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UKA

UNITED
KINGDOM
ATHLETICS

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WELCOME NOTE

2010 is only two years away from the London Olympics. Which means that the international championships this year are very relevant in the preparation for the 2012 Games.

We have important events in Doha, Barcelona and Delhi which will provide world class competition for the athletes within this book who are on the pathway to Olympic success. Other events such as the World Cross Country, European Team Championships, World Juniors and European Cross Country are also key competitions on the international calendar.

This media guide is made up of athletes selected for Lottery funding and is therefore filled with names who may compete this year and in 2012. Not only is it useful to the media, who use it as an athletics bible for the season, but athletes themselves can use this book to know their potential teammates and competitors.

Charles van Commenee
UKA Head Coach



WELCOME NOTE

This year represents a major step forward in our preparations for the 2012 Paralympic Games in London. The IPC Athletics World Championships will take place in Christchurch, New Zealand, in January 2011, with qualification taking place throughout 2010. The World Championships will act as a barometer for the UKA World Class Programme, and will not only showcase our athletes on the biggest stage outside of the Paralympic Games, but will also highlight areas on which we can improve, both as a team and as individuals.

The past twelve months have already seen substantial changes within the Paralympic programme, both in terms of its members, and the way in which it is managed. An independent review was completed in spring last year which led to a strategic review of the entire programme, and we continue to make positive changes which we believe will result in success in 2012. We have worked hard to integrate the Paralympic programme with the world class service providers employed at our National Performance centres, and this integration is already beginning to bear fruit with promising early season performances and a more professional and streamlined approach to training.

This process will be revisited this year, with the sole aim of improving the delivery of the World Class programme, to ensure both success in 2011 and 2012, but also continued development and progression beyond London.

The Paralympic Programme athletes that you will find in this guide are those that I believe are the best equipped to achieve success at future major championships. Many of these athletes are previous Paralympic Games and World Championships medallists, and some have been added to the programme this year in recognition of their potential to achieve similar success in the future.

We wish all the UKA World Class Plan athletes success in the coming year, and look forward to some World Class performances in New Zealand in 2011.

Yours in Sport,

Peter Eriksson
Head Coach Paralympic



FOREWORD

The next twelve months provide a number of significant opportunities for British athletes to build on the successes of 2009, starting with the World Indoor Championships in Doha, Qatar in March and culminating in the IPC World Championships in Christchurch, New Zealand next January. By the end, the London Olympics and Paralympics will be barely a year and a half away.

The Aviva Great Britain and Northern Ireland teams at these and other international competitions will be drawn predominantly from those athletes supported by UK Sport's lottery funding programme. They are profiled in this Media Guide. At UKA we are grateful not only for this public funding, but also for the invaluable support of our commercial partners, including Aviva, McCain and Adidas, and our broadcast partner, the BBC.

This summer also sees the launch of the IAAF's Diamond League in which many British athletes will strive to be invited to compete. We are delighted that Britain will host three days of Diamond League athletics, at Gateshead and Crystal Palace, which will provide important opportunities for the UK's finest athletes to test themselves against the world's best on home soil.

Our sport has been given a welcome boost globally by the success of athletics at the Beijing Games, followed by an excellent Championships in Berlin last summer. I'm grateful to Britain's athletics writers and broadcasters for their work in bringing these events so vividly to life in the UK's homes. Your work is vital to our sport as it competes for crowded column inches and air time. We enjoy working with you and look forward to doing so again in the coming year. I hope to meet you all once more at athletics stadia around the world in 2010.

Ed Warner
Chairman – UKA



EXPLANATION TO BIOGRAPHIES

The following biographies are of all athletes currently lottery funded for 2009/2010 as part of the World Class Performance Programme.

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.

We have listed commercial agents for athletes as this is a media publication. Most athletes also have race agents- for further information on race agent contacts please contact UKA.

In the build up to each major championship this year we will provide a teamsheet with added information on non funded athletes who have been selected for the Aviva GB&NI team. This will be designed so that it can sit in the back of the manual in the pocket provided.

Biographical statistics such as Personal Bests and all Records are correct as of 15 December 2009

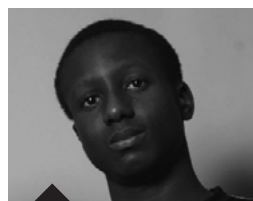
With our disabled athletes we have also provided their paralympic classification: The letter F is for field athletes, T determines those who compete on the track while the number refers to their functional classification.

For more information visit:
www.uka.org.uk/grassroots/academy/aviva-parallel-success/classification

Photographs provided by:
Mark Shearman – Athletics Images
Email: mark@athleticsimages.com

Statistical information sourced from:

Athletics Weekly
Ian Hodge
Sports Beat News Associates
Power of 10



OLA ABIDOGUN

National Championships

2008 DSE Junior Championships 100m
2009 German Disability Championships 100m bronze

Personal Bests

100m: 11.51 (2009), 200m: 24.23 (2009), 400m: 54.8 (2009)

Biography

Sprinter Ola made the step up from club competition to the DSE Junior Championships in 2008 and won 100m bronze at the German Disability Championships in 2009.

He lowered his 100m personal best to 11.51 and was selected as part of the UKA World Class Talent Programme in 2008.

100M, T46

Funding: Development

DOB: 3/8/93

Born:

Lives: Bolton

Club: Shaftesbury Barnet

Harriers

NPC: Birmingham

Coach: Steve Thomas

Agent: Steve Thomas

Kit:

Web:



LARRY ACHIKE

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, 2009 World
Championships TJ 8th qA (All triple jump)

National Championships

Won AAA 1999, 2003, AAA U20 1992, 1993 and indoor U20 1993.
UKA 2nd 2008, 2009 Aviva World Trials and National
Championships TJ bronze

Personal Bests

Outdoor – TJ: 17.30, 17.31w (2000), LJ: 7.46 1993, 100m: 10.95
(1994), 200m: 21.68 (1997)

Indoor – TJ: 16.49 (2005)

Biography

Larry is a qualified UKA coach and has worked for several London sports initiatives. In his younger days he played rugby for Sussex Under-19s and has a degree in biomedical science.

Larry finished seventh at the Beijing Olympics eight years after his last appearance on the sport's biggest stage at Sydney, where he came home fifth.

TRIPLE JUMP

Funding: Podium

DOB: 31/1/75

Born: Islington

Lives: St Albans

Club: Shaftesbury Barnet

Harriers

NPC: Lee Valley

Coach: Frank Attoh

Agent:

Kit:

Web:

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
2009 UK School Games Shot gold, Discus gold

Personal Bests

SP 11.88 (2009)

Discus 34.97 (2009)

Javelin 18.12 (2009)

Biography

Jonathan is a distant relative of Abraham Lincoln and enjoys singing, playing the drums and keyboard in his spare time.

He enjoyed a glittering 2009 upgrading the UK School Games discus silver he won in 2008 to gold and also adding the shot put title to his list of honours.



DISCUS, F36

Funding: Development

DOB: 11/9/92

Born: West Suffolk

Lives: Sudbury

Club: Unattached

NPC: Lee Valley

Coach: Malcolm Wallace

Agent:

Kit:

Web:

PHYLLIS AGBO

International Highlights

2006 FRA v GBR v ESP Indoor CE 3rd, 2007 CE International Hep 5th;
GBR v FRA v SWZ CE 1st; CE International Indoor – GBR v ESP v CZE
v FRA v NED, 2008 GBR v NED International long jump 3rd, 2009
Gotzis Hypomeeting 11th, European Cup Combined Events Super
League 7th

National Championships

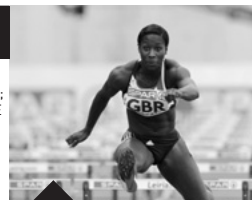
2002 AAA U20 CE gold, 2007 England senior gold, 2007 England
U23 long jump silver, 2009 Aviva World Championship Trials 100m
hurdles 8th, Long jump gold, Shot 9th

Personal Bests

Outdoors – 100m: 12.31 (2005), 12.03w (2007), 200m: 24.33 (2008),
800m: 2:21.75 (2009), 100mh: 13.49 (2009), HJ: 1.73 (2009), LJ:
6.47 (2009), SP: 12.51 (2009), TJ: 13.75 (2007), JT: 44.33 (2008);
Hept: 5952 (2009) Indoors – 60m: 7.93 (2009), 60mh: 8.51 (2007)

Biography

A Cambridge University graduate Phyllis fancies herself as a bit of a singer and used to play the clarinet. An Arsenal fan Phyllis – who competes for Thames Valley Harriers – has also just taken up knitting. Unsurprisingly the heptathlete's sporting idol is Denise Lewis while in her younger days she dabbled with some basketball and cricket. A good night in would involve popcorn and DVD's while a night on the town would need some hip-hop/R&B music and a big dance floor.



HEPTATHLON

Funding: Development

DOB: 16/12/85

Born: London

Lives: Birmingham

Club: Thames Valley Harriers

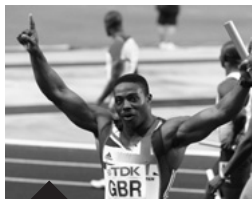
NPC: Birmingham

Coach: Darrell Bunn

Agent:

Kit:

Web:



HARRY AIKINES-ARYEETEY

International Highlights

2005 World Youth 100m & 200m gold, 2006 World Junior 100m gold & 4x100m bronze, 2009 IAAF World Championships 4x100m relay bronze, European U23 Championships 100m gold

National Championships

2002 AAA 100m gold, 2003 AAA Indoor 60m, 2008 UKA 100m 6th, 2009 Aviva European Indoor Championship Trials 6th, Aviva World Championship Trials 5th

Personal Bests

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

Indoor – 60m: 6.59 (2008)

Biography

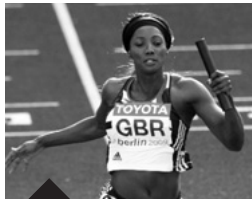
Harry burst onto the scene in 2005 by claiming a 100m and 200m double at the World Youth Championships. Those heroics helped him win the Rising Star of the Year award from the IAAF and the Young Sports Personality of the Year award from the BBC.

Harry's parents come from Ghana and he discovered his talent for sprinting when he ran away from a barking dog as a youngster.

He has a collection of Superman related items and his 2009 highlight was a bronze medal at the World Championships in Berlin in the 4x100m relay.

100M

Funding: Podium
DOB: 29/8/88
Born: Sutton
Lives: Loughborough
Club: Sutton & District
NPC: Loughborough
Coach: Michael Khmel
Agent: MTC
Kit: Nike
Web: twitter.com/aikines



EMMA ANIA

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)

Biography

Emma is the cousin of Olympic 400m bronze medallist Tasha Danvers and has previously worked as a lingerie model.

A well travelled girl Emma used to live in Iceland before bursting onto the scene when based in Italy during 2008/2009.

She has won silver medals with the England 4x100m team at the 2006 Commonwealth Games and with the British 4x100 team at the 2006 European Championships.

100M

Funding: Podium
DOB: 7/2/80
Born: Islington
Lives: London
Club: Shaftesbury Barnet Harriers
NPC: Lee Valley
Coach: Lloyd Cowan
Agent: Robert Wagner
Kit:
Web:

HOLLIE ARNOLD

International Highlights

2008 Paralympics javelin 11th, 2008 Paralympic Games JT 11th, 2009 IWAS Junior Championships DT silver, JT bronze

National Championships

2007 UK School Games 100m & shot, 2008 CP National Championships javelin and discus, 2009 UK School Games Discus gold, Shot gold

Personal Bests

SP 7.92 (2008), DT 29.55, (2009), JT 33.74 (2009),

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

Biography

Hollie transferred domestic success onto the world stage in 2009. She won discus silver and javelin bronze at the IWAS World Junior Games and also scooped two gold medals at the UK School Games. Hollie admits Oscar Pistorius is her sporting idol as well as her biggest influence in the sport. When she's not training or competing, Hollie enjoys watching TV show Friends and singing. Arnold – who started athletics after taking part in Aviva Startrack – has sporting genes. Her father is a former Grimsby Town Football Club junior and her aunt was county javelin champion.



