



BRITISH ATHLETICS

2013 MEDIA GUIDE

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PETER ERIKSSON

OLYMPIC HEAD COACH

INTRODUCTION

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

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

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

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

While 2012 was about success in London, 2013 is about success in Moscow and continuing the positive momentum we have created. But there are also World Youth, European Junior and European

Under-23 Championships to look forward to, and all bring opportunities to win medals and create new stars. Equally important at this level, these events also help develop a Championship-winning mentality which is essential for success on the global stage.

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

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

"We have every reason to be excited about the future; the new stars of summer 2013 can become our Olympic Games heroes in 2016"

PAULA DUNN

PARALYMPIC HEAD COACH



After performing so admirably in the IPC World Championships in 2011 and going on to exceed expectations in the London 2012 Paralympic Games with 29 medals, of which 11 were gold, the standard has now been set for the pinnacle of 2013 - the IPC Athletics World Championships in Lyon, France, and onwards to the 2016 Paralympic Games in Rio.

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

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

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

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

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

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

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



ED WARNER

CHAIRMAN

INTRODUCTION

I look back on 2012 with pride, not just because of the success of our athletes at the Olympics and Paralympics, but because of the way the nation embraced athletics.

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

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

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

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

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

In the next 12 months we have European Indoor, IPC and IAAF World Championships at senior level, in addition to World Youth, European Junior and European Under-23 Championships. Previous editions of the age group events have seen talented young athletes experience their first success on the international stage.

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

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

And finally, thanks to you, the media, for your invaluable support and commitment throughout the period leading up to and during the Olympic and Paralympic Games. Athletics has never enjoyed so much coverage and for the Paralympics in particular it was unprecedented. That was down to you all, so thank you. We look forward to welcoming you back in 2013.

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EXPLANATION TO BIOGRAPHIES

The following biographies are of athletes supported by the World Class Performance Programme (WCPP) for 2012/13.

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

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

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

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

Photographs kindly provided by:
Mark Shearman: Athletics Images

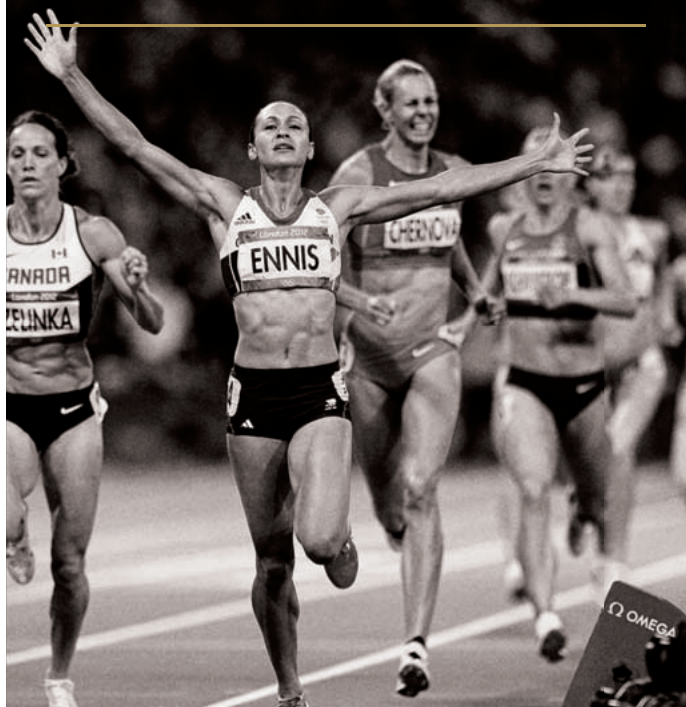
With thanks for their assistance:
Athletics Data



BRITISH
ATHLETICS

B I O G R A P H I E S

PODIUM OLYMPIC





HARRY AIKINES- ARYEETAY

100M

DOMESTIC CHAMPIONSHIPS

2013 – British Athletics European Trials & UK Championships 60m silver

2012 – BUCS Championships 100m gold. Aviva 2012 Trials 100m 7th. Aviva European Indoor Trials 60m bronze

2011 – Aviva European Trials 100m silver

2009 – Aviva European Indoor Championship Trials 60m 6th. Aviva World Championship Trials 100m 5th

2007 – England Athletics Open Championships 60m gold

2006 – AAA Indoor Championships 60m bronze. AAA U20 Indoor Championships 60m gold. AAA U20 Championships 100m gold, 200m bronze

2004 – AAA U17 Indoor Championships 60m gold, 200m silver. AAA U17 Championships 100m gold, 200m gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – European Championships 100m 4th

2011 – European Indoor Championships 60m 6th, IAAF World Championships 100m 3rd sf

2009 – IAAF World Championships 4x100m relay bronze. European U23 Championships 100m gold

2006 – World Junior Championships 100m gold (4x100m bronze)

2005 – World Youth Championships 100m gold, 200m gold

PERSONAL BESTS

100m 10.10

60m 6.55

DOB: 29/08/1988
Born: Sutton
Lives: Loughborough
Club: Sutton & District
Trains: Loughborough

Coach: Rana Reider
Agent: MTC
Kit: Nike
Web: www.harry-aa-official.com
Twitter: @aikines
Facebook: Harry Aikines-Aryeetey

Q & A

What was your first Olympic Games memory:
 Linford Christie winning Olympic gold

Favourite athletics venue: Brussels.

Pre-competition meal:
 Chicken from Nando's

Sporting hero: Maurice Greene

What other sports do you like: Football

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

Favourite film: Due Date, The Hangover

Favourite TV programme: Family Guy, Phineas & Ferb, Boondocks

Favourite music/group: Funky House

Favourite food: Pizza and Nando's

Food dislike: Sushi

Favourite subject at school: Science

If you could take 3 people out for dinner who would they be: Rihanna, Will Smith, Beyonce

If you were stranded on a desert island what 3 items would you take with you:
 Laptop, iPhone, 3DS

Do you have any pets:
 Weimaraner called Poppy

What is in your kit bag when you go out onto the track: Haribo, Lucozade bar, spikes, cricket ball, rope

Do you have a motivational song, if so what is it: Drake featuring Rick Ross – I'm on one



YAMILE ALDAMA

TRIPLE JUMP

DOMESTIC CHAMPIONSHIPS

2013 - British Athletics European Trials & UK Championships TJ gold

2012 - Aviva European Indoor Trials TJ gold

PERSONAL BESTS

TJ 15.29

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

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

2011 - IAAF World Championships TJ 5th

FOR CUBA

2000 - Olympics 4th

1999 - IAAF World Championships silver

FOR SUDAN

2006 - World Indoors bronze

2004 - Olympics 5th, World Indoors silver

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

Coach: Frank Attoh
Kit: Mizuno
Facebook: Yamile Aldama

Q & A

What was your first Olympic or Paralympic Games memory?

Atlanta 1996 I saw the greatest boxer of all time Mohammed Ali

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

Bob Beamon 1968

Best friend in athletics:

Frank Attoh

Pre-competition meal:

Anything but has to be 3-4 hours before I compete

Sporting hero:

Rafa Nadal

What other sports do you like:

Tennis

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

Pianist

Favourite film:

300

Favourite music/group:

Tina Turner

Favourite food:

Seafood

Food dislike:

Plain cheese sandwiches

Interesting unknown fact about yourself:

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

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

Spikes, music, fruit, skipping rope

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

Tina Turner



MICHAEL BINGHAM

400M

DOMESTIC CHAMPIONSHIPS

2013 – British Athletics European Trials & UK Championships 400m bronze

2012 – Aviva European Indoor Trials 400m silver

2010 – Aviva European Trials and UK Championships 400m silver

2008 – Aviva Olympic Trials & UK Championships 400m bronze

PERSONAL BESTS

400m 44.74

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – European Athletics Championships 4x400m silver. IAAF World Indoor Championships 4x400m silver

2010 – European Championships silver

2009 – World Championships 7th. World Athletics Final 400m 4th

2007 – NCAA Indoor Championships 400m bronze

2008 – Olympic Games 4x400m relay 4th

2005 – US Junior decathlon gold. Pan-American Junior Championships decathlon bronze.

DOB: 13/04/1986
Born: North Carolina, USA
Lives: Loughborough
Club: Birchfield Harriers
Trains: North Carolina, USA

Coach: George Harrison
Kit: Nike
Twitter: @Mbingham400m

Q & A

What was your first Olympic or Paralympic Games memory?

My first memory is when I ran in the 4 x 400m relay in Beijing 2008.

Favourite athletics venue: Crystal Palace

Best friend in athletics: Robbie Grabarz

Pre-competition meal: Food!

Favourite food: Sweet potato

If you were stranded on a desert island what 3 items would you take with you:

Water, music, sweet potatoes

Do you have any pets: Joey a Boxer dog



JULIA BLEASDALE

5,000M / 10,000M

DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships 5000m bronze

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

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

2005 – AAA Championships 5000m 4th

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

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

2002 – CAU Inter-Counties 1500m 7th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

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

2011 – IAAF World Cross-Country Championships 59th. Spar European Cross-Country Championships 13th

PERSONAL BESTS

5000m 15:02.00

10,000m 30:55.63

DOB: 09/09/1981
Born: Hillingdon
Lives: Dorking/Surrey
Club: Hillingdon/Thames
 Hare & Hounds

Coach: Nic Bideau
Kit: Nike
Twitter: @JuliaBleasdale
Web: juliableasdale.com

Q & A

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

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

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

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

Toughest opponent?
 The Africans!

Sporting hero?
 Haile Gebrselassie

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

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

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

Interesting unknown fact about yourself?

I play viola and piano. I believe my dropping left shoulder when running is the result of my early years playing the viola

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



HOLLY BLEASDALE

POLE VAULT

DOMESTIC CHAMPIONSHIPS

2013 – British Athletics European Trials & UK Championships PV gold

2012 – Aviva 2012 Trials & UK Championships PV gold. BUCS PV silver. Aviva European Indoor Trials & UK Championships PV gold

2011 – Aviva European Indoor Trials & UK Championships PV gold. Aviva U23 Championships PV gold. Aviva World Trials PV gold

2010 – Aviva European Trials & UK Championships PV silver. Aviva England U20 & World Trials Championships PV silver. Aviva World Indoor Trials & UK Championships PV 4th. Aviva England U20 Indoor Championships PV bronze

2009 – England U20 Championships PV 6th. Aviva England Athletics U20 Indoor Championships PV 7th

2008 – English Schools Championships 80mh 5th. UK School Games 80mh 5th. English Schools Combined Events Championships Heptathlon 14th

2007 – Sainsbury's English Schools Championships 80mh 6th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – World Indoor Championships PV bronze. Olympic Games PV 6th

2011 – European U23 Championships PV gold. European Indoor Championships PV 11th q. Spar European Team Championships PV 5th. IAAF World Championships PV NH q

2010 – IAAF World Junior Championships PV bronze

PERSONAL BESTS

PV 4.87m (indoors)

PV 4.71m (outdoors)

Q & A

What was your first Olympic or Paralympic Games memory?

Kelly Holmes double

What was the best performance during 2012?

Jonnie Peacock/David Rudisha

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

2012. Crowd and facilities

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

Paul Bradshaw (fiancé)

DOB: 02/11/1991
Born: Preston
Lives: Euxton
Club: Blackburn
Trains: Cardiff & USA

Coach: Dan Pfaff, Scott Simpson
Agent: Mission Sports
Kit: Nike
Twitter: @hollybleasdale

Favourite athletics venue?
 Birmingham Indoors/Mannheim

Best friend in athletics?
 Katarina Johnson-Thompson

Toughest opponent?
 Silke Spiegelburg

Favourite training session?
 Pole vaulting

Least favourite training session?
 Long running

Sporting hero?
 David Beckham

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

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

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

Favourite film?
 Taken

Favourite music/group?
 Mumford & Sons

What is your favourite pre-competition meal?
 Chicken

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

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

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

Do you have any pets?
 Allergic!

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

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

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

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



RICHARD BUCK

400M

DOMESTIC CHAMPIONSHIPS

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

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

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

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

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

2005 – AAA U20 Championships 400m hurdles gold

2004 – AAA U20 Championships 400m hurdles silver

2003 – AAA U17 Championships 300m hurdles gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

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

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

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

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

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

2005 – European Junior Championships 4x400m gold

2004 – World Junior Championships 4x400m 5th

PERSONAL BESTS

400m 45.61

DOB: 14/11/1986
Born: Grimsby
Lives: Loughborough/York
Club: City of York
Trains: Loughborough

Coach: Steve Fudge
Agent: Steffen Keil: Aurum Sports Group
Kit: Puma
Twitter: @Rickbee400

Q & A

What was your first Olympic or Paralympic Games memory?

Playing the Sydney 2000 Olympic video game

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

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

London 2012, because it's home

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

Favourite athletics venue? Don Valley/Sports City

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

Best friend in athletics? James Dasaolu/Craig Pickering/Chris Clarke

Toughest opponent? The clock

Most famous person you have ever met? Ronan Keating

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

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

Favourite film? Anything Star Trek

Favourite music/group? Rock/country/pop – Bryan Adams/Cliff Richard/Offspring

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

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

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

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

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

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

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

If you were Prime Minister for one day you would... Tour M16

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



EILIDH CHILD

400M HURDLES

DOMESTIC CHAMPIONSHIPS

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

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

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

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

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

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

2011 – IAAF World Championships 6th sf

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

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

PERSONAL BESTS

400m H 54.96 **400m** 51.50

Q & A

What was your first Olympic or Paralympic Games memory?

1992 Barcelona - Linford Christie and Sally Gunnell

What was the best performance during 2012?

Jessica Ennis winning gold after having so much pressure

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

London 2012 – the whole atmosphere and success of Team GB

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

Coach (Malcolm Arnold) and partner (Brian)

Favourite athletics venue?

Geneva because I ran my personal best there!

Do you have any pre-competition superstitions?

No but I always wear my Hearts FC band round my wrist as I think it's good luck

Best friend in athletics?

Sian Davies, Steph Twell, Claire Gibson

Toughest opponent?

Anyone with faster PB!

DOB: 20/02/1987
Born: Perth - Scotland
Lives: Bath/Cumbernauld
Club: Pitreavie
Trains: Bath

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

Favourite training session?

Hurdles, drills, technical stuff

Least favourite training session?

Anything over 400m on the track
 eg. 600s!

Sporting hero?

Sir Chris Hoy

Most famous person you have ever met?

Prince William and Harry and Kate Middleton

What other sports do you like?

Football and tennis

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

I am a qualified PE teacher and it's a job I love doing so would still be doing that

Favourite film? Stand By Me

Favourite music/group? Travis

If you could take three people out for dinner who would they be?

Bradley Cooper, Fran Healy and Chris Hoy

If you were stranded on a desert island what three items would you take with you?

Dog, Kindle and iPod

What did you do during your 2012 post season break?

Went on holiday with my partner and our dog and ate a lot of junk food!

Do you have any pets?

Ben the Rottweiler

Interesting unknown fact about yourself?

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

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

Spikes, water and tape measure

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

No just something I like so it helps to relax me

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

If you had a super power what would it be?

Invisibility



CHRIS CLARKE

400M

DOMESTIC CHAMPIONSHIPS

2013 – British Athletics European Trials & UK Championships 200m gold

2012 – Aviva 2012 Trials & UK Championships 200m bronze

2011 – Aviva World Trials 400m silver. England Senior Championships 400m 6th

2010 – England Senior Closed Championships 200m gold. Aviva European Trials & UK Championships 400m 7th

2009 – England U20 Championships 400m gold

2008 – England Athletics U20 Open Championships 400m gold. UK Indoor Championships 200m gold

2007 – England Athletics U20 Open Championships 400m silver. England Athletics Indoor U20 Open Champs 400m bronze

2006 – ESAA Championships 400m gold. AAA U20 Championships 400m gold

2005 – ESAA Championships 400m gold. AAA U17 Championships 200m gold and 400m gold. AAA Indoor U17 Champs 60m silver

2004 – ESAA Championships 200m gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – European Championships 200m 6th

2011 – IAAF World Championships 4x400m 7th

2010 – European Team Championships 4x400m silver. IAAF World Indoor Championships 4x400m bronze

2009 – European Junior Championships 400m gold & 4x400m gold

2008 – World Junior 200m sf

2007 – World Youth Championships 400m gold

2006 – World Junior 4x400m bronze

PERSONAL BESTS

200m 20.65 **400m** 45.59

DOB: 25/01/1990
Born: London
Lives: Milton Keynes
Club: Marshall Milton Keynes
Trains: Loughborough

Coach: Steve Fudge
Agent: Global Network
Kit: adidas

BIOGRAPHY

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

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



LAWRENCE CLARKE

110M HURDLES

DOMESTIC CHAMPIONSHIPS

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

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

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

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

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 - Olympic Games 110mH 4th.

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

2010 - Commonwealth Games 110mH bronze

2009 - European Junior Championships 110mH gold

2008 - Commonwealth Youth Games 110mH 4th

PERSONAL BESTS

110m H 13.31

DOB: 12/03/1990
Born: Westminster, London
Lives: Bath
Club: Windsor Slough Eton
 & Hounslow
Trains: Bath

Coach: Malcolm Arnold
Agent: Definitive
Kit: Nike
Twitter: @Lawrence_clarke
Facebook: CLSCLarke
Web: www.CLSCLarke.com

Q & A

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

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

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

Favourite athletics venue? Birmingham

Toughest opponent? Aries Merritt

Favourite training session? 4x12 hurdles

Least favourite training session? Long distance running

Sporting hero? Lord Burghley

Most famous person you have ever met? Dalai Lama

What other sports do you like?
 Shooting and mountaineering

Favourite film? Withnail and I

Favourite music/group? Coldplay

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

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

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

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



SHANA COX

400M

DOMESTIC CHAMPIONSHIPS

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

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

2011 - Aviva World Trials & UK Championships 400m silver

PERSONAL BESTS

400m 50.84

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

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

2011 - Spar European Team Championships 400m bronze

FOR USA

2004 - World Juniors 200m 5th

DOB: 22/01/1985
Born: Brooklyn, USA
Lives: Raleigh, USA
Club: Woodford Green
 Essex Ladies
Trains: Raleigh/London

Coach: Lloyd Cowan
Agent: Global Athletics & Marketing Inc
Kit: adidas
Twitter: @ShanaAmanda
Facebook: Shana Cox

Q & A

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

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

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

Best friend in athletics? Lena Beltis

Toughest opponent? Myself, always

Favourite training session?
 Anything short and fast

Sporting hero? Serena Williams

Most famous person you have ever met? Serena Williams

What other sports do you like?
 Tennis, basketball

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

Favourite music/group?
 Gospel music

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

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

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

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

Do you have any pets?
 A dog named Cocoa

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

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

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

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

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



JAMES DASAOLU

100M

DOMESTIC CHAMPIONSHIPS

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

2012 - Aviva 2012 Trials & UK Championships 100m bronze

2010 - Aviva European Trials & UK Championships 100m silver

2009 - Aviva Indoor Trials 60m 7th=

2011 - England Athletics U23 Championships gold

PERSONAL BESTS

60m 6.58 **100m** 10.09

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 - Olympic Games 100m 7th sf

2010 - European Championships
100m 3rd sf

DOB: 05/09/1987
Born: London
Lives: Loughborough
Club: Croydon
Trains: Loughborough

Coach: Steve Fudge
Kit: Nike
Twitter: @JamesDasaolu
Facebook: James Dasaolu

BIOGRAPHY

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



EMILY DIAMOND

200M/400M

DOMESTIC CHAMPIONSHIPS

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

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

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

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

2008 – ESAA 200m silver

2007 – ESSA 200m silver

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

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

2010 – IAAF World Junior Championships 200m 6th

2010 – European Junior Championships 200m 8th

PERSONAL BESTS

200m 23.41 **400m** 52.69

Q & A

What was your first Olympic or Paralympic Games memory?

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

What was the best performance during 2012?

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

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

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

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

My coach Jared Deacon

Favourite athletics venue?

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

Do you have any pre-competition superstitions?

Not really. I have a routine before getting into the blocks but it isn't really a superstition

DOB: 11/06/1991
Born: Bristol
Lives: Bristol
Club: Bristol & West
Trains: Loughborough

Coach: Jared Deacon
Agent: Dave Scott – Stellar Athletics
Kit: Nike
Twitter: @EmilyDiamond11
Facebook: Emily Diamond - Athlete

Best friend in athletics?

Laura Maddox

Favourite training session?

Speed sessions and technical block work

Least favourite training session?

Split 4's

Most famous person you have ever met?

Tom Daley/Seb Coe

What other sports do you like?

Tennis, gymnastics and swimming

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

Sportswear designer, wedding planner

Favourite film?

Taken, or Life As We Know It

Favourite music/group?

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

What is your favourite pre-competition meal?

Pasta with bacon, mushroom and peas in a creamy white wine sauce

If you could take three people out for dinner who would they be?

Channing Tatum, Seb Coe and Boris Johnson

If you were stranded on a desert island what 3 items would you take with you?

Satellite phone, tinned food and tin opener!

What did you do during your 2012 post season break?

Revised for my final year uni exams, then went on holiday to France

Do you have any pets?

A black fluffy cat called Twiglet

Interesting unknown fact about yourself?

I've played tennis at Wimbledon (an U14 national competition)

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

Drinks, warm clothes, training diary, tennis ball, stop watch. Everything that's in my normal bag for training, nothing exciting!

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

Change the way benefits are paid

If you had a super power what would it be?

Be invisible!



LISA DOBRISKEY

1500M

DOMESTIC CHAMPIONSHIPS

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

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

- 2012** – Olympic Games 1500m 10th
- 2011** – IAAF World Championships 1500m 11th ht
- 2010** – European Championships 1500m 4th
- 2009** – World Championships 1500m silver
- 2008** – Olympic Games 1500m 4th
- 2007** – World Championships 1500m 10th sf, European Indoor Championships 3000m 5th
- 2006** – European Championships 1500m 7th q, Commonwealth Games 1500m gold
- 2005** – 5th World University Games 1500m 5th
- 2003** – European U23 Championships 1500m bronze
- 2002** – World Junior Championships 1500m 4th, European Junior Cross Country Championships 12th
- 2001** – European Junior Cross Country Championships 36th

PERSONAL BESTS

1500m 3:59.50

DOB: 23/12/1983
Born: Ashford
Lives: Loughborough
Club: Ashford AC
Trains: Loughborough

Coach: Self
Agent: Flynn Sports Management (race)
 David Welch Management (comp)
Kit: adidas

Q & A

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

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

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

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

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

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

Best friend in athletics?
 Laura Kenney and Jo Jackson

Toughest opponent? The clock

Favourite training session?
 6 x 2 mins on the grass

Least favourite training session?
 Long hill reps!

Sporting hero? Julie Rose, Paula Radcliffe and Jonny Wilkinson

Most famous person you have ever met? Queen

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

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

Favourite film? Uncle Buck

Favourite music/group?
 Florence and The Machine

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

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

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

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

Interesting unknown fact about yourself? I play the piano

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

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

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

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



JAMES ELLINGTON

200M

DOMESTIC CHAMPIONSHIPS

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

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

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

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

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

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

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

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Olympic Games 200m 6th ht

2011 – IAAF World Championships 200m 4th ht

2007 – European u23 Championships 4x100m gold

2004 – World Junior Championships 100m 7th

PERSONAL BESTS

100m	10.23
200m	20.52

DOB: 06/09/1985
Born: Lewisham
Lives: London
Club: Newham & Essex Beagles
Trains: Loughborough

Coach: John Powell
Twitter: @Jellington100m
Web: www.jamesellington.net

Q & A

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

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

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

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

Favourite athletics venue?
 Don Valley

Best friend in athletics?
 Andrew Matthews

Sporting hero? Floyd Mayweather

Most famous person you have ever met? Stevie Wonder

What other sports do you like?
 Boxing

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

Favourite film? Inglorious Basterds

Favourite music/group?
 Drum & Bass, Hip Hop

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

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

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

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

Interesting unknown fact about yourself?
 Love wildlife

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

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



HANNAH ENGLAND

1500M

BIOGRAPHIES

DOMESTIC CHAMPIONSHIPS

2012 – Aviva European Indoor Trials & UK Championships 3000m gold

2010 – Aviva European Trials & UK Championships 1500m gold

2009 – Aviva UK Indoor Championships 1500m silver. Aviva World Trials 1500m bronze

2008 – Olympic Trials 1500m bronze

2007 – AAA U23 Championships 1500m gold. BUSA Indoor Champs 1500m gold. BUSA Champs 1500m silver

2006 – AAA U20 Championships 1500m gold. BUSA Indoor Champs 1500m silver

2005 – AAA Indoor U20 Championships 1500m gold. ESAA Champs 1500m silver

2004 – ESAA Champs 1500m bronze

2003 – ESAA Champs 1500m silver

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Olympic Games 1500m 9th sf.

2011 – World Championships 1500m silver. European Indoor Championships 1500m 5th ht

2010 – European Championships 1500m 10th. European Team Championships 1500m silver. Commonwealth Games 1500m, 4th, 800m 5th

2009 – European Team Championships 800m 4th and 1500m 4th.

2008 – NCAA 1500m gold. NCAA indoor mile gold

2007 – European U23 Championships 1500m 5th

PERSONAL BESTS

800m 1:59.66 **1500m** 4:01.89

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

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

Q & A

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

Favourite athletics venue: Watford

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

Best friend in athletics: Barbara Parker

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

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

What other sports do you like: Tennis, gymnastics

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

Favourite film: Dodgeball

Favourite TV programme: ER

Favourite food: Cake – anything that involves chocolate and cream

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

Interesting unknown fact about yourself: That I like knitting!

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



JESSICA ENNIS CBE

HEPTATHLON

DOMESTIC CHAMPIONSHIPS

2012 – Aviva European Indoor Trials & UK Championships 60mH gold, HJ gold, SP 6th

2011 – Aviva World Championships Trials 100mH silver, High jump gold, Long jump bronze, Shot 7th, Javelin 10th

2009 – Aviva World Championship Trials 100m hurdles gold, High jump gold

2008 – Aviva World Indoor Champs Trials 60m hurdles bronze, High jump gold

2007 – Aviva European Indoor Champs Trials 60m hurdles bronze, High jump gold, Long jump bronze, Aviva World Trials 100m hurdles gold, High jump gold

2006 – AAA Championships high jump bronze

2005 – AAA Indoor Championships pentathlon gold, AAA Championships 100m hurdles bronze

2003 – AAA U20 Indoor Championships pentathlon gold, AAA U20 Championships 100m hurdles gold

2001 – AAA U17 Indoor Championships 60m hurdles silver

2000 – AAA U15 Championships pentathlon gold, 75m hurdles gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Olympic Games Heptathlon gold, IAAF World Indoor Championships Pentathlon silver, Aviva 2012 Trials 100mH & HJ gold, LJ 6th

2011 – World Championships heptathlon silver

2010 – IAAF World Indoor Pentathlon Championships gold, European Championships gold

2009 – World Championships gold

2007 – World Championships 4th, European Indoor Championships pentathlon 6th, European Cup heptathlon gold, European U23 100mH Championships bronze

2006 – Commonwealth Games bronze, European Championships 8th

2005 – European Junior Championships heptathlon gold, World University Games heptathlon bronze

2004 – World Junior Championships heptathlon 8th

PERSONAL BESTS

Hept	6,955	100m H	12.54
HJ	1.95	LJ	6.51
SP	14.79	JT	47.49
200m	22.83	800m	2:07.81

DOB: 28/01/1986
Born: Sheffield
Lives: Sheffield
Club: City of Sheffield
Trains: Sheffield

Coach: Toni Minichiello
Agent: JCCM
Kit: adidas
Web: www.JessicaEnnis.net
Twitter: @J_Ennis

BIOGRAPHY

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

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



MO FARAH CBE

5,000M/10,000M

DOMESTIC CHAMPIONSHIPS

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

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

- 2012** – Olympic Games 10,000m gold, 5000m gold. European Championships 5000m gold. IAAF World Indoor Championships 3000m 4th

- 2011** – IAAF World Championships 10,000m silver, 5000m gold. European Indoor Championships 3000m gold

- 2010** – European Championships 10,000m gold, 5000m gold. IAAF World Cross Country Championships 21st. European Team Championships 5000m gold. European Cup 10,000m gold

- 2009** – World Championships 5000m 7th. European Indoor Championships 3000m gold. European Team Championship 5000m gold

- 2008** – Olympic Games 5000m 6th. European Cross Country Championships silver (3rd team). World Indoor Championships 3000m 6th. European Cup 5000m gold

- 2007** – World Championships 5000m 6th. European Indoor Championships 3000m 5th. World Cross Country Championships 11th. World Athletics Final 3000m bronze

- 2006** – European Championships 5000m silver. Commonwealth Games 5000m 9th. European Cross Country Championships gold

- 2005** – European Indoor Championships 3000m 6th. European U23 Championships 5000m silver

- 2003** – European U23 Championships 5000m silver

- 2001** – European Junior Cross Country Championships silver (2nd team)

DOB:	23/03/1983	Agent:	Pace Sports Management
Born:	Somalia	Kit:	Nike
Lives:	Portland, USA	Twitter:	@mofarah
Club:	Newham & Essex Beagles	Facebook:	Mo Farah Official Fanpage
Trains:	USA	Web:	www.mofarah.com
Coach:	Alberto Salazar		www.mofarahfoundation.co.uk

2000 – European Junior Cross Country Championships 7th (2nd team)

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

PERSONAL BESTS

5000m 12:53.11

10,000m 26:46.57

Q & A

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

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

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

Best friend in athletics: My training partner Galen Rupp

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

Sporting hero: Muhammad Ali

What other sports do you like: Football

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

Favourite film: Man on Fire

Favourite TV programme: The Cube

Favourite music/group: Tupac Shakur

Favourite food: Chicken & rice

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

Do you have a motivational song, if so what is it: Tupac – Keep Ya Head Up



ADAM GEMILI

100M/200M

DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships 100m silver. Aviva European Indoor Trials & UK Championships 60m 6th sf. England U20 Indoor Championships 60m gold, 200m gold

2011 – Aviva U20 Championships & European Trials 100m silver

2010 – Aviva English Schools Championships 100m silver. Aviva Schools International 100m bronze

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Olympic Games 100m 3rd sf. IAAF World Junior Championships 100m gold

2011 – European Junior Championships 100m silver & 4x100m silver

PERSONAL BESTS

100m 10.05 **200m** 20.38

Q & A

What was your first Olympic or Paralympic Games memory?

Usain Bolt smashing the world record in the 100m in Beijing 2008

What do you think was the best athletics performance during the 2012 Games

GB I think it was Jess, Mo and Greg on Super Saturday. Overseas I think David Rudisha and the rest of the guys in the 800m

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

London 2012 for me as it was a home Olympics and because I got to be a part of it

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

Mr Jones my teacher from secondary school who originally put me into the athletics team to compete

Favourite athletics venue?

Bedford Athletics track

Do you have any pre-competition superstitions?

None, I like to just get out there and compete

DOB: 06/10/1993
Born: London
Lives: Dartford
Club: Blackheath & Bromley
Trains: Lee Valley

Coach: Michael Afilaka
Agent: Sacha Gemili
Kit: Nike
Twitter: @Adam_Gemili
Web: www.adamgemili.com

Toughest opponent?

Yohan Blake, Tyson Gay and Asafa Powell when I raced them at the Olympics

Favourite training session?

When we put our spikes on and it's all about speed. I hate long stuff

Least favourite training session?

Anything where there is lactic involved which is usually very frequent

Sporting hero?

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

Most famous person you have ever met?

Usain Bolt

What other sports do you like?

Football, Rugby, Tennis and Golf

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

Footballer

Favourite film?

Mean Machine

Favourite music/group?

John Mayer and Mumford and Sons

What is your favourite pre-competition meal?

Pasta and Chicken

If you could take three people out for dinner who would they be?

Lionel Messi, Ronaldinho and Zinedine Zidane

If you were stranded on a desert island what three items would you take with you?

Helicopter, Pilot and Fuel

What did you do during your 2012 post season break?

Took a holiday and started University

Interesting unknown fact about yourself?

I studied Japanese at school

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

Spikes, water, food, stretching rope, foam roller and training diary

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

Rooftops – Lost Prophets

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

I would put more funding into sports at school

If you had a super power what would it be?

Teleportation



ROBBIE GRABARZ

HIGH JUMP

DOMESTIC CHAMPIONSHIPS

2013 - British Athletics European Trials & UK Championships HJ gold

2012 - Aviva 2012 Trials & UK Championships gold. BUCS Championships gold. Aviva European Indoor Trials & UK Championships silver

2011 - Aviva European Trials & UK Indoor Championships silver

2010 - Aviva European Trials & UK Championships bronze. England Senior Closed Championships gold. Aviva World Indoor Trials bronze

2009 - Aviva UK Indoor Championships silver. England U23 Championships gold

2008 - England Athletics U23 Open Championships silver

2007 - BUSA Championships silver

2006 - AAA Indoor U20 Championships gold. AAA U20 Championships gold

2005 - ESAA Championships gold. AAA U20 Championships bronze

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 - Olympic Games bronze. European Championships gold. IAAF World Indoor Championships 6th=. Aviva Indoor International GBR v GER v RUS v Commonwealth v USA bronze

2011 - European Indoor Championships 23rd q

2009 - European U23 Championships 11th

2008 - World Junior Championships 12th

PERSONAL BESTS

HJ 2.37m

DOB: 03/10/1987
Born: Enfield
Lives: Birmingham
Club: Newham & Essex
 Beagles
Trains: Birmingham

Coach: Fayyaz Ahmed
Agent: Daniel Wessfeldt JRSSM
Kit: adidas
Twitter: @robbiegrabarz
Facebook: Robbie Grabarz

Q & A

What was your first Olympic or Paralympic Games memory?

Watching Beijing and thinking I should be there

What was your best performance during 2012? Winning my medal

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

London – because I went there

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

Favourite athletics venue?

Birmingham Alexander Stadium and NIA

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

Best friend in athletics? Myself

Toughest opponent?

Ivan Ukhov – Russia

Favourite training session? Weights

Least favourite training session?

I like it all

Sporting hero? Stefan Holm

Most famous person you have ever met? Usain Bolt

What other sports do you like?

X-Country, Cycling, Skateboard, BMX

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

Classic car restorer

Favourite film?

Harry Potter all eight movies

If you could take three people out for dinner who would they be?

My mum and her late parents

If you were stranded on a desert island what 3 items would you take with you?

An inflatable boat with outboard motor

What did you do during your 2012 post season break?

Work and go to Australia on holiday

Interesting unknown fact about yourself? I can speak Mandarin

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

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

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



JACK GREEN

400M HURDLES

DOMESTIC CHAMPIONSHIPS

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

2011 – Aviva U23 European Trials 400mH silver. Aviva European Indoor Trials & UK Championships 400m 4th. BUCS Championships 400mH 1st sf (DNS final)

2010 – Aviva England U20 World Trials Championships 400mH gold. Aviva England U20 Indoor Championships 400m gold. Aviva European Trials & UK Championships 400mH 2nd h

2008 – Schools International 400mH gold, England Athletics U17 Open Championships 400mH gold. England Athletics U17 Indoor Championships 400m silver

2007 – Schools International 400mH silver. England Athletics U17 Open Championships 400mH bronze. Sainsburys English Schools Championships 400mH bronze, UK School Games 400mH silver

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Olympic Games 400mH DNF sf, 4x400m 4th

2011 – IAAF World Championships 400mH 5th sf. European U23 Championships 400mH gold

2010 – IAAF World Junior Championships 400mH 5th and 4x400m bronze.

2009 – European Junior Championships 400mH DNS sf

PERSONAL BESTS

400m H 48.60 **400m** 45.99

DOB: 06/10/1991
Born: Maidstone
Lives: Bath
Club: Kent
Trains: Bath

Coach: Malcolm Arnold
Agent: MTC
Kit: Nike
Web: www.jackgreen.info
Twitter: @jackpgreen

Q & A

What was your first Olympic or Paralympic Games memory?

Maurice Greene winning the 100m in Sydney. Still an inspiration to this day.

Do you have any pre-competition superstitions:

None, I just like to arrive to the track well ahead of schedule and be all organised the evening before.

Pre-competition meal:

Whatever the nutritionist says! I'm not too strict though, as long as I'm fed, I'm happy.

What other sports do you like:

I used to play a lot of football and rugby and you will still find me in the stands at Bath.

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

A zookeeper, animals are my first love. Then I found athletics and women.

Favourite film:

My favourite film is 'The Express'. I love true stories.

Favourite TV programme:

I'm a big fan of Celebrity Juice, I'm a bit crude myself.



DAI GREENE

400M HURDLES

DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships 400m hurdles gold

2011 – Aviva World Trials 400m bronze

2010 – Aviva European Championship Trials gold

2009 – Aviva World Trials 400m hurdles gold

2008 – Olympic Trials 400m hurdles bronze

2007 – BUSA Indoor Championships 400m silver, BUSA Championships 400m gold

2006 – BUSA Championships 400m hurdles gold, BUSA Indoor Championships gold, AAA Championships 400m hurdles silver

2005 – BUSA Championships 400m hurdles silver, AAA U20 Championships 400m hurdles silver

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Olympic Games 400m hurdles 4th, 4x400m relay 4th

2011 – IAAF World Championships 400m hurdles gold. Spar European Team Championships 400m hurdles gold

2010 – European Championships 400m hurdles gold. Commonwealth Games 400m hurdles gold. IAAF/VTB Bank Continental Cup 400m hurdles gold. European Team Championships 400m hurdles gold

2009 – World Championships 400m hurdles 7th. European Team Championships 400m hurdles gold

2007 – European U23 Championships 400m hurdles gold

2006 – European Championships 3rd ht

2005 – European Junior Championships 400m hurdles silver

PERSONAL BESTS

400m H 47.84 **400m** 45.82

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

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

Q & A

What was the best performance during 2012?

Jess Ennis in her sprint hurdles race!

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

London 2012 – the country loving sport again

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

Malcolm Arnold and Darrell Maynard

Favourite athletics venue?

Birmingham and Brussels

Best friend in athletics?

Craig Pickering

Toughest opponent?

Bershawn Jackson

Favourite training session?

Runs to hurdle 10

Least favourite training session?

Short recovery endurance track sessions

Sporting hero? Ryan Giggs

What other sports do you like?

Football, Tennis, Rugby

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

Favourite film? Gladiator

Favourite music/group? The XX

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

Do you have any pets?

Buzz and Dudley (Hugarian Vizslas)

Interesting unknown fact about yourself?

Once scored a penalty against Real Madrid as a youth player

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

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



SOPHIE HITCHON

HAMMER

DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships HT gold

2011 – BUCS Championships HT gold. Aviva World Trials & UK Championships HT gold. Aviva European U23 Trials & UK Championships HT gold

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

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Olympic Games HT 12th, European Championships HT 11th

2011 – IAAF World Championships 26th. Spar European Team Championships HT 9th. European U23 Championships HT bronze

2010 – IAAF World Junior Championships HT gold

2009 – European Junior Championships HT bronze

2008 – World Junior Championships HT 7th, Commonwealth Youth Games HT gold

PERSONAL BESTS

HT 71.98m

DOB: 11/07/1991
Born: Burnley
Lives: Loughborough
Club: Blackburn
Trains: Loughborough

Coach: Derek Evely
Agent: Nick Brown/ The Business Zoo
Kit: Nike
Twitter: @SophieHitchon
Facebook: Sophie Hitchon

Q & A

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

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

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

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

Favourite training session? Gym

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

Favourite film? Disney

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

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

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

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

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

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



PHILLIPS IDOWU

TRIPLE JUMP

DOMESTIC CHAMPIONSHIPS

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

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

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

PERSONAL BESTS

TJ 17.81m

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

BIOGRAPHY

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

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

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

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

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



EMMA JACKSON

800M

DOMESTIC CHAMPIONSHIPS

2011 – Aviva 2012 Trials & UK Championships 800m 7th

2011 – Aviva World Trials silver

2010 – Aviva European Trials & UK Championships 800m 4th

2009 – England U23 Championships 800m silver

2008 – England Athletics U23 Open Championships 800m gold, BUSA Championships 800m bronze

2007 – England Athletics U20 Championships 800m gold, BUSA Championships 800m silver

2006 – ESAA Championships 800m gold, AAA U20 Championships 800m gold

2005 – AAA U20 Championships 800m bronze

2004 – ESAA Championships 800m silver

2003 – ESAA Championships 800m silver

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2011 – IAAF World Championships 5th sf

2010 – European Team Championships 800m 4th, Commonwealth Games 800m 4th

2009 – European U23 Championships 800m 5th

2007 – European Junior Championships 800m silver

2006 – World Junior Championships 800m sf

2005 – World Youth Championships 800m 5th

PERSONAL BESTS

800m 1:59.37

Q & A

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

What was the best performance during 2012?

Jessica Ennis Olympic gold – delivering the gold under such pressure was incredible

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

DOB: 07/06/1988
Born: Stoke-on-Trent
Lives: Stoke-on-Trent
Club: City of Stoke
Trains: Northwood
 Stadium, Stoke

Coach: Alan Morris
Agent: Johan Mordijk,
 Delux Sport
Kit: adidas
Twitter: @emmajacko88
Facebook: emmajackson.9699

Favourite athletics venue? Crystal Palace
 – first time under 2 mins at 800m!

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

Toughest opponent?
 Everyone once you step on the track!

Favourite training session?
 300ms at 800m pace

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

Sporting hero? Kelly Holmes and Jo Pavey

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

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

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

Favourite film? Green Mile

Favourite music/group? Snow Patrol

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

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

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

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

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

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

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

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

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

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



KATARINA JOHNSON- THOMPSON

HEPTATHLON

DOMESTIC CHAMPIONSHIPS

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

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

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

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

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

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

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

PERSONAL BESTS

Hept	6,267	200m	23.73
100m H	13.48	LJ	6.51m
HJ	1.89m	JT	38.68m
SP	11.83m	800m	2:10.76

Q & A

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

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

London – Build up/personality/Super Saturday

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

My coach, Mike Holmes

Favourite athletics venue?

London Olympic Park

Do you have any pre-competition superstitions?

Selected playlist of music

Toughest opponent?

Dafne Schippers

Favourite training session?

High jump spring board

DOB: 09/01/1993
Born: Liverpool
Lives: Liverpool
Club: Liverpool Harriers
Trains: Liverpool

Coach: Mike Holmes
Agent: MTC Agency
Kit: adidas
Twitter: @Johnsonthompson
Facebook: Katarina Johnson-Thompson (athlete)

Least favourite training session?
 'Cleans' or rowing

Sporting hero?
 Daley Thompson/Ashton Eaton

What other sports do you like?
 Football

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

Favourite film? Step Brothers

Favourite music/group? Kanye West

What is your favourite pre-competition meal? Pasta

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

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

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

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

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

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



NIGEL LEVINE

400M

DOMESTIC CHAMPIONSHIPS

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

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

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

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

2009 – England U23 Championships gold

2008 – England Athletics U20 Open Championships 400m bronze

2007 – England Athletics U20 Open Championships 400m gold

2005 – AAA Indoor U17 Championships 200m silver

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

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

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

2010 – IAAF World Indoor Championships 4x400m bronze

2009 – European Indoor Championships 4x400m silver

2009 – European U23 Championships 400m silver

2008 – World Junior Championships 4x400m silver

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

PERSONAL BESTS

400m 45.11

DOB: 30/04/1989
Born: Bedford
Lives: Bedford
Club: Windsor Slough
 Eton & Hounslow
Trains: Lee Valley

Coach: Linford Christie
Agent: Nuff Respect
Kit: Mizuno
Twitter: @NigelLevine
Facebook: Smoothy Levine

Q & A

Best friend in athletics:

Mike Puplampu

Pre-competition meal:

I eat whatever is available

Sporting hero:

Ato Boldon, Linford Christie

What other sports do you like:

Motorsports

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

A pilot

Favourite film:

Transformers, The Matrix

Favourite TV programme:

I like cartoons – Family Guy and American Dad

Favourite music/group:

Rap, Young Money

Favourite food:

Pizza

If you were stranded on a desert island what 3 items would you take with you:

TV, Sky box, food

Interesting unknown fact about yourself:

I'm a car technician and I do a bit of motorsports

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

Spikes, water, Haribo



STEVE LEWIS

POLE VAULT

DOMESTIC CHAMPIONSHIPS

2013 – British Athletics European Trials & UK Championships PV gold

2012 – Aviva 2012 Trials & UK Championships gold. Aviva European Indoor Trials & UK Championships silver

2011 – Aviva European Indoor Trials & UK Championships bronze. Aviva World Trials & UK Championships gold.

2010 – Aviva World Indoor Trials & UK Championships gold

2009 – Aviva UK Indoor Championships gold. Aviva World Championships Trials silver

2008 – Aviva World Indoor Championships Trials gold, Olympic Trials gold

2007 – Aviva European Indoor Championships Trials gold, Aviva World Trials gold

2006 – AAA Championships gold, AAA Indoor Championships gold

2005 – AAA U20 Championships gold. BUSA Championships silver. AAA Indoor Championships silver

2004 – AAA U20 Championships gold

2000 – AAA U15 Championships gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Olympic Games 5th. IAAF World Indoor Championships 5th=. Aviva Indoor International GBR v GER v RUS v Commonwealth v USA 4th

2011 – IAAF World Championships 9th=. Spar European Team Championships 7th

2010 – Commonwealth Games silver. IAAF World Indoor Championships 6th=

2009 – World Championships 7th. European Indoor Championships 4th

2008 – Olympic Games NH

2007 – IAAF World Championships – 2007 NH

2006 – Commonwealth Games bronze

2003 – World Youth Championships bronze

PERSONAL BESTS

PV 5.82m

Q & A

What was your first Olympic or Paralympic Games memory?

1992 Opening Ceremony

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

David Rudisha in the 800m

DOB: 20/05/1986
Born: Stoke on Trent
Lives: Cardiff
Club: Newham & Essex Beagles
Trains: Cardiff & USA

Coach: Dan Pfaff, Scott Simpson
Agent: Aurum Sports Group and JCCM
Kit: Nike
Twitter: @Airlewis
Facebook: Steven Lewis Official
Web: www.stevelewisGB.com

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

London. People, the crowds, volunteers, all amazing.

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

Coach Dan Pfaff

Favourite athletics venue?

London Olympic Stadium

Best friend in athletics?

Steve Hooker

Toughest opponent?

Renaud Lavillenie

Favourite training session?

Pole vault

Least favourite training session?

Saturday running

Sporting hero?

Muhammad Ali

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

A billionaire

Favourite film?

Old School, and Step Brothers

Favourite music/group?

Indie – too many to decide

What is your favourite pre-competition meal? Ice cream

If you could take three people out for dinner who would they be?

Brother, dad and girlfriend

If you were stranded on a desert island what three items would you take with you?

Sun bed, SPF 15 and a pair of shorts

What did you do during your 2012 post season break?

Take care of my mum

Interesting unknown fact about yourself?

