold. Aviva World Trials & UK Championships silver

2009 - England U23 Championships 400m hurdles silver, CAU Inter-Counties 400m hurdles gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 - Olympic Games 400mH 6th sf. European Championships 4x400m, 4th

2011 - IAAF World Championships 6th sf

2010 - Commonwealth Games silver. European Championships 8th. European Team Championships silver

2009 - World Championships 6th sf. European U23 Championships 400m hurdles silver

PERSONAL BESTS

400m H 54.96  400m 51.50

Q & A

What was your first Olympic or Paralympic Games memory?
1992 Barcelona - Linford Christie and Sally Gunnell

What was the best performance during 2012?
Jessica Ennis winning gold after having so much pressure

What has been the best ever Olympic/Paralympic Games and why?
London 2012 – the whole atmosphere and success of Team GB

Outside of parents, who has had the greatest influence on your athletics career?
Coach (Malcolm Arnold) and partner (Brian)

Favourite athletics venue?
Geneva because I ran my personal best there!

Do you have any pre-competition superstitions?
No but I always wear my Hearts FC band round my wrist as I think it’s good luck

Best friend in athletics?
Sian Davies, Steph Twell, Claire Gibson

Toughest opponent?
Anyone with faster PB!
DOB: 20/02/1987
Born: Perth - Scotland
Lives: Bath/Cumbernauld
Club: Pittreavie
Trains: Bath

Coach: Malcolm Arnold
Agent: Gregg McEwan – Material Marketing
Kit: Puma
Twitter: @EilidhChild
Web: www.eilidh-child.com

Favourite training session?
Hurdles, drills, technical stuff

Least favourite training session?
Anything over 400m on the track eg. 600s!

Sporting hero?
Sir Chris Hoy

Most famous person you have ever met?
Prince William and Harry and Kate Middleton

What other sports do you like?
Football and tennis

If you were not an athlete what would you like to be?
I am a qualified PE teacher and it's a job I love doing so would still be doing that

Favourite film? Stand By Me
Favourite music/group? Travis

If you could take three people out for dinner who would they be?
Bradley Cooper, Fran Healy and Chris Hoy

If you were stranded on a desert island what three items would you take with you?
Dog, Kindle and iPod

What did you do during your 2012 post season break?
Went on holiday with my partner and our dog and ate a lot of junk food!

Do you have any pets?
Ben the Rottweiler

Interesting unknown fact about yourself? 2012 involved a published book (for my sister), 2 weddings Olympics and Scottish Cup Football victory for my family – so it was a very exciting year!

What is in your kit bag when you go out onto the track?
Spikes, water and tape measure

Do you have a motivational song, if so what is it?
No just something I like so it helps to relax me

If you were Prime Minister for one day you would… Hide! Too much hassle

If you had a super power what would it be?
Invisibility
CHRIS CLARKE
400M

DOMESTIC CHAMPIONSHIPS

2013 - British Athletics European Trials & UK Championships 200m gold
2012 - Aviva 2012 Trials & UK Championships 200m bronze
2011 - Aviva World Trials 400m silver. England Senior Championships 400m 6th
2010 - England Senior Closed Championships 200m gold. Aviva European Trials & UK Championships 400m 7th
2009 - England U20 Championships 400m gold
2008 - England Athletics U20 Open Championships 400m gold. UK Indoor Championships 200m gold
2007 - England Athletics U20 Open Championships 400m silver. England Athletics Indoor U20 Open Champs 400m bronze
2006 - ESAA Championships 400m gold. AAA U20 Championships 400m gold
2005 - ESAA Championships 400m gold. AAA U17 Championships 200m gold and 400m gold. AAA Indoor U17 Champs 60m silver
2004 - ESAA Championships 200m gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 - European Championships 200m 6th
2011 - IAAF World Championships 4x400m 7th
2010 - European Team Championships 4x400m silver. IAAF World Indoor Championships 4x400m bronze
2009 - European Junior Championships 400m gold & 4x400m gold
2008 - World Junior 200m sf
2007 - World Youth Championships 400m gold
2006 - World Junior 4x400m bronze

PERSONAL BESTS

200m 20.65 400m 45.59
**BIOGRAPHY**

Chris is a hugely exciting talent and at the age of 23, the Loughborough-based athlete looks set for a promising career. Since winning the 400m World Youth title in 2007, Clarke has gone on to win the European Junior Championships in 2009, before winning a 4x400m relay silver at the European Team Championships and bronze at the IAAF World Indoor Championships a year later. In 2012, Chris finished 6th in the 200m at Helsinki at the European Championships, before going on to take bronze at the Aviva 2012 Trials.

Chris is well known amongst the GB&NI team for his skills on the piano having treating the squad to a mini concert prior to the IAAF World Championships in Daegu in 2011.
**DOMESTIC CHAMPIONSHIPS**

**2012** - Aviva 2012 Trials & UK Championships 110mH silver. BUC Championships 100mH gold. Aviva European Indoor Trials & UK Championships 60mH DQ

**2011** - Aviva European Indoor Trial & UK Championships 60mH bronze. Aviva World Outdoor Trials 110mH gold. England Athletics U23 110mH gold

**2011** - Aviva World Trials & UK Championships 110mH gold. Aviva U23 European Trials & UK Championships 110mH gold

**2010** - Aviva World Indoor Trials 60mH bronze. Aviva European Outdoor Trials 110mH bronze. England Athletics U23 110mH gold. England Senior Closed Championships 110mH gold. BUCS Championships 110mH gold

**MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS**

**2012** - Olympic Games 110mH 4th.

**2011** - European Indoor Championships 60mH 4th sf. European U23 Championships bronze. IAAF World Championships 110mH 5th ht

**2010** - Commonwealth Games 110mH bronze

**PERSONAL BESTS**

<table>
<thead>
<tr>
<th>Event</th>
<th>Best</th>
</tr>
</thead>
<tbody>
<tr>
<td>110mH</td>
<td>13.31</td>
</tr>
</tbody>
</table>

**2009** - European Junior Championships 110mH gold

**2008** - Commonwealth Youth Games 110mH 4th
Q & A

What was your first Olympic or Paralympic Games memory? 1996 Steve Redgrave

What do you think was the best athletics performance during the 2012 Olympic and Paralympic Games GB AND overseas? David Rudisha

What has been the best ever Olympic/Paralympic Games and why? London 2012

Favourite athletics venue? Birmingham

Toughest opponent? Aries Merritt

Favourite training session? 4x12 hurdles

Least favourite training session? Long distance running

Sporting hero? Lord Burghley

Most famous person you have ever met? Dalai Lama

What other sports do you like? Shooting and mountaineering

Favourite film? Withnail and I

Favourite music/group? Coldplay

If you could take three people out for dinner who would they be? Rowan Atkinson, William Hague and Sir David Attenborough

What is in your kit bag when you go out onto the track? Spikes, book, vest, iPod

Do you have a motivational song, if so what is it? Watercolour - Pendulum

If you were Prime Minister for one day you would... Knight Mo Farah
DOMESTIC CHAMPIONSHIPS

2013 - British Athletics European Trials & UK Championships 400m silver

2012 - Aviva 2012 Trials & UK Championships 400m silver. England Closed Championships 200m silver. Aviva European Indoor Trials & UK Championships 400m gold

2011 – Aviva World Trials & UK Championships 400m silver

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Olympic Games 400m 7th sf, 4x400m 5th. European Championships 4x400m 4th. IAAF World Indoor Championships 400m 5th, 4x400m gold. Aviva Indoor International GBR v GER v RUS v Commonwealth v USA 400m bronze

2011 – Spar European Team Championships 400m bronze

PERSONAL BESTS

400m  50.84

FOR USA

2004 - World Juniors 200m 5th
**Q & A**

What do you think was the best athletics performance during the 2012 Olympic and Paralympic Games GB AND Overseas? Mo Farah’s double gold

What has been the best ever Olympic/Paralympic Games and why? London 2012

Outside of parents, who has had the greatest influence on your athletics career? My eldest brother Adrian

Best friend in athletics? Lena Beltis

Toughest opponent? Myself, always

Favourite training session? Anything short and fast

Sporting hero? Serena Williams

Most famous person you have ever met? Serena Williams

What other sports do you like? Tennis, basketball

If you were not an athlete what would you like to be? A therapist

Favourite music/group? Gospel music

What is your favourite pre-competition meal? Chicken wings from Nandos

If you could take three people out for dinner who would they be? Barack Obama, Michelle Obama & a parent

If you were stranded on a desert island what three items would you take with you? My dog, my iPad and lip gloss

What did you do during your 2012 post season break? Relaxed in the sun

Do you have any pets? A dog named Cocoa

Interesting unknown fact about yourself? I’m an only girl with three brothers

What is in your kit bag when you go out onto the track? Water, spikes, chapstick and a snack

Do you have a motivational song, if so what is it? Lose Yourself by Eminem

If you were Prime Minister for one day you would... Make everyone wear hot pink for a day

If you had a super power what would it be? To fly – I hate to walk!
JAMES DASAOLU
100M

DOMESTIC CHAMPIONSHIPS

2013 - British Athletics European Trials & UK Championships 60m gold

2012 - Aviva 2012 Trials & UK Championships 100m bronze

2010 – Aviva European Trials & UK Championships 100m silver

2009 – Aviva Indoor Trials 60m 7th=

2011 – England Athletics U23 Championships gold

PERSONAL BESTS

60m 6.58  100m 10.09

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 - Olympic Games 100m 7th sf

2010 – European Championships 100m 3rd sf
BIOGRAPHY

James is among one of the fastest sprinters this country has ever seen. A personal best of 10.09 set in 2009 shows that we can expect even faster times from the 25 year old over the next few years. Dasaolu secured qualification for last summer’s Olympic Games by finishing third in the Aviva 2012 Trials. The biggest test of his career came in the Olympic Stadium when he went up against 100m world record holder and arguably the greatest sprinter of all-time Usain Bolt in the heats. A season’s best time of 10.13 secured his place in the semi-final where he went on to finish in 7th place.
DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships 400m 4th. Aviva European Indoor Trials & UK Championships 400m 5th. Aviva U23 World Trials & UK Championships 200m gold. BUCS Championships 200m gold

2011 – Aviva World Trials & UK Championships 200m 6th

2010 – AAA’s outdoor 200m Silver, BUCS 100m silver

2009 – AAA’s outdoor 200m silver, 100m bronze; AAA’s indoor 200m silver, ESAA 200M gold, Loughborough International 100m gold

2008 – ESAA 200m silver

2007 – ESSA 200m silver

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2011 – European U23 Championships 200m 7th sf & 4x100m bronze. World Student Games 4x400m bronze

2010 – IAAF World Junior Championships 200m 6th

2010 – European Junior Championships 200m 8th

PERSONAL BESTS

200m 23.41 400m 52.69

Q & A

What was your first Olympic or Paralympic Games memory?

Athens 2004 and Dame Kelly Holmes winning the 800m and 1500m

What was the best performance during 2012?

The mens 800m! An amazingly quick race especially as Andrews time would have won the past two Olympics

What has been the best ever Olympic/Paralympic Games and why?

London 2012! As the home support was amazing and I was part of Team GB!

Outside of parents, who has had the greatest influence on your athletics career?

My coach Jared Deacon

Favourite athletics venue?

Alexander Stadium as my first English schools were there and I surprised myself with the silver medal

Do you have any pre-competition superstitions?

Not really. I have a routine before getting into the blocks but it isn’t really a superstition
DoB: 11/06/1991
Born: Bristol
Lives: Bristol
Club: Bristol & West
Trains: Loughborough

Best friend in athletics?
Laura Maddox

Favourite training session?
Speed sessions and technical block work

Least favourite training session?
Split 4’s

Most famous person you have ever met?
Tom Daley/Seb Coe

What other sports do you like?
Tennis, gymnastics and swimming

If you were not an athlete what would you like to be?
Sportswear designer, wedding planner

Favourite film?
Taken, or Life As We Know It

Favourite music/group?
I like most music except drum & bass! Snow Patrol, Angels & Airways, Mumford & Sons, Emeli Sande

What is your favourite pre-competition meal?
Pasta with bacon, mushroom and peas in a creamy white wine sauce

If you could take three people out for dinner who would they be?
Channing Tatum, Seb Coe and Boris Johnson

If you were stranded on a desert island what 3 items would you take with you?
Satellite phone, tinned food and tin opener!

What did you do during your 2012 post season break?
Revised for my final year uni exams, then went on holiday to France

Do you have any pets?
A black fluffy cat called Twiglet

Interesting unknown fact about yourself?
I’ve played tennis at Wimbledon (an U14 national competition)

What is in your kit bag when you go out onto the track?
Drinks, warm clothes, training diary, tennis ball, stop watch. Everything that’s in my normal bag for training, nothing exciting!

If you were Prime Minister for one day you would...
Change the way benefits are paid

If you had a super power what would it be?
Be invisible!
DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships 1500m silver
2011 – Aviva World Trials & UK Championships 1500m silver
2010 – Aviva European Trials & UK Championships 1500m bronze
2008 – Aviva World Indoor Championships Trials 3000m silver, Olympic Trials 1500m gold
2007 – Aviva European Indoor Championships Trials 3000m gold
2006 – AAA Indoor Championships 3000m gold, AAA Championships 1500m silver
2005 – BUSA Indoor Championships 3000m gold, BUSA Championships 800m silver, National XC 4km Championships gold
2004 – AAA Championships 1500m silver
2003 – BUSA Championships 800m gold, AAA U23 Championships 1500m gold
2002 – AAA U20 Championships 1500m gold
2001 – ESAA Championships 1500m gold
2000 – AAA U20 Indoor Championships 1500m gold
1999 – AAA U17 Championships 800m gold
1998 – AAA U15 Championships 800m gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Olympic Games 1500m 10th
2011 – IAAF World Championships 1500m 11th h.t
2010 – European Championships 1500m 4th
2009 – World Championships 1500m silver
2008 – Olympic Games 1500m 4th
2007 – World Championships 1500m 10th sf. European Indoor Championships 3000m 5th
2006 – European Championships 1500m 7th q. Commonwealth Games 1500m gold
2005 – 5th World University Games 1500m 5th
2003 – European U23 Championships 1500m bronze
2001 – European Junior Cross Country Championships 36th

PERSONAL BESTS

1500m 3:59.50
Q & A

What was your first Olympic or Paralympic Games memory? Barcelona 92

What was the best performance during 2012? Jessica Ennis, Mo Farah, and David Rudisha

What has been the best ever Olympic/Paralympic Games and why? London 2012 – the crowd and Games Makers made it a phenomenal experience for the whole country

Outside of parents, who has had the greatest influence on your athletics career? My husband

Favourite athletics venue? Zurich and Paris internationally, but in the UK, Stratford

Do you have any pre-competition superstitions? I used to have so many little things but I had to stop as it got a bit too obsessive

Best friend in athletics? Laura Kenney and Jo Jackson

Toughest opponent? The clock

Favourite training session? 6 x 2 mins on the grass

Least favourite training session? Long hill reps!

Sporting hero? Julie Rose, Paula Radcliffe and Jonny Wilkinson

Most famous person you have ever met? Queen

What other sports do you like? I like watching gymnastics and swimming

If you were not an athlete what would you like to be? A primary school teacher

Favourite film? Uncle Buck

Favourite music/group? Florence and The Machine

What is your favourite pre-competition meal? A banana and honey meal

If you could take three people out for dinner who would they be? Florence Welch (to sing), James Corden (to make me laugh) and Tom Hanks

If you were stranded on a desert island what 3 items would you take with you? Snorkel and mask, pillow, and iPod

What did you do during your 2012 post season break? Went on holiday to the south of France

Interesting unknown fact about yourself? I play the piano

What is in your kit bag when you go out onto the track? Spikes, water, recovery sachets, towel, brush and hairbands (nothing exciting!)

Do you have a motivational song, if so what is it? Rabbit Heart (Raise It Up)

If you were Prime Minister for one day you would... Give everyone a 1 hour activity break to play sports

If you had a super power what would it be? To heal and not get injured - to be unbreakable

DOB: 23/12/1983
Born: Ashford
Lives: Loughborough
Club: Ashford AC
Trains: Loughborough
Coach: Self
Agent: Flynn Sports Management (race)
Kit: adidas
Agent: David Welch Management (comp)
DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships 200m gold.

2011 – Aviva World Trials & UK Championships 200m silver. Aviva European Indoor Trials & UK Championships 60m 6th

2009 – Aviva World Trials & UK Championships 100m 6th, 200m 3rd ht

2008 – Aviva Olympic Trials & UK Championships 100m 5th sf, 200m 2nd ht. CAU Inter-Counties Championships 100m silver

2007 – England Athletics U23 Championships 100m bronze, 200m 5th sf. Norwich Union World Trials & UK Championships 100m 6th, 200m 6th sf. CAU Inter Counties Championships 100m bronze

2006 – AAA Indoor Championships 60m 7th sf. AAA U23 Championships 100m silver, 200m silver. CAU Inter Counties Championships 100m 5th

2005 – AAA U23 Championships 100m silver, 200m 5th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Olympic Games 200m 6th ht

2011 – IAAF World Championships 200m 4th ht

2007 – European u23 Championships 4x100m gold

2004 – World Junior Championships 100m 7th

PERSONAL BESTS

100m 10.23
200m 20.52
Q & A

What was your first Olympic or Paralympic Games memory?
Watching Seoul 88 when I was 3

What was the best performance during 2012?
David Rudisha 800m

What has been the best ever Olympic/Paralympic Games and why?
London because it’s my home town

Outside of parents, who has had the greatest influence on your athletics career? Friends

Favourite athletics venue?
Don Valley

Best friend in athletics?
Andrew Matthews

Sporting hero? Floyd Mayweather

Most famous person you have ever met? Stevie Wonder

What other sports do you like?
Boxing

If you were not an athlete what would you like to be?
A boxer

Favourite film? Inglorious Basterds

Favourite music/group?
Drum & Bass, Hip Hop

What is your favourite pre-competition meal?
Rice, chicken

If you could take three people out for dinner who would they be?
Fidel Castro, Jay Z, Floyd Mayweather

If you were stranded on a desert island what 3 items would you take with you?
iPod, knife, clingfilm

What did you do during your 2012 post season break?
Went to Cuba

Interesting unknown fact about yourself?
Love wildlife

What is in your kit bag when you go out onto the track?
Spikes, water, iPod

If you had a super power what would it be? Flying
HANNAH ENGLAND
1500M

DOMESTIC CHAMPIONSHIPS
2012 – Aviva European Indoor Trials & UK Championships 3000m gold
2010 – Aviva European Trials & UK Championships 1500m gold
2009 – Aviva UK Indoor Championships 1500m silver. Aviva World Trials 1500m bronze
2008 – Olympic Trials 1500m bronze
2007 – AAA U23 Championships 1500m gold. BUSA Indoor Champs 1500m gold. BUSA Champs 1500m silver
2006 – AAA U20 Championships 1500m gold. BUSA Indoor Champs 1500m silver
2005 – AAA Indoor U20 Championships 1500m gold. ESAA Champs 1500m silver
2004 – ESAA Champs 1500m bronze
2003 – ESAA Champs 1500m silver

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 – Olympic Games 1500m 9th sf.
2011 – World Championships 1500m silver. European Indoor Championships 1500m 5th ht
2010 – European Championships 1500m 10th. European Team Championships 1500m silver. Commonwealth Games 1500m, 4th, 800m 5th
2009 – European Team Championships 800m 4th and 1500m 4th.
2008 – NCAA 1500m gold. NCAA indoor mile gold
2007 – European U23 Championships 1500m 5th

PERSONAL BESTS
800m 1:59.66 1500m 4:01.89
Q & A

What was your first Olympic Games memory: Kathy Freeman in Sydney

Favourite athletics venue: Watford

Do you have any pre-competition superstitions: I always write down my routine for the day and then I follow it exactly!

Best friend in athletics: Barbara Parker

Pre-competition meal: I like fish and rice, something like salmon, and cake for pudding

Sporting hero: Kelly Holmes, but I also admire other dominant sportspeople like Roger Federer

What other sports do you like: Tennis, gymnastics

If you were not an athlete what would you like to be: I think I’d be doing a PhD in Biochemistry

Favourite film: Dodgeball

Favourite TV programme: ER

Favourite food: Cake – anything that involves chocolate and cream

If you were stranded on a desert island what 3 items would you take with you: Cake, my knitting and a Kindle for all my books (is that cheating?)

Interesting unknown fact about yourself: That I like knitting!

What is in your kit bag when you go out onto the track: Spikes, a bottle of water and some hair ties

DOB: 06/03/1987
Born: Oxford
Lives: Birmingham
Club: Oxford City AC
Trains: Birmingham

Coach: Bud Baldaro
Agent: Global Athletics & Marketing Inc
Kit: Nike
Twitter: @Hannengland
Facebook: Hannah England
DOMESTIC CHAMPIONSHIPS

2012 – Aviva European Indoor Trials & UK Championships 60mH gold, HJ gold, SP 6th
2011 – Aviva World Championships Trials 100m silver, High jump gold, Long jump bronze, Shot 7th, Javelin 10th
2009 – Aviva World Championship Trials 100m hurdles gold, High jump gold
2008 – Aviva World Indoor Champs Trials 60m hurdles bronze, High jump gold
2007 – Aviva European Indoor Champs Trials 60m hurdles bronze, High jump gold, Long jump bronze, Aviva World Trials 100m hurdles gold, High jump gold
2006 – AAA Championships high jump bronze
2005 – AAA Indoor Championships pentathlon gold, AAA Championships 100m hurdles bronze
2003 – AAA U20 Indoor Championships pentathlon gold, AAA U20 Championships 100m hurdles gold
2001 – AAA U17 Indoor Championships 60m hurdles silver
2000 – AAA U15 Championships pentathlon gold, 75m hurdles gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Olympic Games Heptathlon gold. IAAF World Indoor Championships Pentathlon silver. Aviva 2012 Trials 100mH & HJ gold, LJ 6th
2011 – World Championships heptathlon silver
2010 – IAAF World Indoor Pentathlon Championships gold. European Championships gold
2009 – World Championships gold
2007 – World Championships 4th. European Indoor Championships pentathlon 6th. European Cup heptathlon gold. European U23 100mH Championships bronze
2006 – Commonwealth Games bronze. European Championships 8th
2005 – European Junior Championships heptathlon gold. World University Games heptathlon bronze
2004 – World Junior Championships heptathlon 8th

PERSONAL BESTS

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Considered by many as the golden girl of athletics, Jess is renowned for saving her best performances for major championships. Her first taste of success came in 2005, when she won heptathlon gold at the European Junior Championships. A year later, the 25 year old won Commonwealth Games bronze before going on to win World Championships gold in 2009 after agonisingly missing out on the Beijing Olympic Games through injury.

There was double glory for the Sheffield athlete in 2010, winning World Indoor Pentathlon and European Championships gold. After narrowly missing out to Nataliya Dobrynska in defence of her World Indoor crown in 2012, Ennis saved her best performance for the Olympic Games in London. Ennis’ Olympic campaign got off to an explosive start in the 100m hurdles, recording a British record of 12.54 and incidentally the fastest time ever ran by a heptathlete. Ennis never looked back and went on to clinch one of the few medals missing from her collection - Olympic heptathlon gold, her score of 6,955 points extended her lifetime best by 49 points and is now ranked fifth on the all-time list.
MO FARAH CBE
5,000M/10,000M

DOMESTIC CHAMPIONSHIPS
2011 – Aviva World Trials 5000m gold
2009 – Aviva UK Indoor Championships 1500m gold
2008 – Olympic Trials 1500m silver
2007 – Aviva European Indoor Champs Trials 3000m gold, Aviva World Trials 5000m gold
2006 – AAA Championships 5000m silver
2005 – AAA Indoor Championships 3000m gold, European XC Champs Trials gold
2003 – AAA Indoor Championships 3000m gold
2002 – AAA U20 Championships 5000m silver
2001 – AAA U20 Championships 1500m bronze, ESAA Championships 1500m silver
2000 – AAA U20 Championships 1500m silver
1997 – ESAA Championships (U20) 1500m gold, AAA U15 Championships 3000m gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2011 – IAAF World Championships 10,000m silver, 5000m gold. European Indoor Championships 3000m gold
2010 – European Championships 10,000m gold, 5000m gold. IAAF World Cross Country Championships 21st. European Team Championships 5000m gold. European Cup 10,000m gold
2009 – World Championships 5000m 7th. European Indoor Championships 3000m gold. European Team Championship 5000m gold
2008 – Olympic Games 5000m 6th. European Cross Country Championships silver (3rd team), World Indoor Championships 3000m 6th. European Cup 5000m gold
2007 – World Championships 5000m 6th. European Indoor Championships 3000m 5th. World Cross Country Championships 11th. World Athletics Final 3000m bronze
2006 – European Championships 5000m silver. Commonwealth Games 5000m 9th. European Cross Country Championships gold
2005 – European Indoor Championships 3000m 6th. European U23 Championships 5000m silver
2003 – European U23 Championships 5000m silver
2001 – European Junior Cross Country Championships silver (2nd team)
DOB: 23/03/1983
Born: Somalia
Lives: Portland, USA
Club: Newham & Essex Beagles
Trains: USA
Coach: Alberto Salazar

Agent: Pace Sports Management
Kit: Nike
Twitter: @mofarah
Facebook: Mo Farah Official Fanpage
Web: www.mofarah.com
www.mofarahfoundation.co.uk

2000 – European Junior Cross Country Championships 7th (2nd team)
1999 – World Youth Championships 3000m 6th. European Junior Cross Country Championships 5th (1st team)

PERSONAL BESTS
5000m 12:53.11
10,000m 26:46.57

Q & A
What was your first Olympic Games memory: The 2000 Games in Sydney – the 10,000m race between Hail Gebreselassie and Paul Tergat – it was a great battle that came down to the wire

What has been the best athlete performance ever in an Olympic Games: Emile Zatopek in the 1952 Olympic Games where he won the 5000m, 10,000m & marathon – that would be impossible to do nowadays

Do you have any pre-competition superstitions: On the morning of the race I always go for run wearing long tights regardless of the weather, then in the afternoon I shave my head

Best friend in athletics: My training partner Galen Rupp

Pre-competition meal: I usually just eat rice or pasta with whatever meat is available at the athlete’s hotel

Sporting hero: Muhammad Ali

What other sports do you like: Football

If you were not an athlete what would you like to be: Footballer

Favourite film: Man on Fire

Favourite TV programme: The Cube

Favourite music/group: Tupac Shakur

Favourite food: Chicken & rice

If you were stranded on a desert island what 3 items would you take with you: iPhone, solar powered iPhone charger, phone & internet network connection

Do you have a motivational song, if so what is it: Tupac – Keep Ya Head Up
DOMESTIC CHAMPIONSHIPS
2012 - Aviva 2012 Trials & UK Championships 100m silver. Aviva European Indoor Trials & UK Championships 60m 6th sf. England U20 Indoor Championships 60m gold, 200m gold
2011 - Aviva U20 Championships & European Trials 100m silver
2010 - Aviva English Schools Championships 100m silver. Aviva Schools International 100m bronze

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 - Olympic Games 100m 3rd sf. IAAF World Junior Championships 100m gold
2011 - European Junior Championships 100m silver & 4x100m silver

PERSONAL BESTS
100m 10.05  200m 20.38

Q & A
What was your first Olympic or Paralympic Games memory?
Usain Bolt smashing the world record in the 100m in Beijing 2008

What do you think was the best athletics performance during the 2012 Games
GB I think it was Jess, Mo and Greg on Super Saturday. Overseas I think David Rudisha and the rest of the guys in the 800m

What has been the best ever Olympic/Paralympic Games and why?
London 2012 for me as it was a home Olympics and because I got to be a part of it

Outside of parents, who has had the greatest influence on your athletics career?
Mr Jones my teacher from secondary school who originally put me into the athletics team to compete

Favourite athletics venue?
Bedford Athletics track

Do you have any pre-competition superstitions?
None, I like to just get out there and compete
Toughest opponent?
Yohan Blake, Tyson Gay and Asafa Powell when I raced them at the Olympics

Favourite training session?
When we put our spikes on and it’s all about speed. I hate long stuff

Least favourite training session?
Anything where there is lactic involved which is usually very frequent

Sporting hero?
David Beckham as I have always admired what he has done in football since I was a youngster

Most famous person you have ever met?
Usain Bolt

What other sports do you like?
Football, Rugby, Tennis and Golf

If you were not an athlete what would you like to be?
Footballer

Favourite film?
Mean Machine

Favourite music/group?
John Mayer and Mumford and Sons

What is your favourite pre-competition meal?
Pasta and Chicken

If you could take three people out for dinner who would they be?
Lionel Messi, Ronaldinho and Zinedine Zidane

If you were stranded on a desert island what three items would you take with you?
Helicopter, Pilot and Fuel

What did you do during your 2012 post season break?
Took a holiday and started University

Interesting unknown fact about yourself?
I studied Japanese at school

What is in your kit bag when you go out onto the track?
Spikes, water, food, stretching rope, foam roller and training diary

Do you have a motivational song, if so what is it?
Rooftops – Lost Prophets

If you were Prime Minister for one day you would...
I would put more funding into sports at school

If you had a super power what would it be?
Teleportation
DOMESTIC CHAMPIONSHIPS

2013 - British Athletics European Trials & UK Championships Hj gold
2012 - Aviva 2012 Trials & UK Championships gold. BUCS Championships gold. Aviva European Indoor Trials & UK Championships silver
2011 - Aviva European Trials & UK Indoor Championships silver
2010 - Aviva European Trials & UK Championships bronze. England Senior Closed Championships gold. Aviva World Indoor Trials bronze
2009 - Aviva UK Indoor Championships silver. England U23 Championships gold
2008 - England Athletics U23 Open Championships silver
2007 - BUSA Championships silver
2006 - AAA Indoor U20 Championships gold. AAA U20 Championships gold
2005 - ESAA Championships gold. AAA U20 Championships bronze

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2011 - European Indoor Championships 23rd q
2009 - European U23 Championships 11th
2008 - World Junior Championships 12th

PERSONAL BESTS

HJ 2.37m
Q & A

What was your first Olympic or Paralympic Games memory? 
Watching Beijing and thinking I should be there

What was your best performance during 2012? 
Winning my medal

What has been the best ever Olympic/Paralympic Games and why? 
London – because I went there

Outside of parents, who has had the greatest influence on your athletics career? Coach

Favourite athletics venue? 
Birmingham Alexander Stadium and NIA

Do you have any pre-competition superstitions? 
No such thing

Best friend in athletics? 
Myself

Toughest opponent? 
Ivan Ukhov - Russia

Favourite training session? 
Weights

Least favourite training session? 
I like it all

Sporting hero? 
Stefan Holm

Most famous person you have ever met? 
Usain Bolt

What other sports do you like? 
X-Country, Cycling, Skateboard, BMX

If you were not an athlete what would you like to be? 
Classic car restorer

Favourite film? 
Harry Potter all eight movies

If you could take three people out for dinner who would they be? 
My mum and her late parents

If you were stranded on a desert island what 3 items would you take with you? 
An inflatable boat with outboard motor

What did you do during your 2012 post season break? 
Work and go to Australia on holiday

Interesting unknown fact about yourself? 
I can speak Mandarin

What is in your kit bag when you go out onto the track? 
Spikes and red bull

If you were Prime Minister for one day you would… 
Dance naked in Parliament

If you had a super power what would it be? 
Teleportation

DOB: 
03/10/1987

Born: 
Enfield

Lives: 
Birmingham

Club: 
Newham & Essex Beagles

Trains: 
Birmingham

Coach: 
Fayyaz Ahmed

Agent: 
Daniel Wessfeldt JRSSM

Kit: 
adidas

Twitter: 
@robbiegrabarz

Facebook: 
Robbie Grabarz
JACK GREEN
400M HURDLES

DOMESTIC CHAMPIONSHIPS
2012 – Aviva 2012 Trials & UK Championships 400mH silver. BUCS 400mH gold, 400m gold
2011 – Aviva U23 European Trials 400mH silver. Aviva European Indoor Trials & UK Championships 400m 4th. BUCS Championships 400mH 1st sf (DNS final)
2010 – Aviva England U20 World Trials Championships 400mH gold. Aviva England U20 Indoor Championships 400m gold. Aviva European Trials & UK Championships 400mH 2nd h
2008 – Schools International 400mH gold. England Athletics U17 Open Championships 400mH gold. England Athletics U17 Indoor Championships 400m silver
2007 – Schools International 400mH silver. England Athletics U17 Open Championships 400mH bronze. Sainsbury’s English Schools Championships 400mH bronze. UK School Games 400mH silver

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 – Olympic Games 400mH DNF sf, 4x400m 4th
2011 – IAAF World Championships 400mH 5th sf. European U23 Championships 400mH gold
2010 – IAAF World Junior Championships 400mH 5th and 4x400m bronze.
2009 – European Junior Championships 400mH DNS sf

PERSONAL BESTS
400m H 48.60  400m 45.99
**Q & A**

**What was your first Olympic or Paralympic Games memory?**
Maurice Greene winning the 100m in Sydney. Still an inspiration to this day.

**Do you have any pre-competition superstitions:**
None, I just like to arrive to the track well ahead of schedule and be all organised the evening before.

**Pre-competition meal:**
Whatever the nutritionist says! I’m not too strict though, as long as I’m fed, I’m happy.

**What other sports do you like:**
I used to play a lot of football and rugby and you will still find me in the stands at Bath.

**If you were not an athlete what would you like to be:**
A zookeeper, animals are my first love. Then I found athletics and women.

**Favourite film:**
My favourite film is ‘The Express’. I love true stories.

**Favourite TV programme:**
I’m a big fan of Celebrity Juice, I’m a bit crude myself.
DAI GREENE
400M HURDLES

DOMESTIC CHAMPIONSHIPS
2012 – Aviva 2012 Trials & UK Championships 400m hurdles gold
2011 – Aviva World Trials 400m bronze
2010 – Aviva European Championship Trials gold
2009 – Aviva World Trials 400m hurdles gold
2008 – Olympic Trials 400m hurdles bronze
2007 – BUSA Indoor Championships 400m silver, BUSA Championships 400m gold
2006 – BUSA Championships 400m hurdles gold, BUSA Indoor Championships gold, AAA Championships 400m hurdles silver
2005 – BUSA Championships 400m hurdles silver, AAA U20 Championships 400m hurdles silver

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 – Olympic Games 400m hurdles 4th, 4x400m relay 4th
2011 – IAAF World Championships 400m hurdles gold. Spar European Team Championships 400m hurdles gold
2010 – European Championships 400m hurdles gold. Commonwealth Games 400m hurdles gold. IAAF/VTB Bank Continental Cup 400m hurdles gold. European Team Championships 400m hurdles gold
2009 – World Championships 400m hurdles 7th. European Team Championships 400m hurdles gold
2007 – European U23 Championships 400m hurdles gold
2006 – European Championships 3rd ht
2005 – European Junior Championships 400m hurdles silver

PERSONAL BESTS
400m H 47.84 400m 45.82
Q & A

What was the best performance during 2012? Jess Ennis in her sprint hurdles race!

