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WELCOME NOTE

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

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

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

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

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

Charles van Commenee
Head Coach UKA



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

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



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

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

Yours in Sport,

Peter Eriksson
Head Coach / Performance Director for the UKA Paralympic program

FOREWORD

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



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

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

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

Ed Warner
Chairman – UKA

EXPLANATION TO BIOGRAPHIES

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

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

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

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

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

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

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

T+F 11-13: Athletes with visual impairment

T+F 31-38: Athletes with cerebral palsy

T+F 40-46: Amputees and Les Autres

T 51-54: Wheelchair Racers

F 51-58: Seated Field athletes

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

Photographs provided by:

Mark Shearman – Athletics Images

Athletes, Coaches and Performance staff of UKA

Biographical information sourced from:

www.powerof10.info

Rob Whittingham

OLA ABIDOGUN



Profile

100m, T46

Funding: Talent

DOB: 3/8/93

Born:

Lives: Bolton

Club: Shaftesbury Barnet Harriers

HiPAC:

Coach: Birmingham

Agent: Steve Thomas

Kit:

National Championships

2008 DSE Junior Championships 100m

Personal Bests

100m 12.00 seconds

Career summary

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

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

LARRY ACHIKE



Profile

Triple Jump

Funding: Podium

DOB: 31/1/75

Born: Islington

Lives: St Albans

Club: Shaftesbury Barnet Harriers

HiPAC: West London

Coach: Frank Attoh

Agent:

Kit:

International Highlights

1992 World Juniors 11th, 1993 European Juniors bronze, 1994 World Juniors gold, 1998 Europeans 21st, World Cup 7th, Commonwealth Games gold, 1999 Worlds 11th, 2000 Olympics 5th, 2001 Worlds 7th, 2005 European Indoors 10th, 2006 Europeans 14th, 2008 Olympics 7th
(All triple jump)

National Championships

Won AAA 1999, 2003, AAA U20 1992, 1993 and indoor U20 1993.
UKA 2nd 2008

Personal Bests

Outdoor: TJ 17.30 and 17.31w (2000), 100m 10.95 (1994), 200m 21.68 (1997), 21.6 (1996), LJ 7.46 (1993)
Indoor: TJ 16.49 (2005).

Career summary

Larry played rugby for Sussex U19 and has a degree in Biomedical Science.

Made a fine comeback to Olympic competition when finishing 7th in Beijing, eight years after his last appearance on the sport's biggest stage in Sydney where he placed 5th.

Qualified UKA coach, has worked for London sports initiatives.

JONATHAN ADAMS



National Championships

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

Personal Bests

SP 8.00m (2007)

Discus 27.42m (2008)

Javelin 19.81 (2008)

Career summary

Jonathan is a distant relative of Abraham Lincoln.

He is currently taking his GCSE's and enjoys singing, playing the drums and keyboard in his spare time.

Profile

Discus, F36

Funding: Talent

DOB: 11/9/92

Born: West Suffolk

Lives: Sudbury

Club: Unattached

HiPAC: Lee Valley

Coach: Parents

Agent:

Kit:

KOLA ADEDOYIN



National Championships

2007 England U17 triple jump silver; England Indoor U17 triple jump gold

2008 England U20 triple jump silver

Personal Bests

Outdoor: Triple Jump 15.08 (2008), Indoor 14.56 (2009)

Career summary

Kola holds coach John Vernon as being the biggest influence on his career so far.

He works part-time at a local TenPin bowling alley as well as studying for a BTEC in sports science.

He enjoys playing football outside of athletics and is a supporter of Arsenal FC. Kola can also speak basic Yoruba, a language spoken in Nigeria.

Profile

Triple Jump

Funding: Talent

DOB: 8/4/91

Born: USA

Lives: Feltham

Club: Blackheath & Bromley Harriers

HiPAC: West London

Coach: John Vernon

Agent:

Kit:

PHYLLIS AGBO



Profile

Heptathlon

Funding: Development

DOB: 16/12/85

Born: London

Lives: Birmingham

Club: Thames Valley Harriers

HiPAC: Birmingham

Coach: Darrell Bunn

Agent:

Kit:

International Highlights

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

National Championships

2002 AAA U20 CE gold,
2007 England senior gold,
2007 England U23 long jump silver

Personal Bests

Outdoor: **Hep** 5805 (2008), **100m** 12.03w (2007) 12.3 (2002),
200m 24.33 (2008), **800m** 2.22.41 (2008), **100mh** 13.59w/13.63 (2008),
HJ 1.71i/1.67 (2008), **LJ** 6.37 (2008), **SP** 12.84i (2007) 12.68 (2006),
JT 44.33 (2008)

Career summary

Phyllis played county cricket for Middlesex before her athletics career took off.

She has a talented family, her younger brother plays tennis and her younger sister is a fashion designer.

She has a degree in natural sciences from Cambridge University and used to play clarinet.

ABDIRISAK AHMED



Profile

3000m

Funding: Talent

DOB: 30/12/90

Born: Hargeisa, Somalia

Lives: Sheffield

Club: Sheffield

HiPAC: Loughborough

Coach: Robert Creasey

Agent:

Kit: Brooks

National Championships

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

Personal Bests

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

Career summary

Abdirisak played football for Sheffield United for a year prior to his athletics career and whilst at school played for the football, basketball and rugby teams.

Abdi hopes to go to Loughborough University next year.

He can speak fluent Somali and basic Arabic.

He also enjoys travelling and playing Playstation in his spare time.

HARRY AIKINES-ARYEETEEY



International Highlights

2005 World Youth 100m & 200m gold,
2006 World Junior 100m gold & 4x100m bronze

National Championships

2002 AAA 100m gold, 2003 AAA Indoor 60m. 2008 UKA 100m 6th

Personal Bests

Outdoor: **100m** 10.10 (2008), **200m** 20.91 (2005)

Indoor: **60m** 6.59 (2008)

Career summary

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

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

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

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

Profile

100m

Funding: Podium

DOB: 29/8/88

Born: Sutton

Lives: Loughborough

Club: Sutton & District

HiPAC: Loughborough

Coach: Michael Khmel

Agent: MTC

Kit: Nike

BRIAN ALLDIS



International Highlights

2005 Europeans,
2006 Worlds 400m sf, 800m sf,
2007 IAAF Worlds 1500m 7th; IWAS 5k 5th, relay bronze,
2008 London Marathon 8th; Paralympic World Cup 1500m 5th,
400m 5th, 100m 7th; Paralympics Marathon 34th

Personal Bests

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

Career summary

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

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

Profile

800m, T54

Funding: Development

DOB: 8/7/86

Born: Bury St. Edmunds

Lives: Bury St Edmunds

Club: St Edmunds Pacers

HiPAC: Lee Valley

Coach: Dame Tanni Grey-Thompson

Agent:

Kit:

EMMA ANIA



Profile

100m

Funding: Podium

DOB: 7/2/80

Born: Islington

Lives: Italy

Club: Shaftesbury Barnet Harriers

HiPAC: Lee Valley

Coach: Robert Bonomi

Agent: Robert Wagner

Kit:

International Highlights

2005 Worlds 100m qf, 4x100m ht,
2006 Commonwealth Games 100m 8th, 4x100m silver; Europeans
100m sf, 4x100m silver, World Cup (for Europe) 4x100m 8th,
2008 Olympics 4x100m dnf

National Championships

2004 AAA 100m bronze, 2005 AAA 100m 4th & 200m 5th,
2008 UKA 100m 4th

Personal Bests

Outdoor: **100m** 11.21 (2008), **200m** 23.25 (2008)

Indoor: **60m** 7.24 (2008), **100m** 11.80 (2002), **400m** 56.74 (2000)

Career summary

Emma won the English Schools Intermediates 200m in 1995, setting a PB 24.32 in her semi-final, but did not compete again until 2000 whilst in the USA and ran a startling 23.83w. She spent a couple of years in Iceland and ran many fast times there with bests of 11.64 and 11.50w for 100m and 23.73 and 23.64w for 200m in 2002.

Won silver with the England 4x100m team at the 2006 Commonwealth Games and with the GB & NI 4x100m team at the 2006 European Championships.

Has previously worked as a lingerie model. She is cousin to Olympic 400m Hurdles bronze medallist Tasha Danvers.

HOLLIE ARNOLD



Profile

Javelin, F46

Funding: Talent

DOB: 26/6/94

Born: Grimsby

Lives: Grimsby

Club: Cleethorpes AC

HiPAC: Loughborough

Coach: Shelley Quarin

Agent:

Kit:

International Highlights

2008 Paralympics javelin 11th

National Championships

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

Personal Bests

SP 7.92 (2008), **DT** 25.44 (2008), **JT** 31.72 (2008),

100m 15.89 (2007), **200m** 31.73 (2008)

Career summary

Hollie is currently still at school.

She enjoys singing when she is not at school or training.

Her best achievement so far is competing at the Beijing Paralympic Games. Greatest influence on career so far would be her coach Shelley Holroyd as she has been there and done it at major championships (International Javelin thrower). Got started by taking part in Aviva Startrack.

DANIEL AWDE



International Highlights

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

National Championships

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

Personal Bests

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

Career summary

Daniel headed the UK rankings for his age-group with junior decathlon scores of 6317 in 2005, 7381 in 2006 and 7256w in 2007.

He started his senior decathlon career with 7288 and 7110 in 2007 before a major breakthrough to 7704 to win the national title and 7751 for 3rd in the European First League in 2008. He showed enormous talent running 47.17 and 47.22 for 400m in those last two decathlons.

His elder brother Chris was a British junior international.

Profile

Decathlon

Funding: Development

DOB: 22/6/88

Born: Hammersmith

Lives: Essex

Club: Woodford Green & Essex Ladies

HiPAC: Lee Valley

Coach: Greg Richards

Agent:

Kit:

ANDREW BADDELEY



International Highlights

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

National Championships

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

Personal Bests

Outdoor: **800m** 1:46.32 [2007], **1500m** 3:34.36+ [2008] 3:34.74 [2007],
1M 3:49.38 [2008], **3000m** 7:54.74 [2007], **5000m** 14:12.15 [2005]
Indoor: **800m** 1:48.67 [2006], **1500m** 3:43.50 [2006],
1M 3:58.23 [2006], **3000m** 7:45.10 [2008]

Career summary

Andrew is Britain's top 1500m runner despite an ongoing recurrence of a heart palpitations problem which he was born with.

Andy fell and broke his wrist in the 800m final at the AAA Indoors 2006. Further misfortune followed as he was tripped and fell heavily early in the final of the Commonwealth Games 1500m.

His victory in the Dream Mile at the 2008 Bislet Games in Oslo was the first by a British athlete since Peter Elliott in 1991. Andrew is a graduate in aerospace engineering, which he studied at Cambridge University.

Profile

1500m

Funding: Podium

DOB: 20/6/82

Born: Wirral

Lives: London

Club: Harrow AC

HiPAC: West London

Coach: Andrew Hobdell

Agent: Nic Bideau

Kit: New Balance

MICHAEL BAKER



Profile

400m Hurdles

Funding: Talent

DOB: 6/4/90

Born: Chatham

Lives: Loughborough Uni
/Chatham

Club: Medway & Maidstone AC

HiPAC: Loughborough

Coach: Nick Dakin

Agent:

Kit:

International Highlights

2007 World Youth 400mH Y sf

National Championships

2004 English Schools 80mH U15 gold,

2006 UK School Games 400mH Y silver; AAA U17 400mH Y silver;

English Schools 400mH Y U17 silver; AAA U17 400mH Y silver;

England U20 400mH silver,

2008 English School U19 400H silver

Personal Bests

Outdoor: **100m** 13.15 (2006), **400m** 52.38 (2008), **400m** 51.98 (2007), **400m** 48.90 (2007), **200m** 22.6 (2006) 22.65 (2008)

Career summary

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

LEON BAPTISTE



Profile

100m

Funding: Development

DOB: 23/5/85

Born: London

Lives: Loughborough

Club: Enfield & Haringey

HiPAC: Loughborough

Coach: Michael Khmel

Agent: Stellar

Kit:

International Highlights

2003 European Junior 100m gold, 4x100m gold,

2004 World Juniors 100m sf,

2007 European U23 200m 6th

National Championships

2002 AAA 200m gold,

2003 AAA 100m & 200m gold,

2004 AAA 100m & 200m gold,

2006 U23 200m gold,

2007 England U23 200m gold

Personal Bests

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

Indoor: **60m** 6.82 (2006), **200m** 21.19 (2009)

Career summary

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

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

Leon is currently learning to speak Arabic.

MEGHAN BEESLEY



International Highlights

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

National Championships

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

Personal Bests

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

Career summary

Meghan is currently a student at Loughborough University,
studying maths and sports science.

Her cousin plays the oboe in the National Children's Orchestra.

Has tattoos of a butterfly and a bee.

She has competed in the SPAR Sprints and Aviva Sportshall events.

Profile

400m Hurdles

Funding: Development

DOB: 15/11/89

Born: Nuneaton

Lives: Tamworth/

Loughborough Uni

Club: Birchfield Harriers

HiPAC: Loughborough

Coach: Trevor Marsay

Agent:

Kit: Nike

TIM BENJAMIN



International Highlights

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

National Championships

Won AAA 400m 2002, 2004, 2005, 2006

Personal Bests

Outdoor: **100m** 10.48 (2000), 10.36w (2001), **200m** 20.67 (2001), 20.60w
(1999), **400m** 44.56 (2005). Indoor: **60m** 6.75 (2000), **200m** 20.78 (2001)

Career summary

Tim won his first national title in 1997 with the U17 indoor 200m
when still only 14 years old. Originally a 200m specialist he stepped
up to 400m in 2001. He was helped by having Roger Black as a
mentor as he established himself as Britain's top 400m runner in
2004. In 2005 he broke the 45-second barrier to win at the London
Grand Prix over Olympic champion Jeremy Wariner in 44.75.

He switched coach to Tony Lester in July 2007. His training was badly
affected by sinusitis in 2008, he has successfully returned to
competition in 2009.

Profile

400m

Funding: Podium

DOB: 2/5/82

Born: Cardiff

Lives: Slough

Club: Cardiff AAC

HiPAC: West London

Coach: Linford Christie

Agent: Pace Sports Management

Kit: Nike

MARTYN BERNARD



Profile

High Jump

Funding: Podium

DOB: 15/12/84

Born: Wakefield

Lives: Liverpool

Club: Wakefield Harriers

HiPAC: Loughborough

Coach: Terry Lomax

Agent: Stellar

Kit: Asics

International Highlights

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

National Championships

2006 AAA Indoor & Outdoor gold,
2007 UKA gold

Personal Bests

Outdoor: **HJ** 2.30 (2008). Indoor: **HJ** 2.30 (2007)

Career summary

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

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

MICHAEL BINGHAM



Profile

400m

Funding: Podium

DOB: 13/4/86

Born: North Carolina, USA

Lives: North Carolina, USA

Club: Trafford AC

HiPAC: Loughborough

Coach: Tony Lester

Agent:

Kit:

International Highlights

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

National Championships

2005 US Junior decathlon gold

Personal Bests

Outdoor: **400m** 45.57 (2007), **100m** 10.68 (2005) 10.55w (2006), **200m** 20.86 (2007), **1500m** 4:51.02 (2005), **110mh** 14.66 (2005), **400mh** 53.2 (2006), **HJ** 1.84 (2005), **PV** 4.25 (2005), **LJ** 7.13 (2005), **SP** 11.40 (2005), **DT** 34.52 (2005), **JT** 45.35 (2005), **Dec** 7162 (2005).

Indoor: **400m** 46.12 (2007), **60m** 6.95 (2005), **200m** 21.15 (2006), **300m** 33.44 (2007), **55mh** 7.59 (2005), **60mh** 8.24 (2005), **Hep** 5146 (2005)

Career summary

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

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

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

ELIZABETH BRATHWAITE



International Highlights

2007 European U23 1500m silver

National Championships

2006 AAA U23 800m silver.

2007 England U23 800m & 1500m bronze,

Personal Bests

Outdoor: **800m** 2:01.78 (2007), **1500m** 4:11.96 (2007)

Career summary

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

Her cousin Nyron Nosworthy is a defender for Sunderland AFC

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

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

Profile

800m

Funding: Development

DOB: 10/4/85

Born: Hertfordshire

Lives: Loughborough

Club: Herts Phoenix AC

HiPAC: Lee Valley

Coach: John Nuttall

Agent:

Kit:

JAMES BREWER



International Highlights

2005 World Youth 800m sf, 2006 World Juniors 800m sf,

2007 European Junior 800m Silver

National Championships

2006 AAA U20 Indoors 800m gold,

2007 UK Indoors 800m gold,

2008 UK Indoors 1500m bronze

Personal Bests

Outdoor: **400m** 48.9 (2006), **800m** 1:47.26 (2007),

1500m 3:46.77 (2007)

Indoor: **800m** 1:48.75 (2007) **1500m** 3:41.89 (2008)

Career summary

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

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

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

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

Profile

800m

Funding: Development

DOB: 18/6/88

Born: Cheltenham

Lives: Cheltenham

Club: Cheltenham & County Harriers

HiPAC: West London

Coach: Andy Beadle

Agent:

NIALL BROOKS



Profile

800m

Funding: Talent

DOB: 8/7/91

Born: Stockport

Lives: Stockport

Club: Sale Harriers

HiPAC: Birmingham

Coach: Norman Poole

Agent:

Kit:

International Highlights

2008 Commonwealth Youth 800m 4th

National Championships

2008 English Schools U19 800m silver

Personal Bests

Outdoor: **800m** 1:50.63 (2008), **1500m** 3:49.07 (2008),
3000m 8:27.54 (2008)

Career summary

Niall once scored the winning goal in a cup final for his high school football team.

He is currently a college student.

Before every race Niall will listen to the same songs in the same order without fail.

Niall also supports Manchester United FC.

RICHARD BUCK



Profile

400m

Funding: Development

DOB: 14/11/86

Born: Grimsby

Lives: North Ferriby

Club: City of York

HiPAC: Loughborough

Coach: Mr Geoffrey Orton

Agent: Barraclough

Kit:

International Highlights

2004 World Juniors 4x400m 5th,

2005 European Juniors 400m 8th & 4x400m relay gold,

2007 Worlds 4x400m 5th,

2008 World Indoors 400m sf & 4x400m 5th

National Championships

Won AAA U17 2003, English Schools U19 2005, AAA U23 2006,
Indoor UK 2008

Personal Bests

Outdoor: **100m** 10.92 (2007), **200m** 21.75, 21.46w (2007),
400m 46.13 (2007)

Indoor: **60m** 6.98 (2007), **300m** 33.90 (2008), **400m** 46.34 (2008)

Career summary

Richard, who was an English Schools basketball finalist in 2005, says whilst studying sports coaching at Leeds Met he has "re-found himself in sport."

His younger brother James is also a talented 400m runner.

In his spare time Richard used to collect Warhammer but now has a somewhat large DVD collection and is a fan of sport, Western, gangster and Sc-Fi movies. He is also currently learning to play guitar.

He has coached at Aviva Startrack.

MICKY BUSHELL



International Highlights

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

Personal Bests

100m 15.33 (2008), **200m** 27.85 (2008), **400m** 57.21 (2008)

Career summary

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

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

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

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

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

Profile

100m, T53

Funding: Podium

DOB: 8/6/90

Born: Shrewsbury

Lives: Telford

Club: Birchfield Harriers

HiPAC: Birmingham

Coach: Gariel Periac

Agent: David Burdus

Kit:

EILIDH CHILD



International Highlights

2007 European U23 400mh 5th

National Championships

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

Personal Bests

Outdoor: **400mh** 56.84 (2008), **400m** 53.71 (2008)

Career summary

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

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

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

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

Profile

400m Hurdles

Funding: Development

DOB: 20/2/87

Born: Perth

Lives: Kinross

Club: Pitreavie AAC

HiPAC:

Coach: Stuart Hogg

Agent:

Kit: Puma

CHRIS CLARKE



Profile

200m

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

International Highlights

2006 World Junior 4x400m bronze,
2007 World Youth 400m gold,
2008 World Junior 200m sf

National Championships

2005-6 English Schools U17 400m gold,
2006 AAA U20 silver,
2007 England U20 400m silver; England U20 Indoor bronze,
2008 UK Indoor 200m gold; England U20 400m gold

Personal Bests

Outdoor: **200m** 20.87 (2007), **400m** 46.70 (2007)
Indoor: **200m** 20.98 (2008)

Career summary

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

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

He is a former SparSprints scholar

LIANNE CLARKE



Profile

Javelin

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

National Championships

2005-6 England U20 javelin gold
2007 England U23 javelin gold,

Personal Bests

Outdoor: **JT** 52.68m (2007)

Career summary

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

Outside athletics she is a black belt in Karate

She has six tattoos

SARAH CLAXTON



Profile

100m Hurdles

Funding: Podium

DOB: 23/9/79

Born: Colchester

Lives: Enfield, London

Club: Woodford Green & Essex Ladies

HiPAC: Lee Valley

Coach: Lloyd Cowan

Agent: Mark Corsejens

Kit:

International Highlights

1998 World Juniors long jump 4th, 2004 Olympics 100mh ht, 2005 European Indoors 60mh sf, 2006 World Indoors 60mh sf, 2008 Olympics 100mh 8th; World Indoors 60mh sf

National Championships

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

Personal Bests

Outdoor: **100m** 11.69 (2004), **200m** 24.71w (2004), **100mh** 12.81 (2008), **HJ** 1.65 (1995), **LJ** 6.56 (1999), **TJ** 11.35 (2002)

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

Career summary

Sarah initially came to prominence as a long jumper, winning numerous senior and junior titles in the mid to late '90s. She came 4th in the long jump at the 1998 World Juniors. She was 12th in the long jump final at the 2002 Commonwealth Games.

In 2003 she switched coaches to Lloyd Cowan and her focus to sprint hurdling with great success. In 2004 she represented Team GB at the Athens Olympics. In 2005 she broke the UK 60m hurdles indoor record with 7.96.

In 2008 she ran 12.81 for 100m hurdles at Loughborough, just 0.01 off the UK record and reached the final of the 100mh at the Beijing Olympics, finishing 8th.

LIBBY CLEGG



Profile

100m/200m, T12

Funding: Podium

DOB: 24/3/90

Born: Roxboroughshire

Lives: Roxboroughshire

Club: Edinburgh AC

HiPAC:

Coach: Ilona Melounova

Agent:

Kit:

International Highlights

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

Personal Bests

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

Career summary

Libby burst on to the scene as a 16 year old at the Assen 2006 IPC Athletics World Championships, winning a 200m silver medal and just missing out on a second medal in the 100m as the officials decreed that her guide runner had crossed the line first.

As a child she was a keen ballet dancer before moving into athletics. As a sprinter she has been very successful on a national level winning British open titles

Libby cemented her place at elite-level when winning 100m silver in Beijing in a new PB of 12.51, and is now aiming for success in London 2012.

HELEN CLITHEROE



Profile

1500m

Funding: Development

DOB: 2/1/74

Born: Preston

Lives: Preston

Club: Preston Harriers

HiPAC: Loughborough

Coach: John Nuttall

Agent: Global Sports

Kit: Asics

International Highlights

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

National Championships

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

Personal Bests

Outdoor: **800m** 2:03.20mx [2002], 2:03.53 [2005], **1500m** 4:01.10 [2002], **1M** 4:41.65 [1997], **3000m** 8:51.94 [2007], **2M** 9:38.39 [2007], **5000m** 15:49.98 [2008], **3000m St** 9:29.14 [2008], **Road 5M** 26:22 [2007], **10km** 32:15 [2008].

Indoor: **1500m** 4:05.81 [2007], **3000m** 8:51.02 [2008]

Career summary

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

HANNAH COCKCROFT



Profile

100m, T54

Funding: Talent

DOB: 30/7/92

Born: Halifax

Lives: Halifax

Club: Halifax Harriers

HiPAC: Birmingham

Coach: Ian Thompson

Agent:

Kit:

National Championships

2008 UK School Games Bath 100m, Gold

Personal Bests

100m 20.59, **Discus** 8.28m

Career summary

As well as athletics Hannah plays wheelchair basketball for Halifax Cardinals.

She is also working towards her grade five singing, plays grade four violin, has Duke of Edinburgh bronze award and dances at 'dance for all'.

Her biggest achievement so far is competing at the National Junior Athletics Championships in July 2008, breaking the 200m national record. Also winning Gold in 100m at the UK School Games.

Greatest influence on career – Tanni Grey Thompson for her determination and success. Hanna has played wheelchair basketball for Halifax Cardinals.

JESSICA COULSON



International Highlights

2006 European Cross U20 14th

2007 European U20 3000m 7th, World CC Junior 26th

National Championships

2006 AAA U20 3000m silver & U17 1500m gold; English Schools

U17 3000m gold,

2007 England U20 3000m gold

Personal Bests

Outdoor: **800m** 2:08.8 (2007), **1500m** 4:18.75 (2007),

3000m 9:20.44 (2007)

Career summary

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

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

She uses special extra large pins at competitions.

Is a fan of Manchester City FC.

Profile

1500m

Funding: Talent

DOB: 18/4/90

Born: Stockport

Lives: Loughborough Uni/

Stockport

Club: Stockport Harriers

HiPAC: Loughborough

Coach: John Nuttall

Agent:

Kit: adidas

DANNY CRATES



International Highlights

2007 Paralympic World Cup DIS800

National Championships

-

Personal Bests

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

Career summary

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

Profile

800m, T46

Funding: Podium

DOB: 09/02/73

Born: Orsett

Lives: Heybridge

Club: Ayo Falola

HiPAC: Lee Valley

Coach: Thurrock Harriers

Agent: Creating Excellence

Kit:

NICK CRUCHLEY



Profile

Pole Vault

Funding: Talent

DOB: 1/1/90

Born: Birmingham

Lives: Stourbridge

Club: Halesowen

HiPAC: Birmingham

Coach: Raymond Webb

Agent:

Kit:

International Highlights

2007 World Youth 4th

2008 Commonwealth Youth 6th

National Championships

2006 AAA U17 silver; English Schools U17 silver,

2007 England U20 bronze,

2008 England U20 Indoor bronze; English Schools U19 silver (All pole vault)

Personal Bests

Outdoor: **PV 4.90** (2008)

Career summary

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

He once bungee-jumped 100m in Zambia.

MARTIN CRUTCHLEY



Profile

Shot, F38

Funding: Development

DOB: 12/4/83

Born: Sandwell

Lives: Walsall

Club: Cannock & Stafford AC

HiPAC: Birmingham

Coach: Lionel Lambourne

Agent:

Kit:

International Highlights

2001 CP Worlds 100m ht,

2005 CP Worlds shot 4th & discus 5th,

2006 Worlds shot 7th,

2007 German National Championships shot silver,

2008 Paralympics

Personal Bests

Shot 12.72 (2007)

Career summary

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

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

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

He made his paralympic debut in Beijing 2008.