I am an unbelievable Go Karter and huge F1 fan

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

Spikes, drinks and tape

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

Anything upbeat

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

Be depressed

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



CHRISTIAN MALCOLM

200M

DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships 100m 5th, 200m silver. Aviva European Indoor Trials & UK Championships 60m 4th

2011 – Aviva World Trials & UK Championships 100m 4th, 200m gold

2010 – Aviva European Trials & UK Championships 100m 4th, 200m gold. Welsh Senior Championships 100m gold

2009 – Aviva World Trials & UK Championships 200m 5th. Welsh Senior Open Championships 200m gold

2008 – Aviva UK Indoor Championships 60m 4th. Aviva Olympic Trials & UK Championships 200m gold

2007 – Aviva World Trials & AAA Championships 100m 7th

2006 – Aviva European Trials & AAA Championships 100m 5th

2005 – Welsh Championships 100m gold. AAA Championships 100m bronze, 200m gold

1998 – AAA U20 Championships 100m gold, 200m gold

1997 – AAA U20 Championships 200m gold. AAA U20 Indoor Championships 200m gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2011 – Olympic Games 200m 3rd sf

2011 – IAAF World Championships 200m 5th sf

2010 – European Championships 200m silver. Commonwealth Games 200m bronze

2008 – Olympic Games 200m 5th. Spar European Cup 100m silver

2007 – World Championships 4x100m bronze

2006 – Commonwealth Games 100m 8th ht

2005 – World Championships 4x100m bronze

2002 – European Championships 200m 4th

2001 – World Championships 200m 5th

2000 – Olympic Games 200m 5th

1998 – Commonwealth Games 200m silver. World Junior Championships 100m gold, 200m gold

1997 – European Junior Championships 100m silver, 200m gold

PERSONAL BESTS

100m 10.11

200m 20.08

DOB: 03/06/1979
Born: Newport
Lives: Newport
Club: Cardiff
Trains: Loughborough/
 Cardiff

Coach: Stuart McMillan
Agent: Sue Barrett/ Nuff Respect
Kit: Mizuno
Twitter: @Christianm200

Q & A

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

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

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

Favourite athletics venue? Zurich

Best friend in athletics? Dwain Chambers

Toughest opponent? Usain Bolt

Favourite training session? Block starts

Least favourite training session? Anything over zoom

Sporting hero? Linford Christie

Most famous person you have ever met? Muhammad Ali

What other sports do you like? Boxing and football

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

Favourite film? Friday

Favourite music/group? Hip Hop

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

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

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

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

Do you have any pets? My daughter has a hamster

Interesting unknown fact about yourself? I love WWE Wrestling

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

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



LEE McCONNELL

400M

BIOGRAPHIES

DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships 400m bronze

2011 – Aviva World Trials & UK Championships 400m 4th

2010 – Aviva European Championships & National Championships 400m gold

2009 – CAU Inter-Counties Championships 200m gold

2008 – Olympic Trials 400m gold

2007 – Aviva World Trials 400m hurdles silver

2006 – AAA Championships 400m hurdles silver

2005 – AAA Championships 400m hurdles silver

2004 – AAA Championships 400m silver

2002 – AAA Championships 400m gold

2001 – AAA Championships 400m bronze

2000 – AAA Championships high jump bronze

1999 – AAA Indoor Championships high jump bronze

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Olympic Games 400m 7th sf, 4x400m 5th. European Championships 400m 5th, 4x400m 4th

2011 – IAAF World Championships 400m 7th sf, (4x400m 4th). European Indoor Championships 4x400m silver

2010 – European Championships 400m 4th ht, (4x400m bronze). Commonwealth Games 400m 4th, 200m 5th, 4x400m 5th.

2009 – World Championships 4x400m 4th. Spar European Team Championships 400m bronze

2008 – Olympic Games 400m 6th sf

2007 – World Championships 400m 5th sf, (4x400m bronze). European Indoor Championships 4x400m bronze

2006 – European Championships 400 hurdles 5th sf (4x400m 4th). Commonwealth Games 400m hurdles bronze

2005 – World Championships 400m 6th sf, (4x400m bronze). European Indoor Championships 4x400m bronze

2004 – Olympic Games 400m 8th sf, (4x400m 4th)

2003 – World Championships 400m 7th, (4x400m 6th)

2002 – European Championships 400m bronze, (4x400m 4th). Commonwealth Games 400m silver, (4x400m 4th)

2001 – World Championships 4x400m 5th. World University Games 400m 6th (4x400m silver)

1999 – European U23 Championships 4x400m bronze

PERSONAL BESTS

400m 50.82

400m H 55.25

DOB: 09/10/1978
Born: Glasgow
Lives: Glasgow
Club: Shaftesbury Barnet
Trains: Glasgow

Coach: Rodger Harkins
Agent: Redsky Management – Rowen Shepard
Kit: adidas
Web: www.leemccconnell.net
Twitter: @Leemccconnell 400

Q & A

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

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

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

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

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

Toughest opponent? Every competitor is tough

Favourite training session? Speed when no lactic is involved

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

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

Most famous person you have ever met? The Queen!

What other sports do you like?
 Tennis, F1

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

Favourite film? Too many great films to have a favourite

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

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

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

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

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

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

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

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



JENNY MEADOWS

800M

BIOGRAPHIES

DOMESTIC CHAMPIONSHIPS

2011 – Aviva World Trials 800m gold.
Aviva European Indoor Trials 400m 5th

2010 – Aviva Indoor World Trials
800m gold

2009 – Aviva UK Indoor Championships
800m gold. Aviva World Trials silver

2008 – Aviva World Indoor
Championships Trials 800m gold

2007 – Aviva European Indoor
Championships Trials 800m silver. Aviva
World Trials 800m silver

2006 – AAA Indoor Championships
800m gold

2005 – AAA Indoor Championships
800m gold. AAA Championships
800m bronze

2004 – AAA Indoor Championships
400m bronze

2003 – AAA Indoor Championships
400m gold. AAA U23 Championships
400m silver

2002 – AAA Indoor Championships
800m gold

2000 – AAA Junior Indoor
Championships 400m gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2011 – IAAF World Championships
800m 3rd sf. Spar European Team

Championships 800m silver. European
Indoor Championships 800m silver

2010 – World Championships 800m
(indoors) silver. European Championships
800m bronze. IAAF/VTB Bank
Continental Cup 800m silver

2009 – World Championships 800m
bronze. European Indoor Championships
800m 4th

2008 – Olympic Games 800m 6th sf.
World Indoor Championships 800m 5th.
European Cup 800m gold

2007 – World Championships 800m
5th sf. European Indoor Championships
800m 5th

2006 – European Championships
4x400m ht. World Indoor Championships
4x400m 6th

2003 – World Championships 4x400m
6th. World Indoor Championships
4x400m 4th. European U23
Championships 400m 7th, 4x400m silver

2002 – Commonwealth Games 4x400m
silver

2000 – World Junior Championships
4x400m gold.

PERSONAL BESTS

800m 1:57.93

DOB: 17/04/1981
Born: Billinge, Wigan
Lives: Wigan
Club: Wigan & District
Trains: Wigan
Coach: Trevor Painter

Agent: Jonathan Marks (MTC) Commercial Agent/ Caroline Feith (Pro Sports) Race Agent/ Andrew Meadows (Day to Day)
Kit: Asics
Facebook: Jenny Meadows Athlete Fans Page
Web: www.jennymeadows.co.uk

Q & A

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

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

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

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

Favourite athletics venue? Rome

Best friend in athletics? Helen Clitheroe

Toughest opponent?
 Maria Savinova - Russia

Favourite training session? 6 x 300m

Least favourite training session?
 Sand Dune Hill session

Sporting hero? Paula Radcliffe

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

What other sports do you like?
 Rugby League

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

Favourite film? Shawshank Redemption

Favourite music/group? Lady Gaga

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

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

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

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

Do you have any pets?
 Harvey – miniature Schnauzer

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

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

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

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

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



BRETT MORSE

DISCUS

DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships DT silver

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

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

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

2008 – England Athletics U20 Open Championships DT gold. BUSA Championships DT gold, SP bronze. England Athletics Aviva Indoor U20 Championships bronze

2007 – England Athletics U20 Open Championships DT gold, SP bronze. England Athletics Indoor U20 Open Championships SP silver. Aviva World Trials & AAA Championships DT 8th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Olympic Games DT 35th q. European Championships DT 23rd q

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

2010 – European Team Championships DT 11th. Commonwealth Games DT 6th.

2009 – European U23 Championships DT 13th

2008 – World Junior DT NM

2007 – European Junior Championships DT 9th

PERSONAL BESTS

DT 66.06

Q & A

What was the best performance during 2012?

Mo Farah winning double gold, Daniel Greaves Silver medal

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

London 2012 because crowd were cheering all athletes not just British so atmosphere was good

DOB: 11/02/1989
Born: Cardiff
Lives: Penarth/ Cardiff
Club: Birchfield Harriers
Trains: Cardiff

Coach: Andy Brittan
Agent: Jamie Baulch – Definitive Sports Management
Kit: adidas
Twitter: @brett_morse
Web: www.brettmorse.co.uk

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

Shaun Pickering

Favourite athletics venue?

Olympic Stadium London

Best friend in athletics?

Rhys Knapman

Toughest opponent?

Lawrence Okoye

Favourite training session?

Weights and throwing

Least favourite training session?

Long distance running

Sporting hero? Muhammad Ali

Most famous person you have ever met? Usain Bolt

What other sports do you like?

Football, Rugby

Favourite film?

Snatch, Lockstock & Good Burger

Favourite music/group?

RnB, Hip Hop

What is your favourite pre-competition meal?

Protein flapjack and Sci-Mx, X-Plode

If you could take three people out for dinner who would they be?

Dwayne (The Rock) Johnson, David Beckham, Boris Johnson/Keith Lemon

If you were stranded on a desert island what three items would you take with you?

Electricity generator, TV, PS3

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

Interesting unknown fact about yourself?

Just become a father for the first time

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

Discus shoes, towel, spare clothes, drink, snack

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



CHRISTINE OHURUOGU

400M

DOMESTIC CHAMPIONSHIPS

2013 – British Athletics European Trials & UK Championships 200m silver

2012 – Aviva 2012 Trials & UK Championships 400m gold

2011 – Aviva World Trials 400m bronze

2009 – Aviva World Trials 400m gold

2008 – Olympic Trials 200m silver

2006 – AAA Indoor Championships 60m silver, 200m silver, AAA U23 Championships silver

2005 – AAA U23 Championships 400m gold, AAA Championships 400m silver

2004 – AAA Championships 400m gold

2007 – IAAF World Championships 400m gold, (4x400m bronze). World Athletics Final 400m silver

2006 – Commonwealth Games 400m gold, (4x400m DQ)

2005 – IAAF World Championships 400m 4th sf, (4x400m bronze). European U23 Championships 400m silver, (4x400m silver)

2004 – Olympic Games 400m 4th sf 400m (4x400m 4th)

2003 – European Junior Championships 400m bronze

PERSONAL BESTS

400m 49.61 **200m** 22.85

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Olympic Games 400m silver. IAAF World Indoor Championships 4x400m gold

2011 – IAAF World Championships 400m DQ ht, (4x400m 4th)

2009 – IAAF World Championships 400m 5th. World Athletics Final 400m 6th

2008 – Olympic Games 400m gold (4x400m 5th). World Athletics Final 400m silver

DOB: 17/05/1984
Born: London
Lives: London
Club: Newham & Essex
 Beagles
Trains: Lee Valley

Coach: Lloyd Cowan
Agent: Pace Sports Management
Kit: adidas
Web: www.chrissy.com
Twitter: @chrissyohuruogu

Q & A

What was your first Olympic Games memory:

I think it was in 2000 Cathy Freeman winning the 400m in Sydney

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

It is hard to beat Usain Bolt's three gold medals and three world records in Beijing

Best friend in athletics:

Anyika Onuoru

Pre-competition meal:

I usually just eat whatever is provided at the meet hotel

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

A teacher or something to do with kids or education

Favourite film:

300

Favourite TV programme:

Desperate Housewives

Favourite music/group:

I like a wide range of music

Favourite food:

My mum's pepper soup.

If you were stranded on a desert island what 3 items would you take with you:

Pen and paper to record my thoughts, lip balm

Do you have any pets:

No, I am abroad a lot but I will get one in the future

Interesting unknown fact about yourself:

I can click my own back

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

My spikes, water bottle and rain jacket.



LAWRENCE OKOYE

DISCUS

DOMESTIC CHAMPIONSHIPS

2012 - Aviva 2012 Trials & UK Championships gold. Aviva England U23 Championships gold

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

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

2009 - Aviva English Schools Championships 4th

2008 - English Schools Championships silver

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 - Olympic Games 12th. European Championships 12th

2011 - European U23 Championships gold

2010 - IAAF World Junior Championships 6th

PERSONAL BESTS

DT 68.24m

Q & A

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

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

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

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

Favourite athletics venue?
Olympic Stadium, London

Do you have any pre-competition superstitions?
No

Best friend in athletics?
Zane Duquemin

Toughest opponent?
Robert Harting

Favourite training session?
Psychometrics

Least favourite training session?
Hypertrophy weight sessions

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

Coach: John Hillier
Agent: Ashley O'Rourke – Mission Sports
Kit: Nike
Twitter: @LawrenceOkoye
Facebook: Lawrence Okoye
Web: Lawrenceokoye.com

Sporting hero?

Muhammad Ali

Most famous person you have ever met?

Not sure

What other sports do you like?

Rugby, football, american football, tennis, cricket

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

Rugby player

Favourite film?

The Godfather

Favourite music/group?

50 Cent

What is your favourite pre-competition meal?

Chicken and rice

If you could take three people out for dinner who would they be?

Barack Obama, Sofia Vergara, Wentworth Miller

If you were stranded on a desert island what 3 items would you take with you?

Kindle, iPod, pen and paper

What did you do during your 2012 post season break?

Visit friends

Interesting unknown fact about yourself?

Been to France nearly 10 times

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

Throwing shoes, discs, chalk

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

50 Cent – I Get It

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

Force oil companies to reduce fuel prices

If you had a super power what would it be?

Ability to read minds



ANDREW OSAGIE

800M

DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships 800m gold

2011 – Aviva European Indoor Trials & UK Championships 800m silver. Aviva World Trials & UK Championships gold

2010 – Aviva World Indoor Trials & UK Championships 800m gold

2009 – England U23 Championships 800m gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Olympic Games 800m 8th. IAAF World Indoor Championships 800m bronze

2011 – IAAF World Championships 800m 4th sf. European Indoor Championships 800m 4th

2010 – IAAF World Indoor Championships 800m 4th sf. Commonwealth Games 800m 4th sf

2009 – European U23 Championships 800m 3rd ht

PERSONAL BESTS

800m 1:43.77

Q & A

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

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

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

Favourite athletics venue?
Rome, Monaco or London Olympic Stadium

Best friend in athletics?
James Brewer, Ross Murray

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

Favourite training session?
Anything fast!

Least favourite training session?
Anything slow!

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

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

DOB: 19/02/1988
Born: Harlow, Essex
Lives: Teddington, London
Club: Harlow AC
Trains: St Marys

Coach: Craig Winrow
Agent: Ricky Simms, Pace Sports Management
Twitter: @andrewosagie
Facebook: andrewosagiepage
Web: www.andrewosagie.com

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

A rich, not so skinny businessman with a gorgeous wife, three kids and a dog called Bonnie. Or a full time female model rater and analyst

Favourite film?

Dumbo, The Other Guys, 300

Favourite music/group?

Tyga, Lil Wayne, Lethal B

What is your favourite pre-competition meal?

Anything chicken based

If you could take three people out for dinner who would they be?

Will Smith, Alan Carr and Mila Kunis/
 Frankie Sanford

If you were stranded on a desert island what 3 items would you take with you?

Speedboat, Sat Nav, and a can of fuel

What did you do during your 2012 post season break?

Went on holiday

Do you have any pets? (type and name)

Dog – Labrador – Bonnie

Interesting unknown fact about yourself?

I'm actually not that interesting...fact! I've lived on £1 a day for 6 weeks

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

Spikes and everything I was wearing to warm up. Lip balm because nobody likes dry lips

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

Not really, anything Rappy or maybe some UK Grime

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

Make myself PM for the rest of time

If you had a super power what would it be?

Time travel



JO PAVEY

5000M / 10,000M

DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships 5000m gold

2008 – National Championships 10,000m gold. Olympic Trials 5000m gold

2007 – National Championships 10,000m gold. Norwich Union World Trials 5000m gold

2006 – AAA Championships 5000m gold

2005 – AAA Indoor Championships 3000m gold

2004 – AAA Indoor Championships 3000m gold

2001 – AAA Championships 5000m gold

2000 – AAA Championships 5000m silver

1997 – UK Championships 1500m gold

1988 – ESAA Championships (U15) 1500m gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Olympic Games 10,000m 7th, 5000m 7th

2008 – Olympic Games 10,000m 12th

2007 – World Championships 10,000m 4th, 5000m 9th. European Indoor Championships 3000m 6th

2006 – European Championships 5000m 4th. Commonwealth Games 5000m silver. European Cup 3000m gold. European Cross Country Championships 8th

2005 – World Championships 5000m 15th

2004 – Olympic Games 5000m 5th, 1500m 13th ht. World Indoor Championships 3000m 5th. European Cross Country Championships bronze

2003 – World Championships 1500m 10th. World Athletics Final 3000m bronze

2002 – European Championships 5000m 5th. Commonwealth Games 5000m 5th. 3World Cup 5000m bronze

2001 – World Championships 5000m 11th

2000 – Olympic Games 5000m 12th

1997 – World Championships 1500m 11th sf

PERSONAL BESTS

5000m 14:39.96 **Marathon** 2:28.24

10,000m 30:53.20

Funding: Podium
DOB: 20/09/1973
Born: Honiton, Devon
Lives: Ottery St Mary,
 Devon
Club: Exeter
Trains: Tiverton

Coach: Gavin Pavey
Agent: Gavin Pavey
Kit: Nike
Twitter: @jopavey
Facebook: Jo Pavey
Web: www.jopavey.com
 www.joanepavey.com

Q & A

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

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

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

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

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

Best friend in athletics?
 Lots of really good mates

Toughest opponent?
 Tirunesh Dibaba and Meseret Defar

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

Least favourite training session?
 5 x 2000m

Sporting hero?
 Kelly Holmes – my old room mate

Most famous person you have ever met? The Queen

What other sports do you like? Tennis

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

Favourite film? Zoolander

Favourite music/group?
 The Killers and U2

What is your favourite pre-competition meal? Tuna roll

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

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

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

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

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

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

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



TIFFANY PORTER

100M HURDLES

DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships 100mH silver

2011 – Aviva World Trials 100mh gold

2010 – USA Track & Field Championships 100mh 5th

2009 – USA Track & Field Championships 100mh 4th

2008 – NCAA Championships 100mh gold.

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Olympic Games 100mH 4th sf.
IAAF World Indoor Championships
60mH silver

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

2006 – World Junior Championships
bronze

PERSONAL BESTS

100m H 12.56

60m H 7.80

DOB:	13/11/1987	Trains:	Loughborough & USA
Born:	Ypsilanti, Michigan USA	Coach:	Rana Reider
Lives:	Canton, Michigan	Agent:	Mark Wetmore – Global Athletics
Club:	Woodford Green Essex Ladies	Kit:	adidas
		Twitter:	@tiffofili

Q & A

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

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

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

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

Favourite athletics venue? Monaco

Best friend in athletics? Jeff Porter

Toughest opponent? Myself

Favourite training session?
Hurdles sessions

Least favourite training session?
Long runs

What other sports do you like?
Gymnastics

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

Favourite film?
Taken

Favourite music/group?
R&B/Gospel

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

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

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

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

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

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



ANDREW POZZI

110M HURDLES

DOMESTIC CHAMPIONSHIPS

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

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

2010 - Aviva England Indoor Championships 60mH gold

2009 - England U20 Championships 110mH 8th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

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

2011 - European Junior Championships 110mH silver

2009 - IAAF World Youth Championships 110mH 4th sf

PERSONAL BESTS

110m H 13.34 **60m H** 7.56

DOB: 15/05/1992
Born: Leamington Spa
Lives: Bristol
Club: Stratford-upon-Avon
Trains: Bath

Coach: Malcolm Arnold
Agent: MTC
Kit: Nike
Twitter: @andrew_pozzi
Facebook: Andrew Pozzi

Q & A

What was your first Olympic Games memory:

Kelly Holmes 800m win in Athens 2004

Favourite athletics venue:

Birmingham Alexander Stadium

Sporting hero: Liu Xiang

What other sports do you like:

Rugby

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

Something in finance

Favourite film:

Good Will Hunting

Favourite TV programme:

Entourage

Favourite music/group:

Depends on the mood – quite eclectic

Favourite food:

Spaghetti Bolognese

If you could take three people out for dinner who would they be:

Shakespeare, Michael Jordan, Winston Churchill.

If you were stranded on a desert island what 3 items would you take with you:

iPod, Swiss army knife, Iodine

Do you have any pets:

1 dog (brown Labrador) and 1 cat

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

Spikes, chocolate bar, drink (usually water)



SHARA PROCTOR

LONG JUMP

DOMESTIC CHAMPIONSHIPS

2012 – Aviva Indoor UK Trials and Championships LJ gold

2011 – Aviva World Trials LJ gold

2010 – NCAA Championships TJ bronze, LJ 5th. NACAC U23 T&F Championships LJ gold. SEC Outdoor Championships LJ gold

2009 – Central American and Caribbean Championships LJ gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Olympic Games LJ 9th. IAAF World Indoor Championships LJ bronze

2011 – IAAF World Championships LJ 11th q. IAAF World Challenge Meeting LJ gold. Spar European Team Championships LT 9th

2009 – World Championships LJ 6th

2005 – World Youth Championships LJ 6th

PERSONAL BESTS

LJ 6.95m

DOB: 16/09/1988
Born: Anguilla
Club: Birchfield Harriers
Trains: Loughborough

Coach: Rana Reider
Agent: Pro Sports International BV
Kit: Nike
Twitter: @sharaproctor

Q & A

What other sports do you like?

Football and tennis

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

An actress/singer

Favourite film?

Bridesmaids

Favourite music/group?

Travis Porter

What is your favourite pre-competition meal?

Fruit and water

If you were stranded on a desert island what three items would you take with you?

My BlackBerry, water and a pillow



MARTYN ROONEY

400M

DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships 400m gold

2011 – Aviva World Trials & UK Championships 400m gold

2010 – Aviva European Trials & UK Championships 400m gold

2008 – Olympic Trials 400m gold

2007 – Aviva World Championships Trials 400m silver

2006 – AAA Championships 400m silver

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Olympic Games 5th sf, 4x400m 4th

2011 – World Championships 400m 7th sf, (4x400m 7th)

2010 – European Championships 400m bronze, (4x400m silver)

2009 – World Championships 400m 7th sf2, (2nd 4x400m)

2008 – Olympic Games 400m 6th, (4x400m 4th). European Cup 400m gold, (4x400m silver)

2007 – World Championships 400m 400m 4th ht, (4x400m 6th)

2006 – Commonwealth Games 400m 5th, (4x400m 4th). World Junior Championships 400m bronze, (4x400m bronze)

2005 – World Championships 4x400m 4th. European Junior Championships 400m silver, (4x400m gold)

PERSONAL BESTS

400m 44.60

DOB: 03/04/1987
Born: Croydon
Lives: Birmingham
Club: Croydon AC
Trains: Birmingham

Coach: Fayyaz Ahmed
Agent: Caroline Feith (Races) & Definitive
Kit: Nike
Twitter: @MartynRooney
Web: www.martynrooney.com

Q & A

What was your first Olympic or Paralympic Games memory?

Donna Fraser coming 4th behind Kath Merry, great to see a local girl come so close

What was the best performance during 2012?

David Rudisha followed by Dave Weir's 5000m

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

London and Beijing for me, were both incredible, but London was really special

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

Nick Dakin

Favourite athletics venue?

Lausanne

Do you have any pre-competition superstitions?

Sticking to a routine

Best friend in athletics?

Andrew Steele

Toughest opponent?

Kevin Borlee

Favourite training session?

450-350-250, 350-250-150

Least favourite training session?

Don't really have one!

Sporting hero?

David Rudisha

Most famous person you have ever met?

David Cameron

What other sports do you like?

Football, Rugby

Favourite film?

Changes all the time!

Favourite music/group?

Muse

If you were stranded on a desert island what three items would you take with you?

Mac Air, Bear Grills DVD's and a Swiss army knife

What did you do during your 2012 post season break?

Went to St Lucia and moved house

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

Spikes, stretching rope, iPod, deep heat

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

Commission a 400m indoor track!

If you had a super power what would it be?

Control time



GREG RUTHERFORD MBE

LONG JUMP

DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships gold

2010 – Aviva Indoor World Trials gold

2008 – Olympic Trials gold

2006 – AAA Championships gold

2005 – AAA Indoor Championships bronze. AAA Indoor U20 Championships gold. AAA U20 Championships bronze. AAA Championships gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Olympic Games gold

2011 – IAAF World Championships 13th q

2010 – Commonwealth Games silver

2009 – European Indoor Championships 6th. IAAF World Championships 5th

2008 – Olympic Games 10th

2007 – World Championships 21st q

2006 – European Championships silver. Commonwealth Games 8th

2005 – European Junior Championships gold

PERSONAL BESTS

LJ 8.35

Q & A

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

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

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

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

Favourite athletics venue?

Crystal Palace & Oregon

DOB: 17/11/1986
Born: Milton Keynes
Lives: Milton Keynes
Club: Marshall Milton Keynes
Trains: Lee Valley & USA

Coach: Dan Pfaff
Agent: GSE
Kit: Nike
Web: www.GregRutherford.com
Twitter: @GregJRutherford

Do you have any pre-competition superstitions? I don't have any superstitions, I just try to keep a clear head

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

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

Favourite training session? Sprint training

Least favourite training session?
 Plyometrics

Sporting hero? Lynn Davies CBE

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

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

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

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

Favourite music/group? RnB, Dubstep, House

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

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

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

Do you have any pets?
 I have two chocolate labradors

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

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

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

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

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



GOLDIE SAYERS

JAVELIN

BIOGRAPHIES

DOMESTIC CHAMPIONSHIPS

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

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

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

PERSONAL BESTS

JT 66.17m

DOB: 16/07/1982
Born: Newmarket
Lives: London
Club: Belgrave Harriers
Trains: Lee Valley

Coach: Dan Pfaff
Agent: James Harper – The Sports Partnership
Kit: adidas
Twitter: @goldiesayers
Web: www.goldiesayers.com

Q & A

What was your first Olympic or Paralympic Games memory?

1992 – Sally Gunnell and Linford Christie winning in Barcelona

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

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

London for atmosphere and British pride

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

Mark Roberson – training partner and then coach

Favourite athletics venue?

Crystal Palace

Do you have any pre-competition superstitions?

I always put my vest on last – not really a superstition but more to keep it fresh during warm up

Best friend in athletics? Robbie Grabarz

Toughest opponent? Barbora Spotakova

Favourite training session?

Medicine ball throwing

Least favourite training session?

Anything when injured

Sporting hero? Cathy Freeman

Most famous person you have ever met? David Beckham

What other sports do you like?

All ball sports

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

Favourite film? Forrest Gump

Favourite music/group?

Florence and the Machine

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

If you were stranded on a desert island what 3 items would you take with you?

Music, best friend, a boat

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

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

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

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

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

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



PERRI SHAKES-DRAYTON

400M HURDLES

DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships 400mh gold

2011 – Aviva World Trials & UK Championships 400mh gold, 400m gold

2010 – BUCS Championships 400mh gold, Aviva European Trials & UK Championships 400mh gold

2009 – Aviva World Trials 400m silver, England U23 Championships 400mh gold

2008 – UK Championships 400mh gold

2007 – England U20 400mh silver

2006 – England U20 400mh gold

2007 – European Junior Championships 400mh silver, 4x400m silver

2006 – World Junior Championships 400mh 8th

PERSONAL BESTS

400m H 53.77 **400m** 51.26

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Olympic Games 400mh 3rd sf, IAAF World Indoor Championships 4x400m gold

2011 – IAAF World Championships 400mh 3rd sf, 4x400m 4th, Spar European Team Championships bronze

2010 – European Championships 400mh bronze, 4x400m bronze, World Indoors 4x400m 5th

2009 – World Championships 400mh 7th sf, European U23 Championships 400mh gold

DOB: 21/12/1988
Born: London
Lives: London
Club: Victoria Park & Tower Hamlets
Trains: Mile End
Coach: Christopher Zah

Agent: MTC – Commercial.
 Pace Sport Management – Ricky Simms
Kit: Nike
Twitter: @shakesdrayton
Facebook: Perri Shakes-Drayton (fan page)
Web: Perrishakesdrayton.com

Q & A

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

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

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

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

Favourite athletics venue?
 Birmingham Alexander Stadium

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

Toughest opponent?
 Myself, so hard on myself

Favourite training session?
 Hurdles (sprint)

Least favourite training session?
 Endurance sessions

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

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

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

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

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

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

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

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

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



WILLIAM SHARMAN

110M HURDLES

DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials 110mh 4th, BUCS Championships 110mh bronze

2011 – Aviva World Trials & UK Championships 110mh bronze

2010 – Aviva European Trials & UK Championships 110mh 1st

2009 – Welsh Senior Open Indoor Championships 60m 4th, 60mh gold; CAU Inter Counties Championships 200m 7th, Aviva European Championships Indoor Trials 60mh DQ, Aviva World Championships Trials 110mh 4th

2008 – Aviva Indoor Trials 60mh 4th, Aviva Olympic Trials 100mh bronze

2007 – Aviva European Trials 60mh bronze, Aviva World Championships Trials 100mh bronze, BUSA Championships 110mh gold

2006 – Aviva European Championships Trials 110mh silver, AAA U23 Championships 110mh gold, CAU Inter Counties Championships 110mh gold, BUSA Championships 110mh gold

2005 – AAA Championships 110mh 4th, AAA U23 Championships 110mh silver

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – European Athletics Championships 110mh 4th sf

2011 – IAAF World Championships 110mh 5th=

2010 – Commonwealth Games 110mh 2nd, European Championships 110mh DQ

2009 – IAAF World Championships 110mh 4th

2007 – World Student Games 110mh 8th sf2

2006 – European Championships 110mh 4th h1

2005 – European U23 Championships 110mh 4th

2003 – European Junior Championships 110m H 5th

PERSONAL BESTS

110m H 13.30

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

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

Q & A

What was the best performance during 2012?

Richard Whitehead zoom/Chris Hoy

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

These ones (London) – they were engrossing

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

Brother

Favourite athletics venue?

Bedford

Best friend in athletics?

The starter's pistol, he lets me loose!

Toughest opponent? Me

Sporting hero? Lewis Hamilton

Most famous person you have ever met?

Michael Johnson

What other sports do you like?

Tennis, rugby, F1, football

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

F1 driver

Favourite film? Training Day

Favourite music/group?

MMG

What is your favourite pre-competition meal? Yam pottage

If you could take three people out for dinner who would they be?

It would be a family meal

If you were stranded on a desert island what three items would you take with you?

Knife, tool box kit, generator powered by solar panels

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

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

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

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



DANNY TALBOT

100M/200M

DOMESTIC CHAMPIONSHIPS

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

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

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

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

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

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

2010 - IAAF World Junior Championships 200m 4th sf

PERSONAL BESTS

100m 10.21 **200m** 20.52

Q & A

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

What was the best performance during 2012?

Usain Bolt three gold medals and Jess Ennis winning was amazing

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

London 2012. The public made it fantastic and performances were brilliant

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

My coach Dan Cossins

Favourite athletics venue?

Olympic Stadium and Crystal Palace

Do you have any pre-competition superstitions?

Yes, I do a few weird things I don't want people to know about. I don't want to be the weird kid of British Athletics!

Best friend in athletics?

I have a few but Dan Putnam and Andy Robertson

Toughest opponent?

Christian Malcolm – the guy just keeps going

DOB: 01/05/1991
Born: Salisbury
Lives: Trowbridge
Club: Birchfield Harriers
Trains: Bath

Coach: Daniel Cossins
Agent: Jamie Baulch/ Definitive Sports
Kit: adidas
Twitter: @dannyraketallbot

Favourite training session?

I'm strange and like long stuff, only if it's not cold

Least favourite training session?

Majority of weight sessions

Sporting hero?

David Beckham, he's so ledge

Most famous person you have ever met?

Dwain Chambers

What other sports do you like?

Football and golf

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

The winner of X Factor or an actor on Eastenders

Favourite film?

American Gangster

Favourite music/group?

Oasis, Adele and Alicia Keys

What is your favourite pre-competition meal?

Plain omelette

If you could take three people out for dinner who would they be?

Jessica Alba, David Beckham and Chris Rock – not at the same time

If you were stranded on a desert island what 3 items would you take with you?

Football manager, iPod and a decent book

What did you do during your 2012 post season break?

Plan a holiday then not go

Do you have any pets?

A cat called Max

Interesting unknown fact about yourself?

Same as last year, still do a great impression of Barack Obama

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

A few lucky charms

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

Hometown Glory – Adele and One & Only – Adele

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

Have the day off

If you had a super power what would it be?

Go back in time



CHRIS TOMLINSON

LONG JUMP

DOMESTIC CHAMPIONSHIPS

2013 – British Athletics European Trials & UK Championships LJ silver

2012 – Aviva 2012 Trials & UK Championships bronze

2010 – Aviva European Trials & UK Championships gold. Aviva World Indoor Trials silver

2009 – Aviva World Championships Trials gold

2009 – Aviva UK Indoor Championships gold

2008 – AAA Indoor Championships gold

2007 – Aviva World Champs Trials gold

2006 – AAA Championships silver

2005 – AAA Indoor Championships silver

2004 – AAA Indoor Championships gold. AAA Championships gold

2003 – AAA Indoor Championships gold

2002 – Commonwealth Games Trials gold. AAA Championships silver

2001 – AAA Indoor Championships gold

2000 – AAA Indoor Championships gold

1999 – AAA U20 Championships gold

1998 – AAA Indoor U17 Championships gold

1996 – ESAA Championships (triple jump) gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Olympic Games 6th. European Championships 13th q

2011 – IAAF World Championships 11th. Spar European Team Championships 6th

2010 – European Championships bronze. Commonwealth Games NM

2009 – IAAF World Championships 8th. European Team Championships 5th

2008 – Olympic Games 27th q. World Indoor Championships silver

2006 – European Championships 9th

2004 – Olympic Games 5th

2007 – IAAF World Championships 16th q. European Indoor Championships 5th

2006 – Commonwealth Games 6th

2004 – IAAF World Indoor Championships 6th. European Cup gold

2005 – IAAF World Championships 14th q

2003 – IAAF World Championships 9th

2002 – European Championships 6th. Commonwealth Games 6th. European Cup gold

2001 – European U23 Championships 6th

PERSONAL BESTS

LJ 8.35

DOB:	15/09/1981	Coach:	Rana Reider
Born:	Middlesbrough	Agent:	Ricky Simms/ Gab Stone
Lives:	London	Kit:	adidas
Club:	Newham & Essex Beagles	Twitter:	@longjumpchris
Trains:	Loughborough/London	Web:	www.tomlinsonlongjump.com

Q & A

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

What was the best performance during 2012? Aries Merritt

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

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

Favourite athletics venue?
Crystal Palace

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

Toughest opponent? Myself

Favourite training session? Running

Least favourite training session?
Weights

Sporting hero? Carl Lewis

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

What other sports do you like? Golf

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

Favourite film? Usual Suspects

Favourite music/group? Arctic Monkeys

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

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

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

Do you have any pets? Dog - Cassie

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

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

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



ANDY TURNER

110M HURDLES

DOMESTIC CHAMPIONSHIPS

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

2010 – Aviva European Trials & UK Championship 110mH silver

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

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

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

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

2004 – AAA Indoor Championships 60mH 4th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Olympic Games 110mH 4th sf

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

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

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

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

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

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

2004 – Olympic games ht. European Cup 3rd

PERSONAL BESTS

110m H 13.22

DOB: 19/09/1980
Born: Nottingham
Lives: Sutton, Surrey
Club: Sale Harriers
Trains: Lee Valley /
 St Marys

Coach: Lloyd Cowan
Agent: Race-Pace, Commercial –
 Gab Stone. GSE Agency
Kit: Nike
Twitter: @andyturnern10h
Web: www.andyturnern10h.co.uk

Q & A

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

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

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

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

Favourite athletics venue? Barcelona

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

Best friend in athletics? Greg Rutherford

Toughest opponent? Liu Xiang

Favourite training session?
 Short hurdles

Least favourite training session?
 Any form of jogging

Sporting hero? Brian Clough

Most famous person you have ever met? The Queen

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

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

Favourite film? Shawshank Redemption

Favourite music/group? Lil Wayne

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

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

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

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

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

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

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

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

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

If you had a super power what would it be? Be able to fly



LAURA WEIGHTMAN

1500M

BIOGRAPHIES

DOMESTIC CHAMPIONSHIPS

2012 - Aviva 2012 Trials & UK Championships 1500m gold. BUCS Championships 3000m gold

2010 - Aviva European Trials & UK Championships 1500m 6th. Aviva England U20 World Trials Championships 1500m gold

2009 - England U20 Championships 1500m 4th. Aviva English Schools Championships 1500m gold. Sainburys English Schools Cross Country Championships 6th. Inter Counties Cross Country Championships 15th

2008 - English Schools Championships 1500m gold

2007 - England U17 800m silver. English Schools Championships 1500m gold. UK School Games 1500m gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 - Olympic Games 1500m 11th

2010 - IAAF World Junior Championships 1500m 6th

PERSONAL BESTS

1500m 4:02.99

Q & A

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

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

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

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

Favourite athletics venue?
Olympic Park London!!

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

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

Toughest opponent?
Everyone is tough!

Favourite training session?
3 x 500m 1min or 10 x 300m 45 sec

DOB: 01/07/1991
Born: Alnwick
Lives: Leeds
Club: Morpeth Harriers
Trains: Leeds

Coach: Steve Cram
Agent: Global Sports Communication
Kit: Nike
Twitter: @LauraWeightman
Facebook: Laura Weightman Athlete

Least favourite training session?
 Time trials

Sporting hero?
 Paula Radcliffe and Roger Federer

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

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

Favourite film? Taken

Favourite music/group?
 The Script or Rihanna

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

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

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

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

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

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

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



CONRAD WILLIAMS

400M

DOMESTIC CHAMPIONSHIPS

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

2011 - Aviva European Indoor Trials & UK Championships 200m gold, 800m 6th h

2010 - Aviva World indoor Trials & UK Championships 200m silver, 60m 5th sf. Aviva European Trials & UK Championships 400m bronze, CAU Inter-Counties Championships 400m gold

2009 - Aviva World Championships Trials 400m silver. CAU Inter-Counties Championships 400m gold

2008 - Aviva Olympic Trials 4th sf

2007 - Norwich Union World Trials 400m 4th CAU Inter-Counties 400m silver

2006 - CAU Inter-Counties 200m 6th sf, 400m gld., AAA Indoor Championships 400m bronze

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 - Olympic Games 400m 8th sf, 4x400m 4th. European Championships 4x400m silver. IAAF World Indoor Championships 4x400m silver

2010 - Commonwealth Games 400m 6th, 4x400m bronze. European Championships 6th sf, 4x400m silver. IAAF World Indoor Championships 4x400m bronze. Spar European Team Championships 4x400m relay silver

2009 - IAAF World Championships 4x400m relay silver. Spar European Team Championships 4x400m gold

2008 - Spar European Cup 4x400m silver

PERSONAL BESTS

400m 45.08

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

Coach: Linford Christie
Agent: (Race) Caroline Feith
Kit: adidas
Twitter: @CWilliams400
Youtube: Com1weezy

Q & A

What was your first Olympic or Paralympic Games memory?

USA Basketball Team winning 2004

What was the best performance during 2012?

Kirani James – Sub-44, David Rudisha WR, Oscar Pistorius

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

I can't really say what Games are the best - they are all good in their own right

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

The young people at work

Favourite athletics venue?

Wild World of Sports, Florida USA

Do you have any pre-competition superstitions?

Putting on my headband

Toughest opponent? There are none

Favourite training session?

Warm up/strides

Least favourite training session?

6 x 150m

Sporting hero? Tyson Gay

Most famous person you have ever met? Bolt

What other sports do you like?

Basketball, Football, F1

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

Favourite film? Friday

Favourite music/group?

Dancehall, Reggae

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

If you could take three people out for dinner who would they be?

CVC, Kelly Rowland, Stacy Dash

If you were stranded on a desert island what 3 items would you take with you?

Speakers, decks and drinks

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

Interesting unknown fact about yourself? Started running at 20

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

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

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

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



NATHAN WOODWARD

400M HURDLES

DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships 400mh bronze

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

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

2009 – BUCS Championships 400mh 1st ht

2008 – England Athletics U20 Open Championships 400mh gold

2007 – ESAA Championships 400mh gold

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

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

2004 – AAA Indoor U15 Championships 800m silver

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – European Athletics Championships 400mh 7th

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

2010 – European Championships 400mh 4th sf

2008 – World Juniors 400mh ht

2007 – European Junior Championships 400mh 7th

PERSONAL BESTS

400m H 48.71

DOB: 17/10/1989
Born: Solihull
Lives: Bath
Club: Tamworth
Trains: Bath

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

Q & A

What was the best performance during 2012?

Mo Farah double gold

Favourite athletics venue?

Olympic Stadium - London

What other sports do you like?

Football, F1

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

Tennis player or a Doctor

If you had a super power what would it be?

Teleport



BRITISH
ATHLETICS

B I O G R A P H I E S

PODIUM PARALYMPIC





OLA ABIDOGUN

100M/200M T46

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 - Paralympic Games 100m bronze

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

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

2009 - German Disability Championships 100m bronze

PERSONAL BESTS

100m 11.05 **200m** 22.54

DOB: 03/08/1993
Born: Ilford, Essex
Lives: Nottingham
Club: Horwich
Trains: Loughborough

Coach: Stephen Thomas
Agent: David Tyler
Twitter: @ola_abido

Q & A

What was your first Olympic or Paralympic Games memory?

London 2012 - the sound of the crowd as we walked into the stadium

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

Jonnie Peacock beating Oscar Pistorius

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

London 2012 - first home games, first major medal

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

Coach ... always been there for me

Favourite athletics venue?

Jawaharlal Nehru Stadium, New Delhi

Best friend in athletics?

Sean Clare

Toughest opponent?

Simon Patmore

Favourite training session?

Blocks starts

Least favourite training session?

Long continuous back to back runs

Sporting hero?

Tyson Gay

Most famous person you have ever met?

Usain Bolt

What other sports do you like?

D1 (Drift 1, Japanese)

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

Lawyer

Favourite film?

Fast and furious Tokyo drift

Favourite music/group?

Linkin Park

What is your favourite pre-competition meal?

Rice and chicken

If you were stranded on a desert island what three items would you take with you?

Knife, rope, matches

What did you do during your 2012 post season break?

Spending time at home before uni

Interesting unknown fact about yourself?

Never learnt to crawl as a child

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

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

Calvin harris - flashback

If you had a super power what would it be?

Control over raw energy



HOLLIE ARNOLD

JAVELIN F46

DOMESTIC CHAMPIONSHIPS

2012 - Welsh Championships javelin gold

2009 - UK School Games discus gold, shot gold

2007 - UK School Games, 100m bronze, shot bronze

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 - Paralympic Games javelin 5th. IPC Athletics European Championships javelin silver. German National Paralympic Championships javelin bronze

2011 - IPC Athletics Championships javelin bronze. IWAS World Junior Championships javelin gold. German National Paralympic Championships javelin bronze

2010 - IWAS World Junior Championships javelin silver

2009 - IWAS Junior Championships DT silver, JT bronze

2008 - Paralympic Games 11th. German National Disabled Championships gold. Dutch National Championships silver

PERSONAL BESTS

JT 36.27

Q & A

What was your first Olympic or Paralympic Games memory?
Beijing 2008

What has been the best ever Olympic/ Paralympic Games and why?
London because it was amazing and massive home crowd support

Outside of parents, who has had the greatest influence on your athletics career?
My coach (he inspires me)

Favourite athletics venue?
Portugal track Monte Gordo

Do you have any pre-competition superstitions?
If I walk over three drains - bad luck!

Best friend in athletics?
Hannah Cockcroft/Sally Brown

Toughest opponent?
Katarzyna Piekart

Favourite training session?
Throwing outside (when it's warm)

Least favourite training session?
Sessions I'm sick in - strength and conditioning

DOB: 26/6/1994
Born: Grimsby
Lives: Ystrad Mynach
Club: Cleethorpes AC
Trains: Cardiff (UWIC)

Coach: Anthony Hughes
Twitter: @HollieA2012
Facebook: Hollie Arnold
Web: HollieArnold.com

Sporting hero?

Jessica Ennis

Most famous person you have ever met?

Queen

What other sports do you like?

Swimming

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

To be in some kind of sporting disability events help to teach kids to find their passion in life.

Favourite film?

Alice in Wonderland

Favourite music/group?

Rihanna

What is your favourite pre-competition meal?

Steak, vegetables and potatoes

If you were stranded on a desert island what 3 items would you take with you?

Phone, charger, make up

What did you do during your 2012 post season break?

Went back home

Do you have any pets?

1 dog called Harvey

Interesting unknown fact about yourself?

Always wanted to be a photographer

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

Spikes, tape, drink, towel, some kind of snack, bobbles, grips

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

The Pussy Cat Dolls - Buttons

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

Help the poor

If you had a super power what would it be?

To go back in time



GRAEME BALLARD

100M / 200M T36

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 - Paralympic Games 100m silver, 200m 4th. Paralympic World Cup 100m gold, 200m gold. IPC Athletics European Championships 100m bronze, 200m silver

2011 - IPC Athletics Championships 100m 5th, 200m 5th. German National Paralympic Championships 100m gold, 400m 5th. Paralympic World Cup 100m 6th, 200m 6th. IWAS & CPSI National Athletics Championships 100m silver, 400m silver

2010 - Paralympic World Cup 100m silver, 200m silver

2009 - Paralympic World Cup 100m 4th, 200m 4th

2008 - Paralympic Games 200m 6th, 100m 8th, 400m 8th, World Championships 100m silver, 200m silver

2004 - Paralympic Games (100m) 6th, 200m bronze

PERSONAL BESTS

100m	11.98	200	25.12/ 25.04W
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Q & A

What was your first Olympic or Paralympic Games memory?
Winning a bronze medal in Athens 2004

What was the best performance during 2012?
Jessica Ennis winning gold

What has been the best ever Olympic/ Paralympic Games and why?
London 2012 – the atmosphere was indescribable

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

Favourite athletics venue?
Sport City Manchester

Do you have any pre-competition superstitions? No

Best friend in athletics?
Get on with most people

Toughest opponent?
So Wa Wai (Hong Kong)

Favourite training session?
Longer sessions when I feel I have worked

Least favourite training session?
Shorter sessions with long rests

Sporting hero?
Steven Gerrard

DOB: 19/06/1979
Born: Manchester
Lives: Chorley
Club: Chorley ATC
Trains: Edge Hill

Most famous person you have ever met? The Queen

What other sports do you like?
 Football, snooker

If you were not an athlete what would you like to be?
 Someone able to make a difference in sport within schools

Favourite film? Titanic

Favourite music/group? Abba

What is your favourite pre-competition meal? Pasta

If you could take three people out for dinner who would they be?
 Jessica Ennis, Christian Malcolm and Marlon Devonish

If you were stranded on a desert island what 3 items would you take with you?
 Music, piano, running shoes, duvet

What did you do during your 2012 post season break?
 Went round to many schools

Interesting unknown fact about yourself?
 I was in a wheelchair for the first 10 years of my life although I had managed to walk odd steps

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

Do you have a motivational song, if so what is it?
 Don't Stop Me Now

If you were Prime Minister for one day you would...
 Make everyone equal

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



PAUL BLAKE

400M/800M/1500M T36

DOMESTIC CHAMPIONSHIPS

2010 - Aviva Parallel Success 800m gold, 1500m bronze

2009 - Aviva Parallel Success 800m gold

PERSONAL BESTS

400m 54.22

1500m 4:34.42

800m 2:06.81

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 - Paralympic Games 400m silver & 800m bronze. IPC Athletics European Championships 400m gold, 800m bronze. German National Paralympic Championships 200m gold, 400m gold

2011 - IPC Athletic Championships 400m gold, 800m silver, 1500m silver. Paralympic World Cup 800m 5th

DOB: 15/1/1990
Born: Dorchester
Lives: Dorchester
Club: Dorchester AC
Trains: Bath

Coach: Robert Ellchuk
Twitter: @Wizards_1
Facebook: Paul Blake

Q & A

What was your first Olympic or Paralympic Games memory?
 Kelly Holmes winning 800/1500m

What was the best performance during 2012?
 David Rudisha 800m World Record plus
 David Weir 4 golds

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

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

Favourite athletics venue?
 Olympic Park

Best friend in athletics?
 Dean Miller/Dave Devine

Toughest opponent?
 My mum - but on the track, Evgenii Shvetsov

Sporting hero? David Rudisha

What other sports do you like?
 Basketball, Tennis, Badminton

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

Favourite film? Gladiator

Favourite music/group?
 Dubstep/chilled Drum and Bass

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

If you could take three people out for dinner who would they be?
 Adam Sandler, Will Ferrell, Danny Devito

If you were stranded on a desert island what 3 items would you take with you?
 Sun tan cream, iPod, food

Interesting unknown fact about yourself? I like to bake

What is in your kit bag when you go out onto the track? Spikes, shorts, t-shirt, drink, pretty boring really.

