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It is another important year ahead for athletics. But then every year is important in athletics, so is every month, every week and every training session. We all enjoy the sport, but it is also very serious business and requires great commitment.

We at UKA are fully committed to the athletes on the World Class Performance Programme and in turn we expect those athletes privileged enough to be supported to show at least the same amount of commitment. Together, we can help to achieve the best results possible.

Just a quick glance through some of these biographies will prove what talent we do have here in the United Kingdom. British athletes can - and do - achieve in European and World Championships. 2009 provides some more fantastic competition opportunities for our youth, junior and senior athletes to aim for.

The World Championships, European Indoor Championships, World Cross Country Championships, World Youth Championships, European Youth Olympics, European U20 Championships and European U23 Championships will all bring their own individual challenges.

We expect all the athletes representing GB & NI in 2009 to prepare thoroughly and intelligently and to compete fiercely. Here at UKA we will give them all the support we can and will be striving to achieve the best possible results in 2009.

Charles van Commenee
Head Coach UKA

Within this guide you will find information about each athlete who receives lottery support as part of the UKA World Class Programme, you may recognise some athletes who have had success at previous Paralympic Games and Paralympic Cup competitions, however there are also junior athletes or newcomers to the sport who have been recognised in the past year for their increasing talent and potential.

I believe it is going to be a very exciting time leading up to the 2012 Games, with renewed focus on medal performance and excellence. Our athletes returned from Beijing with a total of 17 medals - including 2 Golds. The goal for the team in 2012 is to have a better conversion rate for medals and performance.

The first step in has been to commission an independent review of the overall Paralympic Athletics programme, by speaking to athletes (present and past), coaches and technical staff. Following this we will explore the future plans and expectations of everyone involved, as well as referring to information from the International Paralympic Committee’s first athletics meeting in 2009.

I have full confidence that we as a team will exceed expectations at the 2012 Games.

Yours in Sport,

Peter Eriksson
Head Coach / Performance Director for the UKA Paralympic program
Memories of the Beijing Olympics and Paralympics are still vivid but are inevitably beginning to fade as a new year brings fresh athletic challenges. 2009 not only promises a World Championships in Berlin, but also a new format to Europe’s annual team competition. The Aviva Great Britain and Northern Ireland team enters the competition season under new leadership with an ever sharpening focus on a home Games only three years away.

This media guide shines a light on those athletes that form part of our World Class programme funded in large part by the lottery through UK Sport. Most have also benefited in their recent careers from the support of our various commercial partners led by Aviva and including Adidas, the BBC and from last summer McCain. We’re grateful to them and to UK Sport for their commitment to the work of our athletes, coaches and support team.

Beijing demonstrated once again the fiercely competitive nature of the premier Olympic and Paralympic sport. Success was hard won in every quarter, and I’m delighted in that context that many of the British team demonstrated their ability to compete at the highest level. Under a new Head Coach, Charles van Commenee, I am sure that further significant progress will be made in the coming year. Combined with the appointment of Paralympic Head Coach Peter Eriksson, it is clear there is much to be excited about.

Finally, I’d like to thank the athletics press and broadcast media for the work you do within our sport and especially with British athletes and UKA. We appreciate your enthusiasm for athletics and value the frank, open dialogue we have with you - through the ‘interesting’ as well as the good times. I’m sure there will be more of both in the months to come and I look forward to enjoying them with you once more.

Ed Warner
Chairman – UKA
EXPLANATION TO BIOGRAPHIES

The following biographies are of all athletes currently lottery funded for 2009 as part of the World Class Programme. Athletes are listed alphabetically by surname and other information such as their funding level, club, coach, and birthplace is listed.

The career summaries are more concise than previous media guides in response to feedback. Additionally where possible we have added information of interest relating to the athlete and tried to dig out those lesser known facts!

In the event of an athlete not having attended international championships or having a long career to summarise, which can be the case with some world class development and talent level athletes, we have tried to provide as much information as we have collated although these biographies may be shorter.

Like clubs and coaches, agents can occasionally change. Where possible we have provided you with a main agent name for an athlete. If we have not, it does not necessarily mean the athlete is not represented, but if you need to contact the athlete please contact UKA in the first instance.

In the build up to each major championship this year we will provide a teamsheet complete with any changes in PBs and any additional biographies not already included in this guide. This will be designed so that it can sit in the back of the manual in the pocket provided.

• Personal Bests and International All Time records are correct as of 30th January 2009
• GB All Time records are correct as of 8th February 2009.

With our disabled athletes we have also provided their paralympic classification: The letter F is for field athletes, T determines those who compete on the track while the number refers to their functional classification.

T+F 11-13: Athletes with visual impairment
T+F 31-38: Athletes with cerebral palsy
T+F 40-46: Amputees and Les Autres
T 51-54: Wheelchair Racers
F 51-58: Seated Field athletes

Any omissions, amendments, please do not hesitate to contact the Communications team at UKA.

Photographs provided by:
Mark Shearman – Athletics Images
Athletes, Coaches and Performance staff of UKA

Biographical information sourced from:
www.powerof10.info
Rob Whittingham
**OLA ABIDOGUN**

### National Championships
2008 DSE Junior Championships 100m

### Personal Bests
100m 12.00 seconds

### Career summary
Ola made the step up from club competition to the DSE Junior Championships in 2008.

His best event is the 100m with a PB of 12.00.

### Profile

JONATHAN ADAMS

National Championships
2007 UK School Games Coventry shot; CP Nationals Nottingham shot, discus, javelin
2008 CP Nationals Nottingham javelin, shot, discus; UK School Games Bath discus silver

Personal Bests
SP 8.00m (2007)
Discus 27.42m (2008)

Career summary
Jonathan is a distant relative of Abraham Lincoln.
He is currently taking his GCSE's and enjoys singing, playing the drums and keyboard in his spare time.

KOLA ADEDOYIN

National Championships
2007 England U17 triple jump silver; England Indoor U17 triple jump gold
2008 England U20 triple jump silver

Personal Bests

Career summary
Kola holds coach John Vernon as being the biggest influence on his career so far.
He works part-time at a local TenPin bowling alley as well as studying for a BTEC in sports science.
He enjoys playing football outside of athletics and is a supporter of Arsenal FC. Kola can also speak basic Yoruba, a language spoken in Nigeria.
**Phyllis Agbo**

**International Highlights**
- 2006 FRA v GBR v ESP Indoor CE 3rd,
- 2007 CE International Hep 5th; GBR v FRA v SWZ CE 1st;
- CE International Indoor - GBR v ESP v CZE v FRA v NED,
- 2008 GBR v NED International long jump 3rd,

**National Championships**
- 2002 AAA U20 CE gold,
- 2007 England senior gold,
- 2007 England U23 long jump silver

**Personal Bests**
- Outdoor: Hep 5805 (2008), 100m 12.03w (2007) 12.3 (2002),
- 200m 24.33 (2008), 800m 2.22.41 (2008), 100mh 13.59w/13.63 (2008),
- JT 44.33 (2008)

**Career summary**
Phyllis played county cricket for Middlesex before her athletics career took off.
She has a talented family, her younger brother plays tennis and her younger sister is a fashion designer.
She has a degree in natural sciences from Cambridge University and used to play clarinet.

---

**Abdirisak Ahmed**

**National Championships**
- 2005 AAA U15 800m gold,
- 2006 AAA U17 3000m gold; UK School Games 3000m silver;
- English Schools U15 800m silver,
- 2007 UK School Games 3000m gold; English Schools U17 3000m gold,
- 2008 English School U19 3000m gold; England U20 5000m gold

**Personal Bests**
- Outdoor: 1500m 3:56.9 (2008), 3000m 8:23.52 (2008),
- 5000m 14:37.81 (2008)

**Career summary**
Abdirisak played football for Sheffield United for a year prior to his athletics career and whilst at school played for the football, basketball and rugby teams.
Abdi hopes to go to Loughborough University next year.
He can speak fluent Somali and basic Arabic.
He also enjoys travelling and playing Playstation in his spare time.
### HARRY AIKINES-ARYEETEY

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<th><strong>Name</strong></th>
<th>Harry Aikines-Aryeetey</th>
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<td><strong>DOB</strong></td>
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<td>Sutton &amp; District</td>
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<td><strong>Agent/Contact</strong></td>
<td>UK Athletics</td>
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<tr>
<td><strong>Coach</strong></td>
<td>John Vernon</td>
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#### International Highlights
- 2005 World Youth 100m & 200m gold,
- 2006 World Junior 100m gold & 4x100m bronze

#### National Championships
- 2002 AAA 100m gold, 2003 AAA Indoor 60m. 2008 UKA 100m 6th

#### Personal Bests
- **Outdoor**: 100m 10.10 (2008), 200m 20.91 (2005)
- **Indoor**: 60m 6.59 (2008)

#### Career summary
Harry did the 100m/200m double at the 2005 World Youth Championships and was awarded the ‘Rising Star of the Year’ award by the IAAF and the ‘Young Sports Personality of the Year’ award by the BBC.

Harry’s parents come from Ghana – and he first burst onto the scene in 2003, when he set a European U14 best of 10.83 for 100m. He discovered he was a good sprinter when he ran away from a barking dog as a youngster.

Following a fantastic 2006 where he became World Junior Champion over 100m, he was disappointed to miss the 2007 season with a back injury. He did, however, bounce back to earn selection for the 2008 Olympic Games, where he was a non-competing member of the 4x100m squad.

He is currently studying PE and Sociology at Loughborough University. He also has a collection of Superman related items.

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### BRIAN ALLDIS

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<td><strong>HiPAC</strong></td>
<td>Lee Valley</td>
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<tr>
<td><strong>Coach</strong></td>
<td>Dame Tanni Grey-Thompson</td>
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<td><strong>Agent</strong></td>
<td>Dame Tanni Grey-Thompson</td>
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<tr>
<td><strong>Kit</strong></td>
<td>Nike</td>
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#### International Highlights
- 2005 Europeans,
- 2006 Worlds 400m sf, 800m sf,
- 2007 IAAF Worlds 1500m 7th; IWAS 5k 5th, relay bronze,
- 2008 London Marathon 8th; Paralympic World Cup 1500m 5th,
- 400m 5th, 100m 7th; Paralympics Marathon 34th

#### Personal Bests
- **100m** 15.35 (2007), **200m** 27.08 (2007), **400m** 49.37 (2006),
- **800m** 1.38.16 (2007), **1500m** 3.03.72 (2007), **5000m** 11.13 (2007),
- **Marathon** 1.37.23 (2008)

#### Career summary
Brian won the 1500m Wheelchair racing event at the IAAF World Championships in Osaka Japan in 2007.

In 2008 he recorded a PB over marathon distance but continued to vary his events competing in 100m through to marathon distances.
EMMA ANIA

Profile
- Funding: World Class Talent
- DOB: 29 April 1991
- Born: USA
- Lives: Feltham
- Club: Sutton & District
- Agent/Contact: UK Athletics
- Coach: John Vernon

International Highlights
- 2006 World Junior Championships 110m
- 2007 European U20 110m

National Championships
- 2007 England Athletics U17 triple jump, silver
- England Athletics U20 triple jump, silver
- England Athletics U17 Indoor triple jump, gold

Personal Bests
- 100m: 11.5 (2007)
- High Jump: 1.75m (2007)
- Triple Jump: 15.08m (2007)

Career summary
- 2007 England Athletics U17 triple jump, silver; England Athletics U20 triple jump, silver; England Athletics U17 Indoor triple jump, gold

Profile
- Javelin, F46
- DOB: 26/6/94
- Born: Grimsby
- Lives: Grimsby
- Club: Cleethorpes AC
- HiPAC: Loughborough
- Coach: Shelley Holroyd
- Agent: Shelley Quarin
- Kit:

International Highlights
- 2008 Paralympics javelin 11th

National Championships
- 2007 UK School Games 100m & shot
- 2008 CP National Championships javelin and discus

Personal Bests

Career summary
- Hollie is currently still at school.
- She enjoys singing when she is not at school or training.
- Her best achievement so far is competing at the Beijing Paralympic Games. Greatest influence on career so far would be her coach Shelley Holroyd as she has been there and done it at major championships (International Javelin thrower). Got started by taking part in Aviva Startrack.
Daniel Awde

International Highlights
2006 World Juniors decathlon, dnf
2007 European U20 decathlon, dnf;
2008 Olympics 21st

National Championships
2006 AAA U20 decathlon gold & heptathlon gold,
2007 England U20 heptathlon gold,
2008 England decathlon gold

Personal Bests
Outdoor: Dec 7751 (2008), Dec 7381 (2006),
100m 10.85 (2007), 400m 47.16 (2008), 1500m 4:25.70 (2008);
110m 14.63 (2008), HJ 2.01m (2008), PV 4.90m (2008), LJ 7.21m
(2006), SP 12.38m (2008), DT 40.99m (2008), JT 53.27m (2008)

Career Summary
Daniel headed the UK rankings for his age-group with junior
He started his senior decathlon career with 7288 and 7110 in 2007
before a major breakthrough to 7704 to win the national title and 7751
for 3rd in the European First League in 2008. He showed enormous
talent running 47.17 and 47.22 for 400m in those last two decathlons.
His elder brother Chris was a British junior international.

Andrew Baddeley

International Highlights
2005 World University Games 1500m silver,
2006 Commonwealth Games 1500m 12th; European
Championships 1500m 6th,
2007 European Cup 1500m 2nd; Worlds 1500m 9th,
2008 Olympics 1500m 9th

National Championships
2004-5 AAA 1500m silver, 2005 AAA Indoor 3000m silver,
2006-7 UKA 1500m gold

Personal Bests
Outdoor: 800m 1:46.32 (2007), 1500m 3:34.36+ (2008) 3:34.74 (2007),
Indoor: 800m 1:48.67 (2006), 1500m 3:43.50 (2006),
1M 3:58.23 (2006), 3000m 7:45.10 (2008)

Career Summary
Andrew is Britain’s top 1500m runner despite an ongoing recurrence
of a heart palpitations problem which he was born with.
Andy fell and broke his wrist in the 800m final at the AAA Indoors
2006. Further misfortune followed as he was tripped and fell heavily
early in the final of the Commonwealth Games 1500m.
His victory in the Dream Mile at the 2008 Bislet Games in Oslo was the
first by a British athlete since Peter Elliott in 1991. Andrew is a graduate
in aerospace engineering, which he studied at Cambridge University.
**MICHAELE BAKER**

**International Highlights**
2007 World Youth 400mhY sf

**National Championships**
2004 English Schools 80mh U15 gold,
2006 UK School Games 400mhY silver; AAA U17 400mhY silver;
English Schools 400mhY U17 silver; AAA U17 400mhY silver;
England U20 400mh silver,
2008 English School U19 400H silver

**Personal Bests**

**Career summary**
Michael, a maths and sports science student at Loughborough University, enjoys playing badminton and golf as well as watching sport in his time away from athletics.

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**LEON BAPTISTE**

**International Highlights**
2003 European Junior 100m gold, 4x100m gold,
2004 World Juniors 100m sf,
2007 European U23 200m 6th

**National Championships**
2002 AAA 200m gold,
2003 AAA 100m & 200m gold,
2004 AAA 100m & 200m gold,
2006 U23 200m gold,
2007 England U23 200m gold

**Personal Bests**
Outdoor: 100m 10.26 (2008), 200m 20.76 (2008)

**Career summary**
Leon, who has medalled on the international stage, equalled Carl Myerscough’s record of five AAA junior titles with the sprint double in 2004.

Away from athletics Leon has a passion for boxing and football, he supports a few football teams including Newcastle United and West Ham United.

Leon is currently learning to speak Arabic.
MEGHAN BEESLEY

International Highlights
2007 European U20 400mh 6th, 4x400 silver
2008 World Juniors 400mh bronze

National Championships
2006 AAA U17 300mh gold; British Schools pentathlon gold;
English Schools heptathlon gold,
2007 England U20 400mh gold; English Schools U19 silver;
England U20 Indoor 200m bronze; England Indoor pentathlon 4th;
2008 UKA Indoor 400m gold; England U20 Indoor pentathlon gold;
England U20 100mh & 400mh gold,

Personal Bests
100m 11.64 (2007), 200m 24.11 (2007), 200m 23.97i (2008),
400m 54.31i (2008), 2:17.88i (2008), 100mh 13.77 (2008),
400mh 57.08 (2008), High Jump 1.66m (2008),
Long Jump 5.96mi (2008), Shot 9.96mi (2008),
Javelin 30.87m (2008), Heptathlon 5291 (2008)

Career summary
Tim won his first national title in 1997 with the U17 indoor 200m
when still only 14 years old. Originally a 200m specialist he stepped
up to 400m in 2001. He was helped by having Roger Black as a
mentor as he established himself as Britain’s top 400m runner in
2004. In 2005 he broke the 45-second barrier to win at the London
Grand Prix over Olympic champion Jeremy Wariner in 44.75.
He switched coach to Tony Lester in July 2007. His training was badly
affected by sinusitis in 2008, he has successfully returned to
competition in 2009.

Profile
400m
Funding: Podium
DOB: 2/5/82
Born: Cardiff
Lives: Slough
Club: Cardiff AAC
HiPAC: West London
Coach: Linford Christie
Agent: Pace Sports Management
Kit: Nike

TIM BENJAMIN

International Highlights
1999 World Youths 200m gold,
2000 World Juniors 200m bronze & 4x100m relay gold,
2001 European Junior 400m gold & 4x100m relay gold & 4x400m
silver,
2002 Commonwealth Games 4x400m silver,
2003 World Indoors 4x400m bronze; European U23 400m silver,
2006 4x400m European silver

National Championships

Personal Bests
Outdoor: 100m 10.48 (2000), 10.36w (2001), 200m 20.67 (2001), 20.60w

Career summary
Tim won his first national title in 1997 with the U17 indoor 200m
when still only 14 years old. Originally a 200m specialist he stepped
up to 400m in 2001. He was helped by having Roger Black as a
mentor as he established himself as Britain’s top 400m runner in
2004. In 2005 he broke the 45-second barrier to win at the London
Grand Prix over Olympic champion Jeremy Wariner in 44.75.
He switched coach to Tony Lester in July 2007. His training was badly
affected by sinusitis in 2008, he has successfully returned to
competition in 2009.

Profile
400m
Funding: Podium
DOB: 15/11/89
Born: Nuneaton
Lives: Tamworth/
Loughborough Uni
Club: Birchfield Harriers
HiPAC: Loughborough
Coach: Trevor Marsay
Agent: Pace Sports Management
Kit: Nike
MARTYN BERNARD

International Highlights
2002 World Juniors 10th,
2005 World University Games bronze,
2006 Commonwealth Games silver,
2007 European Indoor bronze,
2008 Olympics 9th
(All high jump)

National Championships
2006 AAA Indoor & Outdoor gold,
2007 UKA gold

Personal Bests
Outdoor: HJ 2.30 [2008]. Indoor: HJ 2.30 [2007]

Career summary
Martyn won silver at the 2006 Commonwealth Games, Martyn won his first major medal in 2006, silver at the Commonwealth Games. In Osaka in 2007 where he he set an outdoor best of 2.29m in qualifying, and in the final after clearing 2.21m passed all the way up to 2.33m and then failed twice at 2.35m as he had an injury and knew he had limited jumps.

Martyn studied psychology at John Moore’s University in Liverpool from 2004 to 2007. He started in athletics as a middle distance runner. He missed out on the Olympic in 2004 after an ankle injury prevented him from repeating his good form in the main part of the season.

MARTYN BERNARD

International Highlights
2002 World Juniors 10th,
2005 World University Games bronze,
2006 Commonwealth Games silver,
2007 European Indoor bronze,
2008 Olympics 9th
(All high jump)

National Championships
2006 AAA Indoor & Outdoor gold,
2007 UKA gold

Personal Bests
Outdoor: HJ 2.30 [2008]. Indoor: HJ 2.30 [2007]

Career summary
Martyn won silver at the 2006 Commonwealth Games, Martyn won his first major medal in 2006, silver at the Commonwealth Games. In Osaka in 2007 where he he set an outdoor best of 2.29m in qualifying, and in the final after clearing 2.21m passed all the way up to 2.33m and then failed twice at 2.35m as he had an injury and knew he had limited jumps.

Martyn studied psychology at John Moore’s University in Liverpool from 2004 to 2007. He started in athletics as a middle distance runner. He missed out on the Olympic in 2004 after an ankle injury prevented him from repeating his good form in the main part of the season.

MICHAEL BINGHAM

International Highlights
2005 Pan-American Junior decathlon 3rd,
2008 Olympics 4x400m 4th

National Championships
2005 US Junior decathlon gold

Personal Bests
Outdoor: 400m 45.57 [2007], 100m 10.68 [2005] 10.55w [2006],
200m 20.86 [2007], 1500m 4:51.02 [2005], 110mh 14.66 [2005],
400mh 53.2 [2006], HJ 1.84 [2005], PV 4.25 [2005], LJ 7.13 [2005],
SP 11.40 [2005], DT 34.52 [2005], JT 45.35 [2005],
Dec 7162 [2005].
Indoor: 400m 46.12 [2007], 60m 6.95 [2005], 200m 21.15 [2006],
300m 33.44 [2007], 55mh 7.59 [2005], 60mh 8.24 [2005], Hep 5146
[2005]

Career summary
Michael first competed on the international stage as a decathlete for USA at the 2005 Junior Pan-American Games.

He gained a British passport in 2007 and became eligible to compete for GB & NI on 30 April 2008. He qualifies through his British father, who lives in London.

He has quickly established himself as a crucial member of the 4x400m team, he ran a 44.5sec split in the Olympic semi-finals.
ELIZABETH BRATHWAITE

International Highlights
2007 European U23 1500m silver

National Championships
2006 AAA U23 800m silver.
2007 England U23 800m & 1500m bronze,

Personal Bests
Outdoor: 800m 2.01.78 (2007), 1500m 4.11.96 (2007)

Career summary
Elizabeth says her family and boyfriend are the greatest influence on her career because of their unconditional support.

Her cousin Nyron Nosworthy is a defender for Sunderland AFC

Has a law degree from Oxford and has a part-time job working for a law firm.

She has been teaching herself Spanish in her spare time and also enjoys listening to music and loves shopping.

Profile

800m
Funding: Development
DOB: 10/4/85
Born: Hertfordshire
Lives: Loughborough
Club: Herts Phoenix AC
HiPAC: Lee Valley
Coach: John Nuttall
Agent: John Nuttall
Kit: 

JAMES BREWER

International Highlights
2005 World Youth 800m sf, 2006 World Juniors 800m sf, 2007 European Junior 800m Silver

National Championships
2006 AAA U20 Indoors 800m gold,
2007 UK Indoor 800m gold,
2008 UK Indoor 1500m bronze

Personal Bests
Outdoor: 400m 48.9 (2006), 800m 1:47.26 (2007), 1500m 3:46.77 (2007)

Career summary
James, of Cheltenham Harriers, says winning a European Junior silver medal and winning the UK Indoor Championships in 2007 are his greatest achievements in athletics so far.

He studied civil engineering at Bath University for a short while before having to put his education on hold in order for him to concentrate on his demanding training schedule.