What has been the best ever Olympic/Paralympic Games and why? London 2012 – the country loving sport again

Outside of parents, who has had the greatest influence on your athletics career? Malcolm Arnold and Darrell Maynard

Favourite athletics venue? Birmingham and Brussels

Best friend in athletics? Craig Pickering

Toughest opponent? Bershawn Jackson

Favourite training session? Runs to hurdle 10

Least favourite training session? Short recovery endurance track sessions

Sporting hero? Ryan Giggs

What other sports do you like? Football, Tennis, Rugby

If you were not an athlete what would you like to be? Footballer

Favourite film? Gladiator

Favourite music/group? The XX

What did you do during your 2012 post season break? Holiday and see friends

Do you have any pets? Buzz and Dudley (Hungarian Vizslas)

Interesting unknown fact about yourself? Once scored a penalty against Real Madrid as a youth player

What is in your kit bag when you go out onto the track? Red Bull

Do you have a motivational song, if so what is it? Eminem – Till I Collapse

DOB: 11/04/1986
Born: Llanelli
Lives: Bath
Club: Swansea
Trains: Bath

Coach: Malcolm Arnold
Agent: Jamie Baulch (Definitive)
Kit: Nike
Twitter: @daigreene
Facebook: Dai Greene
SOPHIE HITCHON
HAMMER

DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships HT gold
2010 – Aviva European Trials & UK Championships HT silver, Aviva England U20 & World Trials Championships HT gold

PERSONAL BESTS

HT 71.98m

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Olympic Games HT 12th, European Championships HT 11th
2011 – IAAF World Championships 26th. Spar European Team Championships HT 9th. European U23 Championships HT bronze
2010 – IAAF World Junior Championships HT gold
2009 – European Junior Championships HT bronze
2008 – World Junior Championships HT 7th, Commonwealth Youth Games HT gold
Q & A

What was your first Olympic or Paralympic Games memory? Kelly Holmes’ double gold

What was the best performance during 2012? Mo Farah’s double gold

What has been the best ever Olympic/Paralympic Games and why? London, because I got to compete there

Outside of parents, who has had the greatest influence on your athletics career? Coach, Derek Evely

Favourite training session? Gym

If you were not an athlete what would you like to be? Animal Welfare

Favourite film? Disney

If you were stranded on a desert island what 3 items would you take with you? TV, chocolate, bed

What did you do during your 2012 post season break? Time with family

Do you have any pets? 2 rats, Sid and Roddy

Interesting unknown fact about yourself? I did ballet for 10 years

What is in your kit bag when you go out onto the track? Throw shoes, glove, spare clothes

If you had a super power what would it be? Teleportation

DOB: 11/07/1991
Born: Burnley
Lives: Loughborough
Club: Blackburn
Trains: Loughborough
Coach: Derek Evely
Agent: Nick Brown/ The Business Zoo
Kit: Nike
Twitter: @SophieHitchon
Facebook: Sophie Hitchon
PHILLIPS IDOWU
TRIPLE JUMP

DOMESTIC CHAMPIONSHIPS
2010 – Aviva European Trials gold
2009 – Aviva World Trials gold
2008 – Aviva World Indoor Championships Trials gold. Olympic Trials gold
2007 – Aviva European Indoor Championships Trials silver
2006 – AAA Championships gold
2005 – AAA Indoor Championships gold. AAA Championships bronze
2002 – AAA Championships gold
2001 – AAA Championships bronze
2000 – AAA Championships gold
1997 – AAA U20 Championships gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 – Olympic Games 8th q
2011 – IAAF World Championships silver
2010 – European Championships gold. European Team Championships silver. IAAF/VTB Bank Continental Cup bronze
2009 – World Championships gold. European Team Championships silver
2008 – Olympic Games silver. World Indoor Championships gold. European Cup gold
2007 – World Championships 6th. European Indoor Championships gold
2006 – European Championships 5th. Commonwealth Games gold
2004 – Olympic Games 2nd q (NM final)
2002 – European Championships 5th. Commonwealth Games silver
2001 – World Championships 9th
2000 – Olympic Games 6th
1999 – European Under-23 Championships 5th
1997 – European Junior Championships 4th

PERSONAL BESTS
TJ 17.81m
**Funding:** Podium  
**DOB:** 30/12/1978  
**Born:** London  
**Lives:** Birmingham  
**Club:** Belgrave Harriers  
**Coach:** Aston Moore  
**Agent:** MTC  
**Kit:** adidas  
**Web:** -  
**Twitter:** @PhillipsIdowu

**BIOGRAPHY**

Phillips is undoubtedly one of the world’s best triple jumpers, and has consistently produced the goods on the world stage.

The Belgrave Harrier burst onto the scene at Sydney 2000, when he finished sixth. Six years later, Idowu began to fulfil his potential winning the Commonwealth Games in Melbourne with a jump of 17.45m.

In 2008, the 34 year old agonisingly missed out on a gold medal at the Beijing Olympic Games, finishing 5cm behind Nelson Evora as the Londoner secured a silver medal.

In 2009, Idowu went one better winning World Championships gold, which were followed by European Championships gold the following year, where he increased his lifetime best to 17.81.

In 2011, the Belgrave Harrier added a World Championship silver medal to the gold he picked up two years before. Despite approaching his mid-30s, Idowu will prove a match for anyone in the world of triple jump.
EMMA JACKSON
800M

DOMESTIC CHAMPIONSHIPS
2011 – Aviva 2012 Trials & UK Championships 800m 7th
2011 – Aviva World Trials silver
2010 – Aviva European Trials & UK Championships 800m 4th
2009 – England U23 Championships 800m silver
2008 – England Athletics U23 Open Championships 800m gold,
BUSA Championships 800m bronze
2007 – England Athletics U20 Championships 800m gold,
BUSA Championships 800m silver
2006 – ESAA Championships 800m gold,
AAA U20 Championships 800m gold
2005 – AAA U20 Championships 800m bronze
2004 – ESAA Championships 800m silver
2003 – ESAA Championships 800m silver

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2011 – IAAF World Championships 5th sf
2010 – European Team Championships 800m 4th,
Commonwealth Games 800m 4th
2009 – European U23 Championships 800m 5th
2007 – European Junior Championships 800m silver
2006 – World Junior Championships 800m
s{f}
2005 – World Youth Championships 800m 5th

PERSONAL BESTS
800m 1:59.37

Q & A
What was your first Olympic or Paralympic Games memory?
Cathy Freeman in Sydney 2000

What was the best performance during 2012?
Jessica Ennis Olympic gold – delivering the gold under such pressure was incredible

Outside of parents, who has had the greatest influence on your athletics career?
Kelly Holmes
Favourite athletics venue? Crystal Palace – first time under 2 mins at 800m!

Best friend in athletics? My training group – they are incredibly supportive of me

Toughest opponent? Everyone once you step on the track!

Favourite training session? 300ms at 800m pace

Least favourite training session? 600ms at 800m pace – I might as well just run the whole race if I’m doing 600m! Or Core – BORING!

Sporting hero? Kelly Holmes and Jo Pavey

Most famous person you have ever met? Robbie Williams – everyone from Stoke has at some point!

What other sports do you like? Football – support Stoke City

If you were not an athlete what would you like to be? A writer – I said aged 5 that I wanted to be an author or a runner!

Favourite film? Green Mile

Favourite music/group? Snow Patrol

What is your favourite pre-competition meal? Used to be steak until the nutritionist told me that it was a really bad thing to eat before a race! I have anything carbohydrate based now!

If you could take three people out for dinner who would they be? Gary Lightbody (lead singer of Snow Patrol), Ross Noble and David Mitchell

If you were stranded on a desert island what 3 items would you take with you? My Kindle, my trainers and some raisins (favourite snack!)

What did you do during your 2012 post season break? Travelled around Spain!

Do you have any pets? Two dogs. Welsh Terrier named Toby and a Border Collie called Tessa

Interesting unknown fact about yourself? I used to do high jump until I kneed myself in the face during training and have never been able to do it since!

What is in your kit bag when you go out onto the track? Spikes, drinks, food and my Kindle – never know when I might have a spare few minutes for a read!

Do you have a motivational song, if so what is it? Eminem – Lose Yourself/ or We are Scientists – Nice Guys

If you were Prime Minister for one day you would... Take VAT off chocolate!

If you had a super power what would it be? To be able to eat any food and never put weight on!
DOMESTIC CHAMPIONSHIPS

2012 - Aviva 2012 Trials & UK Championships HJ 5th. England U20 Indoor Championships 60mH silver, HJ gold, LJ gold

2011 - England Athletics U20 CE Championships heptathlon gold. England Athletics U20 Indoor Championships 60mH silver, HJ silver, LJ gold

2010 - Aviva England U20 Indoor Championships 60mH silver, HJ gold, LJ gold, SP 11th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 - Olympic Games Heptathlon 15th. IAAF World Junior Championships LJ gold. GBR v FRA v ESP Combined Events International Indoor Pentathlon gold

2011 - European Junior Championships CE 6th. GBR v FRA v ENG Combined Events International Indoor Pentathlon gold

2009 - IAAF World Youth Championships Hept gold. European Junior Championships Hept 8th

PERSONAL BESTS

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Q & A

What was the best performance during 2012? Rudisha and Jess Ennis

What has been the best ever Olympic/Paralympic Games and why? London – Build up/personality/Super Saturday

Outside of parents, who has had the greatest influence on your athletics career? My coach, Mike Holmes

Favourite athletics venue? London Olympic Park

Do you have any pre-competition superstitions? Selected playlist of music

Toughest opponent? Dafne Schippers

Favourite training session? High jump spring board
DOB: 09/01/1993  
Born: Liverpool  
Lives: Liverpool  
Club: Liverpool Harriers  
Trains: Liverpool  
Coach: Mike Holmes  
Agent: MTC Agency  
Kit: adidas  
Twitter: @Johnsonthompson  
Facebook: Katarina Johnson-Thompson (athlete)

Least favourite training session? 'Cleans' or rowing

Sporting hero? Daley Thompson/Ashton Eaton

What other sports do you like? Football

If you were not an athlete what would you like to be? Interior Designer or a Baker

Favourite film? Step Brothers

Favourite music/group? Kanye West

What is your favourite pre-competition meal? Pasta

If you could take three people out for dinner who would they be? Will Smith, Jason Segal, Russell Brand

If you were stranded on a desert island what 3 items would you take with you? iPhone, iPhone charger, plug socket

What did you do during your 2012 post season break? Visited family in Bahamas

What is in your kit bag when you go out onto the track? Depending what event on the Spike choice, tape, sports drink, water

Do you have a motivational song, if so what is it? Anything by Kanye West

If you had a super power what would it be? Teleport
NIKEL LEVINE

400M

DOMESTIC CHAMPIONSHIPS

2013 - British Athletics European Trials & UK Championships 400m gold

2012 - Aviva 2012 Trials & UK Championships 400m bronze. McCain’s CAU Championships 200m silver, 400m gold. Aviva European Indoor Trials & UK Championship 400m gold

2011 – CAU Inter-Counties Championships 200m 5th. Aviva European Indoor Trials & UK Championships 400m gold. AAA U23 Championships 400m gold. Aviva World Trials 400m B gold.

2010 – Aviva World Indoor Trials & UK Championships 400m silver, Aviva European Trials & UK Championships 400m (B) gold, Aviva England U23 World Championships 200m 5th

2009 – England U23 Championships gold

2008 – England Athletics U20 Open Championships 400m bronze

2007 – England Athletics U20 Open Championships 400m gold

2005 – AAA Indoor U17 Championships 200m silver

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Olympic Games 400m 6th sf, 4x400m ht. European Championships 4x400m silver. IAAF World Indoor Championships 400m 3rd sf, 4x400m silver

2011 – IAAF World Championships 4x400m 7th. European Indoor Championships 200m 4th sf, 4x400m silver. European U23 Championships 400m gold, 4x400m gold

2010 – IAAF World Indoor Championships 4x400m bronze

2009 – European Indoor Championships 4x400m silver

2009 – European U23 Championships 400m silver

2008 – World Junior Championships 4x400m silver

2007 – European Junior Championships 400m 4th, 4x400m relay gold

PERSONAL BESTS

400m 45.11
### Dob:
30/04/1989

### Born:
Bedford

### Lives:
Bedford

### Club:
Windsor Slough
Eton & Hounslow

### Trains:
Lee Valley

### Coach:
Linford Christie

### Agent:
Nuff Respect

### Kit:
Mizuno

### Twitter:
@NigelLevine

### Facebook:
Smoothy Levine

### Q & A

#### Best friend in athletics:
Mike Puplampu

#### Pre-competition meal:
I eat whatever is available

#### Sporting hero:
Ato Boldon, Linford Christie

#### What other sports do you like:
Motorsports

#### If you were not an athlete what would you like to be:
A pilot

#### Favourite film:
Transformers, The Matrix

#### Favourite TV programme:
I like cartoons – Family Guy and American Dad

#### Favourite music/group:
Rap, Young Money

#### Favourite food:
Pizza

#### If you were stranded on a desert island what 3 items would you take with you:
TV, Sky box, food

#### Interesting unknown fact about yourself:
I’m a car technician and I do a bit of motorsports

#### What is in your kit bag when you go out onto the track:
Spikes, water, Haribo
STEVE LEWIS
POLE VAULT

DOMESTIC CHAMPIONSHIPS
2013 - British Athletics European Trials & UK Championships PV gold
2012 - Aviva 2012 Trials & UK Championships gold. Aviva European Indoor Trials & UK Championships silver
2010 – Aviva World Indoor Trials & UK Championships gold
2009 – Aviva UK Indoor Championships gold. Aviva World Championships Trials silver
2008 – Aviva World Indoor Championships Trials gold, Olympic Trials gold
2007 – Aviva European Indoor Championships Trials gold, Aviva World Trials gold
2006 – AAA Championships gold, AAA Indoor Championships gold
2005 – AAA U20 Championships gold. BUSA Championships silver. AAA Indoor Championships silver
2004 – AAA U20 Championships gold
2000 – AAA U15 Championships gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 – Olympic Games 5th. IAAF World Indoor Championships 5th=. Aviva Indoor International GBR v GER v RUS v Commonwealth v USA 4th
2011 – IAAF World Championships 9th=. Spar European Team Championships 7th
2010 – Commonwealth Games silver. IAAF World Indoor Championships Trials gold
2009 – World Championships 7th. European Indoor Championships 4th
2008 – Olympic Games NH
2007 – IAAF World Championships – 2007 NH
2006 – Commonwealth Games bronze
2003 – World Youth Championships bronze

PERSONAL BESTS
PV 5.82m

Q & A
What was your first Olympic or Paralympic Games memory?
1992 Opening Ceremony

What do you think was the best athletics performance during the 2012 Games?
David Rudisha in the 800m
What has been the best ever Olympic/Paralympic Games and why?
London. People, the crowds, volunteers, all amazing.

Outside of parents, who has had the greatest influence on your athletics career?
Coach Dan Pfaff

Favourite athletics venue?
London Olympic Stadium

Best friend in athletics?
Steve Hooker

Toughest opponent?
Renaud Lavillenie

Favourite training session?
Pole vault

Least favourite training session?
Saturday running

Sporting hero?
Muhammad Ali

If you were not an athlete what would you like to be?
A billionaire

Favourite film?
Old School, and Step Brothers

Favourite music/group?
Indie – too many to decide

What is your favourite pre-competition meal?
Ice cream

If you could take three people out for dinner who would they be?
Brother, dad and girlfriend

If you were stranded on a desert island what three items would you take with you?
Sun bed, SPF 15 and a pair of shorts

What did you do during your 2012 post season break?
Take care of my mum

Interesting unknown fact about yourself?
I am an unbelievable Go Karter and huge F1 fan

What is in your kit bag when you go out onto the track?
Spikes, drinks and tape

Do you have a motivational song, if so what is it?
Anything upbeat

If you were Prime Minister for one day you would...
Be depressed

If you had a super power what would it be?
Fly
DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships 100m 5th, 200m silver. Aviva European Indoor Trials & UK Championships 60m 4th
2011 – Aviva World Trials & UK Championships 100m 4th, 200m gold
2010 – Aviva European Trials & UK Championships 100m 4th, 200m gold. Welsh Senior Championships 100m gold
2009 – Aviva World Trials & UK Championships 200m 5th. Welsh Senior Open Championships 200m gold
2008 – Aviva UK Indoor Championships 60m 4th. Aviva Olympic Trials & UK Championships 200m gold
2007 – Aviva World Trials & AAA Championships 100m 7th
2006 – Aviva European Trials & AAA Championships 100m 5th
2005 – Welsh Championships 100m gold. AAA Championships 100m bronze, 200m gold
1998 – AAA U20 Championships 100m gold, 200m gold
1997 – AAA U20 Championships 200m gold. AAA U20 Indoor Championships 200m gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2011 – Olympic Games 200m 3rd sf
2011 – IAAF World Championships 200m 5th sf
2010 – European Championships 200m silver. Commonwealth Games 200m bronze
2008 – Olympic Games 200m 5th. Spar European Cup 100m silver
2007 – World Championships 4x100m bronze
2006 – Commonwealth Games 100m 8th ht
2005 – World Championships 4x100m bronze
2002 – European Championships 200m 4th
2001 – World Championships 200m 5th
2000 – Olympic Games 200m 5th
1998 – Commonwealth Games 200m silver. World Junior Championships 100m gold, 200m gold
1997 – European Junior Championships 100m silver, 200m gold

PERSONAL BESTS

100m 10.11
200m 20.08
Q & A

What was your first Olympic or Paralympic Games memory? LA 1984

What has been the best ever Olympic/Paralympic Games and why? London. The organisation was second to none

Outside of parents, who has had the greatest influence on your athletics career? My cousin and first coach

Favourite athletics venue? Zurich

Best friend in athletics? Dwain Chambers

Toughest opponent? Usain Bolt

Favourite training session? Block starts

Least favourite training session? Anything over 200m

Sporting hero? Linford Christie

Most famous person you have ever met? Muhammad Ali

What other sports do you like? Boxing and football

If you were not an athlete what would you like to be? A footballer

Favourite film? Friday

Favourite music/group? Hip Hop

What is your favourite pre-competition meal? Chicken and spinach

If you could take three people out for dinner who would they be? Barrack Obama, Sir Alex Ferguson, and my cousin (Kevin Williams)

If you were stranded on a desert island what three items would you take with you? A football, a bag of Starburst jelly beans and McVities Jamaican ginger cake

What did you do during your 2012 post season break? Tidy my garage and loft

Do you have any pets? My daughter has a hamster

Interesting unknown fact about yourself? I love WWE Wrestling

What is in your kit bag when you go out onto the track? Spikes, baseball, asthma inhaler, chewing gum, gloves, hat, waterproofs

If you had a super power what would it be? The power of speed and jog my way to the Olympic title
LEE McCONNELL
400M

DOMESTIC CHAMPIONSHIPS
2012 – Aviva 2012 Trials & UK Championships 400m bronze
2011 – Aviva World Trials & UK Championships 400m 4th
2010 – Aviva European Championships & National Championships 400m gold
2009 – CAU Inter-Counties Championships 200m gold
2008 – Olympic Trials 400m gold
2007 – Aviva World Trials 400m hurdles silver
2006 – AAA Championships 400m hurdles silver
2005 – AAA Championships 400m hurdles silver
2004 – AAA Championships 400m silver
2002 – AAA Championships 400m gold
2001 – AAA Championships 400m bronze
2000 – AAA Championships high jump bronze
1999 – AAA Indoor Championships high jump bronze

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 – Olympic Games 400m 7th sf, 4x400m 5th. European Championships 400m 5th, 4x400m 4th
2011 – IAAF World Championships 400m 7th sf, (4x400m 4th). European Indoor Championships 4x400m silver
2010 – European Championships 400m 4th ht, (4x400m bronze). Commonwealth Games 400m 4th, 200m 5th, 4x400m 5th.
2009 – World Championships 4x400m 4th. Spar European Team Championships 400m bronze
2008 – Olympic Games 400m 6th sf
2007 – World Championships 400m 5th sf, (4x400m bronze). European Indoor Championships 4x400m bronze
2006 – European Championships 400 hurdles 5th sf (4x400m 4th). Commonwealth Games 400m hurdles bronze
2005 – World Championships 400m 6th sf, (4x400m bronze). European Indoor Championships 4x400m bronze
2004 – Olympic Games 400m 8th sf, (4x400m 4th)
2003 – World Championships 400m 7th, (4x 400m 6th)
2002 – European Championships 400m bronze, (4x400m 4th). Commonwealth Games 400m silver, (4x400m 4th)
2001 – World Championships 4x400m 5th. World University Games 400m 6th (4x400m silver)
1999 – European U23 Championships 4x400m bronze

PERSONAL BESTS
400m  50.82  400m H  55.25
Q & A

What was your first Olympic or Paralympic Games memory?
Barcelona 1992

What do you think was the best athletics performance during the 2012 Games?
Double by Mo

What has been the best ever Olympic/Paralympic Games and why?
London – Amazing crowd and great organisation

Outside of parents, who has had the greatest influence on your athletics career?
Coaches over the years

Favourite athletics venue?
Manchester before it became the Man City ground

Toughest opponent?
Every competitor is tough

Favourite training session?
Speed when no lactic is involved

Least favourite training session?
500m, 300m, 500m, 300m, 500m, with medium recovery

Sporting hero?
None – have a lot of respect and admiration for any athlete

Most famous person you have ever met?
The Queen!

What other sports do you like?
Tennis, F1

If you were not an athlete what would you like to be?
Property Developer

Favourite film?
Too many great films to have a favourite

Favourite music/group?
I like to listen to a lot of different music and groups

What is your favourite pre-competition meal?
Salad with chicken or fish

If you could take three people out for dinner who would they be?
Sir Michael Parkinson, Alan Carr and Michael Palin

If you were stranded on a desert island what three items would you take with you?
A boat, Kindle with hand charger, sun tan lotion, box of chocolates

What did you do during your 2012 post season break?
Planned my wedding

What is in your kit bag when you go out onto the track?
Living in Glasgow– gloves, hat, change of socks, water, iPod, running spikes or trainers

Do you have a motivational song, if so what is it?
Don’t have one but like upbeat music when warming up or running

If you had a super power what would it be?
Morph to become other people like Mistique from X Men
DOMESTIC CHAMPIONSHIPS

2011 – Aviva World Trials 800m gold. Aviva European Indoor Trials 400m 5th
2010 – Aviva Indoor World Trials 800m gold.
2009 – Aviva UK Indoor Championships 800m gold. Aviva World Trials silver
2008 – Aviva World Indoor Championships Trials 800m gold
2007 – Aviva European Indoor Championships Trials 800m silver. Aviva World Trials 800m silver
2006 – AAA Indoor Championships 800m gold
2005 – AAA Indoor Championships 800m gold. AAA Championships 800m bronze
2004 – AAA Indoor Championships 400m bronze
2003 – AAA Indoor Championships 400m gold. AAA U23 Championships 400m silver
2002 – AAA Indoor Championships 800m gold
2000 – AAA Junior Indoor Championships 400m gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2011 – IAAF World Championships 800m 3rd sf. Spar European Team
2010 – World Championships 800m (indoors) silver. European Championships 800m bronze. IAAF/VTB Bank Continental Cup 800m silver
2009 – World Championships 800m bronze. European Indoor Championships 800m 4th
2008 – Olympic Games 800m 6th sf. World Indoor Championships 800m 5th. European Cup 800m gold
2007 – World Championships 800m 5th sf. European Indoor Championships 800m 5th
2006 – European Championships 4x400m ht. World Indoor Championships 4x400m 6th
2003 – World Championships 4x400m 6th. World Indoor Championships 4x400m 4th. European U23 Championships 400m 7th, 4x400m silver
2002 – Commonwealth Games 4x400m silver
2000 – World Junior Championships 4x400m gold.

PERSONAL BESTS

800m 1:57.93
Q & A

What was your first Olympic or Paralympic Games memory?
Sally Gunnell – gold – 1992

What was the best performance during 2012?
David Rudisha 800m WR

What has been the best ever Olympic/Paralympic Games and why?
London 2012 – crowd, volunteers, the pride of the nation

Outside of parents, who has had the greatest influence on your athletics career?
Husband

Favourite athletics venue?
Rome

Best friend in athletics?
Helen Clitheroe

Toughest opponent?
Maria Savinova – Russia

Favourite training session?
6 x 300m

Least favourite training session?
Sand Dune Hill session

Sporting hero?
Paula Radcliffe

Most famous person you have ever met?
Most athletics greats/ Stevie Wonder/ members of the Royal family

What other sports do you like?
Rugby League

If you were not an athlete what would you like to be?
Before athletics – teacher. Post athletics – sports presenter/pundit

Favourite film?
Shawshank Redemption

Favourite music/group?
Lady Gaga

What is your favourite pre-competition meal?
Pasta and chicken/mince

If you could take three people out for dinner who would they be?
Husband, Mum and my dog – Harvey!

If you were stranded on a desert island what 3 items would you take with you?
Phone, sweets, water

What did you do during your 2012 post season break?
Was injured so didn’t have a traditional post season break. Went on a summer holiday to Dubai

Do you have any pets?
Harvey – miniature Schnauzer

Interesting unknown fact about yourself?
People think ‘butter wouldn’t melt’ but I’ve actually got quite a temper.

What is in your kit bag when you go out onto the track?
The kitchen sink! It’s bigger than me.

Do you have a motivational song, if so what is it?
Invisible – Jennifer Hudson

If you were Prime Minister for one day you would...
Make sure more money went to school sports

If you had a super power what would it be?
Fly
BRETT MORSE
DISCUS

DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships DT silver

2011 – Aviva World Trials DT bronze. Aviva U23 European Trials silver

2010 – BUoS Championships DT gold, SP 4th. Welsh Senior Championships SP bronze, DT gold. Aviva European Trials & UK Championships DT gold. BUoS Indoor Championships SP 4th

2009 – BUoS Championships DT gold, England U23 Championships DT gold, SP silver, Aviva World Trials DT silver


MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2011 – IAAF World Championships DT 12th. Spar European Team Championships DT 6th, European U23 Championships NM


2009 – European U23 Championships DT 13th

2008 – World Junior DT NM

2007 – European Junior Championships DT 9th

PERSONAL BESTS

DT 66.06

Q & A

What was the best performance during 2012?
Mo Farah winning double gold, Daniel Greaves Silver medal

What has been the best ever Olympic/Paralympic Games and why?
London 2012 because crowd were cheering all athletes not just British so atmosphere was good
Outside of parents, who has had the greatest influence on your athletics career?
Shaun Pickering

Favourite athletics venue?
Olympic Stadium London

Best friend in athletics?
Rhys Knapman

Toughest opponent?
Lawrence Okoye

Favourite training session?
Weights and throwing

Least favourite training session?
Long distance running

Sporting hero? Muhammad Ali

Most famous person you have ever met? Usain Bolt

What other sports do you like?
Football, Rugby

Favourite film?
Snatch, Lockstock & Good Burger

Favourite music/group?
RnB, Hip Hop

What is your favourite pre-competition meal?
Protein flapjack and Sci-Mx, X-Plode

If you could take three people out for dinner who would they be?
Dwayne (The Rock) Johnson, David Beckham, Boris Johnson/Keith Lemon

If you were stranded on a desert island what three items would you take with you?
Electricity generator, TV, PS3

What did you do during your 2012 post season break?
My fiancé Polly gave birth to my daughter Amelie

Interesting unknown fact about yourself?
Just become a father for the first time

What is in your kit bag when you go out onto the track?
Discus shoes, towel, spare clothes, drink, snack

If you had a super power what would it be? Fly
CHRISTINE OHRUOGU

400M

DOMESTIC CHAMPIONSHIPS

2013 - British Athletics European Trials & UK Championships 200m silver
2012 - Aviva 2012 Trials & UK Championships 400m gold
2011 - Aviva World Trials 400m bronze
2009 - Aviva World Trials 400m gold
2008 - Olympic Trials 200m silver
2006 - AAA Indoor Championships 60m silver, 200m silver, AAA U23 Championships silver
2005 - AAA U23 Championships 400m gold, AAA Championships 400m silver
2004 - AAA Championships 400m gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 - Olympic Games 400m silver. IAAF World Indoor Championships 4x400m gold
2011 - IAAF World Championships 400m DQ ht, (4x400m 4th)
2009 - IAAF World Championships 400m 5th. World Athletics Final 400m 6th
2008 - Olympic Games 400m gold (4x400m 5th). World Athletics Final 400m silver
2007 - IAAF World Championships 400m gold, (4x400m bronze). World Athletics Final 400m silver
2006 - Commonwealth Games 400m gold, (4x400m DQ)
2005 - IAAF World Championships 400m 4th sf, (4x400m bronze). European U23 Championships 400m silver, (4x400m silver)
2004 - Olympic Games 400m 4th sf 400m (4x400m 4th)
2003 - European Junior Championships 400m bronze

PERSONAL BESTS

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Q & A

What was your first Olympic Games memory:
I think it was in 2000 Cathy Freeman winning the 400m in Sydney

What has been the best athlete performance ever in an Olympic Games:
It is hard to beat Usain Bolt's three gold medals and three world records in Beijing

Best friend in athletics:
Anyika Onuoru

Pre-competition meal:
I usually just eat whatever is provided at the meet hotel

If you were not an athlete what would you like to be:
A teacher or something to do with kids or education

Favourite film:
300

Favourite TV programme:
Desperate Housewives

Favourite music/group:
I like a wide range of music

Favourite food:
My mum's pepper soup.

If you were stranded on a desert island what 3 items would you take with you:
Pen and paper to record my thoughts, lip balm

Do you have any pets:
No, I am abroad a lot but I will get one in the future

Interesting unknown fact about yourself:
I can click my own back

What is in your kit bag when you go out onto the track:
My spikes, water bottle and rain jacket.
DOMESTIC CHAMPIONSHIPS


2011 - Aviva U23 European Trials & UK Championships gold. Aviva World Trials & UK Championships 5th. CAU Inter Counties 6th

2010 - Aviva England U20 World Trials & UK Championships gold. English Schools Championships gold

2009 - Aviva English Schools Championships 4th

2008 - English Schools Championships silver

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 - Olympic Games 12th. European Championships 12th

2011 - European U23 Championships gold

2010 - IAAF World Junior Championships 6th

PERSONAL BESTS

DT 68.24m

Q & A

What was your first Olympic or Paralympic Games memory?
Kelly Holmes double gold 2004

What was the best performance during 2012?
David Rudisha & Mo Farah

What has been the best ever Olympic/Paralympic Games and why?
London – best in every way

Outside of parents, who has had the greatest influence on your athletics career?
Dr Barnett – old headmaster

Favourite athletics venue?
Olympic Stadium, London

Do you have any pre-competition superstitions?
No

Best friend in athletics?
Zane Duquemin

Toughest opponent?
Robert Harting

Favourite training session?
Psychometrics

Least favourite training session?
Hypertrophy weight sessions
BIOGRAPHIES

Sporting hero?
Muhammad Ali

Most famous person you have ever met?
Not sure

What other sports do you like?
Rugby, football, american football, tennis, cricket

If you were not an athlete what would you like to be?
Rugby player

Favourite film?
The Godfather

Favourite music/group?
50 Cent

What is your favourite pre-competition meal?
Chicken and rice

If you could take three people out for dinner who would they be?
Barack Obama, Sofía Vergara, Wentworth Miller

If you were stranded on a desert island what 3 items would you take with you?
Kindle, iPod, pen and paper

What did you do during your 2012 post season break?
Visit friends

Interesting unknown fact about yourself?
Been to France nearly 10 times

What is in your kit bag when you go out onto the track?
Throwing shoes, discs, chalk

Do you have a motivational song, if so what is it?
50 Cent – I Get It

If you were Prime Minister for one day you would...
Force oil companies to reduce fuel prices

If you had a super power what would it be?
Ability to read minds

DOB: 06/10/1991
Born: Croydon
Lives: Croydon
Club: Croydon
Trains: Lee Valley

Coach: John Hillier
Agent: Ashley O’Rourke – Mission Sports
Kit: Nike
Twitter: @LawrenceOkoye
Facebook: Lawrence Okoye
Web: Lawrenceokoye.com
ANDREW OSAGIE
800M

DOMESTIC CHAMPIONSHIPS
2012 – Aviva 2012 Trials & UK Championships 800m gold
2011 – Aviva European Indoor Trials & UK Championships 800m silver. Aviva World Trials & UK Championships gold
2010 – Aviva World Indoor Trials & UK Championships 800m gold
2009 – England U23 Championships 800m gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 – Olympic Games 800m 8th. IAAF World Indoor Championships 800m bronze
2011 – IAAF World Championships 800m 4th sf. European Indoor Championships 800m 4th
2010 – IAAF World Indoor Championships 800m 4th sf. Commonwealth Games 800m 4th sf
2009 – European U23 Championships 800m 3rd ht

PERSONAL BESTS
800m 1:43.77

Q & A

What was your first Olympic or Paralympic Games memory?
Triple jump in Sydney

What has been the best ever Olympic/Paralympic Games and why?
London because of the crowds, and organisation especially the work done by the military forces

Outside of parents, who has had the greatest influence on your athletics career?
Coach Craig Winrow

Favourite athletics venue?
Rome, Monaco or London Olympic Stadium

Best friend in athletics?
James Brewer, Ross Murray

Toughest opponent?
Not found one yet I don’t think I can beat

Favourite training session?
Anything fast!

Least favourite training session?
Anything slow!

Most famous person you have ever met?
Queen and the Duke of Edinburgh

What other sports do you like?
Football, F1, Rugby, Basketball
If you were not an athlete what would you like to be?
A rich, not so skinny businessman with a gorgeous wife, three kids and a dog called Bonnie. Or a full time female model rater and analyst.