TASHA DANVERS



International Highlights

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

National Championships

1995-6 U20 100mh gold, 1998, 2002 & 2006 AAA 400mh gold, 2007 UKA 400mh gold,

Personal Bests

Outdoor: **400mh** 53.84 (2008), **100mh** 12.96 (2003), 12.8w (1999), **200m** 24.99 (2000), **300m** 37.80 (2000), **400m** 52.89 (12008), **800m** 2:06.25 (2008), **HJ** 1.82 (1998). Indoor: **60m** 7.7 (1995), **60mh** 8.32 (1996)

Career summary

An outstanding junior in the sprint hurdles, Tasha first contested the 400m hurdles seriously in 1997 when she attended the University of Southern California. She has been primarily based in Los Angeles since. After finishing 8th in the 2000 Sydney Olympics she missed the 2004 Athens Games as she was expecting her son Jaden who was born in December 2004. Tasha returned to competition the following summer.

Tasha won the 400m hurdles bronze at the Olympic Games in a personal best of 53.84. It came off the back of a difficult season where she suffered from an Achilles tendon injury and a blood disorder. Tasha is also an abstract artist and has had a motivational book published.

Profile

400m Hurdles

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

JAMES DASAOLU



National Championships

2008 England U23 100m gold

Personal Bests

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

Career summary

Talented young sprinter James shaved nearly a third of a second off his 100m PB in 2007.

James, a student at Loughborough University, enjoys playing football and can also play the drums.

Profile

100m
Funding: Development
DOB: 5/9/87
Born: Dulwich, London
Lives: Leicestershire
Club: Croydon Harriers
HiPAC: Loughborough
Coach: Michael Khmel
Agent:
Kit:

KATHERINE DEAL



Profile

800m, T13

Funding: Development

DOB: 25/11/91

Born: St. Albans

Lives: St Albans

Club: Shaftesbury Barnet

HiPAC: Harriers

Coach: Lee Valley

Agent: George Harrison

Kit:

International Highlights

2006 Worlds 400m 4th

Personal Bests

400m 60.38 (2006)

800m 2.15.12 (2006)

1500m 4.38.48 (2006)

Career summary

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

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

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

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

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

KATE DENNISON



Profile

Pole Vault

Funding: Development

DOB: 7/5/84

Born: Durban, South Africa

Lives: Loughborough

Club: Sale Harriers

HiPAC: Loughborough

Coach: Steve Rippon

Agent:

Kit:

International Highlights

2002 World Juniors 7th,

2003 European Juniors 11th,

2006 Commonwealth Games 7th; Europeans 15th,

2007 European Indoors 14th; Worlds 29th

2008 Olympics 15th

(All pole vault)

National Championships

2000 AAA U17 gold,

2001-3 AAA U20 gold,

2002-3 AAA Indoor U20 gold,

2004 AAA U23 gold,

2006-8 UKA Indoor (2007 Outdoor) gold

Personal Bests

Outdoor: Pole vault 4.40 (2008)

Indoor: Pole vault 4.40 (2007)

Career summary

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

Has a degree in psychology from Staffordshire University.

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

DAVID DEVINE



International Highlights

2008 Paralympic World Cup 400m gold

Personal Bests

400m 52.29 (2008)

Career summary

David enjoys playing football whenever he is not competing and supports Liverpool FC.

He comes from a very sporty family, his brothers compete in both football and athletics and his father used to be a professional boxer.

Profile

400m, T12

Funding: Development

DOB: 2/3/92

Born: Liverpool

Lives: Liverpool

Club: Liverpool Harriers

HiPAC: Birmingham

Coach: Brian Scobie

Agent:

Kit:

MARLON DEVONISH



International Highlights

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

National Championships

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

Profile

200m

Funding: Podium

DOB: 1/6/76

Born: Coventry

Lives: Slough

Club: Coventry Godiva

HiPAC: West London

Coach: Tony Lester

Agent: Stellar

Kit: adidas

Personal Bests

Outdoor: 100m 10.06 (2007), 200m 20.19, 20.18w (2002), 400m 46.83 (2000). Indoor: 60m 6.71 (2000), 200m 20.51 (2003)

Career summary

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

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

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

LISA DOBRISKEY



Profile

1500m

Funding: Podium

DOB: 23/12/83

Born: Ashford

Lives: Loughborough

Club: Ashford AC

HiPAC: Loughborough

Coach: George Gandy

Agent: David Welch

Kit: adidas

International Highlights

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

National Championships

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

Personal Bests

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

Indoor: **1000m** 2:44.13 (2005), **1500m** 4:08.88 (2008), **2000m** 5:52.2+ (2007), **3000m** 8:47.25 (2007), **2M** 9:33.78 (2007)

Career summary

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

TOREMA DORSETT



Profile

100m

Funding: Talent

DOB: 15/2/90

Born: Bounds Green, London

Lives: London

Club: Enfield & Haringey

HiPAC: Lee Valley

Coach: Leslie Mars

Agent:

Kit: adidas

International Highlights

2007 European Youth Olympics 100m silver

National Championships

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

Personal Bests

Outdoor: **100m** 11.69 (2007), **200m** 25.0/25.67 (2008)

Indoor: **60m** 7.60i (2007)

Career summary

Torema took part in the Norwich Union Star:track and Sports:hall.

She is a member of an organisation called 'ComeUnity' which puts on events such as talent shows and fashion shows.

NATHAN DOUGLAS



International Highlights

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

National Championships

2000-5 AAA triple jump gold, 2006-7 AAA triple jump gold

Personal Bests

Outdoor: TJ 17.64 (2005), 100 10.74w (2003), 10.7/10.6w (2002), LJ 7.40 (2002)

Indoor: 60m 6.9 (2002), TJ 17.47 (2007)

Career summary

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

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

Profile

Triple Jump

Funding: Podium
DOB: 4/12/82
Born: Oxford
Lives: Birmingham
Club: Oxford City AC
HiPAC: Birmingham
Coach: Ted King
Agent: Nuff Respect
Kit: adidas

MONTELL DOUGLAS



International Highlights

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

National Championships

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

Personal Bests

Outdoor: 100m 10.95w/11.05 (2008) (GBR record),

200m 23.38 (2007), 400m 55.45 (2007)

Indoor: 60m 7.28 (2007), 200m 23.93 (2005)

Career summary

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

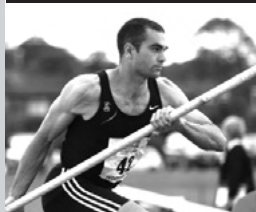
Made a big breakthrough when smashing the UK 100m record with 11.05 in Loughborough in July 2008, beating Kathy Cook's record, which had stood for nearly 27 years, by 0.05.

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

Profile

100m
Funding: Podium
DOB: 24/1/86
Born: Lewisham
Lives: Buckhurst Hill
Club: Blackheath & Bromley Harriers
HiPAC: Lee Valley
Coach: Ayo Falola
Agent: Stellar
Kit: Nike

EDWARD DUNFORD



Profile

Decathlon

Funding: Development

DOB: 15/9/84

Born: Leamington

Lives: Birmingham

Club: Birchfield Harriers

HiPAC: Birmingham

Coach: Edward Dunford

Agent:

Kit:

International Highlights

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

National Championships

2006-7 England CE silver,
2008 England Indoor CE gold

Personal Bests

Decathlon 7734 (2007), **100m** 11.07 (2007) 10.95w (2007), **400m** 49.99 (2007), **1500m** 4.47.69 (2007), **110mh** 13.99w (2007), 14.21 (2007), **HJ** 2.05i (2008), 2.01 (2007) 2.05i (2008), **PV** 4.25 (2007), **LJ** 7.02 (2006), **SP** 14.80 (2005) 14.95i (2008), **DT** 44.54 (2005), **JT** 59.93 (2007)

Career summary

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

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

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

TYRONE EDGAR



Profile

100m

Funding: Podium

DOB: 29/3/82

Born: Greenwich

Lives: Los Angeles

Club: Newham & Essex Beagles

HiPAC: Lee Valley

Coach: Darrell Smith

Agent: H SI

Kit: Nike

International Highlights

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

National Championships

2001 AAA U20 100m gold, 2002-3 AAA U23 100m gold

Personal Bests

Outdoor: **100m** 10.06 (2008), 10.04w (2003), **200m** 20.96 (2001), 20.57w (2003). **Indoor:** **60m** 6.60 (2004), **200m** 21.29 (2004)

Career summary

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

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

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

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

HANNAH ENGLAND



International Highlights

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

National Championships

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

Personal Bests

Outdoor: **800m** 2:02.48 (2008), **1000m** 2:47.04 (2005), **1500m** 4:06.19 (2008), **1M** 4:40.22 (2008)
Indoor: **1500m** 4:15.51 (2009), **1M** 4:35.30 (2008), **3000m** 9:19.25 (2008)

Career summary

Olympic Gold medallist Kelly Holmes has been the biggest influence on Hannah, who has achieved grade eight in Ballet as well as being able to do tap and modern dance.

Both her brother and sister play county cricket.

She is in her final year of studying biochemistry at Birmingham University.

Profile

1500m

Funding: Development

DOB: 6/3/87

Born: Oxford

Lives: Birmingham

Club: Oxford City AC

HiPAC: Birmingham

Coach: Bud Baldaro

Agent:

Kit:

JESSICA ENNIS



International Highlights

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

National Championships

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

Personal Bests

Outdoor: **Hep** 6469 (2007), **100m** 11.7/11.85 (2008), **200m** 23.15 (2007), **800m** 2:10.91 (2007), **100mh** 12.97 (2007), **HJ** 1.95 (2007), **LJ** 6.40/6.54w (2007), **SP** 13.52 (2008), **JT** 43.08 (2008).
Indoor: **60m** 7.47 (2007), **60mh** 8.18 (2007), **HJ** 1.92 (2008), **LJ** 6.33 (2008), **SP** 13.28 (2007), **Pen** 4716 (2007)

Career summary

In 2007 Jess was awarded the female 'Rising Star Award' by the European Athletics after her brilliant showing at the World Championships. She studied psychology at University of Sheffield. Her father Vinroy was a schoolboy sprinter in Jamaica. Her first coach was Nicola Minichiello, former GB bobsleigh Olympian.

Jess suffered heartbreak in 2008 when a stress fracture on her right foot, diagnosed shortly after competing in Gotzis, Austria, ruled her out of the Olympic Games.

Profile

Heptathlon

Funding: Podium

DOB: 28/1/86

Born: Sheffield

Lives: Sheffield

Club: City of Sheffield

HiPAC: Loughborough

Coach: Toni Minichiello

Agent: JCCM

Kit: adidas

LUKE FAGAN



Profile

100m

Funding: Development

DOB: 31/7/88

Born: London

Lives: London

Club: Enfield & Haringey

HiPAC: Lee Valley

Coach: Les Mars

Agent:

Kit:

International Highlights

2007 European U20 200m bronze; 4x100m silver

National Championships

2005 English Schools 100m bronze,

2007 UK 200m bronze; England U20 200m bronze

Personal Bests

Outdoor: **100m** 10.39w (2007) 10.53 (2007), **200m** 20.86 (2007)

Indoor: **60m** 6.79 (2008)

Career summary

Young sprinter Luke supports Manchester United FC

MO FARAH



Profile

5000m

Funding: Podium

DOB: 23/3/83

Born: Mogadishu, Somalia

Lives: Twickenham

Club: Newham & Essex Beagles

HiPAC: West London

Coach: Alan Storey

Agent: Pace Sports Management

Kit: adidas

International Highlights

2001 European Juniors 5000m gold; European Junior CC silver,

2003 European U23 5000m silver, 2005 European U23 5000m

silver, 2006 European 5000m silver; European CC gold, 2008

Olympics 5k ht; European CC silver

National Championships

2003, 2005 AAA Indoor 3000m gold,, 2007 UKA 5000m; UKA Indoor

3000m, 2008 UKA 1500m silver

Personal Bests

Outdoor: **800m** 1:48.69 (2003), **1500m** 3:38.02 (2006), **1M** 3:56.49

(2005), **2000m** 5:06.34 (2006), **3000m** 7:38.15 (2006), **2M** 8:20.47

(2007), **5000m** 13:07.00 (2007), **2000mSt** 5:55.72 (2000), **10k**

27:44.54 (2008), **Road: 10km** 28:07 (2007), **10M** 48:59 (2005).

Indoor: **1500m** 3:45.8+ (2007), **1M** 4:00.46 (2007), **3000m** 7:40.99

(2009) NR, **2M** 8:20.95 (2008)

Career summary

Mo joined his father in England in 1993 and soon won five English Schools titles.

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

RIKKI FIFTON



Profile

200m
Funding: Podium
DOB: 17/6/85
Born: London
Lives: London
Club: Victoria Park & Tower
HiPAC: Hamlets
Coach: Lee Valley
Agent: Michael Afilaka
Kit:

International Highlights

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

National Championships

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

Personal Bests

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

Career summary

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

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

He now collects Superman-related items.

He is studying PE & sociology at Loughborough University

NIAL FLANNERY



Profile

400m Hurdles
Funding: Talent
DOB: 26/4/91
Born: Newcastle upon tyne
Lives: North Shields
Club: Gateshead Harriers
HiPAC: Loughborough
Coach: Jared Deacon & Jo Sudds
Agent:
Kit:

International Highlights

2007 European Youth Olympics 400mh 4th

National Championships

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

Personal Bests

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

Career summary

Has played hockey and tennis at County Level.

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

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

Competed in SPAR Sprints event series.

DAVID FORRESTER



Profile

1500m

Funding: Talent

DOB: 11/12/89

Born: Billinge

Lives: Billinge, Wigan

Club: Blackheath & Bromley Harriers

HiPAC: Birmingham

Coach: Raymond Vose

Agent:

Kit:

International Highlights

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

National Championships

2005 English Schools U17 1500m bronze

2006 AAA U17 1500m gold

2007 England U20 1500m bronze; English Schools U19 gold,

2008 England U20 1500m gold; English U20 CC 3rd; English Schools U19 CC gold,

Personal Bests

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

Career summary

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

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

He is a student at Winstanley College in Billinge.

NATHAN FOX



Profile

Triple Jump

Funding: Talent

DOB: 21/10/90

Born: London

Lives: Wembley

Club: Shaftesbury Barnet Harriers

HiPAC: West London

Coach: Sarah Hunter

Agent:

Kit:

International Highlights

2007 European Youth Olympics Triple Jump 5th

National Championships

2006 AAA U17 Indoor gold; UK School Games bronze,

2007 English Schools U17 gold; England U17 gold; UK School Games gold
(All triple jump)

Personal Bests

Outdoor: **100m** 11.92 (2007), **Long Jump** 6.79 (2007),
Triple Jump 15.11 (2007)

Indoor: **60m** 7.51 (2007), **Long Jump** 6.60 (2007),
Triple Jump 14.71 (2008)

Career summary

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

He has represented Hertfordshire at Rugby and supports Arsenal FC.

EDEN FRANCIS



Profile

Shot

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

International Highlights

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

National Championships

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

Personal Bests

Outdoor: **SP** 16.12 (2008), **DT** 56.57 (2008)
Indoor: **SP** 16.11i (2008)

Career summary

Eden considers winning the European Throwing cup to be her greatest achievement in athletics.

She participated in Aviva Sportshall from 1999-2001.

GIANNI FRANKIS



Profile

110m Hurdles

Funding: Development
DOB: 16/4/88
Born: Rochford
Lives: Basildon
Club: Newham & Essex Beagles
HiPAC: Lee Valley
Coach: Tony Jarrett
Agent: Stellar
Kit: Nike

International Highlights

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

National Championships

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

Personal Bests

Outdoor: **110mh** 13.70w/13.79 (2008)
Indoor: **60mh** 7.87 (2007)

Career summary

Gianni played non-league football as a youngster and believes Tony Jarrett to be the biggest influence on his career, Jarrett being the main reason he stuck with athletics when he was 19

He holds winning a World Youth bronze medal as the greatest achievement of his career.

EMILY FREEMAN



Profile

100m

Funding: Podium

DOB: 24/11/80

Born: Huddersfield

Lives: Rotherham

Club: Wakefield Harriers

HiPAC: Lee Valley

Coach: Brian Hall

Agent:

Kit:

International Highlights

1999 European Juniors 100m & 4x100m ht, 2001 European U23 200m 8th,
2002 Commonwealth Games 200m sf,
2005 Worlds 4x100m ht; World University Games 100m 8th,
2006 Europeans 4x100m silver,
2007 Worlds 200m ht & 4x100m 4th,
2008 Olympics 200m sf, 4x100m dnf

National Championships

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

Personal Bests

Outdoor: **100m** 11.36 (2007), **200m** 22.72 (2008), **300m** 38.04 (2007), **400m** 53.31 (2007).

Indoor: **60m** 7.42 (2006), **200m** 23.67 (2001).

Career summary

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

DANIEL GARDINER



Profile

1500m

Funding: Talent

DOB: 25/6/90

Born: Grimsby

Lives: Leeds

Club: Leeds City AC

HiPAC: Loughborough

Coach:

Agent:

Kit:

International Highlights

2008 World Junior Decathlon 12th

National Championships

2006 AAA U17 long jump bronze & decathlonY gold; English Schools U17 long jump silver & octathlonY silver, 2007 England U20 Indoor long jump 5th, 2008 England U20 long jump silver & decathlonJ gold & long jump 5th & heptathlonJ 5th, 2009 England U20 Indoor heptathlonJ silver

Personal Bests

Outdoor: **100m** 10.9/10.99 (2008), **200m** 22.63w (2008), 23.6 (2006), **400m** 50.09 (2008), **1500m** 4:53.26 (2008), **110HJ** 15.44 (2008), **HJ** 1.88 (2008), **PV** 4.20 (2008), **LJ** 7.23w (2008), **LJ** 7.13 (2008), **TJ** 12.79 (2006), **SP** 12.18 (2008), **SPJ** 14.67 (2008), **DT** 37.64 (2007), **DTJ** 44.68 (2007), **JT** 48.71 (2007), **JTY** 45.44, **DECJ** 7207 (2008), **DECY** 6206 (2006), **OCTY** 5084 (2006). Indoor: **60m** 7.08 (2009), **200m** 23.23 (2006), **800m** 2:21.83 (2006), **60HJ** 8.26 (2009), **HJ** 1.83 (2009), **PV** 4.15 (2009), **LJ** 7.02 (2009), **TJ** 12.08 (2006), **HEPIJ** 5355 (2009)

Career summary

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

ROBBIE GRABARZ



International Highlights

2005 European Juniors HJ 18th
2006 World Juniors 12th

National Championships

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

Personal Bests

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

Career summary

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

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

Robbie is also a classic car fanatic.

He has previously taken part in Aviva Sports:hall.

Profile

High Jump

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

DANIEL GREAVES



International Highlights

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

Personal Bests

Discus 55.60m (2007) WR

Career summary

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

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

Profile

Discus, F44

Funding: Podium
DOB: 4/10/82
Born: Sutton Coldfield
Lives: Leicester
Club: Charnwood AC
HiPAC: Loughborough
Coach: James Edwards
Agent:
Kit:

THOMAS GREEN



Profile

Club Throw, F32

Funding: Development

DOB: 7/4/91

Born: Milton Keynes

Lives: Milton Keynes

Club: Marshall Milton Keynes AC

HiPAC: Lee Valley

Coach: Kenneth Green

Agent:

Kit:

International Highlights

2008 Paralympic World Cup discus 6th

National Championships

2007 CP National Championships club bronze

Personal Bests

Club 24.70 (2008)

Discus 13.52 (2008)

Career summary

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

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

Thomas also likes rock music.

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

DAVID GREENE



Profile

400m Hurdles

Funding: Development

DOB: 11/4/86

Born: Llanelli

Lives: Llanelli

Club: Swansea Harriers

HiPAC:

Coach: Benke Blomkvist

Agent:

Kit:

International Highlights

2005 European Juniors silver, 2006 Europeans heat

2007 European U23 gold

National Championships

2004-5 Welsh 400mh gold,

2005 Welsh U20 400m gold,

2006 Welsh 400mh gold,

2008 UK 400mh bronze

Personal Bests

Outdoor: 400m 46.81 (2007), 400mh 49.53 (2008)

Indoor: 300m 34.15 (2006), 400m 47.26 (2007)

Career summary

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

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

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

DAVID GUEST



Profile

Decathlon

Funding: Talent
DOB: 8/11/91
Born: Kings Lynn
Lives: Pen Y Far
Club: Bridgend AC
HiPAC:
Coach: Michael Guest
Agent:
Kit:

National Championships

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

Personal Bests

Outdoor: **100m** 11.20w (2007) 11.32 (2008), **200m** 23.4 (2007), **400m** 50.72 (2008), **800m** 2:02.9 (2008), **1500m** 4:27.29 (2007), **100mH**, 12.94 (2007), **HJ** 1.93 (2008), **PV** 4.10m (2007), **LJ** 6.88 (2008), **TJ** 12.37m (2006), **SPY** 13.27 (2008), **DTY** 43.01 (2007), 2006 **JTY** 38.93m (2007), **Dec** 6860w/6530 (2007), **OctY** 5380 (2007)
 Indoor : **200m** 22.56 (2008), **800m** 1:59.60m (2007), **LJ** 6.94 (2009), **SPY** 13.83 (2007), **PenY** 3856 (2007)

Career summary

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

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

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

SOPHIE HANCOCK



Profile

Shot, F40
Funding: Podium
DOB: 8/9/86
Born: Chorley
Lives: Loughborough
Club: Unattached
HiPAC: Loughborough
Coach: Mark Edwards
Agent:
Kit:

International Highlights

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

Personal Bests

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

Career summary

Sophie took part in BBC's "Beyond the Boundaries" TV programme in 2006, alongside several other disabled people on a challenging expedition.

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

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

She is also a Bolton Wanderers fan.

She has now moved her training base to Loughborough.

Sophie's sister is a keen marathon runner and her brother is on a football scholarship in the USA.

KATRINA HART



Profile

100m, T37

Funding: Podium

DOB: 17/5/90

Born: Worcester

Lives: Redditch

Club: Birchfield Harriers/
Worcester AC

HiPAC: West London

Coach: Robert Ellchuk

Agent:

Kit:

International Highlights

2005 Europeans 100m bronze

2006 Worlds 200m 4th, 100m 5th

2007 German National Championships

2008 Paralympics 100m 7th

Personal Bests

100m 14.49 [2007], **200m** 31.24 [2007] 30.69 [2007]

Career summary

Katrina made her international debut at the 2005 European Championships at the age of 15 and took home bronze in the 100m.

She was 7th in the 100m final in Beijing on her Paralympic debut.

Katrina played for non-league football team Kidderminster Harriers centre of excellence prior to taking up athletics.

She works in Morrisons and started a degree at Bath University in 2008.

Katrina is a supporter of Birmingham City FC.

JOANNE HARVEY



Profile

800m

Funding: Talent

DOB: 27/9/89

Born: Plymouth

Lives: Plymouth/ St Mary's
College

Club: Exeter Harriers

HiPAC: West London

Coach: Craig Winrow

Agent:

Kit:

International Highlights

2005 European Youth Olympics 800m sf, 2006 World CC U20 51st,

2007 European CC U20 8th, 2008 World Juniors 3000m 9th; World

CC U20 35th

National Championships

2004 AAA U15 1500m gold; AAA U15 indoor 800m bronze;

2005 AAA U17 800m silver,

2007 England U20 1500m silver,

2008 England U20 1500m bronze; English CC U20 silver; English
Schools CC U19 gold

Personal Bests

Outdoor: **800m** 2:09.66 [2005], **1500m** 4:17.51 [2008], **3000m**
9:13.58 [2008]

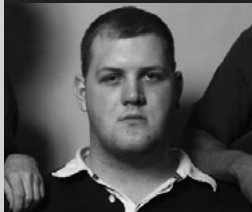
Career summary

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

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

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

MARK HELLARD



International Highlights

New to athletics.

Career summary

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

In his spare time Mark likes to play the keyboard.

He has seven tattoos.

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

He is 2.16M tall

Profile

Shot, F37

Funding: Talent

DOB:

Born: Wakefield

Lives: Wakefield

Club: Wakefield Harriers

HiPAC: Loughborough

Coach:

Agent:

Kit:

ASHLEY HELSBY



International Highlights

2007 World Youth 100mh sf

National Championships

2006 AAA U17 80mh gold; AAA U17 Indoor 60mh silver,

2007 England U20 100mh silver,

2008 England U20 100mh silver; English Schools U19 100mh bronze

Personal Bests

Outdoor: **100m** 12.17 (2007), **100mh** 13.88 (2007)

Indoor: **60mh** 8.79 (2008)

Career summary

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

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

Ashley is a fan of Everton FC.

Profile

100m Hurdles

Funding: Talent

DOB: 1/7/90

Born: Liverpool

Lives: Liverpool

Club: Liverpool Harriers

HiPAC: West London

Coach: Benke Blomkvist

Agent:

Kit:

SOPHIE HITCHON



Profile

Hammer

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

International Highlights

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

National Championships

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

Personal Bests

Outdoor: **Shot Putt** 10.75 (2008), **Hammer** 60.73 (2008)

Career summary

Sophie is a former netball player, ballet dancer and trampolinist who only started to take hammer throwing seriously in 2007.

Her father is a former schools gold medallist over 100m.

As a young athlete Sophie competed in Aviva Startrack and Aviva Sportshall.

She set four UK junior records in 2008.

SARAH HOLT



Profile

Hammer

Funding: Development
DOB: 17/4/87
Born: West Yorkshire
Lives: Loughborough
Club: Sale Harriers
HiPAC: Loughborough
Coach: Mike Morley
Agent:
Kit:

International Highlights

2006 World Juniors hammer q

National Championships

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

Personal Bests

Outdoor: **Hammer** 63.75 (2008)

Career summary

Sarah impressively sits in the top three UK juniors of all time in the hammer.

She has three 'A' grade A-Levels and is now studying geography and sports science at Loughborough University.

She has taken part in Aviva Sportshall and Aviva Startrack.

SIMON HORSFIELD



International Highlights

2007 World Youths 1500m 7th,
2008 Commonwealth Youth Games 1500m 6th; World Junior CC
81st

National Championships

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

Personal Bests

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

Career summary

Simon's great uncle, Bill Tarmey, plays the character of Jack Duckworth in ITV soap Coronation Street.

He has a superstition of putting his kit on in exactly the same order before each race.

Simon is a supporter Manchester United FC.

Profile

3000m

Funding: Talent

DOB: 11/5/90

Born: Manchester

Lives: Manchester/ St Mary's
College

Club: East Cheshire Harriers

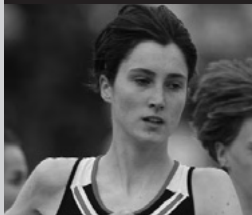
HiPAC: West London

Coach: Mick Woods

Agent:

Kit:

LAUREN HOWARTH



International Highlights

2008 World Juniors 3000m 11th; European CC U20 bronze

National Championships

2005 English Schools U17 1500m 10th,
2006 English Schools U17 1500m 9th,
2007 English Schools U19 1500m 9th,
2008 England U20 3000m silver; English CC U20 8th;
England U20 5000m gold

Personal Bests

Outdoor: **800m** 2:12.93 (2008), **1500m** 4:27.83 (2008),
3000m 9:16.92 (2008), **5000m** 16:13.93 (2008)

Career summary

Laura considers representing Great Britain at the World Juniors in Poland, 2008 to be her greatest achievement in athletics.

She is currently studying medicine at Birmingham University and likes to swim in her spare time.