If you were Prime Minister for one day you would... Cut taxes

If you had a super power what would it be? Iron man because he is sick



SALLY BROWN

100M/200M T46

DOMESTIC CHAMPIONSHIPS

2012 – Northern Ireland Championships 200m 4th. Aviva Ulster Schools Championships 400m 5th. Sainsburys School Games 100m bronze

2011 – Aviva Ulster Schools Championships 300m silver

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Paralympic Games 100m 6th, 200m 4th ht. IPC Athletics European Championships 100m bronze, 200m bronze

2011 – IWAS World Junior Championships 100m silver, 200m gold. Paralympic World Cup 100m 6th, 200m bronze. IPC Athletics Championships 100m 6th, 200m bronze

2010 – IWAS World Junior Championships 100m silver, 200m gold

PERSONAL BESTS

100m	13.15	200m	26.38/ 26.10w
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Q & A

What was your first Olympic or Paralympic Games memory?

Stepping out to the crowd and thinking oh my goodness

What was the best performance during 2012?

David Weir winning his many golds and Jess Ennis doing so amazing

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

Definitely London 2012 it was our home turf and nothing could beat that

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

Philip Tweedie, my coach

Favourite athletics venue?

The London 2012 Paralympic Stadium

Do you have any pre-competition superstitions?

I have to have my nails painted perfectly. I also wear my lucky necklace

Best friend in athletics?

Hannah Cockcroft and Hollie Arnold

Toughest opponent?

There are so many strong people in my category. Everyone is a tough opponent.

Favourite training session?

I love doing all the winter training even though it is very hard. I love going into the summer season feeling really strong because of it.

DOB: 26/06/1995
Born: Belfast
Lives: Limavady
Club: Springwell
Trains: Coleraine

Coach: Philip Tweedie
Agent: MTC
Twitter: @SallyyBrownn

Least favourite training session?

I don't really hate any of my sessions but the hardest is definitely hill sessions. I am usually broke at the end of them

Sporting hero?

Jessica Ennis, I look up to her a lot

Most famous person you have ever met?

I've met Tom Daley and Jessica Ennis

What other sports do you like?

I played Hockey in school, I really enjoyed it but had to stop to put Athletics first

If you were not an athlete what would you like to be? My dream job would be to become a Forensic Detective but wouldn't ever become one

Favourite film? You've Got Mail

Favourite music/group? Arctic Monkeys

What is your favourite pre-competition meal? Something light, but will give me enough energy to race

If you could take three people out for dinner who would they be?

Usain Bolt, Beyonce and Tom Hardy

If you were stranded on a desert island what 3 items would you take with you?

A really good book, my teddy (can't sleep without it) and sunglasses so I can sunbathe!

What did you do during your 2012 post season break?

I ate everything I wasn't allowed to before the Paras and I also caught up with friends and family

Do you have any pets? I have a Springer Spaniel called Flick

Interesting unknown fact about yourself?

I was a bit of a Science geek at school

What is in your kit bag when you go out onto the track? Everything but the kitchen sink. I take extra clothes, makeup, spikes, iPod, towel, and a healthy snack for after training like a banana.

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

Not really I just listen to whatever I really like at the time. But in London I really liked Public Enemy – Harder Than You Think

If you were Prime Minister for one day you would... Build a huge track and sports facility in Coleraine

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



MICKEY BUSHELL MBE

100M / 200M T53

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 - Paralympic Games 100m gold & 200m 4th, Paralympic World Cup 100m bronze

2011 - IPC Athletic Championships 100m silver, 200m bronze, 400m 8th, US Paralympic Championships 100m gold, 200m gold, 800m gold

2010 - Paralympic World Cup 100m silver, 200m 4th

2009 - IWAS Junior Championships 100m gold, 400m gold, 800m gold

2008 - Paralympics silver (T53 100m), hts (T53 200m)

2006 - World Champs sf (T53 100m), sf (T53-T54 4x100m)

PERSONAL BESTS

100m	14.38/ 14.25w	400m	50.38
200m	25.97	800m	1:42.43

DOB: 8/6/1990
Born: Shrewsbury
Lives: Telford
Club: Birchfield Harriers
Trains: Telford

Twitter: @MickeyBushell
Facebook: Mickey Bushell
Web: mickeybushell.co.uk

Q & A

What was your first Olympic or Paralympic Games memory?
 Beijing Paralympic Games opening ceremony

What was the best performance during 2012?
 David Weir winning four gold medals

What has been the best ever Olympic/ Paralympic Games and why?
 London 2012 only my second but enjoyed it far more than any other

Outside of parents, who has had the greatest influence on your athletics career?
 Fred Perica (coach)

Favourite athletics venue?
 London Stadium

Do you have any pre-competition superstitions? I check everything on the chair before competing

Best friend in athletics? David Weir

Toughest opponent?
 The Chinese athletes

Favourite training session?
 Short sprints, starts

Least favourite training session?
 Long pushes

Sporting hero? David Weir

Most famous person you have ever met? The Queen

What other sports do you like? Boxing

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

Favourite film? Prometheus

Favourite music/group?
 Dance/House/Pop

What is your favourite pre-competition meal?
 Pasta with tomato sauce and cheese

If you could take three people out for dinner who would they be?
 Jensen Button, Jimmy Carr

If you were stranded on a desert island what 3 items would you take with you?
 Fishing rod, knife, flint and steel

What did you do during your 2012 post season break?
 Chilled out, started a gym instructor course and caught up with family and friends

What is in your kit bag when you go out onto the track?
 Race gloves, tools for the chair, spare tyres

If you had a super power what would it be? Being able to fly



LIBBY CLEGG

100M/200M T12

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Paralympic Games 100m silver, 200m 2nd ht. IPC Athletics European Championships 100m gold, 200m gold. Paralympic World Cup 200m silver. German National Paralympic Championships 100m gold, 200m bronze

2011 – IPC Athletic Championships 100m gold, 200m bronze. IBSA World Games 100m silver, 200m gold. Paralympic World Cup 100m bronze, 200m silver

2010 – Paralympic World Cup gold 100m

2009 – Paralympic World Cup gold 100m, bronze 200m

2008 – Paralympic Games: silver (T12 100m), semis (T12 200m)

2006 – World Champs: silver (T12 200m)

PERSONAL BESTS

100m	12.13	200m	25.10
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DOB: Podium
Born: 24/3/1990
Lives: Cheshire
Club: Charnwood
Trains: Loughborough

Coach: Keith Antoine
Web: www.elizabethclegg.co.uk
Twitter: @libbyclegg

Q & A

What was your first Olympic or Paralympic Games memory?
Beijing Paralympic Games 2008

What other sports do you like:
Swimming, gymnastics

Favourite TV programme:
Don't Tell the Brde

Favourite food:
Chocolate cake

What is in your kit bag when you go out onto the track:
Running spikes, guide rope, spare spikes



HANNAH COCKROFT MBE

100M/200M/400M T34

DOMESTIC CHAMPIONSHIPS

2012 – BWRA Championships 100m gold, 200m gold, 400m silver, 800m gold

2011 – BWRA Championships 800m gold, 400m 4th, 200m 4th, 100m 5th. England Senior Championships 100m gold. Sainsbury's UK School Games 100m gold

2010 – BWRA Championships 800m gold, 400m silver, 200m 4th, 100m 4th. Aviva Parallel Success Challenge 100m silver, 200m silver, 400m silver

2009 – Aviva Parallel Success Challenge 100m gold, 400m gold. BWRA Championships 100m silver, 400m gold, 800m gold.

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Paralympic Games 100m gold, 200m gold. Swiss National Championships 100m gold, 200m gold, 400m gold. US Paralympic Track & Field Trials 100m gold, 200m gold. Paralympic World Cup 100m gold

2011 – IPC Athletic Championships 100m gold, 200m gold. IWAS World Junior Championships 100m silver, 200m gold, 400m gold, 800m silver

PERSONAL BESTS

100m	17.60 /17.11w	400m	58.59
200m	31.23	800m	2:03.34

Q & A

What was your first Olympic or Paralympic Games memory?
5000m wheelchair crash in Beijing

What was the best performance during 2012?

GB: David Weir's four gold medals.
Overseas: Usain Bolt

What has been the best ever Olympic/ Paralympic Games and why?
London 2012 – my first Games!

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

Peter Eriksson

Favourite athletics venue?
Nottwil – Switzerland

Do you have any pre-competition superstitions?

Always eat a banana, wear lucky Wonder Woman underwear and paint nails to match chair/kit

Best friend in athletics?
Sally Brown/Hollie Arnold

DOB: 3/7/1992
Born: Halifax
Lives: Halifax
Club: Halifax
Trains: Halifax/
 Loughborough

Coach: Jenni Banks
Twitter: @hcdream2012
Facebook: Hannah Lucy Cockcroft –
 Double World Champion

Toughest opponent?

Amy Simmonds

Favourite training session?

3 x 30m, 2 x 60m, 1 x 80m – sprints practice

Least favourite training session?

Distance sessions

Sporting hero?

Chantal Petitclerc

Most famous person you have ever met?

McFly!

What other sports do you like?

Rugby, swimming, basketball

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

In the Police Force

Favourite film?

Burlesque

Favourite music/group?

McFly

What is your favourite pre-competition meal?

Banana and Weetabix

If you could take three people out for dinner who would they be?

Rihanna, Marilyn Monroe and Danny Jones

If you were stranded on a desert island what 3 items would you take with you?

Working plane, alive pilot, and fuel

What did you do during your 2012 post season break?

Media! I only had one week off

Do you have any pets?

A brother called Daniel?

Interesting unknown fact about yourself?

I have different coloured eyes – one brown, one green

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

Klister, spare tyres, gloves, tools, pump, bananas, recovery drinks

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

Hold on - Skepta

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

Make my birthday a Bank Holiday

If you had a super power what would it be?

To teleport



ALED DAVIES MBE

DISCUS F42

DOMESTIC CHAMPIONSHIPS

2011 – BUCS Championships discus gold, shot gold

2010 – Aviva Parallel Success Challenge shot gold, discus silver

2009 – Aviva Parallel Success Challenge shot gold, discus gold. Welsh Open Senior Championships discus gold, shot gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Paralympic Games discus gold, shot bronze. Paralympic World Cup discus bronze

2011 – IPC World Athletic Championships discus silver, shot 4th. IWAS World Junior Championships disc silver, shot gold. Paralympic World Cup discus bronze

2010 – IWAS World Junior Championships shot gold, discus gold. Paralympic World Cup discus 7th

2009 – IWAS World Junior Championships discus silver, shot 4th

PERSONAL BESTS

DT 47.72 **SP** 14.56

Q & A

What was your first Olympic or Paralympic Games memory?
2004 – Robert Fazekas

What was the best performance during 2012?
David Weir in London

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

Favourite athletics venue?
Leckwith Cardiff

Best friend in athletics?
Nathan Stephens, Scott Moorhouse, Dan Greaves, Richard Whitehead, David Weir

Toughest opponent?
Mehrdad Karam (Iran)

Favourite training session?
Technical throwing

Least favourite training session?
Conditioning

Sporting hero? Robert Harting

What other sports do you like?
Rugby

If you were not an athlete what would you like to be?
Would pursue a career in rugby

DOB: 24/5/1991
Born: Bridgend
Lives: Cardiff
Club: FDSW
Trains: Cardiff /
 Sport Wales

Coach: Anthony Hughes
Twitter: @AledDavies2012
Facebook: Aled Sion Davies –
 Paralympic Athlete
Web: www.aleddavies-fa2.co.uk

Favourite film?

Gladiator

Favourite music/group?

P Money

What is your favourite pre-competition meal? Chicken

If you could take three people out for dinner who would they be?

Robert Harting, David Haye, Drake

If you were stranded on a desert island what three items would you take with you?

Phone, BBQ, Harpoon

What did you do during your 2012 post season break?

Celebrate

Do you have any pets?

Rocky – Hamster

Interesting unknown fact about yourself?

I'm a former Salsa dancer

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

Discus shoes, neuron straps

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

Fort Minor – Remember the name

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

Change laws

If you had a super power what would it be?

Insane amount of strength



DAVID DEVINE

800M/1500M T12

DOMESTIC CHAMPIONSHIPS

2012 – Aviva European Indoor Trials & UK Championships 1500m 9th ht

2010 – Aviva England U20 Championships 8th ht

PERSONAL BESTS

800m 1:54.34 **5000m** 14:34.46

1500m 3:49.79

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Paralympic Games 800m bronze, 1500m bronze

2011 – IPC Athletic Championships 800m bronze

2010 – Paralympic World Cup 400m bronze

2009 – IBSA Open European Championships 400m bronze, 800m silver

2008 – Paralympic World Cup 400m gold

DOB: 13/2/1992
Born: Liverpool
Lives: Liverpool
Club: Liverpool Harriers
Trains: Liverpool

Coach: David Evans
Twitter: @David 800_1500M
Facebook: David Devine

Q & A

What was your first Olympic or Paralympic Games memory? Hicham El Guerrouj's winning double 1500 + 5k

What was the best performance during 2012?

GB Mo Farah double. Overseas - David Rudisha in the 800m

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

This one – Home games

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

Brian Scoble

Favourite athletics venue? Stratford

Do you have any pre-competition superstitions? Eat jam sandwiches

Best friend in athletics? Oliver Black

Toughest opponent?

Abderrahim Zhiou, the Tunisian who won gold in 800m + 1500m

Favourite training session? 10 x 400m

Least favourite training session?

Tempo Runs

Sporting hero? Seb Coe

Most famous person you have ever met? Queen

What other sports do you like? Football

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

Favourite film? Stepbrothers

Favourite music/group?

Anything in the charts

What is your favourite pre-competition meal? Jam sandwiches

What did you do during your 2012 post season break?

Went out with friends

Do you have any pets?

2 dogs – Labradors, Lucas & Marley

Interesting unknown fact about yourself?

Patron for Vision 4 Children

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

Spikes, protein, drinks

If you had a super power what would it be?

Run faster



KYRON DUKE

JAVELIN F40

DOMESTIC CHAMPIONSHIPS

2012 – Welsh Championships SP gold

PERSONAL BESTS

JT	38.64	SP	11.24
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MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Paralympic Games SP 5th, JT 8th.
IPC Athletics European Championships
SP bronze, JT bronze. German National
Paralympic Championships SP silver,
JT silver

2011 – IWAS World Junior Championships
JT gold, DT 4th, SP silver. IPC Athletic
Championships JT bronze

2010 – IWAS World Junior Championships
JT 4th, SP 7th

DOB: 12/10/1992
Born: Newport
Lives: Cwmbran
Club: FDSW
Trains: Cardiff

Coach: Anthony Hughes
Kit: adidas
Twitter: @Dukey_Devil
Facebook: Kyron Duke

Q & A

What was your first Olympic or Paralympic Games memory? A wall of sound from the crowd when they call your name out

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

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

Favourite athletics venue? Welsh Institute of Sport

Best friend in athletics? Jordan Howe, Aled Davies, Nathan Stevens

Toughest opponent? Chinese

Sporting hero? Nathan Stevens

Most famous person you have ever met? Ed Sheeran

What other sports do you like? UFC, Shooting, Motorcross

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

Favourite film? Thor

Favourite music/group? Eminem, Drake, Linkin Park

If you could take three people out for dinner who would they be? Jessica Ennis, Rihanna and Megan Fox

If you were stranded on a desert island what three items would you take with you? Phone, sunscreen and a woman

What did you do during your 2012 post season break? A lot

What is in your kit bag when you go out onto the track? Spikes or shot shoes, energy drink back strap, wrist strap

Do you have a motivational song, if so what is it? Anything with a good beat and that's angry

If you were Prime Minister for one day you would... Spend loads of money

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



DAN GREAVES

DISCUS F44

DOMESTIC CHAMPIONSHIPS

2012 - Aviva 2012 Trials & UK Championships DT gold

2009 - Aviva World Trials & UK Championships DT 4th. BUCS Championships DT 5th

2008 - BUSA Championships DT 5th. Aviva Olympic Trials & UK Championships DT 13th

2006 - BUSA Championships DT bronze. Aviva European Trials & UK Championships DT 13th

2005 - BUSA Championships DT bronze. AAA Championships DT 13th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 - Paralympic Games DT silver. Paralympic World Cup DT silver

2011 - IPC Championships DT gold. Paralympic World Cup DT gold

2010 - Paralympic World Cup gold

2008 - Paralympic Games DT bronze

2004 - Paralympic Games DT gold

2000 - Paralympic Games DT silver

PERSONAL BESTS

DT 59.85

Q & A

What was your first Olympic or Paralympic Games memory?

Sally Gunnell's win in 1996

What was the best performance during 2012?

The best Olympic performance for me was Oscar Pistorious making history and Paralympic David Weir rocking home 4 golds

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

London 2012, it was an unbelievable atmosphere that all athletes thrived off

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

My coach, I've been with Jim Edwards for 15 years helping me throughout my career

Favourite athletics venue?

Olympic Stadium, London

Do you have any pre-competition superstitions?

Just to wear my lucky socks!

Best friend in athletics?

Lots but Martyn Rooney is a legend!

DOB: 4/10/1982
Born: Leicester
Lives: Loughborough
Club: Charnwood AC
Trains: Loughborough

Coach: Jim Edwards
Agent: GSE Agency (Gab Stone)
Kit: adidas
Twitter: @DiscusDan
Facebook: Daniel Greaves

Toughest opponent?

Jeremy Campbell

Favourite training session?

Bench/upper body

Least favourite training session?

Conditioning/any kind of running

Sporting hero?

Jurgen Schult

Most famous person you have ever met?

Mr Bean

What other sports do you like?

Football, F1, tennis, swimming

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

F1 mechanic or chef

Favourite film? 300

Favourite music/group?

Kings of Leon/The Prodigy

What is your favourite pre-competition meal?

Spaghetti meatballs

If you could take three people out for dinner who would they be?

Fearne Cotton, Keith Lemon and Jimmy Carr

If you were stranded on a desert island what 3 items would you take with you?

iPod, Sun cream...

What did you do during your 2012 post season break?

Got plenty of sun and rest in Spain

Interesting unknown fact about yourself?

I'm just taking up photography

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

Discus shoes, energy drink, chalk, towel, lucky charms and jelly beans!

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

Wretch 32: Tractor

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

Have a brew with the Royals

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



KATRINA HART

100M T37

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Paralympic Games 4x100m T35-38 bronze, 100m 6th, 200m 5th ht. IPC Athletics European Championships 100m bronze, 200m bronze. Paralympic World Cup 100m gold, 200m gold. German National Paralympic Championships 100m silver, 200m gold

2011 – IPC Championships 100m bronze, 200m gold

2010 – Commonwealth Games 100m gold. Paralympic World Cup 100m silver, 200m silver

2009 – Paralympic World Cup 100m silver, 200m DQ

2008 – Paralympic Games 100m 7th

2006 – World Championships 100m 5th, 200m 4th

2005 – European Championships (T37 100m) bronze

PERSONAL BESTS

100m	14.26 /13.96w	200m	29.91
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DOB: 17/5/1990
Born: Worcester
Lives: Bath
Club: Birchfield Harriers
Trains: Bath

Coach: Robert Ellchuk
Twitter: @Katrinahart90
Web: Katrinahart.net

Q & A

What was your first Olympic or Paralympic Games memory?

Watching Sydney 2000

What was the best performance during 2012?

Dave Weir's four golds or 800m Olympic Men's Final

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

2012 – the home crowd was incredible

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

My PE teacher

Favourite athletics venue?

Birmingham

Favourite training session?

The ones where you run well

Least favourite training session?

The ones in the cold

Most famous person you have ever met? The Queen

What other sports do you like?

All sports

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

Hopefully working in the sporting industry

Favourite film?

Life As We Know It, Money ball, Gossip Girl, Friends

Favourite music/group?

Adele

If you could take three people out for dinner who would they be?

Jennifer Aniston, Matt Le Blanc, Kate Middleton

What did you do during your 2012 post season break?

Chilled out

Do you have any pets?

Dog: Pepper

Interesting unknown fact about yourself?

I hate birds

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

Everything



BEVERLEY JONES

DISCUS/SHOT PUT F37

DOMESTIC CHAMPIONSHIPS

2012 - Welsh Championships DT gold, SP gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 - Paralympic Games DT bronze, SP 7th. IPC Athletics European Championships DT silver, SP silver

2011 - IPC Athletic Championships DT silver, SP 5th

2008 - Paralympic Games (F37 shot) 5th. (F37 discus) 7th

2006 - Commonwealth Games (100m T37) bronze

2004 - Paralympic Games (F37/38 shot) 4th

2000 - Paralympic Games (T38 100m) 4th, (T38 200m) 8th

PERSONAL BESTS

DT	31.99	SP	10.35
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Q & A

What was your first Olympic or Paralympic Games memory?
100m final, Sydney 2000

What was the best performance during 2012?
Athletes on Super Saturday

What has been the best ever Olympic/ Paralympic Games and why?
London 2012 - the crowds, the atmosphere and I medalled

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

Favourite athletics venue?
London Olympic stadium

Do you have any pre-competition superstitions?
No

Best friend in athletics?
Gemma Prescott

Toughest opponent?
Ma Ni (China)

Favourite training session?
Speed

Least favourite training session?
Early morning ones

DOB: 17/10/1974
Born: Mancot, Wales
Lives: Shotton
Club: Gloucester
Trains: Deeside
Coach: John Parkin

Sporting hero?

Tanni Grey-Thompson

Most famous person you have ever met?

HM. The Queen

What other sports do you like?

Swimming, cycling, watching Rugby

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

Paramedic

Favourite film?

Quadrophenia

Favourite music/group?

Northern Soul, Beatles, Verve

What is your favourite pre-competition meal?

Poached eggs

If you could take three people out for dinner who would they be?

James Hook, Bradley Wiggins, Tanni Grey Thompson

If you were stranded on a desert island what 3 items would you take with you?

My Kindle, Nintendo DS, coffee

What did you do during your 2012 post season break?

Sunshine holiday

Interesting unknown fact about yourself?

My ancestor is the poet William Cowper

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

Wine gums, water

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

Hugely increase funding for sport

If you had a super power what would it be?

The power to make people tell the truth



JENNY MCLOUGHLIN

100M/200M T37

DOMESTIC CHAMPIONSHIPS

2011 – England Senior Championships (Amb) 100m gold, 200m silver

2007 – UK Schools Games 100m gold

PERSONAL BESTS

100m 14.48 **400m** 71.25

200m 29.73

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Paralympic Games 4x100m T35-38 bronze, 100m 7th, 200m 5th. IPC Athletics European Championships 100m 5th, 200m silver. Paralympic World Cup 100m bronze, 200m silver. German National Paralympic Championships 100m bronze, 200m bronze

2011 – IPC Athletic Championships 100m 7th, 200m 8th. IWAS World Junior Championships 100m gold, 200m gold. Paralympic World Cup 100m bronze, 200m bronze

2010 – Commonwealth Games 100m silver. Paralympic World Cup 100m bronze, 200m bronze

2009 – Paralympic World Cup 100m T37 7th, 200m T37 4th

2008 – Paralympic Games T37 100m 7th, 200m 7th ht. Paralympic World Cup (T37 100m) 5th, (T37 200m) 6th

DOB: 3/10/1991
Born: Stockport
Lives: Chepstow
Club: FDSW
Trains: Cardiff

Coach: Darrell Maynard
Twitter: @JennyMcL21
Facebook: Jenny McLoughlin

Q & A

What was your first Olympic or Paralympic Games memory?
 Athens Paralympic Games

What was the best performance during 2012? Jessica Ennis winning gold, David Weir winning his fourth gold medal in the Paralympics.

What has been the best ever Olympic/ Paralympic Games and why?
 London 2012 – running in front of 80,000 people (home Games)

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

Favourite athletics venue?
 Olympic Stadium, London

Do you have any pre-competition superstitions? I have to check my kit bag about five times before I leave for the track

Most famous person you have ever met? The Queen!

What other sports do you like?
 Tennis, rugby, cycling

If you were not an athlete what would you like to be?
 I am a student now!!

Favourite film? The Help

What is your favourite pre-competition meal? Chicken

If you were stranded on a desert island what 3 items would you take with you? iPod, water, ice cream!

What did you do during your 2012 post season break? Meet up with friends, went back to University

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

Spikes, water, trainers, recovery drink

Do you have a motivational song, if so what is it? Gold – Beverley Knight

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



JONNIE PEACOCK MBE

100M T44

DOMESTIC CHAMPIONSHIPS

2012 – England Closed Championships
100m 7th ht

2009 – UK School Games 100m gold

PERSONAL BESTS

100m 10.85

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Paralympic Championships 100m
gold. Paralympic World Cup 100m gold,
US Paralympic Track & Field Trials
100m gold

2011 – IPC Athletics Championships
100m 6th

2010 – Paralympic World Cup 100m 5th

Funding: Podium
DOB: 28/05/1993
Born: Cambridge
Lives: London
Trains: Lee Valley

Coach: Dan Pfaff
Agent: Professional Sports Group
 (Lu Napthine)
Kit: adidas
Twitter: @JonniePeacock

BIOGRAPHY

Jonnie's major breakthrough came in 2012, when he won gold at the Paralympic World Cup before going on to break the T44 100m world record.

Peacock's time of 10.85 at the US Paralympic Track and Field Trials knocked 0.06 seconds off the previous record held by Marlon Shirley and six-time Paralympic gold medallist Oscar Pistorius.

The 19 year old continued to take the world by storm, with a gold medal in the 100m at the Paralympic Games in London to complete an unforgettable year for the teenager.



JOSIE PEARSON MBE

F51

DOMESTIC CHAMPIONSHIPS

2012 – Welsh Championships CT gold

2011 – England Senior Championships
100m 7th, 200m 4th, 400m 4th. BWRA
Championships 100m 4th, 200m 5th,
400m 4th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Paralympic Games CT 5th, DT gold

2011 – IPC Athletics Championships
100m 5th, 200m DQ, 400m DQ,
800m 5th

2010 – BWAA International 100m 6th,
200m 7th, 400m 5th

PERSONAL BESTS

CT	13.42	DT	6.66
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Q & A

What was your first Olympic or Paralympic Games memory?

Beijing 2008 opening ceremony

What was the best performance during 2012?

Me winning gold and Charlotte Dujardin dressage gold

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

Winning gold

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

Anthony Hughes

Favourite athletics venue?

Olympic Stadium!

Best friend in athletics?

Shelly Woods

Toughest opponent?

Catherine O'Neill

Favourite training session?

Weights

Least favourite training session?

Signing cheques! Ha ha

Sporting hero?

Mary King

Funding: Podium
DOB: 03/01/1986
Born: Bristol
Lives: Hay-on-Wye
Trains: Cardiff

Coach: Anthony Hughes
Twitter: @Josie_pearson

Most famous person you have ever met? The Queen

What other sports do you like?
 Equestrian

If you were not an athlete what would you like to be?
 Horse dentist!

Favourite film?
 Shawshank Redemption

Favourite music/group?
 Stereophonics

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

If you could take three people out for dinner who would they be?
 Kelly Jones, Tom Hardy, Ghandi

If you were stranded on a desert island what 3 items would you take with you?
 Sweets, Ray Mears Survival Guide

What did you do during your 2012 post season break? Chilled out!

Do you have any pets?
 Two dogs Archie and Rufus. Four horses - George, Trilby, Alfie and Gally

Interesting unknown fact about yourself?

My aunty is a missionary

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

Drink, iPod, recovery supplements, sunglasses, sports equipment

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

Set up an enduring system to encourage all people to participate in sport

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



GEMMA PRESCOTT

CLUB THROW / SHOT PUT F32

DOMESTIC CHAMPIONSHIPS

2010 – BWAA International DT F32 gold, SP bronze, CT silver

2009 – BWAA International DT F32 gold and SP F32 gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Paralympic Games CT bronze, SP 13th. German National Paralympic Championships CT gold, SP 6th

2011 – IPC Athletics Championships SP 7th, CT bronze

2010 – Commonwealth Games SP bronze, German Disability Championships SP F32 gold

2009 – German Disability Championships SP F32 bronze

2008 – Paralympics 7th (F32-34/51-53 shot), 8th (F32-34/51-53 discus)

2005 – Paralympic World Cup gold (F32 discus) silver (F32 shot)

PERSONAL BESTS

CT 20.50 SP 5.76

Q & A

What was your first Olympic or Paralympic Games memory?

I remember the music from Barcelona and Sally Gunnell/Linford Christie winning

What was the best performance during 2012?

David Weir

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

London – of course! Nothing will ever beat the home crowd

Favourite athletics venue?

Harvey Hadden – Nottingham, it was like a second home for a while and somewhere I competed often as a junior

Best friend in athletics? Bev Jones

Toughest opponent?

Myself, I'm my own biggest critic and the one who puts the most pressure on me

Favourite training session?

Throwing

Least favourite training session?

Winter med ball in the rain

Sporting hero?

Stephen Miller/ Dan West have both been people I have looked up to and learnt a lot from since I started in the sport

DOB: 25/09/1983
Born: Truro
Lives: Warrington
Club: Challenge Disability Sports Club
Trains: Grays
Coach: Michael Anthony Woods

Most famous person you have ever met? The Queen

What other sports do you like?
 Swimming and gymnastics

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

Favourite film?
 P.S. I Love You

Favourite music/group?
 No big favourite. Currently like Mumford & Sons

What is your favourite pre-competition meal?
 Lamb shank – though obviously not on the day!

If you could take three people out for dinner who would they be?
 My mum, dad and nana as I never get to spend enough time with them

If you were stranded on a desert island what 3 items would you take with you?
 Tea bags, wet wipes, and my pillow. They always go in my suitcase wherever I go.

What did you do during your 2012 post season break?
 Holiday with my parents

Interesting unknown fact about yourself? I was born while my parents were on holiday in Cornwall, 13 weeks early so while my birth certificate says Truro, I'm actually from Warrington

What is in your kit bag when you go out onto the track?
 Everything but the kitchen sink! You never know with seated throws how many hours you will be out there for

Do you have a motivational song, if so what is it?
 One Moment In Time – Whitney Houston

If you were Prime Minister for one day you would...
 Make every MP spend a week in a wheelchair (a day is not long enough) and find out what life is like from my perspective

If you had a super power what would it be?
 The ability to pause time, then I wouldn't always be late! Just like Bernards Watch.



STEFANIE REID

100M/200M/LJ T/F44

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Paralympic Games 100m 8th, 200m 4th, LJ silver. Paralympic World Cup 100m bronze, 200m silver. US Paralympic Track & Field Trials 100m silver, LJ gold

2011 – IPC Athletics Championships 100m 4th, 200m bronze, LJ bronze. German National Paralympic Championships LJ silver

2010 – US National Paralympic Championships 100m 5th, 200m bronze, LJ gold. Paralympic World Cup 100m 4th, 200m bronze

2008 – Paralympic 200m bronze, LJ 5th

PERSONAL BESTS

100m	13.95	200m	28.62
LJ	5.28		

Q & A

What was your first Olympic or Paralympic Games memory? Watching Michael Johnson win double gold in Atlanta

What do you think was the best athletics performance during the 2012 Olympic and Paralympic Games GB AND Overseas? Mo Farah, double gold in 5000m and 10,000m

What has been the best ever Olympic/ Paralympic Games and why? London 2012 – support of the nation and enthusiasm of volunteers

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

Favourite athletics venue? London Stadium

Do you have any pre-competition superstitions? I like to watch Cool Runnings the night before

Best friend in athletics? Sophia Warner

Toughest opponent? Marie-Amelie Le Fur

Favourite training session? Long jump work

DOB: 26/10/1984
Born: New Zealand
Lives: Loughborough
Trains: Loughborough
Coach: Keith Antoine

Agent: Sophie Callender, Mission Sports
Kit: adidas
Web: www.stefaniereid.co.uk
Twitter: @RunJumpStefReid
Facebook: Stefanie Reid: Paralympic Track and Field Athlete

Least favourite training session? The necessary but evil speed endurance

Sporting hero? Sister Madonna Buder

Most famous person you have ever met? Mr. Bean

What other sports do you like? Yoga, rock climbing

If you were not an athlete what would you like to be? Surgeon, host on BBC morning show, scientist

Favourite film? Braveheart

Favourite music/group? Madonna, Josh Groban

What is your favourite pre-competition meal? Oatmeal

If you could take three people out for dinner who would they be? Prince Harry, Ellen DeGeneres, Steve Carrell

If you were stranded on a desert island what three items would you take with you? Chocolate, bath bubbles, husband

What did you do during your 2012 post season break? Hang out with friends

Interesting unknown fact about yourself? I used to teach high school maths in a maximum security prison

What is in your kit bag when you go out onto the track? Protein shake, legs, iPod

Do you have a motivational song, if so what is it? It varies, but right now "Everybody dance now" C+C Music Factory

If you were Prime Minister for one day you would... sort out this economy ☺

If you had a super power what would it be? To eat as much chocolate as possible and never gain weight



BEN RUSHGROVE

100M/200M T36

DOMESTIC CHAMPIONSHIPS

2010 – German National Disability Championships 100m 2nd, 200m 3rd

2009 – German National Disability Championships 100m 6th

PERSONAL BESTS

100m 12.25 **200m** 24.83

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Paralympic Games 100m 6th, 200m bronze. IPC Athletics European Championships 100m 4th, 200m bronze. Paralympic World Cup 100m bronze, 200m silver. German National Paralympic Championships 100m gold

2011 – IPC Athletic Championships 100m silver, 200m bronze

2009 – Paralympic World Cup 100m gold, German Disability Championships 100m 6th

2008 – Paralympics 100m silver

2007 – Paralympic World Cup 200m gold

2006 – Worlds 200m bronze

2005 – Europeans 200m 6th & 100m 7th

DOB: 23/2/1988
Born: Bath
Lives: Bath
Club: Team Bath
Trains: Bath University

Coach: Robert Ellchuk
Agent: Ros Johnson – Media VU
Twitter: @brushgrove

Q & A

What was your first Olympic or Paralympic Games memory?

Walking out into the Birds Nest in Beijing – Awesome!

What was the best performance during 2012? Jonnie Peacock's 100m

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

London 2012 – home Games

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

Favourite athletics venue? Birds Nest

Toughest opponent? Roman Paulyk

Favourite training session?
Depends on my mood!

Least favourite training session?
As above

Most famous person you have ever met? The Queen

What other sports do you like?
Ice hockey, basketball

Favourite film? Gladiator

What is your favourite pre-competition meal?
Whatever's available and lots of it

If you could take three people out for dinner who would they be? Stephen Hawking, Derren Brown, Jimmy Carr

If you were stranded on a desert island what 3 items would you take with you? A machete, a box of the best chocolates in the world, and a mobile phone

What did you do during your 2012 post season break?

Travelled around Vietnam and Cambodia

Interesting unknown fact about yourself? I've driven a racing car around Goodwood Race Track

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

If you were Prime Minister for one day you would... Declare a National Holiday

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



NATHAN STEPHENS

DISCUS/JAVELIN F57

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 - Paralympic Games JT 10th, Paralympic World Cup JT silver

2011 - IPC Athletic Championships JT gold

2010 - IWAS World Junior Championships JT gold, DT gold

2009 - IWAS Junior Championships DT silver, German Disability Championships DT 4th, JT bronze, SP gold, Paralympics Word Cup SP 6th

2008 - Paralympics 4th (F57/58 javelin), 8th (F57/58 shot), 11th (F57/58 discus)

2006 - Paralympic Winter Games 7th (ice sledge hockey)

2006 - World Championships 5th (F57 javelin), 5th (F57 shot)

PERSONAL BESTS

DT	38.43	JT	41.37
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Q & A

What was your first Olympic or Paralympic Games memory?
Tanni Grey-Thompson in Sydney

What was the best performance during 2012? Jonnie Peacock's 100m final

What has been the best ever Olympic/ Paralympic Games and why?
London 2012 - due to public support

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

Favourite athletics venue?
Birds Nest, Beijing

Do you have any pre-competition superstitions?
Night before in the bath listening to relaxing music

Best friend in athletics? Aled Davies

Toughest opponent? Myself

Favourite training session?
Every training session

Least favourite training session?
Not training

DOB: 11/04/1988
Born: Bridgend
Lives: Cardiff
Club: FDSW
Trains: Cardiff

Coach: Anthony Hughes
Agent: Definitive
Kit: Under Armour
Twitter: @javelinstephens
Web: www.Nathan-stephens.co.uk

Sporting hero? Aled Davies

Most famous person you have ever met? The Queen

What other sports do you like?
Ice Hockey

If you were not an athlete what would you like to be?
Anything involving the sea

What is your favourite pre-competition meal? Steak

If you could take three people out for dinner who would they be?
Charlene Beard (fiancé)

If you were stranded on a desert island what three items would you take with you?
Knife, magnifying glass, fishing rod

What did you do during your 2012 post season break?
Egypt (1 week)

Do you have any pets? (type and name)
Beagle (George) Yorkie (Binx)

Interesting unknown fact about yourself?
I love the smell of nail varnish

What is in your kit bag when you go out onto the track? Towel, drinks, food, after London 2012 - RULE BOOK!!

Do you have a motivational song, if so what is it?
Whatever is playing on my iPod at the time

If you had a super power what would it be? Speak to animals



DAVID WEIR CBE

800M - MARATHON T54

DOMESTIC CHAMPIONSHIPS

2012 - Virgin London Marathon gold

2011 - Virgin London Marathon bronze

2010 - Virgin London Marathon bronze.
Great North Run gold

2009 - Virgin London Marathon silver.
Great North Run gold

2008 - Flora London Marathon gold

2006 - Flora London Marathon gold

2005 - Flora London Marathon bronze.
Great North Run gold

2004 - Flora London Marathon bronze

2003 - Flora London Marathon silver.
Great North Run gold

2002 - Flora London Marathon gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 - Paralympic Games: golds (T54
800m, 1500m, 5000m & Marathon)

2011 - IPC Athletic Championships 800m
gold, 1500m gold, 5000m gold

2010 - ING New York City Marathon gold

2008 - Paralympics: golds (T54 800m &
1500m), silver (T54 400m), bronze (T54
5000m)

2007 - Paralympic World Cup 1500m
gold and 400m gold

2006 - Europeans (non disabled) 1500m
gold

2006 - Worlds 100m, 400m and 1500m
gold and 200m silver

2005 - Worlds (non disabled) 100m and
200m gold (demonstration events)

2005 - Europeans 100m bronze and
200m silver and 400m gold

2004 - Paralympics: Silver (T54 100m),
Bronze (T54 200m) hts (T54 400m)

1996 - Paralympics: 7th (100m), 4th
(4x100m)

PERSONAL BESTS

800m 1:32.66 **5000m** 9:53.15

1500m 2:55.25 **Marathon** 1:28:57

DOB: 5/6/1979
Born: Wallington, Surrey
Lives: Wallington
Club: Kingston & Poly
Trains: Lee Valley

Coach: Jenny Archer
Agent: Definitive Sports
Kit: adidas
Web: www.davidweir.net
Twitter: @davidweir2012
Facebook: David Weir MBE

Q & A

What was your first Olympic or Paralympic Games memory?

Heinz Frie winning the 10k in Barcelona

What has been the best athlete performance ever in an Olympic/ Paralympic Games:

Chantelle Petitclerc winning 5 gold medals

Best friend in athletics:

Mickey Bushell

Pre-competition meal:

Sandwich (any)

Sporting hero:

Heinz Frie

What other sports do you like:

Football, boxing, all athletics

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

Probably a house DJ

Favourite film:

Saving Private Ryan

Favourite TV programme:

Inbetweeners

Favourite music/group:

House music

Favourite food:

Spaghetti Bolognese

If you could take three people out for dinner who would they be:

Mohammed Ali, Winston Churchill, David Beckham

If you were stranded on a desert island what 3 items would you take with you:

Swiss army knife, phone, sweets

Do you have any pets:

Three dogs – two French bulldogs and a British bulldog

Interesting unknown fact about yourself:

I'm a Star Wars geek!

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

Water, carbo gels, coffee, clothes

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

Eye of the Tiger



RICHARD WHITEHEAD MBE

200M T42

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 - Paralympic Games 200m gold

2011 - IPC Athletic Championships 200m gold. Paralympic World Cup 400m 4th

2010 - Paralympic World Cup 400m 4th

PERSONAL BESTS

100m 13.58 **200m** 25.69

Marathon 2:42:54

BIOGRAPHIES

Q & A

What was your first Olympic or Paralympic Games memory?

Michael Johnson - Atlanta

What was the best performance during 2012?

David Weir four gold medals (all close races) - World-Class

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

2012 - "gold"!

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

Ossur (provide my legs)

Favourite athletics venue?

Olympic Stadium

Do you have any pre-competition superstitions? Lucky underpants

Best friend in athletics? Scott

Moorhouse

Toughest opponent? Myself

Favourite training session?

Monday track start the week with a bang!

Least favourite training session?

Recovery runs in the winter

Sporting hero? Terry Fox - Rocky

DOB: 19/07/1976
Born: Nottingham
Lives: Nottingham
Club: Southwell
Trains: Loughborough

Coach: Keith Antoine
Agent: Graeme Smith E.S.P
Kit: adidas
Web: @marathonchamp
Twitter: Richard Whitehead
Facebook: www.marathonchamp.com

What other sports do you like?

Football - Motorsport - Cricket

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

Fireman

Favourite film?

Batman/James Bond/The Hurricane

Favourite music/group?

Jay Z/Coldplay

What is your favourite pre-competition meal?

Spaghetti Bolognese

If you could take three people out for dinner who would they be?

Muhammad Ali, Denzel Washington, Clint Eastwood

If you were stranded on a desert island what 3 items would you take with you?

Genie in a Bottle, New York City, Family

What did you do during your 2012 post season break?

Not had one really, chill out with family and catch up with friends

Do you have any pets?

None but do have lots of wildlife in my back garden

Interesting unknown fact about yourself?

Fancy myself as the next James Bond 007

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

Legs, watch, bananas, sunglasses, allen keys

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

Have a motivational iPod its crammed full of banging tunes

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

Give more sports provision to schools

If you had a super power what would it be?

Heal the sick



CLAIRE WILLIAMS

DISCUS F12

DOMESTIC CHAMPIONSHIPS

2011 – Welsh Senior Championships DT silver. England Senior Championships DT 6th. BUCS Championships DT bronze

2010 – BUCS Championships DT 6th

2009 – Welsh Open Championships gold. BUCS Championships DT 7th

2008 – BUSA Championships DT 8th

2005 – Welsh School Championships DT gold, HT gold. Schools International HT 4th

PERSONAL BESTS

DT 43.15

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Paralympic Games DT bronze. IPC Athletic European Championships DT bronze

2011 – IPC Athletic Championships DT 5th

2009 – German Disability Championships DT 10th

2008 – Paralympic Games DT 5th. Paralympic World Cup DT 10th

2004 – Paralympic Games DT 5th

DOB: 29/09/1987
Born: Carmarthen
Lives: Carmarthen
Club: Carmarthen and District Harriers

Coach: Jim Edwards

BIOGRAPHY

Claire switched from Jujitsu to athletics at the age of 12, first becoming involved in the sport when she competed at the 2000 West Wales Championships. She made her Paralympic Games debut in Athens 2004, aged just 17 and finished fifth in the discus – a performance she repeated four years later in Beijing. In her third Paralympic Games, the 25 year old clinched a bronze medal to add to the bronze she picked up at the IPC European Championships earlier in the year.



ROBIN WOMACK

SHOT PUT F55

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Paralympic Games SP bronze. German National Disability Championships SP bronze, DT gold

2011 – IPC Athletic Championships SP 7th

2010 – German National Disability Championships SP 6th, DT 15th

2009 – Paralympic World Cup SP bronze

PERSONAL BESTS

SP 11.43 DT 29.38

Q & A

What was your first Olympic or Paralympic Games memory?

London 2012 – to go into the Stadium in my GB kit in front of 80,000 home crowd, will not forget the cheer.

What was the best performance during 2012?

Seeing Dave Weir winning his third gold on track

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

London – the crowd got behind everyone and everyone was united

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

Favourite athletics venue?

"W" Stadium aka Olympic Stadium. Weir, Womack, Whitehead, Williams

Do you have any pre-competition superstitions?

Make sure I am last onto the track

Best friend in athletics?

Martin Minton

Toughest opponent?

Korol Kuzan Pol 55 Shot Putter

DOB: 29/05/1971
Born: Wakefield
Lives: Southend-on-Sea
Trains: Lee Valley

Coach: Shaun Pickering

Favourite training session?

Love Summer training

Least favourite training session?

Winter training

Sporting hero?

Steve Redgrave

Most famous person you have ever met? Prince Edward

What other sports do you like?

Football, F1

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

Moto GP rider

Favourite film?

Bond

Favourite music/group?

Rock, U2, AC/DC

What is your favourite pre-competition meal?

Porridge

If you could take three people out for dinner who would they be?

My wife and my children, plus Tom Daley

If you were stranded on a desert island what 3 items would you take with you?

TV, wife, Jamie Oliver

What did you do during your 2012 post season break?

Go to Wales and spend time with my family

Do you have any pets? (type and name!)

Tropical Fish – too many to name

Interesting unknown fact about yourself?

When I worked in a fish and chips shop I met Vinnie Jones, Clive Allen and John Barnes

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

Towels and sport drinks – programs for training

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

Foo Fighters – The Best of You

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

Give everybody a day off

If you had a super power what would it be?

X-ray vision



SHELLY WOODS

800M - MARATHON T54

DOMESTIC CHAMPIONSHIPS

- 2012** - Virgin London Marathon gold
- 2011** - Virgin London Marathon silver
- 2010** - Virgin London Marathon 6th
- 2008** - Flora London Marathon bronze
- 2007** - Flora London Marathon gold.
New York Marathon silver
- 2006** - Great North Run silver. Flora
London Marathon silver
- 2005** - Great North Run gold. Flora
London Marathon silver

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

- 2012** - Paralympics Marathon silver
- 2011** - IPC Athletic Championships 800m
5th, 1500m 7th, 5000m bronze. US
Paralympic Championships 400, silver,
800m silver, 1500m bronze. IAAF World
Championships 800m bronze
- 2010** - US National Paralympic
Championships 400m bronze, 800m
silver, 1500m gold, 5000m silver
- 2009** - Paralympic World Cup
800m bronze, 1500m bronze. BWAA
International 100m silver, 400m gold,
1500m gold. Berlin Marathon silver. New
York City Marathon silver

2008 - Paralympics silver (T54 1500m),
bronze (T54 5000m), 4th (Marathon),
5th (T54 800m)

2006 - World Championships 8th
(T54 1500m), 4th (T54 5000m),
bronze (T54 marathon)

2005 - European Championships bronze
(T54 5000m)

2006 - Commonwealth Games 7th
(T54 800m)

PERSONAL BESTS

- 800m** 1:49.51
- 1500m** 3:21.22
- 5000m** 11:17.26
- Marathon** 1:40.49

Q & A

What was your first Olympic or Paralympic Games memory? Racing in Birds Nest stadium in Beijing 5000m final – big crash!!!

What was the best performance during 2012?

David Weir – four gold medals

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

London 2012 – home!!

DOB: 04/06/1986
Born: Blackpool
Lives: Lytham-St Annes
Club: Blackpool & Fylde
Trains: Kirkby

Coach: Jenni Banks
Agent: Lu Adams – Prof Sports
Kit: adidas
Twitter: @Shellywoods86
Web: www.shellwoods.com

Outside of parents, who has had the greatest influence on your athletics career? Peter Eriksson, David Weir, Chantal Petitclerc, Kelly Smith, husband Chris, brother Kyle.