JAVELIN, F46

Funding: Development
DOB: 26/6/94
Born: Grimsby
Lives: Grimsby
Club: Cleethorpes AC
NPC: Loughborough
Coach: Shelley Quarin
Agent:
Kit:
Web:

DANIEL AWDE

International Highlights

2006 World Juniors decathlon, dnf, 2007 European U20 decathlon, dnf; 2008 Olympics 21st, 2009 U23 Combined Events International gold, Woerden Multi Events Meeting 10th

National Championships

2006 AAA U20 decathlon gold & heptathlon gold, 2007 England U20 heptathlon gold, 2008 England decathlon gold, 2009 CAU Inter Counties Championships Pole Vault 4th

Personal Bests

Outdoor – 100m: 10.85 (2007), 200m: 21.90 (2008), 400m: 47.16 (2008), 1500m: 4:25.70 (2008), 110mh: 14.52 (2009), HJ: 2.01 (2008), PV: 4.90 (2008), LJ: 7.21 (2006), SP: 12.70 (2009), DT: 41.07 (2009), JT: 53.27 (2008), Dec: 7751 (2008)

Indoor – 60m: 7.19 (2006), 60mh: 8.40 (2006)

Biography

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

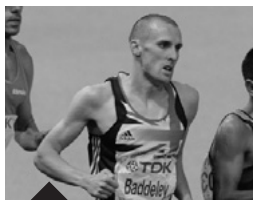
He started his senior decathlon career with 7288 and 7110 in 2007 before making a major breakthrough to 7704 to win the national title and 7751 for third in the European First League in 2008. Daniel followed that up with scores of 7643 and 7011 in 2009.

His elder brother Chris was a British junior international.



DECATHLON

Funding: Development
DOB: 22/6/88
Born: Hammersmith
Lives: Essex
Club: Woodford Green with Essex Ladies
NPC: Lee Valley
Coach: Greg Richards
Agent:
Kit:
Web:



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 8th, 2009 IAAF World Championships 11th sf2

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 [2007], 1M: 3:49.38 [2008], 3000m: 7:54.74 [2007], 5000m: 13:20.99 [2009]
Indoor – 800m: 1:48.67 [2006], 1500m: 3:40.60 [2006], 1M: 3:55.64 [2006], 3000m: 7:45.10 [2008]

Biography

Andrew studied aerospace engineering at Cambridge University and finished eighth in the Olympic 1500m final in Beijing in 2008.

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.

Also won the fifth avenue mile in 2009.

1500M

Funding: Podium
DOB: 20/6/82
Born: Wirral
Lives: Barnes, London
Club: Harrow AC
NPC: Brunel
Coach: Andrew Hobdell
Agent: Nic Bideau
Kit: New Balance
Web:



JAMES BALL

International Highlights

2009 IBSA World Youth Games Javelin gold, 100m 5th

National Championships

2009 Welsh Open Senior Championships 100m gold

Personal Bests

100m: 12.02 [2009], 200m: 24.52 [2009], JT: 16.70m

Biography

James is currently studying music technology at the University of Glamorgan in Cardiff and if he wasn't an athlete he would be a drummer.

Usually a sprinter James underling his growing all round talent by winning javelin silver at the IBSA World Youth Games in America in 2009.

James is also a talented swimmer and lists The Last Samurai as his favourite film and Mock The Week as his favourite TV programme.

100M, T13

Funding: Development
DOB: 25/6/91
Born: Newport
Lives: Newport
Club: FDSW
NPC: WJS
Coach: Jane Coia
Agent:
Kit:
Web:

VICTORIA BARR

International Highlights

2005 Welsh Championships 200m bronze, 2007 CAU Inter Counties Championships 100m 4th, 200m gold, Aviva World Trials 200m 6th, DM Hall Scottish Indoor Senior Championships 200m gold, Aviva European Championships Indoor Trials 200m 6th, Aviva World Championships Trials 400m bronze; 2008 CAU Inter Counties Championships 200m =gold, Aviva Olympic Trials 400m silver; 2009 IAAF World Championships 4x400 relay 4th, Spar European Team Championships 4x400m relay;

National Championships

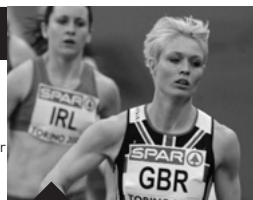
2009 Aviva European Indoor Championships Trials 60m 5th h2, 200m 3rd h1

Personal Bests

Outdoor – 100m: 11.96 [2007], 200m: 23.79/23.70w [2009], 400m: 52.44 [2008]
Indoor – 60m: 7.70 [2007], 400m: 53.71 [2009]

Biography

Gateshead-born Victoria upped sticks last season to live and train at Lee Valley. Her superstition is to eat chicken for dinner the night before a race and she got into athletics through a sports day at her school.



400M

Funding: Podium
DOB: 14/4/82
Born: North East
Lives: Essex
Club: Rugby & Northampton
NPC: Lee Valley
Coach: Ayo Falola
Agent: Stellar
Kit: adidas
Web:

MARTYN BERNARD

International Highlights

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

National Championships

2006 AAA Indoor & Outdoor gold, 2007 UKA gold

Personal Bests

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

Biography

High jumper Martyn won his first major medal in 2006 claiming silver at the Commonwealth Games in Melbourne.

A year later he made his World Championship debut in Osaka before making his Olympic bow in Beijing, where he finished ninth.

Martyn studied psychology at Liverpool John Moores University from 2004 to 2007 and saw his 2009 season hampered by an ankle injury.

He moved to train at Lee Valley with Centre Director Dan Plaff for the 2009/2010 season.



HIGH JUMP

Funding: Podium
DOB: 15/12/84
Born: Wakefield
Lives: London
Club: Wakefield Harriers
NPC: Lee Valley
Coach: Dan Plaff
Agent:
Kit: Asics
Web:



MICHAEL BINGHAM

International Highlights

2005 Pan-American Junior decathlon 3rd, 2008 Olympics 4x400m 4th, 2009 IAAF World Championships 7th, 4x400m relay silver; NCAA Indoor Championships gold; NCAA Championships silver

National Championships

2005 US Junior decathlon gold, 2009 Aviva World Championship Trials 2nd sf2 (DNS final)

Personal Bests

Outdoor: 400m 44.74 [2009], 100m 10.68/10.55w [2005], 200m 20.75 [2009], 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 45.69 [2009], 60m 6.95 [2005], 200m 21.33 [2009], 300m 33.44 [2007], 55mh 7.59 [2005], 60mh 8.24 [2005], Hep 5146 [2005]

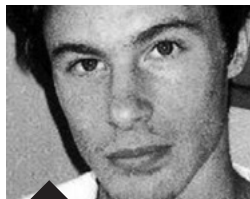
Biography

Michael studied government at Wake Forest University and trains in Tallahassee, Florida. When he's not tuned into The Wire, Michael enjoys watching Denzel Washington in Man on Fire.

Lord Coe is his sporting idol and Michael would also be pursuing a career in law and government policy if he wasn't an athlete.

400M

Funding: Podium
DOB: 13/4/86
Born: North Carolina, USA
Lives: Loughborough
Club: Unattached
NPC: Loughborough
Coach: Tony Lester/ Ken Harnden
Agent: Ultimate Performance
Kit: Nike
Web:



PAUL BLAKE

International Highlights

National Championships

Personal Bests

800m: 2:18.79 [2009], 1500m: 4:52.53 [2009]

Biography

Basketball fan Paul was selected for the UKA Development squad in 2009.

Paul follows the Washington Wizards in the NBA and has played basketball himself for Bridport, while his brother Alex is also involved in the sport.

Haile Gebrselassie is his hero and when he's not playing with his cat Lilly, Paul is learning to speak Italian.

800M, T36

Funding: Development
DOB: 15/1/90
Born: Dorchester
Lives: Dorchester
Club: Dorchester AC
NPC:
Coach: Robert Ellchuk
Agent:
Kit:
Web:

JAMES BREWER

International Highlights

2005 World Youth 800m sf, 2006 World Juniors 800m sf, 2007 European Junior 800m Silver, 2009 IAAF World Championships 1500m 6th sf1, European U23 Championships 1500m silver

National Championships

2006 AAA U20 Indoors 800m gold, 2007 UK Indoors 800m gold, 2008 UK Indoors 1500m bronze, 2009 England U23 Championships gold

Personal Bests

Outdoor - 400m: 48.9 [2006], 800m: 1:47.26 [2007], 1500m: 3:37.17 [2009], Mile: 3:54.80 [2009]
Indoor - 800m: 1:48.75 [2007], 1500m: 3:41.89 [2008]

Biography

Cheltenham Harrier James was selected for the World Championships in 2009 and proved why by reaching the semi final in his first major international meet.

In his spare time the 2007 European junior silver medallist 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 volunteered as a team leader in the past.



800M

Funding: Development
DOB: 18/6/88
Born: Cheltenham
Lives: UC Berkeley
Club: Cheltenham & County Harriers
NPC: Brunel
Coach: Craig Winrow/
Tony Sandoval

Agent:
Kit:
Web:

NIALL BROOKS

International Highlights

2008 Commonwealth Youth 800m 4th
2009 European Junior Championships 800m silver

National Championships

2008 English Schools U19 800m silver
2009 England U20 Championships 1500m bronze, Aviva World Championships Trials 800m 7th

Personal Bests

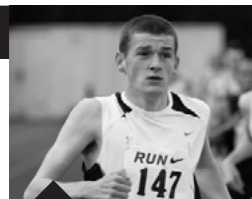
Outdoor: 800m: 1:47.99 [2009], 1500m: 3:41.64 [2009], 3000m: 8:19.84 [2009]

Biography

A die hard Manchester United fan Niall once scored the winning goal in a cup final for his high school football team.

Niall was encouraged to take up athletics during his final year at high school and his since gone on to win European Junior Championship 800m silver in Serbia in 2009.

Just as good over 1500m Niall's sporting idol is Olympic silver medallist and multi-World, European and Commonwealth champion Steve Cram and if he wasn't an athlete he would be running his own business.



800M

Funding: Development
DOB: 8/7/91
Born: Manchester
Lives: Stockport
Club: Sale Harriers
NPC: Birmingham
Coach: Norman Poole
Agent:
Kit: adidas
Web:



RICHARD BUCK

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, 2009 European Indoor Championships 400m 5th

National Championships

Won AAA U17 2003, English Schools U19 2005, AAA U23 2006, Indoor UK 2008, 2009 Aviva European Indoor Trials 400m gold, BUCS 400m gold

Personal Bests

Outdoor – 100m: 10.92 [2007], 200m: 21.75, 400m: 46.13 [2007]
Indoor – 60m: 6.98 [2007], 300m: 33.90 [2008] 400m: 46.22 [2009]

Biography

Richard completed his BSc in sports coaching at Leeds Metropolitan University in 2009 and now lives and trains in Loughborough under the guidance of Michael Khmel.

In his spare time Richard used to collect Warhammer but now has a large and varied DVD collection.

His younger brother James is a very talented 400m runner. He has coached at Aviva Startrack.

400M

Funding: Podium
DOB: 14/11/86
Born: Grimsby
Lives: Loughborough
Club: City of York
NPC: Loughborough
Coach: Michael Khmel
Agent:
Kit: Puma
Web:



MICKEY BUSHELL

International Highlights

2006 Worlds,
2007 IWAS 100m 5th & 200m 8th,
2008 Paralympic World Cup 100m 5th; Paralympics 100m silver
2009 IWAS Junior Championships 100m gold, 400m gold, 800m gold

Personal Bests

100m 14.69 [2009], 400m: 51.70 [2009], 800m: 1:51.82 [2009]

Biography

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

He followed that by setting a new world record in the 100m of 14.69 in Switzerland in June 2009.

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 his school.

Mickey is currently studying for an HND in sports studies at Telford College of Arts and Technology.