Profile

3000m

Funding: Talent

DOB: 21/4/90

Born: Wigan

Lives: Wigan

Club: Leigh Harriers

HiPAC: Birmingham

Coach: Bud Baldaro

Agent:

Kit: Asics

VIKKI HUBBARD



Profile

High Jump

Funding: Development

DOB: 13/7/89

Born: Grantham

Lives: Grantham/ Loughborough

Club: Gateshead Harriers

HiPAC: Loughborough

Coach: Graham Ravenscroft

Agent:

Kit:

International Highlights

2005 World Youth high jump 7th

2006 World Juniors high jump final

2007 European Juniors high jump 4th

National Championships

2006 English Schools high jump gold (CBP)

2007 England U20 high jump silver, indoors high jump gold

Personal Bests

Outdoor: **HJ** 1.88m (2006)

Indoor: **HJ** 1.85 (2007)

Career summary

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

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

JORDAN HUGGINS



Profile

100m

Funding: Talent

DOB: 17/5/91

Born: Whipps Cross, London

Lives: Leyton

Club: Enfield and Haringey

HiPAC: Lee Valley

Coach: Mike McFarlane

Agent:

Kit: Nike

International Highlights

2007 World Youth 100m sf

National Championships

2007 England U20 100m bronze; England U17 100m gold,

2008 UK Indoors 60m 8th; England U20 Indoor 60m gold

Personal Bests

Outdoor: **100m** 10.45 (2007), **200m** 21.64w/22.15 (2008)

Indoor: **60m** 6.70 (2008)

Career summary

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

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

He supports Arsenal FC and is a big boxing fan.

Took part in Aviva Sportshall when he was younger.

PHILLIPS IDOWU



International Highlights

1997 European Juniors 4th, 1999 European U23 5th
2000 Olympics 6th, 2001 Worlds 9th
2002 Commonwealth Games silver, Europeans 5th
2004 Olympics 12th, 2006 Commonwealth Games gold,
Europeans 5th, 2007 European Indoors gold, 2008 Olympics silver,
World Indoors gold (All triple jump)

National Championships

2000, 2002, 2006 AAA gold, 2005 Indoor AAA gold, 2008 UKA gold

Personal Bests

Outdoor: **Triple jump** 17.68 (2002), **long jump** 7.83 (2000),
100m 10.60 (2006)

Indoor: **60m** 6.81 (2004), **triple jump** 17.75 (2008)

Career summary

Phillips won his first global title when taking World Indoor gold in 2008 with a British and Commonwealth record of 17.75m.

Won silver at the 2008 Beijing Olympics with 17.62m, just 5cm behind gold.

He was a talented basketball and American football player at school before a PE teacher suggested he try triple jump.

Well known for his flamboyant image as well as his athletic prowess, he sports several piercings and regularly changes his hair colour.

Profile

Triple Jump

Funding: Podium
DOB: 30/12/78
Born: Hackney
Lives: Birmingham
Club: Belgrave Harriers
HiPAC: Birmingham
Coach: Aston Moore
Agent: MTC
Kit: adidas

ANTONIO INFANTINO



International Highlights

2008 Commonwealth Youth Games 200m 7th

National Championships

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

Personal Bests

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

Career summary

Antonio has previously played county football as well as completing the Duke of Edinburgh scheme and the Model United National scheme.

He doesn't believe in superstitions.

He took part in SPAR Sprints as a junior.

Profile

200m
Funding: Talent
DOB: 22/3/91
Born: Graden City
Lives: Hertfordshire
Club: Enfield & Haringey
HiPAC: Lee Valley
Coach: Mike McFarlane
Agent:
Kit:

JADE IVE



Profile

Pole Vault

Funding: Talent

DOB: 22/1/92

Born: Epsom

Lives: Epsom

Club: Shaftesbury Barnet Harriers

HiPAC: West London

Coach: Egryn Jones

Agent:

Kit:

International Highlights

2008 GBR v Netherlands Indoor gold; World Juniors q;
Commonwealth Youths gold (All pole vault)

National Championships

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

Personal Bests

Outdoor: **PV** 4.05 (2008)

Indoor: **PV** 4.00 (2008)

Career summary

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

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

She is a former participant in Aviva Sportshall.

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

She currently holds the UK junior record outdoors.

JOHANNA JACKSON



Profile

20k Walk

Funding: Development

DOB: 07/01/85

Born: Middlesbrough

Lives: Redcar

Club: Redcar Race Walking Club

HiPAC: Loughborough

Coach: Maureen Jackson

Agent:

Kit:

International Highlights

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

National Championships

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

Personal Bests

Outdoor: **20km** 1:31:33 (2008), **3000m** 12:40.98 (2008),

5000m 21:30.75 (2008), **10km** 44:52 (2008)

Career summary

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

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

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

EMMA JACKSON



International Highlights

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

National Championships

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

Personal Bests

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

Career summary

Emma, who supports Stoke City, says her parents are the greatest influence on her career as they support her as much as they can.

She has a superstition of never putting new shoes on tables.

Profile

800m

Funding: Talent

DOB: 7/6/88

Born: Stoke-on-trent

Lives: Market Drayton

Club: City of Stoke

HiPAC: Birmingham

Coach: Alan Morris

Agent:

Kit: Nike

JADE JOHNSON



International Highlights

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

National Championships

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

Personal Bests

Outdoor: **Long jump** 6.81 (2008), **Triple jump** 13.11 (2001),
100m 11.84 (2008), 11.72w (1998), **200m** 24.31 (1998)
Indoor: **LJ** 6.52 (2005), **60m** 7.43 (2004)

Career summary

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

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

Profile

Long Jump

Funding: Podium

DOB: 7/6/80

Born: London

Lives: Camberwell

Club: Herne Hill Harriers

HiPAC: Lee Valley

Coach: John Herbert

Agent: Stellar

Kit: adidas

HAYLEY JONES



Profile

100m

Funding: Development

DOB: 14/9/88

Born: Crewe

Lives: Nantwich

Club: Wigan AC

HiPAC: Loughborough

Coach: Michael Khmel

Agent:

Kit:

International Highlights

2006 World Juniors 4x100m 6th,

2007 European Juniors 200m gold & 4x100m gold & 4x400m silver

National Championships

2006 AAA U20 200m gold; English Schools 400m gold

2007 England U20 200m gold,

Personal Bests

Outdoor: **100m** 11.59w/11.62 (2007), **200m** 23.37 (2007),
400m 54.0 (2007)

Indoor: **60m** 7.47 (2009), **200m** 24.30 (2009)

Career summary

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

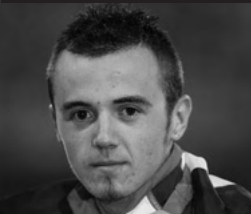
Hayley can play guitar and her in spare time supports Manchester United FC.

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

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

She was undefeated in Aviva Sportshall races as a youngster.

IAN JONES



Profile

400m, T44

Funding: Podium

DOB: 30/12/89

Born: Manchester

Lives: Manchester

Club: East Cheshire Harriers

HiPAC: Birmingham

Coach: John Dunne

Agent:

Kit:

International Highlights

2006 Worlds 200m 4th, 100m final

2007 Paralympic World Cup 100m, 200m

2008 Paralympic World Cup 100m bronze, 400m gold

2008 Paralympics 200m h2, 100m bronze

Personal Bests

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

Career summary

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

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

Ian is a qualified sports coach.

He enjoys socialising, playing badminton, watching DVDs and playing PlayStation

LAURA KENNEY



International Highlights

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

National Championships

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

Personal Bests

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

Career summary

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

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

Profile

5000m

Funding: Development

DOB: 27/6/85

Born: Blackpool

Lives: Loughborough

Club: Royal Sutton Coldfield

HiPAC: Loughborough

Coach: George Gandy

Agent:

Kit:

RICHARD KILTY



International Highlights

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

National Championships

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

Personal Bests

Outdoor: **100m** 10.5/10.51 (2008), **200m** 21.19 (2008)
Indoor: **60m** 6.84 (2009)

Career summary

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

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

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

Has previously taken part in SPAR Sprints.

Profile

100m/200m

Funding: Talent

DOB: 2/9/89

Born: Stockton

Lives: Stockton On Tees

Club: Gateshead Harriers

HiPAC: Loughborough

Coach: Jared Deacon

Agent:

Kit: adidas

CHRIS KIRK



Profile

Long Jump

Funding: Development

DOB: 6/9/85

Born: Huddersfield

Lives: Gateshead

Club: Newham & Essex Beagles

HiPAC: Loughborough

Coach: Peter Stanley

Agent:

Kit:

International Highlights

2007 European U23 long jump 16th

National Championships

2003 AAA U20 long jump gold

2006 AAA U23 long jump gold

Personal Bests

Outdoor: **100** 11.32 (2006), **HJ** 1.95 (2003), **LJ** 7.93 (2008)

Indoor: **60** 7.07 (2008), **LJ** 7.75 (2008)

Career summary

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

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

Chris took part in Aviva Startrack as a youngster.

JEANETTE KWAKYE



Profile

100m

Funding: Podium

DOB: 20/3/83

Born: Walthamstow

Lives: Chingford

Club: Woodford Green & Essex Ladies

HiPAC: Lee Valley

Coach: Michael Afilaka

Agent: JCCM

Kit: Nike

International Highlights

2002 World Juniors 4x100m gold & 100m sf,

2003 European U23 100m 7th & 4x100m 6th; World University Games 100m sf,

2005 European Indoors 60m sf,

2007 European Indoors 60m 4th; Worlds 100m qf,

2008 Olympics 100m 6th & 4x100m ht; World Indoors 60m silver

National Championships

2002 U20 Indoor 60m gold, 2003-5 AAA Indoor U23 100m gold,

2005 AAA Indoor 60m gold; AAA Indoor U23 200m gold

2007 UKA 100m & 200m gold, 2008 UKA 100m gold

Personal Bests

Outdoor: **100m** 11.14 (2008), **200m** 23.11 (2007)

Indoor: **60m** 7.08 (2008), **200m** 24.31 (2004)

Career summary

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

THOMAS LANCASHIRE



International Highlights

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

National Championships

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

Personal Bests

Outdoor: **800m** 1:45.76 (2006), **1000m** 2:20.38 (2008),
1500m 3:35.33 (2008), **1M** 3:55.69 (2008), **5000m** 13:56.65 (2007).
Indoor: **1M** 3:58.52 (2006), **3000m** 7:56.01 (2007).

Career summary

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

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

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

Profile

1500m

Funding: Development

DOB: 2/7/85

Born: Bolton

Lives: Bolton/ Florida

Club: Bolton United Harriers

HiPAC: Birmingham

Coach: Norman Poole

Agent: Pace Sports Management

Kit: Nike

ALISON LEONARD



International Highlights

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

National Championships

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

Personal Bests

Outdoor: **400m** 54.91mx, 55.1 (2008), **800m** 2:02.15 (2008),
1500m 4:22.82 (2008)

Career summary

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

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

Her talent off the track is playing the keyboard

Profile

800m

Funding: Development

DOB: 17/3/90

Born: Manchester

Lives: Chorley

Club: Blackburn Harriers & AC

HiPAC: Birmingham

Coach: Arthur Almond

Agent:

Kit:

NIGEL LEVINE



Profile

400m

Funding: Talent

DOB: 30/4/89

Born: Trinidad

Lives: Bedford

Club: Bedford & County

HiPAC: West London

Coach: Simon Duberley

Agent:

Kit:

International Highlights

2007 European Junior 400m 4th

2008 World Junior 400m sf

National Championships

2005 AAA U17 100m 5th,

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

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

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

Personal Bests

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

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

Career summary

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

STEVE LEWIS



Profile

Pole Vault

Funding: Development

DOB: 20/5/86

Born: Staffordshire

Lives: Loughborough

Club: Newham & Essex Beagles

HiPAC: Loughborough

Coach: Steve Rippon

Agent: JCCM

Kit: Nike

International Highlights

2003 World Youth bronze,

2004 World Juniors 9th

2005 European Junior 5th,

2006 Commonwealth Games bronze

2007 European U23 7th,

2008 World Indoors 15th; Olympics dng (nh)

(All pole vault)

National Championships

2000 AAA Indoor U15 gold,

2004-5 AAA Indoor U20 gold,

2006 AAA gold,

2006-8 AAA Indoor gold,

2007-8 UKA gold (All pole vault)

Personal Bests

Outdoor: **PV** 5.71 (2008)

Indoor: **PV** 5.75 (2009)

Career summary

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

MARK LEWIS FRANCIS



International Highlights

1999 European Juniors 100m silver; World Youths 100m gold, 2000 World Juniors 100m gold & 4x100m gold, 2001 World Indoors 60m bronze; European Juniors 100m gold & 4x100m gold, 2002 European Indoors 60m silver, 2004 Olympics 100m sf, 4x100m gold, 2005 Worlds 4x100m bronze; Europeans 4x100m gold; World Cup 4x100m silver, 2007 Worlds 4x100m bronze

National Championships

1998-9 AAA Indoor U17 gold, 1998 AAA U17 gold, 1999-2000 AAA U20 gold, 2001 AAA Indoors U20 gold, 2001-2 AAA gold, 2003 AAA Indoor gold,

Personal Bests

Outdoor: **100m** 9.97w (2001), 10.04 (2002), **200m** 20.78w (2005), 20.94 (2002). Indoor: **60m** 6.51 (2001)

Career summary

Mark set UK age group 100m records every year from 14- 18 years of age and turned down the chance to run in the Sydney Olympics to chase World Junior Championship gold in Santiago. In 2001 he ran 9.97 in the quarter-finals at the Worlds, but denied a World Junior record as the wind gauge malfunctioned. In 2004 he held off USA's Maurice Greene to take the British team to gold in the 4x100m at the Olympic Games, making him the youngest british Olympic champion since 1936. He was awarded the MBE in the Queen's 2005 New Year Honours. He missed the entire 2008 summer season due to an Achilles tendon injury.

Profile

100m
Funding: Podium
DOB: 4/9/82
Born: Walsall
Lives: Slough
Club: Birchfield Harriers
HiPAC: West London
Coach: Linford Christie
Agent: Pace Sports Management
Kit: Nike

EMMA LYONS



International Highlights

2007 European U23 pole vault 10th

National Championships

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

Personal Bests

Outdoor: **100m** 12.90 (2006), **100mh**, 15.29 (2006), 15.22w (2007), **PV** 4.12 (2008), **Hep** 3888 (2003)
 Indoor: **PV** 4.27 (2009)

Career summary

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

She has a degree in sport and PE from UWIC.

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

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

Profile

Pole Vault
Funding: Development
DOB: 14/6/87
Born: Nottingham
Lives: Cardiff
Club: Sale Harriers
HiPAC:
Coach: Scott Simpson
Agent:
Kit:

CHRISTIAN MALCOLM



Profile

200m

Funding: Podium

DOB: 3/6/79

Born: Cardiff

Lives: Newport

Club: Cardiff AAC

HiPAC: West London

Coach: Linford Christie

Agent: Nuff Respect

Kit: Asics

International Highlights

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

National Championships

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

Personal Bests

Outdoor: 60m 6.65 (2000), 100m 10.11, 10.09w (2001),

200m 20.08 (2001)

Indoor: 60m 6.64 (2001), 200m 20.54 (2000), 400m 49.64 (2008)

Career summary

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

ANDREW MARSH



Profile

Pole Vault

Funding: Development

DOB: 26/1/90

Born: Stoke on trent

Lives: Staffs

Club: City of Stoke

HiPAC: West London

Coach: Nick Buckfield

Agent:

Kit: adidas

International Highlights

2008 World Juniors pole vault 5th

National Championships

2006 UK School Games gold,

2006 England U20 4th,

2006 England U17 gold,

2006 English Schools U17 gold,

2006 England U17 Indoor gold,

2008 England U20 silver

(All pole vault)

Personal Bests

Outdoor: PV 5.20 (2008)

Indoor: PV 5.10 (2008)

Career summary

Andy has had success in both rugby and football, playing for Staffordshire, Leicester Tigers, Bolton Wanderers and Stoke City.

The greatest influences on his career have been Sergei Bubka for his success and Ricky Hatton for his personality.

He supports Stoke City FC and is a member of their away supporters club.

CHRIS MARTIN



International Highlights

2000 Paralympics discus gold,
2002 Worlds discus gold (WR),
2004 Paralympics discus 4th,
2008 Paralympics discus silver

Personal Bests

Discus 28.91m (2008)

Career summary

A Paralympic gold medallist from Sydney and former world record holder, Chris retired in 2004 after finishing 4th in Athens, but made a comeback in 2007 and immediately made an impact at world level, entering the top three in the international rankings.

His decision was vindicated when in 2008 he won gold at the Paralympic World Cup, went on to set a new PB of 28.91m and take silver at the Beijing Games.

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

He enjoys playing computer games and supports Nottingham Forrest FC.

Profile

Discus, F33

Funding: Podium
DOB: 1/11/71
Born: Nottingham
Lives: Mansfield
Club: Mansfield Harriers
HiPAC: Loughborough
Coach: Philip Peat
Agent:
Kit:

GERMAINE MASON



International Highlights

2006 Europeans 17th,
2007 Worlds 27th,
2008 Olympics silver

National Championships

2006 AAA silver,
2007-8 UKA silver

Personal Bests

Outdoor: HJ 2.34 (2003)
Indoor: HJ 2.30 (2003)

Career summary

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

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

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

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

Profile

High Jump

Funding: Podium
DOB: 20/1/83
Born: Kingston, Jamaica
Lives: Acton
Club: Birchfield Harriers
HiPAC: Birmingham
Coach: Steven Francis / Fuzz Ahmed
Agent: MTC
Kit:

LEE MCCONNELL



Profile

4 x 400m Relay

Funding: Podium

DOB: 9/10/78

Born: Glasgow

Lives: Glasgow

Club: Shaftesbury Barnet Harriers

HiPAC:

Coach: Rodger Harkins

Agent: MTC

Kit: adidas

International Highlights

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

National Championships

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

Personal Bests

Outdoor: **400m** 50.82 (2002), **200m** 23.1, 23.16 (2008), **400m hurdles** 55.25 (2006), **HJ** 1.88 (2000), **100m** 12.2 (1995), 12.19w (1994)
Indoor: **300m** 37.57 (2005), **HJ** 1.83 (1999)

Career summary

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

JOHN MCFALL



Profile

100m, T42

Funding: Podium

DOB: 25/4/81

Born: Surrey

Lives: Cardiff

Club: Cardiff AAC

HiPAC:

Coach: Darrell Maynard

Agent: 8 Total Management

Kit: adidas

International Highlights

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

Personal Bests

100m 12.69 (2008), **200m** 26.02 (2006)

Career summary

In 2000, John had a motorbike accident, which resulted in him having his right leg amputated above the knee.

He made his GB & NI debut at the 2005 Europeans where he won a very creditable 200m bronze, he followed this up by winning 100m silver and 200m bronze on his World Championships debut 12 months later.

He can play the guitar and speak French. He has a BSc and MSc in sports and exercise science from UWIC and Swansea.

JORDAN MCGRATH



International Highlights

2007 World Youths 400m 4th; European Juniors 4x400 bronze,
2008 World Juniors 4x400m silver & 400m 7th; Commonwealth
Youth Games 400m bronze

National Championships

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

Personal Bests

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

Career summary

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

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

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

Profile

400m

Funding: Talent

DOB: 3/3/90

Born: Birmingham

Lives: Birmingham

Club: Birchfield Harriers

HiPAC: Birmingham

Coach: Tony Hadley

Agent:

Kit:

ALAN MCKIE



International Highlights

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

National Championships

2006 AAA U20 bronze, English Schools U19 gold,
2007 England U20 gold; England U20 Indoor Gold; English
Schools U19 gold,
2008 England U23 bronze
(All high jump)

Personal Bests

Outdoor: **HJ** 2.21 (2008)
Indoor: **HJ** 2.19 (2008)

Career summary

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

Before competing in athletics he used to play football.

Profile

High Jump

Funding: Talent

DOB: 14/10/88

Born: High Wycombe

Lives: High Wycombe

Club: Windsor, Slough, Eton &
Hounslow

HiPAC: West London

Coach: Carol Jackson

Agent:

Kit:

JAMES MCLEAN



Profile

110m Hurdles

Funding: Talent

DOB: 1/1/91

Born: Rochford

Lives: Essex

Club: Southend-on-sea

HiPAC: Lee Valley

Coach: Tony Jarrett

Agent:

Kit:

International Highlights

2007 European Youth Olympics 110mH 8th

National Championships

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

Personal Bests

Outdoor: **100m** 10.99w (2008), **100m** 11.0/ 11.19 (2007), **100HY**
12.75 (2007), **110HY** 13.82 (2007)

Indoor: **60HJ** 8.2/8.36 (2009), **60HY** 7.98 (2007), **60m** 7.03 (2009)

Career summary

James says Colin Jackson has been his biggest influence after watching Jackson race whilst growing up.

He has a pre-event ritual of always talking to himself and doing one tuck jump before getting into the blocks.

James used to play football for Southend United's Centre of Excellence and still supports the club.

JENNY MCLOUGHLIN



Profile

100m/200m, T37

Funding: Development

DOB: 3/10/91

Born: Stockport

Lives: Chepstow

Club: Unattached

HiPAC:

Coach: Darrell Maynard

Agent:

Kit:

International Highlights

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

National Championships

2007 UK School Games 100m gold

Personal Bests

100m 15.42 (2008), **200m** 32.71 (2008)

Career summary

Jenny competed at the Beijing Paralympics as one of the youngest members of the GB team. She made her breakthrough at the 2007 UK School games taking Gold in the 100m.

Jenny, currently a student at Swansea, says her greatest achievement was getting to the Beijing Paralympics.

She considers cyclist Lance Armstrong to have been the biggest influence on her career.

In her spare time she enjoys horse riding and supports Manchester United FC.

OLIVER MCNEILLIS



International Highlights

2008 European Cup CE decathlon dnf

National Championships

2005 AAA U20 long jump gold

2006 English Schools U19 long jump gold

2007 England U23 long jump gold

2008 England decathlon bronze; England U23 Champs 110mh silver; England Indoor heptathlon 6th

Personal Bests

Outdoor: **100m** 10.56 (2008), **200m** 22.3 (2004), **400m** 48.01 (2008), **1500m** 4:52.60m (2008), **110H** 13.90w/14.12 (2008), **HJ** 1.97 (2004), **PV** 4.80 (2008), **LJ** 7.50 (2004), **TJ** 13.51w (2007), **SP** 11.58 (2008), **DT** 37.05 (2008), **JT** 43.36 (2008), **DEC** 7440 (2008)

Indoor: **60m** 6.85 (2007), **60H** 8.08 (2008), **HJ** 1.98 (2005), **LJ** 7.42 (2008), **HEPIS** 5604 (2008)

Career summary

Oliver took part in Aviva Startrack when he was a young athlete.

He has A-Levels in biology and PE and his brother is studying medicine at Oxford.

In his spare time Oliver occasionally does archery.

Profile

Decathlon

Funding: Talent

DOB: 24/11/87

Born: Sutton Coldfield

Lives: Hagley

Club: Birchfield Harriers

HiPAC: Birmingham

Coach: Dominic McNeillis

Agent:

Kit:

JENNIFER MEADOWS



International Highlights

2000 World Juniors 4x400m gold, 2001 European U23 4x400m gold;

World University Games 4x400m silver, 2002 Commonwealth Games

4x400m silver, 2003 European U23 4x400m silver; 2008 Olympics 800m sf

National Championships

1995 AAA Indoor U15 4800m gold, 2000 AAA Indoor U20 400m gold,

2002 AAA U23 400m gold, 2002, 2005-6, 2008 AAA Indoor 800m

gold, 2003 AAA Indoor 400m gold, 2008 UK Indoor 800m gold

Personal Bests

Outdoor: **100m** 11.94, 11.8w (2001), **200m** 24.32 (2000), 24.0 (2002), 23.90w (2001), **400m** 52.50mx (2005), 52.67 (2003), **800m** 1:59.11 (2008), **1000m** 2:39.84 (2007), **1500m** 4:19.36 (2006),

Indoor: 52.74 (2003), **600m** 1:25.81 (2007, UK best), **800m** 1:59.73 (2008), **1000m** 2:46.82 (2005).

Career summary

1995 saw Jennifer win the English Schools junior 800m and mark her first real success.

Jennifer was Head athletics coach for Manchester Leisure before becoming a full-time athlete. She has a degree in English, sport, PE and recreation from Liverpool Hope.

Jennifer has an unusual training partner, her miniature Schnauzer dog called Harvey. She participated in Aviva Sportshall U11.

Profile

800m

Funding: Development

DOB: 17/4/81

Born: Wigan

Lives: Wigan

Club: Wigan & District Harriers & AC

HiPAC: Birmingham

Coach: Trevor Painter

Agent: Caroline Firth

Kit:

JACK MEREDITH



Profile

110m Hurdles

Funding: Talent

DOB: 14/8/92

Born: Liverpool

Lives: Liverpool

Club: Liverpool Harriers

HiPAC: Birmingham

Coach: Donald Moss

Agent:

Kit:

National Championships

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

Personal Bests

Outdoor: **100m** 11.2/11.46 [2008] 11.34w [2007], **200m** 22.9 [2008], **100HY** 12.70 [2008], **LJ** 5.89 [2007], **TJ** 12.06w [2007], 11.73 [2008]
Indoor: **60m** 7.06 [2009], **200m** 25.71 [2006], **60H** 8.25 [2008], **60HY** 7.89 [2008], **60mHJ** 7.88 [2009]

Career summary

Jack, currently at sixth form studying for his A-Levels, says that he likes to be the first in the blocks when competing.

He enjoys listening to music, going out with friends and he supports Everton FC.

Jack came through Aviva Sportshall as a young athlete.

Jack set the UK best for U17 hurdles indoors in 2008.

STEPHEN MILLER



Profile

Club Throw, F32

Funding: Podium

DOB: 27/5/80

Born: Newcastle upon Tyne

Lives: Cramlington

Club: Gateshead Harriers

HiPAC: Loughborough

Coach: Rosalind Miller

Agent:

Kit:

International Highlights

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

Personal Bests

Club 35.98m [2008], **Discus** 16.65 ER [2002]

Career summary

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

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

KIM MINETT



Profile

Shot, F40

Funding: Podium

DOB: 21/4/78

Born: Isleworth

Lives: Fareham

Club: City of Portsmouth

HiPAC:

Coach: Anthony Hughes

Agent:

Kit:

International Highlights

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

Personal Bests

Shot 7.14m (2007)

Career summary

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

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

Kim worked as a civil servant before becoming a full-time athlete and she hopes to return to her career after retiring from sport. Kim can use sign language and has also appeared alongside Val Kilmer in the film 'Willow'.