Favourite athletics venue?
Olympic stadium - London

Do you have any pre-competition superstitions? Am quite weird, can't wear red and green at the same time

Best friend in athletics? Josie Pearson

Toughest opponent? Tatyana McFadden

Favourite training session? Fartlek

Least favourite training session? Starts

Sporting hero?
David Weir, Chantal Petitclerc

Most famous person you have ever met? The Queen

What other sports do you like?
Table tennis

If you were not an athlete what would you like to be? C.S.I

Favourite film? Transformers

Favourite music/group?
Florence and the Machine

What is your favourite pre-competition meal? Spag bol

If you could take three people out for dinner who would they be?
Jack Bauer, David Beckham, Daniel Craig

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

What did you do during your 2012 post season break?
Went on my honeymoon to Mauritius

Do you have any pets? (type and name!)
Dog – Bauer

Interesting unknown fact about yourself?
I got an A* in RE at school in GCSE

Do you have a motivational song, if so what is it? The Pretender – Foo Fighters

If you had a super power what would it be? To be able to fly



BETHANY WOODWARD

200M/400M T37

DOMESTIC CHAMPIONSHIPS

2009 - UK School Games 100m gold, 200m gold

2007 - UK School Games 100m silver

PERSONAL BESTS

200m 29.50 **400m** 69.21

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 - Paralympic Games 200m silver, T35-38 4x100m bronze. Paralympic World Cup 200m silver

2011 - IPC Athletic Championships 200m 3rd ht, 400m gold

2010 - Commonwealth Games 100m 6th

2009 - German Disability Championships 100m 6th, 200m 5th

DOB: 26/12/1992
Born: Eastbourne
Lives: Ashby de la Zouch
Club: Southampton
Trains: Loughborough

Coach: Jared Deacon
Agent: Eric Shirley - ESTEAM
Twitter: @Bethywoodward
Facebook: Bethany Woodward
Web: www.bethanywoodward.com

Q & A

What was the best performance during 2012?

Sophia Warner in the 200m/100m T35.

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

London because it changed a nation and put Paralympics on the map

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

Favourite athletics venue?

Olympic Stadium, London

Best friend in athletics?

Sophia Warner

Favourite training session?

Killing myself

Least favourite training session?

I love what I do

Sporting hero?

My boyfriend Lee Doran. Things this year have tested him, but his resilience will help him achieve his dream

Most famous person you have ever met?

Kate Middleton

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

A movie star

Favourite film? Taken

If you could take three people out for dinner who would they be?

My boyfriend, mum and dad

If you were stranded on a desert island what 3 items would you take with you?

My iPod, my bear and moisturiser

What did you do during your 2012 post season break?

Went to Dominican Republic

Interesting unknown fact

about yourself? I'm a brilliant public speaker! I'm an ambassador to Pulse Performance

Do you have a motivational song, if so what is it? 'A Little Respect', love it, my

song that I used at Paralympics and will continue to use now

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

Let every disabled man have a disabled badge



BRITISH
ATHLETICS

B I O G R A P H I E S

POTENTIAL OLYMPIC





MARGARET ADEOYE

100M/200M

DOB: 22/04/1985

Lives: London

Club: Enfield & Haringey

Trains: London

Coach: Linford Christie

Kit: Mizuno

Twitter: @MargaretAdeoye

DOMESTIC CHAMPIONSHIPS

2013 – British Athletics European Trials & UK Championships 200m gold

2012 – Aviva 2012 Trials & UK Championships 100m 5th, 200m gold. Aviva European Indoor Trials & UK Championships 200m gold

2011 – Aviva World Trials & UK Championships 200m bronze. England Senior Championships 100m bronze

2010 – Aviva European Trials & UK Championships 100m 5th sf. CAU Inter-Counties Championships 200m gold. BUCS Championships 100m gold, 200m gold

2009 – Aviva World Trials & UK Championships 200m 4th ht

2008 – Aviva Olympic Trials & UK Championships 200m 8th. Norwich Union Trials & UK Championships 60m 4th ht

2007 – Norwich Union World Trials & AAA Championships 100m 6th sf, 200m 3rd ht. England Athletics U23 Championships 200m 5th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Olympic Games 200m 7th sf. Aviva Indoor International 200m gold

2011 – FISU Universiade 200m 6th

PERSONAL BESTS

60m 7.40 **200m** 22.94

100m 11.46 **400m** 52.45

BIOGRAPHY

Margaret Adeoye showed her true potential at the Aviva 2012 Trials in Birmingham, where she won gold to secure her place at her first Olympic Games. The 27 year old went on to finish 7th in the semi-final at the Games after setting a personal best of 22.94 in the heats.

JAMES ALAKA

100M / 200M

DOB: 08/09/1989

Born: London

Lives: Seattle, USA/
London

Trains: Seattle, USA

Club: Blackheath &

Bromley

Coach: Clarence Callender

Twitter: @flashmanjames



DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK

Championships 200m 3rd ht

2011 – Aviva U23 Championships &
European Trials 100m gold, 200m silver

2010 – Aviva European Trials & UK
Championships 100m 4th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2011 – European U23 Championships 100m
gold, 200m silver, World Student Games
200m 4th

2008 – World U20 Championships 4x100 5th

PERSONAL BESTS

100m 10.22 **200m** 20.45

Q & A

First Olympic or Paralympic memory?

Michael Johnson wearing golden spikes
at the 1996 Olympic 400m final.

Best athletics performance during the 2012 Games?

From a British perspective, Greg
Rutherford because it was unexpected.
Internationally, the USA men's basketball
team- they just showed utter dominance.

Who has had the greatest influence on your career?

My coach Clarence Callender is insanely
encouraging and influential.

Best friend in athletics?

Anike Shand-Whittingham

Favourite training session? 150s with a lot of recovery

Least favourite training session?

GRAVEDIGGERS! It is a session that
Coach Sheen at University of Washington
came up with. It involves a LOT of pain!

Sporting hero? Michael Johnson, Julian Golding and Megan Goethals (a girl on my school team who is hands down the gutsiest runner I have ever seen)

What other sports do you like?

Basketball, Football, American Football

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

A coach or a youth worker

Favourite film?

Braveheart and Rush Hour 2

Favourite music/group?

Michael Jackson is my favourite artist

If you could take three people out for dinner who would they be?

J.K. Rowling, Charlamagne Tha God, Son
Goku (of DBZ fame).

If stranded on a desert island, what three items would you take?

Plane (with a full tank of petrol), 'How
to fly a plane for dummies' book, fully
charged iPhone

Interesting unknown fact about yourself?

I made a rap album for a class project at
my university. It sold 200 copies (or so
our professor said!)



MEGHAN BEESLEY

400M HURDLES

DOB: 15/11/1989
Born: Tamworth
Lives: Loughborough
Club: Birchfield Harriers
Trains: Loughborough

Coach: Nick Dakin
Kit: Nike
Twitter: @Meghanbeesley
Facebook: Meghan Beesley
Web:: meghanbeesley.net

DOMESTIC CHAMPIONSHIPS

2013 – British Athletics European Trials & UK Championships 400m bronze

2012 – Aviva 2012 Trials & UK Championships 400m hurdles bronze. McCain CAU Championships 100m hurdles silver. BUCS Indoor Championships 200m gold

2011 – BUCS Indoor Championships 200m gold. BUCS Championships 400m hurdles gold. Aviva World Trials & UK Championships 400m hurdles bronze

2010 – Aviva World Indoor Trials & UK Championships 60m hurdles 5th. Aviva European Trials & UK Championships 400m hurdles silver. BUCS Championships 400m hurdles gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2011 – European Championships 400m hurdles 8th sf

2011 – European U23 Championships 400m hurdles bronze, World Student Games 400m hurdles 8th, 4x400m bronze

2010 – Commonwealth Games 400m hurdles 7th, (4x400m silver)

2009 – European U23 Championships 400m hurdles 5th sf

2008 – World Junior Championships 400m hurdles bronze

2007 – European Junior Championships 400m hurdles 6th, (4x400m silver)

PERSONAL BESTS

400m H 55.69 **400m** 52.79

Q & A

What was the best performance during 2012? Jessica Ennis

What has been the best ever Olympic/ Paralympic Games and why? Beijing – my first experience of going to a Games

Who has had the greatest influence on your career? Trevor Marsay – old coach

Favourite athletics venue? NIA

Best friend in athletics? Abi Haywood

Toughest opponent? Perri Shakes-Drayton

Favourite training session? Split 400m (200m, 90 secs rec, 200m)

Least favourite training session? Fartlek

Sporting hero? Allyson Felix

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

Favourite film? Confessions of a Shopaholic

If stranded on a desert island, what three items would you take? iPad, chocolate, my cat Mitsy

Interesting unknown fact about yourself? I work part-time as a customer service agent at DHL

If you were Prime Minister for one day you would... Make disability sport more known

DAVID BOLARINWA

100M / 200M

DOB: 20/10/1993
Born: Lagos, Nigeria
Lives: Thamesmead
Club: Newham & Essex Beagles
Trains: Lee Valley

Coach: Jonas Tawiah-Doodoo
Agent: Dave Scott, Stellar Athletics
Kit: Nike
Twitter: David Bolarinwa
Facebook: David Bolarinwa



DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships 200m 6th. Aviva England U20 Championships & World Trials 200m gold. BUCS Championships 100m silver

2011 – Aviva U20 Championships & European Trials 100m gold, 200m gold. Aviva World Trials & UK Championships 100m 5th sf

2010 – Aviva England U17 Indoor Championships 60m gold, 200m gold. Aviva England U20 World Trials Championships 100m gold, 200m bronze.

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – IAAF World Junior Championships 200m 6th

2011 – European Junior Championships 100m bronze, 200m gold, 4x100 silver

2010 – Youth Olympic Games 100m bronze. Youth Olympic Games European Trials 100m gold, 200m silver

PERSONAL BESTS

100 10.29 **200** 20.69

Q & A

First Olympic or Paralympic memory?
 2004 100m Final

Best athletics performance during the 2012 Games?
 Jessica Ennis and Usain Bolt

Who has had the greatest influence on your career? Coach

Favourite athletics venue?
 Barcelona

Do you have any pre-competition superstitions?

I like to be in the front of the line walking onto the track

Best friend in athletics?
 James Ellington

Toughest opponent? Adam Gemili

Favourite training session?
 Anything short and sharp

Least favourite training session?
 Anything long and slow

Sporting hero? Mike Tyson

Most famous person you have met? Usain Bolt

Favourite film? Shawshank Redemption

Favourite music/group?
 G.O.O.D Music group

Favourite pre-competition meal? Italian pasta and meatballs

If you could take three people out for dinner who would they be?
 Kanye West, Aaliyah and Tupac

If stranded on a desert island, what three items would you take? My iPad with beats by Dre, and seeds to grow fruits

Interesting unknown fact about yourself? I love getting new trainers and clothes



ASHLEY BRYANT

DECATHLON

DOB: 17/05/1991
Born: Hammersmith
Lives: Hampton
Club: Windsor
 Slough Eton &
 Hounslow

Trains: Brunel
Coach: Ian Grant
Kit: adidas
Twitter: @Ashley_Bryant

DOMESTIC CHAMPIONSHIPS

2012 - Aviva European Indoor Trials & UK Championships 60mH 4th ht, SP 10th, LJ 9th. BUCS Indoor Championships 60mH 8th, PV 6th, LJ 5th, SP 8th

2011 - England Athletics U20 CE Championships silver

2010 - England CE Championships gold. England U20 Indoor CE Championships bronze

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 - European Championships CE 12th. GBR v FRA v ESP Indoor International Heptathlon bronze

2011 - IAAF Combined Events Challenge Meeting 6th. European Cup CE bronze. FISU Universiade CE 5th. GBR v FRA v ENG CE Indoor International Heptathlon bronze, World Student Games 5th

2010 - IAAF World Junior Championships 16th. CE Indoor International U20 4th

2009 - European Junior Championships 10th

PERSONAL BESTS

DEC 7,837

Q & A

First Olympic or Paralympic memory?

2000 Olympic javelin competition with Jan Zelezny and Steve Backley

Best athletics performance during the 2012 Games? David Rudisha WR in the Olympics final – solo run

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

Who has had the greatest influence on your career? Coach Ian

Favourite athletics venue? Birds Nest

Toughest opponent? Kevin Mayer

Favourite training session? Pre-race sharpening

Least favourite training session? 600m reps!

Sporting hero? Jan Zelezny

What other sports do you like? Rugby

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

Favourite film? American Pie

Favourite pre-competition meal? Pasta

If stranded on a desert island, what three items would you take? iPhone – solar charger

What did you do during your 2012 post season break? Rehab and holiday

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

If you were Prime Minister for one day you would... Buy myself a nice house

ABDUL BUHARI

DISCUS

DOB: 26/06/1982
Born: Nigeria
Lives: London
Club: Newham & Essex Beagles
 Loughborough
Trains: Crystal Palace

Coach: John Hillier
Agent: David Tyler
 – Tyler Sports
Kit: Nike
Twitter: @discusabs
Facebook: Abdul Buhari
Web: abdulbuhari.com



DOMESTIC CHAMPIONSHIPS

2012 – England Closed Championships gold.

2011 – Aviva World Trials & UK Championships gold. England Athletics Senior Championships gold

2009 – Aviva World Trials & UK Championships bronze

2008 – Aviva Olympic Trials & UK Championships silver

2007 – Aviva World Trials & UK Championships silver

2006 – Aviva European Trials & UK Championships 4th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Olympic Games 29 q, European Championships 24th q

2011 – IAAF Championships 29th

2009 – Spar European Team Championships 7th

PERSONAL BESTS

Discus 65.44m

Q & A

First Olympic or Paralympic memory?
 Watching 2000 Games and seeing so many GB athletes do well

Best athletics performance of the 2012 Games? David Rudisha in the men's 800m

What has been the best ever Olympic/ Paralympic Games and why?
 London Olympic/Paralympics. It was my first Games. It also had the best of Britain.

Who has had the greatest influence on your career? My wife

Favourite athletics venue?
 Birmingham

Best friend in athletics? Martyn Rooney, Simeon Williamson, Anyika Onuora

Toughest opponent? Robert Harting

Favourite training session?
 Heavy weights

Least favourite training session?
 Core

What other sports do you like? Football, basketball, tennis, F1

If you were not an athlete what would you like to be? An actor or working in a bank

Favourite film? Gladiator, Lord of the Rings

Favourite music/group? R&B, Hip Hop

Favourite pre-competition meal? Steak and sweet potato

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

Interesting unknown fact about yourself? I am an Arsenal supporter and I love Aston Martin cars

If you had a super power what would it be? Read minds



KATIE BYRES

POLE VAULT

DOB: 11/09/1993
Born: Chesterfield
Lives: Manchester
Club: Sale Harriers
 Manchester
Trains: Manchester

Coach: Julien Raffalli-Ebezant
Twitter: @KTByres
Facebook: Katie Byres
Web: katiebyres.com

DOMESTIC CHAMPIONSHIPS

2013 – British Athletics European Trials & UK Championships PV silver

2012 – Aviva World U20 Trials & UK Championships PV gold. BUCS Championships PV bronze. Aviva European Indoor Trials & UK Championships PV silver

2011 – Aviva U20 European Trials & UK Championships PV gold

2010 – England Closed Championships PV silver. Aviva U20 World Trials & UK Championships PV bronze. Aviva World Trials & UK Championships PB 11th. Aviva European Trials & UK Championships PV 9th. Aviva England U17 Indoor Championships PB gold

2009 – Aviva World Trials & UK Championships PV 5th. England U20 Championships 4th. Aviva England Athletics U17 Championships PV gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – IAAF World Indoor Championships PV NH. IAAF World Junior Championships NH q

2011 – European Junior Championships PV 4th

2010 – Youth Olympic Games European Trials PV 6th

2009 – European Youth Olympic Festival PV 10th

PERSONAL BESTS

PV 4.52m (indoors)

PV 4.36m (outdoors)

Q & A

Best athletics performance during the 2012 Games? 800m men's David Rudisha

What has been the best ever Olympic/ Paralympic Games and why? 2012, Home country – most exciting

Favourite athletics venue? Nevers (France) 'where I got my PB'

Do you have any pre-competition superstitions?

A proper amazing pudding (small treat)

Toughest opponent? Angelica Bengtsson (Sweden)

Favourite training session? Vaulting session

Least favourite training session? Track sessions

What other sports do you like? Watch – Gymnastics, Formula 1

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

If you could take three people out for dinner who would they be? Sister, mum and dad ☺ family meal.

If stranded on a desert island, what three items would you take? Eyeliner, bed, bikini

ADAM COTTON

800M / 1500M

DOB: 26/01/1992

Born: Stafford

Lives: Loughborough/
Boston MA

Club: Birchfield

Trains: Loughborough

Coach: John Nuttall

Twitter: @adamcotton92

Facebook: Adam Cotton 92



DOMESTIC CHAMPIONSHIPS

2011 – Aviva U20 European Trials & UK Championships 800m gold. Aviva European Indoor Trials & UK Championships 800m 4th ht. England U20 Indoor Championships 1500m gold

2010 – Aviva U20 World Trials & UK Championships 800m silver. Aviva England U20 Indoor Championships 800m silver. Aviva World Trials & UK Championships 4th ht

2009 – Aviva U20 Indoor Championships 800m gold. England U20 Championships 800m 3rd ht

2008 – England Athletics Championships 800m gold. English Schools Championships 800m silver. Schools International 800m bronze. England Athletics U17 Indoor Championships 800m 4th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2011 – European Junior Championships 1500m gold

2010 – IAAF World Junior Championships 800m 6th sf

2009 – IAAF World Youth Championships 800m 5th sf

PERSONAL BESTS

800m 1:48.30

1500m 3:41.33

Q & A

First Olympic or Paralympic memory?

Watching Haile Gebrselassie win the 10,000m in Sydney

Best athletics performance during the 2012 Games? Mo Farah's double in the 5km and the 10km

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

London 2012. Their pledge to inspire a nation could not have gone any better.

Who has had the greatest influence on your career?

Either Geoff James, the coach who got me into running, or John Nuttall my current coach who has worked wonders so far

Best friend in athletics? Lewis Moses – The pain we have put each other through would make anyone good friends

Toughest opponent? Niall Brooks, he is so talented and it is great to see him back running well.

Sporting hero? Seb Coe, the times he ran are still incredible and has done such great things for the sport since retirement.

If you were not an athlete what would you like to be? A research Scientist into cures for diseases

Favourite film? Monsters Inc

If you could take three people out for dinner who would they be? Ellie Goulding, Prince Harry and Stephen Hawking



MARK DRY

HAMMER

DOB: 11/10/1987
Born: Milton Keynes
Lives: Loughborough
Club: Woodford Green
 Essex Ladies
Trains: Loughborough

Coach: Derek Evely
Twitter: @markdry
Web: markdry.com

DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships HT silver. BUCS Championships HT gold. Scottish Championships HT gold

2011 – Aviva World Trials HT bronze. CAU Inter-Counties Championships HT silver. Scottish Senior Championships HT silver

2010 – Aviva European Trials & UK Championships HT 9th. Scottish Senior Championships & Commonwealth Trials HT gold

2009 – England U23 Championships HT gold. Aviva World Trials & UK Championships HT 4th. Scottish Senior Championships HT gold, JT 5th. Welsh Senior Open Championships HT gold. Bank of Scotland U23 Championships HT gold. CAU Inter-Counties Championships HT bronze

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – European Championships 25th q

2010 – Commonwealth Games HT 6th

2009 – European U23 Champs HT 14th q

PERSONAL BESTS

HT 74.82m

Q & A

What was your first Olympic or Paralympic Games memory?
 Kelly Holmes winning the double

Outside of parents, who has had the greatest influence on your athletics career? My former coach and Scottish record holder in Hammer Chris Black

Favourite athletics venue? Celje, Slovenia

Toughest opponent? Alex Smith

Sporting hero? The most electrifying man in sports entertainment.....The Rock

Most famous person you have ever met? Princess Anne

What other sports do you like?
 MMA, rugby

If you were not an athlete what would you like to be? A rugby player or a fighter I'm sure, I'm not cut out for 9-5s, or go back to be a pilot like my parents

Favourite film? Top Gun

What is your favourite pre-competition meal? Steak egg and chips

If you could take three people out for dinner who would they be? Chael Sonnen, Baz Rutton and The Rock!

If you were stranded on a desert island what three items would you take with you? Rum, sombrero and a fishing rod

Do you have any pets?
 Black Labrador called Oscar

Interesting unknown fact about yourself? I spent 60 hours in the air by my first birthday and flew solo on my 16th birthday from RAF Kinloss. (16 is the lowest age you can fly solo in the uk)

ZANE DUQUEMIN

SHOT PUT / DISCUS

DOB: 23/09/1991
Born: Jersey
Lives: London
Club: Shaftesbury
 Barnet

Trains: Lee Valley
Coach: John Hillier
Twitter: @DuqueminZ



DOMESTIC CHAMPIONSHIPS

2013 – British Athletics European Trials & UK Championships SP silver

2012 – Aviva 2012 Trials & UK Champs SP gold, DT 4th. Aviva England Athletics U23 World Trials & UK Champs SP gold, DT silver. BUCS Champs SP gold, DT gold. BUCS Indoor Champs SP silver. Aviva European Indoor Trials & UK Champs SP silver

2011 – Aviva World Trials & UK Champs DT 6th. England Senior Champs DT bronze, silver. Aviva U23 European Trials & UK Champs DT bronze, SP gold. BUCS Champs SP gold, DT gold. Aviva European Indoor Trials & UK Champs SP 5th. CAU Inter-Counties Champs SP silver, DT silver

2010 – Aviva England U20 World Trials & UK Champs DT silver. English Schools Champs DT silver. CAU Inter-Counties DT 8th, SP 8th. Aviva U20 Indoor Champs SP silver.

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2010 – Commonwealth Games DT 10th, SP 11th. IAAF World Junior Champs DT 18th q

PERSONAL BESTS

SP 18.50m **DT** 63.46m

Q & A

First Olympic or Paralympic memory?
 Marion Jones 2000 Sydney

Who has had the greatest influence on your career? John Hillier (coach)

Favourite athletics venue? Barcelona

Do you have any pre-competition superstitions? I pack my bag about 10 times to make sure I have everything

Best friend in athletics? Lawrence Okoye

Toughest opponent? Lawrence Okoye

Favourite training session? Throwing in the sun!

Least favourite training session? Throwing in the snow/rain

Sporting hero? Gerd Kanter

Most famous person you have met? David Beckham

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

Favourite film? Space Jam

Favourite music/group? Chase & Status

Favourite pre-competition meal? Chicken and pasta

If you could take three people out for dinner who would they be? Kelly Brook, Holly Willoughby, Alex Ferguson

What did you do during your 2012 post season break? Ate a lot of pizza

Do you have any pets? 1 German Shepherd – Jake

Interesting unknown fact about yourself? World's biggest pizza fan

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

Drinks, snacks, chalk, towel, black sack

Do you have a motivational song, if so what is it? Breakage – Hard



MAX EAVES

POLE VAULT

DOB: Development
Born: 31/05/1988
Lives: Warton
Club: Blackpool, Wyre & Fylde

Trains: Blackpool/
 Lahti (Finland)
Coach: Self
Twitter: @polevaultmax

DOMESTIC CHAMPIONSHIPS

2012 - Aviva 2012 Trials & UK Championships 4th. Aviva European Indoor Trials & UK Championships PV bronze

2011 - Aviva European Indoor Trials & UK Championships gold. England Senior Championships gold. Aviva World Trials & UK Championships bronze

2010 - Commonwealth Games New Delhi Bronze Medal. Aviva European Trials & UK Championships silver. England Closed Championships silver. Aviva England Athletics U23 & World Trials Championships bronze

2009 - England U23 Championships silver. Welsh Senior Championships silver. Scottish Championships silver

2008 - BUSA Championships silver. Welsh Indoor Championships silver

2007 - England Athletics U20 Open Indoor Championships silver. England Athletics U20 Championships silver

2006 - English Schools Championships gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 - European Championships 6th q

2010 - Commonwealth Games bronze

PERSONAL BESTS

PV 5.61m (indoors)

PV 5.40m (outdoors)

Q & A

First Olympic or Paralympic memory? Men's PV Final Athens 2004. Toby Stevenson slow motion bar clearance

Best athletics performance during the 2012 Games? Ivan Ukhov

Who has had the greatest influence on your career? Bruce Lee

Favourite athletics venue? NIA

Best friend in athletics? Robbie Grabarz

Favourite training session? 6 x 300m off 5mins

Least favourite training session? An easy recovery session

Sporting hero? Bruce Lee

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

If you could take three people out for dinner who would they be? Boris Johnson, Mila Kunis, Catherine Zeta Jones

If stranded on a desert island, what three items would you take? Infinite fire wood, infinite bottled water and an attractive woman

What did you do during your 2012 post season break? Trained like a jogger

Do you have any pets?

Three miniature sausage dogs – Ralpjie, Rocco and Rufus

Do you have a motivational song, if so what is it? Aqua – Barbie Girl

LUKE FAGAN

100M / 200M

DOB: 31/07/1988

Born: London

Lives: London

Club: Enfield & Haringey

Trains:
Coach:

Lee Valley
Michael Afilaka



DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships 100m 5th sf. McCain CAU Championships 200m gold. Aviva European Indoor Trials & UK Championships 60m 8th

2011 – Aviva European Indoor Trials & UK Championships 60m 8th. England Senior Championships 100m bronze, 200m gold. Aviva World Trials & UK Championships 200m bronze

2010 – BUCS Indoor Championships 60m bronze. Aviva U23 Championships & World Trials 100m bronze, 200m 6th. England Senior Closed Championships 200m silver

2009 – BUCS Championships 200m bronze

2008 – Aviva Olympic Trials & UK Championships 200m 6th

2007 – Norwich Union World Champs Trials 200m bronze. England Athletics U20 Championships 200m bronze

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2007 – European Junior Championships 200m bronze, (4x100m silver)

PERSONAL BESTS

100m 10.21 **200m** 20.60

Q & A

First Olympic or Paralympic memory?

Linford Christie winning 100m gold at the Olympics in Barcelona 92

Pre-competition meal: Quaker Oats with cinnamon extract

Sporting hero: Floyd Mayweather, Lewis Hamilton

What other sports do you like: Football, boxing and Formula 1.

If you were not an athlete what would you like to be: Something hands on like construction, but I don't know what type.

Favourite film: The Fast and Furious

Favourite TV programme: Family Guy

Favourite music/group: UK Urban – Wretch 32

Favourite food: Jerk chicken

If you could take three people out for dinner who would they be: Katy B, Kelly Rowland, Meghan Fox

If you were stranded on a desert island what 3 items would you take with you: Shovel, machete, iPad

What is in your kit bag when you go out onto the track: Track spikes, bottle of water, stretching bands



RORY FRASER

5000M

DOB: 25/04/1987

Born: Welwyn Garden City

Lives: New York City

Club: Owls Leicester

Trains: New York

Coach: Art Acevedo

Twitter: @Rg_fraser

DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships 5000m bronze

2008 – England Athletics U23 Championships 5000m silver. Aviva Olympic Trials & UK Championships 5000m 16th. English National Cross Country Championships 19th. Inter-Counties Cross Country Championships 14th

2007 – England Athletics U23 Championships 1500m 8th

2006 – AAA U23 Champs 1500m 10th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – European Champs 5000m 14th

PERSONAL BESTS

5000m 13:27.70

Q & A

First Olympic or Paralympic memory?

Michael Johnson winning the 200m in Atlanta

Best athletics performance during the 2012 Games? Mo Farah double – inspiring

What has been the best ever Olympic/ Paralympic Games and why? London – the passion and support was incredible

Who has had the greatest influence on your career? My coach – Art Acevedo

Favourite athletics venue? Hayward Field – Oregon

Do you have any pre-competition superstitions? I used to have loads but had to stop once I grew out of my favourite socks

Toughest opponent? Andy Vernon

Favourite training session? 3 x 1 mile

Least favourite training session? A4 x 800

Sporting hero? It was Lance Armstrong, so I'm currently looking for a new one

If you were not an athlete what would you like to be? Would love to be a football player, or maybe an actor. I'm a terrible actor but I imagine it would be very fun.

Favourite film? Team America

Favourite music/group? Big Paramore fan, and would love to see Coldplay live though

Favourite pre-competition meal? Chicken breast Subway

If you could take three people out for dinner who would they be? Phil Knight, John Stewart, and Russel Brand

What did you do during your 2012 post season break? Ate way too much ice cream

Do you have any pets? Labrador named Beau (not my name choice)

Interesting unknown fact about yourself? I have eaten breakfast with Haile Gebresalassie at his house in Ethiopia – pretty awesome!

JAMES GLADMAN

110M HURDLES

DOB: 11/10/1993
Born: Warrington
Lives: Bath
Club: Warrington/St. Helens Sutton

Trains: Bath
Coach: James Hillier
Twitter: @JamesGladman93
Facebook: james.gladman.77



DOMESTIC CHAMPIONSHIPS

2012 - Aviva U20 World Trials & UK Championships 110mH gold. BUC Championships 110mH DNF. England U20 Indoor Championships 60mH gold

2011 - Aviva European U20 Trials & UK Championships 110mH silver. English Schools Championships 110mH silver. England Athletics U20 Indoor Championships 60mH silver

2010 - Aviva England U20 World Trials & UK Championships 110mH bronze. Aviva English Schools 110mH 4th. Aviva England U20 Indoor Championships & UK Championships 60mH 7th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 - IAAF World Junior Championships 110mH 4th

2010 - Youth Olympic Games European Trials 110mH 3rd ht

PERSONAL BESTS

110m H 14.14

Q & A

What was your first Olympic or Paralympic Games memory? Athens 2004, men's 100m, Justin Gatlin winning gold

Best athletics performance during the 2012 Games? 2012 Olympics - Usain Bolt 100m, 200m/ David Rudisha WR R. GB-Jessica Ennis gold and hurdles run

What has been the best ever Olympic/ Paralympic Games and why? 2012 - Everyone in spirit, got to go and watch

Who has had the greatest influence on your career? Brother

Favourite athletics venue? Warrington (Home track)

Best friend in athletics? Training group - Leon Reid, Jay Hunter

Toughest opponent? Andrew Pozzi

Favourite training session? Speed endurance 150m

Least favourite training session? Weights

Sporting hero? Liu Xiang

Most famous person you have met? Ryan Giggs (even though I support Liverpool FC)

What other sports do you like? Football

Favourite film? Click, Superbad, Inception

If stranded on a desert island, what three items would you take? Game boy, sweets, alcohol. Go out in style

Interesting unknown fact about yourself? I have an identical twin

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

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



EMELIA GORECKA

3000M / 5000M

DOB: 29/01/1994
Born: Epsom
Lives: Leatherhead
Club: Aldershot, Farnham & District
Trains: Aldershot

Coach: Mick Woods
Kit: Nike
Twitter: @emiliagorecka
Facebook: Emelia Gorecka
Web: www.emelia-gorecka.co.uk

DOMESTIC CHAMPIONSHIPS

2012 – Aviva England Athletics U20 Championships & World Trials 3000m gold. Aviva 2012 Trials & UK Championships 5000m 4th. BUCS Championships 3000m bronze. English Schools Cross Country Championships gold. Inter-Counties Cross Country Championships gold

2011 – English Schools Championships 3000m gold. Aviva England U20 Championships & European Trials 3000m gold. English National Cross Country Championships gold. Inter-Counties Cross Country Championships gold

2010 – Aviva England Championships & World Trials 3000m gold. English National Cross Country Championships gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – European Cross Country U20 silver, IAAF World Junior Champs 3000m bronze

2011 – European Junior Championships 5000m silver. Commonwealth Youth Games 3000m gold. IAAF World Cross Country Championships 15th. Spar European Cross Country Championships gold

2010 – IAAF World Junior Championships 3000m 11th. European Cross Country Championships bronze. World Cross Country Championships 23rd

PERSONAL BESTS

3000m 8:55.11

5000m 15:34.21

Q & A

First Olympic or Paralympic memory? Paula Radcliffe's struggle in Athens. Kelly Holmes' double gold medal in Athens

Best athletics performance during the 2012 Games? David Weir's performance was outstanding and inspirational

Who has had the greatest influence on your career? Coach – Mick Woods and brother – Joshua Gorecki

Favourite athletics venue? Parliament Hill XC Course and Barcelona Athletics Track

Best friend in athletics? Jennifer Walsh

Sporting hero? My brother – Joshua Gorecki

If you could take three people out for dinner who would they be? Prefontaine, President Obama, Derrin Brown

If stranded on a desert island, what three items would you take? Three footballs that will all be named Wilson – then can have a party!

What did you do during your 2012 post season break? Went to Portugal with some close friends to relax

Do you have any pets? White fluffy cat named Ruffles

Interesting unknown fact about yourself? I have scoliosis and wore a body brace to support it for three years as a teenager

CHARLIE GRICE

800M / 1500M

DOB: 07/11/1993
Born: Brighton
Lives: Twickenham
Club: Phoenix AC
Trains: St Mary's

Coach: Jon Bigg
Agent: Jos Hermens
 (Global Sports Communications)
Kit: adidas
Twitter: @charliegrice1
Web: charliegrice.com



DOMESTIC CHAMPIONSHIPS

2013 – British Athletics European Trials & UK Championships 1500m bronze

2012 – Aviva 2012 Trials & UK Championships 1500m 8th. BUCS Championships 800m silver. European Indoor Trials & UK Championships 1500m 6th

2011 – Aviva English Schools Championships 1500m gold. Aviva U20 Championships & European Trials 1500m silver

2010 – Aviva English Schools Champs 1500m gold. Aviva Schools International 1500m gold. English Schools Cross Country Champs 9th. McCain UK Cross Challenge (inc. European Trials) 5th

2009 – Sainsburys English Schools Champs Cross Country 28th. English National Cross Country Champs 16th. Inter Counties Cross Country Champs 6th. Aviva English Schools Champs 1500m 6th. England U17 Champs 1500m bronze

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – IAAF World Junior Championships 1500m 4th ht

2011 – European Junior Championships 1500m 10th

2010 – Youth Olympic Games 1000m bronze. Youth Olympic Games European Trials 1000m silver

PERSONAL BESTS

800m 1:47.33
1500m 3:40.95

Q & A

First Olympic or Paralympic memory?

Kelly Holmes' double gold

Best athletics performance during the 2012 Games? Mo Farah's double gold and David Rudisha's world record

Who has had the greatest influence on your career? My coach

Favourite athletics venue? Olympic Stadium in London

Toughest opponent? Myself

Sporting hero? Steve Ovett

Most famous person you have met? Usain Bolt

If you could take three people out for dinner who would they be? Jess Ennis, Pixie Lott and Alberto Salazar

If stranded on a desert island, what three items would you take? Mobile phone, knife and food supply

What did you do during your 2012 post season break? Went on holiday to Barcelona for 10 days with mates

Do you have any pets?

Two cats – Pinky and Missy

Interesting unknown fact about yourself? Used to play four different sports: football, tennis, cricket and ping pong

If you were Prime Minister for one day you would... Give everyone three day weekends!



CLAIRE HALLISSEY

MARATHON

DOB: 17/03/1983
Born: Watford, Herts
Lives: Arlington, Virginia, USA
Club: Bristol & West/Watford
Trains: Virginia

Coach: Self
Kit: Asics
Twitter: @HallisseyC

DOMESTIC CHAMPIONSHIPS

2010 – Aviva European Trials & UK Championships 10,000m bronze. BUCS Cross Country Championships bronze. English National Cross Country Championships 10th. England 10k Road Championships bronze

2009 – Aviva World Trials & UK Championships 10,000m 5th. CAU Inter-Counties Championships 5000m silver. BUCS Championships 10,000m silver, 5000m bronze. Inter-Counties Cross Country Championships 31st. English National Cross Country Championships 36th

2008 – Aviva Olympic Trials & UK Championships 5000m 10th. CAU Inter-Counties Championships 5000m bronze. BUSA Championships 10,000m gold. BUSA Cross Country Championships 26th. Inter-Counties Cross Country Championships 49th

2007 – BUSA Championships 10,000m bronze

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Olympic Games Marathon 57th

2010 – IAAF World Half-Marathon Championships 18th

2009 – IAAF World Half-Marathon Championships 31st. European Cup 10,000m 9th

PERSONAL BESTS

Marathon 2:27:44

Q & A

First Olympic or Paralympic memory? On holiday watching Sally Gunnell and Linford Christie in Barcelona

Best athletics performance during the 2012 Games? Mo Farah's double

Who has had the greatest influence on your career? Husband

Favourite athletics venue? New York (road races)

Do you have any pre-competition superstitions? I try to eat something with sweet potato in the day before a race

Toughest opponent? My own body

If you were not an athlete what would you like to be? Baker/ tea shop owner

Favourite film? Original Star Wars trilogy

What did you do during your 2012 post season break? Spent time with my baby niece and nephew

Interesting unknown fact about yourself? I used to be a giveaway girl at Saracens rugby matches

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

Lip balm, iPod and racing flats

If you had a super power what would it be? Teleportation (would make travelling to races a lot easier)

ABIGAIL IROZURU

LONG JUMP

DOB: 03/01/1990
Born: Crumpsall,
 Manchester
Lives: London
Club: Sale Harriers
 Manchester

Trains: Brunel, Barnet
 Copthall, and
 Lee Valley
Coach: Frank Attoh
Kit: adidas
Agent: Stellar - Dave Scott
Twitter: @Aurozuru
Web: Airozuru.blog.com



DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships 4th. England Closed Championships silver. Aviva European Indoor Trials & UK Championships silver

2011 – Aviva World Trials & UK Championships 5th. Aviva U23 European Trials & UK Championships bronze. England Senior Championships 5th

2010 – Aviva European Trials & UK Championships bronze. Aviva England U23 World Trials & UK Championships gold. England Closed Championships 5th

2009 – England U20 Championships silver. Aviva World Trials & UK Championships bronze

2008 – England Athletics Open Championships gold. England Athletics Indoor U20 Championships gold

2007 – England Athletics U20 Open Championships bronze. England Athletics U20 Open Indoor Championships 6th. CAU Inter-Counties Championships 10th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – European Championships 21st q

2009 – European Junior Championships 17th q

2008 – World Junior Championships 8th. Commonwealth Youth Games gold. GB v Netherlands Indoor Jumps International 5th

2007 – IAAF World Youth Championships 7th q

PERSONAL BESTS

LJ 6.80m

Q & A

First Olympic or Paralympic memory?

Beijing – not anything specific, only just knowing it was on.

Best athletics performance during the 2012 Games?

The only WR performance of the Games – Rudisha. I was in the stadium at the time too. Best GB performance – watching and cheering on my training partner Chris Thomlinson.

Who has had the greatest influence on your career?

John Crotty – first coach

Favourite athletics venue?

Bulgaria, Sofia – jumped my 6,80m PB there this year

Do you have any pre-competition superstitions?

I always have to look immaculate. I've been asked on many occasions whether I am planning going clubbing that night I look so made up. Look great, feel great, jump great!

Best friend in athletics?

Zainab Ceasay

Toughest opponent?

Myself (mentally and physically)

Most famous person you have met?

Usain Bolt

Favourite music/group?

Afrobeats/ traditional Nigerian and African music

Favourite pre-competition meal?

Hotel breakfast – sausage and piece of bread



JJ JEGEDE

LONG JUMP

DOB: 03/10/1985
Born: Forest Gate, London
Lives: Walthamstow, London
Club: Newham & Essex Beagles

Trains: Lee Valley/
Gateshead
Coach: Peter Stanley
Agent: Caroline Feith
ProSports
Twitter: @jumpingjegede
Facebook: JJ Jegede
Web: jjjegede.co.uk

DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships LJ silver. Aviva European Indoor Trials & UK Championships LJ gold

2011 – Aviva World Trials & UK Championships LJ silver. England Senior Championships LJ gold. Aviva European Indoor Trials & UK Championships LJ silver

2010 – Aviva European Trials & UK Championships LJ silver. England Closed Championships LJ gold. Aviva World Indoor Trials & UK Championships LJ 5th

2008 – Aviva Olympic Trials & UK Championships LJ 14th. CAU Inter-Counties Championships LJ silver. Norwich Union European Indoor Championships Trials LJ bronze

2007 – Norwich Union World Trials & UK Championships LJ 4th. CAU Inter-Counties Championships LJ bronze. England U23 Championships LJ 9th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – European Championships LJ 4th

2007 – European U23 Championships LJ 13th q

PERSONAL BESTS

LJ 8.11m

Q & A

Best athletics performance during the 2012 Games? Jessica Ennis' Heptathlon

What was your first Olympic or Paralympic Games memory?

Watching Barcelona 1992 as a six year old seeing Linford Christie with his arms up winning the 100m and Sally Gunnell draped in the Union Jack

Who has had the greatest influence on your career?

Michael Afilaka

Favourite athletics venue?

Birmingham

Best friend in athletics?

Montell Douglas

Toughest opponent?

The tape measure!

Sporting hero?

Muhammad Ali

Most famous person you have met?

Patrick Vieira – Arsenal legend

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

I love long jump, but if I had to be something else I'd like to be an Arsenal striker

Favourite film?

Gladiator

Favourite music/group?

Rap

Favourite pre-competition meal?

Porridge with chocolate protein and blueberries

If you could take three people out for dinner who would they be?

Ali, Michael Jordan and God

Interesting unknown fact about yourself?

I was the Essex Table Tennis champion in 1998

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

Make education more useful in real world

JESSICA JUDD

800M / 1500M

DOB: 07/01/1995
Born: Rochford
Lives: Canvey Island
Club: Chelmsford
Trains: Chelmsford

Coach: Rob Denmark
Kit: Nike
Twitter: @jessjuddxx
Facebook: Jess Judd



DOMESTIC CHAMPIONSHIPS

2013 – British Athletics European Trials & UK Champs 3000m bronze

2012 – Aviva 2012 Trials & UK Champs 800m bronze. BUCS Champs 800m gold. Aviva England Athletics U20 Champs & World Trials 1500m gold. English Schools Cross Country Champs silver. English National Cross Country Champs bronze. Inter-Counties Cross Country Champs gold

2011 – English Schools Champs 1500m gold. Sainsbury UK School Games 1500m gold. Aviva SIAB Schools International 1500m gold. England Athletics U17 Champs 1500m gold. Aviva World Trials & UK Champs 800m 5th. English Schools Cross Country Champs gold. Aviva Schools International Cross Country gold. English National Cross Country Champs silver. Inter-Counties Cross Country Champs gold

2010 – Aviva English Schools Champs 1500m gold. UK School Games 1500m gold. Aviva Schools International 1500m gold. Aviva England Athletics U17 Champs 1500m gold. English Schools Cross Country Champs gold. English National Cross Country Champs gold. SIAB Schools International Cross Country gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – IAAF World Junior Championships 800m silver, 1500m 5th

2011 – IAAF World Youth Championships 800m bronze

PERSONAL BESTS

800m 2:00.96 **1500m** 4:09.93

Q & A

What was your first Olympic or Paralympic Games memory? Kelly Holmes' two golds

Best athletics performance during the 2012 Games? David Rudisha 800m

Who has had the greatest influence on your career? My school

Interesting unknown fact about yourself? I can fall asleep standing up

Do you have any pre-competition superstitions? To tie and knot my laces on my spikes eight times

Best friend in athletics? Pippa Woolven

Toughest opponent? Ajee Wilson – USA

Sporting hero? Paula Radcliffe and Zola Budd

What other sports do you like? Rugby League – Leeds Rhinos

If you could take three people out for dinner who would they be? Usain Bolt, Paula Radcliffe and Mo Farah

If stranded on a desert island, what three items would you take? A book, strawberry cheesecake, my Eeyore pillow

Do you have any pets? Rat – Rizzo!



LUKE LENNON-FORD

200M / 400M

DOB: 05/05/1989
Born: Birmingham
Lives: London
Club: Birchfield H/
Coach: Linford Christie
Twitter: @Lukey400m

DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships 400m 8th. Aviva European Indoor Trials & UK Championships 400m 5th

2011 – Aviva World Trials & UK Championships 400m 5th. Aviva U23 Championships and European Trials silver. BUCS Indoor Championships 200m gold

2010 – England Closed Championships 400m silver. Aviva U23 World Trials Championships 400m gold. BUCS Championships 400m gold. Aviva European Trials & UK Championships 400m 7th. Aviva Indoor World Trials & UK Championships 400m bronze

2009 – England U23 Championships 400m silver. Aviva World Trials & UK Championships 5th sf

2008 – England Athletics U20 Championships 400m sf 3rd. England Athletics U20 Indoor Championships 200m bronze

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – European Championships 4x400m silver. IAAF World Indoor Championships 4x400m ht

2011 – European U23 Championships 400m bronze, (4x400m gold)

2010 – IAAF World Indoor Championships 4x400m ht

PERSONAL BESTS

200m 20.91 **400m** 45.23

Q&A

What was your first Olympic Games memory?

Linford Christie winning gold

Best friend in athletics?

Mark Lewis-Francis

Favourite pre-competition meal?

Porridge

Sporting hero?

Linford Christie

What other sports do you like?

Football

If you weren't an athlete what would you like to be?

A millionaire, lottery winner

Favourite TV programme?

Family Guy

Interesting unknown fact about yourself?

I have the sentence 'your name' tattooed on my backside!

EILISH MCCOLGAN

3000M STEEPLECHASE

DOB: 25/11/1990

Born: Dundee

Lives: Carnoustie, Angus

Club: Dundee Hawkhill/
Pitreavie

Trains:

Coach:

Twitter:

Facebook:

Dundee

Liz McColgan

@Eilishmccolgan

Eilish McColgan



DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Champs 3000mSC gold. BUCS 1500m silver. Scottish Universities Champs 1500m gold, 3000m gold. Scottish Universities Indoor Champs 1500m gold, 3000m gold

2011 – Aviva European Indoor Trials & UK Champs 1500m 4th. Scottish University Champs 1500m gold. BUCS Indoor Champs 1500m bronze. BUCS Champs 2000mSC gold. Scottish 3000mSC gold. Aviva World Trials & UK Champs 5000m silver

2010 – Scottish University Indoor Champs 800m silver. Scottish University Champs 1500m bronze, 2000mSC silver. Scottish U23 Champs 1500m 6th. Scottish Senior & Commonwealth Games Trials 1500m 10th. BUCS Champs 2000mSC 5th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Olympic Games 3000mSC 9th ht

2011 – European U23 Champs 3000mSC 6th. Spar European Team Champs 3000mSC 9th

2008 – Commonwealth Youth Games 1500m 9th, 3000m 8th

PERSONAL BESTS

3000m SC 9:38.45

Q & A

First Olympic or Paralympic memory?

Watching Haile Gebrselassie (ETH)

Best athletics performance during the 2012 Games? Mo Farah's double

What has been the best ever Olympic/ Paralympic Games and why? London 2012 – as I got to take part and experience the whole event

Who has had the greatest influence on your career? My boyfriend and my training group – I wouldn't be here without them all!

Favourite athletics venue?

London or Oslo – where I set my 3000m SC PB and qualified for the Olympics!

Best friend in athletics? Made some fantastic friends in London. Katarina Johnson-Thompson and myself are very similar. I have also known Lynsey Sharp for years!

Toughest opponent? The clock

Favourite training session? Anything long and on the track

Least favourite training session?

Grass or XC sessions – awful! Especially hills!

Sporting hero? My parents, Mo Farah, Usain Bolt

If you were not an athlete what would you like to be? Probably a teacher.

Currently studying maths so possibly in that!

Interesting unknown fact about yourself?

I once starred in a cereal advert – aged 7 (ish)



MUKHTAR MOHAMMED

800M

DOB: 01/12/1990
Born: Abu Dhabi
Lives: Sheffield
Club: Sheffield RC
Trains: Sheffield
Coach: Mustafa Mohamed
Kit: Nike

DOMESTIC CHAMPIONSHIPS

2013 – British Athletics European Trials & UK Championships 800m silver

2012 – Aviva 2012 Trials & UK Championships 800m silver

2011 – Aviva England Athletics U23 Championships & UK Championships gold. Aviva European Indoor Trials & UK Championships 5th

2010 – Aviva European Trials & UK Championships 7th

2007 – Sainsbury English Schools Championships silver. UK School Games gold. England Athletics U17 Open Championships silver

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – European Championships 800m 3rd sf

2011 – European U23 Championships 800m bronze

PERSONAL BESTS

800m 1:45.90

Q & A

Best friend in athletics?

Abubaker Kaki

Favourite pre-competition meal?

Spaghetti

Sporting hero?

Lord Seb Coe

What other sports do you like?

Football

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

A football player

Favourite film:

Independence Day

Favourite TV programme:

Match of the Day

Favourite food?