Favourite film?
Dumbo, The Other Guys, 300

Favourite music/group?
Tyga, Lil Wayne, Lethal B

What is your favourite pre-competition meal?
Anything chicken based

If you could take three people out for dinner who would they be?
Will Smith, Alan Carr and Mila Kunis/ Frankie Sanford

If you were stranded on a desert island what 3 items would you take with you?
Speedboat, Sat Nav, and a can of fuel

What did you do during your 2012 post season break?
Went on holiday

Do you have any pets? (type and name!)
Dog – Labrador - Bonnie

Interesting unknown fact about yourself?
I’m actually not that interesting...fact! I’ve lived on £1 a day for 6 weeks

What is in your kit bag when you go out onto the track?
Spikes and everything I was wearing to warm up. Lip balm because nobody likes dry lips

Do you have a motivational song, if so what is it?
Not really, anything Rappy or maybe some UK Grime

If you were Prime Minister for one day you would...
Make myself PM for the rest of time

If you had a super power what would it be?
Time travel
DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships 5000m gold
2008 – National Championships 10,000m gold. Olympic Trials 5000m gold
2007 – National Championships 10,000m gold. Norwich Union World Trials 5000m gold
2006 – AAA Championships 5000m gold
2005 – AAA Indoor Championships 3000m gold
2004 – AAA Indoor Championships 3000m gold
2001 – AAA Championships 5000m gold
2000 – AAA Championships 5000m silver
1997 – UK Championships 1500m gold
1988 – ESAA Championships (U15) 1500m gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Olympic Games 10,000m 7th, 5000m 7th
2008 – Olympic Games 10,000m 12th
2007 – World Championships 10,000m 4th, 5000m 9th. European Indoor Championships 3000m 6th
2006 – European Championships 5000m 4th. Commonwealth Games 5000m silver. European Cup 3000m gold. European Cross Country Championships 8th
2005 – World Championships 5000m 15th
2004 – Olympic Games 5000m 5th, 1500m 13th. World Indoor Championships 3000m 5th. European Cross Country Championships bronze
2003 – World Championships 1500m 10th. World Athletics Final 3000m bronze
2002 – European Championships 5000m 5th. Commonwealth Games 5000m 5th. World Cup 5000m bronze
2001 – World Championships 5000m 11th
2000 – Olympic Games 5000m 12th
1997 – World Championships 1500m 11th sf

PERSONAL BESTS

5000m 14:39.96 Marathon 2:28.24
10,000m 30:53.20
Q & A

What was your first Olympic or Paralympic Games memory?
Looking up at the Olympic flame in Sydney

What was the best performance during 2012?
Mo Farah’s double

What has been the best ever Olympic/Paralympic Games and why?
London 2012 – crowds were amazing.

Outside of parents, who has had the greatest influence on your athletics career?
Husband

Favourite athletics venue?
Exeter Arena as it’s my home training track

Best friend in athletics?
Lots of really good mates

Toughest opponent?
Tirunesh Dibaba and Meseret Defar

Favourite training session?
10 x 800m (60 sec rec)

Least favourite training session?
5 x 2000m

Sporting hero?
Kelly Holmes - my old room mate

Most famous person you have ever met? The Queen

What other sports do you like? Tennis

If you were not an athlete what would you like to be? Physiotherapist

Favourite film? Zoolander

Favourite music/group? The Killers and U2

What is your favourite pre-competition meal? Tuna roll

If you could take three people out for dinner who would they be?
Bono, Brandon Flowers, Will Ferrell

If you were stranded on a desert island what 3 items would you take with you?
Red wine, chocolate

Interesting unknown fact about yourself? I’m a physio by trade

What is in your kit bag when you go out onto the track? Only what I need

Do you have a motivational song, if so what is it? Mr Brightside (The Killers), Vertigo (U2)

If you were Prime Minister for one day you would... Be tougher on violent crime

If you had a super power what would it be? To run faster!
DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships 100m H silver

2011 – Aviva World Trials 100m H gold

2010 – USA Track & Field Championships 100m H 5th

2009 – USA Track & Field Championships 100m H 4th

2008 – NCAA Championships 100m H gold.

PERSONAL BESTS

100m H 12.56
60m H 7.80

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Olympic Games 100m H 4th sf, IAAF World Indoor Championships 60m H silver

2011 – IAAF World Championships 100m H 4th. Spar European Team Championships 100m H silver. European Indoor Championships 60m H silver

2006 - World Junior Championships bronze

Tiffany Porter
100m Hurdles
### Q & A

**What was your first Olympic or Paralympic Games memory?**
Watching with my family

**What was the best performance during 2012?**
Everyone who gave maximum effort

**What has been the best ever Olympic/Paralympic Games and why?**
London Games 2012, because it was my first

**Outside of parents, who has had the greatest influence on your athletics career?**
Siblings

**Favourite athletics venue?**
Monaco

**Best friend in athletics?**
Jeff Porter

**Toughest opponent?**
Myself

**Favourite training session?**
Hurdles sessions

**Least favourite training session?**
Long runs

**What other sports do you like?**
Gymnastics

**If you were not an athlete what would you like to be?**
Pharmacist

**Favourite film?**
Taken

**Favourite music/group?**
R&B/Gospel

**If you could take three people out for dinner who would they be?**
Husband, siblings, parents

**If you were stranded on a desert island what 3 items would you take with you?**
Husband, computer, cell phone

**What did you do during your 2012 post season break?**
Sleep, eat, and travel

**Interesting unknown fact about yourself?**
I have a Doctorate (of Pharmacy)

**What is in your kit bag when you go out onto the track?**
iPod, stretching rope, spikes, drink, gum, lip balm

**If you had a super power what would it be?**
Predict the future

---

| **DOB:** | 13/11/1987 |
| **Born:** | Ypsilanti, Michigan USA |
| **Lives:** | Canton, Michigan |
| **Club:** | Woodford Green Essex Ladies |
| **Trains:** | Loughborough & USA |
| **Coach:** | Rana Reider |
| **Agent:** | Mark Wetmore – Global Athletics |
| **Kit:** | adidas |
| **Twitter:** | @tiffanyili |
ANDREW POZZI
110M HURDLES

DOMESTIC CHAMPIONSHIPS

2012 - Aviva 2012 Trials & UK Championships 110mH gold. BUCS Championships 110mH gold. Aviva European Indoor Trials & UK Championships 60mH gold. BUCS Indoor Championships 60mH gold

2011 - BUCS Indoor Championships 60mH silver. Aviva European Indoor Trials & UK Championships 60mH 6th. England U20 Indoor Championships 60mH gold. Aviva World Trials & UK Championships 110mH 6th. BUCS Championships 110mH silver. Aviva European U20 Trials & UK Championships 110mH gold

2010 - Aviva England Indoor Championships 60mH gold

2009 - England U20 Championships 110mH 8th

PERSONAL BESTS

110m H  13.34  60m H  7.56

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2011 - Olympic Games 110mH DNF ht. IAAF World Indoor Championships 60mH 4th

2011 - European Junior Championships 110mH silver

2009 - IAAF World Youth Championships 110mH 4th sf
Q & A

What was your first Olympic Games memory:
Kelly Holmes 800m win in Athens 2004

Favourite athletics venue:
Birmingham Alexander Stadium

Sporting hero: Liu Xiang

What other sports do you like:
Rugby

If you were not an athlete what would you like to be:
Something in finance

Favourite film:
Good Will Hunting

Favourite TV programme:
Entourage

Favourite music/group:
Depends on the mood – quite eclectic

Favourite food:
Spaghetti Bolognese

If you could take three people out for dinner who would they be:
Shakespeare, Michael Jordan, Winston Churchill.

If you were stranded on a desert island what 3 items would you take with you:
iPad, Swiss army knife, Iodine

Do you have any pets:
1 dog (brown Labrador) and 1 cat

What is in your kit bag when you go out onto the track:
Spikes, chocolate bar, drink (usually water)

DOB: 15/05/1992
Born: Leamington Spa
Lives: Bristol
Club: Stratford-upon-Avon
Trains: Bath
Coach: Malcolm Arnold
Agent: MTC
Kit: Nike
Twitter: @andrew_pozzi
Facebook: Andrew Pozzi
DOMESTIC CHAMPIONSHIPS
2012 – Aviva Indoor UK Trials and Championships LJ gold
2011 – Aviva World Trials LJ gold
2010 – NCAA Championships TJ bronze, LJ 5th. NACAC U23 T&F Championships LJ gold. SEC Outdoor Championships LJ gold
2009 – Central American and Caribbean Championships LJ gold

PERSONAL BESTS
LJ 6.95m

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 – Olympic Games LJ 9th. IAAF World Indoor Championships LJ bronze
2011 – IAAF World Championships LJ 11th q. IAAF World Challenge Meeting LJ gold. Spar European Team Championships LT 9th
2009 – World Championships LJ 6th
2005 – World Youth Championships LJ 6th
Q & A

What other sports do you like?
Football and tennis

If you were not an athlete what would you like to be?
An actress/singer

Favourite film?
Bridesmaids

Favourite music/group?
Travis Porter

What is your favourite pre-competition meal?
Fruit and water

If you were stranded on a desert island what three items would you take with you?
My BlackBerry, water and a pillow
DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships 400m gold
2011 – Aviva World Trials & UK Championships 400m gold
2010 – Aviva European Trials & UK Championships 400m gold
2008 – Olympic Trials 400m gold
2007 – Aviva World Championships Trials 400m silver
2006 – AAA Championships 400m silver

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Olympic Games 5th sf, 4x400m 4th
2011 – World Championships 400m 7th sf, (4x400m 7th)
2010 – European Championships 400m bronze, (4x400m silver)
2009 – World Championships 400m 7th sf2, (2nd 4x400m)
2008 – Olympic Games 400m 6th, (4x400m 4th). European Cup 400m gold, (4x400m silver)
2007 – World Championships 400m 400m 4th ht, (4x400m 6th)
2006 – Commonwealth Games 400m 5th, (4x400m 4th). World Junior Championships 400m bronze, (4x400m bronze)
2005 – World Championships 4x400m 4th. European Junior Championships 400m silver, (4x400m gold)

PERSONAL BESTS

400m  44.60
Q & A

What was your first Olympic or Paralympic Games memory?
Donna Fraser coming 4th behind Kath Merry, great to see a local girl come so close.

What was the best performance during 2012?
David Rudisha followed by Dave Weir’s 5000m.

What has been the best ever Olympic/Paralympic Games and why?
London and Beijing for me, were both incredible, but London was really special.

Outside of parents, who has had the greatest influence on your athletics career?
Nick Dakin.

Favourite athletics venue?
Lausanne.

Do you have any pre-competition superstitions?
Sticking to a routine.

Best friend in athletics?
Andrew Steele.

Toughest opponent?
Kevin Borlee.

Favourite training session?
450-350-250, 350-250-150.

Least favourite training session?
Don’t really have one!

Sporting hero?
David Rudisha.

Most famous person you have ever met?
David Cameron.

What other sports do you like?
Football, Rugby.

Favourite film?
Changes all the time!

Favourite music/group?
Muse.

If you were stranded on a desert island what three items would you take with you?
Mac Air, Bear Grills DVD’s and a Swiss army knife.

What did you do during your 2012 post season break?
Went to St Lucia and moved house.

What is in your kit bag when you go out onto the track?
Spikes, stretching rope, iPod, deep heat.

If you were Prime Minister for one day you would…
Commission a 400m indoor track.

If you had a super power what would it be?
Control time.
DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships gold
2010 – Aviva Indoor World Trials gold
2008 – Olympic Trials gold
2006 – AAA Championships gold
2005 – AAA Indoor Championships bronze. AAA Indoor U20 Championships gold. AAA U20 Championships bronze. AAA Championships gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Olympic Games gold
2011 – IAAF World Championships 13th q
2010 – Commonwealth Games silver
2009 – European Indoor Championships 6th. IAAF World Championships 5th
2008 – Olympic Games 10th
2007 – World Championships 21st q
2006 – European Championships silver. Commonwealth Games 8th
2005 – European Junior Championships gold

PERSONAL BESTS

LJ  8.35

Q & A

What was your first Olympic or Paralympic Games memory? Sitting with my dad and brother on the sofa watching Linford Christie win in 1992

What do you think was the best athletics performance during the 2012 Olympic and Paralympic Games GB AND Overseas? Bradley Wiggins winning gold, David Weir’s wins, David Rushida winning 800m with a world record.

What has been the best ever Olympic/Paralympic Games and why? I honestly believe London 2012 was the best ever Games. The facilities, the organisation, the atmosphere, the results – everything was stepped up at this Games and it was better than anyone expected I think. It was the best by far, in my opinion!

Outside of parents, who has had the greatest influence on your athletics career? Probably the people who have coached me through the years, at Marshall Milton Keynes Athletic Club but also Dan Pfaff my current coach.

Favourite athletics venue? Crystal Palace & Oregon
Do you have any pre-competition superstitions? I don’t have any superstitions, I just try to keep a clear head.

**Best friend in athletics?** I have a couple... Andrew Steele, Rhys Williams and Steve Lewis.

**Toughest opponent?** I’ve come up against so many incredible athletes, like Mitchell Watt and Chris Tomlinson here in the UK. To be honest, I’m always my biggest opponent when I get on that runway though.

**Favourite training session?** Sprint training.

**Least favourite training session?** Plyometrics.

**Sporting hero?** Lynn Davies CBE.

**Most famous person you have ever met?** The Queen and Bono, not at the same time!

**What other sports do you like?** Football, rugby, ice hockey, skiing, skeleton bobsleigh, bobsleigh, badminton, cycling and most others. I can watch and enjoy any sport.

**If you were not an athlete what would you like to be?** Footballer.

**Favourite film?** Lord of the Rings, Pineapple Express, Anchorman.

**Favourite music/group?** RnB, Dubstep, House.

**What is your favourite pre-competition meal?** Something light like a salad with some protein.

If you were stranded on a desert island what three items would you take with you? A solar powered kitchen, football and sun tan lotion!

**What did you do during your 2012 post season break?** I had a pretty busy time after the season as there was still so much buzz around the Olympics and I was lucky enough to be in demand by the public. I had a couple of operations that fixed some long running injuries and was kept very busy whilst I was recovering.

**Do you have any pets?** I have two chocolate labradors.

**Interesting unknown fact about yourself?** I trialed for the Aston Villa football team as a youngster.

**What is in your kit bag when you go out onto the track?** Two pairs of spikes, protein bars, super shake, waterproof clothing, sunglasses, towel, spike key and spare safety pins.

**Do you have a motivational song, if so what is it?** Faithless, Insomnia or Wretch 32, Don’t go.

**If you were Prime Minister for one day you would...** Go visit Barack Obama in the White House!

**If you had a super power what would it be?** Probably to fly.
**BIOGRAPHIES**

**DOMESTIC CHAMPIONSHIPS**

- **2012** – Aviva 2012 Trials & UK Championships gold
- **2011** – Aviva World Trials and UK Championships gold. CAU Inter-Counties Championships gold
- **2010** – CAU Inter-Counties Championships gold. Aviva European Trials and UK Championships gold
- **2009** – Aviva World Trials gold
- **2008** – AAA Championships gold
- **2007** – Aviva World Trials gold
- **2006** – AAA Championships gold
- **2005** – AAA Championships gold
- **2004** – AAA U23 Championships gold. AAA Championships gold
- **2003** – BUSA Championships gold. AAA U23 Championships gold. AAA Championships gold
- **2002** – BUSA Championships gold. Commonwealth Games Trials bronze. AAA U23 Championships gold. AAA Championships silver
- **2001** – AAA U20 Championships gold
- **2000** – AAA U20 Championships gold
- **1999** – AAA U20 Championships silver
- **1997** – AAA U17 Championships gold

**MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS**

- **2012** – European Athletics Championships 4th
- **2011** – IAAF World Championships 10th. Spar European Team Championships silver
- **2010** – European Team Championships silver
- **2009** – World Championships NQ
- **2008** – Olympic Games 4th. European Throws Cup gold
- **2007** – World Championships NQ
- **2006** – European Championships 12th. Commonwealth Games 5th
- **2005** – World Championships 12th. World University Games 4th
- **2004** – Olympic Games NQ
- **2003** – World University Games 5th. European U23 Championships 11th
- **2002** – Commonwealth Games 6th
- **2001** – European Junior Championships silver
- **2000** – World Junior Championships 6th
- **1999** – World Youth Championships 5th

**PERSONAL BESTS**

- **JT** 66.17m
**Q & A**

**What was your first Olympic or Paralympic Games memory?**
1992 – Sally Gunnell and Linford Christie winning in Barcelona

**What was the best performance during 2012?**
David Rudisha’s 800m

**What has been the best ever Olympic/Paralympic Games and why?**
London for atmosphere and British pride

**Outside of parents, who has had the greatest influence on your athletics career?**
Mark Roberson – training partner and then coach

**Favourite athletics venue?**
Crystal Palace

**Do you have any pre-competition superstitions?**
I always put my vest on last – not really a superstition but more to keep it fresh during warm up

**Best friend in athletics?**
Robbie Grabarz

**Toughest opponent?**
Barbora Spotakova

**Favourite training session?**
Medicine ball throwing

**Least favourite training session?**
Anything when injured

**Sporting hero?**
Cathy Freeman

**Most famous person you have ever met?**
David Beckham

**What other sports do you like?**
All ball sports

**If you were not an athlete what would you like to be?**
A drummer in a band

**Favourite film?**
Forrest Gump

**Favourite music/group?**
Florence and the Machine

**What is your favourite pre-competition meal?**
Scrambled eggs, spinach, and toast – plus coffee

**If you were stranded on a desert island what 3 items would you take with you?**
Music, best friend, a boat

**What did you do during your 2012 post season break?**
Visited a vanilla project in Madagascar with Fairtrade

**Interesting unknown fact about yourself?**
My dad was the first Englishman to play at the Grand Ole Oprey in Nashville, Tennessee alongside Johnny Cash

**What is in your kit bag when you go out onto the track?**
Spike, tacky (for grip), towel, drink, sunglasses, spare hairband

**Do you have a motivational song, if so what is it?**
I always seem to warm up to Inner Smile by Texas but only pre-competition

**If you were Prime Minister for one day you would...**
Make it compulsory for kids to do 1 hour of physical activity per day

**If you had a super power what would it be?**
Heal people
**DOMESTIC CHAMPIONSHIPS**

- **2012** – Aviva 2012 Trials & UK Championships 400mh gold
- **2011** – Aviva World Trials & UK Championships 400mh gold, 400m gold
- **2010** – BUCS Championships 400mh gold, Aviva European Trials & UK Championships 400mh gold
- **2009** – Aviva World Trials 400m silver. England U23 Championships 400mh gold
- **2008** – UK Championships 400mh gold
- **2007** – England U20 400mh silver
- **2006** – England U20 400mh gold

**MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS**

- **2012** – Olympic Games 400mh 3rd sf, IAAF World Indoor Championships 4x400m gold
- **2011** – IAAF World Championships 400mh 3rd sf, 4x400m 4th. Spar European Team Championships bronze
- **2010** – European Championships 400mh bronze, 4x400m bronze, World Indoors 4x400m 5th
- **2009** – World Championships 400mh 7th sf. European U23 Championships 400mh gold

**PERSONAL BESTS**

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Q & A

What was your first Olympic or Paralympic Games memory? London 2012 and getting kitted out

What was the best performance during 2012? Mo Farah winning double gold

What has been the best ever Olympic/Paralympic Games and why? London 2012 – my first one, home town

Outside of parents, who has had the greatest influence on your athletics career? Coach, Chris Zah

Favourite athletics venue? Birmingham Alexander Stadium

Best friend in athletics? Asha Philip, Harry Aikines, Anyika Onuora

Toughest opponent? Myself, so hard on myself

Favourite training session? Hurdles (sprint)

Least favourite training session? Endurance sessions

Most famous person you have ever met? Will Smith, then Sir Alan Sugar (at the same venue, but we never spoke)

If you were not an athlete what would you like to be? Not sure, as long as it involved travelling

Favourite music/group? Afro Beat, House music, Garage

What is your favourite pre-competition meal? Pasta (lunch) Porridge (morning)

If you could take three people out for dinner who would they be? Adam Richman (to eat the left overs), my coach Chris (bring the laughter)

If you were stranded on a desert island what three items would you take with you? Baby wipes, silk headscarf, vaseline

What did you do during your 2012 post season break? Three weeks off. Went to Jamaica for 10 days

What is in your kit bag when you go out onto the track? Vaseline, spikes, energy drink (Powerade), nuts

If you had a super power what would it be? To be able to be invisible
# William Sharman

**110m Hurdles**

## Domestic Championships

- **2012** – Aviva 2012 Trials 110mh 4th, BUCS Championships 110mh bronze
- **2011** – Aviva World Trials & UK Championships 110mh bronze
- **2010** – Aviva European Trials & UK Championships 110mh 1st
- **2009** – Welsh Senior Open Indoor Championships 6om 4th, 60mh gold; CAU Inter Counties Championships 200m 7th, Aviva European Championships Indoor Trials 60mh DQ, Aviva World Championships Trials 110mh 4th
- **2008** – Aviva Indoor Trials 60mh 4th, Aviva Olympic Trials 100mh bronze
- **2007** – Aviva European Trials 60mh bronze, Aviva World Championships Trials 100mh bronze, BUSA Championships 110mh gold
- **2006** – Aviva European Championships Trials 110mh silver, AAA U23 Championships 110mh gold, CAU Inter Counties Championships 110mh gold, BUSA Championships 110mh gold
- **2005** – AAA Championships 110mh 4th, AAA U23 Championships 110mh silver

## Major Championships and International Highlights

- **2012** – European Athletics Championships 110mh 4th sf
- **2011** – IAAF World Championships 110mh 5th=
- **2010** – Commonwealth Games 110mh 2nd, European Championships 110mh DQ
- **2009** – IAAF World Championships 110mh 4th
- **2007** – World Student Games 110mh 8th sf2
- **2006** – European Championships 110mh 4th h1
- **2005** – European U23 Championships 110mh 4th
- **2003** – European Junior Championships 110m H 5th

## Personal Bests

- **110m H** 13.30
Q & A

What was the best performance during 2012?
Richard Whitehead 200m/Chris Hoy

What has been the best ever Olympic/Paralympic Games and why?
These ones (London) – they were engrossing

Outside of parents, who has had the greatest influence on your athletics career?
Brother

Favourite athletics venue?
Bedford

Best friend in athletics?
The starter’s pistol, he lets me loose!

Toughest opponent? Me

Sporting hero? Lewis Hamilton

Most famous person you have ever met?
Michael Johnson

What other sports do you like?
Tennis, rugby, F1, football

If you were not an athlete what would you like to be?
F1 driver

Favourite film? Training Day

Favourite music/group?
MMG

What is your favourite pre-competition meal?
Yam pottage

If you could take three people out for dinner who would they be?
It would be a family meal

If you were stranded on a desert island what three items would you take with you?
Knife, tool box kit, generator powered by solar panels

What did you do during your 2012 post season break?
Go-Karting and holiday

Interesting unknown fact about yourself?
I’m a fast go-kart driver! And dare anyone to challenge me!

If you were Prime Minister for one day you would...
Impose fair trade worldwide

If you had a super power what would it be?
To heal people through touch like Jesus did

DOB: 12/09/1984
Born: Lagos, Nigeria
Lives: Nottingham
Club: Belgrave Harriers
Trains: Loughborough

Coach: Jerzy Maciukiewicz
Agent: JCCM Ltd – Jane Cowmeadow
Kit: adidas
Twitter: @williamsharman
Web: www.williamsharman.com

COACHES

DOB: 12/09/1984
Born: Lagos, Nigeria
Lives: Nottingham
Club: Belgrave Harriers
Trains: Loughborough

Coach: Jerzy Maciukiewicz
Agent: JCCM Ltd – Jane Cowmeadow
Kit: adidas
Twitter: @williamsharman
Web: www.williamsharman.com

Q & A

What was the best performance during 2012?
Richard Whitehead 200m/Chris Hoy

What has been the best ever Olympic/Paralympic Games and why?
These ones (London) – they were engrossing

Outside of parents, who has had the greatest influence on your athletics career?
Brother

Favourite athletics venue?
Bedford

Best friend in athletics?
The starter’s pistol, he lets me loose!

Toughest opponent? Me

Sporting hero? Lewis Hamilton

Most famous person you have ever met?
Michael Johnson

What other sports do you like?
Tennis, rugby, F1, football

If you were not an athlete what would you like to be?
F1 driver

Favourite film? Training Day

Favourite music/group?
MMG

What is your favourite pre-competition meal?
Yam pottage

If you could take three people out for dinner who would they be?
It would be a family meal

If you were stranded on a desert island what three items would you take with you?
Knife, tool box kit, generator powered by solar panels

What did you do during your 2012 post season break?
Go-Karting and holiday

Interesting unknown fact about yourself?
I’m a fast go-kart driver! And dare anyone to challenge me!

If you were Prime Minister for one day you would...
Impose fair trade worldwide

If you had a super power what would it be?
To heal people through touch like Jesus did
DOMESTIC CHAMPIONSHIPS

2012 - Aviva 2012 Trials & UK Championships 200m 4th. Aviva England U23 Championships & World Trials 200m gold. BUCS 100m silver. Aviva European Indoor Trials & UK Championships 200m gold

2011 - Aviva European Indoor Trials & UK Championships 200m gold

2010 - BUCS Championships 100m silver. Aviva U23 World Trials & UK Championships 200m silver. CAU Inter Counties 200m gold. BUCS Indoor Championships 200m silver. Aviva European Trials & UK Championships 200m 8th. Aviva U20 Indoor Championships 200m silver

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 - European Championships 200m bronze. Aviva Indoor International GBR v GER v RUS v Commonwealth v USA 200m gold

2011 - European U23 Championships 200m 4th, 4x100m silver. Spar European Team Championships 200m bronze

2010 - IAAF World Junior Championships 200m 4th sf

PERSONAL BESTS

100m  10.21
200m  20.52

Q & A

What was your first Olympic or Paralympic Games memory?
2004 relay final!

What was the best performance during 2012?
Usain Bolt three gold medals and Jess Ennis winning was amazing

What has been the best ever Olympic/Paralympic Games and why?
London 2012. The public made it fantastic and performances were brilliant

Outside of parents, who has had the greatest influence on your athletics career?
My coach Dan Cossins

Favourite athletics venue?
Olympic Stadium and Crystal Palace

Do you have any pre-competition superstitions?
Yes, I do a few weird things I don’t want people to know about. I don’t want to be the weird kid of British Athletics!

Best friend in athletics?
I have a few but Dan Putnam and Andy Robertson

Toughest opponent?
Christian Malcolm – the guy just keeps going
Favourite training session?
I’m strange and like long stuff, only if it’s not cold

Least favourite training session?
Majority of weight sessions

Sporting hero?
David Beckham, he’s so ledge

Most famous person you have ever met?
Dwain Chambers

What other sports do you like?
Football and golf

If you were not an athlete what would you like to be?
The winner of X Factor or an actor on Eastenders

Favourite film?
American Gangster

Favourite music/group?
Oasis, Adele and Alicia Keys

What is your favourite pre-competition meal?
Plain omelette

If you could take three people out for dinner who would they be?
Jessica Alba, David Beckham and Chris Rock – not at the same time

If you were stranded on a desert island what 3 items would you take with you?
Football manager, iPod and a decent book

What did you do during your 2012 post season break?
Plan a holiday then not go

Do you have any pets?
A cat called Max

Interesting unknown fact about yourself?
Same as last year, still do a great impression of Barack Obama

What is in your kit bag when you go out onto the track?
A few lucky charms

Do you have a motivational song, if so what is it?
Hometown Glory – Adele and One & Only - Adele

If you were Prime Minister for one day you would...
Have the day off

If you had a super power what would it be?
Go back in time
DOMESTIC CHAMPIONSHIPS
2013 - British Athletics European Trials & UK Championships LJ silver
2012 – Aviva 2012 Trials & UK Championships bronze
2010 – Aviva European Trials & UK Championships gold. Aviva World Indoor Trials silver
2009 – Aviva World Championships Trials gold
2009 – Aviva UK Indoor Championships gold
2008 – AAA Indoor Championships gold
2007 – Aviva World Champs Trials gold
2006 – AAA Championships silver
2005 – AAA Indoor Championships silver
2004 – AAA Indoor Championships gold. AAA Championships gold
2003 – AAA Indoor Championships gold
2002 – Commonwealth Games Trials gold. AAA Championships silver
2001 – AAA Indoor Championships gold
2000 – AAA Indoor Championships gold
1999 – AAA U20 Championships gold
1998 – AAA Indoor U17 Championships gold
1996 – ESAA Championships (triple jump) gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 – Olympic Games 6th. European Championships 13th q
2011 – IAAF World Championships 11th. Spar European Team Championships 6th
2010 – European Championships bronze. Commonwealth Games NM
2009 – IAAF World Championships 8th. European Team Championships 5th
2008 – Olympic Games 27th q. World Indoor Championships silver
2006 – European Championships 9th
2004 – Olympic Games 5th
2007 – IAAF World Championships 16th q. European Indoor Championships 5th
2006 – Commonwealth Games 6th
2004 – IAAF World Indoor Championships 6th. European Cup gold
2005 – IAAF World Championships 14th q
2003 – IAAF World Championships 9th
2001 – European U23 Championships 6th

PERSONAL BESTS
LJ 8.35
Q & A

What was your first Olympic or Paralympic Games memory?
1988, Mens 100m Ben Johnson

What was the best performance during 2012?
Aries Merritt

What has been the best ever Olympic/Paralympic Games and why?
London because of the atmosphere

Outside of parents, who has had the greatest influence on your athletics career? Coaches

Favourite athletics venue?
Crystal Palace

Best friend in athletics? A few – Tom Parsons, Andy Turner, Larry Achike

Toughest opponent? Myself

Favourite training session? Running

Least favourite training session?
Weights

Sporting hero? Carl Lewis

Most famous person you have ever met? My mother in law

What other sports do you like? Golf

If you were not an athlete what would you like to be? Golfer

Favourite film? Usual Suspects

Favourite music/group? Arctic Monkeys

What is your favourite pre-competition meal? Pasta and fish

If you could take three people out for dinner who would they be?
Wife, baby, dog

What did you do during your 2012 post season break?
Holiday, drink

Do you have any pets? Dog – Cassie

What is in your kit bag when you go out onto the track? Spikes

Do you have a motivational song, if so what is it? Eminem album

If you had a super power what would it be? To fly
DOMESTIC CHAMPIONSHIPS

2011 – Aviva European Indoor Trials & UK Championships 60mH gold, 200m silver. Aviva World Trials & UK Championships 100m 4th sf

2010 – Aviva European Trials & UK Championship 110mH silver

2009 – Aviva European Indoor Championships Trials 60mH DQ. Aviva World Championships Trials 110mH gold

2008 – Aviva Indoor Trials 200m 3rd sf. Aviva Olympic Trials 110mH gold. Aviva European Indoor Trials 60mH gold. Aviva World Trials 110mH gold

2006 – Aviva European Championships Trials 110mH gold. AAA Indoor Championships 60mH gold

2005 – AAA Indoor Championships 60mH silver. AAA Championships 110mH silver. Inter Counties Championships 110mH silver

2004 – AAA Indoor Championships 60mH 4th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Olympic Games 110mH 4th sf

2011 – IAAF World Championships 110mH bronze. Spar European Team Championships 110mH gold

2010 – Commonwealth Games 110mH gold. European Championships 110mH gold. European Team Championships 1st.

2009 – European Indoor Championships 60mH 4th. Spar European Team Championships 110mH silver. IAAF World Championships 110mH 5th ht. IAAF World Athletics Final 5th

2008 – Olympic Games 110mH 5th q. IAAF World Athletics Final 110mH 7th

2007 – European Indoor Championships 60mH 4th. IAAF World Championships 3rd sf. Spar European Cup 110mH silver

2006 – European Championships 110mH bronze. European Cup 110mH silver. Commonwealth Games 110mH bronze

2004 – Olympic games ht. European Cup 3rd

PERSONAL BESTS

110mH 13.22
DOB: 19/09/1980  
Born: Nottingham  
Lives: Sutton, Surrey  
Club: Sale Harriers  
Trains: Lee Valley / St Marys  
Coach: Lloyd Cowan  
Agent: Race-Pace, Commercial – Gab Stone. GSE Agency  
Kit: Nike  
Twitter: @andyturnern1oh  
Web: www.andyturnern1oh.co.uk

Q & A

What was your first Olympic or Paralympic Games memory? Linford winning in 1992

What was the best performance during 2012? GB – David Weir. Foreign – Rudisha 800m

What has been the best ever Olympic/Paralympic Games and why? London – packed stadiums, electric atmosphere

Outside of parents, who has had the greatest influence on your athletics career? Coach – Lloyd Cowan

Favourite athletics venue? Barcelona

Do you have any pre-competition superstitions? Same warm up every time

Best friend in athletics? Greg Rutherford

Toughest opponent? Liu Xiang

Favourite training session? Short hurdles

Least favourite training session? Any form of jogging

Sporting hero? Brian Clough

Most famous person you have ever met? The Queen

What other sports do you like? Football, rugby, golf, boxing

If you were not an athlete what would you like to be? Fireman

Favourite film? Shawshank Redemption

Favourite music/group? Lil Wayne

What is your favourite pre-competition meal? Anything they have in the hotel

If you could take three people out for dinner who would they be? David Beckham, Jessica Alba, Keith Lemon

If you were stranded on a desert island what 3 items would you take with you? Music, my Mrs and alcohol

What did you do during your 2012 post season break? Surgery

Do you have any pets? Three kids - do they count?

Interesting unknown fact about yourself? I’m actually an alien

What is in your kit bag when you go out onto the track? iPod, energy drink, spikes

Do you have a motivational song, if so what is it? Any massive bass dub step

If you were Prime Minister for one day you would… Drop Lottery means testing

If you had a super power what would it be? Be able to fly
DOMESTIC CHAMPIONSHIPS
2012 - Aviva 2012 Trials & UK Championships 1500m gold. BUCS Championships 3000m gold
2010 - Aviva European Trials & UK Championships 1500m 6th. Aviva England U20 World Trials Championships 1500m gold
2008 - English Schools Championships 1500m gold
2007 - England U17 800m silver. English Schools Championships 1500m gold. UK School Games 1500m gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 - Olympic Games 1500m 11th
2010 - IAAF World Junior Championships 1500m 6th

PERSONAL BESTS
1500m  4:02.99

Q & A
What was your first Olympic or Paralympic Games memory?
Kelly Holmes – double gold

What was the best performance during 2012?
Mo Farah – double gold

What has been the best ever Olympic/Paralympic Games and why?
London 2012 – I achieved my dream to be an Olympian

Outside of parents, who has had the greatest influence on your athletics career?
Coach

Favourite athletics venue?
Olympic Park London!!

Do you have any pre-competition superstitions?
Bag and kit prepared night before – all in a set order and place. Always use same pins!

Best friend in athletics?
Deborah – girl from Morpeth I’ve known since I was 14

Toughest opponent?
Everyone is tough!