JONATHAN MOORE



Profile

Triple Jump

Funding: Development

DOB: 31/5/84

Born: Sutton Coldfield

Lives: Birmingham

Club: Birchfield Harriers

HiPAC: Birmingham

Coach: Aston Moore

Agent: Nuff Respect

Kit:

International Highlights

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

National Championships

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

Personal Bests

Outdoor: LJ 8.03 (2002), 8.12w (2008), TJ 16.43 (2001),
100m 10.8 (2004)
Indoor: LJ 7.74 (2008), TJ 15.89 (2005)

Career summary

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

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

ADAM MOORE



Profile

800m

Funding: Talent

DOB: 7/10/90

Born: Bracknell

Lives: Bracknell

Club: Bracknell

HiPAC: West London

Coach: Gary Marlow

Agent:

Kit:

National Championships

2005 AAA U15 800m silver; English Schools U15 800m gold;

2006 AAA U17 800m silver; English Schools U17 800m gold;

UK School Games 800m silver,

2007 England U17 800m gold; English Schools U17 800m gold; UK

School Games 800m silver,

2008 English Schools U19 800m gold

Personal Bests

Outdoor: **400m** 50.0 (2008), **800m** 1:50.69 (2008),

1500m 3:55.70 (2008)

Career summary

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

Young endurance runner Adam currently has two tattoos.

BRETT MORSE



Profile

Discus

Funding: Talent

DOB: 11/2/89

Born: Cardiff

Lives: Cardiff

Club: Birchfield Harriers

HiPAC:

Coach: Nigel Bevan

Agent:

Kit:

International Highlights

2007 European Junior discus 9th,

2008 World Junior discus nm

National Championships

2006 AAA U20 discus 4th,

2007 England U20 shot bronze & discus gold; England U20 Indoor

shot silver; UKA discus 8th

Personal Bests

Outdoor: **SP** 14.87 (2008), **DT** 56.87 (2008),

Indoor: **SP** 15.56 (2008)

Career summary

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

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

MATTI MORTIMORE



National Championships

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

Personal Bests

Outdoor: JT 51.17 (2007), JTY 64.30 (2008)

Career summary

Matti holds five U-15 national records, all coming in 2007.

He is currently receiving coaching sessions from Javelin legend
Steve Backley, on a monthly basis.

The greatest influence on his career has been coach Nigel Bevan
who coaches him "on all aspects of life"

Profile

Javelin

Funding: Talent

DOB: 16/5/93

Born: Colchester

Lives: Woodbridge

Club: Ipswich Harriers

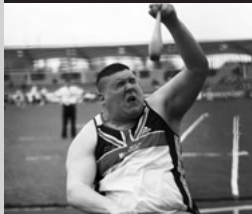
HiPAC: Lee Valley

Coach: Nigel Bevan

Agent:

Kit:

KIERON MURPHY



International Highlights

2008 Paralympic World Cup club 4th; Paralympics club 7th

Personal Bests

Club 31.32 (2008)

Career summary

Kieron is now a full-time athlete but before doing so had
considerable sporting success at school level.

He has three A-Levels in music, and performing arts

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

Profile

Club Throw, F32

Funding: Development

DOB: 8/2/86

Born: Birmingham

Lives: Sutton Coldfield

Club: Birchfield Harriers

HiPAC: Birmingham

Coach: James Edwards

Agent:

Kit:

ROSS MURRAY



Profile

1500m

Funding: Talent

DOB: 8/10/90

Born: North Shields

Lives: Wallsend

Club: Gateshead Harriers

HiPAC: Loughborough

Coach: John Stephenson

Agent:

Kit: Nike

International Highlights

2007 European Junior CC 43rd,

2008 World Junior CC 56th; European Junior CC 14th

National Championships

2006 AAA U17 1500m bronze; English CC U15 silver; English

Schools U17 1500m 8th; UK School Games 1500m bronze,

2007 England U17 800m bronze; English Schools U17 1500m gold;

UK School Games 1500m gold,

2008 England U20 1500m 6th; English CC U17 silver; English

Schools U19 1500m silver

Personal Bests

Outdoor: **800m** 1:53.33 (2008), **1500m** 3:47.50 (2008),

3000m 8:21.75 (2008)

Career summary

At the end of 2007 Ross was the youngest male member of Britain's European CC team.

Ross holds his coach and Steve Cram as the greatest influences on his career so far.

When he is not running he enjoys playing Xbox 360 online and is currently studying for his A-Levels.

At weekends he works in a specialist running shop.

He supports Newcastle United FC.

ALEX NELSON



Profile

200m

Funding: Development

DOB: 21/3/88

Born: Stoke

Lives: Stoke On Trent

Club: Sale Harriers

HiPAC: Birmingham

Coach: Graham Knight

Agent: Tim Bailey

Kit: Nike

International Highlights

2005 World Youth 100m silver; European Junior 100m bronze,

2006 World Junior 200m bronze & 4x100m bronze,

2007 European U20 200m gold

National Championships

2006 AAA U20 200m gold,

2007 England U20 200m gold,

2007-8 UKA 200m silver

Personal Bests

Outdoor: **100m** 10.31 (2005), **200m** 20.49 (2008)

Indoor: **60m** 6.78 (2007)

Career summary

Making the Beijing Olympic games at the age of 20 in the same squad as his sister after having had a serious back injury in the winter beforehand is considered to be Alex's greatest achievement in athletics.

When he was 15 Alex had trials with his local side Stoke City FC for their academy team. He believes his coaches and parents have both instilled much knowledge and inspiration into him.

Alex, has a younger sister Ashlee who medaled at world juniors in 2008. His father played for Stoke City as an apprentice and his cousin Curtis is currently in the Stoke City academy.

When not competing Alex enjoys playing Xbox and is a supporter of Manchester United FC. He attended Aviva Startrack during summer holidays when he was at junior school.

ASHLEE NELSON



International Highlights

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

National Championships

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

Personal Bests

Outdoor: **100m** 11.37 (2008), **200m** 23.46 (2008)

Career summary

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

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

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

Profile

100m

Funding: Development

DOB: 20/2/91

Born: Stoke

Lives: Stoke On Trent

Club: City of Stoke

HiPAC: Birmingham

Coach: Keith Fradley

Agent: Tim Bailey

Kit: Nike

JADE NIMMO



International Highlights

2007 World Youths long jump 10th

National Championships

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

Personal Bests

Outdoor: **100m** 12.41mx (2008) 12.57 (2007), **LJ** 6.14 (2007),
TJ 11.57w/11.33 (2006)

Career summary

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

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

She took part in gymnastics and dancing when she was younger

Profile

Long Jump

Funding: Talent

DOB: 23/3/91

Born: Falkirk, Scotland

Lives: Falkirk

Club: Falkirk Victoria Harriers

HiPAC:

Coach: Darren Ritchie

Agent:

Kit:

DANIEL NOBBS



Profile

Shot, F54

Funding: Development

DOB: 27/9/79

Born: Norwich

Lives: Attleborough

Club: British Wheelchair
Athletics Association

HiPAC: Lee Valley

Coach: Michael Wood

Agent:

Kit:

International Highlights

2007 IWAS shot 6th,
2008 Paralympic World Cup shot 7th ,
2008 Paralympics shot 10th

Personal Bests

Shot 9.13m (2008)

Career summary

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

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

CHRISTINE OHURUOGU



Profile

400m

Funding: Podium

DOB: 17/5/84

Born: London

Lives: London

Club: Newham & Essex Beagles

HiPAC: Lee Valley

Coach: Lloyd Cowan

Agent: Nuff Respect/ Pace Sports
Management

Kit: adidas

International Highlights

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

National Championships

2004 AAA 400m gold, 2005 AAA U23 400m gold, 2008 UKA 200m silver

Personal Bests

Outdoor: 200m 22.94 (2008), 300m 36.13+ (2007),

400m 49.61 (2007)

Indoor: 60m 7.39 (2006), 100m 11.90 (2006), 200m 23.41 (2008)

Career summary

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

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

Studied linguistics at University College, London.

MARILYN OKORO



International Highlights

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

National Championships

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

Personal Bests

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

Career summary

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

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

Profile

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

EDIRIN OKORO



International Highlights

2008 World Junior 110H sf

National Championships

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

Personal Bests

Outdoor: **100m** 11.31 (2008), **200m** 23.48 (2008), **110hJ** 13.68w (2008) 13.82 (2007), **110H** 14.80w (2006) 14.8/14.81 (2008)
Indoor: **60m** 7.36 (2006), **200m** 23.77 (2006), **60mH** 8.01 (2009)

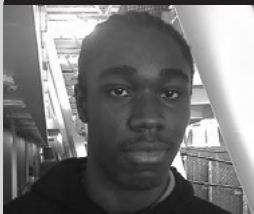
Career summary

Edirin has taken part in the past three SPAR Sprints event series, in 2006, 2007 and 2008.

Profile

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

TREVOR OKOROAFOR



Profile

Triple Jump

Funding: Talent

DOB: 9/6/90

Born: London

Lives: Croydon

Club: Croydon Harriers

HiPAC: Lee Valley

Coach: John Herbert

Agent:

Kit:

National Championships

2006 AAA U17 gold; English Schools U17 gold; UK School Games silver,
2007 England U20 5th, England U20 Indoor silver
(All triple jump)

Personal Bests

Outdoor: **LJ** 5.69 (2007), **TJ** 15.37 (2007)

Career summary

Triple jump specialist Trevor believes the biggest influence on his career is his family.

Away from athletics he is also a supporter of Arsenal Football Club.

ANYIKA ONUORA



Profile

100m

Funding: Development

DOB: 28/10/84

Born: Liverpool

Lives: London

Club: Liverpool Harriers

HiPAC: Lee Valley

Coach: Lloyd Cowan

Agent: Nuff Respect

Kit:

International Highlights

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

National Championships

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

Personal Bests

Outdoor: **100m** 11.31 (2006), **200m** 23.13 (2008)

Indoor: **60m** 7.31 (2006)

Career summary

Anyika won English Schools 100m titles in 2001 (intermediates) and 2002 (senior).

She was a semi-finalist in the European 100m, 11.45 after 11.38 in her heat, before running the first leg on the British 4x100m team that took a surprise silver medal.

She ran a season's best of 7.34 for 60m indoors and 100m in 11.48 and 200m in 23.38 outdoors in 2007 and in 2008 was 2nd in the UK Indoor 60m in 7.33. Relocated to London for the 2009 season to train with Lloyd Cowan's group.

ANDREW OSAGIE



National Championships

2007 BUSA 800m gold

Personal Bests

Outdoor: **400m** 49.25, **800m** 1.47.34

Indoor: **800m** 1.49.70 [2009]

Career summary

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

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

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

Profile

800m

Funding: Development

DOB: 19/2/88

Born: Harlow, Essex

Lives: St Mary's College,
Twickenham

Club: Harlow AC

HiPAC: West London

Coach: Craig Winrow

Agent:

Kit: Nike

SHELAYNA OSKAN



International Highlights

2008 Commonwealth Youth Games 400m 5th

National Championships

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

Personal Bests

Outdoor: **100m** 12.8/12.99 (2008), **200m** 25.7 (2008),

400m 54.39 (2008), **800m** 2:09.20 (2008)

Indoor: **400m** 56.04 (2009)

Career summary

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

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

Shelayna used to play hockey at County level.

Profile

400m

Funding: Talent

DOB: 20/1/90

Born: South London

Lives: West London

Club: Windsor, Slough, Eton &
Hounslow

HiPAC: West London

Coach: Rodger Hughes

Agent:

Kit: Craft

EMMA PALLANT



Profile

1500m

Funding: Development

DOB: 4/6/89

Born: Aldershot

Lives: Farnham

Club: Aldershot Farnham & District

HiPAC: West London

Coach: Mick Woods

Agent: Pace Sports Management

Kit: Nike

International Highlights

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

National Championships

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

Personal Bests

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

Career summary

Trains alongside GB & NI team-mates Steph Twell and Charlotte Purdue.

She also plays lots of sports including basketball, football, hockey, cricket, swimming, and badminton, whilst also being able to play the drums.

Emma is a supporter of Tottenham Hotspur FC.

She is training partners with Steph Twell.

BARBARA PARKER



Profile

Steeplechase

Funding: Development

DOB: 8/11/82

Born: Norfolk

Lives: Florida/Norfolk

Club: City of Norwich AC

HiPAC: Loughborough

Coach: Karen Harvey

Agent: Total Sports

Kit: New Balance

International Highlights

2003 European U23 3000mSt 16th,
2008 Olympics 3000mSt ht

National Championships

2003 AAA U23 2000mSt gold,
2004 AAA 3000mSt gold,
2008 UKA 3000mSt silver

Personal Bests

Outdoor: **800m** 2:10.00 (2001), **1500m** 4:12.17 (2008),
3000m 9:13.74 (2008), **5000m** 15:42.16 (2008), **2000mSt** 6:36.50
(2003), **3000mSt** 9:37.08 (2008), **400mh** 63.53 (2004), **HJ** 1.61
(1997), **Hep** 4154 (1999).

Indoor: **800m** 2:09.65 (2007), **1M** 4:36.33 (2009)

Career summary

Away from athletics she used to play football for King's Lynn Ladies and works part-time for a mortgage analysis firm in Tallahassee, Florida.

She also has a degree in sociology and exercise, which she studied for at Florida State University.

Has taken part in Aviva Startrack and Aviva Sportshall as a youngster and began her athletics career as a high jumper.

TOM PARSONS



Profile

High Jump

Funding: Podium
DOB: 5/5/84
Born: Solihull
Lives: Sutton Coldfield
Club: Birchfield Harriers
HiPAC: Birmingham
Coach: Fuzz Ahmed
Agent: Team Podium
Kit: adidas

International Highlights

2003 European Juniors 20th,
2005 European U23 17th; World University Games 10th,
2006 Commonwealth Games 11th,
2007 Worlds 10th,
2008 Olympics 8th (All high jump)

National Championships

2004 AAA U23 gold, 2008 UKA gold; UKA Indoor silver

Personal Bests

Outdoor: HJ 2.30 (2008)
Indoor: HJ 2.24 (2008)

Career summary

Tom got into athletics through watching the 1992 Barcelona Olympics and also from seeing the AAA championships staged in Birmingham when he was a youngster.

He studied for a BSC in sport and PE at UWIC. He is a keen Aston Villa fan who has excelled in swimming, cricket, rugby and skiing outside of athletics. He often wears his "lucky Villa" socks when competing.

He works part time at Aston University Library.

He clinched his place at the 2008 Olympic Games by winning the UK Championships with a PB of 2.30m.

JO PAVEY



Profile

5000m
Funding: Podium
DOB: 20/9/73
Born: Devon
Lives: Teddington
Club: Exeter Harriers
HiPAC: West London
Coach: Gavin Pavey
Agent: Gavin Pavey
Kit: Nike

International Highlights

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

National Championships

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

Personal Bests

Outdoor: 800m 2:09.68 (1990), 1500m 4:01.79 (2003), 1M 4:30.77 (1997), 2000m 5:41.6+ (2005), 3000m 8:31.27 (2002), 5000m 14:39.96 (2006), 10000m 31:12.30 (2008), Road 10k 31:47 (2007), 10M 52:46 (2006), Hmar 68:53 (2008)
Indoor: 1500m 4:16.3+ (2005), 2000m 5:41.4 (2005), 3000m 8:31.50 (2007), 2M 9:32.00 (2007)

Career summary

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

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

LOUIS PERSENT



Profile

400m

Funding: Talent

DOB: 18/7/90

Born: Colchester

Lives: Colchester

Club: Colchester Harriers

HiPAC: Lee Valley

Coach: Linda Garnham

Agent:

Kit: adidas

International Highlights

2007 European Junior 4x400m gold

National Championships

2006 English Schools U17 400m silver,

2007 English Schools U19 400m silver; England U20 400m 5th,

2008 England U20 400m silver; World Junior 4x400m silver

Personal Bests

Outdoor: **100m** 11.1 (2007), **200m** 21.74 (2008), **400m** 46.71 (2008), **400mh** 53.46 (2007), **Octathlon** 4799 (2006)

Career summary

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

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

Louis participated in Aviva Sportshall in 2002 and 2003.

ASHA PHILIP



Profile

100m

Funding: Development

DOB: 25/10/90

Born: Leytonstone, London

Lives: London

Club: Newham & Essex Beagles

HiPAC: Lee Valley

Coach: Mike McFarlane

Agent:

Kit: Nike

International Highlights

2006 World Juniors 100m 4th & 4x100m 6th,

2007 World Youth 100m gold

National Championships

2006-07 UK U20 100m gold

Personal Bests

Outdoor: **100m** 11.37 (2007), **200m** 25.70 (2007)

Indoor: 7.35 (2007)

Career summary

Asha is a World Champion in Double Mini Trampoline.

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

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

CRAIG PICKERING



International Highlights

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

National Championships

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

Personal Bests

Outdoor: **100m** 10.14 (2007), **200m** 21.34 (2004), 21.17w (2007)
Indoor: **60m** 6.55 (2007)

Career summary

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

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

Profile

100m

Funding: Podium

DOB: 16/10/86

Born: Crawley

Lives: Midsomer Norton

Club: Marshall Milton Keynes

HiPAC: West London

Coach: Malcolm Arnold

Agent: MTC

Kit: adidas

EMILY PIDGEON



International Highlights

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

National Championships

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

Personal Bests

Outdoor: **800m** 2:11.1 (2005), **1500m** 4:17.83 (2005), **1M** 4:50.0mx (2007), 4:50.68 (2004), **2000m** 6:13.2 (2005), **3000m** 9:06.87 (2006), **5000m** 15:41.00 (2006), **2000mSt** 6:37.76 (2006), **3000mSt** 10:06.12 (2005), **Road 5M** 27:38 (2003), **10km** 33:26 (2008)
Indoor: **3000m** 9:19.51 (2005)

Career summary

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

Profile

5000m

Funding: Talent

DOB: 1/6/89

Born: Cheltenham

Lives: Cheltenham

Club: Stroud AC

HiPAC: Loughborough

Coach: John Nuttall

Agent: Octagon

Kit: Nike

ELIZABETH POTTER



Profile

1500m

Funding: Talent

DOB: 27/12/91

Born: Glasgow

Lives: Glasgow

Club: Victoria Park / City of Glasgow

HiPAC:

Coach: William Parker

Agent:

Kit:

International Highlights

2007 World Youths 3000m 10th,

2008 Commonwealth Youth Games 1500m 5th & 3000m 6th

National Championships

2007 UK School Games 1500m silver; England U17 1500m silver;

England U20 3000m bronze,

2008 England U20 1500m 4th; UK School Games 1500m bronze

Personal Bests

Outdoor: **800m** 2:13.43 (2008), **1500m** 4:23.73 (2008),

3000m 9:34.13 (2007)

Career summary

Elizabeth competed at the 2008 Commonwealth Youth Games that were held in Pune, India.

Apart from athletics she also swims for Milngavie and Bearsden ASC at a regional and a national level.

Elizabeth can also play the saxophone, piano and clarinet.

ANDREW POZZI



Profile

110m Hurdles

Funding: Talent

DOB: 15/5/92

Born: Lemington Spa

Lives: Stratford-upon-Avon

Club: Stratford upon Avon AC

HiPAC: Birmingham

Coach: Paul Bearman

Agent:

Kit:

National Championships

2008 England U20 110mh 6th; England U17 Indoor 60mh silver;

England U17 Indoor long jump 5th; England U17 Indoor HEPIY

silver; English Schools U17 100mh bronze

Personal Bests

Outdoor: **100m** 11.2 (2008), **200m** 23.27 (2008), **400m** 52.01 (2007),

100HY 13.0/13.17 (2008), **110HJ** 14.09w/14.18 (2008), **HJ** 1.75

(2007), **LJ** 6.69 (2007), **TJ** 12.94 (2007), **SPY** 11.40 (2008), **DTY** 31.75

(2008), **JTY** 42.61 (2007), **OCTY** 4592 (2008)

Indoor: **60m** 7.11 (2008), **60HY** 7.94 (2008), **HJ** 1.74 (2008),

60HJ 8.21 (2009), **PV** 3.00 (2008), **SPY** 12.36 (2008), **HEPIY** 4594 (2008)

Career summary

Andrew has previously played county level football and rugby and has been influenced by Michael Jordan for his attitude towards sport.

He works in a specialist running shop and is currently studying for A-Levels in DT, PE, psychology and business studies.

He enjoys socialising, golf, films and playing the guitar.

GEMMA PRESCOTT



International Highlights

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

Personal Bests

DT 11.74 (2008)

SP 4.77 (2008)

Career summary

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

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

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

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

Profile

Discus, F32

Funding: Development

DOB: 25/9/83

Born:

Lives: Warrington

Club: Unattached

HiPAC: Lee Valley

Coach: Ray Knight

Agent:

Kit:

CALLUM PRIESTLEY



International Highlights

2007 European Junior 110mh sf

National Championships

2005 AAA U20 110mh 7th; English Schools U17 100mh silver,

2006 AAA U20 110mh 4th,

2007 UK 110mh 5th; English Schools U19 110mh silver; England

U20 110mh 4th,

2008 England U20 110mh 4th

Personal Bests

Outdoor: **100m** 11.1w/11.20 (2007), **110mh**, 13.62 (2007),

110mh 13.89w (2008) 14.08 (2007)

Indoor: **60m** 7.06 (2009), **60mh** 7.95 (2009)

Career summary

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

He has tattoos on both his chest and back.

Profile

110m Hurdles

Funding: Talent

DOB: 13/2/89

Born: Dulwich, London

Lives: London

Club: Birchfield Harriers

HiPAC: Lee Valley

Coach: Lloyd Cowan

Agent:

Kit:

CHARLOTTE PURDUE



Profile

3000m

Funding: Talent

DOB: 10/6/91

Born: Windsor

Lives: Hook

Club: Aldershot Franham & District

HiPAC: West London

Coach: Mick Woods

Agent:

Kit: Nike

International Highlights

2007 World Junior CC 15th; European Junior 5000m 10th; European Junior CC bronze, 2008 World Junior CC 16th; European Junior CC silver

National Championships

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

Personal Bests

Outdoor: 800m 2:14.52 (2006), 1500m 4:24.01 (2006), 3000m 9:18.72mx/9:29.97 (2008), 5000m 16:04.65 (2008)
Indoor: 3000m 9:34.65 (2007)

Career summary

Charlotte broke through in 2005 when she won the English Schools Junior Girls Cross Country and came second in the AAA U15 1500m.

Charlotte says her biggest influences are her family and friends. Outside of athletics she has achieved a grade five in Ballet.

PAULA RADCLIFFE



Profile

Marathon

Funding: Podium

DOB: 17/12/73

Born: Northwich

Lives: Loughborough

Club: Bedford & County AC

HiPAC: Loughborough

Coach: Alex Stanton & Gary Lough

Agent: Octagon & Gary Lough

Kit: Nike

International Highlights

1992 World CC Junior gold, 1996 Olympics 5000m 5th, 1998, 2003 European CC gold, 1999 Worlds 10000m silver, 2000, 2001, 2003 World half marathon gold, 2001-2 World CC gold (2001 4k silver), 2002 Europeans 10000m gold; Commonwealths 5000m gold, 2005 Worlds marathon gold & 10000m 9th

National Championships

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

Personal Bests

Marathon 2:15:25 WR (2003), **Half Marathon** 65:40 (2003), NR & CWR: 3000m 8:22.20 WR (2002), 5000m 14:29.11 NR (2004), 10,000m 30:01.09 NR (2002), 400m 58.9 (1992), 800m 2:05.11 (1995), 1500m 4:05.37 (2001), 1M 4:24.94 (1996), **Road 10M** 50:01+ (2003), 51:11 (2008)

Career summary

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

MICHAEL RIMMER



International Highlights

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

National Championships

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

Personal Bests

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

Career summary

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

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

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

Profile

800m

Funding: Podium

DOB: 3/2/86

Born: Southport

Lives: Southport

Club: Liverpool Pembroke & Sefton

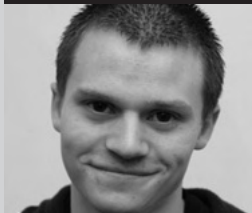
HiPAC: Birmingham

Coach: Norman Poole

Agent: Pace Sports Management

Kit: Nike

ANDY ROBERTSON



International Highlights

2007 European Youth Olympics 200m silver

National Championships

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

Personal Bests

Outdoor: **100m** 10.60m (2007), **200m** 21.51w/21.71 (2007), **LJ** 4.10 (2006)

Indoor: **60m** 6.76 (2008)

Career summary

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

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

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

Profile

200m

Funding: Talent

DOB: 17/12/90

Born: Grantham

Lives: Stalybridge

Club: Sale Harriers

HiPAC: Birmingham

Coach: John Smith

Agent: Stellar

Kit: adidas

MARTYN ROONEY



Profile

400m

Funding: Podium

DOB: 3/4/87

Born: Croydon

Lives: Loughborough

Club: Croydon Harriers

HiPAC: Loughborough

Coach: Nick Dakin

Agent:

Kit: Nike/ Oakley

International Highlights

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

National Championships

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

Personal Bests

Outdoor: **200m** 21.33 (2007), **400m** 44.60 (2008), **600m** 1:16.9 (2005), **800m** 1:50.55 (2005)

Indoor: **60m** 7.19 (2008)

Career summary

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

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

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

BEN RUSHGROVE



Profile

100m, T36

Funding: Podium

DOB: 23/2/88

Born: Bath

Lives: Bath

Club: Team Bath AC

HiPAC: West London

Coach: Robert Ellchuk

Agent:

Kit:

International Highlights

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

Personal Bests

100m 12.35 (2008), **200m** 24.86 (2007)

Career summary

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

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

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

GREG RUTHERFORD



International Highlights

2005 European U20 gold,
2006 Commonwealth Games 8th; Europeans silver,
2007 Worlds 21st,
2008 Olympics 10th
(All long jump)

National Championships

2004 AAA U20 gold,
2005-6 AAA gold,
2008 UKA gold

Personal Bests

Outdoor: LJ 8.26 [2006], 100m 10.38 [2005]
Indoor: 60m 6.80 [2005], LJ 7.91 [2009]

Career summary

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

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

Profile

Long Jump

Funding: Podium
DOB: 17/11/86
Born: Milton Keynes
Lives: Milton Keynes
Club: Marshal Milton Keynes & Shaftesbury Barnet Harriers
HiPAC: West London
Coach: Frank Attoh
Agent: Stellar
Kit: Nike

NICOLA SANDERS



International Highlights

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

National Championships

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

Personal Bests

Outdoor: 100m 12.15, 11.89w [1998], 200m 24.08+ [2007], 300m 36.17+ [2007], 400m 49.65 [2007], 100mh 15.0 [2002], 400mh 55.32 [2006], Hep 4285 [1999]. Indoor: 60m 7.92 [1998], 200m 23.31+ [2007], 300m 36.0+ [2007], 400m 50.02 NR [2007].