100M, T53

Funding: Podium
DOB: 8/6/90
Born: Shrewsbury
Lives: Telford
Club: Birchfield Harriers
NPC: Birmingham
Coach: Fred Periac
Agent: David Burdus
Kit:
Web:

EILIDH CHILD

International Highlights

2007 European U23 400mh 5th,
2009 IAAF World Championships 400mh 6th sf3, European U23 Championships 400mh silver, Spar European Team Championships 400mh 4th

National Championships

2004 AAA U20 400mh silver,
2005 AAA U20 400mh gold,
2007-8 UKA 400mh bronze; England U23 400mh gold,
2009 England U23 Championships 400mh 2nd, CAU Inter Counties Championships 400mh gold

Personal Bests

Outdoor: 400mh 55.32 [2009], 400m 53.71 [2008]

Biography

Eilidh enjoyed a breakthrough year in 2009 claiming European Under-23 Championship silver behind fellow Brit Perri Shakes-Drayton. She was rewarded with selection for the World Championships where she reached the semi-finals.

She has a degree in physical education from Edinburgh University and is a full-time PE teacher.

In her spare time Eilidh likes to swim and supports Heart of Midlothian Football Club.



400M HURDLES

Funding: Development
DOB: 20/2/87
Born: Perth
Lives: Kinross
Club: Pitreavie/Edinburgh Uni
NPC: SIS
Coach: Stuart Hogg
Agent:
Kit: Puma
Web:

CHRIS CLARKE

International Highlights

2006 World Junior 4x400m bronze,
2007 World Youth 400m gold,
2008 World Junior 200m sf,
2009 European Junior Championships 400m gold, 4x400m European Junior Gold

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
2009 Aviva European Championship Indoor Trials 200m 1st sf2,
England U20 Championships 400m gold

Personal Bests

Outdoor: 100m: 10.45 [2007], 200m 20.87 [2007], 400m 45.59 [2009]
Indoor: 200m 20.98 [2008]

Biography

In 2009 Chris added the 400m European Junior title to the World Youth gold he won two years earlier, while he also topped the podium at the England Under-20 Championships.

A former SparSprints scholar Chris' impressive season saw him selected for the World Championship 4x400m relay squad.



400M/200M

Funding: Podium
DOB: 25/1/90
Born: London
Lives: Milton Keynes
Club: Marshall Milton Keynes AC
NPC: Lee Valley
Coach: Nick Dakin
Agent: John Templeton
Kit:
Web:



LAWRENCE CLARKE

International Highlights

2008 Commonwealth Youth Games 110mh 4th,
2009 European Junior Championships 110mh gold

National Championships

2008 English Schools Championships 110mh bronze,
2009 BUCS Championships 60mh gold, Aviva England Athletics
U20 Indoor Championships 60mh silver, Welsh U20 Indoor
Championships gold, BUCS Championships 110mh silver,
England U20 Championships 110mh gold

Personal Bests

Outdoor – 100m: 11.6 (2005), 110mh: 13.91/13.82w (2009),
110mhU20: 13.37/13.36w (2009)
Indoor – 60m: 7.44 (2007), 60mh: 7.83 (2009)

Biography

After taking European junior gold in 2009, Lawrence is certainly a name to look out for this year. The rookie lowered his personal best to 13.37 to take top spot on the podium in Novi-Sad, Serbia. He also underlined his dominance on the domestic stage as he won the men's under-20 race at the Aviva Grand Prix in Gateshead and took the England Under-20 Championship title.

110M HURDLES

Funding: Development

DOB: 12/3/90

Born:

Lives: Bath

Club: Windsor, Slough, Eaton & Hounslow

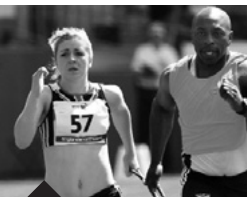
NPC: South West

Coach: Malcolm Arnold

Agent:

Kit: Nike

Web:



LIBBY CLEGG

International Highlights

2006 World Championships Assen 200m silver
2007 Paralympic World Cup Manchester 100m bronze
2008 Paralympics Beijing 100m silver
2009 IBSA Open European Championships 100m 3rd sf,
Paralympic World Cup 100m gold and 200m bronze

Personal Bests

100m 12.51 (2008), 200m 26.16 (2008)

Biography

As a child Elizabeth – who is visually impaired – was a keen ballet dancer and has transferred what she learnt in the studio onto the track so far during her career.

More commonly known as Libby, she burst onto the scene as a fresh-faced 16-year-old at the IPC World Championships in Assen in 2006 claiming 200m silver.

Libby followed that up with 100m silver on her Paralympic debut in Beijing and added Paralympic World Cup 100m gold and 200m bronze to her growing international tally in 2009.

100M/200M, T12

Funding: Podium

DOB: 24/3/90

Born: Roxboroughshire

Lives: Newcastleton

Club: Edinburgh AC

NPC: Loughborough

Coach: Tom Crick

Agent:

Kit:

Web:

HANNAH COCKROFT

International Highlights

2009 BWAA International 100mWC: 7th, 200mWC: 5th, 800mWC: 5th, 1500mWC: 7th, 5000mWC: 5th

National Championships

2008 UK School Games Bath 100m, Gold
2009 BWRA Championships 100mWC: 7th, 200mWC: bronze,
400mWC: gold, 800mWC: gold, 1500mWC: 7th, 5000mWC: 8th

Personal Bests

100mWC: 19.54 (2009), 200mWC: 36.11 (2009), 400mWC: 68.99 (2009), 800WC: 2:18.28 (2009), 1500mWC: 4:28.86 (2009), 5000mWC: 15:20.82

Biography

Wheelchair racer Hannah won the Mini Wheelchair London Marathon for her age group for the first time in 2009.

The greatest influence on her career so far has been 11-time Paralympic champion Dame Tanni Grey-Thompson and she has also played wheelchair basketball for Halifax Cardinals.

Hannah – who can also sing and play the violin – has a pet hamster called Valerie and describes her perfect night in or out as anything involving her best friend Georgie.



100M, T54, T34, T53

Funding: Development

DOB: 30/7/92

Born: Halifax

Lives: Halifax

Club: Unattached

NPC: Birmingham

Coach: Graeme Cockroft

Agent:

Kit:

Web:

MARTIN CRUTCHLEY

International Highlights

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

Personal Bests

100m F38: 12.72 (2007), Shot: 12.97 (2008)

Biography

Martin – who made his Paralympic debut in Beijing – saw his 2009 season wrecked by injury and ended up having elbow surgery to prevent any long term damage.

He lists former World's Strongest Man Mariusz Pudzianowski as his sporting idol.

Liverpool Football Club fan Martin is engaged to fiancée Demi and he admits that she inspires him to better himself.



SHOT, F38

Funding: Development

DOB: 12/4/83

Born: Sandwell

Lives: Walsall

Club: Cannock & Stafford AC

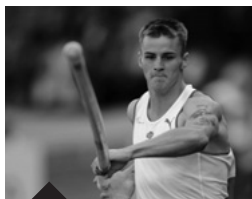
NPC: Birmingham

Coach: Geoff Capes

Agent:

Kit:

Web:



LUKE CUTTS

International Highlights

2006 IAAF World Junior Championships PV 9th, 2007 European Junior Championships nh., 2009 World Championships PV 23rd q, European U23 Championships PV silver, IAAF World Championships PV 12th qa;

National Championships

2007 England Athletics U20 Open Indoor Championships PV gold, Aviva World Championships Trials PV silver, 2008 Aviva Olympic Trials PV bronze, England Athletics U23 Open Championships gold, 2009 Aviva World Championships Trials PV gold, Aviva European Indoor Championships Trials PV silver, England U23 Championships PV gold

Personal Bests

Outdoor – PV: 5.60m (2009), HJ: 1.95m (2008)
Indoor – 60m: 7.16m (2009), PV: 5.62m (2009)

Biography

If the Barnsley-based pole-vaulter wasn't an athlete he'd have liked to have been a soldier. Before competing Luke gets himself fired up with a bit of Paul Simon's Graceland and his favourite TV programme is Crimewatch. His sporting idol is Usain Bolt and his ideal evening out would be either ice skating, camping or night fishing. Silver at the European Under-23 Championships was one of the highlights of an impressive 2009 for Luke who also won gold at the Aviva World Trials & National Championships in Birmingham.

POLE VAULT

Funding: Development
DOB: 13/2/88
Born: Doncaster
Lives: Nr. Rotherham
Club: Dearnside
NPC: Loughborough
Coach: Trevor Fox
Agent:
Kit: Nike
Web:



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), 200m: 24.99 (2000), 300m: 37.80 (2000), 400m: 52.89 (2008), 800m: 2:06.25, HJ: 1.82 (1998). Indoor – 60m: 7.7 (1995), 60mh: 8.32 (1996)

Biography

A former netball player Tasha's idea of a perfect night is a blanket, the TV and a hot Ribena. Reading features highly on her list of hobbies while her hidden talent is song writing and singing.

Her sporting idol is Muhammad Ali and Maury is Tasha's favourite TV programme. A former student at the University of Southern California, Tasha now is also heavily involved with public and motivational speaking.

She has recently moved back to her home town to work with Dan Pfaff at the National Performance Centre in North London.

400M HURDLES

Funding: Podium
DOB: 19/9/77
Born: London
Lives: London
Club: Croydon Harriers
NPC: Lee Valley
Coach: Dan Pfaff
Agent: Definitive Sports
Kit:
Web: tashadanvers.com
twitter.com/tashadanvers

JAMES DASAOLU

National Championships

2008 England U23 100m gold
2009 Aviva European Indoor Championships Trials 60m = 7th

Personal Bests

Outdoor: 100m 10.09 (2009), 200m 21.9 (2007)
Indoor: 60m 6.70 (2009)

Biography

James spent the best part of 2009 on the treatment table. An Arsenal fan, he was encouraged to get into sprinting by his mother and his PE teacher.

When competing his kit bag will always contain his spikes, a drink and an iPod – which is more than likely to have some gospel music blaring out of it.

Away from the track he used to play football and his favourite international athletics performance from 2009 was watching Usain Bolt win the 100m and 200m at the World Championships in Berlin.



100M

Funding: Podium Relay
DOB: 5/9/87
Born: South East London
Lives: Loughborough
Club: Croydon Harriers
NPC: Loughborough
Coach: Michael Khmel
Agent:
Kit: Nike
Web:

ALED DAVIES

International Highlights

IWAS Junior Championships DT silver, SP 4th

National Championships

2009 Welsh Open Senior Championships DT gold, SP gold

Personal Bests

DT: 43.33m, SP: 13.04m

Biography

Aled was an international swimmer before trying out athletics and pursuing a career within the fields of discus and shot.

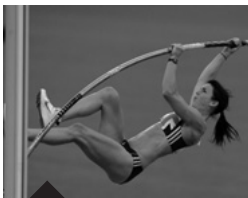
He began swimming at Bridgend Surf Life Saving Club aged seven before joining the Federation of Disability Sport Wales in athletics.

Aled signed off his junior career in style in 2009 claiming discus silver at the IWAS Junior Championships in Switzerland and finishing fourth in the shot.



DISCUS, F44

Funding: Development
DOB: 24/5/91
Born: Wales
Lives: Bridgend
Club: FDSW
NPC: WIS
Coach: Anthony Hughes
Agent:
Kit:
Web:



KATE DENNISON

International Highlights

2002 World Juniors 7th, 2003 European Juniors 11th, 2006 Commonwealth Games 7th; Europeans 15th, 2007 European Indoors 14th; Worlds 29th 2008 Olympics 15th 2009 European Indoor Championships 6th, European Team Championships 4th, IAAF World Championships 6th (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 2009 Aviva European Indoor Championships Trials gold, Aviva World Championships Trials gold

Personal Bests

Outdoor: Pole vault 4.60 (2009) Indoor: Pole vault 4.49 (2009)

Biography

Kate excelled at gymnastics until she grew too tall but her brother Bruce is a former international gymnast and her mother used to swim for Zambia. She is also a big Lady Gaga fan and gets up for competitions with the song Just Dance. Away from the track she is trying to learn photography and doesn't mind the odd game of poker. British team-mate Christine Ohuruogu is one of her sporting idols while Transformers is her favourite film and Manchester United her football team. Kate set nine UK records in 2009.