Somali traditional rice

ROSS MURRAY

1500M

DOB: 08/10/1990
Born: Newcastle
Lives: London
Club: Gateshead
Trains: St Mary's
Coach: Craig Winrow

Agent: Nic Bideau –
 Melbourne
 Track Club/
 Jane Cowmeadow
 JCCM Ltd
Kit: Nike
Twitter: @rossojammin



DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships 1500m silver. Aviva European Indoor Championships & UK Championships 3000m 7th. BUCS Cross Country Championships 9th

2011 – Inter-Counties Cross Country Championships 26th. BUCS Cross Country Championships silver. Aviva European Indoor Trials & UK Championships 3000m silver

2010 – England Closed Championships 1500m 4th. Aviva European Trials & UK Championships 1500m 7th ht

2009 – Aviva World Trials & UK Championships 1500m 11th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Olympic Games 1500m 10th sf

2009 – European Junior Championships 1500m 6th

2008 – European Cross Country Championships 14th. World Junior Cross Country Championships 56th

PERSONAL BESTS

1500m 3:34.76

Q & A

First Olympic or Paralympic memory?
 Sydney 2000! Amazing atmosphere

Best athletics performance during the 2012 Games? Usain Bolt or Mo Farah and Felix Sanchez

What has been the best ever Olympic/ Paralympic Games and why? London! The crowd were the best ever

Favourite athletics venue? Oslo

Favourite training session? Short recovery 300s/400s on track

Least favourite training session?
 When it's raining and windy

Sporting hero? Usain Bolt

Most famous person you have met?
 Hugh Grant

What other sports do you like? Street fighting/football

If you were not an athlete what would you like to be? An 18-30 holiday rep or in Geordie Shore

Favourite film? Titanic or Gladiator

Favourite music/group? One Direction

If you could take three people out for dinner who would they be? Michelle Keegan, Joey Essex and Ricky Gervais

Do you have any pets?

A pet dragon called Pete, he can turn invisible

Do you have a motivational song, if so what is it? I don't believe in music

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



FREYA ROSS

5000M / MARATHON

DOB: 20/09/1983

Born: Edinburgh

Lives: Falkirk

Club: Chester-le-Street

Trains: Falkirk

Coach: Steve Jones
Agent: Brendan Reilly
 (Boulder Wave)
Kit: adidas

DOMESTIC CHAMPIONSHIPS

2012 – Scottish National Cross Country Championships gold

2011 – Scottish National Cross Country Championships gold

2010 – Aviva European Trials & UK Championships 5000m gold. Inter Counties Cross Country Championship & World Trials gold. Scottish National Cross Country Championships gold

2009 – Aviva World Trials & UK Championships 5000m gold. Scottish Championships 1500m silver. Scottish 4km Cross Country Championships gold. Scottish National Cross Country Championships gold. Inter-Counties Cross Country Championships 5th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Olympic Games Marathon 44th. European Cup 10,000m 19th

2011 – Spar European Cross Country Championships 12th

2010 – Commonwealth Games 5000m 7th, 10,000m 5th. European Cup 10,000m 6th. World Cross Country Championships 37th. South African World Trials Cross Country gold

PERSONAL BESTS

5000m 15:26.5

Marathon 2:28.10

Q & A

First Olympic or Paralympic memory?

Watching Seoul 1988 on TV with my brother and sisters

Best athletics performance during the 2012 Games? Mo Farah's double gold, David Rudisha 800m

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

2012 – it seems to have changed a lot of people's attitude to sport, especially disability sport

Who has had the greatest influence on your career? My husband Michael and coaches Steve Jones (current), David Hand (past -1st), Carol Sharp (past, 2nd), Ian Whyte (3rd and 5th), Lindsay Dunn (4th)

Favourite athletics venue?

Hollywood Park for cross country, and Brasschaat Belgium for Track (I've ran two PBs including 2012 commonwealth qualifier there)

Best friend in athletics? I've made lots of friends through athletics including meeting my husband through the University Athletics Club

What did you do during your 2012 post season break? Got married and went on honeymoon

Interesting unknown fact about yourself? I can play the Clarsach (Scottish Harp)

JADE NICHOLLS

DISCUS

DOB: 30/03/1987
Born: Tooting, London
Lives: Crawley
Club: Shaftesbury
 Barnet
Trains: Horsham
 (Broadbridge Heath)

Coach: Andrew Neal
Twitter: @jadenichollsT69
Facebook: Jade Nicholls



DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships silver. England Closed Championships gold. McCains CAU Championships silver. BUCS Championships gold

2011 – CAU Inter Counties Championships gold. Aviva World Trials & UK Championships gold. England Senior Championships gold

2010 – Aviva European Trials & UK Championships gold. CAU Inter Counties Championships gold

2009 – England U23 Championships silver. Aviva World Trials & UK Championships bronze

2008 – BUSA Championships gold. Aviva Olympic Trials & UK Championships 5th. England Athletics U23 Championships 5th. CAU Inter Counties Championships bronze

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – European Championships 22nd q

2010 – Commonwealth Games 6th

2009 – European U23 Championships bronze

PERSONAL BESTS

Discus 60.76m

Q & A

First Olympic or Paralympic memory?
 2004

Best athletics performance during the 2012 Games? Mo Farah doing the double. Jess winning the Heptathlon

Favourite athletics venue?

Halle – Germany

Best friend in athletics? Kirsty Law

Toughest opponent? Any German!

Favourite training session? Throwing

Least favourite training session?

Anything endurance based

Sporting hero? Jonathon Edwards, Phil 'The Power' Taylor

Most famous person you have met?

Emile Sande

What other sports do you like? Darts, Cycling, Football, Rugby

If you were not an athlete what would you like to be? P.E Teacher

Favourite film? Monsters Ball

If you could take three people out for dinner who would they be? Jonathan Edwards, my best friend Maureen, Michael Jackson (when alive, not now)

If stranded on a desert island, what three items would you take? A ship, a captain, my best friend!

Interesting unknown fact about yourself? Was a Ball Girl in 2002

What is in your kit bag when you go out onto the track? Throwing shoes, discs, chalk, lifting shoes, straps, drink, disc towel, diary



ISOBEL POOLEY

HIGH JUMP

DOB: 21/12/1992
Born: London
Lives: Kegworth, Derby (uni)
 Fleet, Hants (home)

Trains: Birmingham
Coach: Fayyaz Ahmed
Twitter: @isobelpooley
Facebook: Isobel Pooley (Local Hero)

DOMESTIC CHAMPIONSHIPS

2012 – Aviva England Athletics U23 Championships & World Trials silver. Aviva 2012 Trials & UK Championships silver. England Closed Championships gold. BUCS Championships gold. Aviva European Indoor Trials & UK Championships bronze. BUCS Indoor Championships gold

2011 – England Athletics U20 Championships gold. Aviva European Trials & Championships silver. Aviva U20 Championships & European Trials =silver. Aviva World Trials & UK Championships 4th

2010 – Aviva English Schools Championships gold. Aviva England U20 Championships & World Trials gold. CAU Inter-Counties Championships silver. Aviva England U20 Indoor Championships silver

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – European Championships 21st q

2011 – European Junior Championships 14th q

2010 – IAAF World Junior Championships 14th q

PERSONAL BESTS

HJ 1.90m

Q & A

First Olympic or Paralympic memory?

Watching the Beijing 2008 opening ceremony

Best athletics performance during the 2012 Games? Jessica Ennis's Heptathlon victory

Who has had the greatest influence on your career? My coaches, Fuzz Ahmed and George Male

Favourite athletics venue? Bedford International Stadium

Do you have any pre-competition superstitions? Not anymore but I used to walk clockwise circles before a jump

Best friend in athletics? Matt Watson (high jumper)

Toughest opponent? My own doubts!

Favourite training session? Medicine ball throws

Sporting hero? Anna Chicherova

If you were not an athlete what would you like to be? A veterinary surgeon, I still intend to qualify one day

If stranded on a desert island, what three items would you take? A box of breakfast cereal, my iPod, my Mum (am I allowed her?!)

Interesting unknown fact about yourself? I had really short hair at school in Year 7 and got mistaken for a boy!

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

Spikes, my union jack blanket, water, and a snack

If you had a super power what would it be? Unbreakable confidence

CHARLOTTE PURDUE

5000M

DOB: 10/06/1991

Born:

Lives: Teddington,
London

Club: Aldershot
Farnham and
District

Trains:

Coach:

Agent:

Twitter:

Facebook:

Teddington

Mick Woods

Dave Scott –
Stellar Agency

@charliepurdue

Charlotte Purdue



DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships 5000m 8th. BUCS Championships 5000m gold

2011 – English National XC Champs gold. BUCS XC Champs gold. Inter Counties XC Champs gold

2010 – McCain UK Cross Challenge inc. Euro Trials gold. England Senior Closed Championships 5000m gold. Aviva European Trials & UK Championships 10,000m 7th

2009 – BUCS Championships 10,000m gold. Aviva English Schools Champs 3000m gold. Aviva World Trials 5000m silver. Inter Counties XC silver, England U20 Champs 1500m bronze

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – European Championships 10,000m 6th. European Cup 10,000m 7th

2011 – IAAF World XC Champs 14th

2010 – Commonwealth Games 5000m 6th, 10,000m 4th. European Cross Country Championships U20 gold

2009 – European Junior Championships 5000m silver. World Cross Country Championships 14th (Team 4th)

PERSONAL BESTS

5000m 15:23.4 **10,000m** 32:03.55

Q & A

First Olympic or Paralympic memory?

Watching Kelly win double gold

Best athletics performance during the 2012 Games?

Jessica Ennis winning

Who has had the greatest influence on your career?

My boyfriend Adam

Favourite athletics venue?

Teddington – Bushy Park

Do you have any pre-competition superstitions?

I always listen to R Kelly – World's Greatest

Best friend in athletics? Steve Connor my training partner

Toughest opponent? The Africans

Favourite training session?

Every session that involves long reps!

Least favourite training session?

Short/faster reps

If you were not an athlete what would you like to be? A sports journalist or a lawyer

Favourite film? Charlie and the Chocolate Factory and Pearl Harbour

Favourite pre-competition meal?

Peanut butter and jelly

Do you have any pets?

Chloe – Chihuahua/Yorkie

Interesting unknown fact about yourself?

I have a tattoo on my wrist



JULIAN REID

LONG JUMP / TRIPLE JUMP

DOB: 23/09/1988
Born: Kingston,
 Jamaica
Lives: Birmingham
Club: Birchfield Harriers

Coach: Aston Moore
Trains: Birmingham
Twitter: @ReizmeJulz

DOMESTIC CHAMPIONSHIPS

2012 – Aviva England Athletics U23 Championships & World Trials silver. Aviva 2012 Trials & UK Championships silver. England Closed Championships gold. BUCS Championships gold. Aviva European Indoor Trials & UK Championships bronze. BUCS Indoor Championships gold

2011 – England Athletics U20 Championships gold. Aviva European Trials & Championships silver. Aviva U20 Championships & European Trials =silver. Aviva World Trials & UK Championships 4th

2010 – Aviva English Schools Championships gold. Aviva England U20 Championships & World Trials gold. CAU Inter-Counties Championships silver. Aviva England U20 Indoor Championships silver

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – European Championships 21st q

2011 – World Student Games LJ bronze

2009 – World Championships TJ 27th q

PERSONAL BESTS

LJ 8.08m **TJ** 16.98m

Q & A

Best athletics performance during the 2012 Games? Mo's double gold medal performance

Who has had the greatest influence on your career? God

Favourite training session?

Jump sessions

Least favourite training session?

Weightlifting

What other sports do you like?

Football, Skating

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

Football manager, or Track & Field Coach

Favourite film?

A Fistful of Dollars

Favourite music/group?

Reggae

Favourite pre-competition meal?

Salmon with mash potatoes

If you could take three people out for dinner who would they be?

My mother, grandma and Jesus Christ

If stranded on a desert island, what three items would you take?

Axe, hunting knife and bible

What did you do during your 2012 post season break?

Rest and recover!

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

Water, chewing gum, hair brush, protein bar

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

Kanye West – I Wonder

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

Feed the poor

If you had a super power what would it be?

Teleportation

JAZMIN SAWYERS

LONG JUMP

DOB: 21/05/1994
Born: Stoke-on-Trent
Lives: Sheffield
Club: City of Stoke

Trains: Sheffield
Coach: Toni Minichiello
Kit: adidas
Twitter: @JazminJayne



DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships LJ bronze. Aviva England Athletics U20 Championships & World Trials LJ gold

2011 – Aviva U20 Championships & European Trials LJ silver. England Athletics U20 Indoor Championships LJ silver, 60mH 5th. England Athletics U18 Heptathlon gold

2010 – England Athletics Combined Events Indoor Championships bronze

2009 – Aviva English Schools Championships LJ gold. UK School Games 80mH silver, HJ bronze. England Athletics U17 Championships LJ 6th. Aviva England Athletics U17 Indoor Championships 60mH 4th, LJ 4th. Schools Combined Events International gold. English Schools Combined Events Championships gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – IAAF World Junior Championships LJ bronze

2011 – IAAF World Youth Championships Heptathlon 9th. Commonwealth Youth Games LJ gold.

PERSONAL BESTS

LJ 6.67m

Q & A

First Olympic or Paralympic memory?

Watching Denise Lewis win gold in Sydney

Best athletics performance during the 2012 Games? David Weir's four golds for GB and David Rudisha's WR

Who has had the greatest influence on your career? My coaches over the years

Favourite athletics venue? Barcelona Olympic Stadium

Best friend in athletics?

Katarina Johnson-Thompson

Toughest opponent?

Katarina Johnson-Thompson!

Favourite training session?

Technical long jump sessions

Least favourite training session?

Grass runs

Sporting hero? Denise Lewis

Most famous person you have ever met? Probably Tracy from Corrie

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

If you could take three people out for dinner who would they be? My parents, and my brothers would have to flip a coin to see which one joins us?

If stranded on a desert island, what three items would you take? I think the key question here is are there any plug sockets? If not, my phone, charger, and an adapter!

Do you have any pets? Frog called Pedro

Interesting unknown fact about yourself?

I was in an Asda advert when I was younger. It's online somewhere...



CHRIS SCOTT

DISCUS

DOB: 21/03/1988
Born: Guildford
Lives: Loxwood
Club: Shaftesbury
 Barnet

Trains: Horsham
Coach: Andrew Neal
Twitter: @chrisscott_T69

DOMESTIC CHAMPIONSHIPS

2011 – England Senior Championships
 DT silver. Aviva World Trials & UK
 Championships DT gold

2010 – Aviva U23 World Trials & UK
 Championships DT gold. CAU Inter
 Counties DT silver. Aviva European Trials
 & UK Championships DT bronze. England
 Closed Championships DT silver

2009 – BUCS Championships DT silver.
 England U23 Championships DT bronze.
 Aviva World Trials & UK Championships DT
 13th. CAU Inter Counties Championships
 DT 5th

2008 – England U23 Championships
 DT gold. Aviva Olympic Trials &
 UK Championships DT 7th. BUSA
 Championships DT 5th, HT bronze. CAU
 Inter Counties Championships DT 5th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2010 – Commonwealth Games DT 7th

2007 – European Junior Championships
 DT 19th q

PERSONAL BESTS

DT 63.00m

Q & A

First Olympic or Paralympic memory?
 Michael Johnson in Atlanta 96

**Best athletics performance during the
 2012 Games?** Mo Farah's double victory

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

London 2012 because I was there
 watching every day!

**Who has had the greatest influence on
 your career?** Gerd Kanter

Favourite athletics venue? Cophall!

Best friend in athletics?

Jade Nicholls

Toughest opponent?

Lawrence Okoye

Sporting hero? Robert Harting

What other sports do you like?

Track cycling, sprint kayaking

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

**take three people out for dinner who
 would they be?** Michael Johnson, Tim
 Vine, Jonathon Edwards

**If stranded on a desert island, what
 three items would you take?** A chicken,
 pen knife, string

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

Watched the Olympics!

**Interesting unknown fact about
 yourself?** I ride the unicycle

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

Chalk, shoes, towels, bin bags

**If you were Prime Minister for one day
 you would...** Ban football

JAMES SHANE

800M / 1500M

DOB: 18/12/1989
Born: Basildon
Lives: Basildon
Club: Newham & Essex Beagles/
 Anglia Ruskin U

Trains: Basildon
Coach: Martin Brown
Kit: Nike



DOMESTIC CHAMPIONSHIPS

2011 – Aviva European Indoor Trials 3000m 8th. Aviva World Trials & UK Championships 1500m gold. BUCS Indoor Championships 3000m silver. BUCS Championships 1500m gold.

2010 – BUCS Indoor Championships 3000m bronze. BUCS Championships 1500m gold. England Athletics Championships 1500m silver. Aviva European Trials & UK Championships 800m 6th

2008 – England U20 World Trials Championships 800m gold

2007 – English Schools Championships 800m gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2011 – IAAF World Championships 1500m 10th ht. Spar European Team Championships 1500m silver. European U23 Championships 1500m silver

2005 – European Youth Olympic Festival 1500m gold

PERSONAL BESTS

800m 1:46.70 **1500m** 3:36.22

Q & A

First Olympic or Paralympic memory?
 Gebrselassie running past Tergat to win the 10,000m at the Sydney Olympics

Best athletics performance during the 2012 Games? 800m – Andrew Osagie making the final and Rudisha's WR

Who has had the greatest influence on your career? My coach

Favourite athletics venue? Alexander Stadium – Birmingham

Do you have any pre-competition superstitions? Half a jam sandwich an hour and a half before a race

Best friend in athletics?
 My coach or Andrew Osagie

Toughest opponent?
 Nick Willis

Favourite film? Toy Story and Anchorman

Favourite music/group? Dance Music

If you could take three people out for dinner who would they be? My fiancé, Sir Alex Ferguson and Lee Evans

If stranded on a desert island, what three items would you take? Laptop, Internet access and running trainers

What did you do during your 2012 post season break? Recover from injury and have surgery

Do you have any pets?
 Rottweiler called Eric

Interesting unknown fact about yourself? I have been stung by a Scorpion

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



LYNSEY SHARP

800M

DOB: 11/07/1990
Born: Dumfries
Lives: Edinburgh
Club: Edinburgh AC
Trains: Edinburgh /
 Loughborough

Coach: Terence Mahon
Agent: Dave Scott –
 Stellar
 David Tyler –
 Tyler Sports
Kit: Nike
Twitter: @LynseySharp

DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships 800m gold. BUCS Championships 400m 5th

2011 – Aviva World Trials & UK Championships 800m 4th. Aviva U23 Championships & European Trials 800m gold

2010 – Scottish Championships and Commonwealth Games Trials 400m bronze. Welsh Championships 400m 4th

2008 – Scottish Championships 800m silver. Scottish Indoor Championships 800m gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2011 – Olympic Games 800m 7th sf. European Championships 800m silver

2011 – European U23 Championships 800m bronze. Aviva World Trials & UK Championships 800m 4th. Scottish Championships 800m gold

2008 – Commonwealth Youth Games 800m bronze. World Juniors 800m 6th sf

PERSONAL BESTS

800m 2:00.52

Q & A

First Olympic or Paralympic memory?

Hearing of my dad competing. Seeing Kelly Holmes 800m/1500m golds in 2004

Best athletics performance during the 2012 Games? Jessica Ennis

Who has had the greatest influence on your career? All my coaches – past and present

Favourite athletics venue? Manchester Sports City

Do you have any pre-competition superstitions?

Listen to the same song twice

Favourite training session? 2005/3005 in summer!

Least favourite training session? Tempus

Most famous person you have ever met? Usain Bolt

What other sports do you like? Football

If you were not an athlete what would you like to be? Lawyer or open a bakery/cake shop

If stranded on a desert island, what three items would you take? Phone, cakes, Ribena

What did you do during your 2012 post season break? Went to New York and Turkey

Do you have any pets? Yorkshire terrier – Betty. Cairn Terrier- Harry

Interesting unknown fact about yourself? I have a law degree

ALEX SMITH

HAMMER THROW

DOB: 06/03/1988
Born: Hull
Lives: Hull
Club: Sale Harriers
 Manchester

Trains: Hull
Coach: Shane Peacock
Twitter: @alexhammersmith



DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships HT gold. BUCS Championships HT silver

2011 – Aviva World Trials & UK Championships HT gold. Engalnd Championships HT gold. CAU Inter Counties Championships HT gold

2010 – Aviva European Trials & UK Championships HT gold. England Senior Closed Championships HT 6th

2009 – Aviva World Championships Trials HT gold

2008 – England U23 silver. Aviva Olympic Trials bronze

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2011 – Olympic Games HT 12th

2010 – Commonwealth Games HT silver

2009 – European U23 Championships HT 7th

2007 – European Junior Championships 4th

2005 – World U18 Championships HT bronze

PERSONAL BESTS

HT 75.63m

Q & A

First Olympic or Paralympic memory?
 Barcelona advert song

Best athletics performance during the 2012 Games? Luke Campbell – boxing gold medal

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

Toughest opponent? Mark Dry

Favourite training session?
 Rest days

What other sports do you like?
 Rugby and boxing

If you were not an athlete what would you like to be? I am an electrician

Favourite film? Stepbrothers

Favourite music/group? Jonny Cash

Favourite pre-competition meal?
 Chicken and peas

If you could take three people out for dinner who would they be? My Fiancé, my Mum and my Dad

If stranded on a desert island, what three items would you take? Hammer, phone, food

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

What is in your kit bag when you go out onto the track?
 Shoes, bandage, drink, towel

If you were Prime Minister for one day you would... Abolish tax

If you had a super power what would it be? See through walls



DEJI TOBAIS

100M / 200M

DOB: 31/10/1991
Born: London
Lives: Luton
Club: Sale Harriers Manchester

Trains: Lee Valley
Coach: Jonas Tawiah-Dodoo
Agent: Jenny Stoute – Stellar Athletics
Kit: adidas
Twitter: @IamDonDej

DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Champs 100m 3rd sf. BUCS Champs 100m 4th, 200m gold. England Closed Champs 100m gold. McCain CAU Champs 200m silver

2011 – Aviva U23 Champs & European Trials 100m bronze

2010 – Aviva England Athletics U20 Champs & World Trials 100m silver. CAU Inter-Counties Champs 100m silver. Aviva England Athletics U20 Indoor Champs 60m silver

2009 – Aviva English Schools Champs 100m gold. England U20 Champs 100m bronze. Aviva England Athletics Indoor Champs 60m silver

2008 – English Schools Champs 100m gold. UK School Games 100m gold. Schools International 100m gold. England Athletics Open U17 Champs 100m gold, 200m gold. England Athletics Open U20 Champs 100m 6th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2010 – IAAF World Junior Champs 100m 4th qf

2009 – European u20 Champs 4x100m bronze

2008 – Commonwealth Youth Games 100m 4th

PERSONAL BESTS

100m 10.29 **200m** 20.61

Q & A

First Olympic or Paralympic memory?

London 2012 Opening ceremony

Best athletics performance during the 2012 Games?

Mo Farah 5k

Favourite athletics venue?

Olympic Park London

Best friend in athletics?

Kieran-Showler Davis

Toughest opponent?

David Bolarinwa

Favourite training session?

300, 200, 100 10 mins between each

Least favourite training session?

8 x 200 or 6 x 300

What other sports do you like?

Football, basketball, mini golf, F1, MotoGP

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

An actor! Hands down

Favourite film?

Shooter, Fast Five, Avengers and Ironman

Favourite music/group?

Hip Hop

If you could take three people out for dinner who would they be?

Christina Millian, Will Smith, and Rihanna

What did you do during your 2012 post season break?

Got ready for university

Interesting unknown fact about yourself?

I like cooking and used to work at Dominos pizza

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

Try and sort out the economy

LORRAINE UGEN

LONG JUMP

DOB: 22/08/1991
Born: London
Lives: London
Club: Blackheath & Bromley

Trains: Texas/Hendon
Coach: Frank Attoh



DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships LJ silver. Aviva U23 Championships & World Trials LJ gold

2011 – Aviva World Trials & UK Championships LJ gold, 100m 6th sf. Aviva U23 European Trials & UK Championships LJ gold. CAU Inter Counties 100m 6th

2010 – Aviva European Trials & UK Championships LJ 4th. Aviva U20 World Trials & UK Championships LJ gold. Aviva England U20 Indoor Championships LJ 4th

2009 – Aviva England Athletics U20 Indoor LJ gold. English Schools LJ gold. Aviva England Athletics U20 LJ gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2011 – European u23 Championships LJ NM q

2010 – IAAF World Junior Championships LJ 17th q

2009 – European Junior Championships LJ 21st q

PERSONAL BESTS

LJ 674m

Q & A

What was your first Olympic Games memory: Being young and watching Marion Jones win the 100m

Best friend in athletics: Laura Samuel
Sporting hero: Yamile Aldama

What other sports do you like: I used to do gymnastics, but I like basketball

If you were not an athlete what would you like to be: Something behind the scenes on TV or film

Favourite TV programme: Desperate Housewives and 90210

Favourite music/group: Mixture of hip-hop, RnB, Neo-soul and Funky House

If you were stranded on a desert island what three items would you take with you: Just three small and simple things...a helicopter, a pilot and some fuel!

What is in your kit bag when you go out onto the track: Spike, trainers, towel, face towel, energy drink, water bottle, iPod and wireless headphones, tape and pins

Do you have a motivational song, if so what is it: My favourite song changes frequently – I have more of a motivational playlist than a song



CHIJINDU UJAH

100M

DOB: 05/03/1994
Born: Enfield
Lives: London
Club: Enfield & Haringey

Trains: Lee Valley
Coach: Jonas Tawiah-Dodoo
Kit: Nike
Twitter: @chijindu_ujah
Facebook: Chijindu Andre

DOMESTIC CHAMPIONSHIPS

2012 – Aviva 2012 Trials & UK Championships 100m 6th sf. Aviva England Athletics U20 Championships & World Trials 100m bronze. England Athletics U20 Indoor Championships 60m silver

2011 – Aviva England Athletics U20 Championships & European Trials 100m bronze

2010 – Aviva England Athletics U17 Championships 100m gold. Aviva English Schools 100m 8th. Aviva England Athletics U17 Indoor Championships 60m 4th sf

2009 – England Athletics U17 Championships 100m 6th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – IAAF World Junior Championships 100m 6th

2011 – IAAF World Youth Games 100m 8th. Commonwealth Youth Games 100m silver

PERSONAL BESTS

100m 10.26

Q & A

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

Found David Rudisha 800m, interesting because of the manner he won it in leading from start to finish and ran a WR

Who has had the greatest influence on your career? My whole family

Favourite athletics venue? Bedford

Best friend in athletics? Sean Safo-Antwi

Toughest opponent? My mind

Favourite training session? Blocks

Least favourite training session? Speed endurances

Sporting hero? Yohan Blake

Most famous person you have ever met? Usain Bolt

What other sports do you like? Football

If you were not an athlete what would you like to be? I would probably be a football player

Favourite film?

James Bond, Casino Royale

Favourite music/group? UK Rap

Favourite pre-competition meal? Any food that's light, not too much carbs

If you could take three people out for dinner who would they be? Jessica Ennis, Selena Gomez, Lauren London

If stranded on a desert island, what three items would you take? My iPad, phone, and mini fridge

What did you do during your 2012 post season break? Party, shopping

Do you have a motivational song, if so what is it? Dreams by Popcan

If you were Prime Minister for one day you would... Set everyone free

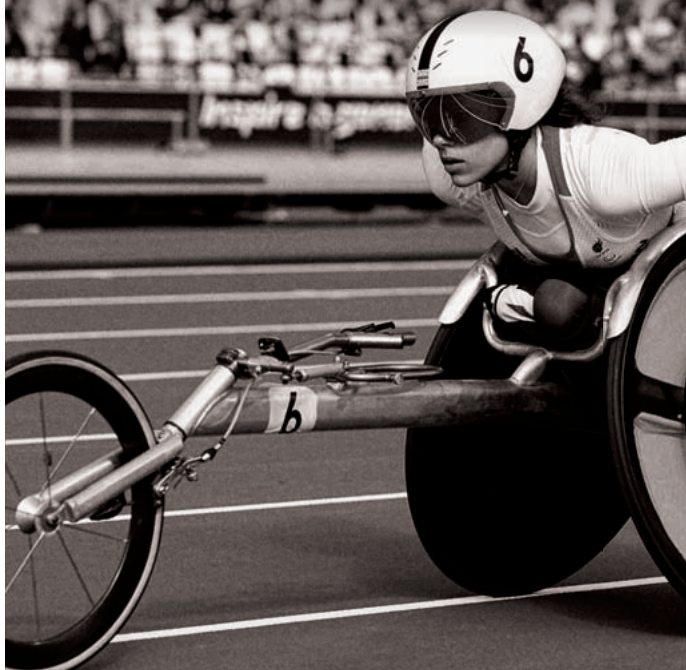
If you had a super power what would it be? Super strength



BRITISH
ATHLETICS

B I O G R A P H I E S

POTENTIAL PARALYMPIC





OLIVIA BREEN

100M/200M T38

DOB: 26/07/1996

Born: Guildford

Lives: Liphook

Club: City of Portsmouth

Trains: Portsmouth

Coach: Leroy Elliott

Twitter: @breenolivia

DOMESTIC CHAMPIONSHIPS

2012 – England Closed Championships
100m gold Medalist, 200m gold Medalist

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Paralympic Games 100m Final 5th, 200m Final 8th, Bronze Medalist in the T35-3T8 4X100m Relay, IPC Athletics European Championships 100m Bronze Medalist, 200m Bronze Medalist

PERSONAL BESTS

100m

14.10/13.87W

200m

29.56/29.07W

Q & A

First Olympic or Paralympic memory?
Selection

Best athletics performance during the 2012 Games? Richard Whitehead (GB)
Usain Bolt (Overseas)

Who has had the greatest influence on your career? Paula Dunn

Favourite athletics venue?
Crystal Palace

Do you have any pre-competition superstitions? I like to have nice, bright nails for a race

Best friend in athletics? Love them all!

Toughest opponent?
Margarita Goncharova

Favourite training session? Track

Least favourite training session?
Hill Training

Sporting hero? Bolt/Christine Ohuruogu

Most famous person you have met?
Kate Middleton, Duchess of Cambridge

What other sports do you like? Skiing and horseriding

If you were not an athlete what would you like to be? Coach athletics to young disabled children

If stranded on a desert island, what three items would you take? Water, food and my medal!

What did you do during your 2012 post season break?
Went to school after one day off!

Interesting unknown fact about yourself?
I am an adrenaline junkie – I love speed, the faster the better! I love fast cars, roller coasters and downhill skiing!

What is in your kit bag when you go out onto the track?
Water, banana, spikes, and spanner

Do you have a motivational song, if so what is it?
Single Ladies by Beyonce

If you were Prime Minister for one day you would...
Give disabled more benefits and help, and stop police giving speeding tickets

If you had a super power what would it be? Read people's minds

JAMIE CARTER

100M/200M/400M/800M T34

DOB: 18/11/1994
Born: Lincoln
Lives: Binbrook
Club: Cleethorpes
Trains: Cleethorpes

Coach: Jenny Archer
Facebook: Jamie Carter –
 Wheelchair Racer
 T34 Page



DOMESTIC CHAMPIONSHIPS

2012 – BWRA National Track Championships 100m silver, 200m bronze, 400m silver, 800m gold. Sainsburys UK School Games 100m gold, 200m gold

2011 – England Senior Championships 100m gold, 200m gold, 400m 6th. IWAS & CPSI National Athletics Championships 100m bronze, 200m silver, 400m gold. Sainsbury's UK School Games 100m gold, 200m gold. BWRA Championships 200m gold, 400m gold, 800m gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Paralympic Games 100m 6th ht, 20m 8th. Swiss National Championships 100m 7th, 200m 4th, 400m silver, 800m gold

PERSONAL BESTS

3MWC	14:49	800WC	2:05.92
100WC	17.38/16.62w	1500WC	4:08.91
200WC	30.85/30.40w	10KWC	32:32
400WC	59:36		

Q & A

First Olympic or Paralympic memory?

Getting the phone call for selection and the excitement of it all

Best athletics performance during the 2012 Games? Watching David Weir CBE winning four gold medals

Who has had the greatest influence on your career? Jenny Archer my coach

Favourite athletics venue? Nottwil, Switzerland

Do you have any pre-competition superstitions? I always keep my number from the last competition on my chair until the next competition

Toughest opponent? Walid Ktila

Favourite training session? Enjoy all my training

Least favourite training session? Wet, cold training sessions

Sporting hero? David Weir CBE

Most famous person you have met? Valentino Rossi

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

Favourite film? Taken

Do you have any pets? Two Jack Russells – Tilly and Nellie

Interesting unknown fact about yourself? I've got metal in my legs

What is in your kit bag when you go out onto the track? Pair of gloves, food, drink and phone

If you were Prime Minister for one day you would... Take money off the footballers and sort out disability benefits with it

If you had a super power what would it be? Super speed



JOSHUA CLARKE

DISCUS/SHOT F37

DOB: 03/06/1993
Born: Cardiff
Lives: Cardiff
Club: Federation of
 Disability Sport
 Wales

Trains: Cardiff
Coach: Anthony Hughes
Twitter: @joshclark37

DOMESTIC CHAMPIONSHIPS

2012 – Sainsburys UK School Games SP bronze, DT silver

2011 – Sainsburys UK School Games SP gold, DT silver

2010 – Welsh Open Senior Championships SP gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – German National Paralympic Championships SP silver, DT bronze

2011 – IWAS World Junior Championships SP bronze. German National Paralympic Championships SP gold

PERSONAL BESTS

SP6K 10.14 **DT1.5K** 25.83

SP5K 10.64 **DT1K** 39.06

Q & A

First Olympic or Paralympic memory? Kelly Holmes winning two golds in Athens

Best athletics performance during the 2012 Games? Aled Davies and Usain Bolt

What has been the best ever Olympic/ Paralympic Games and why? London because it was on home soil

Who has had the greatest influence on your career? Anthony Hughes, my coach

Favourite athletics venue? Leckwith

Best friend in athletics? Kyron Duke and James Ledger

Toughest opponent? Xia Dong

Favourite training session? Weight session

Least favourite training session? Cardio

Sporting hero? Michael Oher

Most famous person you have met? Phil Bennett

Favourite pre-competition meal? Eggs and banana

If you could take three people out for dinner who would they be? Vinnie Jones, Paul Gascoigne and Roy Keane

If stranded on a desert island, what three items would you take? Photos of my family, water and my iPad

What did you do during your 2012 post season break? Chilled out

Interesting unknown fact about yourself? Standing at 6ft 3, I am the shortest male in the family

What is in your kit bag when you go out onto the track? Throwing shoes, towel, water, snack and my iPod

If you were Prime Minister for one day you would... Make disability sport more known

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

JORDAN HOWE

100M T35

DOB: 12/10/1995

Born: Cardiff

Lives: Cardiff

Trains: Cardiff

Coach: Jane Coia

Twitter: @Jordan_howe95



DOMESTIC CHAMPIONSHIPS

2012 – Sainsburys School Games 100m gold. Welsh Championships 100m bronze, 200m gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Paralympic Games 100m 7th. German National Paralympic Championships 100m bronze, 200m gold

2011 – IWAS Series 100m silver, 200m 5th

PERSONAL BESTS

60	9.41i	200	27.86/27.75w
100	13.04	LJ	2.77

Q & A

First Olympic or Paralympic memory?

The Paralympians winning more medals at games than the Olympians

Best athletics performance during the 2012 Games? David Weir winning all gold medals

What has been the best ever Olympic/ Paralympic Games and why? London/ home country/ support from crowd

Who has had the greatest influence on your career? My auntie

Favourite athletics venue? London

Do you have any pre-competition superstitions? Jump in the air before going to blocks

Best friend in athletics? Kyron Duke

Toughest opponent? Ukraine

Favourite training session? Bike

Least favourite training session? Gym

Sporting hero? Nathan Stephens

Most famous person you have met? Rowan Atkinson, Jamie Roberts

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

Favourite film? Home Alone

Favourite music/group? Drake/Tiger

Favourite pre-competition meal? Pasta

If you could take three people out for dinner who would they be? Cheryl Cole, Steve Gerrard, Beyoncé

If stranded on a desert island, what three items would you take? Phone, headphones, Coke

What did you do during your 2012 post season break? Recover from injury!

Do you have any pets? Two dogs Bonnie & Clyde

Interesting unknown fact about yourself? Talk like cartoon characters

What is in your kit bag when you go out onto the track? Spikes, running trainers, drinks, snacks, extra kit

If you were Prime Minister for one day you would... Bring troops home from Afghanistan



RHYS JONES

100M/200M T37

DOB: 30/06/1994

Born: Pontypridd

Lives: Tonypanydd

Trains: Cardiff

Coach: Jane Coia

Twitter: @rhysjones37

Facebook: rhys.a.jones.12
facebook.com

DOMESTIC CHAMPIONSHIPS

2012 – Sainsbury UK School Games
200m gold. Welsh Championships 100m
gold, 200m gold

2011 – Sainsbury UK School Games
100m gold

2010 – UK School Games 200m gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Paralympic Games 100m 5th ht,
200m 8th. Welsh Championships 100m gold,
200m gold

PERSONAL BESTS

60	8.43i	200	24.39
100	12.19	LJ	4.27

Q & A

First Olympic or Paralympic memory?
Bolt setting 100m world record on Beijing

Best athletics performance during the 2012 Games? David Weir winning four gold medals

Who has had the greatest influence on your career? Jane Coia

Favourite athletics venue?
Olympic Stadium

Do you have any pre-competition superstitions? Listen to my music before arriving at the competition

Best friend in athletics? Stephen Guest

Toughest opponent?

Fanie Vander Merwe

Favourite training session? 12 second runs, being in Holding Camp

Least favourite training session? 7 x 200m with 45 seconds rest

Sporting hero? Nathan Stephens

Most famous person you have met?
Jane Torvil and Christopher Dean

What other sports do you like?
Football, Rugby

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

Favourite film? Sherlock Holmes – A Game of Shadows

Favourite music/group? The Beatles

If stranded on a desert island, what three items would you take? A Toothbrush, shaver and deodorant

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

Do you have any pets?
Goldfish – Goggles

Interesting unknown fact about yourself?

I can touch my nose with my tongue

What is in your kit bag when you go out onto the track? Spikes, waterproofs, extra layers, tape measurer

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

Make Paralympic sports compulsory in schools

JADE JONES

400M/800M/1500M T54

DOB: 04/01/1996
Born: Middlesbrough
Lives: Middlesbrough
Club: New Marske
Trains: Middlesbrough

Coach: Tanni Grey-Thompson & Ian Thompson
Twitter: @JadeJones11



DOMESTIC CHAMPIONSHIPS

2012 – Sainsbury School Games 100m gold, 200m gold

2011 – BWRA Championships 100m gold, 200m silver, 400m silver, 800m silver, 1500m silver. England Senior Championships 100m 5th, 200m gold, 800m gold

2010 – BWRA Championships 100m silver, 200m silver, 400m gold, 800m silver, 1500m gold, 5000m gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Paralympic Games 400m 6th ht, 800m 5th ht, 1500m 10th. US Paralympic Track & Field Trials 400m silver, 800m 4th, 1500m 7th, 5000m bronze. Swiss National Championships 100m 16th, 200m 10th, 400m 12th, 1500m 12th

2011 – IPC Athletic Championships 200m 5th, 400m 7th, 800m 8th

2010 – IWAS Junior Championships 100m gold, 200m gold, 400m gold, 800m gold, 1500m 8th, 5000m silver

PERSONAL BESTS

300WC	50.48	400WC	55.91
3MWC	12:59	800WC	1:51.55
600WC	1:41.62	1500WC	3:25.07
100WC	17.86	5000WC	11:56.31
200WC	30.45/28.52w		

Q & A

First Olympic or Paralympic memory?
 London 2012

Best athletics performance during the 2012 Games? Mo Farah winning 2 golds

What has been the best ever Olympic/Paralympic Games and why?
 London 2012, tickets were a real sell out for Paralympics

Who has had the greatest influence on your career? Tanni Grey-Thompson

Favourite athletics venue?
 Indianapolis, America

Toughest opponent? Tatyana McFadden

Favourite training session?
 Sprint training

Least favourite training session?
 Hill training

Sporting hero? Mark Cavendish

Most famous person you have met?
 Prince Harry

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

Favourite music/group?
 Paramore

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

If you had a super power what would it be? Able to fly



ANDY KAAR

1500M T20/F20

DOB: 26/05/1986

Born: Birmingham

Lives: Solihull

Club: Birchfield

Harriers

Trains: Birmingham

Coach: Self

Facebook: Andrew Kaar

DOMESTIC CHAMPIONSHIPS

2012 – Mencap National Athletics Championships 1500m gold

2011 – Mencap National Athletics Championships 1500m gold

2010 – Mencap National Athletics Championships 1500m gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – INAS FID World Indoor Championships 1500m bronze, 3000m gold

2011 – INAS FID European Indoor Championships 1500m bronze, 3000m silver

2012 – INAS FID European Championships 5000m bronze

PERSONAL BESTS

1500 4:01.01 **5000** 15:52.22

Mile 4:37.00 **5K** 15:53

3000 8:38.92i **5M** 26:52

Q & A

First Olympic or Paralympic memory?
Sydney 2000

Best athletics performance during the 2012 Games?

T12 1500m – First Sub 3:50:00 performance by a Paralympic athlete

Who has had the greatest influence on your career? James Trollope

Favourite athletics venue? NIA, Bham

Do you have any pre-competition superstitions? Wear same lucky socks

Best friend in athletics? David Carbott

Toughest opponent? Daniel Peck

Favourite training session?

Track sessions

Least favourite training session?

Fast temp run

Sporting hero? Mo Farah

Most famous person you have met?

Ole Gunnar Solskjaer

What other sports do you like?

Football, golf and cricket

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

Favourite film? The Inbetweeners

If you could take three people out for dinner who would they be? David Beckham, Hicham El Guerrouj, Rihanna

Interesting unknown fact about yourself?

I got hyperthermia while being a ball-boy on 28/2/2001 at Birmingham City FC vs. Watford

Do you have a motivational song, if so what is it? Faithless - Insomnia

If you were Prime Minister for one day you would... Make sports facilities free for everyone

If you had a super power what would it be?

To be invisible

SOPHIE KAMLISH

100M/200M T44

DOB: 20/08/1996

Born: London

Lives: Bath

Club: Team Bath

Trains: Bath

Coach: Robert Ellchuk

Twitter: @sophiekamlish



DOMESTIC CHAMPIONSHIPS

2012 – Sainsbury's UK School Games LJ silver

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Paralympic Games 100m 5th, 200m 6th. Paralympic World Cup 100m 4th, 200m bronze

PERSONAL BESTS

60	9.07i	200	29.08
100	13.90	LJ	4.29

Q & A

First Olympic or Paralympic memory? In 2004 watching Kelly Holmes win the 1500m

Best athletics performance during the 2012 Games?

Hannah Cockroft in 100m and 200m, and David Rudisha 800m record

Who has had the greatest influence on your career? My coach

Favourite athletics venue? Olympic/Paralympic stadium in London

Best friend in athletics? The people I train with and everyone I get to see when I compete

Favourite training session? Speed and long jump sessions

Least favourite training session? Bike sessions

Sporting hero? Jessica Ennis

Most famous person you have met? David Weir

What other sports do you like? Tennis, Cycling and Wheelchair Basketball

If you were not an athlete what would you like to be? An illustrator/author

Favourite film? Grave of the Fire Flies and Little Miss Sunshine

If you could take three people out for dinner who would they be? Miranda Hart, Jack Whitehall and Adam Hills – it would be a laugh

If stranded on a desert island, what three items would you take?

Drawing book and a pen. Providing there is internet then a Laptop, if not then a Kindle/book.

Do you have any pets?

A rabbit called Minty, a cat called Dusty and a dog called Monty

Interesting unknown fact about yourself? It's very unusual for me to be found not drawing (unless I'm training!)

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

My running blade, stump socks and water

If you were Prime Minister for one day you would... Create a three day weekend

If you had a super power what would it be? To be able to pause time



DEAN MILLER

800M/1500M T37

DOB: 23/08/1989 **Coach:** Bud Baldaro
Born: Barrow-in-Furness **Kit:** Saucony
Lives: Birmingham **Twitter:** @deano_miller
Club: Barrow & Furness
Trains: Birmingham

DOMESTIC CHAMPIONSHIPS

2007 – British Open Athletics Championships 800m gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Paralympic Games 1500m 7th

2011 – IWAS World Junior Championships 800m bronze, 1500m gold. Paralympic World Cup 800m 6th. German National Paralympic Championships 800m silver

PERSONAL BESTS

800 2:09.94 **1500** 4:18.93

Q & A

First Olympic or Paralympic memory?
Cathy Freeman – Sydney 2000

Best athletics performance during the 2012 Games? GB: Mo Farah. Overseas: David Rudisha 800m

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

Favourite athletics venue?
Sport City – Manchester

Best friend in athletics? James Wilkinson

Favourite training session? Tempo

Least favourite training session?
Hills and weights

Sporting hero? Chris Thompson

Most famous person you have met?
Paula Radcliffe

What other sports do you like?
Football and tennis

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

Favourite film? 500 Days of Summer

Favourite music/group? The Strokes

Favourite pre-competition meal?
Scrambled egg

If you could take three people out for dinner who would they be? Ricky Gervais, Zooey Deschanel, Leonardo Di Caprio

If stranded on a desert island, what three items would you take?
Running shoes, iPod

What did you do during your 2012 post season break? Socialised, ate a lot

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

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

STEPHEN MORRIS

800M/1500M T20/F20

DOB: 13/09/1988

Born: Cardiff

Lives: Cardiff

Club: Federation of
Disability Sport
Wales

Trains: Cardiff

Coach: Chris Moss

Twitter: @SteveMorrisT20

Facebook: Steve Morris



DOMESTIC CHAMPIONSHIPS

2012 – Welsh Championships 1500m
8th. Welsh Senior Indoor Championships
800m 4th ht, 1500m 12th

2011 – Welsh Open Senior
Championships 1500m 9th

2010 – Welsh Senior Championships
800m 4th ht

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Paralympic Games 1500m 6th. INAS
World Indoor Championships 800m silver,
1500m 5th. German National Paralympic
Championships 1500m silver

2011 – INAS World Athletics Championships
800m 6th, 1500m 12th ht

PERSONAL BESTS

800 1:56.4 **1500** 3:58.93

Q & A

First Olympic or Paralympic memory?

Being selected

Best athletics performance during the

2012 Games? David Rudisha and
David Weir

**Who has had the greatest influence on
your career?** Chris Moss (coach)

Favourite athletics venue? Olympic
Stadium, London

Do you have any pre-competition

superstitions? If possible like to wear the
same running shorts

Best friend in athletics?

Too many to mention

Toughest opponent?

Nasiri Bazanjani Peyman

Favourite training session?

Track sessions

Least favourite training session?

Stretching

Sporting hero? Mo Farah

Most famous person you have met?

Boris Johnson

What other sports do you like?

Football, rugby union

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

Favourite music/group? Dance

Favourite pre-competition meal?

Plain pasta

**If you could take three people out for
dinner who would they be?**

Boris Johnson, James Corden and
Malky Mackay

**Interesting unknown fact about
yourself?** Lifeguard

**If you were Prime Minister for one
day you would...** Create a National Bank

Holiday Sports Day for everyone. Children
and adults.

**If you had a super power what would
it be?** Speed



MELISSA NICHOLLS

100M/200M/800M T34

DOB: 14/07/1977
Born: Worcester
Lives: Tewkesbury
Club: Coventry
Trains: Warwick

Coach: Job King
Twitter: @Dolly2racer
Facebook: Mel Nicholls – Wheelchair Racer
Web: Melnicholls.co.uk

DOMESTIC CHAMPIONSHIPS

2012 – BWRA National Track Championships 100m silver, 200m silver, 800m gold. England Closed Championships 100m gold, 200m gold

2011 – BWRA Championships 100m gold, 200m gold, 400m gold, 800m silver. England Senior Championships 100m 6th, 200m bronze, 400m DQ, 800m 6th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Paralympic Games 100m 5th ht, 200m 7th. Swiss National Championships 100m bronze, 200m 5th, 400m bronze, 800m gold. US Paralympic Track & Field Trials 100m bronze, 200m silver

PERSONAL BESTS

150WC	35.9	400WC	70.62
600WC	1:58.6	800WC	2:19.30
100WC	20.85/20.67w	1500WC	4:42.97
200WC	35.93/34.70w		

Q & A

First Olympic or Paralympic memory?
 Olympic – Atlanta – Equine

Best athletics performance during the 2012 Games? Dave Weir on track

Who has had the greatest influence on your career? Job King

Favourite athletics venue?