Favourite training session?
3 x 500m 1min or 10 x 300m 45 sec
Least favourite training session?
Time trials

Sporting hero?
Paula Radcliffe and Roger Federer

What other sports do you like?
Football – Newcastle, Tennis

If you were not an athlete what would you like to be?
PE Teacher

Favourite film? Taken

Favourite music/group?
The Script or Rihanna

What is your favourite pre-competition meal?
Tuna pasta bake

If you were stranded on a desert island what 3 items would you take with you?
Food (lots - mainly chocolate), rubber dinghy (to get home), and Albert, a teddy from when I was little

What did you do during your 2012 post season break?
Holiday to Paris with my sister, spent time with my family and friends

Interesting unknown fact about yourself?
I used to be a dancer

What is in your kit bag when you go out onto the track? Spikes!

Do you have a motivational song, if so what is it?
R Kelly – Worlds Greatest

If you had a super power what would it be?
Fly on the wall – invisible
Conrad Williams
400m

DOMESTIC CHAMPIONSHIPS
2012 - Aviva 2012 Trials & UK Championships 400m silver. BUCS 400m silver
2011 - Aviva European Indoor Trials & UK Championships 200m gold, 800m 6th h
2010 - Aviva World indoor Trials & UK Championships 200m silver, 60m 5th sf. Aviva European Trials & UK Championships 400m bronze, CAU Inter-Counties Championships 400m gold
2009 - Aviva World Championships Trials 400m silver. CAU Inter-Counties Championships 400m gold
2008 - Aviva Olympic Trials 4th sf
2007 - Norwich Union World Trials 400m 4th CAU Inter-Counties 400m silver
2006 - CAU Inter-Counties 200m 6th sf, 400m gld., AAA Indoor Championships 400m bronze

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 - Olympic Games 400m 8th sf, 4x400m 4th. European Championships 4x400m silver. IAAF World Indoor Championships 4x400m silver
2010 - Commonwealth Games 400m 6th, 4x400m bronze. European Championships 6th sf, 4x400m silver. IAAF World Indoor Championships 4x400m bronze. Spar European Team Championships 4x400m relay silver
2009 - IAAF World Championships 4x400m relay silver. Spar European Team Championships 4x400m gold
2008 - Spar European Cup 4x400m silver

PERSONAL BESTS
400m 45.08
Q & A

What was your first Olympic or Paralympic Games memory?
USA Basketball Team winning 2004

What was the best performance during 2012?
Kirani James – Sub-44, David Rudisha WR, Oscar Pistorius

What has been the best ever Olympic/Paralympic Games and why?
I can’t really say what Games are the best - they are all good in their own right

Outside of parents, who has had the greatest influence on your athletics career?
The young people at work

Favourite athletics venue?
Wild World of Sports, Florida USA

Do you have any pre-competition superstitions?
Putting on my headband

Toughest opponent? There are none

Favourite training session?
Warm up/strides

Least favourite training session?
6 x 150m

Sporting hero? Tyson Gay

Most famous person you have ever met? Bolt

What other sports do you like?
Basketball, Football, F1

If you were not an athlete what would you like to be?
Making movies

Favourite film?
Friday

Favourite music/group?
Dancehall, Reggae

What is your favourite pre-competition meal?
My Mum’s dinners

If you could take three people out for dinner who would they be?
CVC, Kelly Rowland, Stacy Dash

If you were stranded on a desert island what 3 items would you take with you?
Speakers, decks and drinks

What did you do during your 2012 post season break?
Sit and chill, play Xbox 360

Interesting unknown fact about yourself?
Started running at 20

What is in your kit bag when you go out onto the track?
These days not a lot, they take it from you, so just spikes

Do you have a motivational song, if so what is it?
2Pac – They Don’t Care About Us

If you were Prime Minister for one day you would...
Make petrol free

If you had a super power what would it be?
Everything I touch turns into skittles

DOB: 20/03/1982
Born: Kingston, Jamaica
Lives: London
Club: Kent
Trains: Brunel

Coach: Linford Christie
Agent: (Race) Caroline Feith
Kit: adidas
Twitter: @Cwilliams400
Youtube: Conweezy

DOB: 20/03/1982
Born: Kingston, Jamaica
Lives: London
Club: Kent
Trains: Brunel

Coach: Linford Christie
Agent: (Race) Caroline Feith
Kit: adidas
Twitter: @Cwilliams400
Youtube: Conweezy
NATHAN WOODWARD
400M HURDLES

DOMESTIC CHAMPIONSHIPS
2012 – Aviva 2012 Trials & UK Championships 400mh bronze

2011 – Aviva U23 European Trials & UK Championships 400mh gold. Aviva World Trials & UK Championships 400mh gold

2010 – Aviva European Trials & UK Championships 400mh 6th

2009 – BUCS Championships 400mh 1st ht

2008 – England Athletics U20 Open Championships 400mh gold

2007 – ESAA Championships 400mh gold

2006 – AAA U17 Combined Events Championships pentathlon gold, 800m gold. AAA U20 Championships 400mh bronze. ESAA Championships 400mh gold. AAA U17 Championships 400mh gold

2005 – AAA U17 Combined Events Championships pentathlon gold. ESAA Championships 400mh silver

2004 – AAA Indoor U15 Championships 800m silver

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 – European Athletics Championships 400mh 7th

2011 – IAAF World Championships 400mh 6th sf. European U23 Championships 400mh silver

2010 – European Championships 400mh 4th sf

2008 – World Juniors 400mh ht

2007 – European Junior Championships 400mh 7th

PERSONAL BESTS
400m H 48.71
DOB: 17/10/1989
Born: Solihull
Lives: Bath
Club: Tamworth
Trains: Bath

Coach: Malcolm Arnold
Agent: Dave Scott - Stellar
Kit: Nike
Twitter: @nathwoodward
Web: www.nathanwoodward.co.uk

Q & A
What was the best performance during 2012?
Mo Farah double gold

Favourite athletics venue?
Olympic Stadium - London

What other sports do you like?
Football, F1

If you were not an athlete what would you like to be?
Tennis player or a Doctor

If you had a super power what would it be?
Teleport
BIOGRAPHIES

PODIUM PARALYMPIC
OLA ABIDOGUN
100M/200M T46

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Paralympic Games 100m bronze

2011 – Paralympic World Cup 100m silver, 200m gold. IWAS World Junior Championships 100m gold, 200m gold

2010 – Commonwealth Games 100m 5th, IWAS World Junior Championships 100m gold, 200m gold

2009 – German Disability Championships 100m bronze

PERSONAL BESTS

100m 11.05  200m 22.54
Q & A

What was your first Olympic or Paralympic Games memory?
London 2012 - the sound of the crowd as we walked into the stadium

What do you think was the best athletics performance during the 2012 Olympic and Paralympic Games GB AND Overseas?
Jonnie Peacock beating Oscar Pistorius

What has been the best ever Olympic/Paralympic Games and why?
London 2012 - first home games, first major medal

Outside of parents, who has had the greatest influence on your athletics career?
Coach ... always been there for me

Favourite athletics venue?
Jawaharlal Nehru Stadium, New Delhi

Best friend in athletics?
Sean Clare

Toughest opponent?
Simon Patmore

Favourite training session?
Blocks starts

Least favourite training session?
Long continuous back to back runs

Sporting hero?
Tyson Gay

Most famous person you have ever met?
Usain Bolt

What other sports do you like?
D1 (Drift 1, Japanese)

If you were not an athlete what would you like to be?
Lawyer

Favourite film?
Fast and furious Tokyo drift

Favourite music/group?
Linkin Park

What is your favourite pre-competition meal?
Rice and chicken

If you were stranded on a desert island what three items would you take with you?
Knife, rope, matches

What did you do during your 2012 post season break?
Spending time at home before uni

Interesting unknown fact about yourself?
Never learnt to crawl as a child

What is in your kit bag when you go out onto the track?
Spikes, music, tape, drink

Do you have a motivational song, if so what is it?
Calvin harris – flashback

If you had a super power what would it be?
Control over raw energy
DOMESTIC CHAMPIONSHIPS
2012 - Welsh Championships javelin gold
2009 - UK School Games discus gold, shot gold
2007 - UK School Games, 100m bronze, shot bronze

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 - Paralympic Games javelin 5th. IPC Athletics European Championships javelin silver. German National Paralympic Championships javelin bronze
2011 - IPC Athletics Championships javelin bronze. I WAS World Junior Championships javelin gold. German National Paralympic Championships javelin bronze
2010 - I WAS World Junior Championships javelin silver
2009 - I WAS Junior Championships DT silver, JT bronze
2008 - Paralympic Games 11th. German National Disabled Championships gold. Dutch National Championships silver

PERSONAL BESTS
JT 36.27

Q & A
What was your first Olympic or Paralympic Games memory?
Beijing 2008

What has been the best ever Olympic/Paralympic Games and why?
London because it was amazing and massive home crowd support

Outside of parents, who has had the greatest influence on your athletics career?
My coach (he inspires me)

Favourite athletics venue?
Portugal track Monte Gordo

Do you have any pre-competition superstitions?
If I walk over three drains - bad luck!

Best friend in athletics?
Hannah Cockroft/Sally Brown

Toughest opponent?
Katarzyna Piekart

Favourite training session?
Throwing outside (when it’s warm)

Least favourite training session?
Sessions I’m sick in - strength and conditioning
Sporting hero?
Jessica Ennis

Most famous person you have ever met?
Queen

What other sports do you like?
Swimming

If you were not an athlete what would you like to be?
To be in some kind of sporting disability events help to teach kids to find their passion in life.

Favourite film?
Alice in Wonderland

Favourite music/group?
Rihanna

What is your favourite pre-competition meal?
Steak, vegetables and potatoes

If you were stranded on a desert island what 3 items would you take with you?
Phone, charger, make up

What did you do during your 2012 post season break?
Went back home

Do you have any pets?
1 dog called Harvey

Interesting unknown fact about yourself?
Always wanted to be a photographer

What is in your kit bag when you go out onto the track?
Spikes, tape, drink, towel, some kind of snack, bobbles, grips

Do you have a motivational song, if so what is it?
The Pussy Cat Dolls - Buttons

If you were Prime Minister for one day you would...
Help the poor

If you had a super power what would it be?
To go back in time

DOB: 26/6/1994
Born: Grimsby
Lives: Ystrad Mynach
Club: Cleethorpes AC
Trains: Cardiff (UWIC)

Coach: Anthony Hughes
Twitter: @HollieA2012
Facebook: HollieArnold.com
MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 - Paralympic Games 100m silver, 200m 4th. Paralympic World Cup 100m gold, 200m gold. IPC Athletics European Championships 100m bronze, 200m silver.

2011 - IPC Athletics Championships 100m 5th, 200m 5th. German National Paralympic Championships 100m gold, 400m 5th ht. Paralympic World Cup 100m 6th, 200m 6th. IWAS & CPSI National Athletics Championships 100m silver, 400m silver.

2010 - Paralympic World Cup 100m silver, 200m silver.

2009 - Paralympic World Cup 100m 4th, 200m 4th.

2008 - Paralympic Games 200m 6th, 100m 8th, 400m 8th. World Championships 100m silver, 200m silver.

2004 - Paralympic Games 100m) 6th, 200m bronze.

PERSONAL BESTS

100m  11.98  200  25.12

Q & A

What was your first Olympic or Paralympic Games memory?
Winning a bronze medal in Athens 2004.

What was the best performance during 2012?
Jessica Ennis winning gold.

What has been the best ever Olympic/Paralympic Games and why?
London 2012 – the atmosphere was indescribable.

Outside of parents, who has had the greatest influence on your athletics career?
College.

Favourite athletics venue?
Sport City Manchester.

Do you have any pre-competition superstitions?
No.

Best friend in athletics?
Get on with most people.

Toughest opponent?
So Wa Wai (Hong Kong).

Favourite training session?
Longer sessions when I feel I have worked.

Least favourite training session?
Shorter sessions with long rests.

Sporting hero?
Steven Gerrard.
Most famous person you have ever met? The Queen

What other sports do you like? Football, snooker

If you were not an athlete what would you like to be? Someone able to make a difference in sport within schools

Favourite film? Titanic

Favourite music/group? Abba

What is your favourite pre-competition meal? Pasta

If you could take three people out for dinner who would they be? Jessica Ennis, Christian Malcolm and Marlon Devonish

If you were stranded on a desert island what 3 items would you take with you? Music, piano, running shoes, duvet

What did you do during your 2012 post season break? Went round to many schools

Interesting unknown fact about yourself? I was in a wheelchair for the first 10 years of my life although I had managed to walk odd steps

What is in your kit bag when you go out onto the track? Spikes, drinks, towel, waterproofs

Do you have a motivational song, if so what is it? Don’t Stop Me Now

If you were Prime Minister for one day you would... Make everyone equal

If you had a super power what would it be? To fly
PAUL BLAKE
400M/800M/1500M T36

DOMESTIC CHAMPIONSHIPS
2010 - Aviva Parallel Success 800m gold, 1500m bronze
2009 - Aviva Parallel Success 800m gold

PERSONAL BESTS
400m  54.22  1500m  4:34.42
800m  2:06.81

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 – Paralympic Games 400m silver & 800m bronze. IPC Athletics European Championships 400m gold, 800m bronze. German National Paralympic Championships 200m gold, 400m gold
2011 – IPC Athletic Championships 400m gold, 800m silver, 1500m silver. Paralympic World Cup 800m 5th
Q & A

What was your first Olympic or Paralympic Games memory?
Kelly Holmes winning 800/1500m

What was the best performance during 2012?
David Rudisha 800m World Record plus
David Weir 4 golds

What has been the best ever Olympic/Paralympic Games and why?
London 2012 because it was my first Paralympic games

Outside of parents, who has had the greatest influence on your athletics career?
My brother

Favourite athletics venue?
Olympic Park

Best friend in athletics?
Dean Miller/Dave Devine

Toughest opponent?
My mum - but on the track, Evgenii Shvetcov

Sporting hero? David Rudisha

What other sports do you like?
Basketball, Tennis, Badminton

If you were not an athlete what would you like to be? Lawyer/ Baker

Favourite film? Gladiator

Favourite music/group?
Dubstep/chilled Drum and Bass

What is your favourite pre-competition meal?
Pasta/Chicken

If you could take three people out for dinner who would they be?
Adam Sandler, Will Ferrell, Danny Devito

If you were stranded on a desert island what 3 items would you take with you?
Sun tan cream, iPod, food

Interesting unknown fact about yourself? I like to bake

What is in your kit bag when you go out onto the track?
Spikes, shorts, t-shirt, drink, pretty boring really.

If you were Prime Minister for one day you would...
Cut taxes

If you had a super power what would it be?
Iron man because he is sick
SALLY BROWN
100M/200M T46

DOMESTIC CHAMPIONSHIPS
2012 – Northern Ireland Championships 200m 4th. Aviva Ulster Schools Championships 400m 5th. Sainsbury’s School Games 100m bronze

2011 – Aviva Ulster Schools Championships 300m silver

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 – Paralympic Games 100m 6th, 200m 4th ht. IPC Athletics European Championships 100m bronze, 200m bronze

2011 – IWAS World Junior Championships 100m silver, 200m gold. Paralympic World Cup 100m 6th, 200m bronze. IPC Athletics Championships 100m 6th, 200m bronze

2010 – IWAS World Junior Championships 100m silver, 200m gold

PERSONAL BESTS
100m 13.15 200m 26.38/26.10w

Q & A

What was your first Olympic or Paralympic Games memory?
Stepping out to the crowd and thinking oh my goodness

What was the best performance during 2012? David Weir winning his many golds and Jess Ennis doing so amazing

What has been the best ever Olympic/Paralympic Games and why?
Definitely London 2012 it was our home turf and nothing could beat that

Outside of parents, who has had the greatest influence on your athletics career? Philip Tweedie, my coach

Favourite athletics venue?
The London 2012 Paralympic Stadium

Do you have any pre-competition superstitions? I have to have my nails painted perfectly. I also wear my lucky necklace

Best friend in athletics?
Hannah Cockroft and Hollie Arnold

Toughest opponent?
There are so many strong people in my category. Everyone is a tough opponent.

Favourite training session? I love doing all the winter training even though it is very hard. I love going into the summer season feeling really strong because of it.
**DOB:** 26/06/1995  
**Born:** Belfast  
**Lives:** Limavady  
**Club:** Springwell  
**Trains:** Coleraine  

**Coach:** Philip Tweedie  
**Agent:** MTC  
**Twitter:** @SallyyBrownn  

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**Least favourite training session?**  
I don’t really hate any of my sessions but the hardest is definitely hill sessions. I am usually broke at the end of them.

**Sporting hero?**  
Jessica Ennis, I look up to her a lot.

**Most famous person you have ever met?**  
I’ve met Tom Daley and Jessica Ennis.

**What other sports do you like?**  
I played Hockey in school, I really enjoyed it but had to stop to put Athletics first.

**If you were not an athlete what would you like to be?**  
My dream job would be to become a Forensic Detective but wouldn’t ever become one.

**Favourite film?** You’ve Got Mail  

**Favourite music/group?** Arctic Monkeys  

**What is your favourite pre-competition meal?** Something light, but will give me enough energy to race.

**If you could take three people out for dinner who would they be?**  
Usain Bolt, Beyonce and Tom Hardy.

**If you were stranded on a desert island what 3 items would you take with you?**  
A really good book, my teddy (can’t sleep without it) and sunglasses so I can sunbathe!

**What did you do during your 2012 post season break?**  
I ate everything I wasn’t allowed to before the Paras and I also caught up with friends and family.

**Do you have any pets?** I have a Springer Spaniel called Flick.

**Interesting unknown fact about yourself?**  
I was a bit of a Science geek at school.

**What is in your kit bag when you go out onto the track?**  
Everything but the kitchen sink. I take extra clothes, makeup, spikes, iPod, towel, and a healthy snack for after training like a banana.

**Do you have a motivational song, if so what is it?**  
Not really I just listen to whatever I really like at the time. But in London I really liked Public Enemy – Harder Than You Think.

**If you were Prime Minister for one day you would...**  
Build a huge track and sports facility in Coleraine.

**If you had a super power what would it be?**  
I would read minds.
MICKEY BUSHELL MBE
100M / 200M T53

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 - Paralympic Games 100m gold & 200m 4th, Paralympic World Cup 100m bronze

2011 - IPC Athletic Championships 100m silver, 200m bronze, 400m 8th. US Paralympic Championships 100m gold, 200m gold, 800m gold

2010 - Paralympic World Cup 100m silver, 200m 4th

2009 - IWAS Junior Championships 100m gold, 400m gold, 800m gold

2008 - Paralympics silver (T53 100m), hts (T53 200m)

2006 - World Champs sf (T53 100m), sf (T53-T54 4x100m)

PERSONAL BESTS

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MICKEY BUSHELL
100m / 200m T53

BIOGRAPHIES
Q & A

What was your first Olympic or Paralympic Games memory?
Beijing Paralympic Games opening ceremony

What was the best performance during 2012?
David Weir winning four gold medals

What has been the best ever Olympic/Paralympic Games and why?
London 2012 only my second but enjoyed it far more than any other

Outside of parents, who has had the greatest influence on your athletics career?
Fred Perica (coach)

Favourite athletics venue?
London Stadium

Do you have any pre-competition superstitions? I check everything on the chair before competing

Best friend in athletics? David Weir

Toughest opponent?
The Chinese athletes

Favourite training session?
Short sprints, starts

Least favourite training session?
Long pushes

Sporting hero? David Weir

Most famous person you have ever met? The Queen

What other sports do you like? Boxing

If you were not an athlete what would you like to be? A writer

Favourite film? Prometheus

Favourite music/group? Dance/House/Pop

What is your favourite pre-competition meal?
Pasta with tomato sauce and cheese

If you could take three people out for dinner who would they be?
Jenson Button, Jimmy Carr

If you were stranded on a desert island what 3 items would you take with you?
Fishing rod, knife, flint and steel

What did you do during your 2012 post season break?
Chilled out, started a gym instructor course and caught up with family and friends

What is in your kit bag when you go out onto the track?
Race gloves, tools for the chair, spare tyres

If you had a super power what would it be? Being able to fly

DOB: 8/6/1990
Born: Shrewsbury
Lives: Telford
Club: Birchfield Harriers
Trains: Telford

Twitter: @MickeyBushell
Facebook: Mickey Bushell
Web: mickeyBushell.co.uk

DOB: 8/6/1990
Born: Shrewsbury
Lives: Telford
Club: Birchfield Harriers
Trains: Telford
MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Paralympic Games 100m silver, 200m 2nd ht. IPC Athletics European Championships 100m gold, 200m gold. Paralympic World Cup 200m silver. German National Paralympic Championships 100m gold, 200m bronze

2011 – IPC Athletic Championships 100m gold, 200m bronze. IBSA World Games 100m silver, 200m gold. Paralympic World Cup 100m bronze, 200m silver

2010 - Paralympic World Cup gold 100m

2009 - Paralympic World Cup gold 100m, bronze 200m

2008 - Paralympic Games: silver (T12 100m), semis (T12 200m)

2006 - World Champs: silver (T12 200m)

PERSONAL BESTS

| 100m | 251.0 |
| 200m | 25.10 |

LIBBY CLEGG

100M/200M T12
Q & A

What was your first Olympic or Paralympic Games memory?
Beijing Paralympic Games 2008

What other sports do you like:
Swimming, gymnastics

Favourite TV programme:
Don’t Tell the Brde

Favourite food:
Chocolate cake

What is in your kit bag when you go out onto the track:
Running spikes, guide rope, spare spikes
**DOMESTIC CHAMPIONSHIPS**

2012 – BWRA Championships 100m gold, 200m gold, 400m silver, 800m gold

2011 – BWRA Championships 800m gold, 400m 4th, 200m 4th, 100m 5th. England Senior Championships 100m gold. Sainsbury’s UK School Games 100m gold

2010 - BWRA Championships 800m gold, 400m silver, 200m 4th, 100m 4th. Aviva Parallel Success Challenge 100m silver, 200m silver, 400m silver

2009 - Aviva Parallel Success Challenge 100m gold, 400m gold. BWRA Championships 100m silver, 400m gold, 800m gold.

**MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS**

2012 – Paralympic Games 100m gold, 200m gold. Swiss National Championships 100m gold, 200m gold, 400m gold. US Paralympic Track & Field Trials 100m gold, 200m gold. Paralympic World Cup 100m gold

2011 – IPC Athletic Championships 100m gold, 200m gold. IWAS World Junior Championships 100m silver, 200m gold, 400m gold, 800m silver

**PERSONAL BESTS**

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**Q & A**

What was your first Olympic or Paralympic Games memory?
5000m wheelchair crash in Beijing

What was the best performance during 2012?
GB: David Weir’s four gold medals. Overseas: Usain Bolt

What has been the best ever Olympic/Paralympic Games and why?
London 2012 – my first Games!

Outside of parents, who has had the greatest influence on your athletics career?
Peter Eriksson

Favourite athletics venue?
Nottwil - Switzerland

Do you have any pre-competition superstitions?
Always eat a banana, wear lucky Wonder Woman underwear and paint nails to match chair/kit

Best friend in athletics?
Sally Brown/Hollie Arnold
DOB: 3/7/1992
Born: Halifax
Lives: Halifax
Club: Halifax
Trains: Halifax/Loughborough
Coach: Jenni Banks
Twitter: @hcdream2012
Facebook: Hannah Lucy Cockroft – Double World Champion

Toughest opponent?
Amy Simmonds

Favourite training session?
3 x 30m, 2 x 60m, 1 x 80m – sprints practice

Least favourite training session?
Distance sessions

Sporting hero?
Chantal Petitclerc

Most famous person you have ever met?
McFly!

What other sports do you like?
Rugby, swimming, basketball

If you were not an athlete what would you like to be?
In the Police Force

Favourite film?
Burlesque

Favourite music/group?
McFly

What is your favourite pre-competition meal?
Banana and Weetabix

If you could take three people out for dinner who would they be?
Rihanna, Marilyn Monroe and Danny Jones

If you were stranded on a desert island what 3 items would you take with you?
Working plane, alive pilot, and fuel

What did you do during your 2012 post season break?
Media! I only had one week off

Do you have any pets?
A brother called Daniel?

Interesting unknown fact about yourself?
I have different coloured eyes – one brown, one green

What is in your kit bag when you go out onto the track?
Klister, spare tyres, gloves, tools, pump, bananas, recovery drinks

Do you have a motivational song, if so what is it?
Hold on – Skepta

If you were Prime Minister for one day you would...
Make my birthday a Bank Holiday

If you had a super power what would it be?
To teleport
DOMESTIC CHAMPIONSHIPS

2011 – BUCS Championships discus gold, shot gold

2010 - Aviva Parallel Success Challenge shot gold, discus silver

2009 - Aviva Parallel Success Challenge shot gold, discus gold. Welsh Open Senior Championships discus gold, shot gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Paralympic Games discus gold, shot bronze. Paralympic World Cup discus bronze


2010 - IWAS World Junior Championships shot gold, discus gold. Paralympic World Cup discus 7th

2009 - IWAS World Junior Championships discus silver, shot 4th

PERSONAL BESTS

DT 47.72 SP 14.56

Q & A

What was your first Olympic or Paralympic Games memory?
2004 – Robert Fazekas

What was the best performance during 2012?
David Weir in London

Outside of parents, who has had the greatest influence on your athletics career?
Anthony Hughes

Favourite athletics venue?
Leckwith Cardiff

Best friend in athletics?
Nathan Stephens, Scott Moorhouse, Dan Greaves, Richard Whitehead, David Weir

Toughest opponent?
Mehrdad Karam (Iran)

Favourite training session?
Technical throwing

Least favourite training session?
Conditioning

Sporting hero? Robert Harting

What other sports do you like?
Rugby

If you were not an athlete what would you like to be?
Would pursue a career in rugby
DOB: 24/5/1991
Born: Bridgend
Lives: Cardiff
Club: FDSW
Trains: Cardiff / Sport Wales

Coach: Anthony Hughes
Twitter: @Aleddavies2012
Facebook: Aled Sion Davies – Paralympic Athlete
Web: www.aleddavies-fA2.co.uk

Favourite film? Gladiator
Favourite music/group? P Money
What is your favourite pre-competition meal? Chicken
If you could take three people out for dinner who would they be? Robert Harting, David Haye, Drake
If you were stranded on a desert island what three items would you take with you? Phone, BBQ, Harpoon
What did you do during your 2012 post season break? Celebrate
Do you have any pets? Rocky – Hamster
Interesting unknown fact about yourself? I’m a former Salsa dancer
What is in your kit bag when you go out onto the track? Discus shoes, neuron straps
Do you have a motivational song, if so what is it? Fort Minor – Remember the name
If you were Prime Minister for one day you would... Change laws
If you had a super power what would it be? Insane amount of strength
DAVID DEVINE
800M/1500M T12

DOMESTIC CHAMPIONSHIPS
2012 – Aviva European Indoor Trials & UK Championships 1500m 9th ht
2010 – Aviva England U20 Championships 8th ht

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 – Paralympic Games 800m bronze, 1500m bronze
2011 – IPC Athletic Championships 800m bronze
2010 – Paralympic World Cup 400m bronze
2009 – IBSA Open European Championships 400m bronze, 800m silver
2008 – Paralympic World Cup 400m gold

PERSONAL BESTS
800m 1:54.34  5000m 14:34.46
1500m 3:49.79
**Q & A**

**What was your first Olympic or Paralympic Games memory?** Hicham El Guerrouj’s winning double 1500 + 5k

**What was the best performance during 2012?**
GB Mo Farah double. Overseas – David Rudisha in the 800m

**What has been the best ever Olympic/Paralympic Games and why?**
This one – Home games

**Outside of parents, who has had the greatest influence on your athletics career?**
Brian Scoble

**Favourite athletics venue?** Stratford

**Do you have any pre-competition superstitions?** Eat jam sandwiches

**Best friend in athletics?** Oliver Black

**Toughest opponent?**
Abderrahim Zhiou, the Tunisian who won gold in 800m + 1500m

**Favourite training session?** 10 x 400m

**Least favourite training session?**
Tempo Runs

**Sporting hero?** Seb Coe

**Most famous person you have ever met?** Queen

**What other sports do you like?** Football

**If you were not an athlete what would you like to be?** Footballer

**Favourite film?** Stepbrothers

**Favourite music/group?** Anything in the charts

**What is your favourite pre-competition meal?** Jam sandwiches

**What did you do during your 2012 post season break?**
Went out with friends

**Do you have any pets?**
2 dogs – Labradors, Lucas & Marley

**Interesting unknown fact about yourself?**
Patron for Vision 4 Children

**What is in your kit bag when you go out onto the track?**
Spikes, protein, drinks

**If you had a super power what would it be?**
Run faster
KYRON DUKE
JAVELIN F40

DOMESTIC CHAMPIONSHIPS
2012 – Welsh Championships SP gold

PERSONAL BESTS
JT 38.64
SP 11.24

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 – Paralympic Games SP 5th, JT 8th. IPC Athletics European Championships SP bronze, JT bronze. German National Paralympic Championships SP silver, JT silver

2011 – IWAS World Junior Championships JT gold, DT 4th, SP silver. IPC Athletic Championships JT bronze

2010 - IWAS World Junior Championships JT 4th, SP 7th
Q & A

What was your first Olympic or Paralympic Games memory? A wall of sound from the crowd when they call your name out

What has been the best ever Olympic/Paralympic Games and why? 2012 because it was my first

Outside of parents, who has had the greatest influence on your athletics career? My sister Kerry

Favourite athletics venue? Welsh Institute of Sport

Best friend in athletics? Jordan Howe, Aled Davies, Nathan Stevens

Toughest opponent? Chinese

Sporting hero? Nathan Stevens

Most famous person you have ever met? Ed Sheeran

What other sports do you like? UFC, Shooting, Motorcross

If you were not an athlete what would you like to be? UFC Fighter

Favourite film? Thor

Favourite music/group? Eminem, Drake, Linkin Park

If you could take three people out for dinner who would they be? Jessica Ennis, Rihanna and Megan Fox

If you were stranded on a desert island what three items would you take with you? Phone, suncream and a woman

What did you do during your 2012 post season break? A lot

What is in your kit bag when you go out onto the track? Spikes or shot shoes, energy drink back strap, wrist strap

Do you have a motivational song, if so what is it? Anything with a good beat and that’s angry

If you were Prime Minister for one day you would... Spend loads of money

If you had a super power what would it be? Invisibility
DAN GREAVES
DISCUS F44

DOMESTIC CHAMPIONSHIPS

2012 - Aviva 2012 Trials & UK Championships DT gold
2009 - Aviva World Trials & UK Championships DT 4th. BUCS Championships DT 5th
2008 - BUSA Championships DT 5th. Aviva Olympic Trials & UK Championships DT 13th
2006 - BUSA Championships DT bronze. Aviva European Trials & UK Championships DT 13th
2005 - BUSA Championships DT bronze. AAA Championships DT 13th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 - Paralympic Games DT silver. Paralympic World Cup DT silver
2011 – IPC Championships DT gold. Paralympic World Cup DT gold
2010 - Paralympic World Cup gold
2008 - Paralympic Games DT bronze
2004 - Paralympic Games DT gold
2000 - Paralympic Games DT silver

PERSONAL BESTS

DT 59.85

Q & A

What was your first Olympic or Paralympic Games memory?
Sally Gunnell’s win in 1996

What was the best performance during 2012?
The best Olympic performance for me was Oscar Pistorious making history and Paralympic David Weir rocking home 4 golds

What has been the best ever Olympic/Paralympic Games and why?
London 2012, it was an unbelievable atmosphere that all athletes thrived off

Outside of parents, who has had the greatest influence on your athletics career?
My coach, I’ve been with Jim Edwards for 15 years helping me throughout my career

Favourite athletics venue?
Olympic Stadium, London

Do you have any pre-competition superstitions?
Just to wear my lucky socks!

Best friend in athletics?
Lots but Martyn Rooney is a legend!
**DOB:** 4/10/1982  
**Born:** Leicester  
**Lives:** Loughborough  
**Club:** Charnwood AC  
**Trains:** Loughborough  

| **Coach:** | Jim Edwards |
| **Agent:** | GSE Agency (Gab Stone) |
| **Kit:** | adidas |
| **Twitter:** | @DiscusDan |
| **Facebook:** | Daniel Greaves |

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**Toughest opponent?**  
Jeremy Campbell

**Favourite training session?**  
Bench/upper body

**Least favourite training session?**  
Conditioning/any kind of running

**Sporting hero?**  
Jurgen Schult

**Most famous person you have ever met?**  
Mr Bean

**What other sports do you like?**  
Football, F1, tennis, swimming

**If you were not an athlete what would you like to be?**  
F1 mechanic or chef

**Favourite film?** 300

**Favourite music/group?**  
Kings of Leon/The Prodigy

**What is your favourite pre-competition meal?**  
Spaghetti meatballs

**If you could take three people out for dinner who would they be?**  
Fearne Cotton, Keith Lemon and Jimmy Carr

**If you were stranded on a desert island what 3 items would you take with you?**  
iPod, Sun cream...

**What did you do during your 2012 post season break?**  
Got plenty of sun and rest in Spain

**Interesting unknown fact about yourself?**  
I'm just taking up photography

**What is in your kit bag when you go out onto the track?**  
Discus shoes, energy drink, chalk, towel, lucky charms and jelly beans!