POLE VAULT

Funding: Podium
DOB: 7/5/84
Born: Durban, South Africa
Lives: Loughborough
Club: Sale Harriers
NPC: Loughborough
Coach: Steve Rippon
Agent: Mace Sport-commercial
Kit: Nike
Web: twitter.com/katedennison



DAVID DEVINE

International Highlights

2008 Paralympic World Cup 400m gold
2009 IBSA Open European Championships 400m bronze, 800m silver

Personal Bests

400m 51.90 (2009), 800m: 1:58.23 (2009)

Biography

Sport runs in David's family and both his brothers are keen footballers and athletes while his father used to be a professional boxer.

David is also a budding footballer and closely follows Liverpool Football Club in his spare time away from the track.

He enjoyed success in 2009 winning IBSA Open European Championship 800m silver and 400m bronze in Greece.

800M, T12, T13

Funding: Development
DOB: 2/3/92
Born: Liverpool
Lives: Liverpool
Club: Liverpool Harriers
NPC: Birmingham
Coach: Brian Scobie
Agent:
Kit:
Web:

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, 2009 IAAF World Championships 200m 7th sf2, 4x100m relay bronze, IAAF World Athletics Final 200m 6th

National Championships

1997, 2001-2 200m gold, 2006 AAA 100m & 200m gold, 2007 UKA 100m & 200m gold, 2009 Aviva World Championships Trials 200m silver

Personal Bests

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

Biography

At the 2003 World Indoor Championships Marlon won 200m gold in a time of 20.62 - Britain's first at the event since John Regis in 1989. A year later he was crowned Olympic champion as he ran the third leg for the gold-medal winning British 4x100m team at the 2004 Athens Games and was awarded an MBE in the 2005 New Year Honours. The Coventry-born sprinter is still going strong and is targeting the 2012 Olympics having reached the 200m World Championship semi-final in Berlin in 2009. A talented artist Marlon is now based in Slough. He matched the British best of five world champs medals with relay bronze in Berlin.



200M

Funding: Podium
DOB: 1/6/76
Born: Coventry
Lives: Slough
Club: Coventry Godiva
NPC: Brunel
Coach: Tony Lester
Agent: Stellar
Kit: adidas
Web:

LISA DOBRISKEY

International Highlights

2001 European Junior CC 36th; European Junior CC 12th, 2003 European U23 silver, 2006 Commonwealth Games gold; European Cup 7th; Europeans ht, 2007 European Indoors 3000m 5th; Worlds 1500m sf, 2008 Olympics 1500m 4th; World Indoors 3k 10th, 2009 IAAF World Championships 1500m silver, IAAF World Athletics Final 1500m 8th

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: 3:59.50 (2009), 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)

Biography

Lisa's career hit a new height last summer as she claimed World Championship silver in the 1500m, three years after she won the Commonwealth Games title and 12 months after she finished an agonising fourth at the Olympics. Kent-born Lisa married fellow British athlete Ricky Soos in December and is coached by National Event Coach for endurance George Gandy in Loughborough. A talented junior Lisa won national age group and English Schools' titles at all levels.



1500M

Funding: Podium
DOB: 23/12/83
Born: Ashford
Lives: Loughborough
Club: Ashford AC
NPC: Loughborough
Coach: George Gandy
Agent: David Welch
Kit: adidas
Web:



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,
2009 Aviva World Championships Trials 100m bronze

Personal Bests

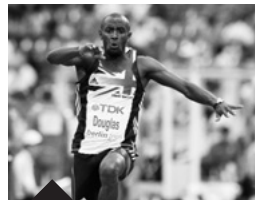
Outdoor - 100m 11.05/10.95w (2008), 200m 23.34 (2009), 400m 55.45 (2007) Indoor - 60m 7.28 (2007), 200m 23.91 (2005)

Biography

Montell has a degree in sports science from Brunel University and aside from her sprinting prowess is a talented street dancer and a qualified silver service waitress. A promising high jumper as a youngster Montell helped guide Britain's 4x100m relay to sixth at the World Championships in Berlin in 2009 before undergoing surgery on her left knee. Montell smashed the British 100m record in 2008 posting a time of 11.05 to beat Kathy Cook's near 27-year mark by five hundredths of a second.

100M

Funding: Podium
DOB: 24/1/86
Born: Lewisham
Lives: Ilford
Club: Blackheath & Bromley Harriers
NPC: Lee Valley
Coach: Ayo Falola
Agent: Stellar
Kit: Nike
Web: twitter.com/MontyTrackStar



NATHAN DOUGLAS

International Highlights

2004 Olympics 13th qualifying, 2005 European Indoors 4th, Worlds 15th qualifying, 2006 European silver, 2007 European Indoor silver, 2008 Olympics 90B, Olympics 20thQ
2009 IAAF World Championships Triple Jump 10th

National Championships

2000-5 AAA triple jump gold, 2006-7 AAA triple jump gold,
2009 Aviva World Championships Trials Triple Jump silver

Personal Bests

Outdoor - TJ: 17.64 (2005), 100m: 10.74w (2003) 107/10.6w (2002), LJ: 7.40 (2002)
Indoor - 60m: 6.9 (2002), TJ: 17.47 (2007)

Biography

Away from the sandpit Nathan enjoys playing football and says his favourite team is Arsenal.

Nathan credits his family as his biggest influence on him in the sport because of their faith in his talents.

If he wasn't an athlete Nathan says he would be an entrepreneur. He lists his tenth place finish at the World Championships in Berlin as the highlight of 2009 and includes Cool Runnings in a long list of his favourite films.

TRIPLE JUMP

Funding: Podium
DOB: 4/12/82
Born: Oxford
Lives: Birmingham
Club: Oxford City AC
NPC: Birmingham
Coach: Aston Moore
Agent: Nuff Respect
Kit: Nike
Web:

TYRONE EDGAR

International Highlights

2000 World Junior 4x100m relay gold; Commonwealth Youth 100m gold, 2001 European Juniors 4x100m gold, 2003 European U23 4x100m, 2005 World University Games 4x100m bronze,
2008 Olympics 100m sf, 4x100 ht, 2009 IAAF World Championships Triple Jump 10th

National Championships

2001 AAA U20 100m gold, 2002-3 AAA U23 100m gold, 2009 Aviva European Indoor Championships Trials 60m silver, Aviva World Championships Trials 100m bronze

Personal Bests

Outdoor - 100m: 10.06 (2008) 10.04w (2003), 200m: 20.96 (2011) 20.57w (2003), 400m: 48.78 (2009)
Indoor - 60m: 6.60 (2004), 200m: 21.29 (2004)

Biography

Tyrone suffered mixed fortunes at the World Championships in 2009 being disqualified for a second false start in the 100m semi-final but helping Britain claim 4x100m bronze. He went to college in Kansas in 2003 before moving on to Texas A&M University a year later where he completed a degree in leadership and development. Tyrone still lives in the US basing himself in California and training at UCLA.

Tyrone supports Arsenal Football Club, once appeared in a television advert for McDonalds as a youngster and lists The Wire as his favourite TV programme.



100M

Funding: Podium
DOB: 29/3/82
Born: Greenwich
Lives: Los Angeles
Club: Newham & Essex Beagles
NPC: Brunel
Coach: Darrell Smith
Agent: HSI
Kit: Nike
Web: twitter.com/thatoigb
facebook.com/thatoigb

HANNAH ENGLAND

International Highlights

2006 World Juniors 1500m ht, 2007 European U23 1500m 5th
2008 European CC U23 6k 16th, 2009 European Indoor Championships 1500m 7th h2, Spar Europe Team Championships 800m 4th & 1500m 4th, IAAF World Athletics Final 1500m silver

National Championships

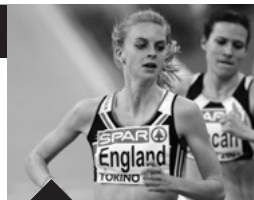
2006-7 England U20 1500m gold; England U23 1500m gold,
2008 UKA 1500m bronze, 2009 Aviva European Indoor Championships Trials 1500m silver, Aviva World Championships Trials 1500m bronze

Personal Bests

Outdoor - 800m: 1:59.24 (2009), 1500m: 4:04.28 (2009)
Indoor - 1500m: 4:09.90, 1M: 4:30.29 (2009), 3000m: 9:19.25 (2008)

Biography

Hannah is a gifted dancer and has achieved grade eight in ballet as well as being talented in tap and modern dance. Olympic gold medalist Kelly Holmes has been a huge influence on Hannah's career with the middle distance runner being part of Holmes' On Camp with Kelly mentoring scheme. Hannah suffered heartache in 2009 missing out on a spot at the World Championships in Berlin with Steph Twell, Lisa Dobriskey and Charlene Thomas getting the nod in the highly-competitive 1500m field. Both her brother and sister play county cricket.



1500M

Funding: Development
DOB: 6/3/87
Born: Oxford
Lives: Birmingham
Club: Oxford City AC
NPC: Birmingham
Coach: Bud Baldaro
Agent:
Kit: Nike
Web:



JESSICA ENNIS

International Highlights

2005 European Juniors gold; World University Games bronze, 2006 Commonwealth Games bronze; European U23 100mh bronze, 2009 IAAF World Championships gold (All heptathlon)

National Championships

2000 AAA U16 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, 2009 Aviva World Championships Trials 100mh gold and HJ gold

Personal Bests

Outdoor – Heptathlon: 6731 (2009), 100m: 11.69 (2009), 200m: 23.15 (2007), 800m: 2:09.88 (2009), 100mh: 12.81 (2009), HJ: 1.95 (2007), LJ: 6.43 (2009), SP: 14.14 (2009), JT: 46.47 (2009)
Indoor – 60m: 7.47 (2007), 60mh: 8.18 (2008), HJ: 1.92 (2008), SP: 13.50 (2009)

Biography

Jess became a household name in 2009 when she won heptathlon gold at the World Championships in Berlin.

The Sheffield-born athlete's performance in Berlin came a year after she suffered heartbreak when a stress fracture of her right foot, diagnosed shortly after competing in Gotzis, Austria, ruled her out of the Beijing Games.

She studied psychology at University of Sheffield, and her father, Vinroy, was a schoolboy sprinter in Jamaica.

HEPTATHLON

Funding: Podium
DOB: 28/1/86
Born: Sheffield
Lives: Sheffield
Club: City of Sheffield
NPC: Loughborough
Coach: Toni Minichiello
Agent: JCCM
Kit: adidas
Web: jessicaennis.net



MO FARAH

International Highlights

2001 European Juniors 5000m gold; European Junior CC silver, 2003 European U23 5000m silver, 2005 European U23 5000m silver, 2006 European 5000m silver; European CC gold, 2008 Olympics 5k ht; European CC silver, 2009 European Indoor Championships 3000m gold, Spar European Team Championships 5000m gold, IAAF World Championships 5000m 7th

National Championships

2003, 2005 AAA Indoor 3000m gold, 2007 UKA 5000m; UKA Indoor 3000m, 2008 UKA 1500m silver, 2009 Aviva European Indoor Championships Trials 1500m gold

Personal Bests

Outdoor – 800m: 1:48.69 [2003], 1500m: 3:33.98 [2009], 1M: 3:56.49 [2005], 2000m: 5:06.34 [2006], 3000m: 7:38.15 [2008], 2M: 8:20.47 [2007], 5000m: 13:07.00 [2007], 10000m: 27:54.54 [2008]. Road – 10km: 27:50 [2009], 10M: 46:25 [2009]
Indoor – 1500m: 3:40.57, 1M: 4:00.46 [2007], 3000m: 7:34.47 [2009], 2M: 8:20.95 [2008]

Biography

Mo delivered on his potential in 2009, winning the 3000m European Indoor title in Turin. The Somalia-born athlete also finished seventh in the 5000m final at the World Championships. After joining his father in England from Africa in 1993, Mo soon began his rise to prominence winning five English Schools' titles. In 2006 Mo was named Male Athlete of the Year by the British Athletics Writers' Association following a season that saw him finish second in the 5000m at the European Championships. He lists Muhammad Ali and Ryan Giggs as his sporting heroes.