Career summary

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

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

Profile

400m
Funding: Podium
DOB: 23/6/82
Born: High Wycombe
Lives: Bourne End
Club: Windsor Slough Eton & Hounslow
HiPAC: West London
Coach: Tony Lester
Agent: Pace Sports Management / JCCM
Kit: Nike

GOLDIE SAYERS



Profile

Javelin

Funding: Podium

DOB: 16/7/82

Born: Newmarket

Lives: Cambridge

Club: Belgrave Harriers

HiPAC: Loughborough

Coach: Mark Roberson

Agent:

Kit: adidas

International Highlights

1999 World Youth 5th, 2000 World Juniors 6th, 2001 European Juniors silver, 2002 Commonwealth Games 6th, 2003 European U23 11th; World University Games 5th, 2004 Olympics 20th, 2005 Worlds 12th; World University Games 4th, 2006 Commonwealth Games 5th; Europeans 12th, 2007 Worlds 18th, 2008 Olympics 4th (All javelin)

National Championships

1999 AAA U17 gold, 2000-1 AAA U20 gold, 2002-3 U23 gold, 2003-6 AAA gold, 2007-8 UKA gold

Personal Bests

JT 65.75 (2008)

Career summary

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

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

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

ALLAN SCOTT



Profile

Funding: Development

DOB: 27/12/82

Born: Bellshill

Lives: Edinburgh

Club: Shaftesbury Barnet Harriers

HiPAC:

Coach: Stuart Hogg

Agent:

International Highlights

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

National Championships

2008 UKA 60mh gold

Personal Bests

60m 6.81i (2008), 60mh 7.52i (2008), 100m 10.88 (2007), 110mh 13.41w (2008) & 13.53 (2008)

Career summary

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

RYAN SCOTT



International Highlights

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

National Championships

2007 UKA Indoor 60m silver,
2007-8 England U23 100m silver

Personal Bests

Outdoor: **100m** 10.20 (2008), **200m** 21.75 (2005), 21.5/21.23w (2004)
Indoor: **60m** 6.59 (2008), **200m** 21.88 (2005)

Career summary

Has played football and rugby at county level and is also an athletics coach.

Ryan has recently moved training base to Lee Valley to link up with Lloyd Cowan.

He supports Manchester United FC.

Profile

100m

Funding: Development

DOB: 20/2/87

Born: Bristol

Lives: Bristol

Club: Newham & Essex Beagles

HiPAC: Lee Valley

Coach: Lloyd Cowan

Agent: Robert Wagner

Kit:

SALLY SCOTT



International Highlights

2008 GBR v Netherlands (Indoor) 6th

National Championships

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

Personal Bests

Outdoor: **PV** 3.92 (2008). Indoor: **PV** 4.06 (2009)

Career summary

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

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

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

Profile

Pole Vault

Funding: Talent

DOB: 12/4/91

Born: Newcastle

Lives: Morpeth

Club: Gateshead Harriers

HiPAC: Loughborough

Coach: Steve Rippon

Agent:

Kit:

PERRI SHAKES DRAYTON



Profile

400m Hurdles

Funding: Development

DOB: 21/12/88

Born: East London

Lives: Poplar

Club: Victoria Park & Tower Hamlets

HiPAC: Lee Valley

Coach: Christopher Zah

Agent: MTC

Kit: Nike

International Highlights

2006 World Juniors 400mh 8th,

2007 European Junior silver

National Championships

2006 England U20 400mh gold,

2007 England U20 400mh silver,

2008 UKA 400mh gold

Personal Bests

Outdoor: **100mh** 14.07 (2008), **400mh** 56.09 (2008)

Indoor: **60m** 7.44 (2009)

Career summary

The young athlete narrowly missed out on a place in the 2008 Beijing Olympic team after beating 400m hurdles British number one and Olympic bronze medallist Tasha Danvers at the Aviva National Championships & Olympic trials in Birmingham.

She is a superb young talent who showed immense capability since winning the English Schools title in a UK record time in 2005.

The biggest influence on her career so far has been her coach Chris Zah and she has begun to follow in his footsteps by achieving her level 2 coaching award for athletics.

She is currently studying for a degree in Sports Science at Brunel University. She has two tattoos, a butterfly on her lower back and a rosary round her ankle. Her cousin used to play for Arsenal Ladies.

ANIKE SHAND-WHITTINGHAM



Profile

100m

Funding: Talent

DOB: 13/8/89

Born: Lewisham

Lives: London

Club: Blackheath & Bromley Harriers

HiPAC: West London

Coach: Clarence Callender

Agent: Stellar

Kit: Nike

International Highlights

2007 European Junior 100m 6th & 4x100m gold

National Championships

2006 English Schools U19 100m bronze,

2007 England U20 100m silver & 200m 4th,

2008 England U20 100m 4th; England U20 Indoor 60m gold;

England U20 Indoor 200m 4th

Personal Bests

Outdoor: **100m** 11.60m (2007) 24.00w/24.26 (2007)

Indoor: **60m** 7.54 (2008), **200m** 24.28 (2008)

Career summary

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

When not competing Anike likes to shop.

Has a tattoo with "Strength & Prosperity" on her back.

Took part in the SPAR Sprints Initiative.

LYNSEY SHARP



International Highlights

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

National Championships

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

Personal Bests

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

Career summary

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

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

She is a supporter of Glasgow Rangers FC.

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

Profile

800m

Funding: Talent

DOB: 11/7/90

Born: Dumfries

Lives: Edinburgh

Club: Edinburgh Southern

HiPAC:

Coach:

Agent:

Kit: Nike

KEIRAN SHOWLER-DAVIS



National Championships

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

Personal Bests

Outdoor: **100m** 10.60m (2008), **200m** 21.14 (2008), **HJ** 1.69 (2006), **LJ** 6.90 (2008)

Indoor: **60m** 6.82 (2009), **200m** 22.89 (2007), **60HY** 8.71 (2007), **HJ** 1.67 (2007), **PENIY** 3274 (2007)

Career summary

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

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

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

He believes that everything happens for a reason.

Profile

200m

Funding: Talent

DOB: 14/11/91

Born: Winchester

Lives: Winchester

Club: Basingstoke

HiPAC: West London

Coach: John Frederick Davis

Agent:

Kit:

JEMMA SIMPSON



Profile

800m

Funding: Development

DOB: 10/2/84

Born: Plymouth

Lives: Twickenham

Club: Newquay & Par

HiPAC: West London

Coach: Mark Rowland

Agent: Pace Sports Management

Kit: Nike

International Highlights

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

National Championships

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

Personal Bests

Outdoor: **400m** 55.8 (2001), **800m** 1:59.17 (2008),
1500m 4:10.08 (2007)
Indoor: **800m** 2:01.25 (2008), **1500m** 4:11.17 (2008)

Career summary

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

HAZEL SIMPSON



Profile

200m, T36

Funding: Podium

DOB: 22/8/79

Born: Sunderland

Lives: Washington

Club: Jarrow & Hebburn AC

HiPAC: Loughborough

Coach: Brian Scobie

Agent:

Kit:

International Highlights

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

Personal Bests

100m 15.19 (2004), **200m** 31.98 (2004)

Career summary

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

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

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

ALEX SMITH



International Highlights

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

National Championships

2006 AAA U20 gold, 2007 England U20 gold,
2008 England U23 silver; UKA bronze

Personal Bests

Outdoor: HT 69.56 (2008)

Career summary

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

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

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

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

Profile

Hammer

Funding: Development

DOB: 6/3/88

Born: Hull

Lives: Hull

Club: Sale Harriers

HiPAC: Loughborough

Coach: Dave Smith

Agent:

Kit:

CHRISTOPHER SMITH



International Highlights

2008 World Junior 800m ht

National Championships

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

Personal Bests

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

Career summary

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

He is currently studying at Birmingham University.

Profile

800m

Funding: Talent

DOB: 1/2/89

Born: Birkenhead

Lives: Wirral

Club: Wirral AC

HiPAC: Birmingham

Coach: Douglas Hanna

Agent:

Kit:

PETER SMITH



Profile

Hammer

Funding: Talent

DOB: 20/7/90

Born: Hull

Lives: Yorkshire

Club: Kingston upon Hull AC

HiPAC: Loughborough

Coach: Dave Smith

Agent:

Kit:

International Highlights

2007 World Youth 7th,
2008 Commonwealth Youth Games gold

National Championships

2005 AAA U17 silver,
2006 AAA U17 gold; English Schools U17 gold,
2008 England U20 gold

Personal Bests

Outdoor: HT 64.29 (2008), HTJ 73.19 (2008)

Career summary

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

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

KELLY SOTHERTON



Profile

Heptathlon

Funding: Podium

DOB: 13/11/76

Born: Isle of Wight

Lives: Birmingham

Club: Birchfield Harriers

HiPAC: Birmingham

Coach: Aston Moore

Agent: MTC

Kit: Nike

International Highlights

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

National Championships

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

Personal Bests

Outdoor: **Hep** 6547 (2005), **100m** 11.85, 11.80w (1997), 11.8 (2002), **200m** 23.39 (2008), **400m** 52.19 (2008) **800m** 2:07.34 (2008), **100mh** 13.18 (2008), **400mh** 58.30 (2002), **HJ** 1.87 (2007), **LJ** 6.79 (2008), **TJ** 11.88, 11.95w (2002), **SP** 14.66 (2008), **JT** 40.81 (2004). Indoor: **60m** 7.70 (2002), **100m** 11.93 (2005), **200m** 23.71 (2006), **300m** 38.4+ (2008), **400m** 52.47 (2008), **800m** 2:09.95 (2008), **60mh** 8.17 (2008), **100mh** 13.48 (2006, UK best), **HJ** 1.88 (2007), **LJ** 6.53 (2006), **SP** 14.57 (2007), **Pen** 4927 - UK rec 3rd World - (2007).

Career summary

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

ANDREW STEELE



International Highlights

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

National Championships

2007 UKA 400m gold

Personal Bests

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

Career summary

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

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

Profile

400m

Funding: Podium
DOB: 19/8/84
Born: Manchester
Lives: Manchester
Club: Trafford AC
HiPAC: Birmingham
Coach: Stephen Ball
Agent: Dave Thomas
Kit:

NATHAN STEPHENS



International Highlights

2006 Worlds javelin 5th & shot 5th
2007 IWAS shot 4th & discus bronze & javelin 5th
2008 Paralympic World Cup shot 6th
2008 Paralympics shot 8th & discus 11th & javelin 4th

Personal Bests

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

Career summary

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

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

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

Profile

Javelin, Shot, Discus, F57
Funding: Podium
DOB: 4/11/88
Born: Bridgend
Lives: Cardiff
Club: FDSW
HiPAC:
Coach: Anthony Hughes
Agent:
Kit:

RICKY STEVENSON



Profile

Decathlon

Funding: Talent

DOB: 4/11/88

Born: Middlesbrough

Lives: Saltburn by the Sea

Club: New Marske Harriers

HiPAC: Loughborough

Coach: Steve Shaw

Agent:

Kit:

International Highlights

2006 European Junior CC 57th,

2007 European Junior Champs 1500 ht

National Championships

2005 English Schools U17 1500 silver,

2006 AAA U20 1500 8th; English CC U17 silver; English Schools U19 1500 8th

2007 England U20 1500 gold,

2008 UK 1500 7th; English CC U20 8th

Personal Bests

Outdoor: **400m** 50.2 (2008), **800m** 1:50.79 (2008),

1000m 2:37.37 (2008), **1500m** 3:42.55 (2008), **1M** 4:00.34 (2008),

3000m 8:35.16 (2007), **10KR** 33:03 (2006)

Indoor: **3000m** 8:15.87 (2007)

Career summary

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

Hobbies of Ricky's include playing golf and socialising.

STEVIE STOCKTON



Profile

3000m

Funding: Talent

DOB: 23/8/89

Born: West Germany

Lives: Crewe

Club: Vale Royal AC

HiPAC: Loughborough

Coach: George Gandy, Andy

Carter & Shaun McGrath

Agent:

International Highlights

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

National Championships

2005 AAA U17 3000m 5th; English Schools U17 1500m silver,

2006 English Schools U19 3000m 15th,

2007 English Schools U19 1500m gold; England 3000m 5th

Personal Bests

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

3000m 9:24.97mx/9:25.52 (2007)

Career summary

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

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

RACHEL STRINGER



International Highlights

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

National Championships

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

Personal Bests

Outdoor: **400m** 56.4 [2008] 57.50 [2006], **800m** 2:05.31 [2008],
1500m 4:32.44 [2008]
Indoor: **800m** 2:06.91 [2008]

Career summary

Rachel, a qualified lifeguard, uses gold pins for the numbers on her racing vests.

Supports Nottingham Forest Football Club

When she was younger Rachel took part in Aviva Sports:hall but has more recently worked as a coach at Aviva Star:track.

Profile

800m

Funding: Talent

DOB: 28/2/90

Born: Norwich

Lives: Norwich

Club: City of Norwich AC

HiPAC: Loughborough

Coach: George Gandy

Agent:

Kit:

ANDREW SUTCLIFFE



International Highlights

2008 Commonwealth Youth Games 4th

National Championships

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

Personal Bests

Outdoor: **PV** 4.90 [2008]
Indoor: **PV** 4.92 [2009]

Career summary

Prior to taking his athletics path, Andrew played both rugby and football.

He is studying a BTEC National Diploma in Sport at the moment as well as learning to drive.

He also supports Manchester United.

Profile

Pole Vault

Funding: Talent

DOB: 10/07/91

Born: Manchester

Lives: Dukinfield

Club: Sale Harriers

HiPAC: Birmingham

Coach: Julien Raffalli-Ebezant

Agent:

Kit:

JENNIFER TAKER



Profile

100m

Funding: Talent

DOB: 16/3/90

Born: Manchester

Lives: Manchester

Club: Trafford AC

HiPAC: Loughborough

Coach: Tom Crick

Agent:

Kit:

International Highlights

2007 World Youth 100mh ht

National Championships

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

Personal Bests

Outdoor: **100m** 11.73w/11.78 (2007), **200m** 25.2/25.43w (2007), **100mh** 14.92 (2007)

Indoor: **60m** 7.49 (2007), **60mhl** 8.70 (2005)

Career summary

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

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

JOE THOMAS



Profile

800m

Funding: Development

DOB: 29/1/88

Born: Pontypridd

Lives: Pontypridd

Club: Cardiff AAC

HiPAC:

Coach: Arwyn Davies

Agent:

Kit:

National Championships

2008 England U23 800m gold; UKA 800m 4th

Personal Bests

Outdoor: **400m** 48.4/49.05 (2007), **800m** 1:46.20 (2008), **1k** 2:19.91 (2008), **1500m** 4:02.2 (2008)

Indoor: **400m** 48.46 (2009), **800m** 1:48.50 (2009)

Career summary

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

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

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

Joe competed in Aviva Startrack and Aviva Sportshall in 1998

KADI-ANN THOMAS



International Highlights

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

National Championships

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

Personal Bests

Outdoor: **100m** 11.41 [2008], **200m** 23.22w [2008] 23.28 [2007]
Indoor: **60m** 7.39 [2007]

Career summary

Kadi-Ann works part-time in a gym when she is not competing and has a degree in sports science, which she gained at Brunel University.

She is a member of the Haribo Club and gets sent free sweets on her birthday.

Profile

100m
Funding: Development
DOB: 10/2/86
Born: Jamaica
Lives: Milton Keynes
Club: Marshall Milton Keynes
HiPAC: West London
Coach: Tony Lester
Agent:
Kit:

KATARINA THOMPSON



National Championships

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

Personal Bests

Outdoor: **100m** 12.35 [2008], **200m** 24.49 [2008], **800m** 2:21.68 [2008],
HJ 1.81 [2008], **LJ** 6.07w/5.90 [2008], **SP** 9.94 [2008], **Discus** 16.20
[2006], **Hep** 5343 [2008], **Hept** 5146 [2008]
Indoor: **60m** 7.76 [2009], **800m** 2:23.36 [2007], **60mH** 9.05 [2009],
60mH 9.13 [2008], **LJ** 6.11 [2008], **SP** 10.15 [2009], **Pen** 3944 [2008],

Career summary

Katarina did classic ballet until the age of nine and once appeared as an extra in TV program Mersey Beat.

The youngster from the North West also supports Liverpool FC.

Has participated in Aviva Sportshall as a young athlete.

She won eight National titles in 2007 and then eight more in 2008.

Profile

High Jump
Funding: Talent
DOB: 9/1/93
Born: Liverpool
Lives: Liverpool
Club: Liverpool Harriers AC
HiPAC: Birmingham
Coach: Valerie Rutter
Agent:
Kit: adidas

SHAUNNA THOMPSON



Profile

200m

Funding: Talent

DOB: 8/4/92

Born: Manchester

Lives: Manchester

Club: Sale Harriers

HiPAC: Birmingham

Coach: Robert Gaisie

Agent: Stellar

Kit: Nike

International Highlights

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

National Championships

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

Personal Bests

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

Career summary

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

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

DEJI TOBIAS



Profile

100m

Funding: Talent

DOB: 31/10/91

Born: London

Lives: Rushden

Club: Windsor, Slough, Eton &
Hounslow

HiPAC: West London

Coach: Simon Duberley

Agent:

Kit:

International Highlights

2008 Commonwealth Youth Games 100m 4th

National Championships

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

Personal Bests

Outdoor: **100m** 10.52 (2008), **200m** 21.63w/21.7/21.79 (2008)
Indoor: **60m** 6.88 (2009)

Career summary

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

In his spare time he supports Arsenal FC.

ROB TOBIN



International Highlights

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

National Championships

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

Personal Bests

Outdoor: **100m** 10.70 (2007), **200m** 21.31 (2006), **400m** 45.01 (2005), **800** 1:53.6 (2001) Indoor: **200m** 21.48+ (2007), **400m** 45.90 (2006)

Career summary

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

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

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

Profile

400m

Funding: Podium

DOB: 20/12/83

Born: Lincoln

Lives: Basingstoke

Club: Basingstoke & Mid Hants

HiPAC: West London

Coach: Todd Bennett

Agent: Stellar

Kit:

CHRIS TOMLINSON



International Highlights

2000 World Junior 12th, 2001 European U23 6th, 2002 Commonwealth Games 6th; Europeans 6th; World Cup 6th, 2003 World Indoors 11th; Worlds 9th, 2004 World Indoors 6th; Olympics 5th, 2005 European Indoors 9th; Worlds 14th, 2006 Commonwealth Games 6th; Europeans 9th, 2007 European Indoors 5th; Worlds 16th, 2008 World Indoors silver; Olympics 27th (All long jump)

National Championships

2000-1, 2003-4 AAA Indoor gold, 2004 AAA gold, 2007 UKA gold, 2008 UKA Indoor gold (All long jump)

Personal Bests

Outdoor: **LJ** 8.29 (2007), **TJ** 15.35 (2001), **100m** 10.69 (2002), 10.61w, 10.6 (2001), **200m** 21.55 (2004)
Indoor: **60m** 6.87 (2003), **LJ** 8.18 (2008), **TJ** 15.31 (2000)

Career summary

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

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

Profile

Long Jump

Funding: Podium

DOB: 15/9/81

Born: Middlesbrough

Lives: London

Club: Newham & Essex Beagles

HiPAC: Lee Valley

Coach: Frank Attoh

Agent: Pace Sports Management

& Nuff Respect

Kit: adidas

LAURA TURNER



Profile

100m

Funding: Podium

DOB: 12/8/82

Born: Harrow

Lives: Northolt

Club: Harrow AC

HiPAC: West London

Coach: Linford Christie

Agent: Nuff Respect

Kit:

International Highlights

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

National Championships

2004 AAA U23 200m gold,
2005 AAA 100m gold,
2007 UKA Indoor 60m gold,
2008 UKA Indoor 60m gold

Personal Bests

Outdoor: **100m** 11.19, 11.09w (2007), **200m** 23.29 (2007),
400m 56.55 (2007)
Indoor: **60m** 7.25 (2007)

Career summary

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

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

STEPHANIE TWELL



Profile

1500m

Funding: Development

DOB: 17/8/89

Born: Colchester

Lives: Farnborough

Club: Aldershot Farnham &
District

HiPAC: West London

Coach: Mick Woods

Agent: Pace Sports Management

Kit: Nike

International Highlights

2005 World Junior CC 60th; European Junior CC 7th,
2006 World Junior CC 31st; World Juniors 1500m 8th; European Junior CC gold,
2007 European Junior 1500m silver; European Junior CC gold,
2008 World Juniors 1500m gold; Olympics 1500m ht; European Junior CC gold

National Championships

2004 England CC U15 gold, 2005 AAA U20 3000m gold,
2006 English Schools U19 3000m gold, 2008 England U20 1500m gold; England U20 CC gold

Personal Bests

Outdoor: **400m** 58.19 (2006), **800m** 2:06.15 (2007), **1500m** 4:05.83 (2008), **1M** 4:28.16 (2007), **3000m** 8:50.89 (2008), **5000m** 15:47.53 (2007), **Road 10km** 33:56 (2006), **HMar** 77:27 (2007).

Career summary

At 15 Stephanie was the youngest member of the 2005 British team at the World Championships.

She made history in 2008 as the first athlete ever to win three consecutive European cross country titles.

She is currently studying Strength and Conditioning Science at St Mary's University College, wears a lucky London 2012 pin every day.

SOPHIE UPTON



National Championships

2006 UK School Games silver,
2007 England U20 bronze; England U17 bronze; England U17
Indoor bronze; English Schools U17 silver; UK School Games gold,
2008 England U20 Indoor bronze; English Schools U19 gold

Personal Bests

Outdoor: **PV** 3.80 (2007)

Indoor: **PV** 3.80 (2009)

Career summary

As well as success in athletics Sophie has also had success competing in gymnastics.

Took part in Aviva Sportshall as a young athlete.

Profile

Pole Vault

Funding: Talent

DOB: 21/10/90

Born: Chippenham, Wiltshire

Lives: Melksham

Club: Windsor, Slough, Eton &
Hounslow

HiPAC: West London

Coach: Tim Snowdon

Agent:

Kit:

NATHAN WAKE



National Championships

2006 AAA U15 400m Bronze; English Schools U15 400m bronze,
2007 England U17 400m gold; English Schools U17 400m silver;
UK School Games 400m gold
2008 UK School Games 400m silver

Personal Bests

Outdoor: **200m** 22.2 (2007) 24.17 (2006), **400m** 48.13 (2007),
800m 1:57.3 (2008)

Career summary

Nathan set UK age 14 records over 400m during 2007.

His sister Laura is also a talented sprinter over 200m.

Previously Nathan has taken part in Aviva Sportshall. Outside interests include playing the drums.

Profile

400m

Funding: Talent

DOB: 8/8/92

Born: Hertfordshire

Lives: Hertfordshire

Club: Herts Phoenix AC

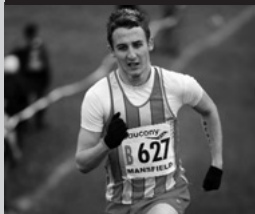
HiPAC: Lee Valley

Coach: Ayo Falola

Agent:

Kit:

RICK WARD



Profile

800m

Funding: Talent

DOB: 14/6/89

Born: Norwich

Lives: Norwich

Club: City of Norwich AC

HiPAC: West London

Coach: Craig Winrow

Agent:

Kit:

International Highlights

2008 World Juniors 800m sf

National Championships

2005 AAA U17 silver,

2006 AAA U20 Indoor bronze; English Schools U19 bronze,

2008 England U20 silver; England U20 Indoor gold

Personal Bests

Outdoor: **800m** 1:48.06 [2008], **1500m** 3:54.54 [2008], **1M** 4:18.78 [2006], **3000m** 8:43.71 [2007]

Indoor: **800m** 1:50.54 [2009]

Career summary

Fellow athlete Andy Vernon is a big influence on Rick's career because he trains hard and is dedicated.

He has played county badminton and water-skied and is now studying at St Mary's University.

He supports Norwich City FC.

Rick has two tattoos.

LAURA WEIGHTMAN



Profile

1500m

Funding: Talent

DOB: 1/7/91

Born: Alnwick

Lives: Cramlington

Club: Morpeth Harriers

HiPAC: Loughborough

Coach: Michael Bateman

Agent:

Kit:

National Championships

2006 UK School Games 1500m gold; English Schools U17 1500m 4th,

2007 England U17 800m silver; English Schools U17 1500m gold;

UK School Games 1500m gold,

2008 English Schools U19 1500m gold

Personal Bests

Outdoor: **400m** 58.8 [2008], **800m** 2:08.20 [2008],

1500m 4:22.20 [2008], **3000m** 9:38.6 [2008]

Career summary

Laura considers winning the English Schools 1500m at an intermediate and senior level her greatest achievements so far.

She has a part-time job in a restaurant when she is not busy with her athletics.

She also supports Newcastle United FC.

As a young athlete Laura attended Aviva Sportshall.

DAVID WEIR



International Highlights

2004 Paralympics 100m silver & 200m bronze,
2005 Europeans 100m bronze & 200m silver & 400m gold,
2005 Worlds (non disabled) 100m & 200m gold (demonstration),
2006 Worlds 100m, 400m & 1500m gold & 200m silver,
2006 Europeans (non disabled) 1500m gold,
2007-8 Paralympic World Cup 1500m gold & 400m gold,
2008 Paralympics 400m silver & 5000m bronze & 800m gold & 1500m gold

National Championships

2002, 2006, 2007-8 Flora London Marathon gold,
2003 Flora London Marathon silver,
2004-5 Flora London Marathon bronze,
2003 & 2005 Great North Run gold

Personal Bests

100m 14.01 [2007], **200m** 24.49 WR, ER [2006] **400m** 46.02 [2008],
800m 1.33.09 NR [2007], **1500m** 2.55.72 NR [2007], **5000m** 9.54.82
NR [2007], **Marathon** 1 hour 27.46 [2007]

Career summary

David competed at the 1996 Atlanta Games and then dropped out of the sport for a few years, missing the Sydney Games in 2000. He returned in Athens where he won 100m silver and 200m bronze. In 2008, he became one of the UK's greatest ever Paralympians, winning four medals in Beijing; gold in the 800m and 1500m. In January 2009 he was awarded the MBE.

Profile

400m, 800m, 1500m, 5000m & Marathon, T54

Funding: Podium
DOB: 5/6/79
Born: Surrey
Lives: Wallington
Club: Unattached
HiPAC: West London
Coach: Jenny Archer
Agent: Karen Berkley
Kit:

DANIEL WEST



International Highlights

1996 Paralympics shot bronze,
1998 Worlds shot silver,
2000 Paralympics Sydney discus bronze
2003 Europeans shot bronze,
2002 Worlds shot silver & discus bronze,
2004 Paralympics discus silver,
2005 Europeans discus bronze,
2006 Worlds discus silver & shot silver,
2008 Paralympic World Cup shot gold,
2008 Paralympics discus 6th & shot 8th

Personal Bests

Discus 40.16m [2007]
Shot 11.13m [2008]

Career summary

As a youngster, Daniel competed in both wheelchair basketball and swimming but preferred athletics and chose to concentrate on the shot and discus.

He works at Loughborough University in the area of disability sport. He has a degree in leisure studies with sports development from Colchester Institute.

Profile

Shot, F34

Funding: Podium
DOB: 15/12/77
Born: Cambridge
Lives: Nottingham
Club: Unattached
HiPAC: Loughborough
Coach: Ray Knight
Agent:
Kit:

ABBY WESTLEY



Profile

1500m

Funding: Development

DOB: 15/7/87

Born: Sheffield

Lives: Loughborough

Club: Loughborough Students AC

HiPAC: Loughborough

Coach: George Gandy

Agent:

Kit:

International Highlights

2005 European Juniors 800m ht,
2006 European Junior CC 10th,
2007 European U23 gold; Worlds sf

National Championships

2006 AAA U20 800m 4th

Personal Bests

Outdoor: **800m** 2:03.24mx, 2:03.90 (2007), **1500m** 4:08.74 (2007)

Career summary

Before pursuing a career in athletics Abby was a county level swimmer, giving it up in order to do what she now does.

In 2009 she hopes to graduate from Loughborough University with a degree in psychology.