Olympic Stadium

Do you have any pre-competition

superstitions? Play favourite song (Don't Stop Believing) paint matching nails (pink and orange) and matching kit if possible/socks

Best friend in athletics?

Hannah Cockroft

Toughest opponent? Hannah Cockroft ☺

Favourite training session?

Speed endurance

Least favourite training session? Starts

Sporting hero? Oscar Pistorius

Most famous person you have met?

Oscar/Seb Coe/Royal Princess

What other sports do you like?

Equestrian, cycling and skiing

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

If stranded on a desert island, what three items would you take?

iPod (and solar charger), GB flag, an amazing pair of heels!

Do you have any pets?

Giant French Lap Rabbit – Chamomile

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

Blue band for stretching, gloves, iPod (built in ear muffs in winter), Klister, protein shake, pink and orange plasters, tape, extra socks!

GEORGINA OLIVER

100M/200M/800M T54

DOB: 26/08/1992

Born: Bradford

Lives: Brighouse

Club: Halifax

Trains: Loughborough

Coach: Paul Moseley



DOMESTIC CHAMPIONSHIPS

2012 – BWRA Championships 100m 5th, 200m 4th, 400m gold

2011 – BWRA Championships 100m silver, 200m silver, 400m 5th. England Senior Championships 200m silver, 400m bronze, 800m 4th

2010 – BWRA Championships 100m bronze, 200m bronze, 400m 5th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Paralympic World Cup 100m 4th, 400m 6th. Swiss National Championships 100m 17th, 200m 17th

PERSONAL BESTS

60WC	12.7i	800WC	2:08.14
100WC	17.74/17.08w	1500WC	5:13.17
200WC	32.12/31.70w	DT1K	11.35
400WC	62.62		

Q & A

Favourite athletics venue:

Knowsley

Sporting hero:

Shelly Woods

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

Nursery nurse

Favourite film:

Save the Last Dance

Favourite music/group:

Any kind of music, just not rock

Favourite food:

Shepherds pie, spaghetti bolognese

Do you have any pets:

Two cats

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

Gloves, helmet, glue for gloves when it rains



STEPHEN OSBOURNE

100M/200M/400M T51

DOB: 26/03/1963
Born: Longfield, Kent
Lives: Longfield, Kent
Trains: Lee Valley
Coach: Jenni Banks

DOMESTIC CHAMPIONSHIPS

2012 – BWRA National Track Championships 100m 4th, 200m gold

2011 – England Senior Championships 100m 10th

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Paralympic Games 100m 5th. Swiss National Championships 100m 5th, 200m silver, 400m silver

PERSONAL BESTS

100WC	22.28	400WC	87.18
200WC	42.49/41.10W	10KWC	39:56

Q & A

Best athletics performance during the 2012 Games? Jonnie Peacock winning gold in 100m

What has been the best ever Olympic/Paralympic Games and why?
 2012 – first one

Who has had the greatest influence on your career? Seb Coe

Favourite athletics venue?
 Olympic Stadium

Best friend in athletics? Rob Smith

Toughest opponent? Toni Psipenenen – Finland

Favourite training session?

400m training

Least favourite training session?

Long distance

Sporting hero? Seb Coe

Most famous person you have met?

Roger Daltrey from The Who

What other sports do you like? Football, wheelchair rugby and all sports

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

Favourite film? James Bond films

Favourite music/group? The Who

Favourite pre-competition meal? Pasta

If you could take three people out for dinner who would they be?

Family members

If stranded on a desert island, what three items would you take?

Wheelchair, phone, fishing rod

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

Do you have any pets? Dog – Sophie

What is in your kit bag when you go out onto the track? Gloves, glue, straps, snacks and energy drink

If you were Prime Minister for one day you would... Stop making weapons

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

WILL SMITH

100M/400M/800M/1500M T54

DOB: 11/10/1995

Born: Leeds

Lives: Norwich

Club: City of Norwich

Trains: Norwich

Coach: Jenny Archer

Agent: Ben Jones,
IT2 Sports
Management

Twitter: @will_chair



DOMESTIC CHAMPIONSHIPS

2012 – BWRA National Track Championships 100m gold, 200m 4th, 400m bronze, 800m bronze, 1500m silver

2011 – England Senior Championships 100m 4th, 200m gold, 400m gold, 800m gold, 1500m gold. Sainsburys UK School Games 100m 4th, 200m bronze. BWRA Championships 100m bronze, 200m bronze, 400m bronze, 800m bronze, 1500m bronze

2010 – BWRA Championships 100m 4th, 200m 4th, 400m 4th, 800m bronze

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Paralympic World Cup 100m 5th, 400m bronze

2011 – IWAS World Junior Championships 100m gold, 200m gold, 400m gold, 800m gold, 1500m gold

2010 – IWAS World Junior Championships 100m silver, 200m silver, 400m silver, 800m silver

PERSONAL BESTS

3MWC	12.36	400WC	52.85
100WC	15.59	800WC	1:46.32
200WC	27.46	1500WC	3:10.03

Q & A

First Olympic or Paralympic memory?

Kelly Holmes Athens 2004

Best athletics performance during the 2012 Games? David Weir's golds

Who has had the greatest influence on your career? Jenny Archer, David Weir

Do you have any pre-competition superstitions? Wear odd socks

Best friend in athletics? Mickey Bushell

Toughest opponent? David Scherer (Germany)

Sporting hero? David Weir

What other sports do you like?

Football, rugby, basketball

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

Favourite music/group?

Foo Fighters

If you could take three people out for dinner who would they be?

Boris Johnson, Peter Kay, Keith Lemon

If stranded on a desert island, what three items would you take?

iPhone, my pillow, Pepsi Max

What did you do during your 2012 post season break?

Eat, holiday, rest

Interesting unknown fact about yourself?

I can hold my breath under water for two minutes

If you were Prime Minister for one day you would... Ban Justin Bieber

If you had a super power what would it be? Ability to stop time



OWAIN TAYLOR

100M/200M T37

DOB: 17/09/1992
Born: Newport
Lives: Cwmbran
Club: Carmarthen
Trains: Cardiff

Coach: Anthony Hughes
Kit: adidas
Facebook: facebook.com/owain1992

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – IWAS World Junior Championships
 DT bronze, JT silver, SP bronze

2011 – IWAS World Junior Championships
 DT gold, SP gold

PERSONAL BESTS

HTF57	17.98	SP5K	11.05
1500	5:36.8	DT1.5K	33.22
SP6K	8.08	JT700	20.74

Q & A

Best athletics performance during the 2012 Games? Jonnie Peacock 100m race

What has been the best ever Olympic/Paralympic Games and why? London, home crowd and first Paralympic I saw in person

Who has had the greatest influence on your career? Best mate Dan

Best friend in athletics? Kyron Duke

Favourite training session? Weights

Least favourite training session? Cardio

Sporting hero? Shane Williams

What other sports do you like? Rugby, golf, snooker

If you were not an athlete what would you like to be? IT/Computer Consultant

Favourite film? The Guardian

Favourite music/group? Stereophonics

Favourite pre-competition meal? Toast

If you could take three people out for dinner who would they be? Simon Cowell, Shane Williams, Ronnie O'Sullivan

If stranded on a desert island, what three items would you take? Mobile phone, iPad, car

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

Do you have any pets?
 2 dogs – Pippa and Poppy

What is in your kit bag when you go out onto the track? Shot-put/towel/discus/tape/water/banana

If you were Prime Minister for one day you would... Make weekends four days long

If you had a super power what would it be? Super strength

KIERAN TSCHERNIAWSKY

DISCUS F33

DOB: 18/01/1992
Born: Boston,
 Lincolnshire
Lives: Sleaford
Trains: Loughborough
Coach: Jim Edwards



DOMESTIC CHAMPIONSHIPS

2012 – England Closed Championships
 DT gold

2011 – England Senior Championships
 DT gold

MAJOR CHAMPIONSHIPS AND INTERNATIONAL HIGHLIGHTS

2012 – Paralympic Games DT 10th

2011 – Paralympic World Cup DT silver. IWAS
 World Junior Championships DT gold. IPC
 Athletic Championships DT 7th

PERSONAL BESTS

SP3K 6.83 **DT1K** 30.99

DT2K 29.57

Q & A

First Olympic or Paralympic memory?
 The crowd in London

Best athletics performance during the 2012 Games? Jessica Ennis and Mo Farah

Who has had the greatest influence on your career? Jim Edwards

Favourite athletics venue? London

Toughest opponent? Hani Alnakhi
 (Saudi Arabia)

Favourite training session? Gym work

Least favourite training session?
 Leg work

Sporting hero? Mo Farah

Most famous person you have met?
 The Queen

What other sports do you like?
 Basketball, powerlifting, football

If you were not an athlete what would you like to be? Like telling jokes. sit down stand up comedian

Favourite film? Meet the Fockers

Favourite music/group? JLS

Favourite pre-competition meal?
 Chicken

If you could take three people out for dinner who would they be? Jess Ennis, Mo Farah, Lawrence Okoye

If stranded on a desert island, what three items would you take? Penknife, radio and a girl

What did you do during your 2012 post season break? Rest and relax

Do you have any pets? Dog – Millie

Interesting unknown fact about yourself? Could be distant relation to Sir Issac Newton (grandmother was a Newton)

What is in your kit bag when you go out onto the track?
 Rain proofs, drink, snack

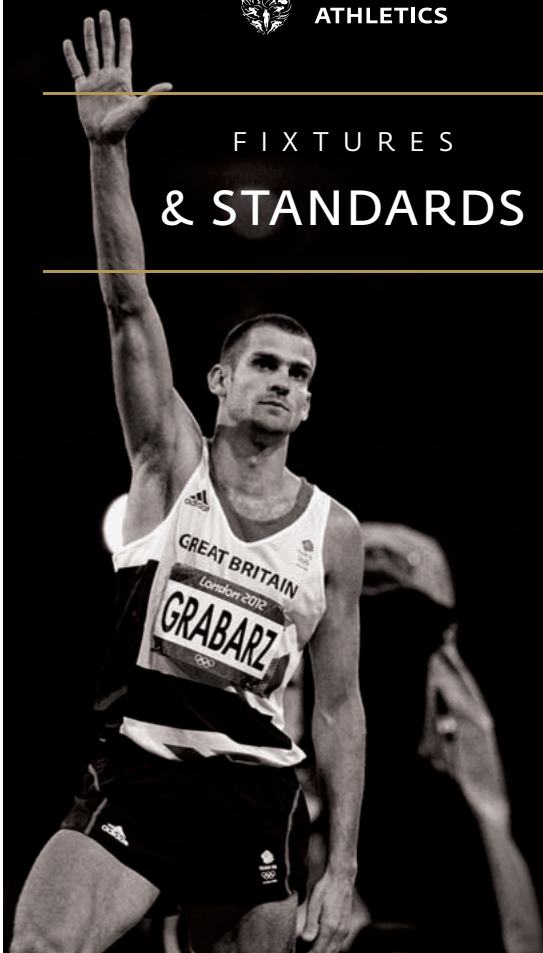
If you were Prime Minister for one day you would...
 Increase disability allowance

If you had a super power what would it be? Bionic arm



BRITISH
ATHLETICS

FIXTURES
& STANDARDS



QUALIFYING STANDARDS**European Athletics Indoor Championships.
1-3 March 2013 Gothenburg, Sweden**

Male		EVENT	Female	
Indoor	Outdoor		Indoor	Outdoor
6.60i	10.20 (100m)	60m	7.30i	11.25 (100m)
46.90i	45.20	400m	53.25i	52.00
1:48.00i	1:45.00	800m	2:03.50i	1:59.50
3:42.00i 3:57.00i(mile)	3:35.00 3:52.00(mile)	1500m	4:14.00 4:31.00(mile)	4:04.50 4:22.00 (mile)
7:50.00i	7:45.00 13:20.00 (5000m)	3000m	8:51.00i	8:45.00 15:10.00 (5000m)
7.65i	13.55	60m H	8.10i	12.95
GB&NI team invited by European Athletics		4x400m	GB&NI team invited by European Athletics	
2.29		High Jump	1.92	
5.70		Pole Vault	4.50	
8.15		Long Jump	6.65	
17.00		Triple Jump	14.10	
20.00		Shot Putt	17.50	
By invitation from European Athletics		Hept	Pent	By invitation from European Athletics

IPC Athletics World Championships. 20-29 July 2013 Lyon, France

Men's Event		Points	Eligible Classes	AQS	BQS
100m	T11		T11	12.00	12.25
	T12		T12	11.55	11.85
	T13		T13	11.90	12.20
	T34		T33/34	19.00	21.00
	T35		T35	14.85	15.60
	T36		T36	13.50	14.70
	T37		T37	12.60	13.10
	T38		T38	12.40	12.90
	T42		T42	15.00	15.80
	T43		T43	12.70	13.40
	T44		T44	12.20	12.50
	T46		T45/46	11.45	11.60
	T51		T51	27.00	29.80
	T52		T52	19.40	20.37
	T53		T53	16.10	16.80
	T54		T54	14.85	15.00
200m	T11		T11	24.55	25.20
	T12		T12	23.60	24.20
	T13		T13	24.25	25.20
	T34		T33/34	33.00	38.00
	T35		T35	30.00	31.50
	T36		T36	28.00	29.00
	T37		T37	26.00	26.85
	T38		T38	25.20	26.50
	T42		T42	30.00	34.00
	T43		T43	25.50	26.50
	T44		T44	25.00	26.00

QUALIFYING STANDARDS

IPC Athletics World Championships. 20-29 July 2013 Lyon, France

Men's Event		Points	Eligible Classes	AQS	BQS
200m	T46		T45/46	23.45	23.75
	T51		T51	50.00	53.00
	T52		T52	34.50	37.25
	T53		T53	28.00	29.40
	T54		T54	26.70	27.15
400m	T11		T11	56.30	59.00
	T12		T12	52.90	54.60
	T13		T13	52.80	55.00
	T34		T33/34	1:05.00	1:10.00
	T36		T36	1:05.00	1:10.00
	T37		T37	1:03.00	1:06.00
	T38		T35/38	58.00	1:00.90
	T44		T43/44	58.00	1:00.90
	T46		T45/46	51.70	53.10
	T52		T51/52	1:07.00	1:10.00
	T53		T53	54.00	56.00
	T54		T54	49.00	50.00
800m	T11		T11	2:20.00	2:30.00
	T12		T12	2:05.00	2:06.50
	T13		T13	2:00.00	2:04.00
	T34		T34	2:05.00	2:10.00
	T36		T36	2:29.00	2:40.00
	T37		T37	2:18.00	2:24.90
	T46		T45/46	2:01.00	2:04.00
	T52		T51/52	2:20.00	2:30.00
	T53		T53	1:48.00	1:51.00
	T54		T54	1:38.20	1:39.30

IPC Athletics World Championships. 20-29 July 2013 Lyon, France

Men's Event		Points	Eligible Classes	AQS	BQS
1500m	T11		T11	4:32.00	4:45.00
	T12		T12	4:15.00	4:25.00
	T13		T13	4:15.00	4:20.00
	T20		T20	4:06.00	4:12.00
	T36		T36	5:30.00	5:45.00
	T38		T37/38	4:50.00	5:00.00
	T46		T45/46	4:10.00	4:20.40
	T52		T51/52	4:55.00	5:25.00
	T54		T53/54	3:03.00	3:08.00
5000m	T11		T11	16:50.00	17:30.00
	T12		T12	16:00.00	16:50.00
	T46		T45/46	16:50.00	17:30.00
	T54		T53/54	10:40.00	10:50.00
10000m	T12		T11/12	36:00.00	37:00.00
	T54		T53/54	22:20.00	23:10.00
4x100m	T11-13		T11-13	N/A	
	T35-38		T35-38		
	T42-46		T42-46		
4x400m	T53/54		T53/54		
Marathon	T11		T11	3:10.00	3:15.00
	T12		T12	2:55:00	3:15:00
	T46		T45/46	2:50:00	3:10:00
	T54		T53/54	1:35:00	1:50:00
High Jump	F13	No	F12/13	1.60m	1.45m
	F42	Yes	F42	1.60m	1.45m
	F44	Yes	F44	1.80m	1.60m
Long Jump	F11	No	F11	5.50m	5.20m
	F12	No	F12	5.80m	5.50m

QUALIFYING STANDARDS

IPC Athletics World Championships. 20-29 July 2013 Lyon, France

Men's Event		Points	Eligible Classes	AQS	BQS
Long Jump	F13	No	F13	5.70m	5.50m
	F20	No	F20	5.80m	5.60m
	F36	No	F36	4.50m	4.00m
	F37	Yes	F37	5.10m	4.55m
	F38	Yes	F38	5.20m	4.65m
	F42	No	F42	4.40m	4.20m
	F44	No	F43/44	5.70m	5.15m
	F46	No	F45/46	6.10m	5.90m
Triple Jump	F11	No	F11	10.50m	9.50m
	F12	No	F12	12.90m	11.90m
	F46	No	F45/46	12.50m	11.50m
Club Throw	F31	Yes	F31	19.30m	16.75m
	F32	Yes	F32	24.30m	19.25m
	F51	Yes	F51	21.70m	18.30m
Shot Put	F11	No	F11	10.00m	9.20m
	F12	No	F12	11.50m	10.50m
	F20	No	F20	11.50m	10.50m
	F32	Yes	F32	6.80m	6.20m
	F33	Yes	F33	7.70m	7.00m
	F34	No	F34	10.00m	9.00m
	F35*	No	F35	9.00m	8.00m
	F36	No	F36	9.20m	8.50m
	F37	No	F37	11.85m	11.00m
	F38	No	F38	11.00m	10.10m
	F41	No	F40/41	10.00m	9.00m
	F42	No	F42	11.20m	11.00m
	F44	No	F44	12.40m	10.60m
	F46	No	F46	12.50m	11.25m

IPC Athletics World Championships. 20-29 July 2013 Lyon, France

Men's Event		Points	Eligible Classes	AQS	BQS
Shot Put	F52	Yes	F52	6.50m	6.00m
	F53	Yes	F53	7.00m	6.50m
	F54	Yes	F54	8.20m	7.75m
	F55	Yes	F55	10.20m	9.40m
	F56	Yes	F56	8.50m	8.00m
	F57	Yes	F57	11.20m	10.30m
	F58	No	F58	11.50m	10.80m
Discus Throw	F11	No	F11	29.50m	28.00m
	F12	No	F12	28.00m	25.00m
	F32	Yes	F32	15.20m	13.80m
	F33	Yes	F33	22.10m	20.10m
	F34	Yes	F34	30.20m	27.10m
	F35	Yes	F35	34.00m	30.00m
	F36	Yes	F36	28.00m	25.00m
	F37	Yes	F37	40.50m	38.00m
	F38	Yes	F38	36.60m	34.40m
	F41	No	F40/41	27.00m	23.80m
	F42	No	F42	38.00m	33.25m
	F44	No	F44	38.50m	38.00m
	F46	No	F46	33.00m	29.00m
	F51	Yes	F51	9.70m	9.10m
	F52	Yes	F52	17.20m	16.40m
	F53	Yes	F53	22.50m	21.00m
	F54	Yes	F54	24.40m	21.30m
	F55	Yes	F55	31.50m	28.00m
	F56	Yes	F56	32.30m	29.25m
	F57	Yes	F57	38.00m	34.70m
	F58	Yes	F58	47.50m	41.00m

QUALIFYING STANDARDS

IPC Athletics World Championships. 20-29 July 2013 Lyon, France

Men's Event		Points	Eligible Classes	AQS	BQS
Javelin Throw	F11	No	F11	31.00m	28.00m
	F12	Yes	F12	44.60m	40.50m
	F13	Yes	F13	45.70m	41.50m
	F33	Yes	F33	17.00m	14.50m
	F34	Yes	F34	23.50m	21.70m
	F37	Yes	F37	31.00m	28.00m
	F38	Yes	F38	37.00m	33.00m
	F41	No	F40/41	28.50m	27.00m
	F42	No	F42	38.00m	34.20m
	F44	No	F44	45.00m	42.00m
	F46	No	F46	33.00m	30.00m
	F52	Yes	F52	14.00m	12.00m
	F53	Yes	F53	15.00m	12.40m
	F54	Yes	F54	20.60m	18.30m
	F55	Yes	F55	24.70m	22.10m
	F56	Yes	F56	29.50m	26.30m
	F57	Yes	F57	33.00m	30.00m
	F58	Yes	F58	41.00m	38.00m

Women's Event		Points	Eligible Classes	AQS	BQS
100m	T11		T11	14.25	14.80
	T12		T12	13.50	14.30
	T13		T13	13.70	14.30
	T34		T33/34	24.00	27.00

IPC Athletics World Championships. 20-29 July 2013 Lyon, France

Women's Event		Points	Eligible Classes	AQS	BQS
100m	T35		T35	19.30	22.00
	T36		T36	16.40	18.00
	T37		T37	15.40	16.00
	T38		T38	15.30	15.80
	T42		T42	18.50	19.50
	T44		T43/44	15.80	16.60
	T46		T45/46	14.00	15.60
	T52		T51/52	25.00	30.00
	T53		T53	19.00	21.00
	T54		T54	18.30	18.90
200m	T11		T11	28.85	30.30
	T12		T12	27.80	30.00
	T13		T13	29.60	33.00
	T34		T33/34	43.00	51.00
	T35		T35	42.20	45.00
	T36		T36	34.00	38.60
	T37		T37	32.80	34.60
	T38		T38	32.00	33.60
	T44		T43/44	31.50	33.00
	T46		T45/46	28.35	30.00
	T52		T51/52	45.00	47.00
	T53		T53	35.00	37.50
	T54		T54	33.60	36.00
400m	T11		T11	1:09.00	1:15.00
	T12		T12	1:04.50	1:10.00
	T13		T13	1:05.00	1:08.00
	T37		T37	1:13.00	1:20.00

QUALIFYING STANDARDS

IPC Athletics World Championships. 20-29 July 2013 Lyon, France

Women's Event		Points	Eligible Classes	AQS	BQS
400m	T44		T43/44	1:20.00	1:30.00
	T46		T45/46	1:08.00	1:15.00
	T53		T53	1:04.50	1:10.00
	T54		T54	1:01.00	1:03.00
800m	T11		T11	3:15.00	3:25.00
	T52		T51/52	3:00.00	3:30.00
	T53		T53	2:10.00	2:20.00
	T54		T54	2:00.00	2:05.00
1500m	T12		T11/12	5:20.00	5:30.00
	T20		T20	5:05.00	5:20.00
	T54		T53/54	3:45.00	4:00.00
5000m	T54		T53/54	13:00.00	14:00.00
4x100m	T11-13		T11-13	N/A	
	T35-38		T35-38		
4x400m	T53-54		T53-54		
Marathon	T54		T52/53/54	2:00.00	2:20.00
Long Jump	F11	No	F11	3.80m	3.30m
	F12	No	F12	4.90m	4.50m
	F13	No	F13	4.80m	4.50m
	F20	No	F20	4.40m	4.10m
	F37	Yes	F37	3.85m	3.50m
	F38	Yes	F38	3.80m	3.30m
	F42	No	F42	3.40m	3.10m
	F44	No	F44	3.95m	3.55m
	F46	No	F46	4.40m	4.15m
Club Throw	F31	Yes	F31	8.30m	7.90m
	F32	Yes	F32	13.40m	10.80m
	F34	Yes	F51	10.30m	8.25m

IPC Athletics World Championships. 20-29 July 2013 Lyon, France

Women's Event		Points	Eligible Classes	AQS	BQS
Shot Put	F11	No	F11	7.00m	6.00m
	F12	No	F12	9.30m	8.00m
	F20	No	F20	9.40m	8.50m
	F32	Yes	F32	5.05m	4.20m
	F33	Yes	F33	5.35m	4.45m
	F44	Yes	F34	6.70m	5.60m
	F35	Yes	F35	7.55m	6.45m
	F36	Yes	F36	7.20m	6.25m
	F37	No	F37	8.20m	7.20m
	F41	No	F40/41	7.00m	6.30m
	F42	Yes	F42	7.50m	6.30m
	F44	Yes	F44	9.00m	8.00m
	F52	Yes	F52	2.85m	2.50m
	F53	Yes	F53	3.00m	2.75m
	F54	No	F54	5.50m	4.90m
	F55	Yes	F55	7.00m	6.20m
	F56	Yes	F56	7.55m	6.70m
	F57	Yes	F57	8.05m	7.00m
	F58	No	F58	9.00m	7.50m
Discus Throw	F11	Yes	F11	20.00m	18.90m
	F12	Yes	F12	30.40m	27.00m
	F35	Yes	F35	18.60m	15.65m
	F36	Yes	F36	18.95m	15.95m
	F37	No	F37	22.00m	19.00m
	F41	No	F40/41	19.00m	17.00m
	F51	Yes	F51	5.00m	3.75m
	F52	Yes	F52	10.40m	9.35m
	F53	Yes	F53	12.40m	10.10m

QUALIFYING STANDARDS

IPC Athletics World Championships. 20-29 July 2013 Lyon, France

Women's Event		Points	Eligible Classes	AQS	BQS
Discus Throw	F54	Yes	F54	13.00m	11.00m
	F55	Yes	F55	17.00m	15.00m
	F56	Yes	F56	18.00m	16.00m
	F57	Yes	F57	21.90m	19.20m
	F58	Yes	F58	30.00m	26.00m
Javelin Throw	F11	No	F11	18.50m	15.00m
	F12	Yes	F12	21.40m	16.75m
	F13	Yes	F13	23.55m	18.45m
	F33	Yes	F33	10.75m	8.90m
	F34	Yes	F34	13.50m	12.00m
	F37	No	F37	20.00m	15.50m
	F46	No	F46	30.00m	24.90m
	F52	Yes	F52	6.50m	5.00m
	F53	Yes	F53	8.00m	6.00m
	F54	Yes	F54	12.00m	9.80m
	F55	Yes	F55	15.85m	12.95m
	F56	Yes	F56	16.75m	13.65m
	F57	Yes	F57	17.60m	14.70m
	F58	Yes	F58	21.75m	18.15m

Qualification standards for other competitions can be found at
www.britishathletics.org.uk/world-class/2013-selection-policies

IAAF World Championships 2013, 10-18 August Moscow, Russia

Men		UKA STANDARDS	Women	
A	B		A	B
10.15	10.21	100m	11.28	11.36
20.52	20.60	200m	23.05	23.30
45.28	45.60	400m	51.55	52.35
1:45.30	1:46.20	800m	2:00.00	2:01.50
3:35.00	3:37.00	1500m	4:05.50	4:09.00
13:15.00	13:20.00	5000m	15:18.00	15:24.00
27:40.00	28:05.00	10,000m	31:45.00	32:05.00
or top 15 at the 2013 World Cross Country			or top 15 at the 2013 World Cross Country	
2:14:30		Marathon	2:31:00	
8:26.00	8:32.00	3000m SC	9:43.00	9:48.00
13.40	13.50	100/110m H	12.94	13.10
49.40	49.60	400m H	55.40	56.55
2.31	2.28	High Jump	1.95	1.92
5.70	5.60	Pole Vault	4.60	4.50
8.25	8.10	Long Jump	6.75	6.65
17.20	16.85	Triple Jump	14.40	14.20
20.60	20.10	Shot Putt	18.30	17.20
66.00	64.00	Discus Throw	62.00	59.50
79.00	76.00	Hammer Throw	72.00	69.50
83.50	81.00	Javelin Throw	62.00	60.00
8200	8000	Decathlon / Heptathlon	6100	5950
1:24:00	1:26:00	20km Race Walk	1:33:00	1:35:00
4:02:00	4:06:00	50km Race Walk	n/a	
39.20		4x100m Relay	44.00	
3:05.00		4x400m Relay	3:33.00	

KEY FIXTURES

Event	Venue	Event Start	Event End
British Athletics International Match	Glasgow	26-Jan	26-Jan
British Athletics European Trials & UK Championships	Sheffield	09-Feb	10-Feb
British Athletics Grand Prix	Birmingham	16-Feb	16-Feb
European Indoor Championships	Gothenburg, Sweden	01-Mar	03-Mar
McCain World Cross Country Trials	Birmingham	09-Mar	09-Mar
IAAF World Cross Country Championships	Bydgoszcz, Poland	24-Mar	24-Mar
Virgin London Marathon	London	21-Apr	21-Apr
European Athletics Team Championships	Gateshead	22-Jun	23-Jun
British Athletics Para Grand Prix	TBC	29-Jun	29-Jun
British Athletics Birmingham Grand Prix	Birmingham	30-Jun	30-Jun
IAAF World Youth Championships	Donetsk, Ukraine	10-Jul	14-Jul
European U23 Championships	Tampere, Finland	11-Jul	14-Jul
British Athletics World Trials & UK & England Championships	Birmingham	12-Jul	14-Jul
European Junior Championships	Rieti	18-Jul	21-Jul
IPC Athletics World Championships	Lyon, France	19-Jul	28-Jul
British Athletics London Grand Prix	London	26-Jul	27-Jul
IAAF World Championships	Moscow, Russia	10-Aug	18-Aug
Great North Run	Newcastle	15-Sep	15-Sep
European Cross Country Championships		07-Dec	08-Dec



BRITISH
ATHLETICS

TOP 10s &

RECORDS



GB ALL-TIME TOP TEN MEN

60m

6.42	Dwain Chambers	5.04.78	m	Turin, ITA	07	Mar	2009
6.46	Jason Gardener	18.09.75	3	Maebashi, JPN	7	Mar	1999
6.47	Linford Christie	02.04.60	1	Lieviv, FRA	19	Feb	1995
6.49	Colin Jackson	18.02.67	1	Paris, FRA	11	Mar	1994
6.51	Jason Livingston	17.03.71	1	Glasgow	8	Feb	1992
6.51	Darren Braithwaite	20.01.69	2	Barcelona, ESP	10	Mar	1995
6.51	Mark Lewis-Francis	4.09.82	3	Lisbon, POR	11	Mar	2001
6.53	Simeon Williamson	16.01.86	1	Birmingham	21	Feb	2009
6.54	Michael Rossweiss	11.06.65	3	Paris, FRA	11	Mar	1994
6.55	Craig Pickering	16.10.86	1	Glasgow	27	Jan	2007
6.55	Harry Aikines-Aryeetey	29.08.88	2	Sheffield	13	Feb	2010

100m

9.87	0.3	Linford Christie	2.04.60	1	Stuttgart, GER	15	Aug	1993
9.97	0.2	Dwain Chambers	U23 5.04.78	3	Seville, ESP	22	Aug	1999
9.98	0.4	Jason Gardener	18.09.75	3	Lausanne, SUI	2	Jul	1999
10.03	1.6	Simeon Williamson	U23 16.01.86	2	Birmingham	12	Jul	2008
10.04	0.3	Darren Campbell	12.09.73	1	Budapest, HUN	19	Aug	1998
10.04	0.4	Mark Lewis-Francis	U23 4.09.82	3	Saint-Denis, FRA	5	Jul	2002
10.05	0.1	Adam Gemili	U20 06.10.93	1	Barcelona, ESP	11	Jul	2012
10.06	1.3	Marlon Devonish	1.06.76	1rB	Lausanne, SUI	10	Jul	2007
10.06	0.7	Tyrone Edgar	29.03.82	1r1	Geneva, SUI	31	May	2008
10.09	1.7	Jason Livingston	U23 17.03.71	1	London (CP)	13	Jun	1992
10.09	0.9	James Dasaolu	U23 05.09.87	1r2	Geneva, SUI	6	Jun	2009

200m

19.87A	1.8	John Regis	13.10.66	1	Sestriere, ITA	31	Jul	1994
20.08	1.0	Christian Malcolm	U23 3.06.79	151	Edmonton, CAN	8	Aug	2001
20.09	1.7	Linford Christie	2.04.60	4	Seoul, KOR	28	Sep	1988
20.13	0.3	Darren Campbell	12.09.73	1q1	Sydney, AUS	27	Sep	2000
20.18	-0.2	Julian Golding	17.02.75	1	Kuala Lumpur, MAS	19	Sep	1998
20.19	1.4	Marlon Devonish	1.06.76	2	Manchester (SC)	29	Jul	2002
20.21	0.9	Allan Wells	3.05.52	2	Moscow, RUS	28	Jul	1980
20.31	-0.6	Dwain Chambers	5.04.78	1	London (CP)	22	Jul	2001
20.34	0.7	Chris Lambert	U23 6.04.81	1	Bydgoszcz, POL	20	Jul	2003
20.35	-1.5	Doug Walker	28.07.73	1	Birmingham	26	Jul	1998

400m

44.36	Iwan Thomas	5.01.74	1	Birmingham	13	Jul	1997
44.37	Roger Black	31.03.66	2	Lausanne, SUI	3	Jul	1996
44.37	Mark Richardson	26.07.72	1	Oslo, NOR	9	Jul	1998
44.47	David Grindley	U23 29.10.72	452	Barcelona, ESP	3	Aug	1992
44.50	Derek Redmond	U23 3.09.65	152	Rome, ITA	1	Sep	1987
44.56	Tim Benjamin	2.05.82	2	Monaco, MON	9	Sep	2005
44.57	Jamie Baulch	3.05.73	3r2	Lausanne, SUI	3	Jul	1996
44.60	Martyn Rooney	U23 3.04.87	253	Beijing, CHN	19	Aug	2008
44.66	Du'aïne Ladejo	14.02.71	2	Birmingham	16	Jun	1996
44.68	Solomon Wariso	11.11.66	3	Birmingham	26	Jul	1998

800m

1:41.73	Sebastian Coe	29.09.56	1	Florence, ITA	10	Jun	1981
1:42.88	Steve Cram	14.10.60	1	Zurich, SUI	21	Aug	1985
1:42.97	Peter Elliott	9.10.62	1	Seville, ESP	30	May	1990
1:43.77	Andrew Osagie	19.02.88	8	Olympic Park	9	Aug	2012
1:43.84	Martin Steele	30.09.62	1r1	Oslo, NOR	10	Jul	1993
1:43.88	Tom McKean	27.10.63	1	London (CP)	28	Jul	1989
1:43.89	Michael Rimmer	03.02.86	4rA	Rieti, ITA	29	Aug	2010
1:43.98	David Sharpe	8.07.67	1r2	Zurich, SUI	19	Aug	1992
1:44.09	Steve Ovett	9.10.55	2	Prague, CZE	31	Aug	1978
1:44.55	Garry Cook	10.01.58	4	Koblenz, GER	29	Aug	1984

GB ALL-TIME TOP TEN MEN

1500m

3:29.67	Steve Cram	14.10.60	1	Nice, FRA	16	Jul	1985
3:29.77	Sebastian Coe	29.09.56	1	Rieti, ITA	7	Sep	1986
3:30.77	Steve Ovett	9.10.55	1	Rieti, ITA	4	Sep	1983
3:31.86	John Mayock	26.10.70	8	Brussels, BEL	22	Aug	1997
3:32.34	Anthony Whiteman	13.11.71	6	Monaco, MON	16	Aug	1997
3:32.37	Michael East	20.01.78	7	Rome, ITA	2	Jul	2004
3:32.69	Peter Elliott	9.10.62	1	Sheffield	16	Sep	1990
3:33.34	Steve Crabb	30.11.63	3	Oslo, NOR	4	Jul	1987
3:33.79	Dave Moorcroft	10.04.53	1	Hengelo, NED	27	Jul	1982
3:33.83	John Robson	31.01.57	2	Brussels, BEL	4	Sep	1979

3000m

7:32.79	David Moorcroft	10.04.53	1	Crystal Palace	17	Jul	1982
7:34.47i	Mo Farah	23.03.83	1	Birmingham	21	Feb	2009
7:35.1	Brendan Foster	12.01.48	1	Gateshead	3	Aug	1974
7:36.40	John Nuttall	11.01.67	7	Nice, FRA	10	Jul	1996
7:39.55	Rob Denmark	23.11.68	6	Cologne, GER	1	Aug	1993
7:39.86	Andy Baddeley	20.06.82	3	Ostrava, CZE	25	May	2012
7:40.4	Nick Rose	13.12.51	3	Oslo, NOR	27	Jun	1978
7:40.43	Jack Buckner	22.09.61	1	Oslo, NOR	5	Jul	1986
7:40.94	Eamonn Martin	09.10.58	3	Oslo, NOR	9	Jul	1993
7:41.09	John Mayock	26.10.70	3	Stockholm, SWE	6	Feb	2002

5000m

12:53.11	Mo Farah	23.03.83	1	Monaco, MON	22	Jul	2011
13:00.41	Dave Moorcroft	10.04.53	1	Oslo, NOR	7	Jul	1982
13:09.80	Ian Hamer	18.04.65	1	Rome, ITA	9	Jun	1992
13:10.15	Jack Buckner	22.09.61	1	Stuttgart, GER	31	Aug	1986
13:10.24	Rob Denmark	23.11.68	3	Rome, ITA	9	Jun	1992
13:11.50	Tim Hutchings	4.12.58	4	Los Angeles CA, USA	11	Aug	1984
13:11.51	Chris Thompson	17.04.81	11	Gateshead	10	Jul	2010
13:14.28	Gary Staines	3.07.63	5	Zurich, SUI	15	Aug	1990
13:14.6	Brendan Foster	12.01.48	2	Christchurch, NZL	29	Jan	1974
13:15.31	Thomas Farrell	U23 23.03.91	5r	Palo Alto CA, USA	29	Apr	2012

10000m

26:46.57	Mo Farah	23.03.83	1	Eugene OR, USA	3	Jun	2011
27:18.14	Jon Brown	27.02.71	4	Brussels, BEL	28	Aug	1998
27:23.06	Eamonn Martin	9.10.58	1	Oslo, NOR	2	Jul	1988
27:27.36	Chris Thompson	17.04.81	4r	Palo Alto CA, USA	1	May	2011
27:30.3	Brendan Foster	12.01.48	1	London (CP)	23	Jun	1978
27:30.80	Dave Bedford	30.12.49	1	London (CP)	13	Jul	1973
27:31.19	Nick Rose	30.12.51	3	Oslo, NOR	9	Jul	1983
27:34.58	Julian Goater	12.01.53	5	Oslo, NOR	26	Jun	1982
27:36.27	Dave Black	2.10.52	5	Prague, CZE	29	Aug	1978
27:39.14	Steve Jones	4.08.55	4	Oslo, NOR	9	Jul	1983

3000m Steeplechase

8:07.96	Mark Rowland	7.03.63	3	Seoul, KOR	30	Sep	1988
8:12.11	Colin Reitz	6.04.60	2	Brussels, BEL	5	Sep	1986
8:12.58	Tom Hanlon	20.05.67	3	Monaco, MON	3	Aug	1991
8:15.16	Graeme Fell	19.03.59	3	Berlin, GER	17	Aug	1983
8:18.32	Eddie Wedderburn	6.12.60	4	Stockholm, SWE	5	Jul	1988
8:18.91	Roger Hackney	2.09.57	2	Hechtel, BEL	30	Jul	1988
8:18.95	Dennis Coates	11.02.53	1h2	Montreal, CAN	25	Jul	1976
8:20.83	Paul Davies-Hale	21.06.62	2	Gateshead	10	Jun	1984
8:22.48	John Davies	20.11.52	2	London (CP)	13	Sep	1974
8:22.82	John Bicourt	25.10.45	8	Stockholm, SWE	8	Jun	1976

GB ALL-TIME TOP TEN MEN

Marathon

2:07:13	Steve Jones	4.08.55	1	Chicago IL, USA	20	Oct	1985
2:08:33	Charlie Spedding	19.05.52	2	London	21	Apr	1985
2:08:36	Richard Nerurkar	6.01.64	5	London	13	Apr	1997
2:08:52	Paul Evans	13.04.61	1	Chicago IL, USA	20	Oct	1996
2:09:08	Geoff Smith	24.10.53	2	New York NY, USA	23	Oct	1983
2:09:12	Ian Thompson	16.10.49	1	Christchurch, NZL	31	Jan	1974
2:09:16	Allister Hutton	18.07.54	3	London	21	Apr	1985
2:09:17	Mark Steinle	22.11.74	8	London	14	Apr	2002
2:09:24	Hugh Jones	1.11.55	1	London	9	May	1982
2:09:28	Ron Hill	25.09.38	1	Edinburgh	23	Jul	1970
2:09:28	John Graham	18.06.56	1	Rotterdam, NED	23	May	1981

60m Hurdles

7.30	Colin Jackson	18.02.67	1	Sindelfingen, GER	6	Mar	1994
7.42	Tony Jarrett	13.08.68	2	Lievin, FRA	19	Feb	1995
7.52	Allan Scott	27.12.82	1	Glasgow	13	Jan	2008
7.55	Andy Tulloch	1.04.67	152	Valencia, ESP	1	Mar	1998
7.55	Andy Turner	19.09.80	1	Sheffield	11	Feb	2007
7.56	Jon Ridgeon	14.02.67	1	Budapest, HUN	28	Feb	1988
7.56	Andy Pozzi	15.05.92	251	Istanbul, TUR	11	Mar	2012
7.60	David Nelson	11.03.67	3	Cosford	18	Mar	1990
7.60	Ross Baillie	26.09.77	6	Birmingham	14	Feb	1999
7.65	Nigel Walker	15.06.63	3	Lievin, FRA	22	Feb	1987

110m Hurdles

12.91	0.5	Colin Jackson	18.02.67	1	Stuttgart, GER	20	Aug	1993
13.00	0.5	Tony Jarrett	13.08.68	2	Stuttgart, GER	20	Aug	1993
13.22	1.0	Andy Turner	19.09.80	4	Lausanne, SUI	30	Jun	2011
13.29	-0.1	Jon Ridgeon	14.02.67	1	Zagreb, CRO	15	Jul	1987
13.30	0.1	William Sharman	12.09.84	4	Berlin, GER	20	Aug	2009
13.31	-0.5	Lawrence Clarke	12.03.90	351	Olympic Park	8	Aug	2012
13.34	-0.9	Andy Pozzi	15.05.92	4h2	Crystal Palace	13	Jul	2012
13.36	1.3	Rob Newton	10.05.81	1	Loughborough	31	Jul	2003
13.42	1.8	David Nelson	11.03.67	3h4	Tokyo, JPN	27	Aug	1991
13.43	1.9	Mark Holtom	6.02.58	2	Brisbane, AUS	4	Oct	1982

400m Hurdles

47.82	Kriss Akabusi	28.11.58	3	Barcelona, ESP	6	Aug	1992
47.84	Dai Greene	11.04.86	2	Paris, FRA	6	Jul	2012
48.12A	David Hemery	18.07.44	1	Mexico City, MEX	15	Oct	1968
48.14	Chris Rawlinson	19.05.72	1r2	Zurich, SUI	11	Aug	1999
48.54	Matt Douglas	26.11.76	151	Daegu, KOR	28	Aug	2003
48.59	Alan Pascoe	11.10.47	1	Stockholm, SWE	30	Jun	1975
48.60	Jack Green	06.10.91	4	Crystal Palace	13	Jul	2012
48.71	Nathan Woodward	17.10.89	1r1	La Chaux-de-Fonds, SUI	3	Jul	2011
48.73	Jon Ridgeon	14.02.67	2	Rieti, ITA	6	Sep	1992
48.90	Tony Borsumato	13.12.73	2	Birmingham	14	Jul	2002

HJ

2.38i	Steve Smith	29.03.73	2	Wuppertal, GER	4	Feb	1994
2.37	Robbie Grabarz	03.10.87	3	Lausanne, SUI	23	Aug	2012
2.37i	Dalton Grant	8.04.66	1	Paris, FRA	13	Mar	1994
2.34	Germaine Mason	20.01.83	2	Beijing, CHN	19	Aug	2008
2.32i	Brendan Reilly	23.12.72	4	Liverpool	24	Feb	1994
2.31	Geoff Parsons	14.08.64	3	Victoria, CAN	26	Aug	1994
2.31i	Samson Oni	25.06.81	2	Banska Bystric, SVK	4	Mar	2010
2.31i	Tom Parsons	5.05.84	1	Sheffield	13	Feb	2011
2.30	Ben Challenger	7.03.78	1	Palma de Mallorca, ESP	13	Jul	1999
2.30i	Martyn Bernard	15.12.84	3rQA	Birmingham	3	Mar	2007

GB ALL-TIME TOP TEN MEN

PV

5.82		Steven Lewis	20.05.86	1	Szczecin, POL	21	Jul	2012
5.81i		Nick Buckfield	5.06.73	1	Bad Segeberg, GER	8	Feb	2002
5.65		Keith Stock	18.03.57	1	Stockholm, SWE	7	Jul	1981
5.62i		Luke Cutts	13.02.88	1	Sheffield	18	Jan	2009
5.61		Kevin Hughes	30.04.73	1	Southend	28	Jul	1999
5.61i		Max Eaves	31.05.88	1	Sheffield	12	Feb	2011
5.60		Neil Winter	21.03.74	1	Enfield	19	Aug	1995
5.59		Brian Hooper	18.05.53	1	London (CP)	6	Sep	1980
5.55		Paul Williamson	16.06.74	1=RB	Modesto CA, USA	13	May	2000
5.55		Tim Thomas	18.11.73	1	Loughborough	6	Jun	2004
5.55i		Andrew Sutcliffe	U23 10.07.91	1	Sheffield	11	Feb	2012

LJ

8.35	0.9	Chris Tomlinson	15.09.81	2	Paris, FRA	8	Jul	2011
8.35	2.0	Greg Rutherford	17.11.86	1	Chula Vista CA, USA	3	May	2012
8.26	1.2	Nathan Morgan	30.06.78	1	Hamburg, GER	20	Jul	2003
8.23	2.0	Lynn Davies	20.05.42	1	Berne, SUI	30	Jun	1968
8.15	1.5	Stewart Faulkner	19.02.69	1	Belfast	16	Jul	1990
8.14	1.4	Mark Forsythe	10.08.65	3	Rhede, GER	7	Jul	1991
8.11	1.5	JJ Jegede	03.10.85	5	Crystal Palace	13	Jul	2012
8.10	-0.2	Fred Salle	10.09.64	1	London (CP)	9	Sep	1994
8.08	0.3	Roy Mitchell	1.01.55	1	Beijing, CHN	27	Sep	1980
8.08	0.7	Julian Reid	23.09.88	2	Kingston, JAM	25	Jun	2011

TJ

18.29	1.3	Jonathan Edwards	10.05.66	1	Gothenburg, SWE	7	Aug	1995
17.81	0.1	Phillips Idowu	30.12.78	1	Barcelona, ESP	29	Jul	2010
17.64	1.4	Nathan Douglas	4.12.82	1	Manchester (SC)	10	Jul	2005
17.57A	0.0	Keith Connor	16.09.57	1	Provo UT, USA	5	Jun	1982
17.41	0.0	John Herbert	20.04.62	3	Kobe, JPN	2	Sep	1985
17.30	1.0	Larry Achike	31.01.75	1RQ	Sydney, AUS	23	Sep	2000
17.21	1.5	Tosi Fasinro	28.03.72	1	Salamanca, ESP	27	Jul	1993
17.18	0.5	Francis Ayeypong	16.06.65	3	London (CP)	7	Jul	1995
17.06	0.9	Julian Golley	12.09.71	2	London (CP)	10	Sep	1994
17.01	2.0	Eric McCalla	18.08.60	2RQ	Los Angeles CA, USA	3	Aug	1984

SP

21.92		Carl Myerscough	21.10.79	1	Sacramento CA, USA	13	Jun	2003
21.68		Geoff Capes	23.08.49	1	Cwmbran	18	May	1980
20.88		Mark Edwards	2.12.74	1	Mesa AZ, USA	7	Jun	2008
20.85i		Mark Proctor	15.01.63	1	Kings Lynn	25	Jan	1998
20.45		Shaun Pickering	14.11.61	2	London (CP)	17	Aug	1997
20.43		Mike Winch	20.07.48	3	London (CP)	22	May	1974
20.33		Paul Edwards	16.02.59	1	Roehampton	9	Jul	1991
19.66		Arthur Rowe	17.08.36	-	Dinnington	25	Jun	1960
19.49		Matt Simson	28.05.70	1	Victoria, CAN	28	Aug	1994
19.44i		Simon Williams	17.10.67	1	Baton Rouge LA, USA	28	Jan	1989

