AVIVA GREAT BRITAIN AND NORTHERN IRELAND TEAM MANAGEMENT

TEAM STAFF:
- Team Leader: Alan Wyth
- Team Management: Lorna Dwyer
- Team Administrator: James Thomas
- Team Coach: Malcolm Arnold
- Team Coach: Tony Hadley
- Team Coach - Harry King
- Team Coach - Mark Proctor
- Team Coach - Graham Rawnsley
- Team Coach - Glynn Trimborn

BRITISH CHAMPIONS BY EVENT MEN

100 METRES - 1 Sonia Lannaman 1973 [11.63]
200 METRES - 1 Helen Golden/Hughes 1970 [22.76/22.76/22.76]
400 METRES - 1 Donna Fraser 1991 [52.36]
800 METRES - 1 Lydia Chukwu 1995 [2:00.36]
1500 METRES - 1 Samantha Murray 2005 [4:20.12]
3000 METRES - 1 Emily Diamond 2005 [9:16.71]
5000 METRES - 1 Emily Diamond 2005 [16:34.71]
10000 METRES - 1 Javelin Matthew Hunt, Daniel Pembroke
2000 METRES STEEPLECHASE - 0 None
3000 METRES STEEPLECHASE - 0 None
400 METRES - 1 Devynie Griffith-Parker 1993 [53.20]
800 METRES - 4
5000 METRES - 6
10000 METRES - 0
3000 METRES - 1
400 METRES HURDLES - 1
400 METRES STEEPLECHASE - 0
5000 METRES STEEPLECHASE - 0
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800 METRES - 1 Lydia Chukwu 1995 [2:00.36]
Clubs: Herts Phoenix  
Name: Laura Wake  
PB: 6.29m  
SB: 6.29m  
Coach: Guy Spencer
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Name: Lorraine Ugen  
SB: 2.05.47  
Event at this championship: 800m  
Coach: Liz McColgan
---

Name: Jenny Tan  
DOB: 09/03/91  
Event at this championship: 4x100m relay  
Coach: Carl Graham
---

Name: Olafunmi Sobodu  
DOB: 04/02/90  
Event at this championship: 1500m  
Coach: Carl Graham
---

Name: Stacey Smith  
PB: 51.18m (2007)  
Event at this championship: 4x100m relay  
Coach: Christine Bowmaker
---

Name: Lauren Bouchard  
PB: 13.57  
Event at this championship: High Jump  
Coach: Carol Jackson
---

Name: Ashley Bryant  
DOB: 17/07/90  
Event at this championship: 200m and 4x100m relay  
Coach: Dan Cossins
---

Name: Laura Webb  
DOB: 04/02/90  
Event at this championship: 100m hurdles  
Coach: Lloyd Cowan
---

Name: Louise Webb  
DOB: 04/02/90  
Event at this championship: 200m hurdles  
Coach: Lloyd Cowan
---

Name: Jade Williams  
DOB: 09/07/90  
Event at this championship: 10,000m  
Coach: Tony Hadley
---

Name: James Wilkinson  
DOB: 28/03/90  
Event at this championship: Pole Vault  
Coach: Self Coached
---

Name: Abigail Irozuru  
DOB: 03/01/90  
Event at this championship: 10,000m  
Coach: Stan Roberts / Brian Scobie
---

Name: James Hunter  
DOB: 20/01/90  
Event at this championship: 400m hurdles  
Coach: Self Coached
---

Name: Ese Okoro  
DOB: 25/01/90  
Event at this championship: 400m hurdles  
Coach: Jaziel Cowan
---

Name: Kate Avery  
DOB: 10/12/90  
Club: Shildon  
Coach: Rob Ashwood  
Event at this championship: 3000m  
SB: 11:52  
PB: 11:42
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Name: Sam Bailey  
DOB: 10/12/90  
Club: Blackheath & Bromley  
Coach: John Hyder  
Event at this championship: 4x100m relay  
PB: 46.97

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Event at this championship: 200m and 4x100m relay  
Coach: Self Coached
---

Name: Max Galliers  
PB: 21.30  
Event at this championship: 200m and 4x100m relay  
Coach: Lloyd Cowan
---

Name: Junior Ejio  
DOB: 20/01/90  
Club: Woodford Green with Essex Ladies  
Coach: Ana Fabia  
Event at this championship: 200m and 4x100m relay  
Coach: Dan Cossins
---

Name: Curtis Griffith Parker  
DOB: 20/01/90  
Club: Cambridge Harriers  
Coach: John Hyder  
Event at this championship: Shot and Discus  
Coach: Self Coached
---

Name: James Hunter  
DOB: 20/01/90  
Club: Liverpool Harriers  
Coach: Stas Roberts / Brian Solide  
Event at this championship: 400m hurdles  
SB: 48.31  
PB: 48.19
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Name: Daniel Pembroke  
DOB: 03/09/90  
Club: Woodford Green with Essex Ladies  
Coach: John Hyder  
Event at this championship: Shot and Discus  
Coach: Self Coached
---

Name: Gil Pembroke  
DOB: 03/09/90  
Club: Woodford Green with Essex Ladies  
Coach: Tim Reynolds  
Event at this championship: 400m hurdles  
SB: 48.91  
PB: 48.79

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Event at this championship: Javelin  
Coach: Tom Reynolds
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Name: Matthew Hunt  
PB: 48.01  
SB: 48.12  
Event at this championship: 4x100m relay  
Coach: Self Coached
---

Name: James Hunter  
DOB: 20/01/90  
Club: Liverpool Harriers  
Coach: Stas Roberts / Brian Solide  
Event at this championship: 400m hurdles  
SB: 48.31  
PB: 48.19

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Event at this championship: Pole Vault  
Coach: Self Coached
---

Name: Lauren Bouchard  
DOB: 21/10/91  
Club: Chelmsford  
Coach: Robert Marley  
Event at this championship: Javelin  
Coach: Self Coached
---

Name: Stacey Smith  
DOB: 20/01/90  
Club: Chelmsford  
Coach: Gil Pembroke  
Event at this championship: 4x100m relay  
Coach: Self Coached