**Do you have a motivational song, if so what is it?**  
Wretch 32: Tractor

**If you were Prime Minister for one day you would...**  
Have a brew with the Royals

**If you had a super power what would it be?**  
To fly!
**MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS**

**2012** – Paralympic Games 4x100m T35-38 bronze, 100m 6th, 200m 5th ht. IPC Athletics European Championships 100m bronze, 200m bronze. Paralympic World Cup 100m gold, 200m gold. German National Paralympic Championships 100m silver, 200m gold

**2011** – IPC Championships 100m bronze, 200m gold

**2010** - Commonwealth Games 100m gold. Paralympic World Cup 100m silver, 200m silver

**2009** - Paralympic World Cup 100m silver, 200m DQ

**2008** - Paralympic Games 100m 7th

**2006** - World Championships 100m 5th, 200m 4th

**2005** – European Championships (T37 100m) bronze

**PERSONAL BESTS**

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/13.96w
Q & A

What was your first Olympic or Paralympic Games memory?
Watching Sydney 2000

What was the best performance during 2012?
Dave Weir’s four golds or 800m Olympic Men’s Final

What has been the best ever Olympic/Paralympic Games and why?
2012 – the home crowd was incredible

Outside of parents, who has had the greatest influence on your athletics career?
My PE teacher

Favourite athletics venue?
Birmingham

Favourite training session?
The ones where you run well

Least favourite training session?
The ones in the cold

Most famous person you have ever met? The Queen

What other sports do you like?
All sports

If you were not an athlete what would you like to be?
Hopefully working in the sporting industry

Favourite film?
Life As We Know It, Money ball, Gossip Girl, Friends

Favourite music/group?
Adele

If you could take three people out for dinner who would they be?
Jennifer Aniston, Matt Le Blanc, Kate Middleton

What did you do during your 2012 post season break?
Chilled out

Do you have any pets?
Dog: Pepper

Interesting unknown fact about yourself?
I hate birds

What is in your kit bag when you go out onto the track?
Everything

DOB: 17/5/1990
Born: Worcester
Lives: Bath
Club: Birchfield Harriers
Trains: Bath

Coach: Robert Ellchuk
Twitter: @Katrinahart90
Web: Katrinahart.net
DOMESTIC CHAMPIONSHIPS
2012 - Welsh Championships DT gold, SP gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 – Paralympic Games DT bronze, SP 7th. IPC Athletics European Championships DT silver, SP silver
2011 – IPC Athletic Championships DT silver, SP 5th
2008 – Paralympic Games (F37 shot) 5th. (F37 discus) 7th
2006 – Commonwealth Games (100m T37) bronze
2004 – Paralympic Games (F37/38 shot) 4th
2000 – Paralympic Games (T38 100m) 4th, (T38 200m) 8th

PERSONAL BESTS
DT 31.99  SP 10.35

Q & A
What was your first Olympic or Paralympic Games memory?
100m final, Sydney 2000

What was the best performance during 2012?
Athletes on Super Saturday

What has been the best ever Olympic/Paralympic Games and why?
London 2012 – the crowds, the atmosphere and I medalled

Outside of parents, who has had the greatest influence on your athletics career?
My coaches

Favourite athletics venue?
London Olympic stadium

Do you have any pre-competition superstitions?
No

Best friend in athletics?
Gemma Prescott

Toughest opponent?
Ma Ni (China)

Favourite training session?
Speed

Least favourite training session?
Early morning ones
DOB: 17/10/1974
Born: Mancot, Wales
Lives: Shotton
Club: Gloucester
Trains: Deeside
Coach: John Parkin

Sporting hero?
Tanni Grey-Thompson

Most famous person you have ever met?
HM. The Queen

What other sports do you like?
Swimming, cycling, watching Rugby

If you were not an athlete what would you like to be?
Paramedic

Favourite film?
Quadrophenia

Favourite music/group?
Northern Soul, Beatles, Verve

What is your favourite pre-competition meal?
Poached eggs

If you could take three people out for dinner who would they be?
James Hook, Bradley Wiggins, Tanni Grey Thompson

If you were stranded on a desert island what 3 items would you take with you?
My Kindle, Nintendo DS, coffee

What did you do during your 2012 post season break?
Sunshine holiday

Interesting unknown fact about yourself?
My ancestor is the poet William Cowper

What is in your kit bag when you go out onto the track?
Wine gums, water

If you were Prime Minister for one day you would...
Hugely increase funding for sport

If you had a super power what would it be?
The power to make people tell the truth
DOMESTIC CHAMPIONSHIPS

2011 – England Senior Championships (Amb) 100m gold, 200m silver
2007 - UK Schools Games 100m gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Paralympic Games 4x100m T35-38 bronze, 100m 7th, 200m 5th. IPC Athletics European Championships 100m 5th, 200m silver. Paralympic World Cup 100m bronze, 200m silver. German National Paralympic Championships 100m bronze, 200m bronze

2011 – IPC Athletic Championships 100m 7th, 200m 8th. IWAS World Junior Championships 100m gold, 200m gold. Paralympic World Cup 100m bronze, 200m bronze

2010 - Commonwealth Games 100m silver. Paralympic World Cup 100m bronze, 200m bronze

2009 - Paralympic World Cup 100m T37 7th, 200m T37 4th

2008 - Paralympic Games T37 100m 7th, 200m 7th ht. Paralympic World Cup (T37 100m) 5th, (T37 200m) 6th

PERSONAL BESTS

100m 14.48
200m 29.73
400m 71.25
Q & A

What was your first Olympic or Paralympic Games memory?
Athens Paralympic Games

What was the best performance during 2012?
Jessica Ennis winning gold, David Weir winning his fourth gold medal in the Paralympics.

What has been the best ever Olympic/Paralympic Games and why?
London 2012 – running in front of 80,000 people (home Games)

Outside of parents, who has had the greatest influence on your athletics career?
My coach

Favourite athletics venue?
Olympic Stadium, London

Do you have any pre-competition superstitions?
I have to check my kit bag about five times before I leave for the track

Most famous person you have ever met?
The Queen!

What other sports do you like?
Tennis, rugby, cycling

If you were not an athlete what would you like to be?
I am a student now!!

Favourite film?
The Help

What is your favourite pre-competition meal?
Chicken

If you were stranded on a desert island what 3 items would you take with you?
iPod, water, ice cream!

What did you do during your 2012 post season break?
Meet up with friends, went back to University

What is in your kit bag when you go out onto the track?
Spikes, water, trainers, recovery drink

Do you have a motivational song, if so what is it?
Gold – Beverley Knight

If you had a super power what would it be?
Fly!

DOB: 3/10/1991
Born: Stockport
Lives: Chepstow
Club: FDSW
Trains: Cardiff

Coach: Darrell Maynard
Twitter: @jennyMcL21
Facebook: Jenny McLoughlin
DOMESTIC CHAMPIONSHIPS
2012 – England Closed Championships 100m 7th ht
2009 – UK School Games 100m gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 – Paralympic Championships 100m gold. Paralympic World Cup 100m gold. US Paralympic Track & Field Trials 100m gold
2011 – IPC Athletics Championships 100m 6th
2010 – Paralympic World Cup 100m 5th

PERSONAL BESTS
100m 10.85

JONNIE PEACOCK MBE
100M T44
BIOGRAPHY

Jonnie's major breakthrough came in 2012, when he won gold at the Paralympic World Cup before going on to break the T44 100m world record. Peacock's time of 10.85 at the US Paralympic Track and Field Trials knocked 0.06 seconds off the previous record held by Marlon Shirley and six-time Paralympic gold medallist Oscar Pistorius.

The 19 year old continued to take the world by storm, with a gold medal in the 100m at the Paralympic Games in London to complete an unforgettable year for the teenager.
BIOGRAPHIES

DOMESTIC CHAMPIONSHIPS
2012 – Welsh Championships CT gold
2011 – England Senior Championships 100m 7th, 200m 4th, 400m 4th. BWRA Championships 100m 4th, 200m 5th, 400m 4th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 – Paralympic Games CT 5th, DT gold
2011 – IPC Athletics Championships 100m 5th, 200m DQ, 400m DQ, 800m 5th
2010 – BWAA International 100m 6th, 200m 7th, 400m 5th

PERSONAL BESTS
CT 13.42  DT 6.66

Q & A
What was your first Olympic or Paralympic Games memory?
Beijing 2008 opening ceremony

What was the best performance during 2012?
Me winning gold and Charlotte Dujardin dressage gold

What has been the best ever Olympic/Paralympic Games and why?
Winning gold

Outside of parents, who has had the greatest influence on your athletics career?
Anthony Hughes

Favourite athletics venue?
Olympic Stadium!

Best friend in athletics?
Shelly Woods

Toughest opponent?
Catherine O’Neill

Favourite training session?
Weights

Least favourite training session?
Signing cheques! Ha ha

Sporting hero?
Mary King

JOSIE PEARSON MBE
F51
Most famous person you have ever met? The Queen
What other sports do you like?
Equestrian
If you were not an athlete what would you like to be?
Horse dentist!
Favourite film?
Shawshank Redemption
Favourite music/group?
Stereophonics
What is your favourite pre-competition meal?
Chicken and salad
If you could take three people out for dinner who would they be?
Kelly Jones, Tom Hardy, Ghandi
If you were stranded on a desert island what 3 items would you take with you?
Sweets, Ray Mears Survival Guide
What did you do during your 2012 post season break?
Chilled out!
Do you have any pets?
Two dogs Archie and Rufus. Four horses - George, Trilby, Alfie and Gally
Interesting unknown fact about yourself?
My aunty is a missionary
What is in your kit bag when you go out onto the track?
Drink, iPod, recovery supplements, sunglasses, sports equipment
If you were Prime Minister for one day you would...
Set up an enduring system to encourage all people to participate in sport
If you had a super power what would it be? Fly
DOMESTIC CHAMPIONSHIPS

2010 – BWAA International DT F32 gold, SP bronze, CT silver

2009 - BWAA International DT F32 gold and SP F32 gold

Q & A

What was your first Olympic or Paralympic Games memory?
I remember the music from Barcelona and Sally Gunnell/Linford Christie winning

What was the best performance during 2012?
David Weir

What has been the best ever Olympic/Paralympic Games and why?
London – of course! Nothing will ever beat the home crowd

Favourite athletics venue?
Harvey Hadden – Nottingham, it was like a second home for a while and somewhere I competed often as a junior

Best friend in athletics? Bev Jones

Toughest opponent?
Myself, I'm my own biggest critic and the one who puts the most pressure on me

Favourite training session?
Throwing

Least favourite training session?
Winter med ball in the rain

Sporting hero?
Stephen Miller/ Dan West have both been people I have looked up to and learnt a lot from since I started in the sport

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Paralympic Games CT bronze, SP 13th. German National Paralympic Championships CT gold, SP 6th

2011 - IPC Athletics Championships SP 7th, CT bronze

2010 – Commonwealth Games SP bronze, German Disability Championships SP F32 gold

2009 - German Disability Championships SP F32 bronze

2008 – Paralympics 7th (F32-34/51-53 shot), 8th (F32-34/51-53 discus)

2005 – Paralympic World Cup gold (F32 discus) silver (F32 shot)

PERSONAL BESTS

CT 20.50

SP 5.76
Most famous person you have ever met? The Queen

What other sports do you like? Swimming and gymnastics

If you were not an athlete what would you like to be? A primary school teacher

Favourite film? P.S. I Love You

Favourite music/group? No big favourite. Currently like Mumford & Sons

What is your favourite pre-competition meal? Lamb shank – though obviously not on the day!

If you could take three people out for dinner who would they be? My mum, dad and nana as I never get to spend enough time with them

If you were stranded on a desert island what 3 items would you take with you? Tea bags, wet wipes, and my pillow. They always go in my suitcase wherever I go.

What did you do during your 2012 post season break? Holiday with my parents

Interesting unknown fact about yourself? I was born while my parents were on holiday in Cornwall, 13 weeks early so while my birth certificate says Truro, I’m actually from Warrington

What is in your kit bag when you go out onto the track? Everything but the kitchen sink! You never know with seated throws how many hours you will be out there for

Do you have a motivational song, if so what is it? One Moment In Time – Whitney Houston

If you were Prime Minister for one day you would... Make every MP spend a week in a wheelchair (a day is not long enough) and find out what life is like from my perspective

If you had a super power what would it be? The ability to pause time, then I wouldn’t always be late! Just like Bernards Watch.

DOB: 25/09/1983
Born: Truro
Lives: Warrington
Club: Challenge Disability Sports Club
Trains: Grays
Coach: Michael Anthony Woods
MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Paralympic Games 100m 8th, 200m 4th, LJ silver. Paralympic World Cup 100m bronze, 200m silver. US Paralympic Track & Field Trials 100m silver, LJ gold

2011 – IPC Athletics Championships 100m 4th, 200m bronze, LJ bronze. German National Paralympic Championships LJ silver

2010 – US National Paralympic Championships 100m 5th, 200m bronze, LJ gold. Paralympic World Cup 100m 4th, 200m bronze

2008 – Paralympic 200m bronze, LJ 5th

PERSONAL BESTS

<table>
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<tr>
<th>Distance</th>
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<td>28.62</td>
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<td>LJ</td>
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Q & A

What was your first Olympic or Paralympic Games memory? Watching Michael Johnson win double gold in Atlanta

What do you think was the best athletics performance during the 2012 Olympic and Paralympic Games GB AND Overseas? Mo Farah, double gold in 5000m and 10,000m

What has been the best ever Olympic/Paralympic Games and why? London 2012 – support of the nation and enthusiasm of volunteers

Outside of parents, who has had the greatest influence on your athletics career? Husband, Brent Lakatos

Favourite athletics venue? London Stadium

Do you have any pre-competition superstitions? I like to watch Cool Runnings the night before

Best friend in athletics? Sophia Warner

Toughest opponent? Marie-Amelie Le Fur

Favourite training session? Long jump work
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<td><strong>Trains:</strong></td>
<td>Loughborough</td>
</tr>
<tr>
<td><strong>Coach:</strong></td>
<td>Keith Antoine</td>
</tr>
</tbody>
</table>

**Agent:** Sophie Callender, Mission Sports  
**Kit:** adidas  
**Web:** www.stefaniereid.co.uk  
**Twitter:** @RunJumpStefReid  
**Facebook:** Stefanie Reid: Paralympic Track and Field Athlete

**Least favourite training session?** The necessary but evil speed endurance  
**Sporting hero?** Sister Madonna Buder  
**Most famous person you have ever met?** Mr. Bean  
**What other sports do you like?** Yoga, rock climbing  
**If you were not an athlete what would you like to be?** Surgeon, host on BBC morning show, scientist  
**Favourite film?** Braveheart  
**Favourite music/group?** Madonna, Josh Groban  
**What is your favourite pre-competition meal?** Oatmeal  
**If you could take three people out for dinner who would they be?** Prince Harry, Ellen DeGeneres, Steve Carrell  
**If you were stranded on a desert island what three items would you take with you?** Chocolate, bath bubbles, husband  
**What did you do during your 2012 post season break?** Hang out with friends

**Interesting unknown fact about yourself?** I used to teach high school maths in a maximum security prison  
**What is in your kit bag when you go out onto the track?** Protein shake, legs, iPod  
**Do you have a motivational song, if so what is it?** It varies, but right now "Everybody dance now" C+C Music Factory  
**If you were Prime Minister for one day you would...sort out this economy 😊**  
**If you had a super power what would it be?** To eat as much chocolate as possible and never gain weight
DOMESTIC CHAMPIONSHIPS

2010 – German National Disability Championships 100m 2nd, 200m 3rd

2009 – German National Disability Championships 100m 6th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Paralympic Games 100m 6th, 200m bronze. IPC Athletics European Championships 100m 4th, 200m bronze. Paralympic World Cup 100m bronze, 200m silver. German National Paralympic Championships 100m gold

2011 – IPC Athletic Championships 100m silver, 200m bronze

2009 – Paralympic World Cup 100m gold, German Disability Championships 100m 6th

2008 – Paralympics 100m silver

2007 – Paralympic World Cup 200m gold

2006 – Worlds 200m bronze

2005 – Europeans 200m 6th & 100m 7th

PERSONAL BESTS

100m 12.25
200m 24.83
Q & A

What was your first Olympic or Paralympic Games memory?
Walking out into the Birds Nest in Beijing – Awesome!

What was the best performance during 2012?
Jonnie Peacock’s 100m

What has been the best ever Olympic/Paralympic Games and why?
London 2012 – home Games

Outside of parents, who has had the greatest influence on your athletics career?
My coach

Favourite athletics venue?
Birds Nest

Toughest opponent?
Roman Paulyk

Favourite training session?
Depends on my mood!

Least favourite training session?
As above

Most famous person you have ever met?
The Queen

What other sports do you like?
Ice hockey, basketball

Favourite film?
Gladiator

What is your favourite pre-competition meal?
Whatever’s available and lots of it

If you could take three people out for dinner who would they be?
Stephen Hawking, Derren Brown, Jimmy Carr

If you were stranded on a desert island what 3 items would you take with you?
A machete, a box of the best chocolates in the world, and a mobile phone

What did you do during your 2012 post season break?
Travelled around Vietnam and Cambodia

Interesting unknown fact about yourself?
I’ve driven a racing car around Goodwood Race Track

What is in your kit bag when you go out onto the track?
Spikes, water, waterproofs

If you were Prime Minister for one day you would... Declare a National Holiday

If you had a super power what would it be?
To fly
BIOGRAPHIES

NATHAN STEPHENS
DISCUS/JAVELIN F57

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 - Paralympic Games JT 10th, Paralympic World Cup JT silver

2011 – IPC Athletic Championships JT gold

2010 - IWAS World Junior Championships JT gold, DT gold

2009 - IWAS Junior Championships DT silver, German Disability Championships DT 4th, JT bronze, SP gold, Paralympics World Cup SP 6th

2008 - Paralympics 4th (F57/58 javelin), 8th (F57/58 shot), 11th (F57/58 discus)

2006 - Paralympic Winter Games 7th (ice sledge hockey)

2006 - World Championships 5th (F57 javelin), 5th (F57 shot)

PERSONAL BESTS

DT 38.43  JT 41.37

Q & A

What was your first Olympic or Paralympic Games memory?
Tanni Grey-Thompson in Sydney

What was the best performance during 2012? Jonnie Peacock’s 100m final

What has been the best ever Olympic/Paralympic Games and why?
London 2012 – due to public support

Outside of parents, who has had the greatest influence on your athletics career? Anthony Hughes

Favourite athletics venue?
Birds Nest, Beijing

Do you have any pre-competition superstitions?
Night before in the bath listening to relaxing music

Best friend in athletics? Aled Davies

Toughest opponent? Myself

Favourite training session?
Every training session

Least favourite training session?
Not training
Sporting hero? Aled Davies

Most famous person you have ever met? The Queen

What other sports do you like? Ice Hockey

If you were not an athlete what would you like to be? Anything involving the sea

What is your favourite pre-competition meal? Steak

If you could take three people out for dinner who would they be? Charlene Beard (fiancé)

If you were stranded on a desert island what three items would you take with you? Knife, magnifying glass, fishing rod

What did you do during your 2012 post season break? Egypt (1 week)

Do you have any pets? (type and name!) Beagle (George) Yorkie (Binx)

Interesting unknown fact about yourself? I love the smell of nail varnish
DOMESTIC CHAMPIONSHIPS
2012 - Virgin London Marathon gold
2011 – Virgin London Marathon bronze
2010 - Virgin London Marathon bronze. Great North Run gold
2009 - Virgin London Marathon silver. Great North Run gold
2008 - Flora London Marathon gold
2006 - Flora London Marathon gold
2005 - Flora London Marathon bronze. Great North Run gold
2004 - Flora London Marathon bronze
2003 - Flora London Marathon silver. Great North Run gold
2002 - Flora London Marathon gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 - Paralympic Games: golds (T54 800m, 1500m, 5000m & Marathon
2011 – IPC Athletic Championships 800m gold, 15000m gold, 5000m gold
2010 - ING New York City Marathon gold
2008 - Paralympics: golds (T54 800m & 1500m), silver (T54 400m), bronze (T54 5000m)

2007 - Paralympic World Cup 1500m gold and 400m gold
2006 - Europeans (non disabled) 1500m gold
2006 - Worlds 100m, 400m and 1500m gold and 200m silver
2005 - Worlds (non disabled) 100m and 200m gold (demonstration events)
2005 - Europeans 100m bronze and 200m silver and 400m gold
2004 - Paralympics: Silver (T54 100m), Bronze (T54 200m) hts (T54 400m)
1996 - Paralympics: 7th (100m), 4th (4x100m)

PERSONAL BESTS
800m 1:32.66 5000m 9:53.15
1500m 2:55.25 Marathon 1:28:57

David Weir CBE
800m - Marathon T54
Q & A

What was your first Olympic or Paralympic Games memory?
Heinz Frie winning the 10k in Barcelona

What has been the best athlete performance ever in an Olympic/Paralympic Games:
Chantelle Petitclerc winning 5 gold medals

Best friend in athletics:
Mickey Bushell

Pre-competition meal:
Sandwich (any)

Sporting hero:
Heinz Frie

What other sports do you like:
Football, boxing, all athletics

If you were not an athlete what would you like to be:
Probably a house DJ

Favourite film:
Saving Private Ryan

Favourite TV programme:
Inbetweeners

Favourite music/group:
House music

Favourite food:
Spaghetti Bolognese

If you could take three people out for dinner who would they be:
Mohammed Ali, Winston Churchill, David Beckham

If you were stranded on a desert island what 3 items would you take with you:
Swiss army knife, phone, sweets

Do you have any pets:
Three dogs – two French bulldogs and a British bulldog

Interesting unknown fact about yourself:
I’m a Star Wars geek!

What is in your kit bag when you go out onto the track:
Water, carbo gels, coffee, clothes

Do you have a motivational song, if so what is it:
Eye of the Tiger

DOB: 5/6/1979
Born: Wallington, Surrey
Lives: Wallington
Club: Kingston & Poly
Trains: Lee Valley

Coach: Jenny Archer
Agent: Definitive Sports
Kit: adidas
Web: www.davidweir.net
Twitter: @davidweir2012
Facebook: David Weir MBE

DOB: 5/6/1979
Born: Wallington, Surrey
Lives: Wallington
Club: Kingston & Poly
Trains: Lee Valley

Coach: Jenny Archer
Agent: Definitive Sports
Kit: adidas
Web: www.davidweir.net
Twitter: @davidweir2012
Facebook: David Weir MBE
MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 - Paralympic Games 200m gold
2011 – IPC Athletic Championships 200m gold. Paralympic World Cup 400m 4th
2010 - Paralympic World Cup 400m 4th

PERSONAL BESTS
100m 13.58 200m 25.69
Marathon 2:42:54

Q & A
What was your first Olympic or Paralympic Games memory?
Michael Johnson - Atlanta

What was the best performance during 2012?
David Weir four gold medals (all close races) - World-Class

What has been the best ever Olympic/Paralympic Games and why?
2012 – "gold"!

Outside of parents, who has had the greatest influence on your athletics career?
Ossur (provide my legs)

Favourite athletics venue?
Olympic Stadium

Do you have any pre-competition superstitions?
Lucky underpants

Best friend in athletics?
Scott Moorhouse

Toughest opponent?
Myself

Favourite training session?
Monday track start the week with a bang!

Least favourite training session?
Recovery runs in the winter

Sporting hero?
Terry Fox - Rocky
What other sports do you like?
Football - Motorsport - Cricket

If you were not an athlete what would you like to be?
Fireman

Favourite film?
Batman/James Bond/The Hurricane

Favourite music/group? Jay Z/Coldplay

What is your favourite pre-competition meal?
Spaghetti Bolognese

If you could take three people out for dinner who would they be?
Muhammad Ali, Denzel Washington, Clint Eastwood

If you were stranded on a desert island what 3 items would you take with you?
Genie in a Bottle, New York City, Family

What did you do during your 2012 post season break?
Not had one really, chill out with family and catch up with friends

Do you have any pets?
None but do have lots of wildlife in my back garden

Interesting unknown fact about yourself?
Fancy myself as the next James Bond 007

What is in your kit bag when you go out onto the track?
Legs, watch, bananas, sunglasses, allen keys

Do you have a motivational song, if so what is it?
Have a motivational iPod its crammed full of banging tunes

If you were Prime Minister for one day you would...
Give more sports provision to schools

If you had a super power what would it be?
Heal the sick
DOMESTIC CHAMPIONSHIPS

2011 – Welsh Senior Championships DT silver. England Senior Championships DT 6th. BUCS Championships DT bronze
2010 - BUCS Championships DT 6th
2009 - Welsh Open Championships gold. BUCS Championships DT 7th
2008 - BUSA Championships DT 8th
2005 - Welsh School Championships DT gold, HT gold. Schools International HT 4th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Paralympic Games DT bronze. IPC Athletic European Championships DT bronze
2011 - IPC Athletic Championships DT 5th
2009 - German Disability Championships DT 10th
2008 - Paralympic Games DT 5th. Paralympic World Cup DT10th
2004 - Paralympic Games DT 5th

PERSONAL BESTS

DT 43.15

CLAUDE WILLIAMS
DISCUS F12
BIOGRAPHY

Claire switched from Jujitsu to athletics at the age of 12, first becoming involved in the sport when she competed at the 2000 West Wales Championships. She made her Paralympic Games debut in Athens 2004, aged just 17 and finished fifth in the discus - a performance she repeated four years later in Beijing. In her third Paralympic Games, the 25 year old clinched a bronze medal to add to the bronze she picked up at the IPC European Championships earlier in the year.

DOB: 29/09/1987
Born: Carmarthen
Lives: Carmarthen
Club: Carmarthen and District Harriers
Coach: Jim Edwards
ROBIN WOMACK
SHOT PUT F55

**MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS**

2012 - Paralympic Games SP bronze. German National Disability Championships SP bronze, DT gold

2011 - IPC Athletic Championships SP 7th

2010 - German National Disability Championships SP 6th, DT 15th

2009 - Paralympic World Cup SP bronze

**PERSONAL BESTS**

| SP   | 11.43 | DT  | 29.38 |

**Q & A**

What was your first Olympic or Paralympic Games memory?
London 2012 – to go into the Stadium in my GB kit in front of 80,000 home crowd, will not forget the cheer.

What was the best performance during 2012?
Seeing Dave Weir winning his third gold on track

What has been the best ever Olympic/Paralympic Games and why?
London – the crowd got behind everyone and everyone was united

Outside of parents, who has had the greatest influence on your athletics career?
My wife

Favourite athletics venue?
"W" Stadium aka Olympic Stadium. Weir, Womack, Whitehead, Williams

Do you have any pre-competition superstitions?
Make sure I am last onto the track

Best friend in athletics?
Martin Minton

Toughest opponent?
Korol Kuzan Pol 55 Shot Putter
DOB: 29/05/1971  
Born: Wakefield  
Lives: Southend-on-Sea  
Trains: Lee Valley  

Coach: Shaun Pickering

Favourite training session?  
Love Summer training

Least favourite training session?  
Winter training

Sporting hero?  
Steve Redgrave

Most famous person you have ever met?  
Prince Edward

What other sports do you like?  
Football, F1

If you were not an athlete what would you like to be?  
Moto GP rider

Favourite film?  
Bond

Favourite music/group?  
Rock, U2, AC/DC

What is your favourite pre-competition meal?  
Porridge

If you could take three people out for dinner who would they be?  
My wife and my children, plus Tom Daley

If you were stranded on a desert island what 3 items would you take with you?  
TV, wife, Jamie Oliver

What did you do during your 2012 post season break?  
Go to Wales and spend time with my family

Do you have any pets? (type and name!)  
Tropical Fish – too many to name

Interesting unknown fact about yourself?  
When I worked in a fish and chips shop I met Vinnie Jones, Clive Allen and John Barnes

What is in your kit bag when you go out onto the track?  
Towels and sport drinks – programs for training

Do you have a motivational song, if so what is it?  
Foo Fighters – The Best of You

If you were Prime Minister for one day you would...  
Give everybody a day off

If you had a super power what would it be?  
X-ray vision
SHELLY WOODS
800M - MARATHON T54

DOMESTIC CHAMPIONSHIPS
2012 - Virgin London Marathon gold
2011 - Virgin London Marathon silver
2010 - Virgin London Marathon 6th
2008 - Flora London Marathon bronze
2006 - Great North Run silver. Flora London Marathon silver
2005 - Great North Run gold. Flora London Marathon silver

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 - Paralympics Marathon silver
2011 – IPC Athletic Championships 800m 5th, 1500m 7th, 5000m bronze. US Paralympic Championships 400, silver, 800m silver, 1500m bronze. IAAF World Championships 800m bronze
2010 - US National Paralympic Championships 400m bronze, 800m silver, 1500m gold, 5000m silver
2009 - Paralympic World Cup 800m bronze, 1500m bronze. BWAA International 100m silver, 400m gold, 1500m gold. Berlin Marathon silver. New York City Marathon silver
2008 - Paralympics silver (T54 1500m), bronze (T54 5000m), 4th (Marathon), 5th (T54 800m)
2006 - World Championships 8th (T54 1500m), 4th (T54 5000m), bronze (T54 marathon)
2005 - European Championships bronze (T54 5000m)
2006 - Commonwealth Games 7th (T54 800m)

PERSONAL BESTS
800m 1:49.51
1500m 3:21.22
5000m 11:17.26
Marathon 1:40.49

Q & A
What was your first Olympic or Paralympic Games memory? Racing in Birds Nest stadium in Beijing 5000m final – big crash!!!
What was the best performance during 2012?
David Weir – four gold medals
What has been the best ever Olympic/Paralympic Games and why?
London 2012 – home!!
Outside of parents, who has had the greatest influence on your athletics career? Peter Eriksson, David Weir, Chantal Petitclerc, Kelly Smith, husband Chris, brother Kyle.

Favourite athletics venue? Olympic stadium - London

Do you have any pre-competition superstitions? Am quite weird, can’t wear red and green at the same time

Best friend in athletics? Josie Pearson

Toughest opponent? Tatyana McFadden

Favourite training session? Fartlek

Least favourite training session? Starts

Sporting hero? David Weir, Chantal Petitclerc

Most famous person you have ever met? The Queen

What other sports do you like? Table tennis

If you were not an athlete what would you like to be? C.S.I

Favourite film? Transformers

Favourite music/group? Florence and the Machine

What is your favourite pre-competition meal? Spag bol

If you could take three people out for dinner who would they be? Jack Bauer, David Beckham, Daniel Craig

If you were stranded on a desert island what 3 items would you take with you? iPhone, GHDs

What did you do during your 2012 post season break? Went on my honeymoon to Mauritius

Do you have any pets? (type and name!) Dog – Bauer

Interesting unknown fact about yourself? I got an A* in RE at school in GCSE

Do you have a motivational song, if so what is it? The Pretender – Foo Fighters

If you had a super power what would it be? To be able to fly
BETHANY WOODWARD
200M/400M T37

DOMESTIC CHAMPIONSHIPS
2009 - UK School Games 100m gold, 200m gold
2007 - UK School Games 100m silver

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 - Paralympic Games 200m silver, T35-38 4x100m bronze. Paralympic World Cup 200m silver
2011 – IPC Athletic Championships 200m 3rd ht, 400m gold
2010 - Commonwealth Games 100m 6th
2009 - German Disability Championships 100m 6th, 200m 5th

PERSONAL BESTS
200m 29.50 400m 69.21
Q & A

What was the best performance during 2012?
Sophia Warner in the 200m/100m T35.

What has been the best ever Olympic/Paralympic Games and why?
London because it changed a nation and put Paralympics on the map.

Outside of parents, who has had the greatest influence on your athletics career?
Lee Doran.

Favourite athletics venue?
Olympic Stadium, London.

Best friend in athletics?
Sophia Warner.

Favourite training session?
Killing myself.

Least favourite training session?
I love what I do.

Sporting hero?
My boyfriend Lee Doran. Things this year have tested him, but his resilience will help him achieve his dream.

Most famous person you have ever met?
Kate Middleton.

If you were not an athlete what would you like to be?
A movie star.

Favourite film?
Taken.

If you could take three people out for dinner who would they be?
My boyfriend, mum and dad.

If you were stranded on a desert island what 3 items would you take with you?
My iPod, my bear and moisturiser.

What did you do during your 2012 post season break?
Went to Dominican Republic.

Interesting unknown fact about yourself?
I’m a brilliant public speaker! I’m an ambassador to Pulse Performance.

Do you have a motivational song, if so what is it?
‘A Little Respect’, love it, my song that I used at Paralympics and will continue to use now.

If you were Prime Minister for one day you would...
Let every disabled man have a disabled badge.
# Margaret Adeoye

**100M/200M**

<table>
<thead>
<tr>
<th>Year</th>
<th>Events</th>
<th>Results</th>
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<tbody>
<tr>
<td>2013</td>
<td>British Athletics European Trials &amp; UK Championships 200m gold</td>
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<tr>
<td>2012</td>
<td>Aviva 2012 Trials &amp; UK Championships 100m 5th, 200m gold. Aviva European Indoor Trials &amp; UK Championships 200m gold</td>
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<tr>
<td>2011</td>
<td>Aviva World Trials &amp; UK Championships 200m bronze. England Senior Championships 100m bronze</td>
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<tr>
<td>2010</td>
<td>Aviva European Trials &amp; UK Championships 100m 5th sf. CAU Inter-Counties Championships 200m gold. BUCS Championships 100m gold, 200m gold</td>
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<tr>
<td>2009</td>
<td>Aviva World Trials &amp; UK Championships 200m 4th ht</td>
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<tr>
<td>2008</td>
<td>Aviva Olympic Trials &amp; UK Championships 200m 8th. Norwich Union Trials &amp; UK Championships 60m 4th ht</td>
<td></td>
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<tr>
<td>2007</td>
<td>Norwich Union World Trials &amp; AAA Championships 100m 6th sf, 200m 3rd ht. England Athletics U23 Championships 200m 5th</td>
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**Personal Bests**

<table>
<thead>
<tr>
<th>Distance</th>
<th>Time</th>
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<tr>
<td>60m</td>
<td>7.40</td>
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<tr>
<td>100m</td>
<td>11.46</td>
</tr>
<tr>
<td>200m</td>
<td>22.94</td>
</tr>
<tr>
<td>400m</td>
<td>52.45</td>
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**Biography**

Margaret Adeoye showed her true potential at the Aviva 2012 Trials in Birmingham, where she won gold to secure her place at her first Olympic Games. The 27 year old went on to finish 7th in the semi-final at the Games after setting a personal best of 22.94 in the heats.
JAMES ALAKA
100M / 200M

DOB: 08/09/1989
Born: London
Lives: Seattle, USA
Trains: Seattle, USA
Club: Blackheath & Bromley
Coach: Clarence Callender
Twitter: @flashmanjames

DOMESTIC CHAMPIONSHIPS
2012 – Aviva 2012 Trials & UK Championships 200m 3rd ht
2011 – Aviva U23 Championships & European Trials 100m gold, 200m silver
2010 – Aviva European Trials & UK Championships 100m 4th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2011 – European U23 Championships 100m gold, 200m silver, World Student Games 200m 4th
2008 - World u20 Championships 4x100 5th

PERSONAL BESTS
100m 10.22 200m 20.45

Q & A
First Olympic or Paralympic memory?
Michael Johnson wearing golden spikes at the 1996 Olympic 400m final.

Best athletics performance during the 2012 Games?
From a British perspective, Greg Rutherford because it was unexpected. Internationally, the USA men’s basketball team- they just showed utter dominance.

Who has had the greatest influence on your career?
My coach Clarence Callender is insanely encouraging and influential.

Best friend in athletics?
Anike Shand-Whittingham

Favourite training session?
150s with a lot of recovery

Least favourite training session?
GRAVEDIGGER S! It is a session that Coach Sheen at University of Washington came up with. It involves a LOT of pain!

Sporting hero?
Michael Johnson, Julian Golding and Megan Goethals (a girl on my school team who is hands down the gutsiest runner I have ever seen)

What other sports do you like?
Basketball, Football, American Football

If you were not an athlete what would you like to be?
A coach or a youth worker

Favourite film?
Braveheart and Rush Hour 2

Favourite music/group?
Michael Jackson is my favourite artist

If you could take three people out for dinner who would they be?
J.K. Rowling, Charlamagne Tha God, Son Goku (of DBZ fame).