DT

68.24		Lawrence Okoye	U23 06.10.91	3rA	Halle, GER	19	May	2012
66.64		Perriss Wilkins	12.12.67	1	Birmingham (Un)	6	Jun	1998
66.06		Brett Morse	11.02.89	1	Helsingborg	27	Jul	2011
65.44		Abdul Buhari	26.06.82	2rA	Hendon	9	Jul	2011
65.24		Carl Myerscough	21.10.79	1	Claremont CA, USA	9	Jun	2012
65.16		Richard Slaney	16.05.56	1	Eugene OR, USA	1	Jul	1985
65.11		Glen Smith	21.05.72	1rB	Barking	18	Jul	1999
65.08		Bob Weir	4.02.61	1	Bedford	19	Aug	2000
64.94		Bill Tancred	6.08.42	1	Loughborough	21	Jul	1974
64.93		Emeka Udechuku	10.07.79	1	Loughborough	17	Jul	2004

GB ALL-TIME TOP TEN MEN

HT

77.54	Martin Girvan	17.04.60	1	Wolverhampton	12	May	1984
77.30	Dave Smith	21.06.62	1	London (CP)	13	Jul	1985
77.02	Matt Mileham	27.12.56	1	Fresno CA, USA	11	May	1984
76.43	Mick Jones	23.07.63	1	Birmingham	2	Jun	2001
75.63	Alex Smith	06.03.88	1	Loughborough	3	Mar	2012
75.40	Chris Black	1.01.50	1	London (CP)	23	Jul	1983
75.10	David Smith	2.11.74	1	Bedford	27	May	1996
75.08	Bob Weir	4.02.61	1	Brisbane, AUS	3	Oct	1982
74.82	Mark Dry	11.10.87	1	Loughborough	20	May	2012
74.02	Paul Head	1.07.65	9rQ	Split, CRO	30	Aug	1990

JT

91.46	Steve Backley	12.02.69	1	North Shore City, NZL	25	Jan	1992
86.94	Mick Hill	22.10.64	1	London (CP)	13	Jun	1993
85.67	Mark Roberson	13.03.67	2	Gateshead	19	Jul	1998
85.09	Nick Nieland	31.01.72	2	Birmingham	13	Aug	2000
83.84	Roald Bradstock	24.04.62	1	Tucson AZ, USA	2	May	1987
83.52	Mervyn Luckwell	27.11.84	1	Wrexham	25	Sept	2011
82.60	Colin Mackenzie	30.06.63	1	Oristano, ITA	1	Jun	1991
81.70	Nigel Bevan	3.01.68	3	Birmingham	28	Jun	1992
80.98	Dave Ottley	5.08.55	4rQ	Seoul, KOR	24	Sep	1988
80.38	James Campbell	01.04.88	1	Dunfermline	18	Jul	2010

DEC

8847	Daley Thompson	30.07.58	1	Los Angeles CA, USA	9	Aug	1984
8603	Dean Macey	12.12.77	3	Edmonton, CAN	7	Aug	2001
8131	Alex Kruger	18.11.63	2	Valladolid, ESP	2	Jul	1995
8102	Daniel Awde	22.06.88	1	Arona, ESP	26	May	2012
7980	Simon Shirley	3.08.66	3	Victoria, CAN	24	Aug	1994
7904	David Bigham	4.07.71	1	Stoke-on-Trent	28	Jun	1992
7901	Peter Gabbett	19.11.41	1	Santa Maria, USA	22	May	1972
7889	Eugene Gilkes	5.03.62	4	Arles, FRA	18	May	1986
7885	Brad McStravick	25.05.56	1	Birmingham	6	May	1984
7874	Colin Boreham	26.03.54	8	Gotzis, AUT	23	May	1982

20kRW

82:03	Ian McCombie	11.01.1961	13	Seoul, KOR	23	Sep	1988
82:12	Chris Maddocks	28.03.57	1	Burrator	3	May	1992
82:51	Steve Barry	25.10.50	1	Douglas	26	Feb	1983
83:34	Andy Penn	31.03.67	1=	Douglas	29	Feb	1992
83:34	Martin Rush	25.12.64	1=	Douglas	29	Feb	1992
83:58	Darrell Stone	02.02.68	1	Douglas	24	Feb	1996
84:04	Mark Easton	24.05.63	2	Douglas	24	Feb	1989
84:09	Steve Partington	17.09.65	1	Dublin, IRL	24	Sep	1994
84:25	Tim Berrett	23.01.65	1	Montreal, CAN	21	Apr	1990
84:43	Andi Drake	06.02.65	1	East Molesey	3	Mar	2002

50kRW

3:51:37	Chris Maddocks	28.03.57	1	Burrator	28	Oct	1990
3:57:48	Les Morton	1.07.58	1	Burrator	30	Apr	1989
3:59:55	Paul Blagg	23.01.60	19	Rome, ITA	5	Sep	1987
4:03:08	Dennis Jackson	29.06.45	8	Madrid, ESP	16	Mar	1986
4:03:53	Mark Easton	24.05.63	28	Dudince, SVK	25	Apr	1998
4:04:49	Dan King	30.05.83	11	Dudince, SVK	29	Mar	2008
4:06:14	Barry Graham	16.08.46	1	Basildon	20	Apr	1985
4:06:34	Dominic King	30.05.83	19	Dudince, SVK	24	Mar	2012
4:07:18	Steve Hollier	27.02.76	28	Eisenhuttenstadt, GER	18	Jun	2000
4:07:23	Bob Dobson	4.11.42	1	Lassing, AUT	21	Oct	1979

GB ALL-TIME TOP TEN WOMEN

60m

7.08i		Jeanette Kwakye	20.03.83	2	Valencia, ESP	7	Mar	2008
7.13i		Beverly Kinch	14.01.64	2h2	Madrid, ESP	23	Feb	1986
7.15i		Asha Philip	25.10.90	1	Sheffield	9	Feb	2013
7.17i		Andrea Lynch	24.11.52	2	Gothenburg, SWE	10	Mar	1974
7.19i		Joice Maduaka	30.09.73	453	Birmingham	14	Mar	2003
7.20i		Wendy Hoyte	17.12.57	351	Lievin, FRA	22	Feb	1987
7.21i		Heather Oakes	14.08.59	2	Paris, FRA	19	Jan	1985
7.21i		Stephanie Douglas	22.01.69	1	Glasgow	11	Feb	1995
7.21i		Jodie Williams	28.09.93	452	Paris, FRA	5	Mar	2011
7.23i		Paula Thomas	3.12.64	352	Lievin, FRA	22	Feb	1987

100m

11.05	2.0	Montell Douglas	24.01.86	1rA	Loughborough	17	Jul	2008
11.10	0.1	Kathy Cook	3.05.60	2	Rome, ITA	5	Sep	1981
11.11	2.0	Laura Turner	12.08.82	1rA	La Chaux-de-Fonds, SUI	4	Jul	2010
11.14	0.0	Jeanette Kwakye	20.03.83	6	Beijing, CHN	17	Aug	2008
11.15	1.5	Paula Thomas	3.12.64	252	Victoria, CAN	23	Aug	1994
11.16	0.4	Andrea Lynch	24.11.52	1	London (CP)	11	Jun	1975
11.17	1.7	Abi Oyepitan	30.12.79	3	Birmingham	25	Jul	2004
11.18	1.6	Anyika Onuora	28.10.84	1	Zeulenroda-Triebes, GER	29	Jul	2011
11.18	0.5	Jodie Williams	28.09.93	1	Tallinn, EST	22	Jul	2011
11.20	0.4	Sonia Lannaman	24.03.56	2q3	Moscow, RUS	25	Jul	1980
11.20	0.0	Heather Oakes	14.08.59	1	Beijing, CHN	26	Sep	1980

200m

22.10	-0.1	Kathy Cook	3.05.60	4	Los Angeles CA, USA	9	Aug	1984
22.50	2.0	Abi Oyepitan	30.12.79	2h4	Athens, GRE	23	Aug	2004
22.58	1.5	Sonia Lannaman	24.03.56	1	Cwmbran	18	May	1980
22.64	0.5	Emily Freeman	24.11.80	351	Berlin, GER	20	Aug	2009
22.69	1.3	Paula Thomas	3.12.64	4	Victoria, CAN	26	Aug	1994
22.72	1.5	Bev Callender	28.08.56	6	Moscow, RUS	30	Jul	1980
22.73	1.2	Jenni Stoute	16.04.65	4q3	Barcelona, ESP	3	Aug	1992
22.75	1.8	Donna Hartley	1.05.55	1	Birmingham	17	Jun	1978
22.76	-1.0	Katharine Merry	21.09.74	2	Barcelona, ESP	25	Jul	2000
22.79	2.0	Jodie Williams	28.09.93	1	Loughborough	23	May	2010

400m

49.43		Kathy Cook	3.05.60	3	Los Angeles CA, USA	6	Aug	1984
49.59		Katharine Merry	21.09.74	1	Athens, GRE	11	Jun	2001
49.61		Christine Ohuruogu	17.05.84	1	Osaka, JPN	29	Aug	2007
49.65		Nicola Sanders	23.06.82	2	Osaka, JPN	29	Aug	2007
49.79		Donna Fraser	7.11.72	4	Sydney, AUS	25	Sep	2000
50.40		Phylis Smith	29.09.65	451	Barcelona, ESP	3	Aug	1992
50.63		Michelle Scutt	17.06.60	1	Cwmbran	31	May	1982
50.71		Allison Curbishley	3.06.76	2	Kuala Lumpur, MAS	18	Sep	1998
50.75		Joslyn Hoyte-Smith	16.12.54	1	London (CP)	18	Jun	1982
50.82		Lee McConnell	9.10.78	4	Madrid, ESP	20	Sep	2002

800m

1:56.21		Kelly Holmes	19.04.70	2	Monaco, MON	9	Sep	1995
1:57.42		Kirsty Wade	6.08.62	2	Belfast	24	Jun	1985
1:57.93		Jenny Meadows	17.04.81	3	Berlin, GER	19	Aug	2009
1:58.20		Rebecca Lyne	4.07.82	2	Gateshead	11	Jun	2006
1:58.45		Marilyn Okoro	23.09.84	1	London (CP)	26	Jul	2008
1:58.65		Diane Modahl	17.06.66	4	Oslo, NOR	14	Jul	1990
1:58.74		Jemma Simpson	10.02.84	2	Monaco, MON	22	Jul	2010
1:58.97		Shireen Bailey	27.09.59	1	Lausanne, SUI	15	Sep	1987
1:59.02		Susan Scott	26.09.77	4	Melbourne, AUS	24	Mar	2006
1:59.05		Christina Cahill	25.03.57	6	Turin, ITA	4	Aug	1979

GB ALL-TIME TOP TEN WOMEN

1500m

3:57.90	Kelly Holmes	19.04.70	1	Athens, GRE	28	Aug	2004
3:59.50	Lisa Dobriskey	23.12.83	3	Zürich, SUI	28	Aug	2009
3:59.95	Hayley Tullett	17.02.73	3	Saint-Denis, FRA	31	Aug	2003
3:59.96	Zola Budd	26.05.66	3	Brussels, BEL	30	Aug	1985
4:00.57	Christina Cahill	25.03.57	1	Gateshead	6	Jul	1984
4:00.73	Kirsty Wade	6.08.62	1	Gateshead	26	Jul	1987
4:01.10	Helen Clitheroe	2.01.74	3	Monaco, MON	19	Jul	2002
4:01.20	Yvonne Murray	4.10.64	2	Oslo, NOR	4	Jul	1987
4:01.38	Liz McColgan	24.05.64	3	Oslo, NOR	4	Jul	1987
4:01.53	Chris Benning	30.03.55	3	Zurich, SUI	15	Aug	1979

3000m

8:22.20	Paula Radcliffe	17.12.73	2	Monte Carlo, MON	19	Jul	2002
8:28.83	Zola Budd	26.05.66	3	Rome, ITA	7	Sep	1985
8:29.02	Yvonne Murray	4.10.64	3	Seoul, KOR	25	Sep	1988
8:31.27	Jo Pavey	20.09.73	4	Brussels, BEL	30	Aug	2002
8:34.80i	Liz McColgan	24.05.64	2	Budapest, HUN	4	Mar	1989
8:37.06	Wendy Sly	5.11.59	5	Helsinki, FIN	10	Aug	1983
8:38.42	Alison Wyeth	26.05.64	5	Stuttgart, GER	16	Aug	1993
8:39.81i	Helen Clitheroe	2.01.74	4	Birmingham	19	Feb	2011
8:40.97	Kathy Butler	22.10.73	10	Brussels, BEL	24	Aug	2001
8:42.75	Stephanie Twell	17.08.89	3r2	Watford	08	Sep	2010

5000m

14:29.11	Paula Radcliffe	17.12.73	1	Bydgoszcz, POL	20	Jun	2004
14:39.96	Jo Pavey	20.09.73	3	Brussels, BEL	25	Aug	2006
14:48.07	Zola Budd	26.05.66	1	London (CP)	26	Aug	1985
14:54.08	Stephanie Twell	17.08.89	11	Brussels, BEL	27	Aug	2010
14:56.94	Yvonne Murray	4.10.64	4	London (CP)	7	Jul	1995
14:59.56	Liz McColgan	24.05.64	3	Hechtel, BEL	22	Jul	1995
15:00.37	Alison Wyeth	26.05.64	5	London (CP)	7	Jul	1995
15:02.00	Julia Bleasdale	09.09.81	4h2	Olympic Park	7	Aug	2012
15:05.51	Kathy Butler	22.10.73	5	Brussels, BEL	3	Sep	2004
15:06.75	Helen Clitheroe	2.01.74	2	Crystal Palace	6	Aug	2011

10000m

30:01.09	Paula Radcliffe	17.12.73	1	Munich, GER	6	Aug	2002
30:53.20	Jo Pavey	20.09.73	7	Olympic Park	3	Aug	2012
30:55.63	Julia Bleasdale	09.09.81	8	Olympic Park	3	Aug	2012
30:57.07	Liz McColgan	24.05.64	1	Hengelo, NED	25	Jun	1991
31:07.88	Jill Boltz	14.10.66	2	Frankfurt, GER	30	Jun	1991
31:35.77	Kate Reed	28.09.82	9	Stanford CA, USA	4	May	2008
31:36.90	Kathy Butler	22.10.73	1	Watford	12	Jun	2004
31:45.14	Hayley Yelling	3.01.74	2	Watford	12	Jun	2004
31:49.40	Mara Yamauchi	13.08.73	3	Melbourne, AUS	21	Mar	2006
31:53.36	Wendy Sly	5.11.59	3	Tokyo, JPN	8	Oct	1988

3000m Steeplechase

9:24.24	Barbara Parker	08.11.82	4	Eugene OR, USA	2	Jun	2012
9:29.14	Helen Clitheroe	2.01.74	6h1	Beijing, CHN	15	Aug	2008
9:30.19	Hatti Dean	2.02.82	4	Barcelona, ESP	30	Jul	2010
9:38.45	Eilish McColgan	25.11.90	9	Oslo, NOR	7	Jun	2012
9:43.88	Jo Anker	5.08.82	11	Neerpelt, BEL	31	May	2008
9:48.08	Tina Brown	22.08.76	12	Crystal Palace	14	Aug	2010
9:48.35	Lennie Waite	04.02.86	1r1	Palo Alto CA, USA	6	Apr	2012
9:48.51	Lizzie Hall	28.04.85	1	Watford	10	Jun	2006
9:52.71	Tara Krzywicki	9.03.74	2	Glasgow (S)	1	Jul	2001
9:53.47	Emily Stewart	24.12.91	10	Crystal Palace	14	Jul	2012

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Marathon

2:15:25	Paula Radcliffe		17.12.73	1	London	13	Apr	2003
2:23:12	Mara Yamauchi	V35	13.08.73	2rE	London	26	Apr	2009
2:25:56	Veronique Marot		16.09.55	1	London	23	Apr	1989
2:26:51	Priscilla Welch	V40	22.11.44	2	London	10	May	1987
2:26:52	Liz McColgan		24.05.64	2	London	13	Apr	1997
2:27:44	Claire Hallissey		17.03.83	11rE	London	22	Apr	2012
2:28:06	Sarah Rowell		19.11.62	2	London	21	Apr	1985
2:28:10	Freya Murray		20.09.83	13rE	London	22	Apr	2012
2:28.24	Jo Pavey	V35	20.09.73	19rE	London	17	Apr	2011
2:28:33	Liz Yelling		5.12.74	9rE	London	13	Apr	2008

60m Hurdles

7.80i	Tiffany Porter		13.11.87	2	Paris, FRA	4	Mar	2011
7.87i	Jessica Ennis		28.1.86	1	Birmingham	18	Feb	2012
7.96i	Sarah Claxton		23.09.79	1	Sheffield	13	Feb	2005
7.99i	Diane Allahgreen		21.02.75	1h3	Ghent, BEL	26	Feb	2000
8.01i	Jacqui Agyepong		5.01.69	5	Barcelona, ESP	12	Mar	1995
8.03i	Sara McGreavy		13.12.82	1	Sheffield	10	Feb	2007
8.06i	Lesley-Ann Skeete		20.02.67	35i	Lievin, FRA	21	Feb	1987
8.06i	Gemma Bennett		4.01.84	1rA	Sheffield	14	Feb	2009
8.11i	Shirley Strong		18.11.58	1	Cosford	10	Mar	1984
8.11i	Samantha Farquharson		15.12.69	45i	Paris, FRA	13	Mar	1994

100m Hurdles

12.54	1.3	Jessica Ennis	28.01.86	1rH5	Olympic Park	3	Aug	2012
12.56	0.7	Tiffany Porter	13.11.87	153	Daegu, KOR	3	Sep	2011
12.80	0.7	Angie Thorp	7.12.72	55i	Atlanta GA, USA	31	Jul	1996
12.81	1.5	Sarah Claxton	23.09.79	1rA	Loughborough	17	Jul	2008
12.82	0.8	Sally Gunnell	29.07.66	1r2	Zurich, SUI	17	Aug	1988
12.87	1.1	Shirley Strong	18.11.58	1	Zurich, SUI	24	Aug	1983
12.90	1.5	Jacqui Agyepong	5.01.69	3	Villeneuve d'Ascq, FRA	25	Jun	1995
12.91	1.8	Kay Morley-Brown	5.03.63	1	Auckland, NZL	2	Feb	1990
12.92	0.8	Diane Allahgreen	21.02.75	1h2	Manchester (SC)	29	Jul	2002
12.95	1.1	Keri Maddox	4.07.72	4h4	Seville, ESP	25	Aug	1999

400m Hurdles

52.74		Sally Gunnell	29.07.66	1	Stuttgart, GER	19	Aug	1993
53.77		Perri Shakes-Drayton	21.12.88	1	Crystal Palace	13	Jul	2012
53.84		Tasha Danvers	19.09.77	3	Beijing, CHN	20	Aug	2008
54.63		Gowry Retchakan	21.06.60	552	Barcelona, ESP	3	Aug	1992
54.96		Elidh Child	20.02.87	1r1	Geneva, SUI	2	Jun	2012
55.22		Keri Maddox	4.07.72	1	Birmingham	12	Aug	2000
55.24		Sinead Dudgeon	9.07.76	1	Birmingham	24	Jul	1999
55.25		Lee McConnell	9.10.78	3	Melbourne, AUS	23	Mar	2006
55.32		Nicola Sanders	23.06.82	4	Melbourne, AUS	23	Mar	2006
55.69		Meghan Beesley	15.11.89	3	Ostrava, CZE	16	Jul	2011

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HJ

1.95	Diana Davies	7.05.61	1	Oslo, NOR	26	Jun	1982
1.95i	Debbie Marti	14.05.68	2	Birmingham	23	Feb	1997
1.95	Susan Moncrieff	8.06.78	1	Bremen, GER	24	Jun	2001
1.95	Jessica Ennis	28.1.86	H	Desenzano, ITA	5	May	2007
1.94	Louise Gittens	9.03.60	2	Naples, ITA	25	May	1980
1.94i	Joanne Jennings	20.09.69	9	Toronto, CAN	13	Mar	1993
1.93	Michelle Dunkley	26.01.78	2	Vittel, FRA	2	Sep	2000
1.92	Barbara Simmonds	6.10.61	1	London (CP)	31	Jul	1982
1.92	Judy Simpson	14.11.60	1rH	Helsinki, FIN	8	Aug	1983
1.92	Janet Boyle	25.07.63	Q	Seoul, KOR	29	Sep	1988
1.92i	Julie Machin	26.03.70	1	Cosford	10	Mar	1990
1.92	Lea Goodman	09.05.72	2	Birmingham	15	Jun	1996
1.92i	Vikki Hubbard	13.07.89	4	Split, CRO	21	Feb	2010

PV

4.87i	Holly Bleasdale	2.11.91	1	Villeurbanne, FRA	21	Jan	2012
4.61	Kate Dennison	7.05.84	2	Barcelona, ESP	22	Jul	2011
4.52i	Katie Byres	11.09.93	2	Nevers, FRA	18	Feb	2012
4.47	Janine Whitlock	11.08.73	3=	London (CP)	22	Jul	2005
4.42i	Sally Peake	08.02.86	5	Nevers, FRA	18	Feb	2012
4.35	Henrietta Paxton	19.09.83	3	Birmingham	26	Jun	2010
4.31i	Emma Lyons	14.06.87	6	Birmingham	21	Feb	2009
4.26i	Ellie Spain	23.08.82	2	Vienna, AUT	30	Jan	2007
4.21	Louise Butterworth	22.02.85	6	Sopot, POL	6	Jun	2008
4.20	Irie Hill	16.01.69	1	Stoke	6	Aug	2000

LJ

6.95	0.1	Shara Proctor	16.09.88	1	Birmingham	24	Jun	2012
6.90	1.4	Bev Kinch	14.01.64	-	Helsinki, FIN	14	Aug	1983
6.88	1.4	Fiona May	12.12.69	1	Bologna, ITA	18	Jul	1990
6.83	0.2	Sue Telfer	26.05.61	1	Cleckheaton	6	May	1984
6.81	1.7	Jade Johnson	7.06.80	2	Annecy, FRA	22	Jun	2008
6.80	0.7	Abigail Irozuru	03.01.90	1	Sofia, BUL	9	Jun	2012
6.79	2.0	Kelly Sotherton	13.11.76	1	London (CP)	25	Jul	2008
6.76	-1.6	Mary Rand	10.02.40	1	Tokyo, JPN	14	Oct	1964
6.76	1.0	Jo Wise	15.03.71	2	Malmö, SWE	2	Aug	1999
6.75	0.3	Joyce Hephner	11.02.64	1	London (CP)	14	Sep	1985

TJ

15.16i		Ashia Hansen		5.12.71	1	Valencia, ESP	28	Feb	1998
14.82i		Yamilé Aldama	V35	14.08.72	1	Istanbul, TUR	10	Mar	2012
14.08	0.7	Michelle Robinson		6.10.71	1	Sheffield	11	Jun	1994
13.95	0.5	Connie Henry		15.04.72	4	St. Petersburg, RUS	27	Jun	1998
13.85A	1.6	Yasmine Regis		12.12.86	1	Boulder CO, USA	18	May	2008
13.77	1.7	Nadia Williams		17.11.81	1	Bedford	12	Jun	2011
13.75	0.9	Laura Samuel		19.02.91	2	Moncton, CAN	22	Jul	2010
13.64	1.1	Rachel Kirby		18.05.69	1rQ	Helsinki, FIN	7	Aug	1994
13.62	1.5	Nony Mordi		25.07.87	1rA	Manchester (SC)	5	Jul	2008
13.56	1.2	Mary Agyepong		3.10.65	1	Sheffield	5	Jun	1992

SP

19.36	Judy Oakes	14.02.58	1	Gateshead	14	Aug	1988
19.06i	Veronica Head	1.09.56	1	St Athan	7	Apr	1984
19.03	Myrtle Auee	4.02.65	1	Cardiff	2	Jun	1990
18.99	Meg Ritchie	6.07.52	1	Tucson AZ, USA	7	May	1983
17.53	Angela Littlewood	24.09.49	13	Moscow, RUS	24	Jul	1980
17.45	Yvonne Hanson-Nortey	18.02.64	4	London (CP)	28	Jul	1989
17.24	Eden Francis	19.10.88	1	Loughborough	20	May	2012
17.13	Jo Duncan	27.12.66	1	Crawley	13	Aug	2006
16.76	Rebecca Peake	22.06.83	1	Bedford	15	Aug	2010
16.63	Eva Massey	22.12.80	1	Manchester (SC)	29	Jul	2007

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DT

67.48	Meg Ritchie	6.07.52	1	Walnut CA, USA	26	Apr	1981
64.68	Venissa Head	1.09.56	1	Athens, GRE	18	Jul	1983
62.89	Philippa Roles	1.03.78	1	Loughborough	8	Jun	2003
61.22	Shelley Newman	8.08.73	2	Loughborough	8	Jun	2003
60.76	Jade Nicholls	30.03.87	1rA	Hendon	9	Jul	2011
60.72	Jackie McKernan	1.07.65	2	Buffalo NY, USA	18	Jul	1993
59.78	Eden Francis	19.10.88	1rA	Lee Valley	6	Aug	2011
58.56	Debbie Callaway	15.07.64	1	Loughborough	19	May	1996
58.18	Tracy Axten	20.07.63	1	Cardiff	31	May	1997
58.02	Rosemary Chimes	V35 19.05.33	1	Birmingham (PB)	3	Jun	1972

HT

71.98	Sophie Hitchon	11.07.91	5qA	Olympic Park	8	Aug	2012
68.93	Lorraine Shaw	V35 2.04.68	1	Loughborough	8	Jun	2003
68.63	Zoe Derham	24.11.80	1	Loughborough	17	Jul	2008
68.50	Sarah Holt	17.04.87	1	Birmingham	2	Jun	2012
67.58	Shirley Webb	28.09.81	1	Loughborough	16	Jul	2005
66.31	Carys Parry	24.07.81	1rA	Birmingham	7	Jun	2008
65.03	Susan McKelvie	15.06.85	2	Birmingham	20	Aug	2011
64.74	Laura Douglas	4.01.83	2r1	Hendon	8	Aug	2010
63.96	Lyn Sprules	11.09.75	1	Bedford	20	Aug	2000
63.61	Liz Carter	27.04.77	1rb	Halle, GER	27	May	2000

JT

66.17	Goldie Sayers	16.07.82	1	Crystal Palace	14	Jul	2012
64.87	Kelly Morgan	17.06.80	1	Birmingham	14	Jul	2002
60.68	Laura Whittingham	6.06.86	1	Bedford	15	Aug	2010
59.50	Karen Martin	24.11.74	1	Cosford	14	Jul	1999
57.48	Shelley Holroyd	17.05.73	3	Manchester (SC)	10	Jul	2004
57.19	Lorna Jackson	9.01.74	1	Peterborough	9	Jul	2000
55.91	Kirsty Herbert	28.10.75	1	Loughborough	23	May	1999
55.79	Isabelle Jeffs	23.02.92	1rA	Eton	30	Jun	2012
54.62	Chloe Cozens	9.04.80	1	Grangemouth	3	Aug	2003
52.86	Linda Rawlins	23.01.71	1	Eton	10	Jun	2001

HEP - 100mH, HJ, SP, 200m, LJ, JT, 800m

6955	Jessica Ennis	28.01.86	1	Olympic Park	4	Aug	2012
6831	Denise Lewis	27.08.72	1	Talence, FRA	30	Jul	2000
6623	Judy Simpson	14.11.60	3	Stuttgart, GER	30	Aug	1986
6547	Kelly Sotherton	13.11.76	2	Gotzis, AUT	29	May	2005
6267	Katarina Johnson-Thompson	09.01.93	15	Olympic Park	4	Aug	2012
6259	Kim Hagger	2.12.61	1	Arles, FRA	18	May	1986
6166	Louise Hazel	06.10.85	7	Ratingen, GER	17	Jul	2011
6135	Julie Hollman	16.02.77	5	Gotzis, AUT	2	Jun	2002
6125	Tessa Sanderson	14.03.56	2	Brussels, BEL	12	Jul	1981
6094	JoanneMulliner	18.08.66	2	Arles, FRA	7	Jun	1987

20kRW

1:30:41	Johanna Jackson	17.01.85	7	La Coruña, ESP	19	Jun	2010
1:33:57	Lisa Kehler	15.03.67	23	Eisenhüttenstadt, GER	17	Jun	2000
1:36:40	Sara-Jane Cattermole	29.01.77	1	Perth, AUS	4	Mar	2000
1:37:44	Vicky White	17.04.72	1	Leamington	27	Jun	1999
1:38:29	Catherine Charnock	3.05.75	2	Dublin, IRL	11	Sep	1999
1:39:59	Niobe Menendez	V35 1.09.66	4	Manchester (Wy)	21	Apr	2002
1:40:45	Irene Bateman	V35 13.11.47	1	Basildon	9	Apr	1983
1:42:02	Lillian Millen	05.03.45	1hc	Macclesfield	9	Apr	1983
1:43:29	Sharon Tonks	18.04.70	2	East Molesey	3	Mar	2002
1:43:50	Betty Sworowski	22.03.61	1	Sheffield	22	Feb	1988

UK NATIONAL RECORDS OUTDOOR

Men

100	9.87s (+0.3)	Linford Christie	15	08	1993	Stuttgart
200	19.94S (+0.3)	John Regis	20	08	1993	Stuttgart
200	19.87s (+1.8) *	John Regis	31	07	1994	Sestriere
400	44.36s	Iwan Thomas	13	07	1997	Birmingham
800	1m 41.73s	Sebastian Coe	10	06	1981	Florence
1500	3m 29.67s	Steve Cram	16	07	1985	Nice
5000	12m 53.11s	Mohamed Farah	22	07	2011	Monaco
10000m	26m 46.57s	Mohamed Farah	03	06	2011	Eugene
110H	12.91s (+0.5)	Colin Jackson	20	08	1993	Stuttgart
400H	47.82s	Kriss Akabusi	06	08	1992	Barcelona
3000St	8m 07.96s	Mark Rowland	30	09	1988	Seoul
HJ	2.37m	Steve Smith	20	09	1992	Seoul
HJ	2.37m	Steve Smith	22	08	1993	Stuttgart
HJ	2.37	Robbie Grabarz	23	08	2012	Lausanne
PV	5.82	Steven Lewis	21	07	2012	Szczecin
LJ	8.35 (+2.0)	Greg Rutherford	03	05	2012	Chula Vista
	8.35 (+0.9)	Chris Tomlinson	08	07	2011	Paris
TJ	18.29m	Jonathan Edwards	07	08	1995	Gothenburg
SP	21.68m	Geoff Capes	18	05	1980	Cwmbran
SP	21.92m *	Carl Myerscough	13	06	2003	Sacramento
DT	68.24	Laurence Okoye	19	05	2012	Halle
HT	77.54m	Martin Girvan	12	05	1984	Wolverhampton
JT	91.46m	Steve Backley	25	01	1992	Auckland

Women

100	11.05s (+2.0)	Montell Douglas	17	07	2008	Loughborough
200	22.10s (-0.1)	Kathy Cook	09	08	1984	Los Angeles
400	49.43s	Kathy Cook	06	08	1984	Los Angeles
800	1m 56.21s	Kelly Holmes	09	09	1995	Monaco
1500	3m 57.90s	Kelly Holmes	28	08	2004	Athens
5000	14m 29.11s	Paula Radcliffe	20	06	2004	Bydgoszcz
10000	30m 01.09s	Paula Radcliffe	06	08	2002	Munich
100H	12.54 (+1.3)	Jessica Ennis	03	08	2012	Olympic Park
400H	52.74s	Sally Gunnell	19	08	1993	Stuttgart
3000SC	9:24.24	Barbara Parker	02	06	2012	Eugene
HJ	1.95m	Diana Elliott/Davies	26	06	1982	Oslo
HJ	1.95m	Susan Jones	24	06	2001	Bremen
HJ	1.95m	Jessica Ennis	03	05	2007	Desenzano
PV	4.71	Holly Bleasdale	24	06	2012	Birmingham
LJ	6.95 (+0.1)	Shara Proctor	24	06	2012	Birmingham
TJ	15.15m (+1.7)	Ashia Hansen	13	09	1997	Fukuoka
SP	19.36m	Judy Oakes	14	08	1988	Gateshead
DT	67.48m	Meg Ritchie	26	04	1981	Walnut
HT	71.98	Sophie Hitchon	08	08	2012	Olympic Park
JT	66.17	Goldie Sayers	14	07	2012	Crystal Palace
Hep	6955	Jessica Ennis	04	08	2012	Olympic Park

* Performance awaiting documentation and ratification

UK NATIONAL RECORDS INDOOR

Men

60	6.42s	Dwain Chambers	07	03	2009	Turin
200	20.25s	Linford Christie	19	02	1995	Lievin
400	45.39s	Jamie Baulch	09	02	1997	Birmingham
800	1m 44.91s	Sebastian Coe	12	03	1983	Cosford
1500	3m 34.20s	Peter Elliott	27	02	1990	Seville
3000m	7m 34.47s	Mohamed Farah	21	02	2011	Birmingham
60H	7.30s	Colin Jackson	06	03	1994	Sindelfingen
HJ	2.38m	Steve Smith	04	02	1994	Wuppertal
PV	5.81m	Nick Buckfield	08	02	2002	Bad Segeberg
LJ	8.18m	Christopher Tomlinson	02	02	2008	Stuttgart
TJp	17.75m	Phillips Idowu	09	03	2008	Valencia
SP	21.49m	Carl Myerscough	14	03	2003	Fayetteville

Women

60	7.08s	Jeanette Kwakye	07	03	2008	Valencia
200	22.83s	Katharine Merry	14	02	1999	Birmingham
400	50.02s	Nicola Sanders	03	03	2007	Birmingham
800	1m 58.43s	Jenny Meadows	14	03	2010	Doha
1500	4m 02.66s	Kelly Holmes	16	03	2003	Birmingham
5000	15m 03.17s	Liz McColgan	22	02	1992	Birmingham
60H	7.87i	Jessica Ennis	18	02	2012	Birmingham
HJ	1.95m	Debbi Marti	23	02	1997	Birmingham
PV	4.87m	Holly Bleasdale	21	01	2012	Villeurbanne
LJ	6.89	Shara Proctor	11	03	2012	Istanbul
TJ	15.16m	Ashia Hansen	28	02	1998	Valencia
SP	19.06m	Venissa Head	07	04	1984	St Athan
Pen	49.65	Jessica Ennis	09	03	2012	Istanbul

UK JUNIOR RECORDS OUTDOOR

Men

100	10.05 (+0.1)	Adam Gemili	11	07	2012	Barcelona
200	20.29s (-0.2)	Christian Malcolm	19	09	1998	Kuala Lumpur
400	45.35s	Martin Rooney	21	03	2006	Melbourne
800	1m 45.64s	David Sharpe	05	09	1986	Brussels
1500	3m 36.6s	Graham Williamson	17	07	1979	Oslo
3000	7m 48.28s	Jonathan Richards	09	07	1983	Oslo
5000	13m 27.04s	Steve Binns	14	09	1979	Crystal Palace
10000	29m 21.9s	Jon Brown	21	04	1990	Walnut
110H (99.1)	13.29s (+0.0)	Andy Pozzi	03	07	2011	Mannheim
400H	50.20s	Richard Davenport	15	07	2004	Grosseto
3000St	8m 29.85s	Paul Davies-Hale	31	08	1981	Crystal Palace
10000kW	41m 52.13s	Darrell Stone	07	08	1987	Birmingham
4x100m	39.05s	Edgar/Grant/Benjamin/Lewis-Francis	22	10	2000	Santiago
4x400m	3m 03.80s	Grindley/Patrick/Winrow/Richardson	12	08	1990	Plovdiv
HJ	2.37m	Steve Smith	20	09	1992	Seoul
PV	5.50m	Neil Winter	09	08	1992	San Giuliano
LJ	8.14m (0.0)	Greg Rutherford	22	07	2005	Kaunas
TJ	16.58m (+1.6)	Tosi Fasino	15	06	1991	Espoo
SP (6kg)	19.30m	Curtis Griffith Parker	31	05	2009	Bedford
DT (1.75kg)	64.35m	Emeka Udechuku	05	07	1998	Bedford
HT (6kg)	76.67m	Peter Smith	10	07	2009	Birmingham
JT	79.50m	Steve Backley	05	06	1988	Derby
Dec	8082pts	Daley Thompson	30/31	07	1977	Sittard

Women

100	11.18s (+0.5)	Jodie Williams	22	07	2011	Tallinn
200	22.70s (+1.9)	Kathy Cook	12	09	1979	Mexico City
400	51.16s	Linsey Macdonald	15	06	1980	Crystal Palace
800	1m 59.75s	Charlotte Moore	28	07	2002	Manchester
1500	3m 59.96s	Zola Budd	30	08	1985	Brussels
3000	8m 28.83s	Zola Budd	07	09	1985	Rome
5000	14m 48.07s	Zola Budd	26	08	1985	Crystal Palace
100H	13.25s (+1.1)	Diane Allahgreen	21	07	1994	Lisbon
400H	56.46s	Perri Shakes-Drayton	21	07	2007	Hengelo
3000St	10m 06.12s *	Emily Pidgeon	03	07	2005	Bedford
5000kW	22m 36.81s	Vicky Lupton	15	06	1991	Espoo
4x100m	44.16s	Soper/Smith/Fraser/Merry	12	08	1990	Plovdiv
4x400m	3m 30.46s	Wall/ Spencer/James/Miller	21	07	2002	Kingston
HJ	1.91m	Lea Haggett	02	06	1991	Hania
HJ	1.91m	Susan Moncrieff	31	08	1997	Catania
PV	4.36m	Katie Byres	17	06	2012	Bedford
LJ	6.90m (+1.4)	Bev Kinch	14	08	1983	Helsinki
TJ	13.75m (+0.9)	Laura Samuel	22	07	2010	Moncton
SP	17.10m	Myrtle Auguee	16	06	1984	Crystal Palace
DT	55.28m	Eden Francis	02	09	2007	Hendon
HT	66.01m	Sophie Hitchon	24	07	2010	Moncton
JT	55.40m	Goldie Sayers	22	07	2001	Grosseto
Hep	6267 pts	Katarina Johnson-Thompson	3/4	08	2012	London

* Performance awaiting documentation and ratification

OLYMPIC RECORDS

Men

100	9.63	Usain Bolt	JAM	05	08	2012	London
200	19.30	Usain Bolt	JAM	20	08	2008	Beijing
400	43.49	Michael Johnson	USA	29	07	1996	Atlanta
800	1:40.91	David Rudisha	KEN	09	08	2012	London
1500	3:32.07	Noah Ngeny	KEN	29	09	2000	Sydney
5000	12:57.82	Kenenisa Bekele	ETH	23	08	2008	Beijing
10,000	27:01.17	Kenenisa Bekele	ETH	17	08	2008	Beijing
Marathon	2:06:32	Samuel Wanjiru	KEN	24	08	2008	Beijing
3000St	8:05.51	Julius Kariuki	KEN	30	09	1988	Seoul
110H	12.91	Xiang Liu	CHN	27	08	2004	Athina
400H	46.78	Kevin Young	USA	06	08	1992	Barcelona
HJ	2.39	Charles Austin	USA	28	07	1996	Atlanta
PV	5.97	Renaud Lavillenie	FRA	10	08	2012	London
LJ	8.90	Bob Beamon	USA	18	10	1968	México
TJ	18.09	Kenny Harrison	USA	27	07	1996	Atlanta
SP	22.47	Ulf Timmermann	GDR	23	09	1988	Seoul
DT	69.89	Virgilijus Alekna	LTU	23	08	2004	Athina
HT	84.80	Sergey Litvinov	URS	26	09	1988	Seoul
JT	90.57	Andreas Thorkildsen	NOR	23	08	2008	Beijing
Dec	88.93	Roman Sebrle	CZE	24	08	2004	Athina
20KW	1:18.46	Chen Ding	CHN	04	08	2012	London
50KW	3:35.59	Sergey Kiryapkin	RUS	11	08	2012	London
4x100	36.84	Jamaica	JAM	11	08	2012	London
4x400	2:55.39	United States	USA	23	08	2008	Beijing

Women

100	10.62	Florence Griffith-Joyner	USA	24	09	1988	Seoul
200	21.34	Florence Griffith-Joyner	USA	29	09	1988	Seoul
400	48.25	Marie-José Pérec	FRA	29	07	1996	Atlanta
800	1:53.43	Nadezhda Olizarenko	URS	27	07	1980	Moskva
1500	3:53.98	Paula Ivan	ROU	01	10	1988	Seoul
5000	14:40.79	Gabriela Szabo	ROU	25	09	2000	Sydney
10,000	29:54.66	Tirunesh Dibaba	ETH	15	08	2008	Beijing
Mar	2:23:07	Tiki Gelana	ETH	05	08	2012	London
3000St	8:58.81	Gulnara Galkina	RUS	17	08	2008	Beijing
100H	12.35	Sally Pearson	AUS	07	08	2012	London
400H	52.64	Melaine Walker	JAM	20	08	2008	Beijing
HJ	2.06	Elena Slesarenko	RUS	20	08	2004	Athina
PV	5.05	Yelena Isinbayeva	RUS	18	08	2008	Beijing
LJ	7.40	Jackie Joyner-Kersey	USA	29	09	1988	Seoul
TJ	15.39	Françoise Mbango	CMR	17	08	2008	Beijing
SP	22.41	Ilona Briesenick	GDR	24	07	1980	Moskva
DT	72.30	Martina Hellmann	GDR	29	09	1988	Seoul
HT	78.18	Tatyana Lysenko	RUS	11	08	2012	London
JT	71.53	Osleidys Menéndez	CUB	27	08	2004	Athina
Hept	72.91	Jackie Joyner-Kersey	USA	24	09	1988	Seoul
20KW	1:25:02	Elena Lashmanova	RUS	11	08	2012	London
4x100	40.82	USA	USA	10	08	2012	London
4x400	3:15.27	USSR	URS	01	10	1988	Seoul

WORLD RECORDS OUTDOOR

Men

100	9.58	Usain Bolt	JAM	16 Aug 09	Berlin
200	19.19	Usain Bolt	JAM	20 Aug 09	Berlin
400	43.18	Michael Johnson	USA	26 Aug 99	Seville
800	1:40.91	David Rudisha	KEN	09 Aug 12	London
1500	3:26.00	Hicham El Guerrouj	MAR	14 Jul 98	Rome
5000	12:37.35	Kenenisa Bekele	ETH	31 May 04	Hengelo
10000	26:17.53	Kenenisa Bekele	ETH	26 Aug 05	Brussels
Mar	2:03:38	Patrick Makau	KEN	25 Sep 11	Berlin
3000St	7:53.63	Saif Saeed Shaheen	QAT	3 Sep 04	Brussels
110H	12.80	Aries Merritt	USA	7 Sep 12	Brussels
400H	46.78	Kevin Young	USA	6 Aug 92	Barcelona
HJ	2.45	Javier Sotomayor	CUB	27 Jul 93	Salamanca
PV	6.14	Sergey Bubka	UKR	31 Jul 94	Sestriere
LJ	8.95	Mike Powell	USA	30 Aug 91	Tokyo
TJ	18.29	Jonathan Edwards	GBR	7 Aug 95	Gothenburg
SP	23.12	Randy Barnes	USA	20 May 90	Los Angeles
DT	74.08	Jürgen Schult	GER	6 Jun 86	Neubrandenburg
HT	86.74	Yuriy Sedykh	UKR	30 Aug 86	Stuttgart
JT	98.48	Jan Zelezny	CZE	25 May 96	Jena
Dec	90.39	Ashton Eaton	USA	23 Jun 12	Eugene
4x100	36.84	Jamaica		11 Aug 12	London
4x400	2:54.29	United States		22 Aug 93	Stuttgart

Women

100	10.49	Florence Griffith Joyner	USA	16 Jul 88	Indianapolis
200	21.34	Florence Griffith Joyner	USA	29 Sep 88	Seoul
400	47.60	Marita Koch	GER	6 Oct 85	Canberra
800	1:53.28	Jarmila Kratochvilová	CZE	26 Jul 83	Munich
1500	3:50.46	Qu Yunxia	CHN	11 Sep 93	Beijing
5000	14:11.15	Tirunesh Dibaba	ETH	6 Jun 08	Oslo
10000	29:31.78	Wang Junxia	CHN	8 Sep 93	Beijing
Mar	2:15:25	Paula Radcliffe	GBR	13 Apr 03	London
3000St	8:58.81	Gulnara Galkina	RUS	17 Aug 08	Beijing
100H	12.21	Yordanka Donkova	BUL	20 Aug 88	Stara Zagora
400H	52.34	Yuliya Pechonkina	RUS	8 Aug 03	Tula
HJ	2.09	Stefka Kostadinova	BUL	30 Aug 87	Rome
PV	5.06	Yelena Isinbayeva	RUS	28 Aug 09	Zurich
LJ	7.52	Galina Chistyakova	RUS	11 Jun 88	St. Petersburg
TJ	15.50	Inessa Kravets	UKR	10 Aug 95	Gothenburg
SP	22.63	Natalya Lisovskaya	RUS	7 Jun 87	Moscow
DT	76.80	Gabriele Reinsch	GER	9 Jul 88	Neubrandenburg
HT	79.42	Betty Heidler	GER	21 May 11	Halle
JT	72.28	Barbora Spotáková	CZE	13 Sep 08	Stuttgart
Hept	72.91	Jackie Joyner-Kersey	USA	24 Sep 88	Seoul
20K	1:25:02	Elena Lashmanova	RUS	11 Aug 12	London
4x100	40.82	USA		10 Aug 12	London
4x400	3:15.17	U.S.S.R.		1 Oct 88	Seoul

WORLD RECORDS INDOOR

Men

60	6.39	Maurice Greene	USA	3	Feb	98	Madrid
	6.39	Maurice Greene	USA	3	Mar	01	Atlanta
200	19.92	Frank Fredericks	NAM	18	Feb	96	Liévin
400	44.57	Kerron Clement	USA	12	Mar	05	Fayetteville
800	1:42.67	Wilson Kipketer	DEN	9	Mar	97	Paris (B)
1500	3:31.18	Hicham El Guerrouj	MAR	2	Feb	97	Stuttgart
3000	7:24.90	Daniel Komen	KEN	6	Feb	98	Budapest
60H	7.30	Colin Jackson	GBR	6	Mar	94	Sindelfingen
HJ	2.43	Javier Sotomayor	CUB	4	Mar	89	Budapest
PV	6.15	Sergey Bubka	UKR	21	Feb	93	Donetsk
IJ	8.79	Carl Lewis	USA	27	Jan	84	New York
TJ	17.92	Teddy Tamgho	FRA	06	Mar	11	Paris (Bercy)
SP	22.66	Randy Barnes	USA	20	Jan	89	Los Angeles
Hep	6645	Ashton Eaton	USA	10	Mar	12	Istanbul
4x400	3:02.83	United States		7	Mar	99	Maeblashi

Women

60	6.92	Irina Privalova	RUS	11	Feb	93	Madrid
200	21.87	Merlene Ottey	JAM	13	Feb	93	Liévin
400	49.59	Jarmila Kratochvilová	CZE	7	Mar	82	Milan
800	1:55.82	Jolanda Ceplak	SLO	3	Mar	02	Vienna
1500	3:58.28	Yelena Soboleva	RUS	18	Feb	06	Moscow
3000	8:23.72	Meseret Defar	ETH	3	Feb	07	Stuttgart
60H	7.68	Susanna Kallur	SWE	10	Feb	08	Karlsruhe
HJ	2.08	Kajsa Bergqvist	SWE	4	Feb	06	Arnsstadt
PV	5.01	Yelena Isinbayeva	RUS	23	Feb	12	Stockholm
IJ	7.37	Heike Drechsler	GER	13	Feb	88	Vienna
TJ	15.36	Tatyana Lebedeva	RUS	6	Mar	04	Budapest
SP	22.50	Helena Fibingerová	CZE	19	Feb	77	Jablonec
Pen	5013	Nataliya Dobrynska	UKR	9	Mar	12	Istanbul
3kW	11:40.33	Claudia Stef	ROU	30	Jan	99	Bucharest
4x400	3:23.37	Russia		28	Jan	06	Glasgow