In his spare time he plays guitar “very badly” and is attempting to re-learn Spanish, which he has an A-Level in, as a challenge outside of athletics.

He has taken part in Aviva Startrack as a young athlete and has more recently volunteered as a team leader.

Profile

800m
Funding: Development
DOB: 18/6/88
Born: Cheltenham
Lives: Cheltenham
Club: Cheltenham & County Harriers
HiPAC: West London
Coach: Andy Beadle
Agent: 

### Niall Brooks

**Name:** Niall Brooks  
**DOB:** 8/7/91  
**Born:** Stockport  
**Lives:** Stockport  
**Club:** Sale Harriers  
**HiPAC:** Birmingham  
**Coach:** Norman Poole  
**Agent:**  
**Kit:**

#### International Highlights
- 2006: World Junior Championships 110m, ht
- 2007: European U20 110m, sf

#### National Championships
- 2007 England Athletics U17 triple jump, silver; England Athletics U20 triple jump, silver; England Athletics U17 Indoor triple jump, gold

#### Personal Bests
- **100m:** 11.5 (2007)  
- **High Jump:** 1.75m (2007)  
- **Long Jump:** 6.70m (2007)  
- **Triple Jump:** 15.08m (2007)

#### Career Summary
- 2007 England Athletics U17 triple jump, silver; England Athletics U20 triple jump, silver; England Athletics U17 Indoor triple jump, gold

#### Profile
- Before every race Niall will listen to the same songs in the same order without fail.
- Niall also supports Manchester United FC.

### Richard Buck

**Name:** Richard Buck  
**DOB:** 14/11/86  
**Born:** Grimsby  
**Lives:** North Ferriby  
**Club:** City of York  
**HiPAC:** Loughborough  
**Coach:** Mr Geoffrey Orton  
**Agent:** Barraclough  
**Kit:**

#### International Highlights
- 2004 World Juniors 4x400m 5th,  
- 2005 European Juniors 400m 8th & 4x400m relay gold,  
- 2007 Worlds 4x400m 5th,  
- 2008 World Indoors 400m 5th

#### National Championships

#### Personal Bests
- **Outdoor:**  
  - **100m:** 10.92 (2007), 200m 21.75, 21.46w (2007),  
  - **400m:** 46.13 (2007)
- **Indoor:**  
  - **60m:** 6.98 (2007),  
  - **300m:** 33.90 (2008),  
  - **400m:** 46.34 (2008)

#### Career Summary
- Richard, who was an English Schools basketball finalist in 2005, says whilst studying sports coaching at Leeds Met he has “re-found himself in sport.”
- His younger brother James is also a talented 400m runner.
- In his spare time Richard used to collect Warhammer but now has a somewhat large DVD collection and is a fan of sport, Western, gangster and Sci-Fi movies. He is also currently learning to play guitar.
- He has coached at Aviva Startrack.
MICKEY BUSHELL

International Highlights
2006 Worlds,
2007 IWAS 100m 5th & 200m 8th,
2008 Paralympic World Cup 100m 5th; Paralympics 100m silver

Personal Bests
100m 15.33 (2008), 200m 27.85 (2008), 400m 57.21 (2008)

Career summary
Mickey made a massive breakthrough when winning a surprise 100m silver at the Beijing Paralympic Games in a European record of 14.86.

Mickey was born with a very rare medical condition called Lumbar Sacral Spinal Agenesis Congenital Paraplegia, which means he is ‘missing’ seven vertebrae from the lower part of the back.

He took up athletics having been spotted by Paralympian Deborah Brennan and her father Keith on a visit to Mickey’s school.

Mickey is currently studying for his A Levels in sports studies.

He enjoys playing Xbox, reading and spending time with his family.

Profile

100m, T53
Funding: Podium
DOB: 8/6/90
Born: Shrewsbury
Lives: Telford
Club: Birchfield Harriers
HiPAC: Birmingham
Coach: Gariel Periac
Agent: David Burdus
Kit: Puma

EILIDH CHILD

International Highlights
2007 European U23 400mh 5th

National Championships
2004 AAA U20 400mh silver,
2005 AAA U20 400mh gold,
2007-8 UKA 400mh bronze; England U23 400mh gold

Personal Bests
Outdoor: 400mh 56.84 (2008), 400m 53.71 (2008)

Career summary
As a youngster she won the U13 Scottish Schools Butterfly swimming two years in a row.

She has a talented family, one of her sisters is a writer, the other used to compete in triple jump and her brother is a footballer.

Has a degree in Physical Education from Edinburgh University and is a full-time PE teacher.

Eilidh likes to swim in her spare time and supports Heart of Midlothian FC, where she has a season ticket.

Profile

400m Hurdles
Funding: Development
DOB: 20/2/87
Born: Perth
Lives: Kinross
Club: Pitreavie AAC
HiPAC: Edinburgh
Coach: Stuart Hogg
Agent: 
Kit: Puma
CHRIS CLARKE

International Highlights
- 2006 World Junior 4x400m bronze
- 2007 World Youth 400m gold
- 2008 World Junior 200m sf

National Championships
- 2005-6 English Schools U17 400m gold
- 2007 England U20 silver
- 2007 England U20 400m silver; England U20 Indoor bronze
- 2008 UK Indoor 200m gold; England U20 400m gold

Personal Bests
- Outdoor: 200m 20.87 (2007), 400m 46.70 (2007)
- Indoor: 200m 20.98 (2008)

Career summary
Chris is a hugely exciting talent, who has already achieved great national and international success.

He won the English U20 Indoor 200m title in 2008 in 20.98 and the 400m title outdoors in 47.02 [in poor conditions], but had to withdraw from the 200m semis at the World Juniors due to injury.

He is a former SparSprints scholar.

Profile
Funding: Talent
DOB: 25/1/90
Born: London
Lives: Milton Keynes
Club: Marshall Milton Keynes AC
HiPAC: Lee Valley
Coach: James McKenna
Agent: Kit:

LIANNE CLARKE

National Championships
- 2005-6 England U20 javelin gold
- 2007 England U23 javelin gold

Personal Bests
- Outdoor: JT 52.68m (2007)

Career summary
Has to polish her javelins in a certain way before a competition

Outside athletics she is a black belt in Karate

She has six tattoos.

Profile
Funding: Talent
DOB: 14/1/87
Born: Pontypridd
Lives: Cowbridge
Club: Cardiff AC/ UWIC AC
HiPAC: Nigel Bevan
Coach: Actor
Agent: Kit:
### SARAH CLAXTON

**International Highlights**  
1998 World Juniors long jump 4th, 2004 Olympics 100m h& 2005 European Indoors 60m sf, 2006 World Indoors 60m sf, 2008 Olympics 100m 8th; World Indoors 60m sf  

**National Championships**  
1996-8 AAA Indoor & Outdoor U20 long jump & 100m (1998) gold, 1999 AAA U23 long jump gold, 2003-5 AAA Indoor 60m gold, 2004-6 AAA 100m gold, 2008 UKA 100m gold; UKA Indoor 60m gold

**Personal Bests**  
Indoor: 60m 7.48 (2005), 60m 7.96 (2005), LJ 6.31 (2004)

**Career summary**  
Sarah initially came to prominence as a long jumper, winning numerous senior and junior titles in the mid to late ‘90s. She came 4th in the long jump at the 1998 World Juniors. She was 12th in the long jump final at the 2002 Commonwealth Games.  
In 2003 she switched coaches to Lloyd Cowan and her focus to sprint hurdling with great success. In 2004 she represented Team GB at the Athens Olympics. In 2005 she broke the UK 60m hurdles indoor record with 7.96.  
In 2008 she ran 12.81 for 100m hurdles at Loughborough, just 0.01 off the UK record and reached the final of the 100m at the Beijing Olympics, finishing 8th.

### LIBBY CLEGG

**International Highlights**  
2006 World Championships Assen 200m silver  
2007 Paralympic World Cup Manchester 100m bronze  
2008 Paralympics Beijing 100m silver

**Personal Bests**  
100m 12.51 (2008), 200m 26.06 (2006)

**Career summary**  
Libby burst on to the scene as a 16 year old at the Assen 2006 IPC Athletics World Championships, winning a 200m silver medal and just missing out on a second medal in the 100m as the officials decreed that her guide runner had crossed the line first.  
As a child she was a keen ballet dancer before moving into athletics. As a sprinter she has been very successful on a national level winning British open titles.  
Libby cemented her place at elite-level when winning 100m silver in Beijing in a new PB of 12.51, and is now aiming for success in London 2012.
HELEN CLITHEROE

International Highlights
1998 Commonwealth Games 9th, 1999 Worlds ht; European CC 19th, 2000 Olympics sf, 2001 Worlds sf,
2002 Commonwealth Games bronze; Europeans ht,
2004 World CC 4km19th, 2005 European Indoors 4th; Worlds 10th,
2006 Commonwealth Games 4th; Europeans 11th,
2007 European Indoors 4th; Worlds 3000mSt ht,
2008 World Indoors 3000m 9th

National Championships
1999, 2001-2 UKCC gold, 2001, 2005-6 AAA 1500m gold,
2007 UKA 3k St gold, 2008 UKA 3000m gold

Personal Bests
Indoor: 1500m 4:05.81 (2007), 3000m 8:51.02 (2008)

Career summary
Her greatest influence is husband Neil. Helen attended the University of Central Lancashire and Runshaw College. Her interests include cooking, eating out, watching live music gigs, family and her pet dog.
She won a charity event in 2008, similar to Strictly Come Dancing, where she had to learn the Quick Step and Samba in 6 weeks. She is currently GB record holder for the Steeple Chase.

HANNAH COCKCROFT

National Championships
2008 UK School Games Bath 100m, Gold

Personal Bests
100m 20.59, Discus 8.28m

Career summary
As well as athletics Hannah plays wheelchair basketball for Halifax Cardinals.
She is also working towards her grade five singing, plays grade four violin, has Duke of Edinburgh bronze award and dances at ‘dance for all’.
Her biggest achievement so far is competing at the National Junior Athletics Championships in July 2008, breaking the 200m national record. Also winning Gold in 100m at the UK School Games.
Greatest influence on career – Tanni Grey Thompson for her determination and success. Hanna has played wheelchair basketball for Halifax Cardinals.
### Jessica Coulson

**International Highlights**
- 2006 European Cross U20 14th
- 2007 European U20 3000m 7th, World CC Junior 26th

**National Championships**
- 2006 AAA U20 3000m silver & U17 1500m gold; English Schools U17 3000m gold,
- 2007 England U20 3000m gold

**Personal Bests**
- Outdoor: **800m** 2:08.8 (2007), **1500m** 4:18.75 (2007), **3000m** 9:20.44 (2007)

**Career summary**
Jessica holds Kelly Holmes to have been the greatest inspiration on her career.

She has played hockey for Greater Manchester and the North of England at the U15 age level.

She uses special extra large pins at competitions.

Is a fan of Manchester City FC.

### Danny Crates

**International Highlights**
- 2007 Paralympic World Cup DIS800

**National Championships**
- 

**Personal Bests**
- **400m** 50.59 (2002), **800m** 1:53.27 (2004), **DIS800m** 1:53.27 (2004)

**Career summary**
A keen rugby player, an accident in Australia in 1994 resulted in him having his right arm amputated. A qualified scuba diving instructor, the Essex runner also works as a motivational speaker and an after-dinner speaker. He is also a patron of Little Havens Hospice and is vice-patron of the Helen Rollason Heal Cancer charity. Danny had the honour of being chosen to carry the flag for the British team at the 2008 Paralympic Games, unfortunately he was forced to withdraw from the 800m one day before the heats due to a calf injury.
NICK CRUCHLEY

**International Highlights**
- 2007 World Youth 4th
- 2008 Commonwealth Youth 6th

**National Championships**
- 2006 AAA U17 silver; English Schools U17 silver,
- 2007 England U20 bronze,
- 2008 England U20 Indoor bronze; English Schools U19 silver (All pole vault)

**Personal Bests**
- Outdoor: PV 4.90 [2008]

**Career summary**
Before his involvement in athletics, Nick was a former semi-professional footballer and a national level swimmer.

He once bungee-jumped 100m in Zambia.

MARTIN CRUTCHLEY

**International Highlights**
- 2001 CP Worlds 100m ht,
- 2005 CP Worlds shot 4th & discus 5th,
- 2006 Worlds shot 7th,
- 2007 German National Championships shot silver,
- 2008 Paralympics

**Personal Bests**
- Shot 12.72 [2007]

**Career summary**
In his spare time he enjoys writing and performing music, he also has a season ticket at Aston Villa.

When preparing to compete Martyn always puts his knee strap on before his elbow strap.

His hobbies include weight training, reading books and using the Internet.

He made his paralympic debut in Beijing 2008.
**TASHA DANVERS**

**International Highlights**
- 1995 European Juniors 100m silver, 1998 Europeans 4x400m bronze, 1999 World University Games 4x400m bronze; European U23 400m gold, 2000 Olympics 400m 8th & 4x400m 6th, World University Games 400m gold & 4x400m silver, 2003 Worlds 400m sf, 2006 Commonwealth Games 400m silver, 2008 Olympics 400m bronze

**National Championships**
- 1995-6 U20 100m gold, 1998, 2002 & 2006 AAA 400m gold, 2007 UKA 400m gold,

**Personal Bests**
- **Outdoor:**
  - **Indoor:** 60m: 7.7 (1995), 60mh: 8.32 (1996)

**Career summary**
- An outstanding junior in the sprint hurdles, Tasha first contested the 400m hurdles seriously in 1997 when she attended the University of Southern California. She has been primarily based in Los Angeles since.
- After finishing 8th in the 2000 Sydney Olympics she missed the 2004 Athens Games as she was expecting her son Jaden who was born in December 2004. Tasha returned to competition the following summer.
- Tasha won the 400m hurdles bronze at the Olympic Games in a personal best of 53.84. It came off the back of a difficult season where she suffered from an Achilles tendon injury and a blood disorder. Tasha is also an abstract artist and has had a motivational book published.

**Profile**
- **Funding:** Podium
- **DOB:** 19/9/77
- **Born:** London
- **Lives:** Enfield
- **Club:** Croydon Harriers
- **HiPAC:** Lee Valley
- **Coach:** Darrell Smith
- **Agent:** Diahanne Rhiney
- **Kit:**

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**JAMES DASAOLU**

**National Championships**
- 2008 England U23 100m gold

**Personal Bests**
- **Outdoor:** 100m: 10.26 (2008), 200m: 21.9 (2007)
- **Indoor:** 60m: 6.72 (2009)

**Career summary**
- Talented young sprinter James shaved nearly a third of a second off his 100m PB in 2007.
- James, a student at Loughborough University, enjoys playing football and can also play the drums.
**KATHERINE DEAL**

**International Highlights**
2006 Worlds 400m 4th

**Personal Bests**
- **400m**: 60.38 (2006)
- **800m**: 2.15.12 (2006)
- **1500m**: 4.38.48 (2006)

**Career summary**
Katherine has a very musically talented family. Her dad is a jazz guitarist and her brother is a DJ, songwriter and plays the drums and piano. She plays the violin, piano and is currently self-teaching the ukulele.

She is also in several bands performing as a jazz and soul singer in her spare time.

She used to be the captain of a football team and her great grandfather played for Celtic.

Katherine is currently at sixth form studying for her A-Levels.

She had to withdraw from the 2008 Beijing Paralympics due to injury.

**Profile**
- **800m, T13**
- **Funding:** Development
- **DOB:** 25/11/91
- **Born:** St. Albans
- **Lives:** St Albans
- **Club:** Shaftesbury Barnet Harriers
- **HiPAC:** Lee Valley
- **Coach:** George Harrison
- **Agent:**
- **Kit:**

**KATE DENNISON**

**International Highlights**
2002 World Juniors 7th,
2003 European Juniors 11th,
2006 Commonwealth Games 7th; Europeans 15th,
2007 European Indoors 14th; Worlds 29th
2008 Olympics 15th
(All pole vault)

**National Championships**
- **2000 AAA U17 gold,**
- **2001-3 AAA U20 gold,**
- **2002-3 AAA Indoor U20 gold,**
- **2004 AAA U23 gold,**
- **2006-8 UKA Indoor (2007 Outdoor) gold**

**Personal Bests**
- **Outdoor:** Pole vault 4.40 (2008)
- **Indoor:** Pole vault 4.40 (2007)

**Career summary**
Kate, who hails from a sporty family, once finished 4th in the U12s National Gymnastic Championships and her brother was an international gymnast when he was younger.

Has a degree in psychology from Staffordshire University.

She loves films, photography and has also done a bit of rock climbing.

**Profile**
- **Pole Vault**
- **Funding:** Development
- **DOB:** 7/5/84
- **Born:** Durban, South Africa
- **Lives:** Loughborough
- **Club:** Sale Harriers
- **HiPAC:** Loughborough
- **Coach:** Steve Rippon
- **Agent:**
- **Kit:**
PROFILE

400m, T12
Funding: Development
DOB: 2/3/92
Born: Liverpool
Lives: Slough
Club: Coventry Godiva
HiPAC: West London
Coach: Tony Lester
Agent: Stellar
Kit: adidas

International Highlights
1994 World Juniors 4x100m gold, 1995 European Juniors 200m & 4x100m gold, 1997 Worlds 4x100m bronze, 1998 Europeans 4x100m gold; Commonwealth 4x100m gold, 1999 Worlds 4x100m silver, 2002 Commonwealth 200m silver & 4x100m gold; European 200m bronze, 2003 World Indoors 200m gold, 2004 Olympic 4x100m gold, 2005 World 4x100m bronze, 2006 Europeans 200m bronze & 4x100m gold, 2007 World 4x100m, 2008 Olympics 200m sf & 4x100m ht

National Championships
1997, 2001-2 200m gold, 2006 AAA 100m & 200m gold, 2007 UKA 100m & 200m gold,

Personal Bests

Career summary
At the 2003 World Indoors he won 200m gold medal in 20.62 - Britain's first at the event since John Regis in 1989.

He ran the third leg for the gold medal winning British 4x100m team at the 2004 Olympic Games and was awarded with an MBE in the 2005 New Year Honours.

He was selected as the “British Athletics Writers” male athlete of the year in 2007, after a year in which he had reduced his eight year old PB for 100m to 10.06. Marlon is a talented artist.
LISA DOBRISKEY

International Highlights
2001 European Junior CC 36th; European Junior CC 12th, 2003 European U23 silver, 2006 Commonwealth Games gold; European Cup 7th; Europeans ht, 2007 European Indoors 3000m 5th; Worlds 1500m sf, 2008 Olympics 1500m 4th; World Indoors 3k 10th

National Championships
1998 AAA U15 800m gold, 1999 AAA U17 800m gold, 2000, 2002 AAA Indoor U20 1500m gold, 2003 AAA U23 1500m gold, 2005 UK CC gold 2006 AAA Indoor 3000m gold, 2007 UKA Indoor 3000m gold, 2008 UKA 1500m gold

Personal Bests
Outdoor: 400m 56.0 (2002), 800m 2:02.90 (2004), 1500m 4:00.64mx (2008), 4:02.10 (2008), 1M 4:20.35 (2008), 3000m 8:54.12 (2007)

Career summary
Lisa won national age group and English Schools titles at all levels as a junior. She started 2006 taking a surprise gold medal in the 1500m at the Melbourne Commonwealth Games. In 2007 she made the semi-final at the World Championships but had the misfortune to lose a shoe and come in a disappointed 10th in 4:08.39. In 2008 she clocked 4:00.64 for 1500m in Manchester. Going into Beijing in the form of her life, she missed out on a medal, finishing 4th in 4:02.10. Lisa is the fiancé of GB & NI 800m athlete Ricki Soos.

TOREMA DORSETT

International Highlights
2007 European Youth Olympics 100m silver

National Championships
2005 English Schools U17 100m bronze, 2006 AAA U17 100m 5th; AAA U17 Indoor 60m silver, 2007 English Schools U19 100m 4th; England U20 100m 6th; England U20 Indoor 60m 4th, 2008 England U20 100m bronze,

Personal Bests
Outdoor: 100m 11.69 (2007), 200m 25.0/25.67 (2008)
Indoor: 60m 7.60i (2007)

Career summary
Torema took part in the Norwich Union Star:track and Sports:hall. She is a member of an organisation called 'ComeUnity' which puts on events such as talent shows and fashion shows.
### MONTELL DOUGLAS

**International Highlights**
- 2007 European Indoors 60m sf; European U23 100m silver & 200m 7th; Worlds 4x100m 4th
- 2008 Olympics 100m qf & 4x100m dnf

**National Championships**
- 2002 AAA U17 100m & 200m gold, 2002 AAA Indoor U17 60m & 200m gold, 2003, 2005 AAA Indoor U20 60m gold,
- 2004 AAA Indoor U20 200m gold, 2006 AAA U23 100m gold

**Personal Bests**
- Outdoor: 100m 10.95w/11.05 (2008) [GBR record], 200m 23.38 (2007), 400m 55.45 (2007)
- Indoor: 60m 7.28 (2007), 200m 23.93 (2005)

**Career summary**
Montell first appeared in national rankings as a promising U15 high jumper. She then showed great promise as a sprinter, taking medals at the English Schools and AAA age group championships.

Made a big breakthrough when smashing the UK 100m record with 11.05 in Loughborough in July 2008, beating Kathy Cook’s record, which had stood for nearly 27 years, by 0.05.

She is a talented street dancer and a qualified silver service waitress. She graduated from Brunel University with a degree in sports science and shares a house with Marilyn Okoro.

### NATHAN DOUGLAS

**International Highlights**
- 2004 Olympics 13th qualifying
- 2005 European Indoors 4th, Worlds 15th qualifying
- 2006 European silver
- 2007 European Indoor silver
- 2008 Olympics 9QB
- 2008 Olympics 20QB

**National Championships**
- 2000-5 AAA triple jump gold, 2006-7 AAA triple jump gold

**Personal Bests**

**Career summary**
Nathan made his major breakthrough in 2004 when he came from nowhere to qualify for the Olympic Games jumping 16.95m, the exact qualifying standard. In 2005 he leaped 17.64m for 3rd on the 2005 world lists at the AAAs. However, distracted by the illness of his coach he was disappointed not to qualify for the final at the World Championships in Helsinki.

He missed the World Championships in 2007 with a hamstring injury. Nathan is a sports science graduate of Loughborough University. He also supports Arsenal FC.
EDWARD DUNFORD

International Highlights
2001 World Youth 9th, 2006 FRA v GBR v ESP Indoor Combined Events Under 23 7th, 2007 European Cup CE 11th; CE International 6th, 2008 UK v CZE v FRA v ESP Comb Events Ind 10th

National Championships
2006–7 England CE silver,
2008 England Indoor CE gold

Personal Bests

Career summary
Dunford, a sports management graduate from Birmingham University, regards Daley Thompson as the biggest influence on his career because “he was the best British Decathlete and is a legend”.

Outside athletics he used to play rugby and cricket while at school, loves racing computer games, particularly Gran Turismo.

He developed as a young athlete through Aviva Startrack and Aviva Sportshall.