5000M

Funding: Podium
DOB: 23/3/83
Born: Mogadishu, Somalia
Lives: Hampton
Club: Newham & Essex Beagles
NPC: Brunel
Coach: George Gandy/
Ricky Simms
Agent: PACE
Kit: adidas
Web: mojofarah.co.uk
twitter.com/mo_farah

RIKKI FITTON

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 2009 European Champions Clubs Cup 200m bronze

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: 20.46 [2009]
Indoor – 60m: 6.61 [2008]

Biography

A former kick-boxer, Rikki collected comic books until his teenage years and sports a variety of tattoos, including poison ivy, an angel, a phoenix, a dove and a leopard.

He collects Superman memorabilia and lives close to the site of the London 2012 Games.

Rikki claimed bronze at the 2007 European Under-23 Championships in Debrecen and was selected for the 4x100m squad at the 2008 Olympics but was not called upon to race.



200M

Funding: Podium
DOB: 17/6/85
Born: London
Lives: London
Club: Victoria Park & Tower Hamlets
NPC: Lee Valley
Coach: Michael Afilaka
Agent:
Kit:
Web: twitter.com/RFitton

EDEN FRANCIS

International Highlights

2007 European Junior discus dnf, shot 5th, 2005 World Youths SP 5th, 2009 European U23 Championships Shot 6th, Discus gold, Spar European Team Championship Discus 9th

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, 2009 Aviva World Championships Trials Shot gold and Discus silver, England U23 Championships Shot gold and Discus gold

Personal Bests

Outdoor – SP: 16.53 [2009], Discus: 59.27 [2009]
Indoor – SP: 16.11 [2008]

Biography

Eden enjoyed a hugely progressive 2009 as she won discus gold at the European Under-23 Championships in July, just a week after she won the shot put title at the British Championships. Multi-talented Eden was also second in the discus at the British Championships and says she would be an actor if she wasn't in athletics. Eden has A-Levels in biology, physical education and drama from Wiggston and Queen Elizabeth I College in Leicester. She participated in Aviva Sportshall from 1999 to 2001.



SHOT

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



GIANNI FRANKIS

International Highlights

2005 World Youth bronze, 2006 World Juniors 7th, 2007 European Junior bronze, 2009 European U23 Championships 110mh silver, IAAF World Championships 110mh 7th h3

National Championships

2006 AAA U20 gold; AAA Indoor 60mh silver, 2007 England U20 gold; AAA Indoor 60mh gold, 2008 England U23 gold, 2009 England U23 Championships 110mh gold, BUCS Championships 110mh gold, Aviva World Championships Trials 110mh bronze, Aviva European Indoor Championship Trials 60mh silver, BUCS Indoor Championships 60mh silver

Personal Bests

Outdoor - 110mh 13.57 [2009] Indoor - 60mh 7.81 [2009]

Biography

Coached by former Commonwealth gold medalist Tony Jarrett, Gianni claimed silver at the European Under-23 Championships in 2009. A keen football fan, his favourite film is Devil's Advocate and he lists Chinese hurdler Liu Xiang as his biggest influence.

A talented footballer, Gianni previously plied his trade with Non-League side Heybridge Swifts.

110M HURDLES

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



EMILY FREEMAN

International Highlights

2002 Commonwealth Games 200m sf, 2005 Worlds 4x100m ht; 2006 Europeans 4x100m silver, 2007 Worlds 200m ht & 4x100m 4th, 2008 Olympics 200m sf, 4x100m dnf, 2009 IAAF World Championships 200m 7th, 4th 4x100m relay Spar European Team Championships 100m gold, second 4x100m relay

National Championships

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

Personal Bests

Outdoor - 100m: 11.33 [2009], 200m: 22.64 [2009], 300m: 38.04 [2007], 400m: 53.31 [2007]
 Indoor - 60m: 7.42 [2006], 200m: 23.67 [2001]

Biography

Emily Freeman qualified for the 2002 Commonwealth Games in Manchester where she reached the semi-finals of the 200m. Emily defeated Christine Ohuruogu at the 200m Olympic trials in 2008 and made the Olympic Games semi-final in Beijing - running under-23 seconds in all three rounds. She followed that up by clocking a new lifetime best of 22.64 at the 2009 World Championships in Berlin to finish seventh in the final. Emily holds a degree in civil engineering from University College London. Last August, Emily was the first British female world 200m finalist in 26 years.

100M, 200M

Funding: Podium
DOB: 24/11/80
Born: Huddersfield
Lives: Rotherham
Club: Wakefield Harriers
NPC: Loughborough
Coach: Brian Hall
Agent:
Kit:
Web:

CLAIRE GIBSON

National Championships

Aviva European Trials 800m 3rd h4, Aviva World Trials 800m silver, 2008 Scottish Senior Championships 800m gold, Aviva Olympic Trials 3rd h4, 2009 Scottish Senior Championships 800m gold, Aviva World Championships Trials 800m 6th

Personal Bests

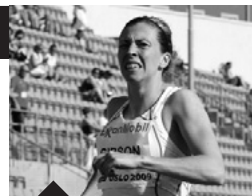
200m: 26.03 [2005], 400m: 55.04 [2005], 800m: 2:01.34 [2009], 1500m: 4:17.53 [2009]

Biography

Self-employed sports massage therapist Claire has vowed to announce herself onto the international stage this year by qualifying for the Commonwealth Games.

On the track in 2009 she won the Scottish Senior Championships over 800m while off the track she enjoys watching One Tree Hill and The OC.

With football, swimming and gymnastics named as her favourite sports, Claire likes to keep on the move.



800M

Funding: Development
DOB: 25/12/82
Born: Paisley
Lives: Johnstone
Club: Kilbarchan AC
NPC: N/A
Coach: Derek Parker
Agent:
Kit:
Web:

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

National Championships

2009 Aviva World Championships Trials DTF44 4th, BUCS Championships DT 5th

Personal Bests

Discus 55.60 [2007], SP: 13.12 [2005]

Biography

Daniel is a keen sports fan and lists Aston Villa Football Club - where he is a season-ticket holder - and Leicester Tigers Rugby Club as his favourite teams.

The business management with sports science masters graduate is also a big fan of racing cars and avidly follows Formula One.

He has now set his sights on improving his personal best before the 2011 World Championships.

Daniel - who was a county hammer thrower at school - is also learning to play the guitar.



DISCUS, F44

Funding: Podium
DOB: 4/10/82
Born: Sutton Coldfield
Lives: Leicester
Club: Charnwood AC
NPC: Loughborough
Coach: James Edwards
Agent: Positive Media
Kit: Asics
Web: www.discusdan.com



THOMAS GREEN

International Highlights

2008 Paralympic World Cup discus 6th
2009 Paralympics World Cup CT 5th

National Championships

2007 CP National Championships club bronze
2009 BWAA International CT gold, DTF51 gold

Personal Bests

Club 28.72 [2009]
Discus 13.76 [2009]

Biography

Thomas is currently studying maths at Nottingham University and hopes to follow in the footsteps of three-time Paralympic club champion Stephen Miller.

A keen follower of Blackburn Rovers Football Club, Thomas was a talented boccia player before concentrating on athletics and competed at the National Championships in 2004 and 2005.

Thomas' favourite film is Die Hard, starring Bruce Willis, and he can be seen listening to Headshrinker by Oasis before competing.

CLUB THROW, F32

Funding: Development
DOB: 7/4/91
Born: Milton Keynes
Lives: Milton Keynes
Club: Marshall Milton Keynes AC
NPC: Lee Valley
Coach: Kenneth Green
Agent:
Kit:
Web:



DAVID GREENE

International Highlights

2005 European Juniors silver, 2006 Europeans heat
2007 European U23 gold, 2009 IAAF World Championships 400m 7th, Spar European Team Championships 400m gold

National Championships

2004-5 Welsh 400m gold, 2005 Welsh U20 400m gold,
2006 Welsh 400m gold, 2008 UK 400m bronze,
2009 Welsh Open Championships 200m 4th, Aviva World Championships Trials 400m gold

Personal Bests

Outdoor – 200m: 22.25/21.6 [2009], 400m: 46.81 [2007], 400m: 48.23 [2009] Indoor – 300m: 34.15 [2006], 400m: 47.26 [2007]

Biography

David burst onto the international scene in 2009 following up his victory at the Aviva World Trials and National Championships by finishing seventh in the 400m hurdles final at the World Championships in Berlin. The 2007 European Under-23 champion was a keen footballer in his younger days and played for Swansea City youth until he was 16, while he is still a passionate follower of Manchester United and his sporting idol is fellow Welshman Ryan Giggs. Greene has a degree in sport and leisure management from UWIC while his favourite band is Muse and his favourite film Gladiator.

400M HURDLES

Funding: Podium
DOB: 11/4/86
Born: Llanelli
Lives: Trowbridge
Club: Swansea
NPC: N/A
Coach: Malcolm Arnold
Agent: Definitive Sports
Kit: Nike
Web:

LLOYD GUMBS

International Highlights

2009 European U23 Championships 400m gold

National Championships

2007 England U23 Championships 400m bronze, CAU Inter Counties Championships 400m 4th,
2008 CAU Inter Counties Championships 400m 8th, Aviva Olympic Trials 400m 6th,
2009 England U23 Championships 400m gold

Personal Bests

Outdoor – 100m: 11.1 [2005], 200m: 22.78 [2005], 400m: 48.04 [2009], 110m: 15.32 [2005], 400m: 49.62 [2009]
Indoor – 60m: 8.93 [2005]

Biography

Leicester-born Lloyd, who is studying for a sport science degree at Loughborough University, crowned a breakthrough 2009 by being shortlisted for the European Athletics 2009 Rising Star Award.

Lloyd earned his nomination by claiming 400m gold at the European Under-23 Championships.

A keen Arsenal fan Lloyd's twin sister, Lekeisha, plays for Leicester City women's team.



400M HURDLES

Funding: Development
DOB: 15/10/87
Born: Leicester
Lives: Loughborough
Club: Shaftesbury Barnet Harriers
NPC: Loughborough
Coach: Nick Dakin
Agent:
Kit:
Web:

SOPHIE HANCOCK

International Highlights

2005 Europeans discus silver
2006 Worlds shot 5th & discus 6th
2007 IWAS discus gold & shot silver
2008 Paralympics discus 5th & shot 5th
2009 Paralympic World Cup shot gold

National Championships

2009 Dwarf AA UK National Games shot gold

Personal Bests

Discus 21.53 [2008] Shot 7.55 [2009]

Biography

Sophie finished the 2009 season in the top three of the world rankings.

A keen sports fan, Sophie is a Bolton Wanderers supporter and also enjoys watching tennis in her spare time.

Paralympic legend Tanni Grey-Thompson is Sophie's idol and she has a cat called Linford.

Her hobbies include socialising with friends, going to the cinema and dancing while Sophie listens to Faithless track 'Insomnia' before she competes.



SHOT, F40

Funding: Podium
DOB: 8/9/86
Born: Chorley
Lives: Bolton
Club: Unattached
NPC: Loughborough
Coach: Shelley Quarin
Agent:
Kit:
Web:



KATRINA HART

International Highlights

2005 Europeans 100m bronze
2006 Worlds 200m 4th, 100m 5th
2007 German National Championships
2008 Paralympics 100m 7th
2009 Paralympic World Cup 100m silver, 200m DQ

Personal Bests

100m 14.38 (2009), 200m 30.87 (2009)

Biography

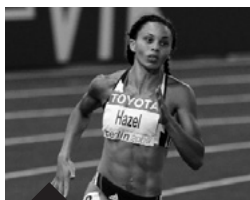
Katrina played Non-League football for Kidderminster Harriers at their centre of excellence prior to taking up athletics and making her Paralympic debut in Beijing in 2008.

Birmingham City fan Katrina is currently studying sports performance at Bath University and was the youngest member of the team that travelled to Finland for the European Championships in 2005.

Katrina won 100m bronze in Espoo and ended 2009 with silver in the same event at the Paralympic World Cup in May.