If stranded on a desert island, what three items would you take?
Plane (with a full tank of petrol), ‘How to fly a plane for dummies’ book, fully charged iPhone

Interesting unknown fact about yourself?
I made a rap album for a class project at my university. It sold 200 copies (or so our professor said!)
MEGHAN BEESLEY
400M HURDLES

DOB: 15/11/1989
Born: Tamworth
Lives: Loughborough
Club: Birchfield Harriers
Trains: Loughborough

Coach: Nick Dakin
Kit: Nike
Twitter: @Meghanbeesley
Facebook: Meghan Beesley
Web:: meghanbeesley.net

DOMESTIC CHAMPIONSHIPS
2013 - British Athletics European Trials & UK Championships 400m bronze
2012 – Aviva 2012 Trials & UK Championships 400m hurdles bronze. McCain CAU Championships 100m hurdles silver. BUCS Indoor Championships 200m gold
2011 – BUCS Indoor Championships 200m gold. BUCS Championships 400m hurdles gold. Aviva World Trials & UK Championships 400m hurdles bronze
2010 – Aviva World Indoor Trials & UK Championships 60m hurdles 5th. Aviva European Trials & UK Championships 400m hurdles silver. BUCS Championships 400m hurdles gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2011 – European Championships 400m hurdles 8th sf
2011 – European U23 Championships 400m hurdles bronze, World Student Games 400m hurdles 8th, 4x400m bronze
2010 – Commonwealth Games 400m hurdles 7th, (4x400m silver)
2009 – European U23 Championships 400m hurdles 5th sf
2008 – World Junior Championships 400m hurdles bronze
2007 – European Junior Championships 400m hurdles 6th, (4x400m silver)

PERSONAL BESTS
400m H 55.69 400m 52.79

Q & A
What was the best performance during 2012? Jessica Ennis
What has been the best ever Olympic/Paralympic Games and why? Beijing – my first experience of going to a Games
Who has had the greatest influence on your career? Trevor Marsay – old coach
Favourite athletics venue? NIA
Best friend in athletics? Abi Haywood
Toughest opponent? Perri Shakes-Drayton
Favourite training session? Split 400m (200m, 90 secs rec, 200m)
Least favourite training session? Fartlek
Sporting hero? Allyson Felix
If you were not an athlete what would you like to be? Teacher
Favourite film? Confessions of a Shopaholic
If stranded on a desert island, what three items would you take? iPad, chocolate, my cat Mitsy
Interesting unknown fact about yourself? I work part-time as a customer service agent at DHL
If you were Prime Minister for one day you would... Make disability sport more known
DOMESTIC CHAMPIONSHIPS
2012 – Aviva 2012 Trials & UK Championships 200m 6th. Aviva England U20 Championships & World Trials 200m gold. BUCS Championships 100m silver
2011 – Aviva U20 Championships & European Trials 100m gold, 200m gold. Aviva World Trials & UK Championships 100m 5th sf
2010 - Aviva England U17 Indoor Championships 60m gold, 200m gold. Aviva England U20 World Trials Championships 100m gold, 200m bronze.

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 – IAAF World Junior Championships 200m 6th
2011 – European Junior Championships 100m bronze, 200m gold, 4x100 silver
2010 - Youth Olympic Games 100m bronze. Youth Olympic Games European Trials 100m gold, 200m silver

PERSONAL BESTS

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<tr>
<td>100</td>
<td>10.29</td>
<td>200</td>
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</table>

Q & A

First Olympic or Paralympic memory? 2004 100m Final
Best athletics performance during the 2012 Games? Jessica Ennis and Usain Bolt

Who has had the greatest influence on your career? Coach
Favourite athletics venue? Barcelona
Do you have any pre-competition superstitions? I like to be in the front of the line walking onto the track
Best friend in athletics? James Ellington
Toughest opponent? Adam Gemili
Favourite training session? Anything short and sharp
Least favourite training session? Anything long and slow
Sporting hero? Mike Tyson
Most famous person you have met? Usain Bolt
Favourite film? Shawshank Redemption
Favourite music/group? G.O.O.D Music group
Favourite pre-competition meal? Italian pasta and meatballs
If you could take three people out for dinner who would they be? Kanye West, Aaliyah and Tupac
If stranded on a desert island, what three items would you take? My iPad with beats by Dre, and seeds to grow fruits
Interesting unknown fact about yourself? I love getting new trainers and clothes
ASHLEY BRYANT
DECATHLON

DOB: 17/05/1991
Born: Hammersmith
Lives: Hampton
Club: Windsor
Slough Eton & Hounslow

Trains: Brunel
Coach: Ian Grant
Kit: adidas
Twitter: @Ashley_Bryant

DOMESTIC CHAMPIONSHIPS
2012 - Aviva European Indoor Trials & UK Championships 60mH 4th ht, SP 10th, LJ 9th. BUCS Indoor Championships 60mH 8th, PV 6th, LJ 5th, SP 8th
2011 - England Athletics U20 CE Championships silver
2010 - England CE Championships gold. England U20 Indoor CE Championships bronze

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 - European Championships CE 12th. GBR v FRA v ESP Indoor International Heptathlon bronze
2011 - IAAF Combined Events Challenge Meeting 6th. European Cup CE bronze. FISU Universiade CE 5th. GBR v FRA v ENG CE Indoor International Heptathlon bronze, World Student Games 5th
2010 - IAAF World Junior Championships 16th. CE Indoor International U20 4th
2009 - European Junior Championships 10th

PERSONAL BESTS
DEC 7,837

Q & A
First Olympic or Paralympic memory? 2000 Olympic javelin competition with Jan Zelezny and Steve Backley

Best athletics performance during the 2012 Games? David Rudisha WR in the Olympics final – solo run
What has been the best ever Olympic/Paralympic Games and why? London 2012
Who has had the greatest influence on your career? Coach Ian
Favourite athletics venue? Birds Nest
Toughest opponent? Kevin Mayer
Favourite training session? Pre-race sharpening
Least favourite training session? 600m reps!
Sporting hero? Jan Zelezny
What other sports do you like? Rugby
If you were not an athlete what would you like to be? Rugby player
Favourite film? American Pie
Favourite pre-competition meal? Pasta
If stranded on a desert island, what three items would you take? iPhone – solar charger
What did you do during your 2012 post season break? Rehab and holiday
What is in your kit bag when you go out onto the track? Tape chalk
If you were Prime Minister for one day you would... Buy myself a nice house
ABDUL BUHARI

DOB: 26/06/1982
Born: Nigeria
Lives: London
Club: Newham & Essex Beagles
Trains: Loughborough

Coach: John Hillier
Agent: David Tyler
Kit: Nike
Twitter: @discusabs
Facebook: Abdul Buhari
Web: abdulbuhari.com

DISCUS

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 - Olympic Games 29 q, European Championships 24th q
2011 - IAAF Championships 29th
2009 - Spar European Team Championships 7th

PERSONAL BESTS
Discus 65.44m

Q & A
First Olympic or Paralympic memory? Watching 2000 Games and seeing so many GB athletes do well
Best athletics performance of the 2012 Games? David Rudisha in the men’s 800m

DOMESTIC CHAMPIONSHIPS
2012 - England Closed Championships gold.
2011 - Aviva World Trials & UK Championships gold. England Athletics Senior Championships gold
2009 - Aviva World Trials & UK Championships bronze
2008 - Aviva Olympic Trials & UK Championships silver
2007 - Aviva World Trials & UK Championships silver
2006 - Aviva European Trials & UK Championships 4th

What has been the best ever Olympic/Paralympic Games and why?
London Olympic/Paralympics. It was my first Games. It also had the best of Britain.

Who has had the greatest influence on your career?
My wife

Favourite athletics venue?
Birmingham

Best friend in athletics?
Martyn Rooney, Simeon Williamson, Anyika Onuora

Toughest opponent?
Robert Harting

Favourite training session?
Heavy weights

Least favourite training session?
Core

What other sports do you like?
Football, basketball, tennis, F1

If you were not an athlete what would you like to be?
An actor or working in a bank

Favourite film?
Gladiator, Lord of the Rings

Favourite music/group?
R&B, Hip Hop

Favourite pre-competition meal?
Steak and sweet potato

What did you do during your 2012 post season break?
Went on my honeymoon

Interesting unknown fact about yourself?
I am an Arsenal supporter and I love Aston Martin cars

If you had a super power what would it be?
Read minds
DOMESTIC CHAMPIONSHIPS

2013 – British Athletics European Trials & UK Championships PV silver
2012 – Aviva World U20 Trials & UK Championships PV gold. BUCS Championships PV bronze. Aviva European Indoor Trials & UK Championships PV silver
2011 – Aviva U20 European Trials & UK Championships PV gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – IAAF World Indoor Championships PV NH. IAAF World Junior Championships NH q
2011 – European Junior Championships PV 4th
2010 – Youth Olympic Games European Trials PV 6th
2009 – European Youth Olympic Festival PV 10th

PERSONAL BESTS

PV 4.52m (indoors)
PV 4.36m (outdoors)

Q & A

Best athletics performance during the 2012 Games? 800m men’s David Rudisha
What has been the best ever Olympic/Paralympic Games and why? 2012, Home country – most exciting
Favourite athletics venue? Nevers (France) ‘where I got my PB’
Do you have any pre-competition superstitions? A proper amazing pudding (small treat)
Toughest opponent? Angelica Bengtsson (Sweden)
Favourite training session? Vaulting session
Least favourite training session? Track sessions
What other sports do you like? Watch – Gymnastics, Formula 1
If you were not an athlete what would you like to be? Property Developer/Interior Designer
If you could take three people out for dinner who would they be? Sister, mum and dad © family meal.
If stranded on a desert island, what three items would you take? Eyeliner, bed, bikini

DOB: 11/09/1993
Born: Chesterfield
Lives: Manchester
Club: Sale Harriers Manchester
Trains: Manchester

Coach: Julien Raffalli-Ebezant
Twitter: @KTByres
Facebook: Katie Byres
Web: katiebyres.com
DOMESTIC CHAMPIONSHIPS

2011 – Aviva U20 European Trials & UK Championships 800m gold. Aviva European Indoor Trials & UK Championships 800m 4th ht. England U20 Indoor Championships 1500m gold
2009 – Aviva U20 Indoor Championships 800m gold. England U20 Championships 800m 3rd ht
2008 – England Athletics Championships 800m gold. English Schools Championships 800m silver. Schools International 800m bronze. England Athletics U17 Indoor Championships 800m 4th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2011 – European Junior Championships 1500m gold
2010 – IAAF World Junior Championships 800m 6th sf
2009 – IAAF World Youth Championships 800m 5th sf

PERSONAL BESTS

800m 1:48.30 1500m 3:41.33

Q & A

First Olympic or Paralympic memory?
Watching Haile Gebrselassie win the 10,000m in Sydney

Best athletics performance during the 2012 Games? Mo Farah’s double in the 5km and the 10km

What has been the best ever Olympic/Paralympic Games and why?
London 2012. Their pledge to inspire a nation could not have gone any better.

Who has had the greatest influence on your career? Either Geoff James, the coach who got me into running, or John Nuttall my current coach who has worked wonders so far

Best friend in athletics? Lewis Moses. The pain we have put each other through would make anyone good friends

Toughest opponent? Niall Brooks, he is so talented and it is great to see him back running well.

Sporting hero? Seb Coe, the times he ran are still incredible and has done such great things for the sport since retirement.

If you were not an athlete what would you like to be? A research Scientist into cures for diseases

Favourite film? Monsters Inc

If you could take three people out for dinner who would they be? Ellie Goulding, Prince Harry and Stephen Hawking
MARK DRY
HAMMER

DOB: 11/10/1987
Born: Milton Keynes
Lives: Loughborough
Club: Woodford Green
   Essex Ladies
Trains: Loughborough

Outside of parents, who has had the greatest influence on your athletics career? My former coach and Scottish record holder in Hammer Chris Black

Favourite athletics venue? Celje, Slovenia

Toughest opponent? Alex Smith

Sporting hero? The most electrifying man in sports entertainment.....The Rock

Most famous person you have ever met? Princess Anne

What other sports do you like? MMA, rugby

If you were not an athlete what would you like to be? A rugby player or a fighter I’m sure, I’m not cut out for 9-5s, or go back to be a pilot like my parents

Favourite film? Top Gun

What is your favourite pre-competition meal? Steak egg and chips

If you could take three people out for dinner who would they be? Chael Sonnen, Baz Rutten and The Rock!

If you were stranded on a desert island what three items would you take with you? Rum, sombrero and a fishing rod

Do you have any pets? Black Labrador called Oscar

Interesting unknown fact about yourself? I spent 60 hours in the air by my first birthday and flew solo on my 16th birthday from RAF Kinloss. (16 is the lowest age you can fly solo in the UK)
DOMESTIC CHAMPIONSHIPS

2013 - British Athletics European Trials & UK Championships SP silver
2011 – Aviva World Trials & UK Champs DT 6th. England Senior Champs DT bronze, silver. Aviva U23 European Trials & UK Champs DT bronze, SP gold. BUCS Champs SP gold, DT gold. Aviva Europe Indoor Trials & UK Champs SP 5th. CAU Inter-Counties Champs SP silver, DT silver

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2010 – Commonwealth Games DT 10th, SP 11th. IAAF World Junior Champs DT 18th q

PERSONAL BESTS

SP 18.50m  DT 63.46m

Q & A

First Olympic or Paralympic memory? Marion Jones 2000 Sydney
Who has had the greatest influence on your career? John Hillier (coach)

Favourite athletics venue? Barcelona
Do you have any pre-competition superstitions? I pack my bag about 10 times to make sure I have everything
Best friend in athletics? Lawrence Okoye
Toughest opponent? Lawrence Okoye
Favourite training session? Throwing in the sun!
Least favourite training session? Throwing in the snow/rain
Sporting hero? Gerd Kanter
Most famous person you have met? David Beckham
If you were not an athlete what would you like to be? Pro rugby player
Favourite film? Space Jam
Favourite music/group? Chase & Status
Favourite pre-competition meal? Chicken and pasta
If you could take three people out for dinner who would they be? Kelly Brook, Holly Willoughby, Alex Ferguson
What did you do during your 2012 post season break? Ate a lot of pizza

Do you have any pets?
1 German Shepherd – Jake

Interesting unknown fact about yourself? World’s biggest pizza fan
What is in your kit bag when you go out onto the track?
Drinks, snacks, chalk, towel, black sack
Do you have a motivational song, if so what is it? Breakage - Hard
**DOMESTIC CHAMPIONSHIPS**

2012 - Aviva 2012 Trials & UK Championships 4th. Aviva European Indoor Trials & UK Championships PV bronze


2009 - England U23 Championships silver. Welsh Senior Championships silver. Scottish Championships silver

2008 - BUSA Championships silver. Welsh Indoor Championships silver


2006 - English Schools Championships gold

**MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS**

2012 - European Championships 6th q

2010 - Commonwealth Games bronze

**PERSONAL BESTS**

PV  5.61m (indoors)
PV  5.40m (outdoors)

**Q & A**

First Olympic or Paralympic memory? Men’s PV Final Athens 2004. Toby Stevenson slow motion bar clearance

Best athletics performance during the 2012 Games? Ivan Ukhov

Who has had the greatest influence on your career? Bruce Lee

Favourite athletics venue? NIA

Best friend in athletics? Robbie Grabarz

Favourite training session? 6 x 300m off 5mins

Least favourite training session? An easy recovery session

Sporting hero? Bruce Lee

If you were not an athlete what would you like to be? Boxer

If you could take three people out for dinner who would they be? Boris Johnson, Mila Kunis, Catherine Zeta Jones

If stranded on a desert island, what three items would you take? Infinite fire wood, infinite bottled water and an attractive woman

What did you do during your 2012 post season break? Trained like a jogger

Do you have any pets? Three miniature sausage dogs – Ralpjie, Rocco and Rufus

Do you have a motivational song, if so what is it? Aqua – Barbie Girl
LUKE FAGAN
100M / 200M

DOB: 31/07/1988
Born: London
Lives: London
Club: Enfield & Haringey
Trains: Lee Valley
Coach: Michael Afilaka

DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships 100m 5th sf. McCain
CAU Championships 200m gold.
Aviva European Indoor Trials & UK Championships 60m 8th

2011 – Aviva European Indoor Trials & UK Championships 60m 8th. England Senior Championships 100m bronze, 200m gold.
Aviva World Trials & UK Championships 200m bronze

2010 – BUCS Indoor Championships 60m bronze. Aviva U23 Championships & World Trials 100m bronze, 200m 6th. England Senior Closed Championships 200m silver

2009 – BUCS Championships 200m bronze

2008 – Aviva Olympic Trials & UK Championships 200m 6th

2007 – Norwich Union World Champs Trials 200m bronze. England Athletics U20 Championships 200m bronze

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2007 – European Junior Championships 200m bronze. (4x100m silver)

Q & A

First Olympic or Paralympic memory?
Linford Christie winning 100m gold at the Olympics in Barcelona 92

Pre-competition meal: Quaker Oats with cinnamon extract

Sporting hero: Floyd Mayweather, Lewis Hamilton

What other sports do you like: Football, boxing and Formula 1.

If you were not an athlete what would you like to be: Something hands on like construction, but I don’t know what type.

Favourite film: The Fast and Furious

Favourite TV programme: Family Guy

Favourite music/group: UK Urban – Wretch 32

Favourite food: Jerk chicken

If you could take three people out for dinner who would they be: Katy B, Kelly Rowland, Meghan Fox

If you were stranded on a desert island what 3 items would you take with you: Shovel, machete, iPad

What is in your kit bag when you go out onto the track: Track spikes, bottle of water, stretching bands

PERSONAL BESTS

100m 10.21 200m 20.60
RORY FRASER
5000M

DOB: 25/04/1987
Born: Welwyn Garden City
Lives: New York City
Club: Owls Leicester
Trains: New York
Coach: Art Acevedo
Twitter: @Rg_fraser

DOMESTIC CHAMPIONSHIPS
2012 – Aviva 2012 Trials & UK Championships 5000m bronze
2007 – England Athletics U23 Championships 1500m 8th
2006 – AAA U23 Champs 1500m 10th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 – European Champs 5000m 14th

PERSONAL BESTS
5000m 13:27.70

Q & A
First Olympic or Paralympic memory? Michael Johnson winning the 200m in Atlanta
Best athletics performance during the 2012 Games? Mo Farah double – inspiring
What has been the best ever Olympic/Paralympic Games and why? London - the passion and support was incredible
Who has had the greatest influence on your career? My coach – Art Acevedo
Favourite athletics venue? Hayward Field – Oregon

Do you have any pre-competition superstitions? I used to have loads but had to stop once I grew out of my favourite socks
Toughest opponent? Andy Vernon
Favourite training session? 3 x 1 mile
Least favourite training session? A4 x 800
Sporting hero? It was Lance Armstrong, so I’m currently looking for a new one
If you were not an athlete what would you like to be? Would love to be a football player, or maybe an actor. I’m a terrible actor but I imagine it would be very fun.
Favourite film? Team America
Favourite music/group? Big Paramore fan, and would love to see Coldplay live though
Favourite pre-competition meal? Chicken breast Subway
If you could take three people out for dinner who would they be? Phil Knight, John Stewart, and Russell Brand
What did you do during your 2012 post season break? Ate way too much ice cream
Do you have any pets? Labrador named Beau (not my name choice)
Interesting unknown fact about yourself? I have eaten breakfast with Haile Gebresalassie at his house in Ethiopia – pretty awesome!
JAMES GLADMAN
110M HURDLES

DOB: 11/10/1993  
Born: Warrington  
Lives: Bath  
Club: Warrington/St. Helens Sutton

Trains: Bath  
Coach: James Hillier  
Twitter: @JamesGladman93  
Facebook: james.gladman.77

DOMESTIC CHAMPIONSHIPS
2012 - Aviva U20 World Trials & UK Championships 110mH gold. BUC Championships 110mH DNF. England U20 Indoor Championships 60mH gold  
2011 - Aviva European U20 Trials & UK Championships 110mH silver. English Schools Championships 110mH silver. England Athletics U20 Indoor Championships 60mH silver  
2010 - Aviva England U20 World Trials & UK Championships 110mH bronze. Aviva English Schools 110mH 4th. Aviva England U20 Indoor Championships & UK Championships 60mH 7th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 - IAAF World Junior Championships 110mH 4th  
2010 - Youth Olympic Games European Trials 110mH 3rd ht

PERSONAL BESTS
110m H  
14.14

Q & A
What was your first Olympic or Paralympic Games memory? Athens 2004, men’s 100m, Justin Gatlin winning gold  
Best athletics performance during the 2012 Games? 2012 Olympics – Usain Bolt 100m, 200m/ David Rudisha WR R. GB-Jessica Ennis gold and hurdles run

What has been the best ever Olympic/Paralympic Games and why? 2012 - Everyone in spirit, got to go and watch  
Who has had the greatest influence on your career? Brother  
Favourite athletics venue? Warrington (Home track)  
Best friend in athletics? Training group – Leon Reid, Jay Hunter  
Toughest opponent? Andrew Pozzi  
Favourite training session? Speed endurance 150m  
Least favourite training session? Weights  
Sporting hero? Liu Xiang  
Most famous person you have met? Ryan Giggs (even though I support Liverpool FC)  
What other sports do you like? Football

Favourite film? Click, Superbad, Inception
If stranded on a desert island, what three items would you take? Game boy, sweets, alcohol. Go out in style
Interesting unknown fact about yourself? I have an identical twin  
What is in your kit bag when you go out onto the track? Spikes, shaker, programme
If you had a super power what would it be? Fly
EMELIA GORECKA
3000M / 5000M

DOB: 29/01/1994
Born: Epsom
Lives: Leatherhead
Club: Aldershot, Farnham & District
Trains: Aldershot

Coach: Mick Woods
Kit: Nike
Twitter: @emiliagorecka
Facebook: Emelia Gorecka
Web: www.emelia-gorecka.co.uk

DOMESTIC CHAMPIONSHIPS


MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 – European Cross Country u20 silver, IAAF World Junior Champs 3000m bronze


PERSONAL BESTS
3000m 8:55.11
5000m 15:34.21

Q & A
First Olympic or Paralympic memory? Paula Radcliffe’s struggle in Athens. Kelly Holmes’ double gold medal in Athens

Best athletics performance during the 2012 Games? David Weir’s performance was outstanding and inspirational

Who has had the greatest influence on your career? Coach – Mick Woods and brother – Joshua Gorecki

Favourite athletics venue? Parliament Hill XC Course and Barcelona Athletics Track

Best friend in athletics? Jennifer Walsh

Sporting hero? My brother – Joshua Gorecki

If you could take three people out for dinner who would they be? Prefontaine, President Obama, Derren Brown

If stranded on a desert island, what three items would you take? Three footballs that will all be named Wilson – then can have a party!

What did you do during your 2012 post season break? Went to Portugal with some close friends to relax

Do you have any pets? White fluffy cat named Ruffles

Interesting unknown fact about yourself? I have scoliosis and wore a body brace to support it for three years as a teenager
CHARLIE GRICE
800M / 1500M

DOB: 07/11/1993  Coach: Jon Bigg
Born: Brighton Agent: Jos Hermens
Lives: Twickenham (Global Sports Kit: adidas
Club: Phoenix AC Communications)
Trains: St Mary’s Twitter: @charliegrice1
Web: charliegrice.com

DOMESTIC CHAMPIONSHIPS

2013 - British Athletics European Trials &
UK Championships 1500m bronze
2012 – Aviva 2012 Trials & UK
Championships 1500m 8th. BUCS
Championships 800m silver. European
Indoor Trials & UK Championships
1500m 6th
2011 – Aviva English Schools Championships
1500m gold. Aviva U20 Championships &
European Trials 1500m silver
2010 – Aviva English Schools Champs
1500m gold. Aviva Schools International
1500m gold. English Schools Cross
Country Champs 9th. McCain UK Cross
Challenge (inc. European Trials) 5th
2009 – Sainsburys English Schools Champs
Cross Country 28th. English National Cross
Country Champs 16th. Inter Counties Cross
Country Champs 6th. Aviva English Schools
Champs 1500m 6th. England U17 Champs
1500m bronze

MAJOR CHAMPIONSHIPS AND
INTERNATIONAL HIGHLIGHTS

2012 – IAAF World Junior Championships
1500m 4th ht
2011 – European Junior Championships
1500m 10th
2010 – Youth Olympic Games 1000m
bronze. Youth Olympic Games European
Trials 1000m silver

PERSONAL BESTS

800m 1:47.33
1500m 3:40.95

Q & A

First Olympic or Paralympic memory?
Kelly Holmes’ double gold
Best athletics performance during the
2012 Games? Mo Farah’s double gold and
David Rudisha’s world record
Who has had the greatest influence on
your career? My coach
Favourite athletics venue? Olympic
Stadium in London
Toughest opponent? Myself
Sporting hero? Steve Ovett
Most famous person you have met?
Usain Bolt
If you could take three people out for
dinner who would they be? Jess Ennis,
Pixie Lott and Alberto Salazar
If stranded on a desert island, what
three items would you take? Mobile
phone, knife and food supply
What did you do during your 2012
post season break? Went on holiday to
Barcelona for 10 days with mates
Do you have any pets?
Two cats – Pinky and Missy
Interesting unknown fact about
yourself? Used to play four different
sports: football, tennis, cricket and
ping pong
If you were Prime Minister for one day
you would... Give everyone three day
weekends!
CLaire HAlliSSEy

Marathon

DOB: 17/03/1983
Coach: Self

Born: Watford, Herts
Kit: Asics

Lives: Arlington, Virginia, USA
Twitter @HallisseyC

Club: Bristol & West/Watford

Trains: Virginia

Q & A

First Olympic or Paralympic memory?
On holiday watching Sally Gunnell and Linford Christie in Barcelona

Best athletics performance during the 2012 Games?
Mo Farah’s double

Who has had the greatest influence on your career?
Husband

Favourite athletics venue?
New York (road races)

Do you have any pre-competition superstitions?
I try to eat something with sweet potato in the day before a race

Toughest opponent?
My own body

If you were not an athlete what would you like to be?
Baker/tea shop owner

Favourite film?
Original Star Wars trilogy

What did you do during your 2012 post season break?
Spent time with my baby niece and nephew

Interesting unknown fact about yourself?
I used to be a giveaway girl at Saracens rugby matches

What is in your kit bag when you go out onto the track?
Lip balm, iPod and racing flats

If you had a super power what would it be?
Teleportation (would make travelling to races a lot easier)

DOMESTIC CHAMPIONSHIPS

2010 – Aviva European Trials & UK Championships 10,000m bronze. BUCS Cross Country Championships bronze. English National Cross Country Championships 10th. England 10k Road Championships bronze

2009 – Aviva World Trials & UK Championships 10,000m 5th. CAU Inter-Counties Championships silver. BUCS Championships 10,000m silver, 5000m bronze. Inter-Counties Cross Country Championships 31st. English National Cross Country Championships 36th

2008 – Aviva Olympic Trials & UK Championships 5000m 10th. CAU Inter-Counties Championships 5000m bronze. BUSA Championships 10,000m gold. BUSA Cross Country Championships 26th. Inter-Counties Cross Country Championships 49th

2007 – BUSA Championships 10,000m bronze

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Olympic Games Marathon 57th

2010 – IAAF World Half-Marathon Championships 18th

2009 – IAAF World Half-Marathon Championships 31st. European Cup 10,000m 9th

PERSONAL BESTS

Marathon 2:27:44
### Abigail Irozuru

**Long Jump**

**DOB:** 03/01/1990  
**Born:** Crumpsall, Manchester  
**Lives:** London  
**Club:** Sale Harriers Manchester  
**Trains:** Brunel, Barnet  
**Coach:** Copthall, and Lee Valley  
**Kit:** Frank Attoh  
**Agent:** adidas  
**Twitter:** Stellar - Dave Scott  
**Web:** @Aurozuru  
**Airozuru.blog.com**

### Domestic Championships


### Personal Bests

**LJ** 6.80m

### Q & A

**First Olympic or Paralympic memory?** Beijing – not anything specific, only just knowing it was on.

**Best athletics performance during the 2012 Games?** The only WR performance of the Games – Rudisha. I was in the stadium at the time too. Best GB performance – watching and cheering on my training partner Chris Thomlinson.

**Who has had the greatest influence on your career?** John Crotty – first coach.

**Favourite athletics venue?** Bulgaria, Sofia – jumped my 6.80m PB there this year.

**Do you have any pre-competition superstitions?** I always have to look immaculate. I’ve been asked on many occasions whether I am planning going clubbing that night I look so made up. Look great, feel great, jump great!

**Best friend in athletics?** Zainab Ceesay.

**Toughest opponent?** Myself (mentally and physically).

**Most famous person you have met?** Usain Bolt.

**Favourite music/group?** Afrobeats/traditional Nigerian and African music.

**Favourite pre-competition meal?** Hotel breakfast – sausage and piece of bread.

### Major Championships and International Highlights

- **2012** – European Championships 21st q.
- **2009** – European Junior Championships 17th q.
- **2007** – IAAF World Youth Championships 7th q.
BIOGRAPHIES

DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships LJ silver. Aviva European Indoor Trials & UK Championships LJ gold
2008 – Aviva Olympic Trials & UK Championships LJ 14th. CAU Inter-Counties Championships LJ silver. Norwich Union European Indoor Championships Trials LJ bronze

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – European Championships LJ 4th
2007 – European U23 Championships LJ 13th q

PERSONAL BESTS

LJ  8.11m

Q & A

Best athletics performance during the 2012 Games? Jessica Ennis’ Heptathlon

What was your first Olympic or Paralympic Games memory? Watching Barcelona 1992 as a six year old seeing Linford Christie with his arms up winning the 100m and Sally Gunnell draped in the Union Jack

Who has had the greatest influence on your career? Michael Afilaka

Favourite athletics venue? Birmingham

Best friend in athletics? Montell Douglas

Toughest opponent? The tape measure!

Sporting hero? Muhammad Ali

Most famous person you have met? Patrick Vieira – Arsenal legend

If you were not an athlete what would you like to be? I love long jump, but if I had to be something else I’d like to be an Arsenal striker

Favourite film? Gladiator

Favourite music/group? Rap

Favourite pre-competition meal? Porridge with chocolate protein and blueberries

If you could take three people out for dinner who would they be? Muhammad Ali, Michael Jordan and God

Interesting unknown fact about yourself? I was the Essex Table Tennis champion in 1998

If you were Prime Minister for one day you would... Make education more useful in real world

JJ JEGEDE
LONG JUMP

DOB: 03/10/1985
Born: Forest Gate, London
Lives: Walthamstow, London
Club: Newham & Essex Beagles

Trains: Lee Valley/ Gateshead
Coach: Peter Stanley
Agent: Caroline Feith
Twitter: @jumpingjegede
Facebook: JJ Jegede
Web: jjjegede.co.uk
### Domestich Championships

**2013** – British Athletics European Trials & UK Champs 3000m bronze  
**2010** – Aviva English Schools Champs 1500m gold. UK School Games 1500m gold. Aviva Schools International 1500m gold. Aviva England Athletics U17 Champs 1500m gold. English Schools Cross Country Champs gold. English National Cross Country Champs gold. SIAB Schools International Cross Country gold

### Personal Bests

<table>
<thead>
<tr>
<th>Event</th>
<th>Best</th>
</tr>
</thead>
<tbody>
<tr>
<td>800m</td>
<td>2:00.96</td>
</tr>
<tr>
<td>1500m</td>
<td>4:09.93</td>
</tr>
</tbody>
</table>

### Q & A

**What was your first Olympic or Paralympic Games memory?**  
Kelly Holmes’ two golds

**Best athletics performance during the 2012 Games?**  
David Rudisha 800m

**Who has had the greatest influence on your career?**  
My school

**Interesting unknown fact about yourself?**  
I can fall asleep standing up

**Do you have any pre-competition superstitions?**  
To tie and knot my laces on my spikes eight times

**Best friend in athletics?**  
Pippa Woolven

**Toughest opponent?**  
Ajee Wilson - USA

**Sporting hero?**  
Paula Radcliffe and Zola Budd

**What other sports do you like?**  
Rugby League – Leeds Rhinos

**If you could take three people out for dinner who would they be?**  
Usain Bolt, Paula Radcliffe and Mo Farah

**If stranded on a desert island, what three items would you take?**  
A book, strawberry cheesecake, my Eeyore pillow

**Do you have any pets?**  
Rat – Rizzo
LUKE LENNON-FORD
200M / 400M

DOB: 05/05/1989
Born: Birmingham
Lives: London
Club: Birchfield H/
Coach: Linford Christie
Twitter: @Lukey400m

DOMESTIC CHAMPIONSHIPS
2012 – Aviva 2012 Trials & UK Championships 400m 8th. Aviva European Indoor Trials & UK Championships 400m 5th
2011 – Aviva World Trials & UK Championships 400m 5th. Aviva U23 Championships and European Trials silver. BUCS Indoor Championships 200m gold
2010 – England Closed Championships 400m silver. Aviva U23 World Trials Championships 400m gold. BUCS Championships 400m gold. Aviva European Trials & UK Championships 400m 7th. Aviva Indoor World Trials & UK Championships 400m bronze
2009 – England U23 Championships 400m silver. Aviva World Trials & UK Championships 5th sf

PERSONAL BESTS
200m 20.91 400m 45.23

Q&A
What was your first Olympic Games memory?
Linford Christie winning gold
Best friend in athletics?
Mark Lewis-Francis
Favourite pre-competition meal?
Porridge
Sporting hero?
Linford Christie
What other sports do you like?
Football
If you weren’t an athlete what would you like to be?
A millionaire, lottery winner
Favourite TV programme?
Family Guy
Interesting unknown fact about yourself?
I have the sentence ‘your name’ tattooed on my backside!
EILISH MCCOLGAN
3000M STEEPLECHASE

DOB: 25/11/1990
Born: Dundee
Lives: Carnoustie, Angus
Club: Dundee Hawkhill/ Pitreavie

Trains: Dundee
Coach: Liz McColgan
Twitter: @Eilishmccolgan
Facebook: Eilish McColgan

DOMESTIC CHAMPIONSHIPS
2012 – Aviva 2012 Trials & UK Champs 3000mSC gold. BUCS 1500m silver. Scottish Universities Champs 1550m gold, 3000m gold. Scottish Universities Indoor Champs 1500m gold, 3000m gold

2011 – Aviva European Indoor Trials & UK Champs 1500m 4th. Scottish University Champs 1500m gold. BUCS Indoor Champs 1500m bronze. BUCS Champs 2000mSC gold. Scottish 3000mSC gold. Aviva World Trials & UK Champs 5000m silver

2010 – Scottish University Indoor Champs 800m silver. Scottish University Champs 1500m bronze, 2000mSC silver. Scottish U23 Champs 1500m 6th. Scottish Senior & Commonwealth Games Trials 1500m 10th. BUCS Champs 2000mSC 5th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 – Olympic Games 3000mSC 9th ht
2011 – European U23 Champs 3000mSC 6th. Spar European Team Champs 3000mSC 9th
2008 – Commonwealth Youth Games 1500m 9th, 3000m 8t

PERSONAL BESTS
3000m SC 9:38.45

Best athletics performance during the 2012 Games? Mo Farah’s double

What has been the best ever Olympic/ Paralympic Games and why? London 2012 – as I got to take part and experience the whole event

Who has had the greatest influence on your career? My boyfriend and my training group – I wouldn’t be here without them all!