IPC WORLD RECORDS

Men's 100m

T11	11.03	0.4	Lucas Prado	BRA	9	Sep	2008	Beijing
T12	10.66	-0.4	Elchin Muradov	AZE	19	Jun	2010	Imola (Bologna)
T13	10.46	0.6	Jason Smyth	IRL	1	Sep	2012	London
T32	23.25	0.0	Martin McDonagh	IRL	13	Aug	1999	Nottingham
T33	17.67	0.4	Ahmad Almutairi	KUW	8	Sep	2012	London
T34	15.69	0.1	Walid Ktila	TUN	17	Jan	2012	Kuwait City
T35	12.29	-0.3	Sen Yang	CHN	13	Sep	2008	Beijing
T36	11.98	1.9	Graeme Ballard	GBR	22	May	2012	Manchester
T37	11.51	0.4	Fanie Van Der Merwe	RSA	8	Sep	2012	London
T37	11.51	0.4	Yongbin Liang	CHN	8	Sep	2012	London
T38	10.79	0.4	Evan O'Hanlon	AUS	1	Sep	2012	London
T42	12.14	0.4	Earle Connor	CAN	1	Jun	2002	Leverkusen
T43	10.91	1.5	Oscar Pistorius	RSA	4	Apr	2007	Johannesburg
T43	10.91	1.6	Blake Leeper	USA	14	Jul	2012	Windsor
T44	10.85	0.7	Jonnie Peacock	GBR	1	Jul	2012	Indianapolis
T45	10.94	0.2	Yohansson Nascimento	BRA	6	Sep	2012	London
T46	10.72	0.0	Ajibola Adeoye	NGR	6	Sep	1992	Barcelona
T51	21.11	1.2	Toni Piispanen	FIN	17	May	2012	Pratteln
T52	16.73	0.4	Paul Nitz	USA	20	May	2012	Nottwil
T53	14.47	0.5	Mickey Bushell	GBR	24	Jun	2010	Arbon
T54	13.63	1.0	Leo Pekka Tahti	FIN	1	Sep	2012	London

Men's 200m

T11	22.48	-0.1	Lucas Prado	BRA	13	Sep	2008	Beijing
T12	21.56	1.0	Mateusz Michalski	POL	8	Sep	2012	London
T13	21.05	-0.3	Jason Smyth	IRL	7	Sep	2012	London
T32	46.81	0.0	Martin McDonagh	IRL	28	Jul	2001	Nottingham
T33	31.02	-0.3	Ahmad Almutairi	KUW	4	Sep	2012	London
T34	27.98	-0.3	Walid Ktila	TUN	4	Sep	2012	London
T35	25.86	-0.2	Iurii Tsaruk	UKR	6	Sep	2012	London
T36	24.65	-0.2	Wa Wai So	HKG	15	Sep	2008	Beijing
T37	23.10	1.7	Fanie Van Der Merwe	RSA	15	Sep	2011	Maputo
T37	23.10	0.2	Roman Kapranov	RUS	31	Aug	2012	London
T38	21.82	-0.2	Evan O'Hanlon	AUS	8	Sep	2012	London
T42	24.38	0.3	Richard Whitehead	GBR	1	Sep	2012	London
T43	21.30	-0.1	Oscar Pistorius	RSA	1	Sep	2012	London
T44	22.49	-0.1	Arnu Fourie	RSA	2	Sep	2012	London
T45	22.05	0.1	Yohansson Nascimento	BRA	2	Sep	2012	London
T46	21.74	0.8	Heath Francis	AUS	9	Sep	2008	Beijing
T51	39.25	1.2	Toni Piispanen	FIN	17	May	2012	Pratteln
T52	30.18	1.0	Raymond Martin	USA	1	Jul	2012	Indianapolis
T53	25.24	0.0	Chris Waddell	USA	2	Jul	2004	Atlanta
T54	24.18	0.6	Lixin Zhang	CHN	12	Sep	2008	Beijing

Men's 400m

T11	49.82		Daniel Silva	BRA	18	Nov	2011	Guadalajara
T12	48.52		Mahmoud Khaldi	TUN	6	Sep	2012	London
T13	47.88		Adekunle Adesoji	NGR	1	Jan	1999	Johannesburg
T32	1:30.82		Martin McDonagh	IRL	14	Aug	1999	Nottingham
T33	1:03.77		Lachlan Jones	AUS	24	Oct	2000	Sydney
T34	53.99		Jason Lachance	CAN	27	Jul	2001	Nottingham
T35	1:00.55		Allel Boukhalfa	ALG	29	Jan	2011	Christchurch
T36	53.31		Evgenii Shvetsov	RUS	4	Sep	2012	London
T37	52.70		Oleksandr Driha	UKR	25	Sep	2004	Athens
T38	49.33		Mohamed Farhat Chida	TUN	29	Jan	2011	Christchurch
T42	57.06		Richard Whitehead	GBR	27	May	2011	Manchester
T43	45.39		Oscar Pistorius	RSA	28	Aug	2011	Daegu
T44	50.61		David Prince	USA	8	Sep	2012	London
T45	49.21		Yohansson Nascimento	BRA	4	Sep	2012	London
T46	47.69		Heath Francis	AUS	10	Sep	2008	Beijing
T51	1:18.57		Edgar Cesario Navarro Sanchez	MEX	2	Jul	2004	Atlanta
T52	57.25		Tomoya Ito	JPN	12	Sep	2008	Beijing
T53	47.36		Sukman Hong	KOR	26	Jun	2010	Arbon
T54	45.07		Lixin Zhang	CHN	10	Sep	2008	Beijing

IPC WORLD RECORDS

Men's 800m

T11	1:58.47	Odair Santos	BRA	6	Aug	2011	Sao Paulo
T12	1:52.13	Abderrahim Zhiou	TUN	10	Sep	2008	Beijing
T13	1:52.50	Lazaro Rashid	CUB	19	Aug	2007	Rio de Janeiro
T33	2:14.50	Lachlan Jones	AUS	9	Jul	2005	New London
T34	1:43.55	Rheed McCracken	AUS	31	Mar	2012	Brisbane
T35	2:29.47	James Sands	GBR	31	Jul	1994	Berlin
T36	2:05.05	Evgenii Shvetsov	RUS	26	Jun	2012	Stadskanaal
T37	1:57.22	Michael McKillop	IRL	1	Sep	2012	London
T38	1:58.87	Malcolm Pringle	RSA	20	Sep	2004	Athens
T44	2:07.18	Daniel Andrews	USA	22	Jul	2002	Villeneuve d'Ascq
T45	2:01.06	Yagonny Reis de Sousa	BRA	16	Jun	2012	Sao Paulo
T46	1:51.82	Gunther Matzinger	AUT	8	Sep	2012	London
T51	2:40.15	Fabian Blattman	AUS	25	Jun	1995	Etobicoke
T52	1:52.31	Tomoroya Ito	JPN	14	Sep	2008	Beijing
T53	1:34.91	Sukman Hong	KOR	24	Jun	2010	Arbon
T54	1:31.12	Marcel Hug	SUI	26	Jun	2010	Arbon

Men's 1500m

T11	3:58.37	Samwel Mushai Kimani	KEN	3	Sep	2012	London
T12	3:48.31	Abderrahim Zhiou	TUN	4	Sep	2012	London
T13	3:48.84	David Korir	KEN	4	Sep	2012	London
T20	3:54.07	Rafal Korc	POL	6	Jul	2003	Tunis
T33	4:21.39	Lachlan Jones	AUS	7	Jul	2005	New London
T34	3:30.12	Rheed McCracken	AUS	22	Jan	2012	Canberra
T35	4:58.65	James Sands	GBR	26	Jul	1994	Berlin
T36	4:34.42	Paul Blake	GBR	8	May	2012	London
T37	3:59.54	Michael McKillop	IRL	8	May	2012	London
T38	4:09.50	Abbes Saidi	TUN	8	Jul	2005	New London
T44	4:39.64	Andrew Lester	USA	9	Aug	2001	Chula Vista
T45	4:08.26	Pedro Meza Zempoaltecatl	MEX	20	Sep	2004	Athens
T46	3:50.15	Abraham Tarbei	KEN	4	Sep	2012	London
T51	5:01.49	Fabian Blattman	AUS	28	Jan	1998	Sydney
T52	3:36.04	Santiago Sanz	ESP	30	Jun	2007	Atlanta
T54	2:54.51	Marcel Hug	SUI	24	Jun	2010	Arbon

Men's 5000m

T11	15:11.07	Henry Wanyoike	KEN	24	Sep	2004	Athens
T12	13:53.76	El Amin Chentouf	MAR	3	Sep	2012	London
T13	14:46.00	Said Gomez	PAN	2	Jan	1995	Buenos Aires
T34	12:33.72	Kazuya Maeba	JPN	14	Aug	1998	Birmingham
T35	17:42.42	James Sands	GBR	12	Sep	1992	Barcelona
T36	18:23.52	Claudio Da Silva	BRA	12	Sep	1992	Barcelona
T37	16:34.36	Joseph Parker	USA	18	Aug	1996	Atlanta
T38	15:57.25	Abbes Saidi	TUN	8	Jul	2005	New London
T45	15:37.84	Pedro Meza Zempoaltecatl	MEX	27	Sep	2004	Athens
T46	14:20.88	Abraham Tarbei	KEN	13	Sep	2008	Beijing
T51	16:46.95	Fabian Blattman	AUS	29	Jan	1999	Sydney
T52	12:37.07	Santiago Sanz	ESP	6	Jun	2006	London
T54	9:53.05	Marcel Hug	SUI	24	Jun	2010	Arbon

Men's 10000m

T11	31:37.25	Henry Wanyoike	KEN	19	Sep	2004	Athens
T12	30:24.88	Gustavo Nieves	ESP	1	Jul	2010	Caceres
T13	31:41.85	Said Gomez	PAN	20	Jul	1998	Madrid
T37	38:12.96	Benny Govaerts	BEL	10	Jul	2005	New London
T46	30:15.35	Jose Javier Conde	ESP	7	Sep	1992	Barcelona
T51	36:10.75	Stefan Strobel	GER	27	Jun	2010	Arbon
T52	25:59.13	Thomas Geierspichler	AUT	4	Jun	2005	Arbon
T54	19:50.64	Marcel Hug	SUI	27	Jun	2010	Arbon

Men's Marathon

T11	2:31:59	Andrea Cionna	ITA	18	Mar	2007	Rome
T12	2:24:50	Alberto Suarez Laso	ESP	9	Sep	2012	London
T13	2:22:55	Carlos Talbot	USA	24	Oct	1988	Seoul
T46	2:27:04	Mario Santillan Hernandez	MEX	17	Sep	2008	Beijing
T51	2:23:08	Heinrich Koberle	GER	24	Sep	1995	Berlin
T52	1:40:07	Thomas Geierspichler	AUT	17	Sep	2008	Beijing
T54	1:20:14	Heinz Frei	SUI	31	Oct	1999	Oita

IPC WORLD RECORDS

Men's 4x100m

T11-13	42.46	Spain	ESP	28	Jul	1994	Berlin
T35-38	44.81	Australia	AUS	16	Sep	2008	Beijing
T42-46	41.78	Africa	RSA	5	Sep	2012	London
T53/54	49.89	China	CHN	8	Sep	2008	Beijing

Men's 4x400m

T11-13	3:27.89	Portugal	POR	25	Jul	1998	Madrid
T35-38	3:38.92	Tunisia	TUN	27	Sep	2004	Athens
T42-46	3:27.00	United States	USA	27	Sep	2004	Athens
T53/54	3:05.46	China	CHN	8	Sep	2012	London

Men's High Jump

F11	1.59	Italo Sacchetto	ITA	19	Oct	1988	Seoul
F12	2.02	Ruslan Sivitski	BLR	20	Oct	2000	Sydney
F13	2.03	Ihar Fartunau	BLR	17	Jun	2003	Assen
F42	1.96	Arnold Boldt	CAN	17	Jun	1980	Arnhem
F44	2.12	Maciej Lepiato	POL	8	Sep	2012	London
F45	1.68	Matthias Berg	GER	27	Jun	1984	New York
F46	2.05	Aaron Chatman	AUS	3	Mar	2007	Canberra

Men's Long Jump

F11	6.73	-1.6	Elexis Gillette	USA	7	May	2011	Mesa, Arizona
F12	7.47	0.1	Matthias Schroeder	GER	12	Jul	2009	Berlin
F13	7.66	-0.8	Luis Felipe Gutierrez	CUB	18	Nov	2011	Guadalajara
F20	7.48	0.0	Jose Antonio Exposito Pineiro	ESP	22	Jan	2005	Petrer
F35	6.06	0.3	Wei Guo	CHN	20	Sep	2004	Athens
F36	5.33	1.2	Roman Pavlyk	UKR	24	Aug	2005	Espoo
F37	6.31	0.1	Gocha Khugaev	RUS	5	Sep	2012	London
F38	6.48	1.0	Dyan Buis	RSA	13	Jul	2012	Leverkusen
F38	6.48	0.5	Dyan Buis	RSA	5	Sep	2012	London
F42	6.50	0.6	Wojtek Czyz	GER	16	Sep	2008	Beijing
F43	5.29	-0.9	Joshua Kennison	USA	1	Jul	2012	Indianapolis
F44	7.35	1.2	Markus Rehm	GER	31	Aug	2012	London
F45	6.41	0.7	Daichang Ren	CHN	29	Nov	2006	Kuala Lumpur
F46	7.58	0.6	Arnaud Assoumani	FRA	22	Jan	2011	Christchurch

Men's Triple Jump

F11	13.71	0.2	Duan Li	CHN	12	Sep	2008	Beijing
F12	15.37	0.5	Osamah Masaud Al Shanqiti	KSA	8	Sep	2008	Beijing
F13	16.23	-0.3	Luis Felipe Gutierrez	CUB	6	Aug	2007	Sao Paulo
F45	12.00	0.0	J Szlezak	POL	27	Jun	1984	New York
F46	15.20	1.1	Fuliang Liu	CHN	1	Sep	2012	London

Men's Shot Put

F11	15.26	David Casino	ESP	20	Oct	2000	Sydney
F12	16.62	Haitao Sun	CHN	21	Sep	2004	Athens
F13	16.46	Haitao Sun	CHN	27	Oct	2000	Sydney
F20	16.29	Todd Hodgetts	AUS	7	Sep	2012	London
F32	10.89	Karim Betina	ALG	22	Jan	2011	Christchurch
F33	12.24	Kamel Kardjena	ALG	22	Jan	2011	Christchurch
F34	13.10	Azeddine Nouiri	MAR	4	Sep	2012	London
F35	16.22	Wei Guo	CHN	14	Sep	2008	Beijing
F36	13.77	Pawel Piotrowski	POL	23	Jan	2011	Christchurch
F37	17.52	Dong Xia	CHN	5	Sep	2012	London
F38	15.58	Ibrahim Ahmed Abdelwareth	EGY	27	Jan	2011	Christchurch
F40	14.46	Zhiming Wang	CHN	6	Sep	2012	London
F42	14.43	Darko Kralj	CRO	10	Sep	2008	Beijing
F43	14.21	Jorg Frischmann	GER	18	Aug	1996	Atlanta
F44	18.38	Jackie Christiansen	DEN	21	Aug	2011	Olomouc
F46	15.68	Nikita Prokhorov	RUS	6	Sep	2012	London
F52	10.23	Aigars Apinis	LAT	31	Aug	2012	London
F53	8.72	Mauro Maximo de Jesus	MEX	16	Sep	2008	Beijing
F54	10.32	Georg Tischler	AUT	30	Nov	2009	Bangalore
F55	11.85	Martin Nemec	CZE	24	Jun	2006	Olomouc
F56	13.49	Olokhon Musayev	AZE	15	Sep	2008	Beijing
F57	14.28	Jamil Saleh Elshebli	JOR	9	Sep	2008	Beijing
F58	16.37	Alexey Ashapatov	RUS	24	Jan	2011	Christchurch

IPC WORLD RECORDS

Men's Discus Throw

F11	44.44	Alfonso Lopez-Fidalgo	ESP	24	Jul	1998	Madrid
F12	52.51	Haitao Sun	CHN	27	Sep	2004	Athens
F13	53.61	Oleksandr Iasynovyi	UKR	23	Oct	2000	Sydney
F32	22.30	Lahouari Bahlaz	ALG	7	Sep	2012	London
F33	34.65	Hani Alnakhlil	KSA	7	Sep	2012	London
F34	49.03	Yanzhang Wang	CHN	7	Sep	2012	London
F35	54.13	Wei Guo	CHN	11	Sep	2008	Beijing
F36	38.98	Wenbo Wang	CHN	11	Sep	2008	Beijing
F37	55.81	Dong Xia	CHN	7	Sep	2012	London
F38	52.91	Javad Hardani	IRI	7	Sep	2012	London
F40	45.78	Zhiming Wang	CHN	4	Sep	2012	London
F42	47.85	Fanie Lombaard	RSA	24	Jul	2002	Villeneuve d'Ascq
F43	38.88	Roan Tynan	IRL	22	Oct	1988	Seoul
F44	63.46	Jeremy Campbell	USA	9	Jun	2012	Oklahoma
F46	49.85	Tomasz Rebisz	POL	31	Jul	1999	Barcelona
F51	12.37	Mohamed Berrahal	ALG	6	Sep	2012	London
F52	21.00	Aigars Apinis	LAT	6	Sep	2012	London
F53	26.62	Toshie Oi	JPN	30	Sep	2006	Okayama
F54	32.97	Drazenko Mitrovic	SRB	5	Sep	2012	London
F55	39.42	Mustafa Yuseinov	BUL	28	Jan	2011	Christchurch
F56	44.63	Leonardo Diaz	CUB	5	Sep	2012	London
F57	49.09	Weihai Zheng	CHN	13	Sep	2008	Beijing
F58	60.72	Alexey Ashapatov	RUS	31	Aug	2012	London

Men's Javelin

F11	53.99	Bil Marinkovic	AUT	9	Jun	2010	Leverkusen
F12	64.38	Pengkai Zhu	CHN	5	Sep	2012	London
F13	61.48	Seyed Erfan Hosseini Liravi	IRI	29	Jan	2011	Christchurch
F33	26.40	Kamel Kardjena	ALG	1	Sep	2012	London
F34	38.30	Mohsen Kaedi	IRI	1	Sep	2012	London
F35	56.07	Wei Guo	CHN	8	Sep	2008	Beijing
F36	43.86	Pawel Piotrowski	POL	27	May	2011	Manchester
F37	57.81	Dong Xia	CHN	9	Sep	2008	Beijing
F38	51.37	Oleksandr Doroshenko	UKR	23	Sep	2004	Athens
F40	47.95	Zhiming Wang	CHN	7	Sep	2012	London
F42	52.79	Yanlong Fu	CHN	7	Sep	2012	London
F44	59.82	Mingjie Gao	CHN	23	Jan	2011	Christchurch
F46	62.15	B Devendra	IND	21	Sep	2004	Athens
F52	18.58	Peter Martin	NZL	6	Sep	2006	Assen
F53	22.08	Abdolreza Jokar	IRI	12	Sep	2008	Beijing
F54	29.49	Alexey Kuznetsov	RUS	1	Jun	2011	Botrop
F55	35.30	Ali Naderi Darbaghshay	IRI	22	Sep	2004	Athens
F56	42.27	Pieter Gruijters	NED	9	Sep	2008	Beijing
F57	45.38	Claudiney Batista dos Santos	BRA	8	Sep	2012	London
F58	50.98	Mohammad Khalvandi	IRI	8	Sep	2012	London

Men's Club Throw

F32	36.73	Lahouari Bahlaz	ALG	25	Jan	2011	Christchurch
F51	26.88	Zeljko Dimitrijevic	SRB	31	Aug	2012	London

Men's Pentathlon

P11	2627	Sergey Sevostianov	RUS	24	Oct	2000	Sydney
P12	3403	Hilton Langenhoven	RSA	12	Sep	2008	Beijing
P13	3155	Vadim Kalmykov	UKR	15	Sep	1987	Moscow
P36	1099	Tommy Chasanoff	USA	6	Jul	2005	New London
P38	1764	Petr Vratil	CZE	6	Jul	2005	New London
P42	5792	Fanie Lombaard	RSA	22	Oct	2000	Sydney
P44	4662	Jeremy Campbell	USA	11	Sep	2008	Beijing
P51	4330	Richard Schabel	GBR	20	Aug	2000	Delemon
P52/53	5245	Peter Martin	NZL	26	Aug	2001	Jona
P54-58	5806	Yong Ling	CHN	20	Sep	2004	Athens

IPC WORLD RECORDS

Women's 100m

T11	12.01	1.2	Terezinha Guilhermina	BRA	5	Sep	2012	London
T12	11.91	0.6	Guohua Zhou	CHN	1	Sep	2012	London
T13	11.99	-0.9	Omara Durand	CUB	17	Nov	2011	Guadalajara
T32	37.67	0.0	Lindsay Wright	GBR	25	Jul	1997	Nottingham
T33	21.59	-0.4	Kristen Messer	USA	31	Aug	2012	London
T34	17.60	0.5	Hannah Cockroft	GBR	20	May	2012	Nottwil
T35	15.64	-2.3	Ping Liu	CHN	24	Aug	2005	Espoo
T36	13.82	0.3	Fang Wang	CHN	16	Sep	2008	Beijing
T37	13.88	0.0	Lisa McIntosh	AUS	25	Oct	2000	Sydney
T38	13.43	0.0	Inna Stryzhak	UKR	9	Sep	2008	Beijing
T42	15.87	-0.3	Martina Caironi	ITA	5	Sep	2012	London
T43	13.27	0.3	Marlou van Rhijn	NED	1	Sep	2012	London
T44	12.98	0.0	April Holmes	USA	1	Jul	2006	Atlanta
T45	14.00	0.0	G. Cole	CAN	2	Jun	1980	Arnhem
T46	11.95	-0.2	Yunidis Castillo	CUB	4	Sep	2012	London
T51	32.08	0.0	V. Hill	USA	27	Aug	1989	Stoke Mandeville
T52	18.67	1.7	Michelle Stilwell	CAN	14	Jul	2012	Windsor
T53	16.22	-0.2	Lisha Huang	CHN	12	Sep	2008	Beijing
T54	15.82	0.5	Wenjun Liu	CHN	8	Sep	2012	London

Women's 200m

T11	24.67	-2.2	Terezinha Guilhermina	BRA	20	Apr	2012	Mexico City
T12	24.46	0.3	Assia El Hannouni	FRA	6	Sep	2012	London
T13	24.24	-0.6	Omara Durand	CUB	26	Jan	2011	Christchurch
T32	1:22.57	0.0	Lindsay Wright	GBR	15	Aug	1999	Nottingham
T33	38.38	-0.3	Mary Rice	IRL	25	Oct	2000	Sydney
T34	31.23	1.0	Hannah Cockroft	GBR	1	Jul	2012	Indianapolis
T35	32.27	0.0	Ping Liu	CHN	26	Aug	2005	Espoo
T36	28.60	0.2	Fang Wang	CHN	26	Sep	2004	Athens
T37	28.42	-0.3	Lisa McIntosh	AUS	27	Oct	2000	Sydney
T38	27.39	-0.7	Junfei Chen	CHN	6	Sep	2012	London
T42	35.98	-2.4	Kelly Cartwright	AUS	28	Jan	2012	Adelaide
T43	26.18	1.0	Marlou van Rhijn	NED	6	Sep	2012	London
T44	26.76	1.0	Marie-Amelie Le Fur	FRA	6	Sep	2012	London
T45	28.58	0.3	Kumudu Priyanka Dissanayake Mudiyansele	SRI	17	Dec	2010	Guangzhou
T46	24.45	-0.6	Yunidis Castillo	CUB	1	Sep	2012	London
T51	56.02	0.0	Shannon Francklin	USA	8	Jul	1998	Atlanta
T52	33.58	-0.4	Michelle Stilwell	CAN	19	May	2012	Nottwil
T53	28.93	1.3	Jessica Galli	USA	1	Jul	2012	Indianapolis
T54	27.52	0.5	Chantal Petitclerc	CAN	14	Sep	2008	Beijing

Women's 400m

T11	56.14		Terezinha Guilhermina	BRA	18	Aug	2007	Rio de Janeiro
T12	53.67		Assia El Hannouni	FRA	27	Sep	2004	Athens
T13	54.46		Marla Runyan	USA	3	Jan	1995	Los Angeles
T32	2:49.35		Lindsay Wright	GBR	26	Jul	1997	Nottingham
T33	1:15.98		Mary Rice	IRL	27	Jul	2001	Nottingham
T34	59.99		Hannah Cockroft	GBR	18	Feb	2012	Sydney
T35	1:38.65		Perla Amanda Munoz	ARG	23	Oct	2000	Sydney
T36	1:06.96		Fang Wang	CHN	27	Sep	2004	Athens
T37	1:04.79		Lisa McIntosh	AUS	23	Oct	2000	Sydney
T38	1:04.90		Inna Stryzhak	UKR	27	Jul	2002	Villeneuve d'Ascq
T42	1:34.62		Sarah Reinertsen	USA	31	Jul	1999	Barcelona
T43	1:09.61		Shea Cowart	USA	10	Aug	2001	Chula Vista
T44	1:02.42		Marie-Amelie Le Fur	FRA	22	Jun	2007	Montbéliard
T45	1:13.92		G. Cole	CAN	2	Jun	1980	Arnhem
T46	55.72		Yunidis Castillo	CUB	8	Sep	2012	London
T51	1:48.68		Shannon Francklin	USA	7	Jul	1998	Atlanta
T52	1:05.41		Michelle Stilwell	CAN	18	Feb	2012	Sydney
T53	54.88		Jessica Galli	USA	10	Sep	2008	Beijing
T54	51.91		Chantal Petitclerc	CAN	25	Sep	2004	Athens

IPC WORLD RECORDS

Women's 800m

T11	2:17.66	Tracey Hinton	GBR	11	Aug	2003	Quebec
T12	2:04.96	Assia El Hannouni	FRA	9	Sep	2008	Beijing
T13	2:03.18	Marla Runyan	USA	1	Jan	1999	Boston
T33	2:35.04	Mary Rice	IRL	28	Jul	2001	Nottingham
T34	2:04.84	Hannah Cockroft	GBR	27	Jun	2010	Arbon
T36	3:14.00	Hanna Prokhnyska	UKR	6	Jun	2002	Mykolaiv
T37	2:46.76	Siw Verstengen	NOR	31	Jul	1994	Berlin
T38	2:35.90	Maria Fernandes	POR	28	Jul	2001	Nottingham
T44	2:38.32	Marie-Amelie Le Fur	FRA	7	Jul	2005	Stoke Mandeville
T46	2:12.42	Lioubov Vassilieva	RUS	24	Jul	2002	Villeneuve d'Ascq
T51	4:11.97	Leticia Lopez	MEX	12	Jul	1997	Etobicoke
T52	2:16.71	Lisa Franks	CAN	20	May	2005	Atlanta
T53	1:49.82	Jessica Galli	USA	29	Jun	2007	Atlanta
T54	1:45.19	Chantal Petitclerc	CAN	14	Sep	2008	Beijing

Women's 1500m

T11	4:48.88	Annalisa Minetti	ITA	4	Sep	2012	London
T12	4:19.20	Assia El Hannouni	FRA	14	Sep	2008	Beijing
T13	4:05.27	Marla Runyan	USA	1	Jan	1999	Seville
T20	4:24.85	Barbara Niewiedzial	POL	29	Jul	2004	Bollnas
T33	5:05.01	Mary Rice	IRL	26	Jul	2001	Nottingham
T34	4:16.31	Deborah Brennan	GBR	17	Aug	2003	Birmingham
T36	6:26.30	Susan Suchan	CAN	11	Aug	1995	Saint John
T37	5:40.12	Siw Verstengen	NOR	28	Jul	1994	Berlin
T38	5:28.51	Maria Fernandes	POR	26	Jul	2001	Nottingham
T46	4:50.08	Chun Mei Li	CHN	29	Nov	2006	Kuala Lumpur
T51	7:59.80	V. Hill	USA	28	Jul	1989	Stoke Mandeville
T52	4:25.49	Lisa Franks	CAN	8	Aug	2004	Edmonton
T54	3:21.22	Shelly Woods	GBR	24	Jun	2010	Arbon

Women's 3000m

T11	11:07.65	Pavla Valnickova	CZE	6	Sep	1992	Barcelona
T12	10:04.33	Rima Batalova	RUS	31	Jul	1994	Berlin
T13	10:42.99	Pamela McGonigle	USA	1	Jan	1991	Unknown

Women's 5000m

T11	20:05.81	Sigita Markeviciene	LTU	28	Oct	2000	Sydney
T12	17:50.45	Elena Pautova	RUS	4	Aug	2003	Quebec
T13	15:07.19	Marla Runyan	USA	27	Aug	1999	Seville
T52	15:40.73	Lisa Franks	CAN	29	Oct	1999	Sydney
T54	11:16.96	Diane Roy	CAN	26	Jun	2010	Arbon

Women's 10,000m

T54	24:21.64	Jean Driscoll	USA	18	Aug	1996	Atlanta
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Women's Marathon

T11	3:53.38	Reiko Aotake	JPN	1	Jan	1998	Kasumigaura
T12	3:49.16	Gabriele Berghofer	AUT	20	May	2001	Vienna
T52	2:07.28	Tomomi Yamaki	JPN	9	Nov	2008	Oita
T54	1:38.32	Wakako Tsuchida	JPN	11	Nov	2001	Oita

Women's 4x100m

T11-13	48.79	Spain	ESP	9	Sep	1997	Riccione
T35-38	54.77	Russia	RUS	28	Jun	2012	Stadskanaal
T42-46	56.50	Germany	GER	15	Aug	1998	Birmingham
T53/54	57.61	China	CHN	16	Sep	2008	Beijing

Women's 4x400m

T11-13	4:02.21	Brazil	BRA	6	Aug	2007	Sao Paulo
T53/54	3:46.11	China	CHN	27	Jan	2011	Christchurch

IPC WORLD RECORDS

Women's High Jump

F11	1.45	Vera Kroes	NED	8	Aug	1986	Gothenburg
F11	1.45	Joke Rijswijk	NED	19	Oct	1988	Seoul
F12	1.57	Helena Kannus-Silm	EST	7	Aug	2001	Bialystok
F13	1.80	Marla Runyan	USA	1	Jan	1995	Colorado
F42	1.36	Haiyuan Zhang	CHN	29	Nov	2006	Kuala Lumpur
F44	1.52	Michaela Daamen	GER	16	Jun	2001	Assen
F45	1.45	G. Cole	CAN	24	Jun	1984	New York
F46	1.67	Catherine Bader-Bille	GER	17	Jun	2000	Weinstadt

Women's Long Jump

F11	5.21	0.0	Purificacion Ortiz	ESP	1	Jan	1997	Burgos
F12	6.60	-0.9	Oksana Zubkovska	UKR	7	Sep	2012	London
F13	5.88	0.0	Marla Runyan	USA	1	Jan	1995	Colorado
F20	6.00	1.0	Karolina Kucharczyk	POL	3	Sep	2012	London
F36	3.99	0.7	Claudia Nicolaitzik	GER	22	Jul	2011	Singen am Hohentwiel
F37	4.92	0.0	Lisa McIntosh	AUS	6	Apr	2001	Canberra
F38	4.96	1.1	Inna Stryzhak	UKR	26	Jun	2012	Stadskanaal
F42	4.38	-0.5	Kelly Cartwright	AUS	2	Sep	2012	London
F44	5.43	1.4	Marie-Amelie Le Fur	FRA	22	Jun	2012	Belfort
F45	4.24	0.5	Mariane Santos	BRA	16	Jun	2012	Sao Paulo
F46	5.89	1.6	Carlee Beattie	AUS	15	Apr	2011	Melbourne

Women's Triple Jump

F12	12.11	0.0	Marija Ivekovic Mestrovic	CRO	6	Aug	2007	Sao Paulo
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Women's Shot Put

F11	16.74	Assunta Legnante	ITA	5	Sep	2012	London
F12	13.06	Tamara Sivakova	BLR	6	Sep	2006	Assen
F13	13.05	Tamara Sivakova	BLR	25	Jul	1998	Madrid
F20	14.33	Ewa Durska	POL	8	Jul	2006	Dreux
F32	6.61	Maria Stamatoula	GRE	1	Jun	2012	Athens
F33	6.50	Tetyana Yakybchuk	UKR	9	Jul	2005	New London
F34	10.25	Birgit Kober	GER	6	Sep	2012	London
F35	12.22	Mariia Pomazan	UKR	2	Sep	2012	London
F36	10.64	Qing Wu	CHN	2	Sep	2012	London
F37	12.20	Na Mi	CHN	4	Sep	2012	London
F38	12.58	Aldona Grigaliuniene	LTU	11	Sep	2008	Beijing
F40	9.86	Raoua Tlili	TUN	8	Sep	2012	London
F42	10.06	Baozhu Zheng	CHN	9	Sep	2008	Beijing
F43	9.76	Stela Eneva	BUL	17	Jul	2004	Olomouc
F44	13.05	Juan Yao	CHN	3	Sep	2012	London
F46	11.93	Britta Jaenicke	GER	28	Oct	2000	Sydney
F52	5.82	Antonia Balek	CRO	7	Jun	2009	Stadskanaal
F53	5.88	Cristeen Smith	NZL	28	Jul	1994	Berlin
F54	7.50	Liwan Yang	CHN	1	Sep	2012	London
F55	9.06	Marianne Buggenhagen	GER	19	Sep	2004	Athens
F56	9.43	Angela Madsen	USA	14	Jul	2012	Windsoor
F57	10.93	Nadia Medjmedj	ALG	9	Sep	2008	Beijing
F58	11.43	Angeles Ortiz Hernandez	MEX	8	Sep	2012	London

IPC WORLD RECORDS

Women's Discus Throw

F11	40.42	Liangmin Zhang	CHN	22	Jan	2011	Christchurch
F12	45.06	Liudya Maso Belicer	CUB	19	Aug	1996	Atlanta
F13	44.67	Liudya Maso Belicer	CUB	23	Oct	2000	Sydney
F32	12.11	Gemma Prescott	GBR	11	Jul	2009	Sindelfingen
F33	17.05	Tetyana Yakychuk	UKR	10	Sep	2008	Beijing
F34	25.22	Birgit Kober	GER	23	Jul	2011	Singen am Hohentwiel
F35	30.12	Mariia Pomazan	UKR	31	Aug	2012	London
F36	28.01	Qing Wu	CHN	31	Aug	2012	London
F37	35.35	Na Mi	CHN	6	Sep	2012	London
F38	31.63	Aldona Grigaliuniene	LTU	6	Sep	2006	Assen
F40	32.37	Najat El Garraa	MAR	31	Aug	2012	London
F42	33.19	Baozhu Zheng	CHN	15	Sep	2008	Beijing
F43	32.22	Stela Eneva	BUL	25	Sep	2004	Athens
F44	42.38	Yue Yang	CHN	15	Sep	2008	Beijing
F46	42.12	Hong Ping Wu	CHN	25	Sep	2004	Athens
F51	6.58	Josie Pearson	GBR	7	Sep	2012	London
F52	15.28	Martina Kniezkova	CZE	20	Sep	2004	Athens
F53	14.46	Cristeen Smith	NZL	26	Jul	1995	Stoke Mandeville
F54	19.96	Jana Fesslova	CZE	29	Aug	2004	Frydek-Mistek
F55	27.80	Marianne Buggenhagen	GER	9	Sep	2008	Beijing
F56	24.67	Suely Guimaraes	BRA	9	Dec	2003	Mar del Plata
F57	30.59	Nadia Medjmedj	ALG	17	Jun	2008	Tunis
F58	40.99	Nassima Saïfi	ALG	29	Jan	2011	Christchurch

Women's Javelin

F11	38.62	Martina Willing	GER	6	Sep	1992	Barcelona
F12	42.51	Tanja Dragic	SRB	2	Sep	2012	London
F13	43.82	Guoli Tang	CHN	7	May	2000	Shanghai
F33	14.14	Tiina Ala Aho	FIN	19	Jun	2003	Assen
F34	27.03	Birgit Kober	GER	3	Sep	2012	London
F35	25.59	Renata Chilewska	POL	10	Sep	2008	Beijing
F36	29.55	Qing Wu	CHN	2	Dec	2011	Sharjah
F37	37.86	Shirlene Coelho	BRA	8	Sep	2012	London
F38	32.87	Ramune Adomaitiene	LTU	13	Jun	2010	Bottrop
F40	28.30	Raoua Tlili	TUN	16	Jun	2010	Rabat
F42	31.51	Claudia Biene	GER	16	Sep	2008	Taipei
F44	40.51	Juan Yao	CHN	8	Sep	2008	Beijing
F46	41.15	Katarzyna Piekart	POL	1	Sep	2012	London
F52	13.46	Antonia Balek	CRO	3	Jun	2009	Wedau, Duisburg
F53	11.87	Esther Rivera	MEX	13	Aug	2007	Rio de Janeiro
F54	17.89	Liwan Yang	CHN	5	Sep	2012	London
F55	22.71	Martina Willing	GER	21	Aug	1999	Bern
F56	24.03	Martina Willing	GER	13	Jun	2008	Berlin
F57	23.87	Mary Nakhumicha Zakayo	KEN	29	Oct	2000	Sydney
F58	31.12	Safia Djelal	ALG	28	Apr	2007	Marrakech

Women's Club Throw

F31	10.98	Sunjeong Kim	KOR	1	Sep	2012	London
F32	23.43	Maroua Ibrahim	TUN	1	Sep	2012	London
F51	15.83	Catherine O'Neill	IRL	18	Aug	2001	Nove Mesto

Women's Pentathlon

P11	2182	Martina Willing	GER	11	Sep	1992	Barcelona
P12	2877	Marija Ivekovic Mestrovic	CRO	23	Aug	2005	Espoo
P13	3661	Marla Runyan	USA	22	Aug	1996	Atlanta
P44	4653	Andrea Scherney	AUT	20	Jun	2003	Assen
P52/53	5167	Cristeen Smith	NZL	5	Aug	1993	Stoke Mandeville
P54-58	5707	Marianne Buggenhagen	GER	27	Jul	1994	Berlin



BRITISH
ATHLETICS

GENERAL
INFORMATION



LOUGHBOROUGH HIGH PERFORMANCE INSTITUTE

It was confirmed with Neil Black's appointment as Performance Director in November 2012 that resources would be centralised around a single High Performance Institute in Loughborough.

Black's view is that bringing the very best staff together into a single centre is central to the vision for investing National Lottery and UK Sport support in order to maximise British Athletics medals in future years, in particular in Rio 2016 and at the World Championships in London in 2017.

By appointing coaches to work alongside world leading sport science and medical team, every British athlete will now have a single venue which they can build their training around, ensuring the ability to offer tailored support to more athletes, more effectively than before.



KEY PERFORMANCE PERSONNEL

Neil Black: UKA Performance Director

Peter Eriksson: Olympic Head Coach

Paula Dunn: Paralympic Head Coach

Richard Wheeler: Acting Strategic Head of Coaching and Development

Dr Steve Peters: Sports Psychiatrist

Dr Robin Chakraverty: Chief Medical Officer

For any queries relating to any of the above, please contact the press team on 0121 713 8400.

FUTURES PROGRAMME

"Futures" is a support programme for athletes and their coaches which underpins the World Class Performance Programme (WCPP).

The 2012-13 cycle, which runs from 1 December 2012 to 30 November 2013, will continue British Athletics' drive towards more targeted support for athletes and their coaches with the inclusion of 23 athlete-coach pairings.

The programme focuses on athletes who show the potential to ultimately achieve future success at the IAAF World Championships or Olympic Games, have the potential to be selected to the WCPP within two years and are typically in the 17-20 age range, but with flexibility towards athletes who are deemed an exceptional case for support.

British Athletics Futures Programme 2012/2013 Athletes and Coaches:

Dina Asher-Smith (coach: John Blackie)
 Loren Bleaken (coach: Adrian Clover)
 Lucy Bryan (coach: Charles Preston)
 Rowena Cole (coach: Norma Pugh)
 Emily Dudgeon (coach: Stuart Hogg)
 Jarryd Dunn (coach: Keith Holt)
 Annabel Gummow (coach: Neville Taylor)
 Desiree Henry (coach: Stanley Madiri)
 Louisa James (coach: Ron James)
 Izzy Jeffs (coach: Esa Utrainen)
 Sophie McKinna (coach: Geoff Capes)
 Laura Muir (coach: Andy Young)
 Michael Painter (coach: John Painter)
 Sophie Papps (coach: Neil Dodson)
 Nick Percy (coach: John Hillier)
 Elliot Safo (coach: John Shepherd)
 Zak Seddon (coach: Jeff Seddon)
 Matthew Shirling (coach: Adrian Webb)
 Emily Stewart (coach: Ian Whyte)
 Josh Street (coach: Matthew Thomas)
 Jenny Walsh (coach: Deborah Rowlands)
 Ronnie Wells (coach: James Hillier)
 Jodie Williams (coach: Stanley Madiri)

ATHLETE AGENTS

For up-to-date information please visit:

www.britishathletics.org.uk/media/athletes-agents

Andrew Meadows

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Tyler Sports Management

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1 Bell Street
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Phone – 07818 844336
david@tylersports.co.uk
www.tylersports.co.uk

BOARD MEMBERS

ED WARNER Chairman

Qualifications:

BA (hons) in Philosophy, Politics and Economics from Worcester College, Oxford.

Role:

Acting as a Non-Executive Chairman, Ed leads the Board of UK Athletics and ensures that it is effective. He works closely with the Chief Executive and mentors and monitors his performance in delivering UK Athletics' strategy, while playing a key role in the organisation's vision and communication. Ed is passionate about athletics and as a club runner himself has a perspective of the sport from its grassroots.

Other Commitments:

Ed is both a city businessman and a leading commentator on financial matters. He is a respected media commentator on business and lectures on the investment banking industry at Cranfield School of Management.

Career Summary:

In 2006 Ed successfully sold the IFX Group plc, the financial trading and spread betting company, having been its Chief Executive for three years. Previously he was Chief Executive of Old Mutual Financial Services UK, Head of Pan European Equities at BT Alex Brown and Head of Global Research at Dresdner Kleinwort Benson.

NIELS DE VOS Chief Executive

Qualifications:

BA (hons) in History from Keble College, Oxford.

Role:

Niels has been Chief Executive of UK Athletics since May 2007 and is responsible for the day to day running of the business, leading the sport through its next phase of development and driving the creation and implementation of a UK wide strategy.

Career Summary:

Niels was previously Chief Executive of Guinness Premiership Rugby team Sale Sharks, whom he guided to the Premiership title in 2006. Prior to joining Sharks, Niels was Commercial and Marketing Director of the hugely successful Manchester Commonwealth Games, 90% of tickets were sold – beating the record set by the Sydney Olympics, and the event raised more in commercial sponsorship than any other international sporting event ever held in the UK. The Commonwealth Games was, in the eyes of many, the event that restored Britain's international reputation for hosting major sporting events. Niels joined the Games in April 1999 having set another sponsorship record in his previous employment as Commercial General Manager at the Millennium Experience – securing £150m in 18 months. Whilst at the Millennium Experience, Niels also conceived and created the Children's Promise Appeal, raising over £20m for UK Children's Charities.

BOARD MEMBERS

KEVAN TAYLOR Finance and Operations Director / Company Secretary

Qualifications:

Fellow Member of The Institute of Chartered Accountants in England & Wales.

Role:

Kevan was appointed Finance Director and Company Secretary in February 2011. He is also the Finance Director for England Athletics Limited. Kevan's role also includes management of the company's Procurement team and he is the representative for UK Athletics on the Major Spectator Sports Division of the Sport and Recreation Alliance.

Career Summary:

Kevan has been a director in four sports since his appointment as Finance Director of Sale Sharks in 2002. At the Premiership Rugby club, he was involved in the transformation of the commercial performance of the club as it established itself as a leading force in rugby union. He was subsequently appointed Finance Director at Stockport County FC, a role he fulfilled alongside his responsibilities for Sale Sharks as both clubs came under common ownership. Kevan was promoted to Chief Executive of Stockport County in 2004. In 2007 Kevan became involved in a third sport when he was recruited as the Finance Director of the Lawn Tennis Association where he was also a member of the Tennis Leadership Team.

Before becoming professionally involved in sport, Kevan was a Finance Director at Granada plc (now known as ITV), for seven years with responsibility for the financial direction of the largest commercial television production and distribution business in the United Kingdom. During his time at Granada, Kevan was a member of the executive team responsible for the acquisition of three major television groups.

SARAH SMART Non Executive Director

Qualifications:

MA in Classics from Oxford University

Member of the Institute of Chartered Accountants of Scotland

Role:

Non Executive Director and Chair of the Audit Committee

Other Commitments:

Director of SmartCats Consulting Ltd

Chair of The Pensions Trust

Board member of the London Pensions Fund Authority

Non Executive Director of Social Investment Scotland

Career Summary:

Having trained as a chartered accountant in Scotland, Sarah spent approximately 10 years in various roles within the investment management industry. Sarah now holds a portfolio of non-executive and advisory positions, specialising in ensuring excellent organisational governance and risk management.

BOARD MEMBERS

SARAH ROWELL Non Executive Director

Qualifications:

BSc (hons) in sports science from University of Brighton
PhD from University of Brighton
Fellow of the British Association of Sport and Exercise Sciences

Role:

Non Executive Director Member of the Remuneration Committee

Other Commitments:

Partner at Wharton Consulting
Board member at London Marathon
Member of the European Athletics Mountain Running Commission
Director of High Performance World Class Lifting

Career summary:

Represented GB/England on the road, cross country and mountains between 1983 -1996, including finishing 13th in the 1984 Olympic Marathon and 2nd in the 1985 London Marathon. After starting her career at the National Coaching Foundation, Sarah was Technical Consultant to the English Institute of Sport during its early years. She is now a Partner at Wharton Consulting where she specialises in systems and people development, particularly in high performance sport, working with numerous national governing bodies and national sporting agencies.

JOHN TAYLOR Non Executive Director

Qualifications:

BSc Eng. in Chemical Engineering and MSc in Computer Science, both gained at London University.

Role:

Non Executive Director, Chair of Remuneration Committee, Member of Audit Committee.

Other Commitments:

Chairman of Birmingham and Solihull Solutions Ltd, a public/private company developing primary health care facilities in the region. Non-Executive Director of two further local public/private companies developing health care facilities, Prima 200 Ltd in North Staffs and Dudley Infracare Ltd in Dudley. Non-Executive Director of South Birmingham PCT (NHS) Ltd.

Voluntary appointments:

Director and Trustee of Autism West Midlands Ltd, a charity supporting people on the autism spectrum and their families.

Career summary:

Worked for Cadbury Schweppes PLC where his roles included Managing Director of Trebor Basset Group, Marketing Director of Cadbury Ltd, Managing Director of ITnet Ltd. He also worked in Corporate Strategy and M&A functions. Since retiring from Cadbury Schweppes has had a number of non-executive director and chairman roles.

JASON GARDENER MBE Non Executive Director

BOARD MEMBERS

Qualifications:

BSC Hons Media & Sociology at Bath Spa University (2003)

Role:

Non Executive Director

Oversight of World Class Performance Programme and Athlete Performance Advisor.

Other Commitments:

Sports Consultant for Youth Sports Trust, Redbull, Oakley and University of Bath Rugby and Relays

Occasional athletics presenter for Eurosport, Channel Four & BBC

Career summary:

Olympic Champion 4 x 100m 2004

World Champion Indoor 60m 2004

European Champion Indoor 60m 2000, 2002, 2005, 2007

Commonwealth Games Champion 4 x 100m 2002

GB Athletics Men's Team Captain and England Men's Team Captain Commonwealth Games 2002

TERRY COLTON Non Executive Director

Qualifications:

BEd in Physical Education and Mathematics

MSc in Recreation Management

Both gained at Loughborough University of Technology.

Role:

Non Executive Director Member of Audit Committee

Other Commitments:

Athletics Sport Manager, LONDON2012 Olympic and Paralympic Games. Responsible for the planning, organisation and management of athletics for both Games.

Career Summary:

Background in sport sponsorship and event management before joining the National Exhibition Centre, Birmingham, where he managed both the NIA and NEC Arenas for a number of years

During this 20-year period he also worked closely with Birmingham City Council colleagues to deliver a wide range of European and World championship events into Birmingham venues.

In 2003 he was Championship Director for the 9th IAAF World Indoor Championship in Athletics, regarded as one of the best events of its kind ever staged and in 2007 he was Chief Operating Officer for the 29th European Indoor Championships in Athletics, also praised as the best ever.