TYRONE EDGAR

International Highlights
2000 World Junior 4x100m relay gold; Commonwealth Youth 100m gold, 2001 European Juniors 4x100m gold, 2003 European U23 4x100m, 2005 World University Games 4x100m bronze, 2008 Olympics 100m sf, 4x100 ht

National Championships
2001 AAA U20 100m gold, 2002–3 AAA U23 100m gold

Personal Bests

Career summary
Tyrone went to college in Kansas, USA in 2003 where he ran an impressive 10.04w at the Junior College Championships.

He moved to Texas A&M University in the autumn of 2004 and had a breakthrough in 2006 with a 10.05w in the NCAA Midwest Championships.

Tyrone has a degree in leadership and development from Texas and is also a qualified fitness instructor. He once appeared in a television advert for McDonalds when he was a youngster.

He enjoyed his best-ever year in 2008, setting a new PB of 10.06 in Geneva in May and going on to reach the Olympic 100m semi-finals in August.
**JESSICA ENNIS**

**International Highlights**
- 2006 World Juniors 1500m ht
- 2007 European U23 1500m 5th
- 2008 European CC U23 6k 16th

**National Championships**
- 2006-7 England U20 1500m gold; England U23 1500m gold,
- 2008 UKA 1500m bronze

**Personal Bests**
- **Outdoor:** 1500m 4:06.19 (2008), 1M 4:40.22 (2008)
- **Indoor:** 1500m 4:15.51 (2009), 1M 4:35.30 (2008), 3000m 9:19.25 (2008)

**Career summary**
- Olympic Gold medallist Kelly Holmes has been the biggest influence on Hannah, who has achieved grade eight in Ballet as well as being able to do tap and modern dance.
- Both her brother and sister play county cricket.
- She is in her final year of studying biochemistry at Birmingham University.

**Profile**

**Heptathlon**
- **Funding:** Podium
- **DOB:** 28/1/86
- **Born:** Sheffield
- **Lives:** Sheffield
- **Club:** City of Sheffield
- **HiPAC:** Loughborough
- **Coach:** Toni Minichiello
- **Agent:** JCCM
- **Kit:** adidas

**International Highlights**
- 2005 European Juniors gold; World University Games bronze, 2006 Commonwealth Games bronze; European U23 100mh bronze
- (All heptathlon)

**National Championships**
- 2000 AAA U15 high jump & pentathlon gold,
- 2003 AAA Indoor heptathlon gold; AAA U20 100m hurdles gold,
- 2007 UKA Indoor 100m hurdles & high jump gold; England U23 gold, 2008 UKA Indoor high jump gold

**Personal Bests**
- **Outdoor:** Hep 6469 (2007), 100m 11.7/11.85 (2008),
- 200m 23.15 (2007), 800m 2:10.91 (2007), 100m 100mh 12.97 (2007),
- **Indoor:** 60m 7.47 (2007), 60mh 8.18 (2007), HJ 1.92 (2008),

**Career summary**
- In 2007 Jess was awarded the female 'Rising Star Award' by the European Athletics after her brilliant showing at the World Championships. She studied psychology at University of Sheffield. Her father Vinroy was a schoolboy sprinter in Jamaica. Her first coach was Nicola Minichiello, former GB bobsleigh Olympian.
- Jess suffered heartbreak in 2008 when a stress fracture on her right foot, diagnosed shortly after competing in Gotzis, Austria, ruled her out of the Olympic Games.
**LUKE FAGAN**

**International Highlights**
2007 European U20 200m bronze; 4x100m silver

**National Championships**
2005 English Schools 100m bronze,
2007 UK 200m bronze; England U20 200m bronze

**Personal Bests**
Outdoor: 100m 10.39w (2007), 200m 20.86 (2007)
Indoor: 60m 6.79 (2008)

**Career summary**
Young sprinter Luke supports Manchester United FC

**Profile**

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**MO FARAH**

**International Highlights**
2001 European Juniors 5000m gold; European Junior CC silver,
2003 European U23 5000m silver, 2005 European U23 5000m silver,
2006 European 5000m silver; European CC gold, 2008 Olympics 5k ht; European CC silver

**National Championships**
2003, 2005 AAA Indoor 3000m gold,, 2007 UKA 5000m; UKA Indoor 3000m, 2008 UKA 1500m silver

**Personal Bests**

**Career summary**
Mo joined his father in England in 1993 and soon won five English Schools titles. As a junior his major breakthrough year was 2006, finishing 6th for the 5k at Heusden, the 2nd best ever by a British athlete. He also won 5000m silver at the European Championships. In 2006 he was named as ‘Male Athlete of the Year’ by the British Athletics Writers’ Association. He followed that with his greatest triumph, winning the European CC title in December. Following a disappointing 2008 Olympics, he elected to train in Ethiopia and Kenya and came back to action in 2009 setting a British record for the 3k at the Aviva International match.
RIKKI FIFTON

International Highlights
2003 European Juniors 200m 4th, 2004 World Juniors 200m 6th,
2005 European U23 200m 4th & 4x100m 4th, 2006 Europeans
200m sf, 2007 European U23 200m bronze & 4x100m gold

National Championships
2001 AAA U17 100m & 200m gold,
2005, 2007 AAA U23 200m gold
2007 UKA Indoor 200m gold

Personal Bests
Outdoor: 100m 10.16 (2007), 200m 20.64 (2008),
Indoor: 60m 6.61 (2008)

Career summary
A former kick-boxer, Rikki lives very close to the site for the 2012 London Olympic Games.

He collected comic books until his teenage years, he also sports a variety of tattoos, including poison ivy, an angel, a phoenix, a dove and a leopard.

He now collects Superman-related items.

He is studying PE & sociology at Loughborough University

NIAALL FLANNERY

International Highlights
2007 European Youth Olympics 400mh 4th

National Championships
2006 AAA U17 400mh bronze,
2007 UK School Games 400mhY gold; England U17 gold; English Schools U17 gold; England U17 Indoor pentathlon 6th,
2008 England U20 400mh bronze; England Indoor U20 4th;
English Schools U19 gold,

Personal Bests
200m 22.80w/23.49 (2008), 400m 49.29 (2008), 100mh 13.73 (2007),
400mh 52.48 (2008),

Career summary
Has played hockey and tennis at County Level.

His greatest influence has been Colin Jackson and Niall is a
Newcastle United FC supporter

Niall has 'too many superstitions to mention!' A couple are always
wearing the same pair of underwear to run in and always tucking
his laces into his spikes in a certain way before a race.

Competed in SPAR Sprints event series.
DAVID FORRESTER

International Highlights
2007 World Junior CC 89th, European Junior CC 4th,
2008 World Junior CC 24th, World Junior 1500m 9th, European
Junior CC 5th

National Championships
2005 English Schools U17 1500m bronze
2006 AAA U17 1500m gold
2007 England U20 1500m bronze; English Schools U19 gold,
2008 England U20 1500m gold; English U20 CC 3rd; English
Schools U19 CC gold,

Personal Bests
Outdoor: 800m 1:52.17 (2008), 1500m 3:41.06 (2008),
3000m 8:25.00 (2008)

Career summary
David was 3rd in 2005 and 4th in 2006 in the English Schools 1500m
before winning the AAA U17 1500m and the UK School Games 800m
in 2006. He was third in the National Junior CC and followed this by
winning both English Schools and CAU junior titles in 2008.

He was the first British finisher and second European at the World
Junior CC and in the summer made spectacular progress at 1500m
with successive PBs for 1500m of 3:46.23, 3:44.30 and 3:41.6, the last
the fastest by a British junior for 16 years.

He is a student at Winstanley College in Billinge.

NATHAN FOX

International Highlights
2007 European Youth Olympics Triple Jump 5th

National Championships
2006 AAA U17 Indoor gold; UK School Games bronze,
2007 English Schools U17 gold; England U17 gold; UK School
Games gold
(All triple jump)

Personal Bests
Outdoor: 100m 11.92 (2007), Long Jump 6.79 (2007),
Triple Jump 15.11 (2007)
Indoor: 60m 7.51 (2007), Long Jump 6.60 (2007),

Career summary
Nathan states that fellow triple jumper Larry Achike is an active
role model for him and is helping Nathan to improve.

He has represented Hertfordshire at Rugby and supports Arsenal FC.
EDEN FRANCIS

International Highlights
2007 European Junior discus dnf, shot 5th, 2005 World Youths SP 5th

National Championships
2006 AAA U20 discus bronze & shot gold,
2007 UK shot bronze & discus bronze; U20 England shot & discus gold,
2008 UKA Indoor shot gold; England U23 shot gold & discus silver

Personal Bests
Indoor: SP 16.11i (2008)

Career summary
Eden considers winning the European Throwing cup to be her greatest achievement in athletics.
She participated in Aviva Sportshall from 1999-2001.

Profile
Shot
Funding: Development
DOB: 19/10/88
Born: Leicester
Lives: Leicester
Club: Birchfield Harriers
HiPAC: Loughborough
Coach: Glenys Morton
Agent:
Kit:

GIANNI FRANKIS

International Highlights
2005 World Youth bronze
2006 World Juniors 7th
2007 European Junior bronze

National Championships
2006 AAA U20 gold; AAA Indoor 60mh silver,
2007 England U20 gold; AAA Indoor 60mh gold,
2008 England U23 gold

Personal Bests
Indoor: 60mh 7.87 (2007)

Career summary
Gianni played non-league football as a youngster and believes Tony Jarrett to be the biggest influence on his career, Jarrett being the main reason he stuck with athletics when he was 19
He holds winning a World Youth bronze medal as the greatest achievement of his career.

Profile
110m Hurdles
Funding: Development
DOB: 16/4/88
Born: Rochford
Lives: Basildon
Club: Newham & Essex Beagles
HiPAC: Lee Valley
Coach: Tony Jarrett
Agent: Stellar
Kit: Nike
### International Highlights
1999 European Juniors 100m & 4x100m ht, 2001 European U23 200m 8th,
2002 Commonwealth Games 200m sf,
2005 Worlds 4x100m ht; World University Games 100m 8th,
2006 Europeans 4x100m silver,
2007 Worlds 200m 8th & 4x100m 4th,
2008 Olympics 200m sf, 4x100m df

### National Championships
1997 AAA U17 200m gold,
1999 AAA U20 100m gold,
2001 AAA Indoor 200m silver,
2002 AAA U23 200m gold,
2008 UKA 200m gold

### Personal Bests
Outdoor:
- 100m: 11.36 (2007),
- 200m: 22.72 (2008),
- 300m: 38.04 (2007),
- 400m: 53.31 (2007).

Indoor:
- 60m: 7.42 (2006),

### Career summary
Emily was a promising U17 athlete who came to the fore with indoor and Northern area sprint titles.

### Profile
- International Highlights
- National Championships
- Personal Bests
- Career summary

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### International Highlights
2008 World Junior Decathlon 12th

### National Championships

### Personal Bests
Outdoor:
- 100m: 10.9/10.99 (2008),
- 200m: 22.63w (2008),
- 300m: 38.04 (2007),
- 400m: 50.09 (2008),
- 100HJ: 15.44 (2008),
- HJ: 1.88 (2008),
- PV: 4.20 (2008),
- LJ: 7.08 (2007),
- SP: 12.18 (2006),
- SPJ: 14.67 (2008),
- DT: 37.64 (2007),
- DJ: 44.68 (2007),
- JT: 48.71 (2007),
- JTY: 45.44,
- DECJ: 7207 (2008),
- DECY: 6206 (2006),
- OCTY: 5084 (2006),
- 800m: 2.21.83 (2006),
- 60HJ: 8.26 (2009),
- HJ: 1.83 (2009),
- PV: 4.15 (2009),
- LJ: 7.02 (2009),
- T: 12.08 (2006),
- HEPIJ: 5355 (2009)

### Career summary
Daniel is a black belt in Judo, swam for the city of Leeds and captained his school football team and took part in Aviva Star:track and Aviva Sports:hall. His younger brother Jacob is England U15 Pentathlon champion.

### Profile
- International Highlights
- National Championships
- Personal Bests
- Career summary

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### International Highlights
110m

### National Championships

### Personal Bests

### Career summary
ROBBIE GRABARZ

International Highlights
2005 European Juniors HJ 18th
2006 World Juniors 12th

National Championships
2005 AAA U20 bronze; English Schools U19 gold,
2006 AAA U20 high jump gold; AAA Indoors U20 high jump gold,
2008 England U23 silver

Personal Bests
Outdoor: HJ 2.27m (2008),
Indoor: HJ 2.22m (2009)

Career summary
Robbie made his high jump breakthrough in 2005 when he added 22cm to his personal best.

As well as being an athlete, Robbie also works in a smoothy bar and has played hockey at county level.

Robbie is also a classic car fanatic.

He has previously taken part in Aviva Sports:hall.

DANIEL GREAVES

International Highlights
2000 Paralympic discus gold
2001 Europeans discus gold
2002 Worlds discus gold
2003 Europeans discus gold
2004 Paralympic discus gold
2005 Europeans gold
2006 Worlds discus gold
2007 IWAS discus gold
2008 Paralympics discus bronze

Personal Bests
Discus 55.60m (2007) WR

Career summary
Daniel was a keen sportsman at school. At 13 he got involved in Charnwood Athletics Club where he started throwing the discus. Daniel spent a couple of weeks on crutches with a knee injury just weeks before the 2006 World Championships but still managed to retain the title he had won four years earlier in Lille.

Daniel was the first Paralympian to represent GB in non-disabled athletics, he was selected for GB & NI's junior team in 2001. His coach Jim Edwards is a former world champion in Karate. Beijing was the third successive Paralympics in which he won a medal in the discus, collecting bronze on this occasion after winning gold in 2004.

Profile
High Jump
Funding: Development
DOB: 3/10/87
Born: Enfield
Lives: Loughborough
Club: Bedford & County
HiPAC: Loughborough
Coach: Terry Lomax
Agent:
Kit:

Profile
Discus, F44
Funding: Podium
DOB: 4/10/82
Born: Sutton Coldfield
Lives: Leicester
Club: Charnwood AC
HiPAC: Loughborough
Coach: James Edwards
Agent:
Kit:
THOMAS GREEN

International Highlights
2008 Paralympic World Cup discus 6th

National Championships
2007 CP National Championships club bronze

Personal Bests
Club 24.70 (2008)
Discus 13.52 (2008)

Career summary
Thomas is currently studying maths, further maths and physics at A-Level.

He enjoys playing and watching football, he is a Blackburn Rovers season ticket holder.

Thomas also likes rock music.

Thomas is following in the footsteps of his hero three times Paralympic Club Champion Stephen Miller and is a lifelong Blackburn Rovers fan.

Profile
Club Throw, F32
Funding: Development
DOB: 7/4/91
Born: Milton Keynes
Lives: Milton Keynes
Club: Marshall Milton Keynes AC
HiPAC: Lee Valley
Coach: Kenneth Green
Agent: Kenneth Green
Kit:

DAVID GREENE

International Highlights
2005 European Juniors silver, 2006 Europeans heat
2007 European U23 gold

National Championships
2004-5 Welsh 400mh gold,
2005 Welsh U20 400m gold,
2006 Welsh 400mh gold,
2008 UK 400mh bronze

Personal Bests
Outdoor: 400m 46.81 (2007), 400mh 49.53 (2008)
Indoor: 300m 34.15 (2006), 400m 47.26 (2007)

Career summary
A keen footballer as a teenager, David switched to athletics at which he had shown much promise in, winning the Welsh U13 75m hurdles title.

He considers his old coach Darrell Maynard to be the biggest influence on his career because he has helped him to enjoy training and racing

Outside athletics he played for Swansea City FC youth until he was 16, used to work in McDonalds and NEXT and has a degree in sport and leisure management from UWIC.

Profile
400m Hurdles
Funding: Development
DOB: 11/4/86
Born: Llanelli
Lives: Llanelli
Club: Swansea Harriers
HiPAC: Lee Valley
Coach: Benke Blomkvist
Agent: Kenneth Green
Kit:
DAVID GUEST

National Championships
2006 British Schools Indoor pentathlon gold; AAA U15 high jump gold & pentathlon gold; AAA U15 Indoor pentathlon gold,
2007 UK School Games 100m bronze; England U17 decathlon gold & pentathlon gold, 2008 England U17 Indoor long jump gold;
UK School Games long jump silver, 2009 England U20 Indoor heptathlon gold

Personal Bests
Outdoor: 100m 11.20w (2007) 11.32 [2008], 200m 23.4 (2007),
400m 50.72 (2008), 800m 2:02.9 (2008), 1500m 4:27.29 (2007),
Indoor : 200m 22.56 (2008), 800m 1:59.60m (2007), LJ 6.94 (2009),

Career summary
A fine all-rounder, in 2007 David set a Welsh U17 record for 100m hurdles.

He played rugby as a youngster and outside of athletics he also plays the clarinet.

He has taken part in both Aviva sportshall and the SPAR Sprints Initiative.

SOPHIE HANCOCK

International Highlights
2005 Europeans discus silver
2006 Worlds shot 5th & discus 6th
2007 IWAS discus gold & shot silver
2008 Paralympics discus 5th & shot 5th

Personal Bests
Discus 21.54m (2007)
Shot 7.48m (2008)

Career summary
Sophie took part in BBC’s “Beyond the Boundaries” TV programme in 2006, alongside several other disabled people on a challenging expedition.

On her Paralympic debut, Sophie collected a couple of solid fifth placings in the shot and discus and is now setting her sights on 2012.

Mark Edwards is her inspiration because “he is an excellent coach and athlete”.

She is also a Bolton Wanderers fan.

She has now moved her training base to Loughborough.

Sophie’s sister is a keen marathon runner and her brother is on a football scholarship in the USA.
**KATRINA HART**

**International Highlights**
- 2005 Europeans 100m bronze
- 2006 Worlds 200m 4th, 100m 5th
- 2007 German National Championships
- 2008 Paralympics 100m 7th

**Personal Bests**

**Career summary**
Katrina made her international debut at the 2005 European Championships at the age of 15 and took home bronze in the 100m. She was 7th in the 100m final in Beijing on her Paralympic debut. Katrina played for non-league football team Kidderminster Harriers centre of excellence prior to taking up athletics. She works in Morrisons and started a degree at Bath University in 2008. Katrina is a supporter of Birmingham City FC.

**Profile**
- **100m, T37**
- Funding: Podium
- **DOB**: 17/5/90
- **Born**: Worcester
- **Lives**: Redditch
- **Club**: Birchfield Harriers/Worcester AC
- **HiPAC**: West London
- **Coach**: Robert Ellchuk
- **Agent**:
- **Kit**: 100m, T37

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**JOANNE HARVEY**

**International Highlights**
- 2005 European Youth Olympics 800m sf, 2006 World CC U20 51st, 2007 European CC U20 8th, 2008 World Juniors 3000m 9th; World CC U20 35th

**National Championships**
- 2004 AAA U15 1500m gold; AAA U15 indoor 800m bronze; 2005 AAA U17 800m silver, 2007 England U20 1500m silver, 2008 England U20 1500m bronze; English CC U20 silver; English Schools CC U19 gold

**Personal Bests**
- **Outdoor**: 800m 2:09.66 (2005), **1500m**: 4:17.51 (2008), **3000m**: 9:13.58 (2008)

**Career summary**
Joanne first came to prominence when she was English Schools junior champion for Devon at cross-country in 2004.

In 2006 she was the youngest member of the British team at the World cross-country, after 3rd place finishes at the junior international in Portugal, the Southern under-17s and at the CAU/Trials junior races. Last year Joanne came second at the National Junior CC. Joanne’s greatest inspiration is Paula Radcliffe.

Away from athletics Joanne has achieved grade seven in ballet, grade five in tap and grade five in modern dance.

**Profile**
- **800m**
- Funding: Talent
- **DOB**: 27/9/89
- **Born**: Plymouth
- **Lives**: Plymouth/St Mary’s College
- **Club**: Exeter Harriers
- **HiPAC**: West London
- **Coach**: Craig Winrow
- **Agent**:
- **Kit**: 100m, 800m
MARK HELLARD

International Highlights
New to athletics.

Career summary
Mark was discovered by UK Athletics through the club system. He will compete in shot and discus in 2009.

In his spare time Mark likes to play the keyboard.

He has seven tattoos.

Mark attended the UKA Talent Induction weekend at Loughborough in November 2008.

He is 2.16M tall

Profile

Shot, F37
Funding: Talent
DOB: 1/7/90
Born: Wakefield
Lives: Wakefield
Club: Wakefield Harriers
HiPAC: Loughborough
Coach: Benke Blomkvist
Agent: 
Kit: 

ASHLEY HELSBY

International Highlights
2007 World Youth 100mh sf

National Championships
2006 AAA U17 80mh gold; AAA U17 Indoor 60mh silver,
2007 England U20 100mh silver,
2008 England U20 100mh silver; English Schools U19 100mh bronze

Personal Bests
Indoor: 60mh 8.79 (2008)

Career summary
Ashley, who began her athletics career participating in SPAR Sprints and Aviva Sportshall as a young athlete, believes reaching the semi-finals at the World Youth Championships has been her greatest achievement so far.

She regards American sprint hurdler Lo-Lo Jones as the biggest influence on her career because of her attitude and technique

Ashley is a fan of Everton FC.
SOPHIE HITCHON

International Highlights
2007 World Youths hammer 17q,
2008 World Juniors hammer 7th; Commonwealth Youth Games gold,

National Championships
2007 England U20 hammer silver, England U17 hammer gold; UK School Games hammer gold,
2008 England U20 hammer gold

Personal Bests
Outdoor: Shot Putt 10.75 (2008), Hammer 60.73 (2008)

Career summary
Sophie is a former netball player, ballet dancer and trampolinist who only started to take hammer throwing seriously in 2007.
Her father is a former schools gold medallist over 100m.
As a young athlete Sophie competed in Aviva Startrack and Aviva Sportshall.
She set four UK junior records in 2008.

Profile
Hammer
Funding: Talent
DOB: 11/7/91
Born: Burnley
Lives: Burnley
Club: Blackburn Harriers
HiPAC: Birmingham
Coach: Dave Smith
Agent: 
Kit: 

SARAH HOLT

International Highlights
2006 World Juniors hammer q

National Championships
2004 English Schools hammer gold,
2006 AAA U20 hammer bronze,
2007 England U23 hammer silver

Personal Bests
Outdoor: Hammer 63.75 (2008)

Career summary
Sarah impressively sits in the top three UK juniors of all time in the hammer.
She has three ‘A’ grade A-Levels and is now studying geography and sports science at Loughborough University.
She has taken part in Aviva Sportshall and Aviva Startrack.
**International Highlights**  
2007 World Youths 1500m 7th, 2008 Commonwealth Youth Games 1500m 6th; World Junior CC 81st  

**National Championships**  
2006 UK School Games 3000m gold; AAA U17 3000m silver;  
English Schools U17 3000m gold,  
2007 England U20 1500m silver,  
2008 England U20 3000m gold  

**Personal Bests**  
Outdoor: 800m 1:53.31 (2008), 1500m 3:45.55 (2008),  
3000m 8:17.04 (2007)  

**Career summary**  
Simon’s great uncle, Bill Tarmey, plays the character of Jack Duckworth in ITV soap Coronation Street.  
He has a superstition of putting his kit on in exactly the same order before each race.  
Simon is a supporter Manchester United FC.
Vikki Hubbard

International Highlights
2005 World Youth high jump 7th
2006 World Juniors high jump final
2007 European Juniors high jump 4th

National Championships
2006 English Schools high jump gold [CBP]
2007 England U20 high jump silver, indoors high jump gold

Personal Bests
Outdoor: HJ 1.88m (2006)
Indoor: HJ 1.85 (2007)

Career summary
In 2005, Vikki finished an impressive 7th at the World Youth Championships in Marrakech, Morocco.