Favourite athletics venue? London or Oslo – where I set my 3000m SC PB and qualified for the Olympics!

Best friend in athletics? Made some fantastic friends in London. Katarina Johnson-Thompson and myself are very similar. I have also known Lynsey Sharp for years!

Toughest opponent? The clock

Favourite training session? Anything long and on the track

Least favourite training session? Grass or XC sessions – awful! Especially hills!

Sporting hero? My parents, Mo Farah, Usain Bolt

If you were not an athlete what would you like to be? Probably a teacher. Currently studying maths so possibly in that!

Interesting unknown fact about yourself? I once starred in a cereal advert – aged 7 (ish)
DOMESTIC CHAMPIONSHIPS

2013 - British Athletics European Trials & UK Championships 800m silver
2012 – Aviva 2012 Trials & UK Championships 800m silver
2011 – Aviva England Athletics U23 Championships & UK Championships gold. Aviva European Indoor Trials & UK Championships 5th
2010 – Aviva European Trials & UK Championships 7th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – European Championships 800m 3rd sf
2011 – European U23 Championships 800m bronze

PERSONAL BESTS

800m 1:45.90

Q & A

Best friend in athletics?
Abubaker Kaki

Favourite pre-competition meal?
Spaghetti

Sporting hero?
Lord Seb Coe

What other sports do you like?
Football

If you were not an athlete what would you like to be?
A football player

Favourite film:
Independence Day

Favourite TV programme:
Match of the Day

Favourite food?
Somali traditional rice

MUKHTAR MOHAMMED

800M

DOB: 01/12/1990
Born: Abu Dhabi
Lives: Sheffield
Club: Sheffield RC
Trains: Sheffield
Coach: Mustafa Mohamed
Kit: Nike
ROSS MURRAY 1500M

DOB: 08/10/1990  Agent: Nic Bideau– Melbourne
Born: Newcastle  Track Club/
Lives: London  Jane Cowmeadow
Club: Gateshead  JCCM Ltd
Trains: St Mary’s  Kit: Nike
Coach: Craig Winrow  Twitter: @rossojammin

DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships 1500m silver. Aviva European Indoor Championships & UK Championships 3000m 7th. BUCS Cross Country Championships 9th
2011 – Inter-Counties Cross Country Championships 26th. BUCS Cross Country Championships silver. Aviva European Indoor Trials & UK Championships 3000m silver
2010 – England Closed Championships 1500m 4th. Aviva European Trials & UK Championships 1500m 7th ht
2009 – Aviva World Trials & UK Championships 1500m 11th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Olympic Games 1500m 10th sf
2009 – European Junior Championships 1500m 6th

PERSONAL BESTS

1500m  3:34.76

Best athletics performance during the 2012 Games? Usain Bolt or Mo Farah and Felix Sanchez
What has been the best ever Olympic/Paralympic Games and why? London! The crowd were the best ever
Favourite athletics venue? Oslo
Favourite training session? Short recovery 300s/400s on track
Least favourite training session? When it’s raining and windy
Sporting hero? Usain Bolt
Most famous person you have met? Hugh Grant
What other sports do you like? Street fighting/football
If you were not an athlete what would you like to be? An 18-30 holiday rep or in Geordie Shore
Favourite film? Titanic or Gladiator
Favourite music/group? One Direction
If you could take three people out for dinner who would they be? Michelle Keegan, Joey Essex and Ricky Gervais
Do you have any pets? A pet dragon called Pete, he can turn invisible
Do you have a motivational song, if so what is it? I don’t believe in music
If you had a super power what would it be? Telekinetic

Q & A

First Olympic or Paralympic memory? Sydney 2000! Amazing atmosphere
BIOGRAPHIES

FREYA ROSS
5000M / MARATHON

DOB: 20/09/1983
Born: Edinburgh
Lives: Falkirk
Club: Chester-le-Street
Trains: Falkirk

Coach: Steve Jones
Agent: Brendan Reilly
Kit: adidas

Q & A

First Olympic or Paralympic memory?
Watching Seoul 1988 on TV with my brother and sisters

Best athletics performance during the 2012 Games? Mo Farah’s double gold, David Rudisha 800m

What has been the best ever Olympic/Paralympic Games and why?
2012 – it seems to have changed a lot of people’s attitude to sport, especially disability sport

Who has had the greatest influence on your career?
My husband Michael and coaches Steve Jones (current), David Hand (past -1st), Carol Sharp (past, 2nd), Ian Whyte (3rd and 5th), Lindsay Dunn (4th)

Favourite athletics venue?
Hollywood Park for cross country, and Brasschaat Belgium for Track (I’ve ran two PBs including 2012 commonwealth qualifier there)

Best friend in athletics? I’ve made lots of friends through athletics including meeting my husband through the University Athletics Club

What did you do during your 2012 post season break?
Got married and went on honeymoon

Interesting unknown fact about yourself? I can play the Clarsach (Scottish Harp)

DOMESTIC CHAMPIONSHIPS

2012 – Scottish National Cross Country Championships gold
2011 – Scottish National Cross Country Championships gold
2010 – Aviva European Trials & UK Championships 5000m gold. Inter Counties Cross Country Championship & World Trials gold. Scottish National Cross Country Championships gold
2009 – Aviva World Trials & UK Championships 5000m gold. Scottish Championships 1500m silver. Scottish 4km Cross Country Championships gold. Scottish National Cross Country Championships gold. Inter-Counties Cross Country Championships 5th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Olympic Games Marathon 44th. European Cup 10,000m 19th
2011 – Spar European Cross Country Championships 12th
2010 – Commonwealth Games 5000m 7th, 10,000m 5th. European Cup 10,000m 6th. World Cross Country Championships 37th. South African World Trials Cross Country gold

PERSONAL BESTS

5000m 15:26.5
Marathon 2:28.10
JADE NICHOLLS
DISCUS

DOB: 30/03/1987
Born: Tooting, London
Lives: Crawley
Club: Shaftesbury Barnet
Trains: Horsham (Broadbridge Heath)

Coach: Andrew Neal
Twitter: @jadenichollsT69
Facebook: Jade Nicholls

DOMESTIC CHAMPIONSHIPS
2010 – Aviva European Trials & UK Championships gold. CAU Inter Counties Championships gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 – European Championships 22nd q
2010 – Commonwealth Games 6th
2009 – European U23 Championships bronze

PERSONAL BESTS
Discus 60.76m

Q & A
First Olympic or Paralympic memory? 2004

Best athletics performance during the 2012 Games? Mo Farah doing the double. Jess winning the Heptathlon
Favourite athletics venue? Halle – Germany
Best friend in athletics? Kirsty Law
Toughest opponent? Any German!
Favourite training session? Throwing
Least favourite training session? Anything endurance based
Sporting hero? Jonathon Edwards, Phil ‘The Power’ Taylor
Most famous person you have met? Emile Sande
What other sports do you like? Darts, Cycling, Football, Rugby
If you were not an athlete what would you like to be? P.E Teacher
Favourite film? Monsters Ball
If you could take three people out for dinner who would they be? Jonathan Edwards, my best friend Maureen, Michael Jackson (when alive, not now)
If stranded on a desert island, what three items would you take? A ship, a captain, my best friend!
Interesting unknown fact about yourself? Was a Ball Girl in 2002
What is in your kit bag when you go out onto the track? Throwing shoes, discs, chalk, lifting shoes, straps, drink, disc towel, diary

www.britishathletics.org.uk

BIOGRAPHIES
DOMESTIC CHAMPIONSHIPS


MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – European Championships 21st q

2011 – European Junior Championships 14th q

2010 – IAAF World Junior Championships 14th q

PERSONAL BESTS

HJ 1.90m

Q & A

First Olympic or Paralympic memory? Watching the Beijing 2008 opening ceremony

Best athletics performance during the 2012 Games? Jessica Ennis’s Heptathlon victory

Who has had the greatest influence on your career? My coaches, Fuzz Ahmed and George Male

Favourite athletics venue? Bedford International Stadium

Do you have any pre-competition superstitions? Not anymore but I used to walk clockwise circles before a jump

Best friend in athletics? Matt Watson (high jumper)

Toughest opponent? My own doubts!

Favourite training session? Medicine ball throws

Sporting hero? Anna Chicherova

If you were not an athlete what would you like to be? A veterinary surgeon, I still intend to qualify one day

If stranded on a desert island, what three items would you take? A box of breakfast cereal, my iPod, my Mum (am I allowed her?!)

Interesting unknown fact about yourself? I had really short hair at school in Year 7 and got mistaken for a boy!

What is in your kit bag when you go out onto the track? Spikes, my union jack blanket, water, and a snack

If you had a super power what would it be? Unbreakable confidence
DOMESTIC CHAMPIONSHIPS
2012 – Aviva 2012 Trials & UK Championships 5000m 8th. BUCS Championships 5000m gold
2011 – English National XC Champs gold. BU CS XC Champs gold. Inter Counties XC Champs gold
2010 – McCain UK Cross Challenge inc. Euro Trials gold. England Senior Closed Championships 5000m gold. Aviva European Trials & UK Championships 10,000m 7th
2009 – BU CS Championships 10,000m gold. Aviva English Schools Champs 3000m gold. Aviva World Trials 5000m silver. Inter Counties XC silver. England U20 Champs 1500m bronze

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 – European Championships 10,000m 6th. European Cup 10,000m 7th
2011 – IAAF World XC Champs 14th
2010 – Commonwealth Games 5000m 6th, 10,000m 4th. European Cross Country Championships U20 gold
2009 – European Junior Championships 5000m silver. World Cross Country Championships 14th (Team 4th)

PERSONAL BESTS
5000m 15:23.4 10,000m 32:03.55

Q & A
First Olympic or Paralympic memory? Watching Kelly win double gold
Best athletics performance during the 2012 Games? Jessica Ennis winning
Who has had the greatest influence on your career? My boyfriend Adam
Favourite athletics venue? Teddington – Bushy Park
Do you have any pre-competition superstitions? I always listen to R. Kelly – World’s Greatest
Best friend in athletics? Steve Connor – my training partner
Toughest opponent? The Africans
Favourite training session? Every session that involves long reps!
Least favourite training session? Short/faster reps
If you were not an athlete what would you like to be? A sports journalist or a lawyer
Favourite film? Charlie and the Chocolate Factory and Pearl Harbour
Favourite pre-competition meal? Peanut butter and jelly
Do you have any pets? Chloe – Chihuahua/Yorkie
Interesting unknown fact about yourself? I have a tattoo on my wrist
DOMESTIC CHAMPIONSHIPS


MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 - European Championships 21st q
2011 - World Student Games LJ bronze
2009 - World Championships TJ 27th q

PERSONAL BESTS

LJ 8.08m TJ 16.98m

Q & A

Best athletics performance during the 2012 Games? Mo’s double gold medal performance

Who has had the greatest influence on your career? God

Favourite training session? Jump sessions

Least favourite training session? Weightlifting

What other sports do you like? Football, Skating

If you were not an athlete what would you like to be? Football manager, or Track & Field Coach

Favourite film? A Fistful of Dollars

Favourite music/group? Reggae

Favourite pre-competition meal? Salmon with mash potatoes

If you could take three people out for dinner who would they be? My mother, grandma and Jesus Christ

If stranded on a desert island, what three items would you take? Axe, hunting knife and bible

What did you do during your 2012 post season break? Rest and recover!

What is in your kit bag when you go out onto the track? Water, chewing gum, hair brush, protein bar

Do you have a motivational song, if so what is it? Kanye West – I Wonder

If you were Prime Minister for one day you would... Feed the poor

If you had a super power what would it be? Teleportation
JAZMIN SAWYERS
LONG JUMP

DOB: 21/05/1994
Born: Stoke-on-Trent
Lives: Sheffield
Club: City of Stoke
Trains: Sheffield
Coach: Toni Minichiello
Kit: adidas
Twitter: @JazminJayne

DOMESTIC CHAMPIONSHIPS
2010 – England Athletics Combined Events Indoor Championships bronze

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 – IAAF World Junior Championships LJ bronze

PERSONAL BESTS
LJ 6.67m

Q & A

First Olympic or Paralympic memory? Watching Denise Lewis win gold in Sydney

Best athletics performance during the 2012 Games? David Weir’s four golds for GB and David Rudisha’s WR

Who has had the greatest influence on your career? My coaches over the years

Favourite athletics venue? Barcelona Olympic Stadium

Best friend in athletics? Katarina Johnson-Thompson

Toughest opponent? Katarina Johnson-Thompson!

Favourite training session? Technical long jump sessions

Least favourite training session? Grass runs

Sporting hero? Denise Lewis

Most famous person you have ever met? Probably Tracy from Corrie

If you were not an athlete what would you like to be? TV Presenter

If you could take three people out for dinner who would they be? My parents, and my brothers would have to flip a coin to see which one joins us?

If stranded on a desert island, what three items would you take? I think the key question here is are there any plug sockets? If not, my phone, charger, and an adapter!

Do you have any pets? Frog called Pedro

Interesting unknown fact about yourself? I was in an Asda advert when I was younger. It’s online somewhere...
**CHRIS SCOTT**

**DOB:** 21/03/1988  
**Born:** Guildford  
**Lives:** Loxwood  
**Club:** Shaftesbury Barnet  
**Trains:** Horsham  
**Coach:** Andrew Neal  
**Twitter:** @chrisscott_T69

**DISCUS**

**DOMESTIC CHAMPIONSHIPS**

- **2011** – England Senior Championships DT silver. Aviva World Trials & UK Championships DT gold
- **2010** – Aviva U23 World Trials & UK Championships DT gold. CAU Inter Counties DT silver. Aviva European Trials & UK Championships DT bronze. England Closed Championships DT silver
- **2008** – England U23 Championships DT gold. Aviva Olympic Trials & UK Championships DT 7th. BUSA Championships DT 5th, HT bronze. CAU Inter Counties Championships DT 5th

**MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS**

- **2010** – Commonwealth Games DT 7th
- **2007** – European Junior Championships DT 19th q

**PERSONAL BESTS**

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**Q & A**

- **First Olympic or Paralympic memory?** Michael Johnson in Atlanta 96
- **Best athletics performance during the 2012 Games?** Mo Farah’s double victory
- **What has been the best ever Olympic/Paralympic Games and why?** London 2012 because I was there watching every day!
- **Who has had the greatest influence on your career?** Gerd Kanter
- **Favourite athletics venue?** Copthall!
- **Best friend in athletics?** Jade Nicholls
- **Toughest opponent?** Lawrence Okoye
- **Sporting hero?** Robert Harting
- **What other sports do you like?** Track cycling, sprint kayaking
- **If you were not an athlete what would you like to be?** Teacher
- **If stranded on a desert island, what three items would you take?** A chicken, pen knife, string
- **What did you do during your 2012 post season break?** Watched the Olympics!
- **Interesting unknown fact about yourself?** I ride the unicycle
- **What is in your kit bag when you go out onto the track?** Chalk, shoes, towels, bin bags
- **If you were Prime Minister for one day you would...** Ban football
DOMESTIC CHAMPIONSHIPS
2011 – Aviva European Indoor Trials 3000m 8th. Aviva World Trials & UK Championships 1500m gold. BU CS Indoor Championships 3000m silver. BU CS Championships 1500m gold.
2010 – BU CS Indoor Championships 3000m bronze. BU CS Championships 1500m gold. England Athletics Championships 1500m silver. Aviva European Trials & UK Championships 800m 6th
2008 – England u20 World Trials Championships 800m gold
2007 – English Schools Championships 800m gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2011 – IAAF World Championships 1500m 10th ht. Spar European Team Championships 1500m silver. European U23 Championships 1500m silver
2005 – European Youth Olympic Festival 1500m gold

PERSONAL BESTS
800m 1:46.70 1500m 3:36.22

Q & A
First Olympic or Paralympic memory? Gebreselassie running past Tergat to win the 10,000m at the Sydney Olympics

Best athletics performance during the 2012 Games? 800m – Andrew Osagie making the final and Rudisha’s WR

Who has had the greatest influence on your career? My coach

Favourite athletics venue? Alexander Stadium – Birmingham

Do you have any pre-competition superstitions? Half a jam sandwich an hour and a half before a race

Best friend in athletics? My coach or Andrew Osagie

Toughest opponent? Nick Willis

Favourite film? Toy Story and Anchorman

Favourite music/group? Dance Music

If you could take three people out for dinner who would they be? My fiancé, Sir Alex Ferguson and Lee Evans

If stranded on a desert island, what three items would you take? Laptop, Internet access and running trainers

What did you do during your 2012 post season break? Recover from injury and have surgery

Do you have any pets? Rottweiler called Eric

Interesting unknown fact about yourself? I have been stung by a Scorpion

If you had a super power what would it be? Flying
**BIOGRAPHIES**

**DOMESTIC CHAMPIONSHIPS**
- **2012** – Aviva 2012 Trials & UK Championships 800m gold. BUCS Championships 400m 5th
- **2011** – Aviva World Trials & UK Championships 800m 4th. Aviva U23 Championships & European Trials 800m gold
- **2010** – Scottish Championships and Commonwealth Games Trials 400m bronze. Welsh Championships 400m 4th
- **2008** – Scottish Championships 800m silver. Scottish Indoor Championships 800m gold

**MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS**
- **2011** – Olympic Games 800m 7th sf. European Championships 800m silver
- **2011** – European U23 Championships 800m bronze. Aviva World Trials & UK Championships 800m 4th. Scottish Championships 800m gold
- **2008** – Commonwealth Youth Games 800m bronze. World Juniors 800m 6th sf

**PERSONAL BESTS**
- **800m** 2:00.52

**Q & A**
- **First Olympic or Paralympic memory?** Hearing of my dad competing. Seeing Kelly Holmes 800m/1500m golds in 2004

**LYNSEY SHARP**

**DOB:** 11/07/1990  
**Born:** Dumfries  
**Lives:** Edinburgh  
**Club:** Edinburgh AC  
**Trains:** Edinburgh / Loughborough

**Coach:** Terence Mahon  
**Agent:** Dave Scott – Stellar  
**Kit:** David Tyler – Tyler Sports  
**Twitter:** Nike  
@ lynseySharp

**Best athletics performance during the 2012 Games?** Jessica Ennis

**Who has had the greatest influence on your career?** All my coaches – past and present

**Favourite athletics venue?** Manchester Sports City

**Do you have any pre-competition superstitions?** Listen to the same song twice

**Favourite training session?** 200s/300s in summer!

**Least favourite training session?** Tempos

**Most famous person you have ever met?** Usain Bolt

**What other sports do you like?** Football

**If you were not an athlete what would you like to be?** Lawyer or open a bakery/cake shop

**If stranded on a desert island, what three items would you take?** Phone, cakes, Ribena

**What did you do during your 2012 post season break?** Went to New York and Turkey

**Do you have any pets?** Yorkshire terrier – Betty. Cairn Terrier - Harry

**Interesting unknown fact about yourself?** I have a law degree
DOMESTIC CHAMPIONSHIPS
2012 – Aviva 2012 Trials & UK Championships HT gold. BUCS Championships HT silver
2011 – Aviva World Trials & UK Championships HT gold. England Championships HT gold. CAU Inter Counties Championships HT gold
2010 – Aviva European Trials & UK Championships HT gold. England Senior Closed Championships HT 6th
2009 – Aviva World Championships Trials HT gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2011 – Olympic Games HT 12th
2010 – Commonwealth Games HT silver
2009 – European U23 Championships HT 7th
2007 – European Junior Championships 4th
2005 – World u18 Championships HT bronze

PERSONAL BESTS
HT 75.63m

Best athletics performance during the 2012 Games? Luke Campbell – boxing gold medal
What has been the best ever Olympic/Paralympic Games and why? London 2012 – home games
Toughest opponent? Mark Dry
Favourite training session? Rest days
What other sports do you like? Rugby and boxing
If you were not an athlete what would you like to be? I am an electrician
Favourite film? Stepbrothers
Favourite music/group? Jonny Cash
Favourite pre-competition meal? Chicken and peas
If you could take three people out for dinner who would they be? My Fiancé, my Mum and my Dad
If stranded on a desert island, what three items would you take? Hammer, phone, food
What did you do during your 2012 post season break? Went to Austria
What is in your kit bag when you go out onto the track? Shoes, bandage, drink, towel
If you were Prime Minister for one day you would... Abolish tax
If you had a super power what would it be? See through walls
BIographies

DEJI TOBAIS
100M / 200M

DOB: 31/10/1991
Born: London
Lives: Luton
Club: Sale Harriers Manchester

Trains: Lee Valley
Coach: Jonas Tawiah-Dodoo
Agent: Jenny Stoute – Stellar Athletics
Kit: adidas
Twitter: @IamDonDej

DOMESTIC CHAMPIONSHIPS
2012 – Aviva 2012 Trials & UK Champs 100m 3rd sf, BUCS Champs 100m 4th, 200m gold. England Closed Champs 100m gold. McCain CAU Champs 200m silver
2011 – Aviva U23 Champs & European Trials 100m bronze
2010 – Aviva England Athletics U20 Champs & World Trials 100m silver. CAU Inter-Counties Champs 100m silver. Aviva England Athletics U20 Indoor Champs 60m silver
2009 – Aviva English Schools Champs 100m gold, England U20 Champs 100m bronze. Aviva England Athletics Indoor Champs 60m silver
2008 – English Schools Champs 100m gold. UK School Games 100m gold. Schools International 100m gold. England Athletics Open U17 Champs 100m gold, 200m gold. England Athletics Open U20 Champs 100m 6th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2010 – IAAF World Junior Champs 100m 4th qf
2009 – European u20 Champs 4x100m bronze
2008 – Commonwealth Youth Games 100m 4th

PERSONAL BESTS
100m 10.29 200m 20.61

Q & A
First Olympic or Paralympic memory?
London 2012 Opening ceremony
Best athletics performance during the 2012 Games?
Mo Farah 5k
Favourite athletics venue?
Olympic Park London
Best friend in athletics?
Kieran-Showler Davis
Toughest opponent?
David Bolarinwa
Favourite training session?
300, 200, 100 10 mins between each
Least favourite training session?
8 x 200 or 6 x 300
What other sports do you like?
Football, basketball, mini golf, F1, motoGP
If you were not an athlete what would you like to be?
An actor! Hands down
Favourite film?
Shooter, Fast Five, Avengers and Ironman
Favourite music/group?
Hip Hop
If you could take three people out for dinner who would they be?
Christina Millian, Will Smith, and Rihanna
What did you do during your 2012 post season break?
Got ready for university
Interesting unknown fact about yourself?
I like cooking and used to work at Dominos pizza
If you were Prime Minister for one day you would...
Try and sort out the economy
LORRAINE UGEN
LONG JUMP

DOB: 22/08/1991
Born: London
Lives: London
Club: Blackheath & Bromley

Trains: Texas/Hendon
Coach: Frank Attoh

DOMESTIC CHAMPIONSHIPS
2011 – Aviva World Trials & UK Championships LJ gold, 100m 6th sf. Aviva U23 European Trials & UK Championships LJ gold. CAU Inter Counties 100m 6th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2011 – European u23 Championships LJ NM q
2010 – IAAF World Junior Championships LJ 17th q
2009 – European Junior Championships LJ 21st q

PERSONAL BESTS
LJ 674m

Q & A
What was your first Olympic Games memory: Being young and watching Marion Jones win the 100m
Best friend in athletics: Laura Samuel
Sporting hero: Yamile Aldama
What other sports do you like: I used to do gymnastics, but I like basketball
If you were not an athlete what would you like to be: Something behind the scenes on TV or film
Favourite TV programme: Desperate Housewives and 90210
Favourite music/group: Mixture of hip-hop, RnB, Neo-soul and Funky House
If you were stranded on a desert island what three items would you take with you: Just three small and simple things...a helicopter, a pilot and some fuel!
What is in your kit bag when you go out onto the track: Spike, trainers, towel, face towel, energy drink, water bottle, iPod and wireless headphones, tape and pins
Do you have a motivational song, if so what is it: My favourite song changes frequently – I have more of a motivational playlist than a song
CHIJINDU UJAH
100M

DOB: 05/03/1994
Born: Enfield
Lives: London
Club: Enfield & Haringey
Trains: Lee Valley
Coach: Jonas Tawiah-Dodoo
Kit: Nike
Twitter: @chijindu_ujah
Facebook: Chijindu Andre

DOMESTIC CHAMPIONSHIPS
2012 – Aviva 2012 Trials & UK Championships 100m 6th sf. Aviva England Athletics U20 Championships & World Trials 100m bronze. England Athletics U20 Indoor Championships 60m silver
2011 – Aviva England Athletics U20 Championships & European Trials 100m bronze
2010 – Aviva England Athletics U17 Championships 100m gold. Aviva English Schools 100m 8th. Aviva England Athletics U17 Indoor Championships 60m 4th sf
2009 – England Athletics U17 Championships 100m 6th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 – IAAF World Junior Championships 100m 6th
2011 – IAAF World Youth Games 100m 8th. Commonwealth Youth Games 100m 10th

PERSONAL BESTS
100m 10.26

Q & A
What has been the best ever Olympic/Paralympic Games and why?
Found David Rudisha 800m, interesting because of the manner he won it in leading from start to finish and ran a WR

Who has had the greatest influence on your career?
My whole family

Favourite athletics venue?
Bedford

Best friend in athletics?
Sean Safo-Antwi

Toughest opponent?
My mind

Favourite training session?
Blocks

Least favourite training session?
Speed endurances

Sporting hero?
Yohan Blake

Most famous person you have ever met?
Usain Bolt

What other sports do you like?
Football

If you were not an athlete what would you like to be?
I would probably be a football player

Favourite film?
James Bond, Casino Royale

Favourite music/group?
UK Rap

Favourite pre-competition meal?
Any food that’s light, not too much carbs

If you could take three people out for dinner who would they be?
Jessica Ennis, Selena Gomez, Lauren London

If stranded on a desert island, what three items would you take?
My iPad, phone, and mini fridge

What did you do during your 2012 post season break?
Party, shopping

Do you have a motivational song, if so what is it?
Dreams by Popcan

If you were Prime Minister for one day you would...
Set everyone free

If you had a super power what would it be?
Super strength
OLIVIA BREEN
100M/200M T38

DOB: 26/07/1996
Coach: Leroy Elliott

Born: Guildford
Twiter: @breenolivia

Lives: Liphook

Club: City of Portsmouth

Trains: Portsmouth

DOMESTIC CHAMPIONSHIPS
2012 – England Closed Championships
100m gold Medalist, 200m gold Medalist

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 – Paralympic Games 100m Final 5th, 200m Final 8th, Bronze Medalist in the T35-3T8 4x100m Relay, IPC Athletics European Championships 100m Bronze Medalist, 200m Bronze Medalist

PERSONAL BESTS
100m 14.10/13.87w
200m 29.56/29.07w

Q & A
First Olympic or Paralympic memory? Selection

Best athletics performance during the 2012 Games? Richard Whitehead (GB) Usain Bolt (Overseas)

Who has had the greatest influence on your career? Paula Dunn

Favourite athletics venue? Crystal Palace

Do you have any pre-competition superstitions? I like to have nice, bright nails for a race

Best friend in athletics? Love them all!

Toughest opponent? Margarita Goncharova

Favourite training session? Track

Least favourite training session? Hill Training

Sporting hero? Bolt/Christine Ohuruogu

Most famous person you have met? Kate Middleton, Duchess of Cambridge

What other sports do you like? Skiing and horseriding

If you were not an athlete what would you like to be? Coach athletics to young disabled children

If stranded on a desert island, what three items would you take? Water, food and my medal!

What did you do during your 2012 post season break? Went to school after one day off!

Interesting unknown fact about yourself? I am an adrenalin junkie – I love speed, the faster the better! I love fast cars, roller coasters and downhill skiing!

What is in your kit bag when you go out onto the track? Water, banana, spikes, and spanner

Do you have a motivational song, if so what is it? Single Ladies by Beyoncé

If you were Prime Minister for one day you would... Give disabled more benefits and help, and stop police giving speeding tickets

If you had a super power what would it be? Read people’s minds
DOMESTIC CHAMPIONSHIPS

2012 – BWRA National Track Championships. 100m silver, 200m bronze, 400m silver, 800m gold. Sainsbury’s UK School Games 100m gold, 200m gold
2011 – England Senior Championships. 100m gold, 200m gold, 400m 6th. IWAS & CPSI National Athletics Championships. 100m bronze, 200m silver, 400m gold. Sainsbury’s UK School Games 100m gold, 200m gold. BWRA Championships, 200m, 400m gold, 800m gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Paralympic Games 100m 6th, 200m 8th. Swiss National Championships 100m 7th, 200m 4th, 400m silver, 800m gold

PERSONAL BESTS

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Q & A

First Olympic or Paralympic memory? Getting the phone call for selection and the excitement of it all

Best athletics performance during the 2012 Games? Watching David Weir CBE winning four gold medals

Who has had the greatest influence on your career? Jenny Archer my coach

Favourite athletics venue? Nottwil, Switzerland

Do you have any pre-competition superstitions? I always keep my number from the last competition on my chair until the next competition

Toughest opponent? Walid Ktila

Favourite training session? Enjoy all my training

Least favourite training session? Wet, cold training sessions

Sporting hero? David Weir CBE

Most famous person you have met? Valentino Rossi

If you were not an athlete what would you like to be? Personal trainer

Favourite film? Taken

Do you have any pets? Two Jack Russells – Tilly and Nellie

Interesting unknown fact about yourself? I’ve got metal in my legs

What is in your kit bag when you go out onto the track? Pair of gloves, food, drink and phone

If you were Prime Minister for one day you would... Take money off the footballers and sort out disability benefits with it

If you had a super power what would it be? Super speed
DOMESTIC CHAMPIONSHIPS
2012 – Sainsburys UK School Games SP bronze, DT silver
2011 – Sainsburys UK School Games SP gold, DT silver
2010 – Welsh Open Senior Championships SP gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 – German National Paralympic Championships SP silver, DT bronze
2011 – IWAS World Junior Championships SP bronze. German National Paralympic Championships SP gold

PERSONAL BESTS
SP6K 10.14  DT1.5K 25.83
SP5K 10.64  DT1K 39.06

Q & A
First Olympic or Paralympic memory? Kelly Holmes winning two golds in Athens
Best athletics performance during the 2012 Games? Aled Davies and Usain Bolt
What has been the best ever Olympic/Paralympic Games and why? London because it was on home soil
Who has had the greatest influence on your career? Anthony Hughes, my coach
Favourite athletics venue? Leckwith

Best friend in athletics? Kyron Duke and James Ledger
Toughest opponent? Xia Dong
Favourite training session? Weight session
Least favourite training session? Cardio
Sporting hero? Michael Oher
Most famous person you have met? Phil Bennett
Favourite pre-competition meal? Eggs and banana
If you could take three people out for dinner who would they be? Vinnie Jones, Paul Gascoigne and Roy Keane
If stranded on a desert island, what three items would you take? Photos of my family, water and my iPad
What did you do during your 2012 post season break? Chilled out
Interesting unknown fact about yourself? Standing at 6ft 3, I am the shortest male in the family
What is in your kit bag when you go onto the track? Throwing shoes, towel, water, snack and my iPod
If you were Prime Minister for one day you would...Make disability sport more known
If you had a super power what would it be? To fly

Joshua Clarke
DISCUS/SHOT F37

DOB: 03/06/1993  Trains: Cardiff
Born: Cardiff  Coach: Anthony Hughes
Lives: Cardiff  Twitter: @joshclark37
Club: Federation of Disability Sport Wales
JORDAN HOWE
100M T35

DOB: 12/10/1995
Born: Cardiff
Lives: Cardiff
Trains: Cardiff

Coach: Jane Coia
Twitter: @jordan_howe95

DOMESTIC CHAMPIONSHIPS
2012 – Sainsbury’s School Games 100m gold. Welsh Championships 100m bronze, 200m gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 – Paralympic Games 100m 7th. German National Paralympic Championships 100m bronze, 200m gold
2011 – IWAS Series 100m silver, 200m 5th

PERSONAL BESTS
60 9.41
100 13.04
200 27.86/27.75
LJ 2.77

Q & A
First Olympic or Paralympic memory? The Paralympians winning more medals at games than the Olympians
Best athletics performance during the 2012 Games? David Weir winning all gold medals
What has been the best ever Olympic/Paralympic Games and why? London/home country/support from crowd
Who has had the greatest influence on your career? My auntie
Favourite athletics venue? London
Do you have any pre-competition superstitions? Jump in the air before going to blocks

Best friend in athletics? Kyron Duke
Toughest opponent? Ukraine
Favourite training session? Bike
Least favourite training session? Gym
Sporting hero? Nathan Stephens
Most famous person you have met? Rowan Atkinson, Jamie Roberts
If you were not an athlete what would you like to be? Footballer
Favourite film? Home Alone
Favourite music/group? Drake/Tiger
Favourite pre-competition meal? Pasta
If you could take three people out for dinner who would they be? Cheryl Cole, Steve Gerrard, Beyoncé
If stranded on a desert island, what three items would you take? Phone, headphones, Coke
What did you do during your 2012 post season break? Recover from injury!
Do you have any pets? Two dogs Bonnie & Clyde
Interesting unknown fact about yourself? Talk like cartoon characters
What is in your kit bag when you go out onto the track? Spikes, running trainers, drinks, snacks, extra kit
If you were Prime Minister for one day you would...Bring troops home from Afghanistan
DOMESTIC CHAMPIONSHIPS
2012 – Sainsbury UK School Games 200m gold. Welsh Championships 100m gold, 200m gold
2011 – Sainsbury’s UK School Games 100m gold
2010 – UK School Games 200m gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 – Paralympic Games 100m 5th ht, 200m 8th. Welsh Championships 100m gold, 200m gold