100M, T37

Funding: Podium
DOB: 17/5/90
Born: Worcester
Lives: Redditch
Club: Birchfield Harriers/
Worcester AC
NPC: Birmingham
Coach: Robert Ellchuk
Agent:
Kit:
Web:



LOUISE HAZEL

International Highlights

2006 European Championships Hep 17th,
2009 IAAF World Championships Hep 14th

National Championships

2007 BUSA Indoor Championships 60mh bronze, England U23 Championships 100mh bronze, 2008 BUSA Championships LJ silver, 2009 Aviva World Championships Trials 100mh 5th, LJ 7th, CAU Inter Counties LJ bronze

Personal Bests

Outdoor – 100m: 11.77 (2006), 200m: 24.12/24.06w (2006), 800m: 2:15.85 (2009), 100mh: 13.44/13.4/13.20w (2006), HJ: 1.71m (2009), LJ: 6.39m (2009), JT: 44.20m (2009), SP: 12.24m (2009), Hep: 6043 (2009) Indoor – 60m: 7.53 (2006), 400m: 57.73 (2009), 60mh: 8.40 (2007), SP: 12.27 (2009)

Biography

Chelsea supporter Louise used to spend her time in the boxing ring and on the netball court rather than on the track. Louise admits to loving a good sing song in her car and a dance in front of her mirror and listens to Shaggy's hit song Church Heaven before she heads out to compete. Louise is a graduate from the University of Birmingham in French studies. Her favourite film is the thriller Seven.

HEPTATHLON

Funding: Development
DOB: 6/10/85
Born: London
Lives: Birmingham
Club: Birchfield Harriers
NPC: Birmingham
Coach: Derek Evelyn/Fuzz Ahmed
Agent:
Kit:
Web: louisehazel.com
twitter.com/louisehazel

SOPHIE HITCHON

International Highlights

2007 World Youths hammer 17q, 2008 World Juniors hammer 7th;
Commonwealth Youth Games gold, 2009 European U20 Championships hammer bronze, European Championships U20 bronze

National Championships

2007 England U20 hammer silver, England U17 hammer gold;
UK School Games hammer gold, 2008 England U20 hammer gold, 2009 Aviva English Schools Championships hammer gold, England U20 Championships hammer gold

Personal Bests

Outdoor: 100m: 12.2 (2009), 200m: 25.2 (2009), SP: 10.75 (2008), HT: 63.18 (2009)

Biography

Sophie was a keen sportswomen growing up and is a former netball player, ballet dancer and gymnast. She won the English Schools Championships in 2009 despite only taking up the hammer seriously two years earlier. Her father is a former schools gold medalist over 100m and as a young athlete Sophie competed in Aviva Startrack and Aviva Sportshall. In 2009 she broke the UK junior record five times with her best being 63.18m at the European Junior Championships in Serbia where she took bronze. To date she has broken the NJR seven times.



HAMMER

Funding: Development
DOB: 11/7/91
Born: Burnley
Lives: Loughborough
Club: Blackburn
NPC: Loughborough
Coach: Derek Evelyn
Agent:
Kit:
Web:

SARAH HOLT

International Highlights

2006 World Juniors hammer q,
2009 European U23 Championships hammer bronze

National Championships

2004 English Schools hammer gold,
2006 AAA U20 hammer bronze,
2007 England U23 hammer silver,
2009 Aviva World Championships Trials hammer bronze, England U23 Championships hammer gold, BUCS Championships hammer gold

Personal Bests

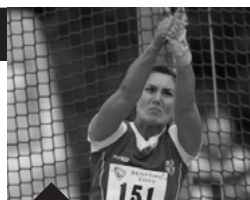
HT: 65.33 (2009), DT: 30.45 (2008)

Biography

A jack of all trades Sarah used to play netball, football and hockey before settling on the hammer.

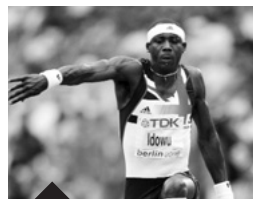
Part of the UKA Heroes Project, sponsored by Original Source for 2009, Sarah is also a part-time PE teacher and idolises former Manchester United footballer David Beckham.

She has a dog called Charlie and enjoys nothing better than a meal in with friends. Prison Break is her TV show of choice while The Holiday is her favourite film.



HAMMER

Funding: Development
DOB: 17/4/87
Born: Dewsbury
Lives: Loughborough
Club: Sale Harriers
NPC: Loughborough
Coach: John Pearson
Agent:
Kit:
Web:



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, 2009 IAAF World Championships gold, IAAF World Athletics Final 4th, Spar European Team Championships silver (All triple jump)

National Championships

2000, 2002, 2006 AAA gold, 2005 Indoor AAA gold, 2008 UKA gold, 2009 Aviva World Championships Trials TJ gold

Personal Bests

Outdoor – TJ: 17.73 (2009), LJ: 7.83 (2000), 100m: 10.60 (2006) Indoor – 60m: 6.81 (2004), TJ: 17.75 (2008)

Biography

Phillips went one step further than his 2008 Olympic Games silver by claiming gold at the World Championships in 2009.

A talented sportsman, he excelled at basketball and American football at school before pursuing athletics.

He has a Japanese Akita dog named Angel and moved from London to Birmingham in 2008 to work with top triple jump coach Aston Moore.

TRIPLE JUMP

Funding: Podium
DOB: 30/12/78
Born: Hackney
Lives: Birmingham
Club: Belgrave Harriers
NPC: Lee Valley
Coach: Aston Moore
Agent: MTC
Kit: adidas
Web: twitter.com/PhillipsIdowu



JOHANNA JACKSON

International Highlights

2005 European Cup 46th, 2006 Commonwealth Games 7th, 2007 European Cup 38th; Europeans U23 7th; Worlds 25th, 2008 World Cup 45th; Olympics 22nd, 2009 IAAF World Championships 20km DQ, European Race Walking Cup 27th

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, 2009 Aviva World Championships Trials 5000m gold, National 20km Championships gold

Personal Bests

Outdoor – 3000m: 12.22.62 (2009), 5000m: 20:46.58 (2009), 10km: 44:52 (2008), 20km: 1:31.16 (2009)

Biography

Johanna's World Championship bid ended in disappointment in 2009 as she was disqualified before the 5km mark.

Middlesbrough-born Johanna has enjoyed a rapid rise since taking up race walking in 2002 and winning English Schools' bronze just six weeks later. She is the national record holder and is Britain's first international class walker.

Jo's sporting hero is Paula Radcliffe and has said that she would like to try a marathon one day.

20K WALK

Funding: Development
DOB: 7/1/85
Born: Middlesbrough
Lives: Redcar
Club: Redcar Race Walking Club
NPC: Loughborough
Coach: Maureen Jackson
Agent:
Kit:
Web:

JJ JEGEDE

National Championships

2007 Aviva World Trials 4th, CAU Inter Counties bronze, 2008 Aviva European Indoor Championships Trials bronze, CAU Inter Counties silver (All Long Jump)

Personal Bests

Outdoor – 100m: 10.89 (2008), 200m: 22.42 (2008), LJ: 7.85m (2007), 7.94m (2009)
Indoor – 60m: 6.97 (2008)

Biography

JJ describes himself as a 'jack of all trades' when it comes to his sporting prowess as a youngster revealing he played table tennis, rugby and football at school.

He first got in to athletics as a triple jumper but switched his attentions to the long jump and his career high was winning bronze at the 2008 British Indoor Championships.

The Newham and Essex Beagle athlete also has a degree in banking and finance.



LONG JUMP

Funding: Development
DOB: 3/10/85
Born:
Lives: Kent
Club: Newham & Essex Beagles
NPC: Lee Valley
Coach: Michael Afilaka
Agent:
Kit:
Web:

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 dng, 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, 2009 Aviva European Indoor Championships Trials bronze

Personal Bests

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

Biography

The Herne Hill athlete is on her way back from a disappointing 2009 where she didn't compete at all outdoors.

She lists her hobbies as movies and reading while dancing is one of her hidden talents and has appeared on BBC dance show Strictly Come Dancing.

Her perfect evening in would be a meal and a night in with her boyfriend while the London resident says God has been the biggest influence on her career.



LONG JUMP

Funding: Podium
DOB: 7/6/80
Born: London
Lives: Camberwell
Club: Herne Hill Harriers
NPC: Lee Valley
Coach: John Herbert
Agent:
Kit: adidas
Web: jadejohnson.co.uk



IAN JONES

International Highlights

2006 Worlds 200m 4th, 100m final
2007 Paralympic World Cup 100m, 200m
2008 Paralympic World Cup 100m bronze, 400m gold
2008 Paralympics 200m h2, 100m bronze
2009 Paralympic World Cup 100m bronze and 400m silver

Personal Bests

100m: 11.49, (2009), 200m: 23.00 (2008), 400m: 51.33 (2009)

Biography

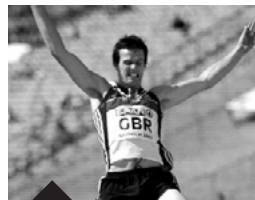
Ian could have pursued a career in football after having trials with Manchester United and Stockport but chose to focus on athletics instead.

However Ian hasn't cut all ties with football and is a qualified football and disability sports coach working in and around the Manchester and Stockport area.

Ian also has a black belt in judo and enjoys socialising, playing badminton, watching DVDs and playing on his PlayStation.

400M, T44

Funding: Podium
DOB: 30/12/89
Born: Manchester
Lives: Manchester
Club: East Cheshire Harriers
NPC: Birmingham
Coach: John Dunne
Agent:
Kit:
Web:



CHRIS KIRK

International Highlights

2007 European U23 long jump 16th

National Championships

2003 AAA U20 long jump gold
2006 AAA U23 long jump gold
2009 Aviva European Indoor Championships Trials long jump 4th

Personal Bests

Outdoor – 100m: 11.32 (2006), LJ: 7.93 (2008)
Indoor – 60m: 7.07 (2006), LJ: 7.75 (2008)

Biography

Chris's greatest passion away from the track is rugby having represented Yorkshire at schoolboy level and he supports Newcastle Falcons in the Guinness Premiership.

After an injury-hit season last year, Chris has set his sights on qualifying for the Commonwealth Games in October.

When he's not playing on his PlayStation Three or watching Neighbours, Chris works part-time as a forester with his dad.

He also has a degree in sports development with coaching from Sheffield Hallam and Northumbrian Universities.

LONG JUMP

Funding: Development
DOB: 6/9/85
Born: Huddersfield
Lives: Gateshead
Club: Newham & Essex Beagles
NPC: Loughborough
Coach: Peter Stanley
Agent:
Kit:
Web:

JEANETTE KWAKYE

International Highlights

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

National Championships

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

Personal Bests

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

Biography

Jeanette became the first British athlete since 1984 to reach an Olympic 100m final in Beijing in 2008 but saw her season in 2009 blighted by injury. She underwent surgery to her right knee in November 2009.

Jeanette – who studied politics and economics at Loughborough University – broke a 22-year-old British record on the way to World Indoor Championship silver in 2008 clocking a time of 7.08.



100M

Funding: Podium
DOB: 20/3/83
Born: Walthamstow
Lives: Leytonstone, London
Club: Woodford Green with Essex Ladies
NPC: Lee Valley
Coach: Michael Afilaka
Agent: JCCM
Kit: Nike
Web: twitter.com/JnetteKwakye

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, 2009 IAAF World Championships 1500m 8th h2, Spar European Team Championships 1500m 5th

National Championships

2003-4 AAA U20 1500m gold, 2008 UKA 1500m gold,
2009 Inter Counties Cross Country Championships 4th, English National Cross Country Championships 7th

Personal Bests

Outdoor: – 800m: 1:45.76 (2006), 1000m: 2:17.63 (2009), 1500m: 3:34.29 (2009), 1M: 3:55.19 (2009), 5000m: 13:34.44 (2009), 10km: 29:44
Indoor – 1M: 3:58.52 (2006), 3000m: 7:56.01 (2007)

Biography

Tom sealed his place in Britain's Beijing Olympic team by winning the UK 1500m title in 3:38.92 and lowered that mark to 3:34.29 at a Golden League meeting in Berlin in June 2009.

A member of the 2009 World Championship squad, 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, snowboarding and latterly golf.