Vikki was first introduced to high jumping when she attended Aviva Sportshall.

Jordan Huggins

International Highlights
2007 World Youth 100m sf

National Championships
2007 England U20 100m bronze; England U17 100m gold,
2008 UK Indoors 60m 8th; England U20 Indoor 60m gold

Personal Bests
Outdoor: 100m 10.45 (2007), 200m 21.64w/22.15 (2008)
Indoor: 60m 6.70 (2008)

Career summary
Jordan was asked to train pre-season with Millwall FC after successfully completing a trial there.

He has a pre-race superstition of always wiggling his fingers in front of himself as he enters into the blocks.

He supports Arsenal FC and is a big boxing fan.

Took part in Aviva Sportshall when he was younger.
**ANTONIO INFANTINO**

**International Highlights**
2008 Commonwealth Youth Games 200m 7th

**National Championships**
2005 AAA U15 100m gold & 200m silver; English Schools U15 100m gold
2006 AAA U17 100m silver; AAA U17 Indoor 60m 5th; English Schools U17 200m 5th,
2007 England U17 100m silver; England U17 Indoor 60m silver, UK School Games 200m gold; English Schools U17 200m gold
2008 England U20 Indoor 60m 6th; English Schools U19 200m gold,

**Personal Bests**
Outdoor: **100m** 10.55w/10.60m (2007), **200m** 21.28w/21.52 (2007)
Indoor: **60m** 6.87 (2008)

**Career summary**
Antonio has previously played county football as well as completing the Duke of Edinburgh scheme and the Model United National scheme.
He doesn’t believe in superstitions.
He took part in SPAR Sprints as a junior.
JADE IVE

International Highlights
2006 GBR v Netherlands Indoor gold; World Juniors q;
Commonwealth Youths gold (All pole vault)

National Championships
2007 England U20 silver; England Athletics U17 gold; England
Indoor U17 4th; English Schools U17 gold; UK School Games 4th,
2008 England U20 gold; England U17 gold; England Indoor U17
gold (All pole vault)

Personal Bests
Outdoor: PV 4.05 (2008)
Indoor: PV 4.00 (2008)

Career summary
A former elite level gymnast, Jade is now concentrating on
athletics.

She twice improved the UK age 15 best in 2007 and early in 2008
is adding chunks to the U17 record.

She is a former participant in Aviva Sportshall.

In 2008 she set a personal best of 4.05m at the Commonwealth
Youth Games in India.

She currently holds the UK junior record outdoors.

JOHANNA JACKSON

International Highlights
2005 European Cup 46th, 2006 Commonwealth Games 7th,
2007 European Cup 38th; Europeans U23 7th; Worlds 25th,
2008 World Cup 45th; Olympics 22nd

National Championships
2005, 2006, 2008 RWA 10kW gold, 2005 AAA 5000mW gold,
2005-7 AAA U23 5000mW gold, 2006-7 UK 20kW gold, 2007 UK
5000mW gold

Personal Bests
Outdoor: 20km 1:31:33 (2008), 3000m 12:40.98 (2008),
5000m 21:30.75 (2008), 10km 44:52 (2008)

Career summary
Joanna has become Britain’s first international-class walker for
several years, as she has made rapid progress since taking up
race walking in 2002 and winning an English Schools bronze
medal just six weeks later.

At cross-country running she was 12th in the National U20 and
3rd in the Northern U20 in 2004, but later that year made huge
improvements as a walker.

She started 2008 with fine performances in Australia, culminating in
her winning the Australian 20km title in 1:31.40, a time which took
4:48 off her PB and 2.17 off Lisa Kehler’s eight year-old British record.
EMMA JACKSON

International Highlights
2005 World Youth 800m 5th,
2006 World Junior 800m sf,
2007 European Junior 800m silver

National Championships
2006 AAA U20 800m gold; English Schools U19 800m gold,
2007 England U20 800m gold,
2008 England U23 800m gold; UK Champs 800m 7th

Personal Bests
Outdoor: 800m 2:01.95 (2007), 1500m 4:15.53 (2008)

Career summary
Emma, who supports Stoke City, says her parents are the greatest influence on her career as they support her as much as they can. She has a superstition of never putting new shoes on tables.

JADE JOHNSON

International Highlights
1999 European Juniors 14th, 2000 European Indoors 13th,
2001 European U23 gold, 2002 Commonwealth Games silver;
Europeans silver; World Cup 4th, 2003 Worlds 4th, 2004 Olympics
7th, 2005 European Indoors dnq, 2006 Commonwealth Games 5th,
2008 Olympics 7th (All long jump)

National Championships
1994 AAA Indoor U15 gold, 1995 AAA Indoor U17 gold,
2000 & 2005 AAA Indoor gold, 2000 AAA Indoor U23 gold,
2002-4 AAA gold, 2008 UKA gold

Personal Bests
Outdoor: Long jump 6.81 [2008], Triple jump 13.11 [2001],
100m 11.84 [2008], 11.72w [1998], 200m 24.31 [1998]
Indoor: LJ 6.52 [2005], 60m 7.43 [2004]

Career summary
Jade jumped 6.24m as a 14 year old to win the Southern Area U17 title. In 2002, she made her big breakthrough as a senior winning silver at the Commonwealth Games and European Championships. She consolidated by placing 4th in the 2003 World Championships and 7th in a high-quality 2004 Athens Olympics final with 6.80m.

After a few years struggling with injuries and illness, she returned to prominence in 2008, extending her PB to 6.81m at the European Cup and reaching the long jump final at the Beijing Games, where she finished 7th with 6.64m. She is allergic to sand and is noted for quickly wiping the sand from herself after landing in the long jump pit.
HAYLEY JONES

International Highlights
2006 World Juniors 4x100m 6th,
2007 European Juniors 200m gold & 4x100m gold & 4x400m silver

National Championships
2006 AAA U20 200m gold; English Schools 400m gold
2007 England U20 200m gold,

Personal Bests
Outdoor: 100m 11.59w/11.62 (2007), 200m 23.37 (2007),
400m 54.0 (2007)
Indoor: 60m 7.47 (2009), 200m 24.30 (2009)

Career summary
Currently a student at Loughborough University studying medicinal pharmaceutical chemistry, Hayley also works in an Orange mobile phone shop part-time.

Hayley can play guitar and her in spare time supports Manchester United FC.

A superstitition she has is that she always wears oddsocks when she competes.

She has tattoos of wings on her legs to make her fly and a cross on the back of her neck.

She was undefeated in Aviva Sportshall races as a youngster.

IAN JONES

International Highlights
2006 Worlds 200m 4th, 100m final
2007 Paralympic World Cup 100m, 200m
2008 Paralympic World Cup 100m bronze, 400m gold
2008 Paralympics 200m h2, 100m bronze

Personal Bests
100m 11.88 (2007), 200m 23.68 (2008), 400m 51.69 (2008)

Career summary
Ian began in the sport favouring the shorter sprints but since turning his hand to 400m since 2007 has enjoyed even greater success.

He rose to the occasion in Beijing, setting PBs in the 200m and 400m and winning two bronze medals behind Oscar Pistorius.

Ian is a qualified sports coach.

He enjoys socialising, playing badminton, watching DVDs and playing PlayStation.
LAURA KENNEY

International Highlights
2003 European Junior 3000m 4th; European Junior CC 29th,
2004 World Junior 3000m 6th,
2006 European CC 8th,
2007 European U23 5000m gold

National Championships
2005 AAA U23 5000m bronze,
2006 AAA 5000m 4th,
2007 England U23 1500m silver

Personal Bests
Outdoor: 1500m 4:12.10mx (2008), 3000m 8:56.59 (2008),
5000m 15:26.96 (2008)

Career summary
Laura considers winning the 5000m at the European Under-23s
Championships in 2007 to be her greatest achievement in athletics. She
also sees winning the Senior Women’s race at the Inter-Counties XC in
March 2008 as another of her highlights.

The former competitive swimmer says her coach George Gandy has
had the biggest influence on her career. Her sister is also an
international athlete and the two competed together at the European
Cross Country Championships in 2006. Laura graduated from
Loughborough University in 2007 with a degree in Publishing with
English. Laura enjoys going to London’s West End to watch musicals
and she can also play piano and the trombone.

Profile
5000m
Funding: Development
DOB: 27/6/85
Born: Blackpool
Lives: Loughborough
Club: Royal Sutton Coldfield
HiPAC: Loughborough
Coach: George Gandy
Agent: 
Kit: 

RICHARD KILTY

International Highlights
2007 European U20 4x100m,
2008 World Junior 200m sf

National Championships
2006 AAA U17 100m 5th; UK School Games 100m gold; English
Schools U17 100m gold,
2007 England U20 100m 5th; English Schools U19 100m gold,
2008 England U20 200m gold

Personal Bests
Indoor: 60m 6.84 (2009)

Career summary
Richard had a great year of athletics in 2008, he won the UK junior
200m title and was selected as captain of the World Junior team
during their campaign in Poland.

He says his dad, who was a professional bodybuilder, has been
the biggest influence on his career for his support, motivation and
taking him to and from competitions.

He is currently studying for a BTEC in sport and in his spare time
enjoys going to the cinema, listening to music and shopping.

Has previously taken part in SPAR Sprints.
CHRISS KIRK

International Highlights
2007 European U23 long jump 16th

National Championships
2003 AAA U20 long jump gold
2006 AAA U23 long jump gold

Personal Bests

Career summary
Chris holds his family to be his greatest influences in helping him get to where he is now.

He has played rugby for Yorkshire schoolboys and has a degree in Sports Development with Coaching from Sheffield Hallam and Northumbrian Universities.

Chris took part in Aviva Startrack as a younger.

JEANETTE KWAKYE

International Highlights
2002 World Juniors 4x100m gold & 100m sf,
2003 European U23 100m 7th & 4x100m 6th; World University Games 100m sf,
2005 European Indoors 60m sf,
2007 European Indoors 60m 4th; Worlds 100m qf,
2008 Olympics 100m 6th & 4x100m ht; World Indoors 60m silver

National Championships
2002 U20 Indoor 60m gold, 2003-5 AAA Indoor U23 100m gold,
2005 AAA Indoor 60m gold; AAA Indoor U23 200m gold
2007 UKA 100m & 200m gold, 2008 UKA 100m gold

Personal Bests
Outdoor: 100m 11.14 (2008), 200m 23.11 (2007)
Indoor: 60m 7.08 (2008), 200m 24.31 (2004)

Career summary
Jeanette was an excellent young sprinter who won medals at English Schools Level and age group championships. She has had the early part of her sprint career held back by injuries but has always demonstrated exceptional promise when fit. Jeanette narrowly missed out on bronze at the 2007 European Indoors but made up for it a year on when she took silver at the World Indoors, breaking a 22 year old British record in the process. Jeanette studied politics and economics at Loughborough University.
THOMAS LANCASHIRE

International Highlights
2003 European Junior 1500m silver, 2004 World Juniors 1500m 6th, 2005 European U23 1500m 11th, 2007 European U23 CC 19th, team gold, 2008 Olympics 1500m ht

National Championships
2003-4 AAA U20 1500m gold, 2008 UKA 1500m gold

Personal Bests

Career summary
He sealed his place in Britain’s Olympic team by winning the UK 1500m title and improved his best to 3:55.69 for 6th in the Emsley Carr Mile. He attributes his early success to his first coach Jack Caldwell, who brought him into the sport.

Tom is a talented all round sportsman having previously taken part in many sports including football, swimming, cricket, ice hockey and snowboarding.

He lives and studies exercise science at Florida State University and is a massive Manchester United fan.

ALISON LEONARD

International Highlights
2007 World Youths 800m, silver, 2008 World Juniors 800m 4th

National Championships
2006 AAA U20 800m bronze, 2006 AAA U17 800m gold; English Schools U17 800m gold; AAA Indoor U17 800m bronze, 2007 England U20 800m bronze, 2008 England U20 800m gold,

Personal Bests
Outdoor: 400m 54.91mx, 55.1 [2008], 800m 2:02.15 [2008], 1500m 4:22.82 (2008)

Career summary
Alison is currently studying for a degree in biology at Birmingham University

She passed on some invaluable tips to young athletes while coaching at Aviva Startrack in 2008

Her talent off the track is playing the keyboard.
**Triple Jump**

**Funding:** World Class Talent

**DOB:** 29 April 1991

**Born:** USA

**Lives:** Feltham

**Club:** Sutton & District

**Agent/Contact:** UK Athletics

**Coach:** John Vernon

**International Highlights**

2006: World Junior Championships 110mh, ht

2007: European U20 110mh, sf

**National Championships**

2007 England Athletics U17 triple jump, silver; England Athletics U20 triple jump, silver; England Athletics U17 Indoor triple jump, gold

**Personal Bests**

- **100m**: 11.5 (2007)
- **High Jump**: 1.75m (2007)
- **Long Jump**: 6.70m (2007)
- **Triple Jump**: 15.08m (2007)

**Career summary**

2007 England Athletics U17 triple jump, silver; England Athletics U20 triple jump, silver; England Athletics U17 Indoor triple jump, gold

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**Steve Lewis**

**International Highlights**

2003 World Youth bronze,

2004 World Juniors 9th

2005 European Junior 5th,

2006 Commonwealth Games bronze

2007 European U23 7th,

2008 World Indoors 15th; Olympics dnq (nh) (All pole vault)

**National Championships**

2000 AAA Indoor U15 gold,

2004–5 AAA Indoor U20 gold,

2006 AAA gold,

2006–8 AAA Indoor gold,

2007–8 UKA gold (All pole vault)

**Personal Bests**

- **Outdoor:** 200m 21.33 (2007), 400m 46.31 (2007)
- **Indoor:** 60m 6.89 (2008), 200m 21.64 (2009), 400m 47.70 (2009)

**Career summary**

As well as an impressive sprint talent, who made an impact in his first ever season over 400m in 2007, Nigel is a qualified car mechanic.

---

**Nigel Levine**

**International Highlights**

2007 European Junior 400m 4th

2008 World Junior 400m sf

**National Championships**

2005 AAA U17 100m 5th,

2006 AAA U20 200m 5th; English Schools U19 200m 4th,

2007 England U20 400m gold; UK Champs 400m 7th,

2008 England U20 400m bronze; UK Indoor Champs 400m 4th

**Personal Bests**

Outdoor: 200m 21.33 (2007), 400m 46.31 (2007)

Indoor: 60m 6.89 (2008), 200m 21.64 (2009), 400m 47.70 (2009)

**Career summary**

As well as an impressive sprint talent, who made an impact in his first ever season over 400m in 2007, Nigel is a qualified car mechanic.

---

**Steve Lewis**

**International Highlights**

2003 World Youth bronze,

2004 World Juniors 9th

2005 European Junior 5th,

2006 Commonwealth Games bronze

2007 European U23 7th,

2008 World Indoors 15th; Olympics dnq (nh) (All pole vault)

**National Championships**

2000 AAA Indoor U15 gold,

2004–5 AAA Indoor U20 gold,

2006 AAA gold,

2006–8 AAA Indoor gold,

2007–8 UKA gold (All pole vault)

**Personal Bests**

Outdoor: PV 5.71 (2008)

Indoor: PV 5.75 (2009)

**Career summary**

Steve started 2009 in fine form with a jump of 5.75m at an Indoor meeting in Manchester subsequently being ranked fourth in the world for a time. Steve was a student at Loughborough University. His hobbies include watching television and playing golf. Steven is also currently learning to play the guitar.
EMMA LYONS

International Highlights
2007 European U23 pole vault 10th

National Championships
2006 AAA U20 gold
2007 England U23 silver; UK Indoor 4th,
2008 UKA gold
(All pole vault)

Personal Bests
Outdoor: 100m 12.90 (2006), 100mh 15.29 (2006), 15.22w (2007),
Indoor: P 4.27 (2009)

Career summary
Emma considers finishing 10th at the European U23
Championships in 2007 to be her greatest achievement in
athletics so far.

She has a degree in sport and PE from UWIC.

She is a member of the National Trust and in her space time she
enjoys walking, watching films and reading.

Emma participated in Aviva Startrack, Aviva Sportshall and SPAR
Sprints Initiative as a junior and now coaches athletics and
swimming.
## ANDREW MARSH

### International Highlights
- 2008 World Juniors pole vault 5th

### National Championships
- 2006 UK School Games gold,
- 2006 England U20 4th,
- 2006 England U17 gold,
- 2006 English Schools U17 gold,
- 2006 England U17 Indoor gold,
- 2008 England U20 silver (All pole vault)

### Personal Bests
- Outdoor: PV 5.20 (2008)
- Indoor: PV 5.10 (2008)

### Career summary
- Andy has had success in both rugby and football, playing for Staffordshire, Leicester Tigers, Bolton Wanderers and Stoke City.
- The greatest influences on his career have been Sergei Bubka for his success and Ricky Hatton for his personality.
- He supports Stoke City FC and is a member of their away supporters club.

### Profile

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## CHRISTIAN MALCOLM

### International Highlights
- 1997 200m & 4x100m gold, 1998 European Juniors 100m silver;
- World Juniors 100m & 200m gold;
- Commonwealth Games 200m silver, 1999 European U23 100m & 200m silver & 4x100m gold,
- 2000 European Indoors 200m gold; Olympics 200m 5th,
- 2001 World Indoors 200m silver; Worlds 200m 5th & 100m 6th,
- 2002 European Indoors 200m silver, 2004 Olympics 200m sf,
- 2005 Worlds 4x100 bronze, 2007 Worlds 4x100 bronze,
- 2008 Olympics 200m 5th

### National Championships
- 1996-8 AAA Indoor U20 200m gold, 1999 AAA Indoor U23 100m & 200m gold, 2000 AAA Indoor 200m gold, 2001 AAA Indoor 60m gold, 2005 AAA 200m gold, 2008 UKA 200m gold

### Personal Bests
- **Outdoor:**
  - 60m 6.65 (2000), **100m 10.11, 10.09w (2001), 200m 20.08 (2001)**
- **Indoor:**
  - 60m 6.64 (2001), **200m 20.54 (2000), 400m 49.64 (2008)**

### Career summary
- Christian was earmarked as one of the most promising sprint talents in the world underlined by his World Junior sprint double in 1998. He is a cousin of Welsh international sprinter Kevin Williams. In 2001 he ran a staggering eight races at the World Championships to make 100m and 200m finals. He was robbed of a PB over 100m of 10.09 because no wind reading was recorded. His 5th place finish in the 200m final at the 2008 Beijing Games repeated his results from the 2000 Sydney Olympics.
### Chris Martin

**International Highlights**
- 2000 Paralympics discus gold,
- 2002 Worlds discus gold (WR),
- 2004 Paralympics discus 4th,
- 2008 Paralympics discus silver

**Personal Bests**
- Discus 28.91m (2008)

**Career summary**
A Paralympic gold medallist from Sydney and former world record holder, Chris retired in 2004 after finishing 4th in Athens, but made a comeback in 2007 and immediately made an impact at world level, entering the top three in the international rankings. His decision was vindicated when in 2008 he won gold at the Paralympic World Cup, went on to set a new PB of 28.91m and take silver at the Beijing Games.

Chris has a degree in computer studies from Nottingham Trent University.

He enjoys playing computer games and supports Nottingham Forrest FC.

### Germaine Mason

**International Highlights**
- 2006 Europeans 17th,
- 2007 Worlds 27th,
- 2008 Olympics silver

**National Championships**
- 2006 AAA silver,
- 2007-8 UKA silver

**Personal Bests**

**Career summary**
Jamaican born to an English father and Jamaican mother, Germaine competed for the country of his birth in the early part of his career, winning silver at the 2000 World Juniors and bronze at the 2004 World Juniors.

He switched allegiance and first competed for GB & NI at the 2006 European Cup.

He suffered a career-threatening knee injury at the 2004 World Indoor Championships, where he won bronze and only returned to competition in summer 2005.

He is cousin to GB & NI 100m international Simeon Williamson.
Lee McConnell

International Highlights
1999 World University Games 4x400m bronze; World University Games 4x400m silver, 2002 Commonwealth Games 400m silver, 2003 Europeans 400m bronze, 2004 Olympics 400m sf & 4x400m 4th, 2005 European Indoors 4x400m bronze; Worlds 4x400m bronze, 2006 Commonwealth Games 400m bronze, 2007 European Indoors 4x400m bronze; Worlds 4x400m bronze, 2008 Olympics 400m sf

National Championships
1993 AAA U15 400m gold, 1997 AAA Indoor U17 high jump gold, 1998-2000 Scottish high jump gold, 2001 Scottish 400m gold, 2002 & 2005 Scottish 200m gold, 2002 AAA 400m gold
2008 UKA 400m gold

Personal Bests
Indoor: 300m 37.57 (2005), HJ 1.83 (1999)

Career summary
Lee was one of the country’s top high jumpers, turned successfully to 400m and then to 400m hurdles. She has now returned to 400m flat after nerve pain reduced her capacity to train over hurdles. Lee studied PE and sports science at Loughborough. She switched to the 400m hurdles ahead of the 2006 Commonwealth Games and her decision to do so was justified as she ran PBs of 55.68 in her heat and 55.25 in the final to take the bronze medal.

John McFall

International Highlights
2005 Europeans 200m bronze & 100m 4th, 2006 Worlds 100m silver & 200m bronze, 2007 IWAS, 2008 Paralympics 100m bronze

Personal Bests
100m 12.69 (2008), 200m 26.02 (2006)

Career summary
In 2000, John had a motorbike accident, which resulted in him having his right leg amputated above the knee.
He made his GB & NI debut at the 2005 Europeans where he won a very creditable 200m bronze, he followed this up by winning 100m silver and 200m bronze on his World Championships debut 12 months later.
He can play the guitar and speak French. He has a BSc and MSc in sports and exercise science from UWIC and Swansea.
JORDAN MCGRATH

International Highlights
2007 World Youths 400m 4th; European Juniors 4x400 bronze, 2008 World Juniors 4x400 silver & 400m 7th; Commonwealth Youth Games 400m bronze

National Championships
2006 AAA U17 gold; English Schools U17 bronze, 2007 England U20 400m 4th; England U20 Indoor 4th; UKA 8th, 2008 England U20 400m 4th; England U20 Indoor gold

Personal Bests
Outdoor: 100m 11.2 (2007), 200m 22.2 (2007), 400m 46.54 (2008)
Indoor: 400m 47.67 (2008)

Career summary
Jordan has impressively made every final of competitions that he has been entered into.

He was identified as a young talent and chosen to be on the 2008 UKA Heroes Project supported by Original Source.

He says his coach has been the greatest influence on his career because of his endless support and knowledge.