Abby enjoys making cards, baking and supports Sheffield Wednesday FC, she used to be a season ticket holder at Hillsborough.

BEN WILLIAMS



Profile

Triple Jump

Funding: Talent

DOB: 25/1/92

Born: Stoke-on-trent

Lives: Newcastle-under-lyme

Club: Stoke AC

HiPAC: Birmingham

Coach: John Crotty

Agent:

Kit:

International Highlights

2008 GBR v Netherlands (Indoor) triple jump silver;
Commonwealth Youth Games triple jump silver

National Championships

2006 AAA U15 bronze

2007 England U17 bronze; England U17 Indoor 4th

2008 England U20 gold; England U17 silver; England U17 Indoor silver; English Schools U17 gold
(All triple jump)

Personal Bests

Outdoor: **LJ** 6.43 (2008), **TJ** 15.78w/15.72 (2008)

Indoor: **60m** 7.70 (2008), **LJ** 6.38 (2009), **TJ** 15.83 (2009)

Career summary

Ben, who played football at Academy Level, says his coach has been the biggest influence on his career.

His Granddad was a PGA Golfer and his stepbrother an academy footballer.

Ben likes to shop and model when he is not training or competing.

CLAIRE WILLIAMS



International Highlights

2004 Paralympics discus 5th,
2008 Paralympic World Cup discus 10th,
2008 Paralympics discus 5th

Personal Bests

Discus 37.50m (2006)

Career summary

Claire was keen on Jujitsu before she began athletics at the age of 12, and she was hooked. Since then she has become Senior UK record holder in the discus as well as the British Champion and has also been junior World record holder.

In 2004 she was the youngest Welsh athlete to compete at a Paralympic Games. Claire also competes against non-disabled athletes and has been Welsh Schools Champion in both Hammer and Discus and the Welsh Champion in the discus.

Claire is based at Loughborough, her training partner is Paralympian Kenny Churchill. However outside of athletics she admits there is little time for any other hobbies except supporting the Welsh rugby team.

In Beijing she repeated her performance from the 2004 Athens Paralympics, placing 5th in the discus

Profile

Discus, F12

Funding: Podium

DOB: 29/9/87

Born:

Lives: Loughborough

Club: Carmarthen Harriers

HiPAC: Loughborough

Coach: James Edwards

Agent:

Kit:

SIMEON WILLIAMSON



International Highlights

2005 European Juniors 100m silver,
2007 European U23 100m gold; World University Games 100m gold,
2008 Olympics 100m qf & 4x100m ht; World Indoors 60m 7th

National Championships

2005 AAA U20 60m Indoors gold; 2005 AAA U20 100m gold,
2007 England U23 100m gold

Personal Bests

Outdoor: 100m 10.03 (2008), 200m 21.65 (2009)

Indoor: 60m 6.57 (2008)

Career summary

Simeon's big breakthrough season was 2005, where he won a junior sprint double indoors and outdoors over 60m and 100m. He was the second fastest junior in the world that year, beaten only by Craig Pickering, behind whom he won the European Junior silver medal, beaten by just 0.01. In 2007 he overturned the formbook to beat Pickering 10.10 to 10.14 to take the gold at the Europeans U23.

Later that year he won 100m gold at the World University Games, an event he effectively won twice after a false start was belatedly detected by the officials and the race was re-run the following day.

He is the second cousin of GB & NI high jump international and olympic medalist Germaine Mason.

Profile

100m

Funding: Podium

DOB: 16/1/86

Born:

Lives: Enfield

Club: Highgate Harriers

HiPAC: Lee Valley

Coach: Lloyd Cowan

Agent: Pace Sports Management

Kit: Nike

PAUL WILLIS



Profile

200m, T13

Funding: Talent

DOB: 4/8/92

Born: Halifax

Lives: Halifax

Club: Halifax Harriers

HiPAC: Birmingham

Coach: Brian Scobie

Agent:

Kit:

International Highlights

2008 Paralympic World Cup 400m 4th

National Championships

2007 UK School Games 100m

Personal Bests

100m 12.58 (2008), **200m** 25.40 (2008), **400m** 56.26 (2008)

Career summary

Paul, whose brother plays football, plays Goalball when he is not competing.

He enjoys listening to music and can also play the base drum.

Competed in Aviva Startrack as a youngster.

Biggest achievement so far is competing at the Olympic Trials in Birmingham (guest race). Paul is still in full time education. Got started by taking part in Aviva Startrack.

SHELLY WOODS



Profile

800m, 1500m, 5000m, Marathon, T54

Funding: Podium

DOB: 4/6/86

Born: Blackpool

Lives: Blackpool

Club: Unattached

HiPAC: Birmingham

Coach: Andrew Dawes

Agent: Professional Sports

Kit: adidas

International Highlights

2005 Europeans 5000m bronze,

2006 Worlds marathon bronze & 1500 8th & 5000m 4th,

2007 Worlds 1500m 7th

National Championships

2005 Great North Run gold; Flora London Marathon silver,

2006 Great North Run silver; Flora London Marathon silver,

2007 Flora London Marathon gold; New York Marathon silver

Personal Bests

100m 19.2 (2008), **200m** 31.91 (2007), **400m:** 58.04 (2007),

800m 1.:50.03 (2008), **1500m** 3.25.36 (2007),

5000m 11.40.27 (2007), **10k** 25.16 (2008), **Marathon** 1.40.03 (2008)

Career summary

Shelly fell 20ft from a tree when she was 11 resulting in a spinal cord injury. She first hit the headlines when finishing second in the 2005 London Marathon, behind Italy's Francesca Porcellato and ahead of GB Paralympic legend Dame Tanni Grey-Thompson.

On her Paralympic debut, Shelly enjoyed a successful Games, winning 1500m silver, 5000m bronze and a just missed out on a third medal in the marathon, finishing 4th after a sprint finish.

The 5000m bronze medal was won in controversial circumstances. Shelly was awarded silver originally, even going as far as a medal ceremony. But following a protest regarding a crash on the penultimate lap, the race was re-run two days later and Shelly took bronze.

NATHAN WOODWARD



International Highlights

2007 European Junior 400mh 7th,
2008 World Juniors 400mh ht

National Championships

2005 English Schools U17 400mh silver,
2006 AAA U20 400mh bronze; AAA U17 400mh gold; AAA U17
Indoors pentathlon gold & 800 gold, English Schools U17 400mh
gold; UK School Games 400mh gold,
2007 English Schools U19 400mh gold,
2008 England U20 400mh gold

Personal Bests

Outdoor: **200m** 22.7 (2007), **400m** 48.10 (2007),
800m 1:52.7 (2008), **400mh** 51.50 (2007)
Indoor: **800m** 1:55.83 (2006)

Career summary

As a young athlete Nathan came through both the Aviva Startrack and Aviva Sportshall events.

Profile

400m Hurdles

Funding: Talent

DOB: 17/10/89

Born: Solihull

Lives: Nr Coleshill/
Loughborough Uni

Club: Tamworth AC

HiPAC: Loughborough

Coach: Nick Dakin

Agent:

Kit: Nike

BETHANY WOODWARD



National Championships

2007 UK School Games 100m silver

Personal Bests

100m 16.21 (2007), **200m** 34.97 (2007)

Career summary

Young athlete Bethany is currently at school, where she has starred in two school drama productions. Her father is an actor.

She plans on getting the Olympic rings tattooed on her leg if she competes at a Games.

Profile

100m, T37

Funding: Development

DOB: 26/12/92

Born: Eastbourne

Lives: Christchurch

Club: Southampton

HiPAC: West London

Coach: Todd Bennett

Agent:

Kit:

MARA YAMAUCHI



Profile

Marathon

Funding: Podium
DOB: 13/8/73
Born: Oxford
Lives: Tokyo
Club: Harrow AC
HiPAC: West London
Coach: Shige Yamauchi
Agent:
Kit: Asics

International Highlights

1997 38th European CC, 1998 6th World Universities CC, 2005 27th World CC; Worlds marathon 18th; World Half Marathon 18th, 2006 Commonwealth Games 10000m silver; World CC 23rd; Europeans 10000m 13th, 2007 Worlds marathon 9th, 2008 Olympics 6th

National Championships

1998 England CC gold, 2006 AAA marathon gold, 2007 marathon gold

Personal Bests

1500m 4:25.56 (1998), **3000m** 9:26.10 (1996), 9:16+ (2006), **5000m** 15:28.58 (2006), **10,000m** 31:49.40 (2006), **Road 10km** 31:40+ (2007), **10M** 54:13 (2007), **HMar** 68:29 (2009), **Mar** 2:25:03 (2008).

Career summary

Mara made her international debut for Britain at the 1997 European CC Championships but dropped out of athletics for a few years while she worked as a diplomat in Japan for the Foreign & Commonwealth Office. She married Shige Yamauchi while in Japan and returned to racing in England with great success in 2003.

She worked part-time for the FCO in London but returned to Japan with her husband and was granted special unpaid leave by her work to be a full-time athlete. She is now, behind Paula Radcliffe, Britain's second fastest ever female at the marathon. Her sixth place finish in Beijing equalled the best ever result by a British woman in an Olympic marathon. Mara was named after the Mara river in Kenya, where she lived until the age of 8 and her parents lived there for 25 years.

RICHARD YATES



Profile

400m Hurdles

Funding: Development
DOB: 26/1/86
Born: Manchester
Lives: Sale
Club: Trafford AC
HiPAC: Birmingham
Coach: Stephen Ball
Agent: Global Sports
Kit: Puma

National Championships

2002 English Schools U17 400m gold,
 2008 Won UK 400mh gold; England U23 400mh gold

Personal Bests

Outdoor: **400m** 47.57 (2007), **400mh** 49.06 (2008)

Career summary

Richard has a law degree from Leeds University and can also speak Spanish and French.

He supports Leeds United FC.

His 49.06 personal best is a UK U23 best for 400m hurdles.

LEE VAN YEARWOOD



International Highlights

2006 World Juniors 4x100m bronze,

2007 European Junior finalist

National Championships

2006 England 100m 4th,

2007 England U20 100m gold; England U20 Indoor 60m bronze,

2008 England U23 100m bronze

Personal Bests

Outdoor: **100m** 10.22 (2008), **200m** 21.29 (2006)

Indoor: **60m** 6.63 (2008)

Career summary

Leevan thinks his greatest achievement is running for Great Britain and Northern Ireland and says coach Chris Zah is his biggest influence, keeping him focussed and being like a second father.

He has a BTEC National Diploma in fitness and sports development and his hobbies are music, computer games and playing basketball.

Profile

100m

Funding: Development

DOB: 10/2/88

Born: East London

Lives: London

Club: Victoria Park & Tower Hamlets

HiPAC: Lee Valley

Coach: Christopher Zah

Agent: Stellar

Kit: Nike

High Performance Athletic Centres

UKA has developed in conjunction with the English Institute of Sport (EIS), four High Performance Athletic Centres (HiPACs) across the country. The centres of excellence enable coaches, physiotherapists, doctors and sports science staff to work with individual athletes to develop the “athlete coach pair”. The centres currently support more than 70 per cent of funded athletes.

The centres are:

West London HiPAC

Brunel University, Uxbridge, Middlesex UB8 3PH

Steve Paulding, HiPAC director

Spaulding@uka.org.uk

North London HiPAC

Lee Valley Athletics Centre, Meridian Way, Edmonton, N9 0AR

Eric Shirley, HiPAC director

eshirley@uka.org.uk

Loughborough

Loughborough University, Leicestershire, LE11 3TU

Matt Favier, HiPAC director

mfavier@uka.org.uk

Birmingham

Alexander Stadium, Walsall Road, Perry Barr, Birmingham B42 2LR

Alison Wyeth, HiPAC director

awyeth@uka.org.uk

UKA BOARD MEMBERS

The UKA Board:

Ed Warner – Chairman

Acting as a Non-Executive Chairman, Ed leads the Board of UKA and ensures that it is effective. He works closely with the Chief Executive and mentors and monitors his performance in delivering UKA's strategy, while playing a key role in the organisation's vision and communication. Ed is passionate about athletics and as a club runner himself has a perspective of the sport from its grassroots.

Niels de Vos – Chief Executive

Niels has been Chief Executive of UKA since 1 May 2007 and is responsible for the day to day running of the business, leading the sport through its next phase of development and driving the creation and implementation of a UK wide strategy that will take the sport of athletics to London 2012 and beyond.

Charles Bartholomew MA, FCA – Finance & Operations Director

Responsible for the Finance, HR, IT, Procurement, Athletics Services and Health and Safety teams, providing finance and support input and forward thinking to the Board and to the other teams in the organisation.

Dame Tanni Grey-Thompson – Non-Executive Director

Chair of UKA Anti-doping policy review.

Ian Fox – Non-Executive Director

Chairman of Audit Committee and Member of Remuneration Committee.

Roger Simons – Non-Executive Director – until 31 March 2009

Head of Track & Field Policy and Support Team. Vice President of the European Champion Junior Clubs organisation, Chair of the UKA National Officials and Appointments/Upgrading Committee and Chair of the UKA Eligibility Committee. Also a member of the 2012 working group.

John Taylor – Non-Executive Director

Chair of Remuneration Committee, Member of Audit Committee.

Jason Gardener – Non Executive Director

Oversight of World Class Performance Programme

Terry Colton – Non Executive Director – with effect from 20th January 2009

London 2012 Olympics Competition Manager for Athletics

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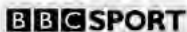


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KEY FIXTURES FOR 2009

Major International Fixtures

6-8 March	European Indoor Championship	Turin, Italy
14-15 March	European Cup Winter Throwing	Tenerife, Spain
28 March	IAAF World Cross Country	Amman, Jordan
24 May	Paralympic World Cup	Manchester, UK
20-21 June	SPAR European Team Championships	Leiria, Portugal
27-28 June	European Cup Combined Events	Szczecin, Poland
8-12 July	IAAF World Youth Championships	Bressanone, Italy
16-19 July	European U23 Championships	Kaunas, Lithuania
23-26 July	European Junior Championships	Novisad, Serbia
15-23 August	IAAF World Championships	Berlin, Germany
11 October	IAAF World Half Marathon Championships	Birmingham, UK
13 December	European Cross Country Championships	Dublin, Ireland

Major British Fixtures

26 April	London Marathon	London
17 May	Loughborough International	Loughborough
31 May	Bedford International Games	Bedford
27-28 June	Aviva England U23/ U20 Championships	Bedford
10-12 July	Aviva World Trials & UK Championships	Birmingham
18-19 July	McCain Birmingham Games	Birmingham
24-25 July	Aviva London Grand Prix	Crystal Palace
25-26 July	McCain Challenge Jumps & Throws Festival	Birmingham
29 July	LEAP	Loughborough
15-16 August	McCain UK Challenge Final & BMC Final	Cardiff
26 August	Celtic Cup	TBC
31 August	Aviva British Grand Prix	Gateshead
6 September	Bristol Half Marathon & World Trials	Bristol

QUALIFYING STANDARDS

IAAF World Youth Athletics Championships,
Bressanone, Italy 8th to 12th July 2009

Men	UKA Standards	Women
10.75	100m	11.85
21.60	200m	24.30
48.25	400m	54.80
1:52.50	800m	2:09.00
3:53.00	1500m	4:25.00
8:15.00	3000m	9:35.00
5:45.00	2000mSC	6:35.00
13.90	110 (3'0)/100 mH	13.90
52.50	400 mH	61.50
2.09	High Jump	1.78
4.80	Pole Vault	3.95
7.20	Long Jump	6.05
15.40	Triple Jump	12.70
18.70	Shot Put	13.70
55.00	Discus	44.25
70.00	Hammer	53.00
69.00	Javelin	46.25
5900	Decathlon / Heptathlon	5200
45:30.00	10km/5km Race Walk	
N/A	Medley Relay	N/A

Those athletes eligible, but not selected – and only those athletes not selected – for the World Youth Championships, will be considered for the European Youth Olympic Festival in Tampere, Finland on 19-24 July

For full selection policies see: www.uka.org.uk

QUALIFYING STANDARDS

European U23 Athletics Championships,
Kaunas, Lithuania 16th to 19th July 2009

Men A	UKA Standards	Women A
10.40	100m	11.60
21.00	200m	23.65
46.7	400m	53.00
1:48.00	800m	2:04.00
3:43.00	1500m	4:12.00
14:10.00	5000m	16:20.00
29:35.00	10,000m	34:30.00
8:40.00	3000mSC	10:03.00
13.80	110 (3'3)/100 mH	13.30
50.70	400 mH	57.40
2.22	High Jump	1.86
5.50	Pole Vault	4.20
7.85	Long Jump	6.45
16.30	Triple Jump	13.75
18.80	Shot Put	16.75
58.00	Discus	55.00
69.00	Hammer	64.00
75.00	Javelin	55.00
7700	Decathlon / Heptathlon	5800
1:25:30	20km Race Walk	1:36:20
n/a	4x100 Metres Relay	n/a
n/a	4x400 Metres Relay	n/a

For full selection policies see: www.uka.org.uk

QUALIFYING STANDARDS

European Junior Athletics Championships,
Novi Sad, Serbia 23rd to 26th July 2009

Men A	UKA Standards	Women A
10.55	100m	11.80
21.30	200m	24.10
47.25	400m	54.25
1:49.50	800m	2:06.00
3:47.00	1500m	4:20.00
N/A	3000m	9:30.00
14:30.00	5000m	16:40.00
30:45.00	10,000m	N/A
9:00.00	3000mSC	10:20.00
14.00	110 (3'3)/100 mH	13.80
52.25	400 mH	60.00
2.15	High Jump	1.82
5.10	Pole Vault	4.05
7.55	Long Jump	6.10
15.50	Triple Jump	13.00
18.50 / 17.00	Shot Put	15.15
55.00 / 50.50	Discus	48.00
69.00 / 62.50	Hammer	58.00
69.00	Javelin	50.00
7175 / 7000	Decathlon / Heptathlon	5300
43:10.00	10km Race Walk	48:45.00
n/a	4x100 Metres Relay	n/a
n/a	4x400 Metres Relay	n/a

For full selection policies see: www.uka.org.uk

QUALIFYING STANDARDS

IAAF World Athletics Championships,
Berlin, Germany 15th to 23rd August 2009

Men – A Standard	UKA Standards	Men – B Standard
10.21	100m	10.28
20.59	200m	20.75
45.55	400m	45.95
1:45.40	800m	1:46.60
3:36.20	1500m	3:39.20
13:20.00	5000m	13:29.00
27:47.00	10,000m	28:12.00
2:12:00*	Marathon	2:16:00*
8:23.00	3000mSC	8:33.50
13.55	110 mH	13.62
49.25	400 mH	49.80
2.31m	High Jump	2.28m
5.70m	Pole Vault	5.55m
8.15m	Long Jump	8.05m
17.10m	Triple Jump	16.65m
20.30m	Shot Put	19.90m
64.50m	Discus	62.50m
77.50m	Hammer	74.30m
81.00m	Javelin	78.00m
8000pts	Decathlon / Heptathlon	7730pts
1:22:30	20km Race Walk	1:24:20
3:55:00*	50km Race Walk	3:58:00*
39.10	4x100 Metres Relay	n/a
3:03.30	4x400 Metres Relay	n/a

* UKA standard higher than IAAF standard.

For full selection policies see: www.uka.org.uk

QUALIFYING STANDARDS

IAAF World Athletics Championships,
Berlin, Germany 15th to 23rd August 2009

Women – A Standard	UKA Standards	Women – B Standard
11.30	100m	11.40
23.00	200m	23.30
51.50	400m	52.30
2:00.00	800m	2:01.30
4:06.00	1500m	4:09.00
15:10.00	5000m	15:25.00
31:45.00	10,000m	32:20.00
2:29:00*	Marathon	2:33:00*
9:40.00	3000mSC	9:48.00
12.96	100 mH	13.11
55.50	400 mH	56.55
1.95m	High Jump	1.91m
4.45m	Pole Vault	4.35m
6.72m	Long Jump	6.62m
14.20m	Triple Jump	14.00m
18.20m	Shot Put	17.20m
62.00m	Discus	58.50m
70.00m	Hammer	67.50m
61.00m	Javelin	59.00m
6100pts	Decathlon / Heptathlon	5900pts
1:31:15*	20km Race Walk	1:33:30*
43.90	4x100 Metres Relay	n/a
3:31.00	4x400 Metres Relay	n/a

* UKA standard higher than IAAF standard.

For full selection policies see: www.uka.org.uk

GB ALL-TIME TOP TEN

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
10.06	1.3	Marlon Devonish		1.06.76	1rB	Lausanne, SUI	10	Jul	2007
10.06	0.7	Tyrone Edgar		29.03.82	1rA2	Geneva, SUI	31	May	2008a
10.09	1.7	Jason Livingston	U23	17.03.71	1	London (CP)	13	Jun	1992
10.10	1.4	Harry Aikines-Aryeetey	U23	29.08.88	4	Rieti, ITA	7	Sep	2008

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	1s1	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	4s2	Barcelona, ESP	3	Aug	1992
44.50		Derek Redmond	U23	3.09.65	1s2	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	3rB	Lausanne, SUI	3	Jul	1996
44.60		Martyn Rooney	U23	3.04.87	2s3	Beijing, CHN	19	Aug	2008
44.66		Du'aine 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
1:43.84		Martin Steele		30.09.62	1	Oslo, NOR	10	Jul	1993
1:43.88		Tom McKean		27.10.63	1	London (CP)	28	Jul	1989
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
1:44.59		Tony Morrell		3.05.62	3	Oslo, NOR	2	Jul	1988
1:44.65		Ikem Billy	U23	25.01.64	1	Oslo, NOR	21	Jul	1984

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	U23	31.01.57	2	Brussels, BEL	4	Sep	1979

GB All Time lists and records are correct as of 8 Feb 2009

GB ALL-TIME TOP TEN

5000m

13:00.41	Dave Moorcroft	10.04.53	1	Oslo, NOR	7	Jul	1982
13:07.00	Mo Farah	23.03.83	10	Brussels, BEL	14	Sep	2007
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
13:14.28	Gary Staines	3.07.63	5	Zurich, SUI	15	Aug	1990
13:14.6a	Brendan Foster	12.01.48	2	Christchurch, NZL	29	Jan	1974
13:15.59	Julian Goater	12.01.53	2	London (CP)	11	Sep	1981
13:16.70	John Nuttall	11.01.67	5	Rome, ITA	8	Jun	1995

10000m

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
27:30.3	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
27:39.76	Mike McLeod	25.01.52	1	Brussels, BEL	4	Sep	1979
27:40.03	Richard Nerurkar	6.01.64	4	Oslo, NOR	10	Jul	1993

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	V35 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

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	U23 21.06.62	2	Gateshead	10	Jun	1984
8:22.48	John Davies	U23 20.11.52	2	London (CP)	13	Sep	1974
8:22.82	John Bicourt	25.10.45	8	Stockholm, SWE	8	Jun	1976

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
13.27	0.6	Andy Turner	19.09.80	3h5	Osaka, JPN	29	Aug	2007
13.29	-0.1	Jon Ridgeon	U23 14.02.67	1	Zagreb, CRO	15	Jul	1987
13.36	1.3	Rob Newton	U23 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
13.44	0.4	Hugh Teape	26.12.63	6	Sheffield	14	Aug	1992
13.44	0.7	Chris Bailie	21.04.81	1h1	Melbourne, AUS	21	Mar	2006
13.49	1.5	Andy Tulloch	1.04.67	3h3	Oslo, NOR	30	Jun	1999

GB ALL-TIME TOP TEN

400m Hurdles

47.82	Kriss Akabusi		28.11.58	3	Barcelona, ESP	6	Aug	1992
48.12A	David Hemery		18.07.44	1	Mexico City, MEX	15	Oct	1968
48.14	Chris Rawlinson		19.05.72	1rB	Zurich, SUI	11	Aug	1999
48.54	Matt Douglas		26.11.76	1s1	Daegu, KOR	28	Aug	2003
48.59	Alan Pascoe		11.10.47	1	Stockholm, SWE	30	Jun	1975
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
49.03A	John Sherwood		4.06.45	3	Mexico City, MEX	15	Oct	1968
49.06	Rick Yates	U23	26.01.86	2	London (CP)	26	Jul	2008
49.07	Gary Cadogan		8.10.66	3	Oslo, NOR	22	Jul	1994

HJ

2.38i	Steve Smith	U23	29.03.73	2	Wuppertal, GER	4	Feb	1994
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	U23	23.12.72	4	Liverpool	24	Feb	1994
2.31	Geoff Parsons		14.08.64	3	Victoria, CAN	26	Aug	1994
2.30	Ben Challenger	U23	7.03.78	1	Palma de Mallorca, ESP	13	Jul	1999
2.30i	Martyn Bernard		15.12.84	3QA	Birmingham	3	Mar	2007
2.30i	Samson Oni		25.06.81	1	Sheffield	9	Feb	2008
2.30	Tom Parsons		5.05.84	1	Birmingham	13	Jul	2008
2.28i	John Holman	U23	31.07.68	2	Glasgow	28	Jan	1989

PV

5.81i	Nick Buckfield		5.06.73	1	Bad Segeberg, GER	8	Feb	2002
5.75i	Steve Lewis	U23	20.05.86	1	Manchester	17	Jan	2009
5.65	Keith Stock		18.03.57	1	Stockholm, SWE	7	Jul	1981
5.62i	Luke Cutts	U23	13.02.88	1	Sheffield	18	Jan	2009
5.61	Kevin Hughes		30.04.73	1	Southend	28	Jul	1999
5.60	Neil Winter	U23	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=jo	Modesto CA, USA	13	May	2000
5.55	Tim Thomas		18.11.73	1	Loughborough	6	Jun	2004
5.52	Mike Edwards		19.10.68	1	Abilene TX, USA	13	May	1993

LJ

8.29	1.7	Chris Tomlinson		15.09.81	2	Bad Langensalza, GER	7	Jul	2007
8.26	1.2	Nathan Morgan		30.06.78	1	Hamburg, GER	20	Jul	2003
8.26	2.0	Greg Rutherford	U23	17.11.86	1	Manchester (SC)	15	Jul	2006
8.23	2.0	Lynn Davies		20.05.42	1	Berne, SUI	30	Jun	1968
8.15	1.5	Stewart Faulkner	U23	19.02.69	1	Belfast	16	Jul	1990
8.14	1.4	Mark Forsythe		10.08.65	3	Rhede, GER	7	Jul	1991
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
8.05i		Barrington Williams		11.09.55	1	Cosford	11	Feb	1989
8.03		Steve Phillips		17.03.72	1	Enfield	5	Aug	1998
8.03	1.3	Jonathan Moore	U20	31.05.84	3	Loughborough	18	May	2002

TJ

18.29	1.3	Jonathan Edwards		10.05.66	1	Göteborg, SWE	7	Aug	1995
17.75i		Phillips Idowu		30.12.78	1	Valencia, ESP	9	Mar	2008
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	Q	Sydney, AUS	23	Sep	2000
17.21	1.5	Tosi Fasinro	U23	28.03.72	1	Salamanca, ESP	27	Jul	1993
17.18	0.5	Francis Agyepong		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	Q	Los Angeles CA, USA	3	Aug	1984