1500M

Funding: Development
DOB: 7/2/85
Born: Bolton
Lives: Bolton
Club: Bolton United Harriers
NPC: Birmingham
Coach: Norman Poole
Agent: PACE
Kit: Nike
Web: facebook.com/tomlancashire



JEFFREY LAVAL-BALOGUN

International Highlights

2007 European U23 Championships 200m 7th sf

National Championships

2007 CAU Inter Counties 200m gold, England Athletics U23 Championships 200m bronze,
2008 Aviva Olympic Trials 200m 4th, England Open U23 Championships 200m gold, Aviva European Indoor Championships Trials 200m silver,
2009 CAU Inter Counties Championships 100m gold and 200m gold, Aviva World Championships Trials 200m 4th

Personal Bests

Outdoor – 100m: 10.27 (2009), 200m: 20.38 (2009)
Indoor – 60m: 6.69 (2009)

Biography

Jeffrey was encouraged to join his local athletics club after being spotted running for a bus in Bromley.

He studies marketing at the University of East London and enjoys playing football.

Jeffrey set a new lifetime best of 20.38 in the 200m at the Resisprint International in Switzerland in June in 2009 and a new 100m personal best of 10.27 in Padua, Italy.

200M

Funding: Development
DOB: 2/7/86
Born:
Lives: London
Club: Kent
NPC: Lee Valley
Coach: Clarence Callender
Agent: Stellar
Kit:
Web:



NIGEL LEVINE

International Highlights

2007 European Junior 400m 4th
2008 World Junior 400m sf
2009 European U23 Championships 400m silver

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,
2009 Aviva European Indoor Championships Trials 200m 4th and 400m 3rd h3, England U23 Championships 400m gold

Personal Bests

Outdoor – 200m: 21.33 (2007), 400m: 45.78 (2009)
Indoor – 60m: 6.89 (2008), 200m: 21.57 (2009), 400m: 47.06 (2009)

Biography

A qualified car mechanic, Nigel won the 400m at the England Under-23 Championships in 46.30 in 2009 and claimed silver in the same event at the European Under-23 Championships in 45.78.

Gained important experience when travelling with the GB & NI team to the World Championships 2009.

400M

Funding: Development
DOB: 30/4/89
Born: Trinidad
Lives: Bedford
Club: Bedford & County
NPC: Brunel
Coach: Simon Duberley
Agent:
Kit:
Web:

STEVE LEWIS

International Highlights

2003 World Youth bronze, 2004 World Juniors 9th, 2005 European Junior 5th, 2006 Commonwealth Games bronze, 2007 European U23 7th, 2008 World Indoors 15th, Olympics dnf (nh)
2009 IAAF World Championships 7th, European Indoor Championships 4th, Spar European Team Championships 6th (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), 2009 Aviva European Indoor Championships Trials PV gold, Aviva World Championships Trials PV silver

Personal Bests

Outdoor: PV 5.72 (2009) Indoor: PV 5.75 (2009)

Biography

Steve narrowly missed out on a medal at the 2009 European Indoor Championships, finishing fourth in Turin with a height of 5.71m.

He went on to finish seventh at the World Championships in Berlin with a jump of 5.65m. Steve will begin a new degree at Loughborough University, where he trains, in 2010.

A Stoke City fan, his hobbies include mountain biking and rock climbing.



POLE VAULT

Funding: Podium
DOB: 20/5/86
Born: Staffordshire
Lives: Loughborough
Club: Newham & Essex Beagles
NPC: Loughborough
Coach: Steve Rippon
Agent: JCCM
Kit: Nike
Web: twitter.com/AirLewis

DANIEL LUCKER

International Highlights

2009 BWAA International 100m 5th, 200m 5th, 400m 6th, 800m 4th, 1500m 5th; IWAS Junior Championships 200m gold, 400m silver, 800m silver, 1500m gold, 5000m gold

National Championships

2009 BWRA Championships 100m silver, 200m silver, 400m bronze, 800m silver, 1500m bronze; UK School Games 200m gold, 800m gold

Personal Bests

100mWC: 16.12w (2009), 200mWC: 27.83 (2009), 400mWC: 53.76 (2009), 800mWC: 1:49.35 (2009), 1500m: 3:22.11 (2009), 5000m: 14:00.73

Biography

Daniel is currently being mentored by David Weir after first meeting the double Paralympic champion at the Aviva Crystal Palace Grand Prix in 2009.

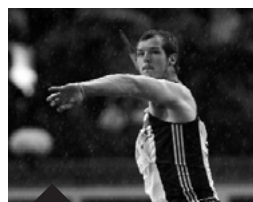
He is studying a BTEC Fusion Course at Coleg Powys in Brecon and has also turned his hand to wheelchair basketball alongside athletics.

Daniel lives in a house beset with pets and has two dogs, three cats and a goldfish called Boris.



1500M, T54

Funding: Development
DOB: 21/3/93
Born: London
Lives: Abergavenny
Club: FDSW
NPC: WIS
Coach: Jenny Archer
Agent: Definitive Sports
Kit:
Web: www.danlucker.com



MERVYN LUCKWELL

International Highlights

2009 Spar European Team Championships JT 8th, IAAF World Championships JT 45th q

National Championships

2006 CAU Inter Counties JT bronze, Aviva European Championships Trials 6th, AAA U23 Championships 4th, 2007 Aviva World Championships Trials JT bronze, CAU Inter Counties JT 12th, 2008 CAU Inter Counties JT gold, Aviva Olympic Trials JT silver, 2009 Aviva World Championships JT gold, CAU Inter Counties Championships JT gold

Personal Bests

JT: 81.05m (2009), SP: 12.39m (2009), DT: 42.12m (2007)

Biography

Mervyn burst onto the scene in 2009 when he threw a personal best of 81.05m at the French Winter Throws Championships in Compiègne. Mervyn then went on to win the British Championships in Birmingham in July.

Mervyn's sporting idol is three-time Olympic javelin champion Jan Zelezny and he is a keen follower of Rugby. He likes to get psyched up for competition by listening to Sex on Fire by the Kings of Leon.

JAVELIN

Funding: Development

DOB: 27/11/84

Born:

Lives: Loughborough

Club: Marshall Milton Keynes

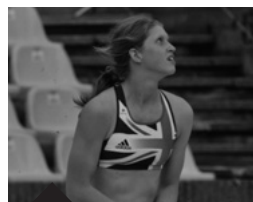
NPC: Loughborough

Coach: Chris Watts

Agent:

Kit:

Web:



EMMA LYONS

International Highlights

2007 European U23 pole vault 10th, 2009 European U23 Championships PV 12th, European Champions Clubs Cup Division B PV silver

National Championships

2006 AAA U20 gold, 2007 England U23 silver, UK Indoor 4th, 2008 UKA gold, 2009 Aviva World Championships Trials 4th, England U23 Championships gold, Welsh Senior Open Championships gold, Aviva European Indoor Championships Trials silver (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: 4.31 (2009)

Biography

Emma has a degree in Sport and PE from UWIC and is a member of the National Trust. In her spare time Emma enjoys walking, watching films and reading.

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

POLE VAULT

Funding: Development

DOB: 14/6/87

Born: Nottingham

Lives: Cardiff

Club: Sale Harriers

NPC: WIS

Coach: Scott Simpson

Agent:

Kit:

Web:

CHRIS MARTIN

International Highlights

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

Personal Bests

Discus 28.37 (2008)

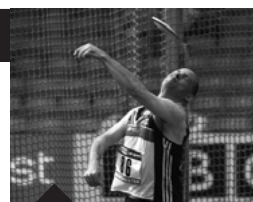
Biography

Daley Thompson is the inspiration behind Chris's career and a packet of wine gums is a permanent fixture in his kit bag.

A big Nottingham Forest fan, Chris' perfect night would consist of a good movie and dinner while Blur's Song 2 gets him going when he is competing.

Chris is a Star Trek fan and enjoys nothing better than an episode of TV programme Chuck.

When he is not training he works part-time for Aurum Solutions as a technical consultant.



DISCUS, F33

Funding: Podium

DOB: 1/11/71

Born: Nottingham

Lives: Mansfield

Club: Mansfield Harriers

NPC: Loughborough

Coach: Philip Peat

Agent:

Kit:

Web:

GERMAINE MASON

International Highlights

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

National Championships

2006 AAA silver, 2007-8 UKA silver, 2009 Aviva World Championships Trials HJ gold

Personal Bests

Outdoor: HJ 2.34 (2008 & 2003)

Indoor: HJ 2.30 (2003)

Biography

Born in Kingston, Germaine competed for his country of birth until switching to Britain in 2006. He suffered a career-threatening knee injury at the 2004 World Indoor Championships after winning bronze for Jamaica and only returned to full time competition during the summer of 2005.

Germaine hasn't looked back since and upset the odds to claim Olympic silver on debut in Beijing but missed the 2009 Berlin World Championships with an ankle injury.

He is coached in Texas and is a second cousin to fellow British athlete Simeon Williamson.



HIGH JUMP

Funding: Podium

DOB: 20/1/83

Born: Jamaica/Acton

Lives: Acton

Club: Birchfield Harriers

NPC: Birmingham

Coach: Steven Francis/ Fuzz Ahmed

Agent: MTC

Kit: Nike

Web: germainemason.com
twitter.com/germasonHJ



LEE McCONNELL

International Highlights

1999 World University Games 4x400m bronze; World University Games 4x400m silver, 2002 Commonwealth Games 400m silver, Europeans 400m bronze, 2004 Olympics 400m sf & 4x400m 4th, 2005 European Indoors 4x400m bronze; Worlds 4x400m bronze, 2006 Commonwealth Games 400m bronze, 2007 European Indoors 4x400m bronze; Worlds 4x400m bronze, 2008 Olympics 400m sf, 2009 IAAF World Championships 4x400m relay 4th, Spar European Team Championships 400m third, 4x400m relay third

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, 2009 CAU Inter-Counties Championships 200m gold

Personal Bests

Outdoor – 100m: 11.67 (2009), 200m: 23.1, 23.16 (2008), 400m: 50.82 (2002), 400m hurdles: 55.25 (2006), HJ: 1.88 (2000)
Indoor – 300m: 37.57 (2005), HJ: 1.83 (1999)

Biography

Lee began her athletics career as a successful high jumper for Scotland before switching to the 400m and collecting Commonwealth silver and European bronze in 2002. Born and raised in Glasgow Lee moved south to England to study PE and sports science at Loughborough University in 2006. Lee won Commonwealth bronze in her first year in the discipline but despite running at the World Championships in Berlin she saw her 2009 season disrupted by a hamstring injury.

4 X 400M RELAY

Funding: Podium
DOB: 9/10/78
Born: Glasgow
Lives: Glasgow
Club: Shaftesbury Barnet Harriers
NPC: SIS
Coach: Rodger Harkins
Agent: MTC
Kit: adidas
Web:



JENNY McLOUGHLIN

International Highlights

2008 Paralympic World Cup 200m 6th, 100m 5th
2008 Paralympics 100m h2, 200m h1
2009 Paralympic World Cup 100m T37 7th and 200m T37 4th

National Championships

2007 UK School Games 100m gold

Personal Bests

100m 15.14 (2009), 200m 31.98 (2009)

Biography

Jenny followed up her appearance at the 2008 Beijing Paralympics with another impressive season last year lowering her personal bests in both the 100m and 200m.

Born in Stockport, Jenny currently studies at Swansea University and when she's not on the track or got her head in the books she enjoys horse riding and shopping.

Jenny's favourite TV shows are Spooks and Waterloo Road, while her favourite film is P.S. I Love You.

100M, T37

Funding: Development
DOB: 3/10/91
Born: Stockport
Lives: Chesham
Club: FDSW
NPC: WIS
Coach: Darrell Maynard
Agent:
Kit:
Web:

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, 2009 European Indoor Championships 800m 4th, World Championships 800m bronze, World Athletics Final 800m bronze

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, 2009 Aviva European Indoor Championships Trials 800m gold, Aviva World Championships Trials 800m silver

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: 1:57.93 (2009), 1500m: 4:19.36 (2006)
Indoor – 400m: 52.74 (2003), 600m: 1:25.81 (2007), 800m: 1:59.52 (2009), 1000m: 2:46.82 (2005)

Biography

2009 was a breakthrough year for Jenny as she claimed World Championship 800m bronze in Berlin. Jenny is a big fan of Wigan Athletic, Wigan Warriors and also Manchester United. Her favourite film is Saving Private Ryan and as well as looking after her pet dog, Harvey, out of training she also spends many an hour making sure her house looks perfect. Jenny's biggest influence is her mum because 'mums know best' and her husband, Trevor Painter, doubles up as her coach.