ALAN MCKIE

International Highlights
2007 European Juniors high jump 7th, 2008 GBR v Netherlands Indoor high jump 3rd

National Championships

Personal Bests
Outdoor: HJ 2.21 (2008)
Indoor: HJ 2.19 (2008)

Career summary
Considers 7th place at European Juniors in 2007 to be his greatest achievement

Before competing in athletics he used to play football.
JAMES MCLEAN

International Highlights
2007 European Youth Olympics 110mhY 8th

National Championships
2005 AAA U15 80mh gold; English Schools U15 80mh gold,
2006 AAA U17 100mh gold; English Schools U17 100mh gold; UK
School Games 100mh gold,
2007 England U17 100mh gold; England U17 Indoor 60mh gold;
English Schools U17 100mh gold; UK School Games 100mh gold

Personal Bests
Outdoor: 100m 10.99w (2008), 100m 11.0/11.19 (2007), 100HY
Indoor: 60HJ 8.2/8.36 (2009), 60HY 7.98 (2007), 60m 7.03 (2009)

Career summary
James says Colin Jackson has been his biggest influence after
watching Jackson race whilst growing up.
He has a pre-event ritual of always talking to himself and doing
one tuck jump before getting into the blocks.
James used to play football for Southend United’s Centre of
Excellence and still supports the club.

JENNY MCLoughlin

International Highlights
2008 Paralympic World Cup 200m 6th, 100m 5th
2008 Paralympics 100m h2, 200m h1

National Championships
2007 UK School Games 100m gold

Personal Bests
100m 15.42 (2008), 200m 32.71 (2008)

Career summary
Jenny competed at the Beijing Paralympics as one of the
youngest members of the GB team. She made her breakthrough
at the 2007 UK School games taking Gold in the 100m.
Jenny, currently a student at Swansea, says her greatest
achievement was getting to the Beijing Paralympics.
She considers cyclist Lance Armstrong to have been the biggest
influence on her career.
In her spare time she enjoys horse riding and supports
Manchester United FC.
**OLIVER MCNEILLIS**

**International Highlights**
- 2008 European Cup CE decathlon dnf

**National Championships**
- 2005 AAA U20 long jump gold
- 2006 English Schools U19 long jump gold
- 2007 England U23 long jump gold
- 2008 England decathlon bronze; England U23 Champs 110mh silver; England Indoor heptathlon 6th

**Personal Bests**

**Career summary**
- Oliver took part in Aviva Startrack when he was a young athlete.
- He has A-Levels in biology and PE and his brother is studying medicine at Oxford.
- In his spare time Oliver occasionally does archery.

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**JENNIFER MEADOWS**

**International Highlights**
- 2000 World Juniors 4x400m gold, 2001 European U23 4x400m gold; World University Games 4x400m silver, 2002 Commonwealth Games 4x400m silver, 2003 European U23 4x400m silver; 2008 Olympics 800m sf

**National Championships**
- 1995 AAA Indoor U15 4800m gold, 2000 AAA Indoor U20 400m gold, 2002 AAA U23 400m gold, 2002, 2005-6, 2008 AAA Indoor 800m gold, 2003 AAA Indoor 400m gold, 2008 UK Indoor 800m gold

**Personal Bests**
- Indoor: 52.74 (2003), 60m 1:25.81 (2007, UK best), 800m 1:59.73 (2008), 1000m 2:46.82 (2005).

**Career summary**
- 1995 saw Jennifer win the English Schools junior 800m and mark her first real success.
- Jennifer was Head athletics coach for Manchester Leisure before becoming a full-time athlete. She has a degree in English, sport, PE and recreation from Liverpool Hope.
- Jennifer has an unusual training partner, her miniature Schnauzer dog called Harvey. She participated in Aviva Sportshall U11.
**JACK MEREDITH**

**National Championships**
- 2006 AAA U15 80HB silver; AAA U15 Indoor 60HB silver; English Schools U15 80HB gold,
- 2007 England U17 100mhY silver; England U17 Indoor 60mhY bronze; English Schools U17 100mhY silver,
- 2008 England U17 100mhY gold; England U17 Indoor 60mhY gold; English Schools U17 100mhY gold

**Personal Bests**
- Indoor: 60m 7.06 (2009), 200m 25.71 (2006), 60H 8.25 (2008), 60HY 7.89 (2008), 60mHJ 7.88 (2009)

**Career summary**
Jack, currently at sixth form studying for his A-Levels, says that he likes to be the first in the blocks when competing.
He enjoys listening to music, going out with friends and he supports Everton FC.
Jack came through Aviva Sportshall as a young athlete.

**Profile**

110m Hurdles
- Funding: Talent
- DOB: 14/8/92
- Born: Liverpool
- Lives: Liverpool
- Club: Liverpool Harriers
- HiPAC: Birmingham
- Coach: Donald Moss
- Agent:
- Kit:

**STEPHEN MILLER**

**International Highlights**
- 1996 Paralympics club gold,
- 1998 Worlds club gold,
- 2000 Paralympics club gold,
- 2002 Worlds club gold & discus silver,
- 2003 Europeans club gold & discus gold,
- 2004 Paralympics club gold & discus bronze,
- 2005 Europeans club gold,
- 2006 Worlds club gold,
- 2008 Paralympic World Cup club silver,
- 2008 Paralympics club silver

**Personal Bests**
- Club 35.98m (2008), Discus 16.65 ER (2002)

**Career summary**
Stephen got into athletics aged 11 at school eventually choosing the club and the discus as his events. He represented England in the Boccia squad at the age of 12. At the Atlanta Paralympic Games 1996 he became the youngest GB track and field gold medallist yet, aged just 16.

The silver medal he won in the club in Beijing was the fourth Paralympic medal of his illustrious Games career stretching back to 1996. Stephen has a degree in business information systems from Northumbria University and works part-time as a web designer. A dedicated Newcastle United supporter he is the secretary of the club's Disabled Supporters Group. His heroes include Linford Christie, Kevin Keegan, Steve Backley and Chris Morris.

**Profile**

Club Throw, F32
- Funding: Podium
- DOB: 27/5/80
- Born: Newcastle upon Tyne
- Lives: Cramlington
- Club: Gateshead Harriers
- HiPAC: Loughborough
- Coach: Rosalynd Miller
- Agent:
- Kit:
KIM MINETT

International Highlights
1998 Worlds shot bronze & discus 5th,
2002 Worlds shot silver,
2003 Europeans shot gold,
2004 Paralympics shot 4th & discus 7th,
2005 Europeans shot bronze,
2006 Worlds shot bronze & discus 8th,
2007 IWAS shot gold,
2008 Paralympic World Cup shot 5th,
2008 Paralympics shot 7th

Personal Bests
Shot 7.14m (2007)

Career summary
Kim retired from swimming at the age of 17 due to a back problem and took up the shot in 1998 where she was an instant success, winning bronze at the World Championships.

Her sister Louise is an international shooter and won gold at the 2006 Commonwealth Games for England.

Kim worked as a civil servant before becoming a full-time athlete and she hopes to return to her career after retiring from sport.

Kim can use sign language and has also appeared alongside Val Kilmer in the film ‘Willow’.

JONATHAN MOORE

International Highlights
2001 World Youths triple jump gold; European Juniors triple jump silver,
2003 European Juniors long jump dnq,
2005 European U23 long jump 11th

National Championships
1999-2000 AAA U17 triple jump gold, English Schools U17 triple jump gold,
2000 English Schools U19 triple jump gold; AAA U17 long jump gold,
2001-2 AAA U20 long jump gold,
2001 English Schools long jump gold,
2004-5 AAA U23 long jump gold
2005 AAA triple jump gold

Personal Bests

Career summary
Aviva Sportshall offered Jonathan his first chance to get involved with the sport.

His father, Aston Moore, is a former British record holder for the triple jump and his cousins play premiership football teams Arsenal FC and Middlesbrough FC.
ADAM MOORE

National Championships
2005 AAA U15 800m silver; English Schools U15 800m gold,
2006 AAA U17 800m silver; English Schools U17 800m gold;
UK School Games 800m silver,
2007 England U17 800m gold; English Schools U17 800m gold; UK
School Games 800m silver;
2008 English Schools U19 800m gold

Personal Bests
Outdoor: **400m** 50.0 (2008), **800m** 1:50.69 (2008),
**1500m** 3:55.70 (2008)

Career summary
Adam enjoys origami in his spare time and used to play the
trombone.

Young endurance runner Adam currently has two tattoos.

Profile

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BRETTR MORSE

International Highlights
2007 European Junior discus 9th,
2008 World Junior discus nm

National Championships
2006 AAA U20 discus 4th,
2007 England U20 shot bronze & discus gold; England U20 Indoor
shot silver; UKA discus 8th

Personal Bests
Outdoor: **SP** 14.87 (2008), **DT** 56.87 (2008),
Indoor: **SP** 15.56 (2008)

Career summary
The UK’s leading Junior in 2007 & 2008 took part in Aviva
Star:track as a youngster and now coaches for the scheme.

He is a “massive” Manchester United fan and says the biggest
influence on his athletics career is his family.

Profile

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**MATTI MORTIMORE**

**National Championships**
- 2007 England U15 gold; English Schools U15 gold,
- 2008 England U17 silver; English Schools U17 gold; UK School Games gold
  (All javelin)

**Personal Bests**
- Outdoor: JT 51.17 [2007], JTY 64.30 [2008]

**Career summary**
- He is currently receiving coaching sessions from Javelin legend Steve Backley, on a monthly basis.
- The greatest influence on his career has been coach Nigel Bevan who coaches him “on all aspects of life”

**Profile**
- **Javelin**
  - Funding: Talent
  - DOB: 16/5/93
  - Born: Colchester
  - Lives: Woodbridge
  - Club: Ipswich Harriers
  - HiPAC: Lee Valley
  - Coach: Nigel Bevan
  - Agent:
  - Kit:

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**KIERON MURPHY**

**International Highlights**
- 2008 Paralympic World Cup club 4th; Paralympics club 7th

**Personal Bests**
- Club 31.32 (2008)

**Career summary**
- Kieron is now a full-time athlete but before doing so had considerable sporting success at school level.
- He has three A-Levels in music, and performing arts
- In his spare time he enjoys writing and performing music, he also has a season ticket at Aston Villa FC.

**Profile**
- **Club Throw, F32**
  - Funding: Development
  - DOB: 8/2/86
  - Born: Birmingham
  - Lives: Sutton Coldfield
  - Club: Birchfield Harriers
  - HiPAC: Birmingham
  - Coach: James Edwards
  - Agent:
  - Kit:
ROSS MURRAY

International Highlights
2007 European Junior CC 43rd,
2008 World Junior CC 56th; European Junior CC 14th

National Championships
2006 AAA U17 1500m bronze; English CC U15 silver; English Schools U17 1500m 8th; UK School Games 1500m bronze, 2007 England U17 800m bronze; English Schools U17 1500m gold; UK School Games 1500m gold, 2008 England U20 1500m 6th; English CC U17 silver; English Schools U19 1500m silver

Personal Bests
Outdoor: 800m 1:53.33 (2008), 1500m 3:47.50 (2008), 3000m 8:21.75 (2008)

Career summary
At the end of 2007 Ross was the youngest male member of Britain’s European CC team.
Ross holds his coach and Steve Cram as the greatest influences on his career so far.
When he is not running he enjoys playing Xbox 360 online and is currently studying for his A-Levels.
At weekends he works in a specialist running shop.
He supports Newcastle United FC.

Profile

1500m
Funding: Talent
DOB: 8/10/90
Born: North Shields
Lives: Wallsend
Club: Gateshead Harriers
HiPAC: Loughborough
Coach: John Stephenson
Agent: Nike

ALEX NELSON

International Highlights
2005 World Youth 100m silver; European Junior 100m bronze,
2006 World Junior 200m bronze & 4x100m bronze,
2007 European U20 200m gold

National Championships
2006 AAA U20 200m gold,
2007 England U20 200m gold,
2007-8 UKA 200m silver

Personal Bests
Outdoor: 100m 10.31 (2005), 200m 20.49 (2008)
Indoor: 60m 6.78 (2007)

Career summary
Making the Beijing Olympic games at the age of 20 in the same squad as his sister after having had a serious back injury in the winter beforehand is considered to be Alex’s greatest achievement in athletics.
When he was 15 Alex had trials with his local side Stoke City FC for their academy team. He believes his coaches and parents have both instilled much knowledge and inspiration into him.
Alex, has a younger sister Ashlee who medaled at world juniors in 2008. His father played for Stoke City as an apprentice and his cousin Curtis is currently in the Stoke City academy.
When not competing Alex enjoys playing Xbox and is a supporter of Manchester United FC. He attended Aviva Startrack during summer holidays when he was at junior school.

Profile

200m
Funding: Development
DOB: 21/3/88
Born: Stoke
Lives: Stoke On Trent
Club: Sale Harriers
HiPAC: Birmingham
Coach: Graham Knight
Agent: Tim Bailey
Kit: Nike
ASHLEE NELSON

International Highlights
2007 World Youths 100m bronze,
2008 World Juniors 100m silver

National Championships
2004-06 English Schools 100m gold
2005 AAA U15 100m gold,
2006 AAA U17 100m gold,
2008 England U20 100m gold & 200m gold,

Personal Bests
Outdoor: 100m 11.37 (2008), 200m 23.46 (2008)

Career summary
During 2007 Ashlee was the youngest athlete on the UKA World
Class programme and in 2008 she was the youngest member of
Team GB’s athletics team at the Beijing Olympic Games, where
she was a member of the women’s 4x100m squad but did not
compete.

As well as a talented sprinter, Ashlee is a keen dancer who loves
hip hop and R’n B. She is younger sister to GB sprinter Alex
Nelson, who won bronze over 200m at the World Juniors.

Ashlee confesses that she once collected My Little Pony t-shirts,
and that her heroes are Thierry Henry and Michael Johnson.

JADE NIMMO

International Highlights
2007 World Youths long jump 10th

National Championships
2005 AAA U15 long jump gold,
2006 AAA U17 long jump gold,
2007 England U20 long jump silver; England U17 silver; England
U17 Indoor gold

Personal Bests
TJ 11.57w/11.33 (2006)

Career summary
She made her big breakthrough in 2007, when she added 40cm to
her long jump PB, which now stands at 6.14.

Talented young athlete Jade holds Kelly Holmes to be her great
inspiration within athletics

She took part in gymnastics and dancing when she was younger.
**CHRISTINE OHURUOGU**

**International Highlights**
- 2003 European Juniors 400m bronze,
- 2004 Olympics 400m sf & 4x400m 4th,
- 2005 European U23 400m silver & 4x400m silver; Worlds 400m sf & 4x400m bronze,
- 2006 Commonwealth Games 400m gold,
- 2007 Worlds 400m gold & 4x400m bronze,
- 2008 Olympics 400m gold & 4x400m 5th

**National Championships**
- 2004 AAA 400m gold, 2005 AAA U23 400m gold, 2008 UKA 200m silver

**Personal Bests**
- Outdoor: **200m** 22.94 (2008), **300m** 36.13+ (2007), **400m** 49.61 (2007)
- Indoor: **60m** 7.39 (2006), **100m** 11.90 (2006), **200m** 23.41 (2008)

**Career summary**
Christine is the only athlete to currently hold the Olympic, World and Commonwealth titles. She was voted 'Athlete of the Year' in 2007 and 2008 by the British Athletics Writers.

Formerly an England international netball player at U17 and U19 level, she gave up the sport to concentrate on athletics after winning bronze at the 2003 European Juniors.

Studied linguistics at University College, London.

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**DANIEL NOBBS**

**International Highlights**
- 2007 IWAS shot 6th,
- 2008 Paralympic World Cup shot 7th,
- 2008 Paralympics shot 10th

**Personal Bests**
- **Shot** 9.13m (2008)

**Career summary**
Danny works as a sponsorship consultant for the team behind UK Athletics, AVIVA.

He has A-Levels in geography, history & economics and is a keen Newcastle United Supporter.
EDIRIN OKORO

International Highlights
2008 World Junior 110H sf

National Championships
2005 English Schools U17 100mhY bronze,
2006 AAA U20 Indoor 60mh 4th,
2007 England U20 Indoor 60mh bronze,
2008 England U20 110mh gold; England U20 Indoor 60mh silver

Personal Bests
Indoor: 60m 7.36 (2006), 200m 23.77 (2006), 60mH 8.01 (2009)

Career summary

Profile
110m Hurdles
Funding: Talent
DOB: 4/4/89
Born: London
Lives: Brownhills
Club: Birchfield Harriers
HiPAC: Birmingham
Coach: Andy Paul
Agent: Stellar
Kit: adidas

MARILYN OKORO

International Highlights
2005 European U23 800m 4th & x400m silver; World University Games 800m bronze & 4x400m 4th,
2006 Commonwealth Games 800m 7th; Europeans 400m sf & 4x400m 4th,
2007 European Indoors 800m 4th; Worlds 800m sf & 4x400m bronze,
2008 Olympics 800m sf & 4x400m 5th; World Indoos 800m ht

National Championships
2003 AAA U20 400m gold, 2004, 2006 AAA U23 400m gold, 2005 AAA U23 800m gold, 2007 UKA Indoor 800m gold; UKA Outdoor 800m silver 2008 UKA Outdoor 800m gold; UKA Indoor 800m silver

Personal Bests
Outdoor: 200m 24.95 (2003), 24.84w (2004), 400m 52.02 (2006), 800m 1:58.45 (2008), 1500m 4:11.85 (2008)
Indoor: 400m 54.99 (2005), 800m 1:59.87 (2007)

Career summary
Marilyn moved up to 800m from 400m and now despite favouring the longer distance plays an important part of the 4x400m relay squad.

She played for Britain at lacrosse and is a keen gospel and jazz singer. Marilyn has a degree in French and politics from University of Bath. She can also speak Spanish and the Nigerian dialect Igbo.

Profile
800m
Funding: Podium
DOB: 23/9/84
Born: Middlesex
Lives: Essex
Club: Shaftesbury Barnet Harriers
HiPAC: Lee Valley
Coach: Ayo Falola
Agent: Stellar
Kit: adidas

Profile
110m Hurdles
Funding: Talent
DOB: 3/9/84
Born: Middlesex
Lives: Essex
Club: Shaftesbury Barnet Harriers
HiPAC: Lee Valley
Coach: Ayo Falola
Agent: Stellar
Kit: adidas
TREVOR OKOROAFO

Profile

Funding: Talent
DOB: 9/6/90
Born: London
Lives: Croydon
Club: Croydon Harriers
HiPAC: Lee Valley
Coach: John Herbert
Agent: Nuff Respect
Kit: [picture]

National Championships
2006 AAA U17 gold; English Schools U17 gold; UK School Games silver,
2007 England U20 5th, England U20 Indoor silver
[All triple jump]

Personal Bests

Career summary
Triple jump specialist Trevor believes the biggest influence on his
career is his family.
Away from athletics he is also a supporter of Arsenal Football
Club.

ANYIKA ONUORA

Profile

Funding: Talent
DOB: 29 April 1991
Born: USA
Lives: Feltham
Club: Sutton & District
Agent/Contact: UK Athletics
Coach: John Vernon

National Championships
2006 World Junior Championships 110mh, ht
2007 European U20 110mh, sf

Personal Bests
100m 11.5 (2007)
High Jump 1.75m (2007)
Long Jump 6.70m (2007)
Triple Jump 15.08m (2007).

Career summary
2007 England Athletics U17 triple jump, silver; England Athletics
U20 triple jump, silver; England Athletics U17 Indoor triple jump,
gold

Profile

Funding: World Class Talent
DOB: 28/10/84
Born: Liverpool
Lives: London
Club: Liverpool Harriers
HiPAC: Lee Valley
Coach: Lloyd Cowan
Agent: Nuff Respect
Kit: [picture]

International Highlights
2003 European Juniors 100m 5th & 4x100m silver,
2005 European U23 200m ht,
2006 Commonwealth Games 100m sf & 4x100m silver; Europeans
100m sf & 4x100m silver;
2007 Worlds 4x100m 4th

National Championships
2002 English Schools U19 100m gold, 2003 AAA U20 200m gold,
2003 AAA Indoor U20 200m gold

Personal Bests
Indoor: 60m 7.31 (2006)

Career summary
Anyika won English Schools 100m titles in 2001 (intermediates)
and 2002 (senior).
She was a semi-finalist in the European 100m, 11.45 after 11.38 in
her heat, before running the first leg on the British 4x100m team
that took a surprise silver medal.
She ran a season’s best of 7.34 for 60m indoors and 100m in 11.48
and 200m in 23.38 outdoors in 2007 and in 2008 was 2nd in the UK
Indoor 60m in 7.33. Relocated to London for the 2009 season to
train with Lloyd Cowan’s group.
ANDREW OSAGIE

National Championships
2007 BUSA 800m gold

Personal Bests
Outdoor: 400m 49.25, 800m 1.47.34
Indoor: 800m 1.49.70 (2009)

Career summary
He says coach Craig Winrow, who discovered Andrew at St Mary’s University, is his biggest influence and believes Winrow turned him into an international runner.

Andrew is a black belt in karate along with his brother, sister, uncle and cousin.

Andrew, a student at St Mary’s University, can solve the Rubik’s cube in under four minutes.

SHELAYNA OSKAN

International Highlights
2008 Commonwealth Youth Games 400m 5th

National Championships
2008 England U20 400m gold; English Schools U19 400m gold

Personal Bests
Outdoor: 100m 12.8/12.99 (2008), 200m 25.7 (2008), 400m 54.39 (2008), 800m 2:09.20 (2008)
Indoor: 400m 56.04 (2009)

Career summary
Shelayna is currently coaching young athletes twice a week as well as studying sports science at University.

She used to wear a special necklace, which she thought gave her luck.

Shelayna used to play hockey at County level.
**EMMA PALLANT**

**International Highlights**
- 2007 European U20 1500m 4th,
- 2008 World Juniors 1500m bronze; European Juniors 1500m 4th;
- World Junior CC 27th; European Junior CC 5th

**National Championships**
- 2006 AAA U20 1500m bronze; English Schools U19 1500m silver,
- 2007 England U20 1500m gold; UK Indoor 1500m 4th; UK 1500m 11th
- 2008 UK Indoor 1500m 9th; England 1500m silver; English U20 CC 114th,

**Personal Bests**
Outdoor: 800m 2:07.67 (2007); 1500m, 4:11.22 (2008); 3000m 9:07.28 (2008)

**Career summary**
- Trains alongside GB & NI team-mates Steph Twell and Charlotte Purdue.
- She also plays lots of sports including basketball, football, hockey, cricket, swimming, and badminton, whilst also being able to play the drums.
- Emma is a supporter of Tottenham Hotspur FC.
- She is training partners with Steph Twell.