GB All Time lists and records are correct as of 8 Feb 2009

GB ALL-TIME TOP TEN

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	V35 15.01.63	1	Kings Lynn	25 Jan	1998
20.45	Shaun Pickering	V35 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
19.56	Arthur Rowe	17.08.36	1	Mansfield	7 Aug	1961
19.49	Matt Simson	28.05.70	1	Victoria, CAN	28 Aug	1994
19.44i	Simon Williams	U23 17.10.67	1	Baton Rouge LA, USA	28 Jan	1989

DT						
66.64	Perriss Wilkins	12.12.67	1	Birmingham (Un)	6 Jun	1998
65.16	Richard Slaney	16.05.56	1	Eugene OR, USA	1 Jul	1985
65.11	Glen Smith	21.05.72	1B	Barking	18 Jul	1999
65.10	Carl Myerscough	21.10.79	1	Manhattan KS, USA	15 May	2004
65.08	Bob Weir	V35 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
62.36	Peter Tancred	20.10.49	1	Spokane WA, USA	8 May	1980
61.86	Paul Mardle	U23 10.11.62	1	Birmingham	13 Jun	1984
61.62	Peter Gordon	V35 2.07.51	1B	Bebington	15 Jun	1991

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	V35 23.07.63	1	Birmingham	2 Jun	2001
75.40	Chris Black	1.01.50	1	London (CP)	23 Jul	1983
75.10	David Smith	U23 2.11.74	1	Bedford	27 May	1996
75.08	Bob Weir	U23 4.02.61	1	Brisbane, AUS	3 Oct	1982
74.02	Paul Head	1.07.65	Q	Split, CRO	30 Aug	1990
73.86	Barry Williams	5.03.47	1	Blackburn	1 Jul	1976
73.80	Jason Byrne	U23 9.09.70	1	London (Col)	19 Sep	1992

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
82.38	Colin Mackenzie	30.06.63	1	Edinburgh	7 Aug	1993
81.70	Nigel Bevan	3.01.68	3	Birmingham	28 Jun	1992
80.98	Dave Ottley	5.08.55	Q	Seoul, KOR	24 Sep	1988
79.55	Michael Allen	7.03.80	1	Belfast	10 Jun	2006
78.54	Gary Jensen	U23 14.02.67	3	Grays	17 Sep	1989

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
7980	Simon Shirley	3.08.66	3	Victoria, CAN	24 Aug	1994
7904	David Bigham	U23 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
7861	Tony Brannen	16.09.68	1	Derby	30 Apr	1995

GB ALL-TIME TOP TEN

20kWR

1:22:03	Ian McCombie		11.01.61	13	Seoul, KOR	23	Sep	1988
1:22:12	Chris Maddocks	V35	28.03.57	1	Burrator	3	May	1992
1:22:51	Steve Barry		25.10.50	1	Douglas IOM	26	Feb	1983
1:23:34	Andy Penn		31.03.67	1=	Douglas IOM	29	Feb	1992
1:23:34	Martin Rush		25.12.64	1=	Douglas IOM	29	Feb	1992
1:23:58	Darrell Stone		2.02.68	1	Douglas IOM	24	Feb	1996
1:24:04	Mark Easton		24.05.63	2	Douglas IOM	25	Feb	1989
1:24:04.0t	Andrew Drake		6.02.65	10	Bergen (Fana), NOR	26	May	1990
1:24:07.6t	Phil Vesty	U23	5.01.63	1	Leicester	1	Dec	1984
1:24:09	Steve Partington		17.09.65	1	Dublin, IRL	24	Sep	1994

50kWR

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	V40	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	V35	16.08.46	1	Basildon	20	Apr	1985
4:07:18	Steve Hollier		27.02.76	28	Eisenhüttenstadt, GER	18	Jun	2000
4:07:23	Bob Dobson	V35	4.11.42	1	Lassing, AUT	21	Oct	1979
4:07:49	Chris Cheeseman	V40	11.12.58	57	Mezidon-Canon, FRA	2	May	1999

WOMEN

100m

11.05	2.0	Montell Douglas	U23	24.01.86	1	Loughborough	17	Jul	2008
11.10	0.1	Kathy Cook	U23	3.05.60	2	Rome, ITA	5	Sep	1981
11.14	0.0	Jeanette Kwakye		20.03.83	6	Beijing, CHN	17	Aug	2008
11.15	1.5	Paula Thomas		3.12.64	2s2	Victoria, CAN	23	Aug	1994
11.16	0.4	Andrea Saunders		24.11.52	1	London (CP)	11	Jun	1975
11.17	1.7	Abi Oyepitan		30.12.79	3	Birmingham	25	Jul	2004
11.19	1.3	Laura Turner		12.08.82	1	Loughborough	11	Aug	2007
11.20	0.4	Sonia Lannaman		24.03.56	2q3	Moscow, RUS	25	Jul	1980
11.20	0.0	Heather Oakes	U23	14.08.59	1	Beijing, CHN	26	Sep	1980
11.21	1.0	Emma Ania		7.02.80	2	Turin, ITA	6	Jun	2008

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
22.69	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
22.72	1.8	Emily Freeman		24.11.80	1	Leiden, NED	14	Jun	2008
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
22.80	0.5	Michelle Scutt	U23	17.06.60	1	Antrim	12	Jun	1982

GB ALL-TIME TOP TEN

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	4s1	Barcelona, ESP	3	Aug	1992
50.63	Michelle Scutt	U23 17.06.60	1	Cwmbran	31	May	1982
50.71	Allison Curbishley	U23 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
1:58.20	Becky Lyne	4.07.82		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
1:58.97	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	U23 25.03.57	6	Turin, ITA	4	Aug	1979
1:59.11	Jennifer Meadows	17.04.81	6	Saint-Denis, FRA	18	Jul	2008
1:59.17	Jemma Simpson	10.02.84	1	Milan, ITA	2	Jul	2008

1500m

3:57.90	Kelly Holmes	19.04.70	1	Athens, GRE	28	Aug	2004
3:59.95	Hayley Tullett	17.02.73	3	Saint-Denis, FRA	31	Aug	2003
3:59.96	Zola Budd	U20 26.05.66	3	Brussels, BEL	30	Aug	1985
4:00.57	Christina Cahill	25.03.57	1	Gateshead	6	Jul	1984
4:00.64mx	Lisa Dobriskey	23.12.83	1	Manchester (Str)	29	Jul	2008
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-Mooney	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

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	U20 26.05.66	1	London (CP)	26	Aug	1985
14:56.94	Yvonne Murray-Mooney	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
15:05.51	Kathy Butler	22.10.73	5	Brussels, BEL	3	Sep	2004
15:09.98	Jill Boltz	14.10.66	2	Hechtel, BEL	18	Jul	1992
15:13.22	Angela Smith	24.10.60	2	Oslo, NOR	5	Aug	1987
15:14.08	Natalie Harvey	19.01.75	13	Heusden, BEL	31	Jul	2004

10000m

30:01.09	Paula Radcliffe	17.12.73	1	Munich, GER	6	Aug	2002
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
31:12.30	Jo Pavey	20.09.73	12	Beijing, CHN	15	Aug	2008
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
31:55.30	Angela Smith	24.10.60	9	Rome, ITA	4	Sep	1987

GB All Time lists and records are correct as of 8 Feb 2009

GB ALL-TIME TOP TEN

Marathon

2:15:25	Paula Radcliffe		17.12.73	1	London	13	Apr	2003
2:25:03	Mara Yamauchi	V35	13.08.73	3	Tokyo, JPN	16	Nov	2008
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
2:28:06	Sarah Rowell		19.11.62	2	London	21	Apr	1985
2:28:33	Liz Yelling		5.12.74	9W	London	13	Apr	2008
2:28:38	Sally-Ann Hales		17.07.61	3	London	21	Apr	1985
2:28:39	Kathy Butler		22.10.73	9	Chicago IL, USA	22	Oct	2006
2:28:42	Marian Sutton	V35	7.10.63	7	Chicago IL, USA	24	Oct	1999

3000m Steeplechase

9:29.14	Helen Clitheroe		2.01.74	6h1	Beijing, CHN	15	Aug	2008
9:37.08	Barbara Parker		8.11.82	2	Indianapolis IN, USA	31	May	2008
9:38.56	Hatti Dean		2.02.82	3	Sheffield	15	Jul	2007
9:43.88	Jo Anker		5.08.82	11	Neerpelt, BEL	31	May	2008
9:48.51	Lizzie Hall	U23	28.04.85	1	Watford	10	Jun	2006
9:48.57	Tina Brown		22.08.76	8	Rieti, ITA	28	Aug	2005
9:52.71	Tara Krzywicki		9.03.74	2	Glasgow (S)	1	Jul	2001
10:00.25	Claire Entwistle		9.12.76	13	Huelva, ESP	13	Jun	2008
10:06.12	Emily Pidgion	U17	1.06.89	1	Bedford	3	Jul	2005
10:12.50	Ruth Senior	U20	16.10.87	4h1	Beijing, CHN	15	Aug	2006

100m Hurdles

12.80	0.7	Angie Thorp	7.12.72	5s1	Atlanta GA, USA	31	Jul	1996
12.81	1.5	Sarah Claxton	23.09.79	1	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 Ageypong	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
12.96	1.9	Tasha Danvers	19.09.77	4	Stanford CA, USA	7	Jun	2003
12.97	0.1	Jessica Ennis	28.01.86	H	Osaka, JPN	25	Aug	2007

400m Hurdles

52.74		Sally Gunnell	29.07.66	1	Stuttgart, GER	19	Aug	1993
53.84		Tasha Danvers	19.09.77	3	Beijing, CHN	20	Aug	2008
54.63		Gowry Retchakan	21.06.60	5s2	Barcelona, ESP	3	Aug	1992
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
55.70		Emma Duck	9.02.81	4	London (CPI)	28	Jul	2006
55.91		Elaine McLaughlin	17.11.63	6s2	Seoul, KOR	26	Sep	1988
56.04		Sue Chick	6.01.60	7	Helsinki, FIN	10	Aug	1983

GB ALL-TIME TOP TEN

HJ							
1.95	Diana Davies	U23	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	U23	28.1.86	1HA	Desenzano, ITA	5 May	2007
1.94	Louise Gittens	U23	9.03.60	2	Naples, ITA	25 May	1980
1.94i	Joanne Jennings-Steele		20.09.69	9	Toronto, CAN	13 Mar	1993
1.93	Michelle Dunkley	U23	26.01.78	2	Vittel, FRA	2 Sep	2000
1.92	Barbara Simmonds	U23	6.10.61	1	London (CP)	31 Jul	1982
1.92	Judy Simpson		14.11.60	1H	Helsinki, FIN	8 Aug	1983
1.92	Janet Boyle		25.07.63	Q	Seoul, KOR	29 Sep	1988

PV							
4.47	Janine Whitlock		11.08.73	3=	London (CP)	22 Jul	2005
4.40i	Kate Dennison		7.05.84	14Q	Birmingham	3 Mar	2007
4.27i	Emma Lyons	U23	14.06.87	1	Cardiff	24 Jan	2009
4.26i	Zoe Brown	U23	15.09.83	1	Sheffield	21 Feb	2004
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-on-Trent	6 Aug	2000
4.20i	Rhian Clarke		19.04.77	4	Fayetteville AR, USA	10 Mar	2001
4.16	Liz Hughes		9.06.77	1	Portsmouth	6 Jul	2002
4.15	Tracey Grant		13.09.79	1	Birmingham	26 Jul	2003

LJ								
6.90	1.4	Bev Kinch	U20	14.01.64	*	Helsinki, FIN	14 Aug	1983
6.88	1.4	Fiona May	U23	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
6.79	2.0	Kelly Sotherton		13.11.76	1Q	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	Malmo, SWE	2 Aug	1999
6.75	0.3	Joyce Hepher	U23	11.02.64	1	London (CP)	14 Sep	1985
6.73	0.6	Sheila Sherwood		22.10.45	1	Edinburgh	23 Jul	1970
6.73	-0.7	Yinka Idowu	U23	25.02.72	1	Alicante, ESP	7 Aug	1993

TJ								
15.16i		Ashia Hansen		5.12.71	1	Valencia, ESP	28 Feb	1998
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	U23	12.12.86	1	Boulder CO, USA	18 May	2008
13.64	1.1	Rachel Kirby		18.05.69	Q	Helsinki, FIN	7 Aug	1994
13.62	1.5	Nony Mordi	U23	25.07.87	1	Manchester [SC]	5 Jul	2008
13.59	0.2	Nadia Williams		17.11.81	1	London [CP]	16 Jun	2007
13.56	1.2	Mary Agyepong		3.10.65	1	Sheffield	5 Jun	1992
13.46	0.2	Evette Finikin		25.09.63	1	Birmingham	26 Jul	1991
13.31	1.2	Karlene Turner	U23	9.01.85	2	Bedford	28 May	2006

SP								
19.36	Judy Oakes	14.02.58	1	Gateshead	14	Aug	1988	
19.06i	Venissa Head	1.09.56	1	St Athan	7	Apr	1984	
19.03	Myrtle Augée	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	
17.13	Jo Duncan	V35 27.12.66	1	Crawley	13	Aug	2006	
16.63	Eva Massey	22.12.80	1	Manchester [SC]	29	Jul	2007	
16.57	Maggie Lynes	19.02.63	6	Gateshead	20	Jul	1994	
16.40i	Mary Peters	6.07.39	1	Bucharest, ROM	28	Feb	1970	

GB ALL-TIME TOP TEN

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
60.72	Jackie McKernan	1.07.65	2	Buffalo NY, USA	18	Jul	1993
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 Chrimmes	V35 19.05.33	1	Birmingham	3	Jun	1972
57.75	Emma Merry	2.07.74	1	Wrexham	9	Aug	1999
57.32	Lynda Wright	U23 7.04.63	1	London (CP)	16	Jun	1984

HT

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
67.58	Shirley Webb	28.09.81	1	Loughborough	16	Jul	2005
66.31	Carys Parry	24.07.81	1	Birmingham	7	Jun	2008
63.96	Lyn Sprules	11.09.75	1	Bedford	20	Aug	2000
63.75	Sarah Holt	U23 17.04.87	1	Loughborough	26	Apr	2008
63.61	Liz Carter	27.04.77	1B	Halle, GER	27	May	2000
63.05	Lesley Brown	13.09.76	1A	Manchester (Str)	19	Feb	2006
63.02	Laura Douglas	4.01.83	2	Swansea	15	Jun	2008
62.03	Susan McKelvie	U23 15.06.85	2	Manchester (SC)	27	Aug	2006

JT

65.75	Goldie Sayers	16.07.82	4	Beijing, CHN	21	Aug	2008
64.87	Kelly Morgan	U23 17.06.80	1	Birmingham	14	Jul	2002
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 Morrison	28.10.75	1	Loughborough	23	May	1999
54.62	Chloe Cozens	9.04.80	1	Grangemouth	3	Aug	2003
52.88	Laura Whittingham	U23 6.06.86	2	Manchester (SC)	28	Jul	2007
52.86	Linda Rawlins	23.01.71	1	Eton	10	Jun	2001
52.84	Jo Blair	U23 1.03.86	1	Stoke-on-Trent	9	Jul	2006

HEP – 60m, LJ, SP, HJ; 60mh, PV, 1000m

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
6469	Jessica Ennis	U23 28.01.86	4	Osaka, JPN	26	Aug	2007
6259	Kim Hagger	2.12.61	1	Arles, FRA	18	May	1986
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	Joanne Mulliner	U23 18.08.66	2	Arles, FRA	7	Jun	1987
6022	Clova Court	10.02.60	16	Tokyo, JPN	27	Aug	1991
5908	Kerry Jury	19.11.68	1	Murcia, ESP	1	Aug	1999

20kWR

1:31:33	Jo Jackson	17.01.85	22	Beijing, CHN	21	Aug	2008
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 (Wyl)	21	Apr	2002
1:40:45	Irene Bateman	V35 13.11.47	1	Basildon	9	Apr	1983
1:43:29	Sharon Tonks	18.04.70	2	East Molesey	3	Mar	2002
1:43:50	Betty Sworowski	12.03.61	1	Sheffield	22	Feb	1988
1:43:52	Sylvia Black	V35 16.04.58	1	Sutton Coldfield	14	Jun	1997

GB INDOOR ALL-TIME TOP TEN

60m						
6.46	Jason Gardener	18.09.75	3	Maebashi, JPN	7 Mar	1999
6.47	Linford Christie	2.04.60	1	Lievin, 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
6.52	Dwain Chambers	5.04.78	1	Birmingham	31 Jan	2009
6.54	Michael Rosswess	11.06.65	3	Paris, FRA	11 Mar	1994
6.55	Craig Pickering	16.10.86	1	Glasgow	27 Jan	2007
6.57	Simeon Williamson	16.01.86	2	Birmingham	16 Feb	2008

200m						
20.25	Linford Christie	2.04.60	1	Lievin, FRA	19 Feb	1995
20.46	Julian Golding	17.02.75	1	Birmingham	8 Feb	1998
20.48	John Regis	13.10.66	1	Stuttgart, GER	5 Feb	1995
20.51	Marlon Devonish	1.06.76	1	Birmingham	21 Feb	2003
20.53	Allyn Condon	24.08.74	2	Birmingham	8 Feb	1998
20.54	Christian Malcolm	3.06.79	1	Ghent, BEL	26 Feb	2000
20.59	Doug Turner	2.12.66	3	Birmingham	17 Feb	2002
20.62	Daniel Caines	15.05.79	2s1	Vienna, AUT	1 Mar	2002
20.69	Chris Lambert	6.04.81	2	Madrid, ESP	6 Mar	2005
20.75	Marcus Adam	28.02.68	1r2	Ghent, BEL	29 Jan	1992

400m						
45.39	Jamie Baulch	3.05.73	1	Birmingham	9 Feb	1997
45.43	Daniel Caines	15.05.79	2	Birmingham	16 Mar	2003
45.56	Todd Bennett	6.07.62	1	Piraeus, GRE	3 Mar	1985
45.71	Solomon Wariso	11.11.66	1	Birmingham	8 Feb	1998
45.83	Mark Hyllton	24.09.76	2	Birmingham	9 Feb	1997
45.89	David Grindley	29.10.72	2	Birmingham	20 Feb	1993
45.90	Robert Tobin	20.12.83	1	Sheffield	12 Feb	2006
45.94	Mark Richardson	26.07.72	3	Birmingham	20 Feb	1993
45.98	Brian Whittle	24.04.64	2	Budapest, HUN	6 Mar	1988
46.11	Guy Bullock	15.10.75	3	Birmingham	9 Feb	1997
46.11	Sean Baldock	3.12.76	2	Birmingham	8 Feb	1998

800m						
1:44.91	Sebastian Coe	29.09.56	1	Cosford	12 Mar	1983
1:45.72	Tony Morrell	3.05.62	1	Ghent, BEL	17 Feb	1988
1:46.22	Ikem Billy	25.01.64	2	Stuttgart, GER	12 Feb	1989
1:46.22	Tom McKean	27.10.63	1	Glasgow	4 Mar	1990
1:46.57	Brian Whittle	24.04.64	2s1	Genoa, ITA	29 Feb	1992
1:46.68	James McLroy	30.12.76	1	Erfurt, GER	4 Feb	2005
1:46.71	Peter Elliott	9.10.62	2	Cosford	12 Mar	1983
1:46.92	David Sharpe	8.07.67	2	Glasgow	30 Jan	1993
1:47.17	Andrew Hart	13.09.69	3	Ghent, BEL	19 Feb	1999
1:47.20	Martin Steele	30.09.62	2	Cosford	10 Mar	1990

1500m						
3:34.20	Peter Elliott	9.10.62	1	Seville, ESP	27 Feb	1990
3:36.25	John Mayock	26.10.70	2	Birmingham	18 Feb	2001
3:36.42	Michael East	20.01.78	3	Birmingham	20 Feb	2004
3:38.28	Graham Williamson	15.06.60	1	Cosford	10 Feb	1982
3:38.65	Neil Speaight	9.09.78	3	Birmingham	18 Feb	2006
3:38.69	James Thie	27.06.78	10	Birmingham	20 Feb	2004
3:38.70	Tony Morrell	3.05.62	1	San Sebastian, ESP	20 Feb	1990
3:39.1+e	Matthew Yates	4.02.69	1m	Birmingham	14 Mar	1992
3:39.40	Adrian Passey	2.09.64	2	Stuttgart, GER	31 Jan	1988
3:39.47	Anthony Whiteman	13.11.71	1	Birmingham	27 Jan	1996

GB All Time lists and records are correct as of 8 Feb 2009

GB INDOOR ALL-TIME TOP TEN

3000m

7:40.99	Mo Farah	23.03.83	1	Glasgow	31	Jan	2009
7:41.09	John Mayock	26.10.70	3	Stockholm, SWE	6	Feb	2002
7:43.90	Robert Denmark	23.11.68	3	Seville, ESP	10	Mar	1991
7:45.10	Andy Baddeley	20.06.82	3	Boston MA, USA	26	Jan	2008
7:46.1+	Jack Buckner	22.09.61	2m	San Diego CA, USA	15	Feb	1985
7:46.22	Mark Rowland	7.03.63	3	Seville, ESP	27	Feb	1990
7:46.7a	Nick Rose	13.12.51	5	Vienna, AUT	25	Feb	1979
7:46.85	Ricky Wilde	13.10.45	1	Vienna, AUT	15	Mar	1970
7:48.1+	Graeme Fell	19.03.59	2m	San Diego CA, USA	19	Feb	1982
7:49.61	David Lewis	15.10.61	1	Cosford	25	Jan	1986

60m Hurdles

7.30	Colin Jackson	18.02.67	1	Sindelfingen, GER	6	Mar	1994
7.42	Anthony 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	1s2	Valencia, ESP	1	Mar	1998
7.55	Andrew Turner	19.09.80	1	Sheffield	11	Feb	2007
7.56	Jonathan Ridgeon	14.02.67	1	Budaapest, HUN	28	Feb	1988
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
7.68	Damien Greaves	19.09.77	5s2	Ghent, BEL	26	Feb	2000

HJ

2.38	Steve Smith	29.03.73	2	Wuppertal, GER	4	Feb	1994
2.37	Dalton Grant	8.04.66	1	Paris, FRA	13	Mar	1994
2.32	Brendan Reilly	23.12.72	4	Liverpool	24	Feb	1994
2.30	Geoff Parsons	14.08.64	1	Cosford	25	Jan	1986
2.30	Martyn Bernard	15.12.84	Q	Birmingham	3	Mar	2007
2.30	Samson Oni	25.06.81	1	Sheffield	9	Feb	2008
2.28	John Holman	31.07.68	2	Glasgow	28	Jan	1989
2.27	Ben Challenger	7.03.78	1	Birmingham	7	Feb	1998
2.24	Tom Parsons	5.05.84	1	Birmingham	3	Feb	2008
2.24	Robert Mitchell	14.09.80	1	Cardiff	24	Jan	2009
2.23	David Abrahams	14.09.59	1	Cosford	12	Mar	1983

PV

5.81	Nick Buckfield	5.06.73	1	Bad Segeberg, GER	8	Feb	2002
5.75	Steven Lewis	20.05.86	1	Manchester	17	Jan	2009
5.62	Luke Cutts	13.02.88	1	Sheffield	18	Jan	2009
5.50	Brian Hooper	18.05.53	1	Carn Brae	28	Feb	1981
5.50	Paul Williamson	16.06.74	1	Cardiff	6	Feb	2000
5.50	Ashley Swain	3.10.80	1	Sheffield	8	Feb	2004
5.47	Keith Higham	7.11.85	1	Akron OH, USA	4	Feb	2006
5.45	Andrew Ashurst	2.01.65	2	Birmingham	16	Feb	1992
5.42	Keith Stock	18.03.57	1	Cosford	8	Dec	1984
5.42	Scott Simpson	21.07.79	1	Sheffield	10	Mar	2007

LJ

8.18	Chris Tomlinson	15.09.81	1	Stuttgart, GER	2	Feb	2008
8.05	Barrington Williams	11.09.55	1	Cosford	11	Feb	1989
8.05	Stewart Faulkner	19.02.69	2	Seville, ESP	27	Feb	1990
8.05	Nathan Morgan	30.06.78	1	Glasgow	28	Jan	2006
7.97	Lynn Davies	20.05.42	1	Los Angeles CA, USA	12	Feb	1966
7.96	Fred Salle	10.09.64	4	Glasgow	30	Jan	1993
7.94	Paul Johnson	8.03.68	1	Glasgow	10	Mar	1989
7.91	Greg Rutherford	17.11.86	3	Glasgow	31	Jan	2009
7.85	Mark Forsythe	10.08.65	1	Birmingham	16	Feb	1992
7.84	Alan Lerwill	15.11.46	6	Göteborg, SWE	9	Mar	1974

GB All Time lists and records are correct as of 8 Feb 2009

GB INDOOR ALL-TIME TOP TEN

TJ							
17.75	Phillips Idowu	30.12.78	1	Valencia, ESP	9	Mar	2008
17.64	Jonathan Edwards	10.05.66	1	Birmingham	15	Feb	1998
17.47	Nathan Douglas	4.12.82	2	Birmingham	3	Mar	2007
17.31	Keith Connor	16.09.57	1	Detroit MI, USA	13	Mar	1981
16.97	Francis Agyepong	16.06.65	Q	Stockholm, SWE	9	Mar	1996
16.87	John Herbert	20.04.62	5	Budapest, HUN	6	Mar	1988
16.86	Eric McCalla	18.08.60	1	Vittel, FRA	4	Feb	1984
16.76	Julian Golley	12.09.71	1	Glasgow	12	Feb	1994
16.75	Aston Moore	8.02.56	2	Vittel, FRA	4	Feb	1984
16.73	Vernon Samuels	15.10.64	1	Birmingham	14	Mar	1992

SP							
21.49	Carl Myerscough	21.10.79	1	Fayetteville AR, USA	15	Mar	2003
20.98	Geoff Capes	23.08.49	1	Los Angeles CA, USA	16	Jan	1976
20.85	Mark Proctor	15.01.63	1	King's Lynn	25	Jan	1998
20.25	Mark Edwards	2.12.74	1	Loughborough	2	Feb	2008
19.82	Mike Winch	20.07.48	2	Cosford	8	Dec	1973
19.47	Paul Edwards	16.02.59	1	Vienna, AUT	6	Feb	1994
19.44	Simon Williams	17.10.67	1	Baton Rouge LA, USA	28	Jan	1989
19.41	Matthew Simson	28.05.70	1	Gainesville FL, USA	2	Feb	1997
19.19	Arthur Rowe	17.08.36	1	London (Wem)	6	Apr	1962
19.10	Shaun Pickering	14.11.61	1	Birmingham	27	Jan	1996

HEP – 60m, LJ, SP, HJ; 60mh, PV, 1000m

5978	Alex Kruger	18.11.63	5	Barcelona, ESP	12	Mar	1995
5877	Anthony Brannen	16.09.68	1	Birmingham	5	Feb	1995
5749	Kevin Sempers	24.11.85	2	Sheffield	3	Feb	2008
5722	Ed Dunford	15.09.84	1	Sheffield	13	Jan	2008
5663	Louis Evling-Jones	20.06.83	6	Prague, CZE	12	Feb	2006
5640	Jamie Quarry	15.11.72	1	Glasgow	14	Feb	1999
5637	Barry Thomas	28.04.72	3	Birmingham	5	Feb	1995
5609	Dale Garland	13.10.80	10	Prague, CZE	12	Feb	2006
5607	Du'aïne Ladejo	14.02.71	1	Birmingham	24	Jan	1999
5604	Oliver McNeillis	24.11.87	1	Paris, FRA	2	Mar	2008