PERSONAL BESTS
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Q & A
First Olympic or Paralympic memory? Bolt setting 100m world record on Beijing
Best athletics performance during the 2012 Games? David Weir winning four gold medals
Who has had the greatest influence on your career? Jane Coia
Favourite athletics venue? Olympic Stadium
Do you have any pre-competition superstitions? Listen to my music before arriving at the competition
Best friend in athletics? Stephen Guest

Toughest opponent? Fanie Vander Merwe
Favourite training session? 12 second runs, being in Holding Camp
Least favourite training session? 7 x 200m with 45 seconds rest
Sporting hero? Nathan Stephens
Most famous person you have met? Jane Torvil and Christopher Dean
What other sports do you like? Football, Rugby
If you were not an athlete what would you like to be? A Footballer
Favourite film? Sherlock Holmes – A Game of Shadows
Favourite music/group? The Beatles
If stranded on a desert island, what three items would you take? A Toothbrush, shaver and deodorant
What did you do during your 2012 post season break? Rested
Do you have any pets? Goldfish - Goggles
Interesting unknown fact about yourself? I can touch my nose with my tongue
What is in your kit bag when you go out onto the track? Spikes, waterproofs, extra layers, tape measurer
If you were Prime Minister for one day you would... Make Paralympic sports compulsory in schools
DOMESTIC CHAMPIONSHIPS
2012 – Sainsbury School Games 100m gold, 200m gold
2011 – BWRA Championships 100m gold, 200m silver, 400m silver, 800m silver, 1500m silver. England Senior Championships 100m 5th, 200m gold, 800m gold
2010 – BWRA Championships 100m silver, 200m silver, 400m gold, 800m silver, 1500m gold, 5000m gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 – Paralympic Games 400m 6th ht, 800m 5thht, 1500m 10th. US Paralympic Track & Field Trials 400m silver, 800m 4th, 1500m 7th, 5000m bronze. Swiss National Championships 100m 16th, 200m 10th, 400m 12th, 1500m 12th
2011 – IPC Athletic Championships 200m 5th, 400m 7th, 800m 8th
2010 – IWAS Junior Championships 100m gold, 200m gold, 400m gold, 800m gold, 1500m 8th, 5000m silver

PERSONAL BESTS
300WC 50.48  400WC 55.91
3MWC 12.59  800WC 1:51.55
600WC 1:41.62  1500WC 3:25.07
100WC 17.86  5000WC 11:56.31
200WC 30.45/28.52w

Q & A
First Olympic or Paralympic memory? London 2012
Best athletics performance during the 2012 Games? Mo Farah winning 2 golds
What has been the best ever Olympic/Paralympic Games and why? London 2012, tickets were a real sell out for Paralympics
Who has had the greatest influence on your career? Tanni Grey-Thompson
Favourite athletics venue? Indianapolis, America
Toughest opponent? Tatyana McFadden
Favourite training session? Sprint training
Least favourite training session? Hill training
Sporting hero? Mark Cavendish
Most famous person you have met? Prince Harry
If you were not an athlete what would you like to be? Doctor
Favourite music/group? Paramore
What is in your kit bag when you go out onto the track? Tools, gloves, iPod
If you had a super power what would it be? Able to fly

JADE JONES
400M/800M/1500M T54

DOB: 04/01/1996  Coach: Tanni Grey-Thompson & Ian Thompson
Born: Middlesbrough  Twitter: @JadeJones11
Lives: Middlesbrough  Club: New Marske
Club: New Marske  Trains: Middlesbrough

BIOGRAPHIES
www.britishathletics.org.uk
DOMESTIC CHAMPIONSHIPS
2012 – Mencap National Athletics Championships 1500m gold
2011 – Mencap National Athletics Championships 1500m gold
2010 – Mencap National Athletics Championships 1500m gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 – INAS FID World Indoor Championships 1500m bronze, 3000m gold
2011 – INAS FID European Indoor Championships 1500m bronze, 3000m silver
2011 – INAS FID European Championships 5000m bronze

PERSONAL BESTS
1500  4:01.01  5000  15:52.22
Mile  4:37.00  5K    15:53
3000  8:38.92  5M   26:52

Q & A
First Olympic or Paralympic memory? Sydney 2000
Best athletics performance during the 2012 Games? T12 1500m – First Sub 3:50:00 performance by a Paralympic athlete
Who has had the greatest influence on your career? James Trollope
Favourite athletics venue? NIA, Bham

Do you have any pre-competition superstitions? Wear same lucky socks
Best friend in athletics? David Carbott
Toughest opponent? Daniel Peck
Favourite training session? Track sessions
Least favourite training session? Fast temp run
Sporting hero? Mo Farah
Most famous person you have met? Ole Gunnar Solskjaer
What other sports do you like? Football, golf and cricket
If you were not an athlete what would you like to be? A commentator
Favourite film? The Inbetweeners
If you could take three people out for dinner who would they be? David Beckham, Hicham El Guerrouj, Rihanna
Interesting unknown fact about yourself? I got hyperthermia while being a ball-boy on 28/2/2001 at Birmingham City FC vs. Watford

Do you have a motivational song, if so what is it? Faithless - Insomnia
If you were Prime Minister for one day you would...Make sports facilities free for everyone
If you had a super power what would it be? To be invisible
DOMESTIC CHAMPIONSHIPS
2012 – Sainsbury’s UK School Games LJ silver

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 – Paralympic Games 100m 5th, 200m 6th. Paralympic World Cup 100m 4th, 200m bronze

PERSONAL BESTS
60  9.07i  200  29.08
100  13.90  LJ  4.29

Q & A
First Olympic or Paralympic memory? In 2004 watching Kelly Holmes win the 1500m

Best athletics performance during the 2012 Games?
Hannah Cockroft in 100m and 200m, and David Rudisha 800m record

Who has had the greatest influence on your career? My coach

Favourite athletics venue? Olympic/Paralympic stadium in London

Best friend in athletics? The people I train with and everyone I get to see when I compete

Favourite training session? Speed and long jump sessions

Least favourite training session? Bike sessions

Sporting hero? Jessica Ennis

Most famous person you have met? David Weir

What other sports do you like? Tennis, Cycling and Wheelchair Basketball

If you were not an athlete what would you like to be? An illustrator/author

Favourite film? Grave of the Fire Flies and Little Miss Sunshine

If you could take three people out for dinner who would they be? Miranda Hart, Jack Whitehall and Adam Hills – it would be a laugh

If stranded on a desert island, what three items would you take?
Drawing book and a pen. Providing there is internet then a Laptop, if not then a Kindle/book.

Do you have any pets?
A rabbit called Minty, a cat called Dusty and a dog called Monty

Interesting unknown fact about yourself? It’s very unusual for me to be found not drawing (unless I’m training!)

What is in your kit bag when you go out onto the track?
My running blade, stump socks and water

If you were Prime Minister for one day you would... Create a three day weekend

If you had a super power what would it be? To be able to pause time

SOPHIE KAMLISH
100M/200M T44

DOB: 20/08/1996  Coach: Robert Ellchuk
Born: London  Twitter: @sophiekamlish
Lives: Bath  Club: Team Bath
Trains: Bath
DEAN MILLER  
800M/1500M T37

DOB: 23/08/1989  
Coach: Bud Baldaro

Born: Barrow-in-Furness  
Kit: Saucony

Lives: Birmingham  
Twitter: @deano_miller

Club: Barrow & Furness  

Trains: Birmingham

DOMESTIC CHAMPIONSHIPS
2007 – British Open Athletics Championships 800m gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 – Paralympic Games 1500m 7th
2011 – IWAS World Junior Championships 800m bronze, 1500m gold. Paralympic World Cup 800m 6th. German National Paralympic Championships 800m silver

PERSONAL BESTS
800 2:09.94 1500 4:18.93

Q & A

First Olympic or Paralympic memory? Cathy Freeman – Sydney 2000

Best athletics performance during the 2012 Games? GB: Mo Farah. Overseas: David Rudisha 800m

What has been the best ever Olympic/Paralympic Games and why? London 2012 because I competed

Favourite athletics venue? Sport City - Manchester

Best friend in athletics? James Wilkinson

Favourite training session? Tempo

Least favourite training session? Hills and weights

Sporting hero? Chris Thompson

Most famous person you have met? Paula Radcliffe

What other sports do you like? Football and tennis

If you were not an athlete what would you like to be? Academic

Favourite film? 500 Days of Summer

Favourite music/group? The Strokes

Favourite pre-competition meal? Scrambled egg

If you could take three people out for dinner who would they be? Ricky Gervais, Zooey Deschanel, Leonardo Di Caprio

If stranded on a desert island, what three items would you take? Running shoes, iPod

What did you do during your 2012 post season break? Socialised, ate a lot

Do you have a motivational song, if so what is it? Eminem – Lose Yourself

If you had a super power what would it be? Invisibility
STEPHEN MORRIS
800M/1500M T20/F20

DOB: 13/09/1988
Born: Cardiff
Lives: Cardiff
Club: Federation of Disability Sport Wales
Trains: Cardiff
Coach: Chris Moss
Twitter: @SteveMorrisT20
Facebook: Steve Morris

DOMESTIC CHAMPIONSHIPS
2012 – Welsh Championships 1500m 8th. Welsh Senior Indoor Championships 800m 4th ht, 1500m 12th
2011 – Welsh Open Senior Championships 1500m 9th
2010 – Welsh Senior Championships 800m 4th ht

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 – Paralympic Games 1500m 6th. INAS World Indoor Championships 800m silver, 1500m 5th. German National Paralympic Championships 1500m silver
2011 – INAS World Athletics Championships 800m 6th, 1500m 12th ht

PERSONAL BESTS
800 1:56.4 1500 3:58.93

Q & A
First Olympic or Paralympic memory? Being selected
Best athletics performance during the 2012 Games? David Rudisha and David Weir
Who has had the greatest influence on your career? Chris Moss (coach)
Favourite athletics venue? Olympic Stadium, London
Do you have any pre-competition superstitions? If possible like to wear the same running shorts
Best friend in athletics? Too many to mention
Toughest opponent? Nasiri Bazanjani Peyman
Favourite training session? Stretching
Least favourite training session? Stretching
Sporting hero? Mo Farah
Most famous person you have met? Boris Johnson
What other sports do you like? Football, rugby union
If you were not an athlete what would you like to be? Personal Trainer
Favourite music/group? Dance
Favourite pre-competition meal? Plain pasta
If you could take three people out for dinner who would they be? Boris Johnson, James Corden and Malky Mackay
Interesting unknown fact about yourself? Lifeguard
If you were Prime Minister for one day you would...Create a National Bank Holiday Sports Day for everyone. Children and adults.
If you had a super power what would it be? Speed
DOMESTIC CHAMPIONSHIPS

2012 – BWRA National Track Championships 100m silver, 200m silver, 800m gold. England Closed Championships 100m gold, 200m gold
2011 – BWRA Championships 100m gold, 200m gold, 400m gold, 800m silver. England Senior Championships 100m 6th, 200m bronze, 400m DQ, 800m 6th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Paralympic Games 100m 5th ht, 200m 7th. Swiss National Championships 100m bronze, 200m 5th, 400m bronze, 800m gold. US Paralympic Track & Field Trials 100m bronze, 200m silver

PERSONAL BESTS

150WC 35.9 400WC 70.62
600WC 1:58.6 800WC 2:19.30
1000WC 20.85/20.67w 1500WC 4:42.97
2000WC 35.93/34.70w

Q & A

First Olympic or Paralympic memory? Olympic – Atlanta - Equine

Best athletics performance during the 2012 Games? Dave Weir on track

Who has had the greatest influence on your career? Job King

Favourite athletics venue? Olympic Stadium

Do you have any pre-competition superstitions? Play favourite song (Don’t Stop Believing) paint matching nails (pink and orange) and matching kit if possible/socks

Best friend in athletics? Hannah Cockroft

Toughest opponent? Hannah Cockroft ©

Favourite training session? Speed endurance

Least favourite training session? Starts

Sporting hero? Oscar Pistorius

Most famous person you have met? Oscar/Seb Coe/Royal Princess

What other sports do you like? Equestrian, cycling and skiing

If you were not an athlete what would you like to be? A TV Presenter

If stranded on a desert island, what three items would you take? iPod (and solar charger), GB flag, an amazing pair of heels!

Do you have any pets? Giant French Lap Rabbit - Chamomile

What is in your kit bag when you go out onto the track? Blue band for stretching, gloves, iPod (built in ear muffs in winter), Klister, protein shake, pink and orange plasters, tape, extra socks!
GEORGINA OLIVER
100M/200M/800M T54

DOB: 26/08/1992
Born: Bradford
Lives: Brighouse
Club: Halifax
Trains: Loughborough
Coach: Paul Moseley

DOMESTIC CHAMPIONSHIPS
2012 – BWRA Championships 100m 5th, 200m 4th, 400m gold
2011 – BWRA Championships 100m silver, 200m silver, 400m 5th. England Senior Championships 200m silver, 400m bronze, 800m 4th
2010 – BWRA Championships 100m bronze, 200m bronze, 400m 5th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 – Paralympic World Cup 100m 4th, 400m 6th. Swiss National Championships 100m 17th, 200m 17th

PERSONAL BESTS

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Q & A

Favourite athletics venue: Knowsley
Sporting hero: Shelly Woods
If you were not an athlete what would you like to be: Nursery nurse
Favourite film: Save the Last Dance
Favourite music/group: Any kind of music, just not rock
Favourite food: Shepherds pie, spaghetti bolognese
Do you have any pets: Two cats
What is in your kit bag when you go out onto the track: Gloves, helmet, glue for gloves when it rains
DOMESTIC CHAMPIONSHIPS
2012 – BWRA National Track Championships 100m 4th, 200m gold
2011 – England Senior Championships 100m 10th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 – Paralympic Games 100m 5th. Swiss National Championships 100m 5th, 200m silver, 400m silver

PERSONAL BESTS
100WC 22.28 400WC 87.18
200WC 42.49/41.10w 10KWC 39:56

Q & A
Best athletics performance during the 2012 Games? Jonnie Peacock winning gold in 100m
What has been the best ever Olympic/Paralympic Games and why? 2012 – first one
Who has had the greatest influence on your career? Seb Coe
Favourite athletics venue? Olympic Stadium
Best friend in athletics? Rob Smith
Toughest opponent? Toni Psipenen - Finland

Favourite training session? 400m training
Least favourite training session? Long distance
Sporting hero? Seb Coe
Most famous person you have met? Roger Daltrey from The Who
What other sports do you like? Football, wheelchair rugby and all sports
If you were not an athlete what would you like to be? Vet
Favourite film? James Bond films
Favourite music/group? The Who
Favourite pre-competition meal? Pasta
If you could take three people out for dinner who would they be? Family members
If stranded on a desert island, what three items would you take? Wheelchair, phone, fishing rod
What did you do during your 2012 post season break? Rest
Do you have any pets? Dog - Sophie
What is in your kit bag when you go out onto the track? Gloves, glue, straps, snacks and energy drink
If you were Prime Minister for one day you would...Stop making weapons
If you had a super power what would it be? Fly
WILL SMITH
100M/400M/800M/1500M T54

DOB: 11/10/1995
Born: Leeds
Lives: Norwich
Club: City of Norwich
Trains: Norwich
Coach: Jenny Archer
Agent: Ben Jones, IT2 Sports Management
Twitter: @will_chair

DOMESTIC CHAMPIONSHIPS
2012 – BWRA National Track Championships 100m gold, 200m 4th, 400m bronze, 800m bronze, 1500m silver
2011 – England Senior Championships 100m 4th, 200m gold, 400m gold, 800m gold, 1500m gold
Sainsburys UK School Games 100m 4th, 200m bronze. BWRA Championships 100m bronze, 200m bronze, 400m bronze, 800m bronze, 1500m bronze
2010 – BWRA Championships 100m 4th, 200m 4th, 400m 4th, 800m bronze

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 – Paralympic World Cup 100m 5th, 400m bronze
2011 – IWAS World Junior Championships 100m gold, 200m gold, 400m gold, 800m gold, 1500m gold
2010 – IWAS World Junior Championships 100m silver, 200m silver, 400m silver, 800m silver

PERSONAL BESTS
3MWC 12:36 400WC 52.85
100WC 15:59 800WC 1:46.32
200WC 27.46 1500WC 3:10.03

Q & A
First Olympic or Paralympic memory? Kelly Holmes Athens 2004

Best athletics performance during the 2012 Games? David Weir’s golds
Who has had the greatest influence on your career? Jenny Archer, David Weir
Do you have any pre-competition superstitions? Wear odd socks
Best friend in athletics? Mickey Bushell
Toughest opponent? David Scherer (Germany)
 Sporting hero? David Weir
What other sports do you like? Football, rugby, basketball
If you were not an athlete what would you like to be? Lawyer
Favourite music/group? Foo Fighters
If you could take three people out for dinner who would they be? Boris Johnson, Peter Kay, Keith Lemon
If stranded on a desert island, what three items would you take? iPhone, my pillow, Pepsi Max
What did you do during your 2012 post season break? Eat, holiday, rest
Interesting unknown fact about yourself? I can hold my breath under water for two minutes
If you were Prime Minister for one day you would…Ban Justin Bieber
If you had a super power what would it be? Ability to stop time
OWAIN TAYLOR
100M/200M T37

DOB: 17/09/1992
Born: Newport
Lives: Cwmbran
Club: Cwmbran
Trains: Cardiff

Coach: Anthony Hughes
Kit: adidas
Facebook: facebook.com/owain92

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 – IWAS World Junior Championships
DT bronze, JT silver, SP bronze
2011 – IWAS World Junior Championships
DT gold, SP gold

PERSONAL BESTS
HTF57 17.98  SP5K 11.05
1500 5:36.8  DT1.5K 33.22
SP6K 8.08  JT700 20.74

Q & A
Best athletics performance during the 2012 Games? Jonnie Peacock 100m race
What has been the best ever Olympic/Paralympic Games and why? London, home crowd and first Paralympic I saw in person
Who has had the greatest influence on your career? Best mate Dan
Best friend in athletics? Kyron Duke
Favourite training session? Weights
Least favourite training session? Cardio
Sporting hero? Shane Williams
What other sports do you like? Rugby, golf, snooker
If you were not an athlete what would you like to be? IT/Computer Consultant
Favourite music/group? Stereophonics
Favourite pre-competition meal? Toast
If you could take three people out for dinner who would they be? Simon Cowell, Shane Williams, Ronnie O’Sullivan
If stranded on a desert island, what three items would you take? Mobile phone, iPad, car
What did you do during your 2012 post season break? Went to Turkey on holiday
Do you have any pets?
2 dogs – Pippa and Poppy
What is in your kit bag when you go out onto the track? Shot-put/towel/discus/tape/water/banana
If you were Prime Minister for one day you would... Make weekends four days long
If you had a super power what would it be? Super strength
BIOGRAPHIES

KIERAN TSCHERNIAWSKY
DISCUS F33

DOB: 18/01/1992
Born: Boston, Lincolnshire
Lives: Sleaford
Trains: Loughborough
Coach: Jim Edwards

DOMESTIC CHAMPIONSHIPS
2012 – England Closed Championships
DT gold
2011 – England Senior Championships
DT gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS
2012 – Paralympic Games DT 10th
2011 – Paralympic World Cup DT silver. IWAS World Junior Championships DT gold. IPC Athletic Championships DT 7th

PERSONAL BESTS
SP3K 6.83
DT2K 29.57

Q & A
First Olympic or Paralympic memory? The crowd in London
Best athletics performance during the 2012 Games? Jessica Ennis and Mo Farah
Who has had the greatest influence on your career? Jim Edwards
Favourite athletics venue? London
Toughest opponent? Hani Alnakhli (Saudi Arabia)
Favourite training session? Gym work
Least favourite training session? Leg work
Sporting hero? Mo Farah

Most famous person you have met? The Queen
What other sports do you like? Basketball, powerlifting, football
If you were not an athlete what would you like to be? Like telling jokes. sit down stand up comedian
Favourite film? Meet the Fockers
Favourite music/group? JLS
Favourite pre-competition meal? Chicken
If you could take three people out for dinner who would they be? Jess Ennis, Mo Farah, Lawrence Okoye
If stranded on a desert island, what three items would you take? Penknife, radio and a girl
What did you do during your 2012 post season break? Rest and relax
Do you have any pets? Dog – Millie
Interesting unknown fact about yourself? Could be distant relation to Sir Issac Newton (grandmother was a Newton)
What is in your kit bag when you go out onto the track? Rain proofs, drink, snack
If you were Prime Minister for one day you would... Increase disability allowance
If you had a super power what would it be? Bionic arm
FIXTURES
& STANDARDS
European Athletics Indoor Championships.
1-3 March 2013 Gothenburg, Sweden

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### IPC Athletics World Championships. 20-29 July 2013 Lyon, France

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# IPC Athletics World Championships. 20-29 July 2013 Lyon, France

## Men's Event Points Eligible Classes AQS BQS

### 200m

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**IPC Athletics World Championships. 20-29 July 2013 Lyon, France**

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IPC Athletics World Championships. 20-29 July 2013 Lyon, France

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Qualification standards for other competitions can be found at [www.britishathletics.org.uk/world-class/2013-selection-policies](http://www.britishathletics.org.uk/world-class/2013-selection-policies)
### IAAF World Championships 2013, 10-18 August Moscow, Russia

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**GB ALL-TIME TOP TEN MEN**

### 60m

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## GB All-Time Top Ten Men

### Marathon

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## GB ALL-TIME TOP TEN MEN

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## GB All-Time Top Ten Men

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### Notes
- Multiple record holders are listed for various distances.
- Records are subject to change with improvements in athletic performance.
- Specific locations where records were set are noted in parentheses.
### GB ALL-TIME TOP TEN WOMEN

**60m**

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### GB All-Time Top Ten Women

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GB ALL-TIME TOP TEN WOMEN

### Marathon

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## GB ALL-TIME TOP TEN WOMEN

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### UK National Records Outdoor

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* Performance awaiting documentation and ratification
# UK NATIONAL RECORDS INDOOR

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**World Records Indoor**

- **60m**: Maurice Greene (USA) 6.39, Madrid, 3 Feb 1998
- **200m**: Frank Fredericks (NAM) 19.92, Madrid, 18 Feb 1996
- **400m**: Wilson Kipketer (DEN) 44.57, Paris (B), 9 Mar 1997
- **800m**: Hicham El Guerrouj (MAR) 1:42.67, Lievin, 9 Mar 1997
- **1500m**: Daniel Komen (KEN) 3:31.18, Budapest, 6 Mar 1994
- **3000m**: Colin Jackson (GBR) 7.30, Sindelfingen, 6 Mar 1994
- **60H**: Javier Sotomayor (CUB) 7.68, Lievin, 4 Mar 1993
- **HJ**: Carl Lewis (USA) 8.79, New York, 27 Jan 1993
- **PV**: Sergey Bubka (UKR) 6.15, Donetsk, 13 Feb 1993
- **LJ**: Teddy Tamgho (FRA) 17.92, Paris (Bercy), 06 Mar 1993
- **TJ**: Randy Barnes (USA) 22.66, Los Angeles, 20 Jan 1993
- **SP**: Ashton Eaton (USA) 66.45, Istanbul, 10 Mar 1993
- **Hep**: United States 4x400 3:02.83, Maebashi, 7 Mar 1999

- **60m**: Irina Privalova (RUS) 6.92, Madrid, 11 Feb 1993
- **200m**: Merlene Ottey (JAM) 21.87, Lievin, 13 Feb 1993
- **400m**: Jarmila Kratochvilová (CZE) 49.59, Milan, 7 Mar 1982
- **800m**: Jolanda Ceplak (SLO) 1:55.82, Vienna, 3 Mar 1982
- **1500m**: Yelena Soboleva (RUS) 3:58.28, Moscow, 18 Feb 1982
- **3000m**: Meseret Defar (ETH) 8:23.72, Stuttgart, 3 Feb 1982
- **60H**: Susanna Kallur (SWE) 7.68, Karlsruhe, 10 Feb 1982
- **HJ**: Kajsa Bergqvist (SWE) 2.08, Arnsstadt, 4 Feb 1982
- **PV**: Yelena Isinbayeva (RUS) 5.01, Stockholm, 23 Feb 1982
- **LJ**: Heike Drechsler (GER) 7.37, Vienna, 13 Feb 1982
- **TJ**: Tatyana Lebedeva (RUS) 15.36, Budapest, 6 Mar 1982
- **SP**: Helena Fibingerová (CZE) 22.50, Jablonec, 19 Feb 1982
- **Pen**: Nataliya Dobrynksa (UKR) 30.13, Istanbul, 9 Mar 1982
- **3kW**: Claudia Stef (ROU) 11:40.33, Bucharest, 30 Jan 1982
- **4x400**: United States 4x400 3:23.37, Glasgow, 28 Jan 1982
### IPC World Records

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## IPC World Records

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<td>May 2003</td>
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It was confirmed with Neil Black’s appointment as Performance Director in November 2012 that resources would be centralised around a single High Performance Institute in Loughborough.

Black’s view is that bringing the very best staff together into a single centre is central to the vision for investing National Lottery and UK Sport support in order to maximise British Athletics medals in future years, in particular in Rio 2016 and at the World Championships in London in 2017.

By appointing coaches to work alongside world leading sport science and medical team, every British athlete will now have a single venue which they can build their training around, ensuring the ability to offer tailored support to more athletes, more effectively than before.

KEY PERFORMANCE PERSONNEL

Neil Black: UKA Performance Director

Peter Eriksson: Olympic Head Coach

Paula Dunn: Paralympic Head Coach

Richard Wheater: Acting Strategic Head of Coaching and Development

Dr Steve Peters: Sports Psychiatrist

Dr Robin Chakraverty: Chief Medical Officer

For any queries relating to any of the above, please contact the press team on 0121 713 8400.
“Futures” is a support programme for athletes and their coaches which underpins the World Class Performance Programme (WCPP).

The 2012-13 cycle, which runs from 1 December 2012 to 30 November 2013, will continue British Athletics’ drive towards more targeted support for athletes and their coaches with the inclusion of 23 athlete-coach pairings.

The programme focuses on athletes who show the potential to ultimately achieve future success at the IAAF World Championships or Olympic Games, have the potential to be selected to the WCPP within two years and are typically in the 17-20 age range, but with flexibility towards athletes who are deemed an exceptional case for support.

**British Athletics Futures Programme 2012/2013 Athletes and Coaches:**

Dina Asher-Smith (coach: John Blackie)
Loren Bleaken (coach: Adrian Clover)
Lucy Bryan (coach: Charles Preston)
Rowena Cole (coach: Norma Pugh)
Emily Dudgeon (coach: Stuart Hogg)
Jarryd Dunn (coach: Keith Holt)
Annabel Gummow (coach: Neville Taylor)
Desiree Henry (coach: Stanley Madiri)
Louisa James (coach: Ron James)
Izzy Jeffs (coach: Esa Utrainen)
Sophie McKinna (coach: Geoff Capes)
Laura Muir (coach: Andy Young)
Michael Painter (coach: John Painter)
Sophie Papps (coach: Neil Dodson)
Nick Percy (coach: John Hillier)
Elliot Safo (coach: John Shepherd)
Zak Seddon (coach: Jeff Seddon)
Matthew Shirling (coach: Adrian Webb)
Emily Stewart (coach: Ian Whyte)
Josh Street (coach: Matthew Thomas)
Jenny Walsh (coach: Deborah Rowlands)
Ronnie Wells (coach: James Hillier)
Jodie Williams (coach: Stanley Madiri)
For up-to-date information please visit: www.britishathletics.org.uk/media/athletes-agents

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www.missionsportsmanagement.com

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ED WARNER Chairman

Qualifications:
BA (hons) in Philosophy, Politics and Economics from Worcester College, Oxford.

Role:
Acting as a Non-Executive Chairman, Ed leads the Board of UK Athletics and ensures that it is effective. He works closely with the Chief Executive and mentors and monitors his performance in delivering UK Athletics’ strategy, while playing a key role in the organisation’s vision and communication. Ed is passionate about athletics and as a club runner himself has a perspective of the sport from its grassroots.

Other Commitments:
Ed is both a city businessman and a leading commentator on financial matters. He is a respected media commentator on business and lectures on the investment banking industry at Cranfield School of Management.

Career Summary:
In 2006 Ed successfully sold the IFX Group plc, the financial trading and spread betting company, having been its Chief Executive for three years. Previously he was Chief Executive of Old Mutual Financial Services UK, Head of Pan European Equities at BT Alex Brown and Head of Global Research at Dresdner Kleinwort Benson.

NIELS DE VOS Chief Executive

Qualifications:
BA (hons) in History from Keble College, Oxford.

Role:
Niels has been Chief Executive of UK Athletics since May 2007 and is responsible for the day to day running of the business, leading the sport through its next phase of development and driving the creation and implementation of a UK wide strategy.

Career Summary:
Niels was previously Chief Executive of Guinness Premiership Rugby team Sale Sharks, whom he guided to the Premiership title in 2006. Prior to joining Sharks, Niels was Commercial and Marketing Director of the hugely successful Manchester Commonwealth Games. 90% of tickets were sold – beating the record set by the Sydney Olympics, and the event raised more in commercial sponsorship than any other international sporting event ever held in the UK. The Commonwealth Games was, in the eyes of many, the event that restored Britain’s international reputation for hosting major sporting events. Niels joined the Games in April 1999 having set another sponsorship record in his previous employment as Commercial General Manager at the Millennium Experience – securing £150m in 18 months. Whist at the Millennium Experience, Niels also conceived and created the Children’s Promise Appeal, raising over £20m for UK Children’s Charities.
KEVAN TAYLOR  Finance and Operations Director / Company Secretary

Qualifications:
Fellow Member of The Institute of Chartered Accountants in England & Wales.

Role:
Kevan was appointed Finance Director and Company Secretary in February 2011. He is also the Finance Director for England Athletics Limited. Kevan’s role also includes management of the company’s Procurement team and he is the representative for UK Athletics on the Major Spectator Sports Division of the Sport and Recreation Alliance.

Career Summary:
Kevan has been a director in four sports since his appointment as Finance Director of Sale Sharks in 2002. At the Premiership Rugby club, he was involved in the transformation of the commercial performance of the club as it established itself as a leading force in rugby union. He was subsequently appointed Finance Director at Stockport County FC, a role he fulfilled alongside his responsibilities for Sale Sharks as both clubs came under common ownership. Kevan was promoted to Chief Executive of Stockport County in 2004. In 2007 Kevan became involved in a third sport when he was recruited as the Finance Director of the Lawn Tennis Association where he was also a member of the Tennis Leadership Team.

Before becoming professionally involved in sport, Kevan was a Finance Director at Granada plc (now known as ITV), for seven years with responsibility for the financial direction of the largest commercial television production and distribution business in the United Kingdom. During his time at Granada, Kevan was a member of the executive team responsible for the acquisition of three major television groups.

SARAH SMART  Non Executive Director

Qualifications:
MA in Classics from Oxford University
Member of the Institute of Chartered Accountants of Scotland

Role:
Non Executive Director and Chair of the Audit Committee

Other Commitments:
Director of SmartCats Consulting Ltd
Chair of The Pensions Trust
Board member of the London Pensions Fund Authority
Non Executive Director of Social Investment Scotland

Career Summary:
Having trained as a chartered accountant in Scotland, Sarah spent approximately 10 years in various roles within the investment management industry. Sarah now holds a portfolio of non-executive and advisory positions, specialising in ensuring excellent organisational governance and risk management.
SARAH ROWELL  Non Executive Director

Qualifications:
BSc (hons) in sports science from University of Brighton
PhD from University of Brighton
Fellow of the British Association of Sport and Exercise Sciences

Role:
Non Executive Director Member of the Remuneration Committee

Other Commitments:
Partner at Wharton Consulting
Board member at London Marathon
Member of the European Athletics Mountain Running Commission
Director of High Performance World Class Lifting

Career summary:
Represented GB/England on the road, cross country and mountains between 1983 -1996, including finishing 13th in the 1984 Olympic Marathon and 2nd in the 1985 London Marathon. After starting her career at the National Coaching Foundation, Sarah was Technical Consultant to the English Institute of Sport during its early years. She is now a Partner at Wharton Consulting where she specialises in systems and people development, particularly in high performance sport, working with numerous national governing bodies and national sporting agencies.

JOHN TAYLOR  Non Executive Director

Qualifications:
BSc Eng. in Chemical Engineering and MSc in Computer Science, both gained at London University.

Role:
Non Executive Director, Chair of Remuneration Committee, Member of Audit Committee.

Other Commitments:
Chairman of Birmingham and Solihull Solutions Ltd, a public/private company developing primary health care facilities in the region. Non-Executive Director of two further local public/private companies developing health care facilities, Prima 200 Ltd in North Staffs and Dudley Infracare Ltd in Dudley. Non-Executive Director of South Birmingham PCT (NHS) Ltd.

Voluntary appointments:
Director and Trustee of Autism West Midlands Ltd, a charity supporting people on the autism spectrum and their families.

Career summary:
Worked for Cadbury Schweppes PLC where his roles included Managing Director of Trebor Bassett Group, Marketing Director of Cadbury Ltd, Managing Director of ITnet Ltd. He also worked in Corporate Strategy and M&A functions. Since retiring from Cadbury Schweppes has had a number of non-executive director and chairman roles.

JASON GARDENER MBE  Non Executive Director
BOARDS MEMBERS

Qualifications:
BSc Hons Media & Sociology at Bath Spa University (2003)

Role:
Non Executive Director
Oversight of World Class Performance Programme and Athlete Performance Advisor.

Other Commitments:
Sports Consultant for Youth Sports Trust, Redbull, Oakley and University of Bath Rugby and Relays
Occasional athletics presenter for Eurosport, Channel Four & BBC

Career summary:
Olympic Champion 4 x 100m 2004
World Champion Indoor 60m 2004
Commonwealth Games Champion 4 x 100m 2002
GB Athletics Men’s Team Captain and England Men’s Team Captain Commonwealth Games 2002

TERRY COLTON Non Executive Director

Qualifications:
BEd in Physical Education and Mathematics
MSc in Recreation Management
Both gained at Loughborough University of Technology.

Role:
Non Executive Director Member of Audit Committee

Other Commitments:
Athletics Sport Manager, LONDON2012 Olympic and Paralympic Games. Responsible for the planning, organisation and management of athletics for both Games.

Career Summary:
Background in sport sponsorship and event management before joining the National Exhibition Centre, Birmingham, where he managed both the NIA and NEC Arenas for a number of years
During this 20-year period he also worked closely with Birmingham City Council colleagues to deliver a wide range of European and World championship events into Birmingham venues.
In 2003 he was Championship Director for the 9th IAAF World Indoor Championship in Athletics, regarded as one of the best events of its kind ever staged and in 2007 he was Chief Operating Officer for the 29th European Indoor Championships in Athletics, also praised as the best ever.