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**BARBARA PARKER**

**International Highlights**
- 2003 European U23 3000mSt 16th,
- 2008 Olympics 3000mSt ht

**National Championships**
- 2003 AAA U23 2000mSt gold,
- 2004 AAA 3000mSt gold,
- 2008 UKA 3000mSt silver

**Personal Bests**
Outdoor: 800m 2:10.00 (2001), 1500m 4:12.17 (2008),
- 3000m 9:13.74 (2008), 5000m 15:42.16 (2008), 2000mSt 6:36.50 (2003),

**Career summary**
- Away from athletics she used to play football for King’s Lynn Ladies and works part-time for a mortgage analysis firm in Tallahassee, Florida.
- She also has a degree in sociology and exercise, which she studied for at Florida State University.
- Has taken part in Aviva Startrack and Aviva Sportshall as a youngster and began her athletics career as a high jumper.
JO PAVEY

International Highlights
2000 Olympics 5000m 12th, 2001 Worlds 5000m 11th, 2002 Commonwealths 5000m 5th; Europeans 5000m 5th, 2003 Worlds 1500m 10th, 2004 World Indoors 3000m 5th; Olympics 5000m 5th; European CC bronze, 2005 Worlds 5000m 15th, 2006 Commonwealths 5000m silver; Europeans 5000m 4th, 2007 Worlds 5000m 9th & 10000m 4th, 2008 Olympics 10000m 12th

National Championships
1997 UKA 1500m gold, 2001, 2006 AAA 5000m gold, 2004-5 AAA Indoor 3000m gold, 2007-8 UKA 5000m & 10000m gold

Personal Bests
Indoor: 1500m 4:16.3+ [2005], 2000m 5:41.4 [2005], 3000m 8:31.50 (2007), 2M 9:32.00 [2007]

Career summary
As Jo Davis, she was a brilliantly talented teenager, setting a British U15 record at 1500m with 4:27.9 in 1988 and winning four national titles as well as the 1988 English Schools Junior 1500m. She took a break from athletics and returned to it in her early 20s.

Jo won the 5000m (in 14:59.08) at the 2006 Commonwealth Games. Jo has moved from the track to the roads, improving her PB to 68.53. In 2009 she is scheduled to attempt her first marathon.
LOUIS PERSENT

International Highlights
2007 European Junior 4x400m gold

National Championships
2006 English Schools U17 400m silver,
2007 English Schools U19 400m silver; England U20 400m 5th,
2008 England U20 400m silver; World Junior 4x400m silver

Personal Bests
Outdoor: 100m 11.1 (2007), 200m 21.74 (2008), 400m 46.71 (2008),

Career summary
Louis believes his World Juniors 4 x 400m silver medal to be his
greatest achievement in athletics.

He is also a fan of the band Arcade Fire and has a pre-race
superstition of always eating fruit pastels.


Profile

400m
Funding: Talent
DOB: 18/7/90
Born: Colchester
Lives: Colchester
Club: Colchester Harriers
HiPAC: Lee Valley
Coach: Linda Garnham
Agent: adidas

ASHA PHILIP

International Highlights
2006 World Juniors 100m 4th & 4x100m 6th,
2007 World Youth 100m gold

National Championships
2006-07 UK U20 100m gold

Personal Bests
Outdoor: 100m 11.37 (2007), 200m 21.74 (2008),
400m 46.71 (2008), 400mh 53.46 (2007), Octathlon 4799 (2006)

Career summary
Asha is a World Champion in Double Mini Trampolining.

She enjoys dancing in her spare time and is currently taking a
BTEC National Diploma in performing arts.

Asha has now quit trampolining following a serious knee injury
sustained at the 2007 World Championships which ruled her out
of 2008 competition.

Profile

100m
Funding: Development
DOB: 25/10/90
Born: Leytonstone, London
Lives: London
Club: Newham & Essex Beagles
HiPAC: Lee Valley
Coach: Mike McFarlane
Agent: Nike
Kit: Nike
### Craig Pickering

**International Highlights**
- 2003 World Youths 100m bronze,
- 2005 European Juniors 100m gold,
- 2007 European Indoors 60m silver; European U23 silver & 4x100m gold; World 100m sf & 4x100m bronze,
- 2008 Olympics 100m qf & 4x100m ht

**National Championships**
- 2001 AAA U15 100m gold, 2003 AAA Indoor U17 60m gold, AAA U17 100m gold, 2006 AAA U23 100m gold,
- 2007 UKA Indoor 60m gold; UKA 100m silver

**Personal Bests**
- Indoor: **60m** 6.55 (2007)

**Career summary**
Having previously been coached by Mike Leonard, Craig joined Malcolm Arnold’s training group while studying for a degree in sport and exercise science at Bath University.

In 2007, his close battles with training companion Jason Gardener over 60m culminated in him taking silver behind Gardener at the European Indoors. He went on to win the 100m at the European Cup, silver behind compatriot Simeon Williamson at the European U23 Championships and bronze with the British 4x100m team at the World Championships in Osaka, running the second leg.

### Emily Pidgeon

**International Highlights**
- 2005 World Junior CC 20th; European Junior 5000m gold; European Junior CC silver, 2006 European Junior CC 4th,
- 2007 World Junior CC 17th; European Junior 5000m bronze; European Junior CC 6th, 2008 World Junior 5000m 8th; World Junior CC 41st; European Junior CC 4th

**National Championships**
- 2002 English Schools U15 1500m bronze; UK U13 CC gold; AAA U17 Indoor 1500m gold, 2003 AAA U15 1500m gold, 2005 AAA U17 3000m gold; AAA U20 3000mSt gold, 2006 AAA Indoor U20 1500m gold; English Schools U19 1500m gold, 2008 England U20 3000m gold

**Personal Bests**
- Indoor: **3000m** 9:19.51 (2005)

**Career summary**
Emily was a junior until 2008 and she showed great promise by finishing 20th at the World Junior CC in 2005. She followed that by breaking the British junior record for 2000m steeplechase. She also has three gold medals and one silver medal from the European Junior Championships. Paula Radcliffe and Muhammad Ali inspire Emily, who is currently studying at Loughborough University.
ELIZABETH POTTER

International Highlights
2007 World Youths 3000m 10th,
2008 Commonwealth Youth Games 1500m 5th & 3000m 6th

National Championships
2007 UK School Games 1500m silver; England U17 1500m silver;
England U20 3000m bronze,
2008 England U20 1500m 4th; UK School Games 1500m bronze

Personal Bests
Outdoor: 800m 2:13.43 [2008], 1500m 4:23.73 [2008],
3000m 9:34.13 [2007]

Career summary
Elizabeth competed at the 2008 Commonwealth Youth Games that
were held in Pune, India.
Apart from athletics she also swims for Milngavie and Bearsden
ASC at a regional and a national level.
Elizabeth can also play the saxophone, piano and clarinet.

Profile
1500m
Funding: Talent
DOB: 27/12/91
Born: Glasgow
Lives: Glasgow
Club: Victoria Park / City of
Glasgow
HiPAC:
Coach: William Parker
Agent:
Kit:

ANDREW POZZI

National Championships
2008 England U20 110mh 6th; England U17 Indoor 60mh silver;
England U17 Indoor long jump 5th; England U17 Indoor HEPIY
silver; English Schools U17 100mh bronze

Personal Bests
Outdoor: 100m 11.2 [2008], 200m 23.27 [2008], 400m 52.01 [2007],
100HY 13.0/13.17 [2008], 110HJ 14.09w/14.18 [2008], HJ 1.75
[2007], LJ 6.69 [2007], TJ 12.94 [2007], SPY 11.40 [2008], DTY 31.75
[2008], JTY 42.61 [2007], OCTY 4592 [2008]
Indoor: 60m 7.11 [2008], 60HY 7.94 [2008], HJ 1.74 [2008],
60HJ 8.21 [2009], PV 3.00 [2008], SPY 12.36 [2008], HEPIY 4594
[2008]

Career summary
Andrew has previously played county level football and rugby and
has been influenced by Michael Jordan for his attitude towards
sport.
He works in a specialist running shop and is currently studying for
A-Levels in DT, PE, psychology and business studies.
He enjoys socialising, golf, films and playing the guitar.

Profile
110m Hurdles
Funding: Talent
DOB: 15/5/92
Born: Lemington Spa
Lives: Stratford-upon-Avon
Club: Stratford upon Avon AC
HiPAC: Birmingham
Coach: Paul Bearman
Agent:
Kit:
GEMMA PRESCOTT

International Highlights
2005 CP Worlds Discus gold,
2008 Paralympics discus 8th & shot 7th

Personal Bests
DT 11.74 (2008)
SP 4.77 (2008)

Career summary
She considers competing at the Paralympics in Beijing to be the
greatest achievement of her career to date. Gemma has also
swum at national junior championships at a younger age.

Gemma names her parents as having the greatest impact and
influence over her as they always support her “no matter what.”

Gemma graduated from St Andrews University in 2006 with a
masters degree in maths, she also has A-Levels in maths, physics
and French.

Outside of athletics she is involved with her local church, likes to
play flute and enjoys watching Rugby League, she is a supporter
of Super League side Widnes Viking Rugby League Club.

Profile
Discus, F32
Funding: Development
DOB: 25/9/83
Born: Warrington
Lives: Unattached
Club: Lee Valley
HiPAC: Ray Knight
Coach: Agent:
Kit:

CALLUM PRIESTLEY

International Highlights
2007 European Junior 110mh sf

National Championships
2005 AAA U20 110mh 7th; English Schools U17 100mh silver,
2006 AAA U20 110mh 4th,
2007 UK 110mh 5th; English Schools U19 110mh silver; England
U20 110mh 4th,
2008 England U20 110mh 4th

Personal Bests
Outdoor: 100m 11.1w/11.20 (2007), 110mh, 13.62 (2007),
Indoor: 60m 7.06 (2009), 60mh 7.95 (2009)

Career summary
Callum played football at county level as a youngster and supports
Arsenal FC.

He has tattoos on both his chest and back.

Profile
110m Hurdles
Funding: Talent
DOB: 13/2/89
Born: Dulwich, London
Lives: London
Club: Birchfield Harriers
HiPAC: Lee Valley
Coach: Lloyd Cowan
Agent:
Kit:
International Highlights
2007 World Junior CC 15th; European Junior 5000m 10th; European Junior CC bronze,
2008 World Junior CC 16th; European Junior CC silver

National Championships
2005 AAA U15 1500m silver,
2006 AAA U17 3000m gold; English U15 CC gold, AAA U20 5000m silver; English Schools U17 3000m silver; UK School Games 3000m gold,
2007 English U17 CC gold; AAA U17 1500m gold; England U20 3000m silver,
2008 English CC U17 silver; English Schools U19 3000m gold;

Personal Bests
Outdoor: 800m 2:14.52 (2006), 1500m 4:24.01 (2006),
Indoor: 3000m 9:34.65 (2007)

Career summary
Charlotte broke through in 2005 when she won the English Schools Junior Girls Cross Country and came second in the AAA U15 1500m.
Charlotte says her biggest influences are her family and friends. Outside of athletics she has achieved a grade five in Ballet.

International Highlights

National Championships
1996, 2000 AAA 5000m gold, 1997 UK 5000m gold, 2002-3, 2005 marathon gold

Personal Bests
10,000m 30:01.09 NR [2002], 400m 58.9 [1992], 800m 2:05.11
[1995], 1500m 4:05.37 [2001], 1M 4:24.94 [1996], Road 10M 50:01+
[2003], 51:11 [2008]

Career summary
In 2002 at her marathon debut in London she ran 2:18.56. In 2007 after a maternity break she returned with 2nd in the Great North Run in 67:53 in September before winning a second New York marathon in 2:23.09. In 2008 she suffered a leg injury in the build-up to the Beijing Olympic Games, where she finished 23rd in the marathon. She won the New York Marathon again in November of the same year. She has been ‘British Female Athlete of the Year’ five times and was awarded an MBE in June 2002. She married Gary Lough in 2000 and gave birth to a daughter, Isla in 2007. Paula is a European languages graduate of Loughborough University.
MICHAEL RIMMER

International Highlights
2001 World Youths 800m sf, 2003 World Youths 800m 4th,
2004 World Juniors 800m 8th & 4x400m 5th; Commonwealth
Youth Games 800m 3rd, 2005 European Juniors 800m 8th,
2006 Europeans 800m 8th, 2007 European Cup 800m silver;
Worlds 800m sf, 2008 Olympics 800m sf

National Championships
2000 AAA U15 gold, 2001-2 AAA U17 gold, 2005 AAA U20 gold,
2006 AAA gold, 2007-8 UKA gold,

Personal Bests
400m 48.0 (2005), 800m 1:44.68 (2008), 1K 2:19.77 (2008),
1500m 3:45.71 (2007)

Career summary
Michael is well known for wearing a lucky t-shirt under his racing
vest. He has been successful through all the age groups, he was
tipped for success at an early age by Peter Eliott and is developing
impressively in the senior ranks.

He is a keen Liverpool FC supporter and is currently studying
history at Liverpool John Moores University. He used to collect
vinyl records when he worked as a DJ.

Suffered a stomach upset at the Beijing Olympic Games and it
hampered his progress, he was eliminated in the 800m semi-finals.

Profile

ANDY ROBERTSON

International Highlights
2007 European Youth Olympics 200m silver

National Championships
2006 English Schools U17 200m 8th; AAA U17 Indoor 200m silver,
2007 England U17 100m bronze & 200m gold; English Schools
U17 100m gold; England U17 Indoor 60m gold,
2008 England U20 Indoor 60m silver

Personal Bests
Outdoor: 100m 10.60m (2007), 200m 21.51w/21.71 (2007),
LJ 4.10 (2006)
Indoor: 60m 6.76 (2008)

Career summary
Andrew names Carl Lewis as having the greatest influence on his
career in athletics.

He is a big fan of rugby union, becoming country champions with
his school rugby team and supports Premiership side Sale
Sharks.

Andrew came through Aviva Startrack and SPAR Sprints as a
youngster.
MARTYN ROONEY

International Highlights
2005 European Junior 400m silver & 4x400m gold,
2006 World Juniors 400m & 4x400m bronze,
2008 Olympics 400m 6th & 4x400m 4th

National Championships
2005 AAA U20 400m gold,
2008 UKA 400m gold

Personal Bests
Outdoor: 200m 21.33 (2007), 400m 44.60 (2008), 600m 1:16.9 (2005), 800m 1:50.55 (2005)
Indoor: 60m 7.19 (2008)

Career summary
Martyn’s senior breakthrough came when breaking Roger Black’s 21 year-old British junior record with 45.35 in his semi-final of the Commonwealth Games in Melbourne in 2006, he was 5th in the final in 45.51. In 2008 he breached the 45 second barrier, clocking 44.83 at the Aviva London Grand Prix. He improved to 44.60 in the Olympic semi-finals in Beijing before finishing 6th in the final in 45.12.

He clocked a 43.73 relay leg in Beijing - 2nd fastest ever by a Briton.

Martyn supports Crystal Palace FC and is partner of Great Britain pole vaulter Kate Dennison. He is based at Loughborough University studying a foundation in sports science and management. His cousin Kieran Martyn plays football for Republic of Ireland.

BEN RUSHGROVE

International Highlights
2005 Europeans 200m 6th & 100m 7th,
2006 Worlds 200m bronze,
2007 Paralympic World Cup 200m gold,
2008 Paralympics 100m silver

Personal Bests
100m 12.35 (2008), 200m 24.86 (2007)

Career summary
A talented teenage sprinter, Ben collected his first major international medal on the world stage by winning bronze over 200m at the Assen 2006 IPC Athletics World Championships. His achievement was all the more remarkable as just two days before he had suffered the disappointment of being disqualified on a technicality from the final of the T36 100m.

He continued the theme of succeeding in the face of adversity when winning silver in the 100m in Beijing, despite running with a broken bone in his foot.

Ben is undertaking a Foundation Degree in sports performance at the University of Bath. He also used to collect fossils. He enjoys walking and camping.
**GREG RUTHERFORD**

**International Highlights**
- 2005 European U20 gold,
- 2006 Commonwealth Games 8th; Europeans silver,
- 2007 Worlds 21st,
- 2008 Olympics 10th

(All long jump)

**National Championships**
- 2004 AAA U20 gold,
- 2005-6 AAA gold,
- 2008 UKA gold

**Personal Bests**
- Indoor: 60m 6.80 (2005), LJ 7.91 (2009)

**Career summary**
Greg burst into prominence in 2005 when he won the senior AAA title and also won European Junior gold with a British Junior record of 8.14m. He was still only 19 when winning silver at the European Championships in 2006.

Greg was a promising footballer as a youngster and trialled with Aston Villa. His Great Grandfather Jock was an England international between 1904 and 1908.

**NICOLA SANDERS**

**International Highlights**
- 1999 World Youths 400mh 4th; European Junior 400mh bronze, 2000 World Juniors 400mh ht; Commonwealth Youth Games 400mh gold,
- 2005 Worlds 400mh sf & 4x400m bronze, 2006 Commonwealth Games 400mh 4th; Europeans 400m 6th & 4x400m 4th, 2007 European Indoors 400m gold & 4x400m bronze; Worlds 400m silver & 4x400m bronze, 2008 Olympics 400m sf & 4x400m 5th

**National Championships**
- 1998 UKA U17 heptathlon gold; UKA Indoor U17 300m gold, 1999-2000 UKA U20 400mh gold, 2004 UKA U23 400mh gold, 2005 AAA 400mh gold, 2006 AAA Indoor 400m gold; AAA 400m gold, 2007 UKA 400m gold

**Personal Bests**
- Outdoor: 100m 12.15, 11.89w (1998), 200m 24.08+ (2007),
- 300m 36.17+ (2007), 400m 49.65 (2007), 100mh 15.0 (2002),
- 200m 23.31+ (2007), 300m 36.0+ (2007), 400m 50.02 NR (2007).

**Career summary**
Nicola fulfilled her early promise and left behind years of injury when linking with Tony Lester in 2005.

Despite her early success in the 400m hurdles, she switched to 400m due to back problems. Her success was confirmed when she slashed 0.51 off Katherine Merry’s UK indoor record with 50.02 to win 2007 Euro Indoor gold in Birmingham. She logged a leg of 48.76 when anchoring GB & NI to 4x400m relay bronze at the 2007 World Championships.
GOLDIE SAYERS

International Highlights

National Championships

Personal Bests
Javelin
65.75 (2008)

Career summary
Goldie produced a superb British record of 65.75m at the 2008 Beijing Olympic Games to narrowly miss out on a medal and finish 4th.

Goldie also enjoys pottery and photography and is a classically trained violinist. Her father, the late country singer Pete Sayers, was the first Englishman to play in the world-famous Grand Ole Opry, Nashville, Tennessee and also had his own breakfast show in the USA.

She has previously represented Cambridgeshire in hockey, tennis and netball and gained first class honours in sport and exercise science at Loughborough University. She was also the national U12 table tennis champion.

Profile

Javelin
Funding: Podium
DOB: 16/7/82
Born: Newmarket
Lives: Cambridge
Club: Belgrave Harriers
HiPAC: Loughborough
Coach: Mark Roberson
Agent: Kit: adidas

ALLAN SCOTT

International Highlights
2005 European Indoors 60mh sf; Worlds 110mh ht, 2006 Commonwealths 110mh ht, 2007 European Indoors 60mh 6th, 2008 European Cup 110mh 4th, 2008 World Indoor Champs 60mh 6th, 2008 Olympic Games 110mh 6th

National Championships
2008 UKA 60mh gold

Personal Bests

Career summary
Scottish record holder for the 60m hurdles. A talented athlete from an early age Alan made an impression initially in jumps and has won Scottish age group titles in the long jump and triple jump.

Profile

Funding: Development
DOB: 27/12/82
Born: Bellshill
Lives: Edinburgh
Club: Shaftesbury Barnet Harriers
HiPAC:
Coach: Stuart Hogg
Agent:
RYAN SCOTT

International Highlights
2006 World Juniors 4x100m bronze, 2007 European Indoors 60m dq; European U23 4x100m gold & 100m sf; World University Games 100m sf

National Championships
2007 UK Indoor 60m silver, 2007-8 England U23 100m silver

Personal Bests
Indoor: 60m 6.59 (2008), 200m 21.88 (2005)

Career summary
Has played football and rugby at county level and is also an athletics coach.
Ryan has recently moved training base to Lee Valley to link up with Lloyd Cowan.
He supports Manchester United FC.

Profile

100m
Funding: Development
DOB: 20/2/87
Born: Bristol
Lives: Bristol
Club: Newham & Essex Beagles
HiPAC: Lee Valley
Coach: Lloyd Cowan
Agent: Robert Wagner
Kit:

SALLY SCOTT

International Highlights
2008 GBR v Netherlands (Indoor) 6th

National Championships
2007 UK School Games silver; England U17 silver; English Schools U17 bronze; England U20 gold; England U17 Indoor gold, 2008 England U20 bronze; England U20 Indoor silver; UKA 4th; UKA Indoors 8th
(All pole vault)

Personal Bests

Career summary
Sally considers achieving a 4th place finish at the UK Olympic Trials 2008 Outdoor, aged 17, to be the greatest achievement in her athletics career so far. She is also a black belt in Karate, which she got aged just 11. According to Sally her coach has had the greatest impact on her career.

Her father and grandfather both excelled in football. Her father played for Newcastle United’s first team when he was 20 and her grandfather played for Sunderland, Portsmouth and a number of other clubs.

In her spare time Sally enjoys playing golf occasionally. She is also a big fan of women’s pole vault world record holder Yelena Isinbayeva and loves watching her compete on television. Has competed at Aviva Sportshall and Aviva Startrack.

Profile

Pole Vault
Funding: Talent
DOB: 12/4/91
Born: Newcastle
Lives: Morpeth
Club: Gateshead Harriers
HiPAC: Loughborough
Coach: Steve Rippon
Agent: Kit:
PERRI SHAKES DRAYTON

International Highlights
2006 World Juniors 400mh 8th, 2007 European Junior silver

National Championships
2006 England U20 400mh gold, 2007 England U20 400mh silver, 2008 UKA 400mh gold

Personal Bests
Outdoor: 100mh 14.07 (2008), 400mh 56.09 (2008)
Indoor: 60m 7.44 (2009)

Profile
Funding: Development
DOB: 21/12/88
Born: East London
Lives: Poplar
Club: Victoria Park & Tower Hammlets
HiPAC: Lee Valley
Coach: Christopher Zah
Agent: MTC
Kit: Nike

ANIKE SHAND-WHITTINGHAM

International Highlights
2007 European Junior 100m 6th & 4x100m gold

National Championships
2006 English Schools U19 100m bronze, 2007 England U20 100m silver & 200m 4th, 2008 England U20 100m 4th; England U20 Indoor 60m gold; England U20 Indoor 200m 4th

Personal Bests
Outdoor: 100m 11.60m (2008), 400mh 56.09 (2008)
Indoor: 60m 7.54 (2008), 200m 24.28 (2008)

Profile
Funding: Talent
DOB: 13/8/89
Born: Lewisham
Lives: London
Club: Blackheath & Bromley Harriers
HiPAC: West London
Coach: Clarence Callender
Agent: Stellar
Kit: Nike

Career summary
Before taking up athletics Anike was a very successful gymnast, winning many gold medals in various competitions during her nine years in the sport.

When not competing Anike likes to shop.

Has a tattoo with “Strength & Prosperity” on her back.