WOMEN

60m							
7.08	Jeanette Kwakye	20.03.83	2	Valencia, ESP	7	Mar	2008
7.13	Beverly Kinch	14.01.64	2h2	Madrid, ESP	23	Feb	1986
7.17	Andrea Lynch	24.11.52	2	Göteborg, SWE	10	Mar	1974
7.19	Joice Maduaka	30.09.73	4s3	Birmingham	14	Mar	2003
7.20	Wendy Hoyte	17.12.57	3s1	Lievin, FRA	22	Feb	1987
7.21	Heather Oakes	14.08.59	2	Paris, FRA	19	Jan	1985
7.21	Stephanie Douglas	22.01.69	1	Glasgow	11	Feb	1995
7.23	Paula Thomas	3.12.64	3s2	Lievin, FRA	22	Feb	1987
7.24	Marcia Richardson	10.02.72	5	Birmingham	20	Feb	2000
7.24	Emma Ania	7.02.80	1	Tampere, FIN	27	Feb	2008

GB INDOOR ALL-TIME TOP TEN

200m

22.83	Katharine Merry	21.09.74	1	Birmingham	14	Feb	1999
22.96	Donna Fraser	7.11.72	1	Birmingham	23	Feb	1997
23.20	Amy Spencer	19.09.85	2	Birmingham	2	Mar	2003
23.31	Paula Thomas	3.12.64	2	Birmingham	25	Feb	1995
23.31	Christine Bloomfield	12.02.68	1	Birmingham	30	Jan	2000
23.31+	Nicola Sanders	23.06.82	1	Birmingham	3	Mar	2007
23.33	Joan Baptiste	12.10.59	1r2	Stuttgart, GER	23	Feb	1985
23.35	Catherine Murphy	21.09.75	1	Birmingham	28	Jan	2001
23.36	Kathy Cook	3.05.60	1	Cosford	12	Mar	1983
23.37	Joice Maduaka	30.09.73	1	Birmingham	16	Feb	2008

400m

50.02	Nicola Sanders	23.06.82	1	Birmingham	3	Mar	2007
50.53	Katharine Merry	21.09.74	1	Birmingham	18	Feb	2001
51.69	Phyllis Smith	29.09.65	2	Birmingham	23	Feb	1997
51.72	Sally Gunnell	29.07.66	1	Sindelfingen, GER	6	Mar	1994
51.74	Catherine Murphy	21.09.75	2s2	Birmingham	15	Mar	2003
51.80	Verona Elder	5.04.53	1	Vienna, AUT	25	Feb	1979
52.15	Lesley Owusu	21.12.78	1h1	Fayetteville AR, USA	9	Mar	2001
52.47	Sinead Dudgeon	9.07.76	2	Birmingham	27	Jan	2001
52.47	Kelly Sotherton	13.11.76	1	Birmingham	16	Feb	2008
52.50	Melanie Neef	26.05.70	1	Birmingham	4	Feb	1996

800m

1:59.21	Kelly Holmes	19.04.70	2	Ghent, BEL	9	Feb	2003
1:59.50	Jo Fenn	19.10.74	3	Budapest, HUN	7	Mar	2004
1:59.73	Jennifer Meadows	17.04.81	2s2	Valencia, ESP	8	Mar	2008
1:59.87	Marilyn Okoro	23.09.84	3s1	Birmingham	3	Mar	2007
2:00.53	Karen Harewood	19.08.75	1	Budapest, HUN	27	Jan	2006
2:01.12	Jane Finch	8.11.57	1	San Sebastian, ESP	13	Mar	1977
2:01.25	Jemma Simpson	10.02.84	2	Birmingham	16	Feb	2008
2:01.5a	Elizabeth Barnes	3.08.51	3	Sindelfingen, GER	2	Mar	1980
2:01.52	Hayley Tullett	17.02.73	4	Birmingham	15	Feb	1998
2:02.17	Diane Modahl	17.06.66	2	Birmingham	22	Feb	1992

1500m

4:02.66	Kelly Holmes	19.04.70	2	Birmingham	16	Mar	2003
4:05.63	Hayley Tullett	17.02.73	3	Stockholm, SWE	12	Feb	2004
4:05.81	Helen Clitheroe	2.01.74	2	Stockholm, SWE	20	Feb	2007
4:06.87	Zola Budd	26.05.66	1	Cosford	25	Jan	1986
4:07.6+	Kirsty Wade	6.08.62	2m	East Rutherford NJ, USA	13	Feb	1988
4:08.1a	Mary Stewart	25.02.56	1	Dortmund, GER	19	Feb	1977
4:08.88	Lisa Dobriskey	23.12.83	4	Stockholm, SWE	21	Feb	2008
4:09.07	Susan Scott	26.09.77	5	Stockholm, SWE	21	Feb	2008
4:09.15	Yvonne Murray	4.10.64	4	Stuttgart, GER	1	Feb	1987
4:09.65	Katrina Wootton	2.09.85	3	Stockholm, SWE	2	Feb	2006

3000m

8:31.50	Jo Pavey	20.09.73	3	Stuttgart, GER	3	Feb	2007
8:34.80	Liz McColgan	24.05.64	2	Budapest, HUN	4	Mar	1989
8:39.79	Zola Budd	26.05.66	1	Cosford	8	Feb	1986
8:45.36	Hayley Tullett	17.02.73	8	Lisbon, POR	10	Mar	2001
8:46.06	Yvonne Murray	4.10.64	1	Lievin, FRA	22	Feb	1987
8:47.25	Lisa Dobriskey	23.12.83	5	Birmingham	4	Mar	2007
8:50.69	Katrina Wootton	2.09.85	4	Birmingham	16	Feb	2008
8:51.02	Helen Clitheroe	2.01.74	5	Birmingham	16	Feb	2008
8:51.04	Wendy Sly	5.11.59	3	Budapest, HUN	6	Mar	1988
8:53.52	Nicola Morris	13.03.62	5	Budapest, HUN	4	Mar	1989

GB INDOOR ALL-TIME TOP TEN

60m Hurdles

7.96	Sarah Claxton	23.09.79	1	Sheffield	13	Feb	2005
7.99	Diane Hawkins	21.02.75	1h3	Ghent, BEL	26	Feb	2000
8.01	Jacqui Ageypong	5.01.69	5	Barcelona, ESP	12	Mar	1995
8.03	Sara McGreavy	13.12.82	1	Sheffield	10	Feb	2007
8.06	Lesley-Ann Skeete	20.02.67	3s1	Lievin, FRA	21	Feb	1987
8.08	Gemma Bennett	4.01.84	1	Belfast	8	Feb	2009
8.11	Shirley Strong	18.11.58	1	Cosford	10	Mar	1984
8.11	Samantha Farquharson	15.12.69	4s1	Paris, FRA	13	Mar	1994
8.12	Clova Court	10.02.60	1	Glasgow	12	Feb	1994
8.15	Melani Wilkins	18.01.73	2	Glasgow	18	Mar	2001

HJ

1.95	Debbie Marti	14.05.68	2	Birmingham	23	Feb	1997
1.94	Diana Davies	7.05.61	5	Milan, ITA	7	Mar	1982
1.94	Joanne Jennings-Steele	20.09.69	9	Toronto, CAN	13	Mar	1993
1.93	Susan Moncrieff	8.06.78	6	Birmingham	21	Feb	2003
1.92	Julia Bennett	26.03.70	1	Cosford	10	Mar	1990
1.92	Jessica Ennis	28.01.86	1	Sheffield	10	Feb	2008
1.91	Ann-Marie Cording	13.10.59	1	Cosford	29	Jan	1982
1.91	Janet Boyle	25.07.63	6	Lievin, FRA	22	Feb	1987
1.90	Lea Haggett	9.05.72	1	Birmingham	3	Jan	1992
1.90	Julie Crane	26.09.76	1	Otterberg, GER	28	Feb	2004

PV

4.44	Janine Whitlock	11.08.73	4	Birmingham	17	Feb	2002
4.40	Kate Dennison	7.05.84	14Q	Birmingham	3	Mar	2007
4.27	Emma Lyons	14.06.87	1	Cardiff	24	Jan	2009
4.26	Zoë Brown	15.09.83	1	Sheffield	21	Feb	2004
4.26	Ellie Spain	23.08.82	2	Vienna, AUT	30	Jan	2007
4.20	Rhian Clarke	19.04.77	4	Fayetteville AR, USA	10	Mar	2001
4.15	Tracey Grant	13.09.79	1	Sheffield	7	Feb	2004
4.15	Kirsty Maguire	5.07.83	1	Glasgow	24	Feb	2007
4.15	Louise Butterworth	22.02.85	2	Sheffield	10	Feb	2008
4.12	Henrietta Paxton	19.09.83	4	Manchester	17	Jan	2009

LJ

6.70	Susan Telfer	26.05.61	1	Gothenburg, SWE	3	Mar	1984
6.70	Joanne Wise	15.03.71	4	Paris, FRA	9	Mar	1997
6.62	Fiona May	12.12.69	1	Florence, ITA	3	Feb	1993
6.53	Mary Rand	10.02.40	2	Dortmund, GER	27	Mar	1966
6.53	Susan Reeve	17.09.51	1	Bucharest, ROM	26	Feb	1978
6.53	Kelly Sotherton	13.11.76	1	Sheffield	11	Feb	2006
6.52	Jade Johnson	7.06.80	2	Birmingham	18	Feb	2005
6.51	Ruth Howell	28.01.47	1	Cosford	23	Feb	1974
6.51	Yinka Idowu	25.02.72	1	Glasgow	12	Feb	1994
6.50	Mary Berkeley	3.10.65	1	Madrid, ESP	1	Feb	1986

TJ

15.16	Ashia Hansen	5.12.71	1	Valencia, ESP	28	Feb	1998
13.85	Michelle Griffith	6.10.71	1	Glasgow	12	Feb	1994
13.52	Rachel Kirby	18.05.69	1	Birmingham	27	Feb	1993
13.44	Nadia Williams	17.11.81	1	Cardiff	2	Feb	2008
13.42	Mary Ageypong	3.10.65	1	Birmingham	20	Feb	1993
13.27	Yasmine Regis	12.12.86	1	Ames IA, USA	24	Feb	2007
13.24	Nony Mordi	25.07.87	1	Manchester [SC]	27	Jan	2008
13.23	Rebecca White	5.06.80	4	Budapest, HUN	27	Jan	2006
13.05	Gillian Kerr	10.11.83	1	Glasgow	24	Feb	2008
13.04	Stephanie Aneto	23.08.77	2	Cardiff	2	Feb	2008

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GB INDOOR ALL-TIME TOP TEN

SP

19.06	Venissa Head	1.09.56	1	St Athan	7	Apr	1984
18.74	Judith Oakes	14.02.58	1	Ghent, BEL	14	Feb	1988
17.94	Myrtle Augée	4.02.65	2	Budapest, HUN	8	Feb	1987
17.85	Margaret Ritchie	6.07.52	1	Princeton NJ, USA	24	Feb	1984
17.18	Yvonne Hanson-Nortey	18.02.64	2	Cosford	3	Feb	1989
17.05	Angela Littlewood	24.09.49	1	Cosford	2	Feb	1980
16.81	Joanne Duncan	27.12.66	1	London (Ha)	4	Feb	2001
16.45	Margaret Lynes	19.02.63	3	Glasgow	29	Jan	1994
16.40	Mary Peters	6.07.39	1	Bucharest, ROM	28	Feb	1970
16.32	Eva Massey	22.12.80	1	Belfast	16	Feb	2003

PEN

4927	Kelly Sotherton	13.11.76	2	Birmingham	3	Mar	2007
4716	Jessica Ennis	28.01.86	6	Birmingham	3	Mar	2007
4498	Julie Hollman	16.02.77	2	Prague, CZE	12	Feb	2006
4363	Kim Hagger	2.12.61	1	Vittel, FRA	4	Feb	1984
4297	Julia Bennett	26.03.70	1	Birmingham	8	Feb	1998
4238	Vikki Schofield	29.12.72	1	Birmingham	5	Feb	1995
4237	Grace Clements	2.05.84	2	Sheffield	3	Feb	2008
4168	Susan Longden	22.01.50	2	Berlin, GER	29	Jan	1978
4166	Diana Bennett	14.06.74	2	Birmingham	8	Feb	1998
4144	Marcia Marriott	7.06.56	3	Vittel, FRA	4	Feb	1984

WORLD RECORDS - OUTDOOR

100	9.69	Usain Bolt	JAM	16 Aug 08	Beijing
200	19.30	Usain Bolt	JAM	20 Aug 08	Beijing
400	43.18	Michael Johnson	USA	26 Aug 99	Seville
800	1:41.11	Wilson Kipketer	DEN	24 Aug 97	Cologne
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	2:03:59	Haile Gebrselassie	ETH	28 Sep 08	Berlin
3000St	7:53.63	Saif Saeed Shaheen	QAT	3 Sep 04	Brussels
110H	12.87	Dayron Robles	CUB	12 Jun 08	Ostrava
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	9026	Roman Sebrle	CZE	27 May 01	Götzis
20kW	1:17:16	Vladimir Kanaylin	RUS	29 Sep 07	Saransk
50kW	3:34:14	Denis Nizhegorodov	RUS	11 May 05	Cheboksary
4x100	37.10	Jamaica		22 Aug 08	Beijing
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 Kratochvílová	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	5.05	Yelena Isinbayeva	RUS	18 Aug 08	Beijing
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	77.80	Tatyana Lysenko	RUS	15 Aug 06	Tallinn
JT	72.28	Barbora Spotáková	CZE	13 Sep 08	Stuttgart
Hept	7291	Jackie Joyner-Kersey	USA	24 Sep 88	Seoul
20kW	1:25:41	Olimpiada Ivanova	RUS	7 Aug 05	Helsinki
4x100	41.37	East Germany		6 Oct 85	Canberra
4x400	3:15.17	U.S.S.R.		1 Oct 88	Seoul

EUROPEAN RECORDS - OUTDOOR

100	9.86	Francis Obikwelu	POR	22 Aug	04	Athens
200	19.72 A	Pietro Mennea	ITA	12 Sep	79	Mexico City
400	44.33	Thomas Schönlebe	GER	3 Sep	87	Rome
800	1:41.11	Wilson Kipketer	DEN	24 Aug	97	Cologne
1500	3:28.95	Fermín Cacho	ESP	13 Aug	97	Zürich
5000	12:49.71	Mohammed Mourit	BEL	25 Aug	00	Brussels
10000	26:52.30	Mohammed Mourhit	BEL	3 Sep	99	Brussels
Mar	2:06:36	António Pinto	POR	16 Apr	00	London
	2:06:36	Benoît Zwierniewski	FRA	6 Apr	03	Paris
3000St	8:04.95	Simon Vroemen	NED	26 Aug	05	Brussels
110H	12.91	Colin Jackson	GBR	20 Aug	93	Stuttgart
400H	47.37	Stéphane Diagana	FRA	5 Jul	95	Lausanne
HJ	2.42	Patrik Sjöberg	SWE	30 Jun	87	Stockholm
PV	6.14	Sergey Bubka	UKR	31 Jul	94	Sestriere
LJ	8.86 A	Robert Emmiyan	ARM	22 May	87	Tsakhkadzor
TJ	18.29	Jonathan Edwards	GBR	7 Aug	95	Göteborg
SP	23.06	Ulf Timmermann	GER	22 May	88	Hania
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	9026	Roman Sebrle	CZE	27 May	01	Götzis
20kW	1:17:16	Vladimir Kanaylin	RUS	29 Sep	07	Saransk
50kW	3:34:14	Denis Nizhegorodov	RUS	11 May	05	Cheboksary
4x100	37.73	Great Britain & NI		29 Aug	99	Seville
4x400	2:56.60	Great Britain & NI		3 Aug	96	Atlanta

Women

100	10.73	Christine Arron	FRA	19 Aug	98	Budapest
200	21.71	Marita Koch	GER	10 Jun	79	Chemnitz
	21.71	Heike Drechsler	GER	29 Jun	86	Jena
400	47.60	Marita Koch	GER	6 Oct	85	Canberra
800	1:53.28	Jarmila Kratochvilová	CZE	26 Jul	83	Munich
1500	3:52.47	Tatyana Kazankina	RUS	13 Aug	80	Zürich
5000	14:23.75	Liliya Shobukhova	RUS	19 Jul	08	Kazan
10000	29:56.34	Evlan Abeylegesse	TUR	15 Aug	08	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	5.05	Yelena Isinbayeva	RUS	18 Aug	08	Beijing
LJ	7.52	Galina Chistyakova	RUS	11 Jun	88	St. Petersburg
TJ	15.50	Inessa Kravets	UKR	10 Aug	95	Göteborg
SP	22.63	Natalya Lisovskaya	RUS	7 Jun	87	Moscow
DT	76.80	Gabriele Reinsch	GER	9 Jul	88	Neubrandenburg
HT	77.80	Tatyana Lysenko	RUS	15 Aug	06	Tallinn
JT	72.28	Barbora Spotáková	CZE	13 Sep	08	Stuttgart
Hept	7032	Carolina Klüft	SWE	26 Aug	07	Osaka
20kW	1:25:41	Olimpiada Ivanova	RUS	7 Aug	05	Helsinki
4x100	41.37	East Germany		6 Oct	85	Canberra
4x400	3:15.17	U.S.S.R.		1 Oct	88	Seoul

COMMONWEALTH RECORDS - OUTDOOR

100	9.69	Usain Bolt	JAM	16 Aug 08	Beijing
200	19.30	Usain Bolt	JAM	20 Aug 08	Beijing
400	44.17	Innocent Egbunike	NGR	19 Aug 87	Zürich
800	1:41.73	Sebastian Coe	Eng	10 Jun 81	Florence
1500	3:26.34	Bernard Lagat	KEN	24 Aug 01	Brussels
5000	12:39.74	Daniel Komen	KEN	22 Aug 97	Brussels
10000	26:27.85	Paul Tergat	KEN	22 Aug 97	Brussels
Mar	2:04:55	Paul Tergat	KEN	28 Sep 03	Berlin
3000St	7:55.72	Bernard Barmasai	KEN	24 Aug 97	Cologne
110H	12.91	Colin Jackson	Wal	20 Aug 93	Stuttgart
400H	47.10	Samuel Matete	ZAM	7 Aug 91	Zürich
HJ	2.38	Troy Kemp	BAH	12 Jul 95	Nice
	2.38	Jacques Freitag	RSA	5 Mar 05	Oudthoorn
PV	6.05	Dmitriy Markov	AUS	9 Aug 01	Edmonton
LJ	8.62	James Beckford	JAM	5 Apr 97	Orlando
TJ	18.29	Jonathan Edwards	Eng	7 Aug 95	Gothenburg
SP	21.97	Janus Robberts	RSA	2 Jun 01	Eugene
DT	70.32	Frantz Kruger	RSA	26 May 02	Salon-de-Provence
HT	80.63	Chris Harmse	RSA	15 Apr 05	Durban
JT	91.46	Steve Backley	Eng	25 Jan 92	Auckland (NS)
Dec	8847	Daley Thompson	Eng	9 Aug 84	Los Angeles
20kW	1:17:33	Nathan Deakes	AUS	23 Apr 05	Cixi
50kW	3:35:47	Nathan Deakes	AUS	2 Dec 06	Geelong
4x100	37.10	Jamaica		22 Aug 08	Beijing
4x400	2:56.75	Jamaica		10 Aug 97	Athens

Women

100	10.74	Merlene Ottey	JAM	7 Sep 96	Milan
200	21.64	Merlene Ottey	JAM	13 Sep 91	Brussels
400	48.63	Cathy Freeman	AUS	29 Jul 96	Atlanta
800	1:54.01	Pamela Jelimo	KEN	29 Aug 08	Zurich
1500	3:57.41	Jackline Maranga	KEN	8 Aug 98	Monaco
5000	14:22.51	Vivian Cheruiyot	KEN	15 Jun 07	Oslo
10000	30:01.09	Paula Radcliffe	Eng	6 Aug 02	Munich
Mar	2:15:25	Paula Radcliffe	Eng	13 Apr 03	London
3000St	9:07.41	Eunice Jepkorir	KEN	17 Aug 08	Beijing
100H	12.44	Glory Alozie	NGR	28 Aug 99	Seville
400H	52.64	Melanie Walker	JAM	20 Aug 08	Beijing
HJ	2.06	Hestrie Cloete	RSA	31 Aug 03	Saint-Denis
PV	4.65	Kym Howe	AUS	30 Jun 07	Saulheim
LJ	7.16 A	Elva Goulbourne	JAM	22 May 04	Mexico City
TJ	15.39	Françoise Mbango	CMR	17 Aug 08	Beijing
SP	20.56	Valerie Villi	NZL	16 Aug 08	Beijing
DT	68.72	Daniela Costian	AUS	22 Jan 94	Auckland
HT	71.45	Candice Scott	TRI	15 May 05	Marietta
JT	66.80	Louise Currey	AUS	5 Aug 00	Gold Coast
Hept	6831	Denise Lewis	Eng	30 Jul 00	Talence
20kW	1:27:44	Jane Saville	AUS	2 May 04	Naumburg
4x100	41.73	Jamaica		27 Aug 04	Athens
4x400	3:19.73	Jamaica		2 Sep 07	Osaka

WORLD RECORDS - INDOOR

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
LJ	8.79	Carl Lewis	USA	27	Jan	84	New York
TJ	17.83	Aliecer Urrutia	CUB	1	Mar	97	Sindelfingen
	17.83	Christian Olsson	SWE	7	Mar	04	Budapest
SP	22.66	Randy Barnes	USA	20	Jan	89	Los Angeles
Hept	6476	Dan O'Brien	USA	14	Mar	93	Toronto
5kW	18:07.08	Mikhail Shchennikov	RUS	14	Feb	95	Moscow
4x400	3:02.83	United States		7	Mar	99	Maebashi

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	Arnstadt
PV	4.95	Yelena Isinbayeva	RUS	16	Feb	08	Donetsk
LJ	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
Pent	4991	Irina Belova	RUS	15	Feb	92	Berlin
3kW	11:40.33	Claudia Stef	ROU	30	Jan	99	Bucharest
4x400	3:23.37	Russia		28	Jan	06	Glasgow

EUROPEAN RECORDS - INDOOR

60	6.45	Ronald Pognon	FRA	13 Feb	05	Karlsruhe
200	20.25	Linford Christie	GBR	19 Feb	95	Liévin
400	45.05	Thomas Schönlebe	GER	5 Feb	88	Sindelfingen
800	1:42.67	Wilson Kipketer	DEN	9 Mar	97	Paris (B)
1500	3:33.32	Andrés Díaz	ESP	24 Feb	99	Pireás
3000	7:32.98	Alberto Garcia	ESP	22 Feb	03	Seville
60H	7.30	Colin Jackson	GBR	6 Mar	94	Sindelfingen
HJ	2.42	Carlo Thränhardt	GER	26 Feb	88	Berlin
PV	6.15	Sergey Bubka	UKR	21 Feb	93	Donetsk
LJ	8.56	Yago Lamela	ESP	7 Mar	99	Maebashi
TJ	17.83	Christian Olsson	SWE	7 Mar	04	Budapest
SP	22.55	Ulf Timmermann	GER	11 Feb	89	Senftenberg
Hept	6438	Roman Sebrle	CZE	7 Mar	04	Budapest
5kW	18:07.08	Mikhail Shchennikov	RUS	14 Feb	95	Moscow
4x400	3:03.01	Poland		7 Mar	99	Maebashi

Women

60	6.92	Irina Privalova	RUS	11 Feb	93	Madrid
200	22.10	Irina Privalova	RUS	19 Feb	95	Liévin
400	49.59	Jarmila Kratochvílová	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	8:27.86	Liliya Shobukhova	RUS	17 Feb	06	Moscow
60H	7.68	Susanna Kallur	SWE	10 Feb	08	Karlsruhe
HJ	2.08	Kajsa Bergqvist	SWE	4 Feb	06	Arnstadt
PV	4.95	Yelena Isinbayeva	RUS	16 Feb	08	Donetsk
LJ	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
Pent	4991	Irina Belova	RUS	15 Feb	92	Berlin
3kW	11:40.33	Claudia Stef	ROU	30 Jan	99	Bucharest
4x400	3:23.37	Russia		28 Jan	06	Glasgow

COMMONWEALTH RECORDS - INDOOR

60	6.45	Bruny Surin	CAN	13 Feb	93	Liévin
	6.45 A	Leonard Myles-Mills	GHA	20 Feb	99	Air Force Academy
200	19.92	Frank Fredericks	NAM	18 Feb	96	Liévin
400	45.35	Alleyne Francique	GRN	24 Feb	02	Fayetteville
800	1:44.71	Joseph Mutua	KEN	31 Jan	04	Stuttgart
1500	3:33.11	Laban Rotich	KEN	1 Feb	98	Stuttgart
3000	7:24.90	Daniel Komen	KEN	6 Feb	98	Budapest
60H	7.30	Colin Jackson	Wal	6 Mar	94	Sindelfingen
HJ	2.38	Steve Smith	Eng	4 Feb	94	Wuppertal
PV	5.90	Okkert Brits	RSA	16 Feb	97	Liévin
LJ	8.40	James Beckford	JAM	9 Feb	96	Madrid
TJ	17.75	Phillips Idowu	Eng	9 Mar	08	Valencia
SP	21.49	Carl Myerscough	Eng	15 Mar	03	Fayetteville
Hept	6279	Michael Smith	CAN	14 Mar	93	Toronto
5kW	18:47.56	Tim Berrett	CAN	20 Feb	93	Winnipeg
4x400	3:04.21	Jamaica		16 Mar	03	Maebashi

Women

60	6.96	Merlene Ottey	JAM	14 Feb	92	Madrid
200	21.87	Merlene Ottey	JAM	13 Feb	93	Liévin
400	50.02	Nicola Sanders	Eng	3 Mar	07	Birmingham
800	1:57.06	Maria Mutola	MOZ	21 Feb	99	Liévin
1500	4:02.66	Kelly Holmes	Eng	16 Mar	03	Birmingham
3000	8:31.50	Joanne Pavey	Eng	3 Feb	07	Stuttgart
60H	7.74	Michelle Freeman	JAM	3 Feb	98	Madrid
HJ	1.99	Debbie Brill	CAN	23 Jan	82	Edmonton
PV	4.72	Kym Howe	AUS	10 Feb	07	Donetsk
LJ	6.97	Chioma Ajunwa	NGR	5 Feb	97	Erfurt
TJ	15.16	Ashia Hansen	Eng	28 Feb	98	Valencia
SP	20.19	Valerie Vili	NZL	9 Mar	08	Valencia
Pent	4927	Kelly Sotherton	Eng	2 Mar	07	Birmingham
3kW	11:53.82	Kerry Saxby-Junna	AUS	13 Mar	93	Toronto
4x400	3:26.87	Australia		7 Mar	99	Maebashi

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NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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