Took part in the SPAR Sprints Initiative.
LYNSEY SHARP

International Highlights
2007 World Youths 800m sf, 2008 World Juniors 800m sf; Commonwealth Youth Games 800m bronze

National Championships
2004 AAA U15 800m gold; AAA U15 Indoor 800m gold, 2006 AAA Indoor U17 800m silver, 2007 England U20 800m 4th

Personal Bests
Outdoor: 400m 55.51 (2008), 800m 2:04.44 (2008),

Career summary
Lynsey says her greatest achievement of her career so far was winning an 800m bronze medal at the 2008 Commonwealth Youth Games in India.

She has a superstition of always wearing a specific pair of socks for her races.

She is a supporter of Glasgow Rangers FC.

Her father is Cameron Sharp, winner of 200m silver at European Championships and 200m bronze at Commonwealth Games.

KEIRAN SHOWLER-DAVIS

National Championships
2006 AAA U15 Indoor long jump gold, 2007 England U17 100m 6th & 200m bronze; England U17 Indoor long jump gold; English Schools U17 long jump 4th; UK School Games long jump bronze, 2008 England U17 100m silver; England U17 Indoor 60m gold & long jump silver; English Schools U17 200m silver

Personal Bests

Career summary
He won the Hampshire plate final with his high school rugby team.

Kieran’s Brother Dean is also an athlete, competing for Great Britain in the Decathlon.

His hobbies include watching and playing American football and he supports NFL team Philadelphia Eagles.

He believes that everything happens for a reason.
JEMMA SIMPSON

International Highlights
2000 Commonwealth Youth gold,
2002 World Juniors 4th,
2003 European Juniors bronze,
2005 European U23 silver,
2006 Commonwealth Games 6th; Europeans sf,
2007 Worlds sf
2008 World Indoors 1500m ht; Olympics ht

National Championships
2000 AAA Indoor U17 800m gold,
2000, 2002-3 AAA U20 800m gold,
2007 UKA 800m gold,
2008 UKA Indoor 1500m gold

Personal Bests
Outdoor: 400m 55.8 (2001), 800m 1:59.17 (2008),
1500m 4:10.08 (2007)
Indoor: 800m 2.01.25 (2008), 1500m 4.11.17 (2008)

Career summary
Jemma had a brilliant junior career as an 800m runner but missed
the whole of her first year as a senior due to a long-standing foot
problem, which was followed by a hamstring injury. Her mother
competed for Great Britain in the World Championships at karate.
She completed a degree in English at St Marys.

HAZEL SIMPSON

International Highlights
1998 Worlds 400m silver & 100m bronze,
2000 Paralympics 100m gold & 400m 4th,
2002 Worlds 100m silver & 200m silver,
2003 Europeans 100m gold & 200m gold,
2004 Paralympics 100m silver & 200m silver,
2005 Europeans 100m gold & 200m silver,
2006 Worlds 200m bronze & 100m 4th,
2008 Paralympic World Cup 200m 5th & 100m 4th,
2008 Paralympics 200m bronze & 100m bronze

Personal Bests
100m 15.19 (2004), 200m 31.98 (2004)

Career summary
One of the most decorated athletes in the British team, winning
countless championship medals at Paralympic, World and
European level since winning 400m silver and 100m bronze at the
1998 World Championships.

She maintained her incredible sequence by winning bronze in both
the 100m and 200m at the 2008 Beijing Paralympics.

Hazel also used to take part in swimming and horse riding, but
concentrated on athletics when she discovered sprinting and
success soon followed.
ALEX SMITH

**International Highlights**
- 2004 Commonwealth Youth Games gold,
- 2005 World Youth bronze,
- 2006 World Juniors 10th,
- 2007 European Juniors 4th (All hammer)

**National Championships**
- 2006 AAA U20 gold, 2007 England U20 gold,
- 2008 England U23 silver; UKA bronze

**Personal Bests**
- Outdoor: HT 69.56 (2008)

**Career summary**
He considers winning gold at the Commonwealth Youth Games and bronze at the World Youth Championships to be amongst his greatest achievements in athletics.

Alex has had success outside of athletics and played Rugby League for Hull and district at under-12 age level.

His father Dave was Commonwealth champion in hammer in 1986 and Alex believes he has been the biggest influence in getting him into sport and setting Alex targets to chase.

He is currently training to be an electrical technician and is in the second year of an apprenticeship.

CHRISTOPHER SMITH

**International Highlights**
- 2008 World Junior 800m ht

**National Championships**
- 2006 English Schools U19 400m 6th,
- 2007 England U20 400m 7th; England U20 Indoor 400m 5th;
- English Schools U19 400m 5th
- 2008 England U20 800m bronze; England U20 Indoor 800m silver

**Personal Bests**
- Outdoor: **200m** 22.7 (2006) 22.93 (2008), **400m** 47.94 (2007), **800m** 1:48.20 (2008)

**Career summary**
Christopher, who is a freelance photographer in his own time, participated in Spar Sprints in 2005.

He is currently studying at Birmingham University.
**PETER SMITH**

*International Highlights*
- 2007 World Youth 7th,
- 2008 Commonwealth Youth Games gold

*National Championships*
- 2005 AAA U17 silver,
- 2006 AAA U17 gold; English Schools U17 gold,
- 2008 England U20 gold

*Personal Bests*
- Outdoors: 110m 6.70m (2007),
- 100m 11.50m (2007),
- High Jump 1.75m (2007),
- 400m 52.19 (2008),
- 800m 2:07.34 (2008),
- Triple Jump 15.08m (2007).

*Career summary*
Peter is the younger brother of Alex Smith, who won hammer bronze at the 2005 World Youth Championships and was 4th in the 2007 European U20 Championships.

Peter is a former rugby league player. He is currently doing an apprenticeship in engineering.

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**KELLY SOTHERTON**

*International Highlights*
- 2004 Olympics heptathlon bronze, 2005 European Indoors pentathlon silver, 2006 Commonwealth Games heptathlon gold, 2007 European Indoors pentathlon silver; Worlds heptathlon bronze, 2008 Olympics heptathlon 4th & 4x400m 5th; World Indoors pentathlon silver

*National Championships*
- 1995 AAA U20 heptathlon gold, 2001-3 AAA Indoor pentathlon gold, 2002 AAA long jump gold, 2005-6 AAA long jump gold, 2007 UKA long jump gold, 2008 UKA long jump silver & high jump bronze; UKA Indoor long jump gold & high jump bronze

*Personal Bests*

*Career summary*
Kelly’s major breakthrough came when winning bronze at the 2004 Olympic Games. In 2006 she won the Commonwealth Games heptathlon title with a score of 6396. It was later revealed that she had won despite having a broken bone in her back. As a youngster she won two English Schools titles at heptathlon. After clocking a very impressive 52.47 for 400m during the indoor season she went on to represent GB & NI in the 4x400m at the European Cup and Olympics.
ANDREW STEELE

International Highlights
2005 European U23 400m sf & 4x400m silver, 2006 Commonwealth Games 4x400m 4th, 
2007 Worlds 400m ht & 4x400m 6th, 2008 Olympics 400m sf & 4x400m 4th

National Championships
2007 UKA 400m gold

Personal Bests
Outdoor: 100m 10.69 (2007), 200m 21.11 (2007), 400m 44.94 (2008)
Indoor: 400m 47.61 (2006)

Career summary
Andrew was a promising English Schools athlete who won the 400m at intermediate level. Andrew gradually improved as a 400m runner, making a major breakthrough in 2007 when winning the UK title in 45.70. He continued his progress by breaking the 45 second barrier with 44.94 when winning his first round heat at the 2008 Beijing Olympics.

The son of ITV’s ‘This Morning’ doctor, Chris Steele, his brother is a professional musician who has played for Brand New Heavies and Errol Brown.

Profile

NATHAN STEPHENS

International Highlights

Personal Bests
JT 38.57 (2008), SP 12.64 (2008), DT 40.16 (2008)

Career summary
At the age of 9 Nathan had both legs amputated after he was run over by a freight train. He first started athletics when he was 14 after his coach spotted him. Since then he has won gold medals for all three of his events in the DSE British Open Athletics Championships, at the Junior World Championships and Belgium Open Athletics Championships amongst many other competitions.

Nathan is a talented sportsman who represented Great Britain in the 2006 Paralympic Winter Games in Turin in Ice Sledge Hockey. He wants to be the first British athlete to medal at both winter and summer Paralympics.

He narrowly missed out on a medal at the 2008 Paralympic Games, placing 4th but has his sights firmly set on London 2012.

Profile
RICKY STEVENSON

International Highlights
2006 European Junior CC 57th,
2007 European Junior Champs 1500 ht

National Championships
2005 English Schools U17 1500 silver,
2006 AAA U20 1500 8th; English CC U17 silver; English Schools
U19 1500 8th
2007 England U20 1500 gold,
2008 UK 1500 7th; English CC U20 8th

Personal Bests
Outdoor: 400m 50.2 (2008), 800m 1:50.79 (2008),
1000m 2:37.37 (2008), 1500m 3:42.55 (2008), 1M 4:00.34 (2008),
Indoor: 3000m 8:15.87 (2007)

Career summary
Ricky, who studies sports science at the University of Teesside,
played football at county level when he was younger.

Hobbies of Ricky’s include playing golf and socialising.

Profile
Decathlon
Funding: Talent
DOB: 4/11/88
Born: Middlesborough
Lives: Saltburn by the Sea
Club: New Marske Harriers
HiPAC: Loughborough
Coach: Steve Shaw
Agent: Kit:

STEVIE STOCKTON

International Highlights
2007 European Junior 3000m 6th; World CC U20 52nd

National Championships
2005 AAA U17 3000m 5th; English Schools U17 1500m silver,
2006 English Schools U19 3000m 15th,
2007 English Schools U19 1500m gold; England 3000m 5th

Personal Bests
Outdoor: 800m 2:10.8 (2007), 1500m 4:22.65 (2007),

Career summary
Stevie’s coach Andy Carter is her greatest influence as he
motivates her to keep achieving.

She has a tattoo of a Japanese symbol, which means “to win”.

Profile
3000m
Funding: Talent
DOB: 23/8/89
Born: West Germany
Lives: Crewe
Club: Vale Royal AC
HiPAC: Loughborough
Coach: George Gandy, Andy Carter & Shaun McGrath
Agent:
RACHEL STRINGER

International Highlights
2007 European Youth Olympics 800m 7th,
2008 Commonwealth Youth Games 800m silver

National Championships
2006 UK School Games 800m gold; English Schools U17 800m 4th; AAA U17 800m 4th; AAA U17 Indoor 800m 4th,
2007 English Schools U19 800m gold; England U20 800m 5th; England U20 Indoor 800m gold,
2008 England U20 800m silver; England U20 Indoor 800m gold;
UK Indoor 800m 4th; English Schools U19 800m gold

Personal Bests
Outdoor: 400m 56.4 (2008) 57.50 (2006), 800m 2:05.31 (2008),
1500m 4:32.44 (2008)
Indoor: 800m 2:06.91 (2008)

Career summary
Rachel, a qualified lifeguard, uses gold pins for the numbers on her racing vests.
Supports Nottingham Forest Football Club
When she was younger Rachel took part in Aviva Sports:hall but has more recently worked as a coach at Aviva Star:track.

ANDREW SUTCLIFFE

International Highlights
2008 Commonwealth Youth Games 4th

National Championships
2007 England U17 Indoor bronze; UK School Games bronze,
2008 England U20 bronze; England U20 Indoor 5th

Personal Bests
Indoor: PV 4.92 (2009)

Career summary
Prior to taking his athletics path, Andrew played both rugby and football.
He is studying a BTEC National Diploma in Sport at the moment as well as learning to drive.
He also supports Manchester United.
**JENNIFER TAKER**

**International Highlights**
2007 World Youth 100m ht

**National Championships**
2006 AAA U17 100m silver; English Schools U17 80m gold, AAA U17 Indoor 60m bronze & 60mh bronze, 2007 England U20 100m 5th; England U20 Indoor 60m gold,

**Personal Bests**
Outdoor: 100m 11.73w/11.78 (2007), 200m 25.2/25.43w (2007), 100mh 14.92 (2007)
Indoor: 60m 7.49 (2007), 60mhl 8.70 (2005)

**Career summary**
Jennifer is a promising young sprinter and hurdler and regards racing at the World Youths to be the greatest achievement of her career so far.

Jennifer took part in Aviva Sportshall and SPAR Sprints as a young athlete.

**Profile**

**100m**
Funding: Talent
DOB: 16/3/90
Born: Manchester
Lives: Manchester
Club: Trafford AC
HiPAC: Loughborough
Coach: Tom Crick
Agent: 
Kit: 

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**JOE THOMAS**

**National Championships**
2008 England U23 800m gold; UKA 800m 4th

**Personal Bests**
Outdoor: 400m 48.4/49.05 (2007), 800m 1:46.20 (2008), 1k 2:19.91 (2008), 1500m 4:02.2 (2008)
Indoor: 400m 48.46 (2009), 800m 1:48.50 (2009)

**Career summary**
Has had some success outside athletics, representing his district at junior rugby and also playing for his local football team up to the age of 15.

His hobbies include music, fashion and daring hair colours, which change throughout the year.

He is currently studying for a sports coaching degree at UWIC and has a tattoo of a running spike on his left ankle

Joe competed in Aviva Startrack and Aviva Sportshall in 1998

**Profile**

**800m**
Funding: Development
DOB: 29/1/88
Born: Pontypridd
Lives: Pontypridd
Club: Cardiff AAC
HiPAC: 
Coach: Arwyn Davies
Agent: 
Kit: 

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KADIA-ANN THOMAS

International Highlights
2003 European Juniors 4x100m silver; World Youths 100m 6th,
2005 European Juniors 100m 6th,
2007 European U23s 200m 6th

National Championships
2006 England 100m 4th,
2007 England U20 100m gold; England U20 Indoor 60m bronze,
2008 England U23 100m bronze

Personal Bests
Indoor: 60m 7.39 (2007)

Career summary
Kadi-Ann works part-time in a gym when she is not competing and has a degree in sports science, which she gained at Brunel University.
She is a member of the Haribo Club and gets sent free sweets on her birthday.

KATARINA THOMPSON

National Championships
2006 English Schools U15 high jump bronze, AAA U15 high jump gold,
2007 English Schools U17 Indoor pentathlon gold; England U15 pentathlon gold & high jump gold & long jump gold; English Schools U15 high jump gold; England U15 Indoor pentathlon gold & high jump gold & long jump gold,
2008 England U20 heptathlon gold; England U17 high jump & long jump gold; England U17 Indoor 300m, high jump & long jump gold; English Schools U17 high jump gold; UK School Games high jump gold

Personal Bests
Outdoor: 100m 12.35 (2008), 200m 24.49 (2008), 800m 2:21.68 (2008),
Indoor: 60m 7.76 (2009), 800m 2:23.36 (2007), 60mH 9.05 (2009),
60mHI 9.13 (2008), LJ 6.11 (2008), SP 10.15 (2009), Pen 3944 (2008),

Career summary
Katarina did classic ballet until the age of nine and once appeared as an extra in TV program Mersey Beat.
The youngster from the North West also supports Liverpool FC.
Has participated in Aviva Sportshall as a young athlete.
She won eight National titles in 2007 and then eight more in 2008.
SHAUNNA THOMPSON

International Highlights
2006 GB International Match Indoor U17 60m 3rd,
2008 World Juniors 200m sf; Commonwealth Youth Games 100m
& 200m gold

National Championships
2005 AAA U15 200m gold; English Schools U15 200m gold,
2006 AAA U15 100m gold; AAA U15 200m gold; AAA U15 Indoor 60m
gold; AAA U15 Indoor 200m silver; English Schools U15 200m gold,
2007 England U17 200m silver; England U17 Indoor 60m gold;
England U17 Indoor 200m gold; UK School Games 100m silver,
2008 England U20 200m silver; England U17 100m silver; England
U17 200m gold; England U17 Indoor 60m gold; England U17
Indoor 200m gold; UK School Games 200m gold

Profile
Funding: Talent
DOB: 8/4/92
Born: Manchester
Lives: Manchester
Club: Sale Harriers
HiPAC: Birmingham
Coach: Robert Gaisie
Agent: Stellar
Kit: Nike

Personal Bests
Outdoor: 100m 11.46 (2008), 200m 23.42 (2008), LJ 5.41w/5.31 (2006)
Indoor: 60m 7.46 (2009)

Career summary
Shaunna says she gets great advice from Darren Campbell, whose
advice has helped her grow as an athlete. She has a family friend,
Nathan Eccleston, who plays for Liverpool FC.

She believes she has to eat the same thing at competitions or thinks
she won’t run well.

DEJI TOBIAS

International Highlights
2008 Commonwealth Youth Games 100m 4th

National Championships
2005 AAA U15 100m silver; AAA U15 200m bronze,
2006 AAA U15 100m gold; AAA U15 200m silver; AAA U15 Indoor
60m gold; AAA U15 Indoor 200m gold; English Schools U15 100m
silver,
2007 England U17 Indoor 60m bronze; English Schools U17 100m
4th; UK School Games 100m silver,
2008 England U17 100m & 200m gold; English Schools U17 100m
gold; UK School Games 100m gold

Profile
Funding: Talent
DOB: 31/10/91
Born: London
Lives: Rushden
Club: Windsor, Slough, Eton & Houndslow
HiPAC: West London
Coach: Simon Duberley
Agent: Stellar
Kit: Nike

Personal Bests
Indoor: 60m 6.88 (2009)

Career summary
Deji ended the 2008 season as the top ranked 100m sprinter for the
U17 age group, with a best of 10.52. He won the English Schools
Intermediate 100m title in July and then the England Athletics 200m
U17 title in August. Deji went on to win the UK School Games 100m
title and was then selected for the Commonwealth Youth Games in
India, where he finished 4th in the 100m in 10.52. He was voted
young athlete of 2008 by England Athletics.

In his spare time he supports Arsenal FC.
ROB TOBIN

International Highlights
2001 European Juniors 4x400m silver & 400m 6th, 2002 World Juniors
400m ht, 2003 European U23 4x400m 6th, 2005 European U23 400m
gold & 4x400m silver; Worlds 400m sf & 4x400m 4th, 2006
Commonwealth Games sf 400m & 4th 4x400m; Europeans 400m sf &
4x400m silver, 2007 European Indoors 400m bronze & 4x400m gold;
Worlds 4x400m 6th, 2008 Olympics 4x400 4th; World Indoors 4x400 5th

National Championships
2001 AAA U20 400m gold, 2004 AAA Indoor 400m gold, 2006 AAA
Indoor 400m gold

Personal Bests
Outdoor: 100m 10.70 (2007), 200m 21.31 (2006), 400m 45.01 (2005),

Career summary
Rob was a promising young footballer who was on the books of three
top teams. Yet the Southampton supporter decided to favour athletics
and quickly claimed English Schools titles as a junior.

Robert has a degree in management sciences and accounting from
University of Southampton. Just a month after finishing the course in
2005 he ran his PB of 45.01 for 400m in Geneva, Switzerland.

He uses the same safety pins for each race. Robert’s older sister,
Helena, was a good standard middle distance runner and his mother,
Jacqueline Chidlow, was an English Schools medallist.

CHRIS TOMLINSON

International Highlights
Games 6th; Europeans 6th; World Cup 6th, 2003 World Indoors 11th;
Worlds 9th, 2004 World Indoors 6th; Olympics 5th, 2005 European
Indoors 9th; Worlds 14th, 2006 Commonwealth Games 6th;
Europeans 9th, 2007 European Indoors 5th; Worlds 16th, 2008 World
Indoors silver; Olympics 27th [All long jump]

National Championships
2000-1, 2003-4 AAA Indoor gold, 2004 AAA gold, 2007 UKA gold,
2008 UKA Indoor gold [All long jump]

Personal Bests
10.61w, 10.6 (2001), 200m 21.55 (2004)
Indoor: 60m 6.87 (2003), LJ 8.18 (2008), TJ 15.31 (2000)

Career summary
Chris showed great raw talent at both long and triple jumps and
won eight AAA age group titles. Despite breaking both his wrists
in a weight training accident in 2002, he returned in April of that
year to break Lynn Davies’ 34 year old British long jump record
with 8.27m in Tallahassee.

In 2008, he married his west end actress and a former Miss
Newcastle Lucia Rovardi. Won his first global medal when taking
silver at the 2008 World Indoors with 8.06m.
**LAURA TURNER**

**International Highlights**
- 2003 European U23 4x100m 6th,
- 2005 Worlds 4x100m ht; World University Games 5th,
- 2006 World University Games 100m 4th & 4x100m silver;
- Commonwealth Games 100m 4th; Europeans 4x100m silver,
- 2007 Worlds 4x100m 4th & 100m sf,
- 2008 Olympics 100m ht; World Indoors 60m sf

**National Championships**
- 2004 AAA U23 200m gold,
- 2005 AAA 100m gold,
- 2007 UKA Indoor 60m gold,
- 2008 UKA Indoor 60m gold

**Personal Bests**
- Outdoor: 100m 11.19, 11.09w (2007), 200m 23.29 [2007], 400m 56.55 [2007]
- Indoor: 60m 7.25 [2007]

**Career summary**
Laura was a sprint hurdler in her early career, winning the Junior Inter-Area race in 2001 with a PB of 14.35w, turning to sprinting from 2002.

Having been at Brunel University where she studied for an MSc in physiology, she works as a part-time health adviser. Laura can also play flute, clarinet and saxophone.

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**STEPHANIE TWELL**

**International Highlights**
- 2005 World Junior CC 60th; European Junior CC 7th,
- 2006 World Junior CC 31st; World Juniors 1500m 8th; European Junior CC gold,
- 2007 European Junior 1500m silver; European Junior CC gold,
- 2008 World Juniors 1500m gold; Olympics 1500m ht; European Junior CC gold

**National Championships**
- 2004 England CC U15 gold, 2005 AAA U20 3000m gold,
- 2006 English Schools U19 3000m gold, 2008 England U20 1500m gold; England U20 CC gold

**Personal Bests**
- Outdoor: 400m 58.19 [2006], 800m 2:06.15 [2007], 1500m 4:05.83 [2008], 1M 4:28.16 [2007], 3000m 8:50.89 [2008], 5000m 15:47.53 [2007], Road 10km 33:56 [2006], HMar 77:27 [2007].

**Career summary**
At 15 Stephanie was the youngest member of the 2005 British team at the World Championships.

She made history in 2008 as the first athlete ever to win three consecutive European cross country titles.

She is currently studying Strength and Conditioning Science at St Mary’s University College, wears a lucky London 2012 pin every day.
**SOPHIE UPTON**

**Profile**

**Pole Vault**
- Funding: Talent
- DOB: 21/10/90
- Born: Chippenham, Wiltshire
- Lives: Melksham
- Club: Windsor, Slough, Eton & Hounslow
- HiPAC: West London
- Coach: Tim Snowdon
- Agent:
- Kit:

**National Championships**
- 2006 UK School Games silver,
- 2007 England U20 bronze; England U17 bronze; England U17 Indoor bronze; English Schools U17 silver; UK School Games gold,
- 2008 England U20 Indoor bronze; English Schools U17 gold

**Personal Bests**
- Outdoor: PV 3.80 (2007)
- Indoor: PV 3.80 (2009)

**Career summary**
- As well as success in athletics Sophie has also had success competing in gymnastics.
- Took part in Aviva Sportshall as a young athlete.

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**NATHAN WAKE**

**Profile**

**400m**
- Funding: Talent
- DOB: 8/8/92
- Born: Hertfordshire
- Lives: Hertfordshire
- Club: Herts Phoenix AC
- HiPAC: Lee Valley
- Coach: Ayo Falola
- Agent:
- Kit:

**National Championships**
- 2006 AAA U15 400m Bronze; English Schools U15 400m bronze,
- 2007 England U17 400m gold; English Schools U17 400m silver;
- UK School Games 400m gold
- 2008 UK School Games 400m silver

**Personal Bests**
- 800m 1:57.3 (2008)

**Career summary**
- Nathan set UK age 14 records over 400m during 2007.
- His sister Laura is also a talented sprinter over 200m.
- Previously Nathan has taken part in Aviva Sportshall. Outside interests include playing the drums.
**RICK WARD**

**International Highlights**
- 2008 World Juniors 800m sf

**National Championships**
- 2005 AAA U17 silver,
- 2006 AAA U20 Indoor bronze; English Schools U19 bronze,
- 2008 England U20 silver; England U20 Indoor gold

**Personal Bests**
- Outdoor: 800m 1:48.06 (2008), 1500m 3:54.54 (2008), 1M 4:18.78 (2006), 3000m 8:43.71 (2007)
- Indoor: 800m 1:50.54 (2009)

**Profile**
- **800m**
  - Funding: Talent
  - DOB: 14/6/89
  - Born: Norwich
  - Lives: Norwich
  - Club: City of Norwich AC
  - HiPAC: West London
  - Coach: Craig Winrow
  - Agent:
  - Kit:

**Career summary**
- Fellow athlete Andy Vernon is a big influence on Rick’s career because he trains hard and is dedicated.
- He has played county badminton and water-skied and is now studying at St Mary’s University.
- He supports Norwich City FC.
- Rick has two tattoos.

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**LAURA WEIGHTMAN**

**National Championships**
- 2006 UK School Games 1500m gold; English Schools U17 1500m 4th,
- 2007 England U17 800m silver; English Schools U17 1500m gold;
- UK School Games 1500m gold,
- 2008 English Schools U19 1500m gold

**Personal Bests**
- Outdoor: 400m 58.8 (2008), 800m 2:08.20 (2008),
- 1500m 4:22.20 (2008), 3000m 9:38.6 (2008)

**Career summary**
- Laura considers winning the English Schools 1500m at an intermediate and senior level her greatest achievements so far.
- She has a part-time job in a restaurant when she is not busy with her athletics.
- She also supports Newcastle United FC.
- As a young athlete Laura attended Aviva Sportshall.
DAVID WEIR

International Highlights
2004 Paralympics 100m silver & 200m bronze,
2005 Europeans 100m bronze & 200m silver & 400m gold,
2005 Worlds (non disabled) 100m & 200m gold [demonstration],
2006 Worlds 100m, 400m & 1500m gold & 200m silver,
2006 Europeans (non disabled) 1500m gold,
2007-8 Paralympic World Cup 1500m gold & 400m gold,
2008 Paralympics 400m silver & 5000m bronze & 800m gold &
1500m gold

National Championships
2003 Flora London Marathon silver,
2004-5 Flora London Marathon bronze,
2003 & 2005 Great North Run gold

Personal Bests
100m 14.01 (2007), 200m 24.49 WR, ER (2006) 400m 46.02 (2008),
800m 1.33.09 NR (2007), 1500m 2.55.72 NR (2007), 5000m 9.54.82
NR (2007), Marathon 1 hour 27.46 (2007)

Career summary
David competed at the 1996 Atlanta Games and then dropped out of the
sport for a few years, missing the Sydney Games in 2000. He returned in
Athens where he won 100m silver and 200m bronze. In 2008, he became
one of the UK’s greatest ever Paralympians, winning four medals in Beijing;
gold in the 800m and 1500m. In January 2009 he was awarded the MBE.

DANIEL WEST

International Highlights
1996 Paralympics shot bronze,
1998 Worlds shot silver,
2000 Paralympics Sydney discus bronze
2003 Europeans shot bronze,
2002 Worlds shot silver & discus bronze,
2004 Paralympics discus silver,
2005 Europeans discus bronze,
2006 Worlds discus silver & shot silver,
2008 Paralympic World Cup shot gold,
2008 Paralympics discus 6th & hot 8th

Personal Bests
Discus 40.16m (2007)
Shot 11.13m (2008)

Career summary
As a youngster, Daniel competed in both wheelchair basketball
and swimming but preferred athletics and chose to concentrate
on the shot and discus.

He works at Loughborough University in the area of disability
sport. He has a degree in leisure studies with sports development
from Colchester Institute.
ABBY WESTLEY

International Highlights
2005 European Juniors 800m ht,
2006 European Junior CC 10th,
2007 European U23 gold; Worlds sf

National Championships
2006 AAA U20 800m 4th

Personal Bests
Outdoor: 800m 2:03.24mx, 2:03.90 (2007), 1500m 4:08.74 (2007)

Career summary
Before pursuing a career in athletics Abby was a county level swimmer, giving it up in order to do what she now does.

In 2009 she hopes to graduate from Loughborough University with a degree in psychology.

Abby enjoys making cards, baking and supports Sheffield Wednesday FC, she used to be a season ticket holder at Hillsborough.

Profile

Funding: Development
DOB: 15/7/87
Born: Sheffield
Lives: Loughborough
Club: Loughborough Students AC
HiPAC: Loughborough
Coach: George Gandy
Agent: George Gandy
Kit: George Gandy

BEN WILLIAMS

International Highlights
2008 GBR v Netherlands (Indoor) triple jump silver;
Commonwealth Youth Games triple jump silver

National Championships
2006 AAA U15 bronze
2007 England U17 bronze; England U17 Indoor 4th
2008 England U20 gold; England U17 silver; England U17 Indoor silver; English Schools U17 gold
(All triple jump)

Personal Bests

Career summary
Ben, who played football at Academy Level, says his coach has been the biggest influence on his career.

His Granddad was a PGA Golfer and his stepbrother an academy footballer.

Ben likes to shop and model when he is not training or competing.
CLAIRE WILLIAMS

International Highlights
2004 Paralympics discus 5th,
2008 Paralympic World Cup discus 10th,
2008 Paralympics discus 5th

Personal Bests
Discus 37.50m (2006)

Career summary
Claire was keen on Jujitsu before she began athletics at the age of 12, and she was hooked. Since then she has become Senior UK record holder in the discus as well as the British Champion and has also been junior World record holder.

In 2004 she was the youngest Welsh athlete to compete at a Paralympic Games. Claire also competes against non-disabled athletes and has been Welsh Schools Champion in both Hammer and Discus and the Welsh Champion in the discus.

Claire is based at Loughborough, her training partner is Paralympian Kenny Churchill. However outside of athletics she admits there is little time for any other hobbies except supporting the Welsh rugby team.

In Beijing she repeated her performance from the 2004 Athens Paralympics, placing 5th in the discus

Profile
Discus, F12
Funding: Podium
DOB: 29/9/87
Born: Loughborough
Lives: Loughborough
Club: Carmarthen Harriers
HiPAC: Loughborough
Coach: James Edwards
Agent: Pace Sports Management
Kit: Nike

SIMEON WILLIAMSON

International Highlights
2005 European Juniors 100m silver,
2007 European U23 100m gold; World University Games 100m gold,
2008 Olympics 100m qf & 4x100m ht; World Indoors 60m 7th

National Championships
2005 AAA U20 60m Indoors gold; 2005 AAA U20 100m gold,
2007 England U23 100m gold

Personal Bests
Outdoor: 100m 10.03 (2008), 200m 21.65 (2009)
Indoor: 60m 6.57 (2008)

Career summary
Simeon’s big breakthrough season was 2005, where he won a junior sprint double indoors and outdoors over 60m and 100m. He was the second fastest junior in the world that year, beaten only by Craig Pickering, behind whom he won the European Junior silver medal, beaten by just 0.01. In 2007 he overturned the formbook to beat Pickering 10.10 to 10.14 to take the gold at the Europeans U23.

Later that year he won 100m gold at the World University Games, an event he effectively won twice after a false start was belatedly detected by the officials and the race was re-run the following day.

He is the second cousin of GB & NI high jump international and olympic medalist Germaine Mason.

Profile
100m
Funding: Podium
DOB: 16/1/86
Born: London
Lives: Enfield
Club: Highgate Harriers
HiPAC: Lee Valley
Coach: Lloyd Cowan
Agent: Pace Sports Management
Kit: Nike
PAUL WILLIS

International Highlights
2008 Paralympic World Cup 400m 4th

National Championships
2007 UK School Games 100m

Personal Bests
100m 12.58 (2008), 200m 25.40 (2008), 400m 56.26 (2008)

Career summary
Paul, whose brother plays football, plays Goalball when he is not competing.

He enjoys listening to music and can also play the base drum.

Competed in Aviva Startrack as a youngster.

Biggest achievement so far is competing at the Olympic Trials in Birmingham (guest race). Paul is still in full time education. Got started by taking part in Aviva Startrack.

Profile

Funding: Talent
DOB: 4/8/92
Born: Halifax
Lives: Halifax
Club: Halifax Harriers
HiPAC: Birmingham
Coach: Brian Scobie
Agent: Professional Sports
Kit: adidas

SHELLEY WOODS

International Highlights
2005 Europeans 5000m bronze,
2006 Worlds marathon bronze & 1500 8th & 5000m 4th,
2007 Worlds 1500m 7th

National Championships
2005 Great North Run gold; Flora London Marathon silver,
2006 Great North Run silver; Flora London Marathon silver,
2007 Flora London Marathon gold; New York Marathon silver

Personal Bests
100m 19.2 (2008), 200m 31.91 (2007), 400m: 58.04 (2007),
800m 1:50.03 (2008), 1500m 3:25.36 (2007),
5000m 11:40.27 (2007), 10k 25.16 (2008), Marathon 1:40.03 (2008)

Career summary
Shelly fell 20ft from a tree when she was 11 resulting in a spinal cord injury. She first hit the headlines when finishing second in the 2005 London Marathon, behind Italy’s Francesca Porcellato and ahead of GB Paralympic legend Dame Tanni Grey-Thompson.

On her Paralympic debut, Shelly enjoyed a successful Games, winning 1500m silver, 5000m bronze and a just missed out on a third medal in the marathon, finishing 4th after a sprint finish.

The 5000m bronze medal was won in controversial circumstances. Shelly was awarded silver originally, even going as far as a medal ceremony. But following a protest regarding a crash on the penultimate lap, the race was re-run two days later and Shelly took bronze.
**NATHAN WOODWARD**

**International Highlights**
2007 European Junior 400mh 7th,
2008 World Juniors 400mh ht

**National Championships**
2005 English Schools U17 400mh silver,
2006 AAA U20 400mh bronze; AAA U17 400mh gold; AAA U17 Indoors pentathlon gold & 800 gold, English Schools U17 400mh gold; UK School Games 400mh gold,
2007 English Schools U19 400mh gold,
2008 England U20 400mh gold

**Personal Bests**
Outdoor: **200m** 22.7 (2007), **400m** 48.10 (2007),
**800m** 1:52.7 (2008), **400mh** 51.50 (2007)
Indoor: **800m** 1:55.83 (2006)

**Career summary**
As a young athlete Nathan came through both the Aviva Startrack and Aviva Sportshall events.

**Profile**

**400m Hurdles**

**Funding:** Talent
**DOB:** 17/10/89
**Born:** Solihull
**Lives:** Nr Coleshill/ Loughborough Uni
**Club:** Tamworth AC
**HiPAC:** Loughborough
**Coach:** Nick Dakin
**Agent:**
**Kit:** Nike

---

**BETHANY WOODWARD**

**National Championships**
2007 UK School Games 100m silver

**Personal Bests**
**100m** 16.21 (2007), **200m** 34.97 (2007)

**Career summary**
Young athlete Bethany is currently at school, where she has starred in two school drama productions. Her father is an actor.
She plans on getting the Olympic rings tattooed on her leg if she competes at a Games.

**Profile**

**100m, T37**

**Funding:** Development
**DOB:** 26/12/92
**Born:** Eastbourne
**Lives:** Christchurch
**Club:** Southampton
**HiPAC:** West London
**Coach:** Todd Bennett
**Agent:**
**Kit:**
MARA YAMAUCHI

International Highlights
1997 38th European CC, 1998 6th World Universities CC,
2005 27th World CC; Worlds marathon 18th; World Half Marathon 18th,
2006 Commonwealth Games 10000m silver; World CC 23rd;
Europeans 10000m 13th, 2007 Worlds marathon 9th, 2008 Olympics 6th

National Championships

Personal Bests
15:28.58 (2006), 10,000m 31:49.40 (2006), Road 10km 31:40+

Career summary
Mara made her international debut for Britain at the 1997 European
CC Championships but dropped out of athletics for a few years while
she worked as a diplomat in Japan for the Foreign & Commonwealth
Office. She married Shige Yamauchi while in Japan and returned to

She worked part-time for the FCO in London but returned to Japan
with her husband and was granted special unpaid leave by her work
be a full-time athlete. She is now, behind Paula Radcliffe, Britain’s
second fastest ever female at the marathon. Her sixth place finish in
Beijing equalled the best ever result by a British woman in an Olympic
marathon. Mara was named after the Mara river in Kenya, where she
lived until the age of 8 and her parents lived there for 25 years.

RICHARD YATES

National Championships
2002 English Schools U17 400m gold,
2008 Won UK 400mh gold; England U23 400mh gold

Personal Bests
Outdoor: 400m 47.57 [2007], 400mh 49.06 [2008]

Career summary
Richard has a law degree from Leeds University and can also
speak Spanish and French.

He supports Leeds United FC.

His 49.06 personal best is a UK U23 best for 400m hurdles.
Profile

100m
Funding: Development
DOB: 10/2/88
Born: East London
Lives: London
Club: Victoria Park & Tower Hamlets
HiPAC: Lee Valley
Coach: Christopher Zah
Agent: Stellar
Kit: Nike

International Highlights
2006 World Juniors 4x100m bronze,
2007 European Junior finalist

National Championships
2006 England 100m 4th,
2007 England U20 100m gold; England U20 Indoor 60m bronze,
2008 England U23 100m bronze

Personal Bests
Outdoor: 100m 10.22 [2008], 200m 21.29 [2006]
Indoor: 60m 6.63 [2008]

Career summary
Leevan thinks his greatest achievement is running for Great Britain and Northern Ireland and says coach Chris Zah is his biggest influence, keeping him focussed and being like a second father.

He has a BTEC National Diploma in fitness and sports development and his hobbies are music, computer games and playing basketball.
UKA HiPACs

High Performance Athletic Centres

UKA has developed in conjunction with the English Institute of Sport (EIS), four High Performance Athletic Centres (HiPACS) across the country. The centres of excellence enable coaches, physiotherapists, doctors and sports science staff to work with individual athletes to develop the “athlete coach pair”. The centres currently support more than 70 per cent of funded athletes.

The centres are:
West London HiPAC
Brunel University, Uxbridge, Middlesex UB8 3PH
Steve Paulding, HiPAC director
Spaulding@uka.org.uk

North London HiPAC
Lee Valley Athletics Centre, Meridian Way, Edmonton, N9 0AR
Eric Shirley, HiPAC director
eshirley@uka.org.uk

Loughborough
Loughborough University, Leicestershire, LE11 3TU
Matt Favier, HiPAC director
mfavier@uka.org.uk

Birmingham
Alexander Stadium, Walsall Road, Perry Barr, Birmingham B42 2LR
Alison Wyeth, HiPAC director
awyeth@uka.org.uk
The UKA Board:

Ed Warner – Chairman

Acting as a Non-Executive Chairman, Ed leads the Board of UKA and ensures that it is effective. He works closely with the Chief Executive and mentors and monitors his performance in delivering UKA’s 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.

Niels de Vos – Chief Executive

Niels has been Chief Executive of UKA since 1 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 that will take the sport of athletics to London 2012 and beyond.

Charles Bartholomew MA, FCA – Finance & Operations Director

Responsible for the Finance, HR, IT, Procurement, Athletics Services and Health and Safety teams, providing finance and support input and forward thinking to the Board and to the other teams in the organisation.

Dame Tanni Grey-Thompson – Non-Executive Director

Chair of UKA Anti-doping policy review.

Ian Fox – Non-Executive Director

Chairman of Audit Committee and Member of Remuneration Committee.

Roger Simons – Non-Executive Director – until 31 March 2009

Head of Track & Field Policy and Support Team. Vice President of the European Champion Junior Clubs organisation, Chair of the UKA National Officials and Appointments/Upgrading Committee and Chair of the UKA Eligibility Committee. Also a member of the 2012 working group.

John Taylor – Non-Executive Director

Chair of Remuneration Committee, Member of Audit Committee.

Jason Gardener – Non Executive Director

Oversight of World Class Performance Programme

Terry Colton – Non Executive Director - with effect from 20th January 2009

London 2012 Olympics Competition Manager for Athletics
UKA KEY COMMUNICATIONS CONTACTS

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Fast Track is a commercial and event management company, which looks after UKA’s sponsorship rights and TV event management.

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**For accreditation:**

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Email: abigail.thomas@fasttrackagency.com
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Official Broadcast Partner to UKA

Official Sponsors of UKA & the Aviva GB and NI Team

Official Partners for UKA Season of Televised Events:

Official Partners to UKA
### Major International Fixtures

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>6-8 March</td>
<td>European Indoor Championship</td>
<td>Turin, Italy</td>
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<tr>
<td>14-15 March</td>
<td>European Cup Winter Throwing</td>
<td>Tenerife, Spain</td>
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<tr>
<td>28 March</td>
<td>IAAF World Cross Country</td>
<td>Amman, Jordan</td>
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<tr>
<td>24 May</td>
<td>Paralympic World Cup</td>
<td>Manchester, UK</td>
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<td>20-21 June</td>
<td>SPAR European Team Championships</td>
<td>Leiria, Portugal</td>
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<tr>
<td>27-28 June</td>
<td>European Cup Combined Events</td>
<td>Szczecin, Poland</td>
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<tr>
<td>8-12 July</td>
<td>IAAF World Youth Championships</td>
<td>Bressanone, Italy</td>
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<tr>
<td>16-19 July</td>
<td>European U23 Championships</td>
<td>Kaunas, Lithuania</td>
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<tr>
<td>23-26 July</td>
<td>European Junior Championships</td>
<td>Novisad, Serbia</td>
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<tr>
<td>15-23 August</td>
<td>IAAF World Championships</td>
<td>Berlin, Germany</td>
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<tr>
<td>11 October</td>
<td>IAAF World Half Marathon Championships</td>
<td>Birmingham, UK</td>
</tr>
<tr>
<td>13 December</td>
<td>European Cross Country Championships</td>
<td>Dublin, Ireland</td>
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### Major British Fixtures

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>26 April</td>
<td>London Marathon</td>
<td>London</td>
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<td>17 May</td>
<td>Loughborough International</td>
<td>Loughborough</td>
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<tr>
<td>31 May</td>
<td>Bedford International Games</td>
<td>Bedford</td>
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<tr>
<td>27-28 June</td>
<td>Aviva England U23/ U20 Championships</td>
<td>Bedford</td>
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<td>10-12 July</td>
<td>Aviva World Trials &amp; UK Championships</td>
<td>Birmingham</td>
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<td>18-19 July</td>
<td>McCain Birmingham Games</td>
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<td>24-25 July</td>
<td>Aviva London Grand Prix</td>
<td>Crystal Palace</td>
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<td>25-26 July</td>
<td>McCain Challenge Jumps &amp; Throws Festival</td>
<td>Birmingham</td>
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<td>29 July</td>
<td>LEAP</td>
<td>Loughborough</td>
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<td>15-16 August</td>
<td>McCain UK Challenge Final &amp; BMC Final</td>
<td>Cardiff</td>
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<td>26 August</td>
<td>Celtic Cup</td>
<td>TBC</td>
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<td>31 August</td>
<td>Aviva British Grand Prix</td>
<td>Gateshead</td>
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<tr>
<td>6 September</td>
<td>Bristol Half Marathon &amp; World Trials</td>
<td>Bristol</td>
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</table>
## QUALIFYING STANDARDS

**IAAF World Youth Athletics Championships, Bressanone, Italy 8th to 12th July 2009**

<table>
<thead>
<tr>
<th>Event</th>
<th>Men Standards</th>
<th>UKA Standards</th>
<th>Women Standards</th>
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<tbody>
<tr>
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Those athletes eligible, but not selected – and only those athletes not selected - for the World Youth Championships, will be considered for the European Youth Olympic Festival in Tampere, Finland on 19-24 July

For full selection policies see: www.uka.org.uk
## QUALIFYING STANDARDS

**European U23 Athletics Championships, Kaunas, Lithuania 16th to 19th July 2009**

<table>
<thead>
<tr>
<th>Men A</th>
<th>UKA Standards</th>
<th>Women A</th>
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For full selection policies see: www.uka.org.uk
## Qualifying Standards

### European Junior Athletics Championships, Novi Sad, Serbia 23rd to 26th July 2009

<table>
<thead>
<tr>
<th></th>
<th>Men A</th>
<th>UKA Standards</th>
<th>Women A</th>
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For full selection policies see: www.uka.org.uk
### QUALIFYING STANDARDS

**IAAF World Athletics Championships, Berlin, Germany 15th to 23rd August 2009**

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* UKA standard higher than IAAF standard.

For full selection policies see: [www.uka.org.uk](http://www.uka.org.uk)
**QUALIFYING STANDARDS**

IAAF World Athletics Championships,  
Berlin, Germany 15th to 23rd August 2009

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* UKA standard higher than IAAF standard.

For full selection policies see: www.uka.org.uk
## GB ALL-TIME TOP TEN

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GB All Time lists and records are correct as of 8 Feb 2009.
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GB All Time lists and records are correct as of 8 Feb 2009
### GB All-Time Top Ten

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GB All Time lists and records are correct as of 8 Feb 2009.
### GB ALL-TIME TOP TEN

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**GB All Time lists and records are correct as of 8 Feb 2009**
### GB All-Time Top Ten

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*GB All Time lists and records are correct as of 8 Feb 2009*
### GB ALL-TIME TOP TEN

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GB All Time lists and records are correct as of 8 Feb 2009
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GB All Time lists and records are correct as of 8 Feb 2009
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**GB All Time lists and records are correct as of 8 Feb 2009**
## GB INDOOR ALL-TIME TOP TEN

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GB All Time lists and records are correct as of 8 Feb 2009.
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GB INDOOR ALL-TIME TOP TEN

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GB All Time lists and records are correct as of 8 Feb 2009
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International All Time lists and records are correct as of 30 Jan 2009
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International All Time lists and records are correct as of 30 Jan 2009
## European Records - Indoor

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International All Time lists and records are correct as of 30 Jan 2009
ATHLETE AGENTS

For up-to-date information please visit : www.uka.org.uk/media/athlete-agents

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Tel: 020 7298 0080
Fax: 020 7298 0099
Email: mark.brodie@stellargroup.co.uk