800M

Funding: Podium
DOB: 17/4/81
Born: Wigan
Lives: Wigan
Club: Wigan
NPC: Birmingham
Coach: Trevor Painter
Agent: Andrew Meadows
Kit: Asics
Web: jennymeadows.co.uk

JACK MEREDITH

International Highlights

2009 IAAF World Youth Championships 110m silver, European Junior Championships 110m 6th

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, 2009 Aviva U20 Indoor Championships 60m gold, England U20 Championships 110m silver

Personal Bests

Outdoor – 100m: 11.08/10.91w (2009), 200m: 22.9 (2008), 110mH U18: 13.33 (2009), 110mH U20: 13.51 (2009), LJ: 5.89 (2007), TJ: 12.06w (2007), 11.73 (2008)
Indoor – 60m: 7.06 (2009), 60mH U20: 7.76 (2009)

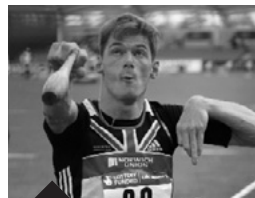
Biography

An Everton football fan, Jack also used to try his hand at karate. The 17-year-old lists Colin Jackson as his inspiration in the sport and when not training he enjoys going out with friends and is a big Family Guy fan. He says his dad has been his biggest influence on his career while his favourite film is Step Brothers. Jack's highlight of 2009 came at the World Youth Championships in Italy where he claimed a silver medal in 110m hurdles.



110M HURDLES

Funding: Development
DOB: 14/8/92
Born: Liverpool
Lives: Liverpool
Club: Liverpool Harriers
NPC: Birmingham
Coach: Donald Moss
Agent: Stellar
Kit:
Web:



STEPHEN MILLER

International Highlights

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

National Championships

2009 BWA Grand Prix CT gold

Personal Bests

Club 35.98m (2008), Discus 16.65 (2002)

Biography

Stephen represented England at boccia as a 12-year-old before moving into athletics where he has won three Paralympic club titles.

He became Britain's youngest track and field gold medallist on his Paralympic debut in Atlanta in 1996 aged just 16 and has a degree in business information systems from Northumbria University.

Stephen is an avid Newcastle United fan and is secretary of the club's disabled supports group and can regularly be seen in attendance at St James' Park.

CLUB THROW, F32

Funding: Podium
DOB: 27/5/80
Born: Newcastle upon Tyne
Lives: Cramlington
Club: Gateshead Harriers
NPC: Loughborough
Coach: Rosalind Miller
Agent:
Kit:
Web: stephenjamesmiller.co.uk
 twitter.com/hailfabio



BRETT MORSE

International Highlights

2007 European Junior discus 9th, 2008 World Junior discus nm, 2009 European Cup Winter Throwing DT bronze, European U23 Championships 13th DT

National Championships

2006 AAA U20 discus 4th, 2007 England U20 shot bronze & discus gold; England U20 Indoor shot silver; UKA discus 8th, 2009 Welsh Open Championships SP silver, England U23 Championships SP silver, DT gold, BUCS Championships SP 4th, Discus gold, HT 10th, Aviva World Championships Trials SP 9th, DT silver

Personal Bests

Outdoor – SP: 15.92 (2009), Discus: 59.52 (2009), HT: 39.93 (2009)
 Indoor – SP: 15.68 (2009)

Biography

Brett fancies himself as a bit of a dancer and likes listening to any sort of upbeat music before competing. His sporting idols include Michael Johnson, Usain Bolt, Mike Tyson and Jonah Lomu while his great-grandfather used to box for Wales.

Manchester United fan Brett used to play football and rugby but now only has eyes for the discus (when he is not playing Call of Duty on the PlayStation).

DISCUS

Funding: Development
DOB: 11/2/89
Born: Cardiff
Lives: Cardiff
Club: Birchfield Harriers
NPC: WIS
Coach: Nigel Bevan
Agent:
Kit:
Web:

KIERON MURPHY

International Highlights

2008 Paralympic World Cup club 4th; Paralympics club 7th, 2009 Paralympic World Cup CT bronze, Czech Open CT gold

Personal Bests

Club 30.01 (2009)

Biography

Kieron is just as busy away from the track as he is on it and combines watching Aston Villa Football Club with playing wheelchair hockey and football.

He has three A-levels – including music and performing arts – and alongside sport enjoys writing and performing music and poetry.

Kieron is now a full-time athlete and made his Paralympic debut in Beijing in 2008 finishing seventh in the club.



CLUB THROW, F32

Funding: Development
DOB: 8/2/86
Born: Birmingham
Lives: Sutton Coldfield
Club: Birchfield Harriers
NPC: Birmingham
Coach: James Edwards
Agent:
Kit:
Web:

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,
 2009 Aviva England Athletics U20 Indoor Championships 60m bronze

Personal Bests

Outdoor – 100m: 11.36 (2009), 200m: 23.46 (2008)
 Indoor – 60m: 7.63 (2009)

Biography

Stoke-born Ashlee was the youngest member of Britain's athletics team at the Beijing Olympics where she was a member of the 4x100m squad but didn't compete.

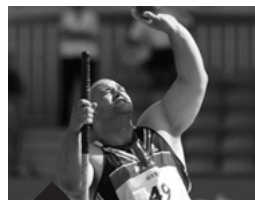
As well as her athletic prowess Ashlee is a keen dancer who loves hip hop and R&B. She is the younger sister of Alex Nelson who is a former World Junior Championship bronze medallist.

Her sporting heroes are Thierry Henry and Michael Johnson while she once collected My Little Pony t-shirts.



100M

Funding: Podium
DOB: 20/2/91
Born: Stoke
Lives: Essex
Club: City of Stoke
NPC: Lee Valley
Coach: Michael Afilaka
Agent: Tim Bailey
Kit: Nike
Web:



DANIEL NOBBS

International Highlights

2007 IWAS shot 6th,
2008 Paralympic World Cup shot 7th,
2008 Paralympics shot 10th,
2009 Paralympic World Cup SP F54 5th, BWAA International SP F54 bronze

Personal Bests

Shot 9.29 (2009)

Biography

Newcastle United fan Danny had another stellar 2009 season, breaking his British record twice – first in Portugal in April and then in Perivale, Middlesex in May.

The former Attleborough Sixth Form student unsurprisingly lists the Magpies great Alan Shearer as his sporting idol and psyches himself up for competition by listening to Breathe by Prodigy.

Away from the sporting arena, Danny works as a sponsorship consultant for Aviva. He has two cats named Jess and Roxy.

SHOT, F54

Funding: Development

DOB: 27/9/79

Born: Norwich

Lives: Attleborough

Club: British Wheelchair

Athletics Association

NPC: Lee Valley

Coach: Michael Wood

Agent:

Kit:

Web: www.dannynobbs.com



ELAINE O'NEILL

International Highlights

2007 European Junior Championships 100m 5th sf2,
2008 World Junior Championships 5th sf3,
2009 European U23 Championships 100m 5th, 4x100m relay gold

National Championships

2006 AAA U20 Championships 100m silver, English Schools Championships 100m silver, 2007 England Athletics U20 Open Championships 100m bronze, 200m 5th, Aviva World Trials 100m 8th, CAU Inter Counties 200m bronze, Sainsbury's English Schools Championships 200m silver, 2008 England Athletics Open U20 Championships 100m silver, CAU Inter Counties 200m bronze, 2009 Aviva European Championships Indoor Trials 60m silver, England U23 Championships 100m gold, Welsh Open Senior Championships 100m gold

Personal Bests

Outdoor – 100m: 11.52 (2009), 200m: 23.58 (2009)

Indoor – 60m: 7.38 (2009)

Biography

Despite being born and bred in Bath Elaine is an avid follower of Irish rugby union giants Munster. Elaine is studying sports science at Loughborough University and can always be seen with sweets in her kit bag. She used to play netball for her county and is also a talented singer much to her fellow athletes surprise and won her first international medal in 2009 – 4x100m relay European under-23 gold.

100M

Funding: Development

DOB: 20/8/89

Born: Bath

Lives: Chippenham

Club: Woodford Green with

Essex Ladies

NPC: Loughborough

Coach: Tom Crick

Agent:

Kit:

Web: twitter.com/elaineoneill

CHRISTINE OHURUOGU

International Highlights

2003 European Juniors 400m bronze, 2004 Olympics 400m sf & 4x400m 4th, 2005 European U23 400m silver & 4x400m silver; Worlds 400m sf & 4x400m bronze, 2006 Commonwealth Games 400m gold, 2007 Worlds 400m gold & 4x400m bronze, 2008 Olympics 400m gold & 4x400m 5th, 2009 Spar European Team Championships 200m bronze, IAAF World Championships 400m 5th, 4x400m relay 4th, IAAF World Athletics Final 6th

National Championships

2004 AAA 400m gold, 2005 AAA U23 400m gold, 2008 UKA 200m silver 2009 Aviva World Championships Trials 400m gold

Personal Bests

Outdoor – 100m: 11.35 (2008), 200m: 22.85 (2009), 300m: 36.13+ (2007), 400m: 49.61 (2007)

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

Biography

Christine was an England international netball player at under-17 and under-19 level but quit the sport to concentrate on athletics. She has an enviable trophy cabinet with World Championship, Olympic and Commonwealth Games gold medals on the shelves. She studied linguistics at University College, London and was voted Athlete of the Year for 2007 and 2008 by the British Athletics Writers' Association.



400M

Funding: Podium

DOB: 17/5/84

Born: London

Lives: London

Club: Newham & Essex Beagles

NPC: Lee Valley

Coach: Lloyd Cowan

Agent: Vero/PACE

Kit: adidas

Web: chrissyso.com

twitter.com/chrissyohuruogu

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, 2009 European Indoor Championships 800m 5th, IAAF World Championships 800m 8th

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, 2009 Aviva European Championships Indoor Trials 400m silver, Aviva World Championships Trials 800m bronze

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: 52.98 (2009), 800m: 1:59.27 (2009)

Biography

Marilyn is a hugely versatile athlete who played lacrosse for England as a junior before pursuing a career in athletics. She started as a 400m runner before moving up to 800m however she hasn't cut all ties with her one lap days and can often be seen running in the 4x400m relay. Okoro has a degree in French and politics from Bath University, used to sing in the jazz band the Felonious Monks, can also speak Spanish and says her first language is Nigerian dialect Igbo.



800M

Funding: Podium

DOB: 23/9/84

Born: Middlesex

Lives: London

Club: Shaftesbury Barnet

Harriers

NPC: Lee Valley

Coach: Ayo Falola

Agent: Stellar

Kit: adidas

Web: twitter.com/mokoro4



ANYIKA ONUORA

International Highlights

2003 European Junior Championships 100m 5th, 4x100m relay silver, 2005 European U23 Championships 200m ht, 2006 Commonwealth Games 100m 4th sf, 4x100m relay silver, European Championships 100m 6th sf, 4x100m relay silver, 2007 World Championships 4x100m relay 4th

National Championships

2002 English Schools U19 Championships 100m gold, 2003 AAA U20 Championships 100m silver, AAA U20 Indoor Championships 200m gold, 2005 AAA U23 Championships 100m bronze, 200m silver, AAA Championships 200m 4th, 2006 AAA Indoor Championships 60m 5th sf, Aviva European Trials 100m silver, 2007 Aviva European Indoor Trials 60m 6th, Aviva World Trials 100m 5th, 200m DNS, 2008 Aviva European Indoor Championships Trials 60m silver, Aviva Olympic Trials 200m 4th, 2009 Aviva European Indoor Trials 60m 5th, Aviva World Championships Trials 200m 4th

Personal Bests

Outdoor – 100m: 11.31 (2006), 200m: 23.13 (2008)
Indoor – 60m: 7.31 (2006)

Biography

Anyika enjoyed a blossoming junior career winning the English School titles in 2001 (intermediates) and 2002 (senior). She relocated to London in time for the start of the 2009 to train with Lloyd Cowan who coached fellow British sprinter Christine Othuruogu to Olympic and world 400m gold. Anyika was chosen to represent Great Britain at the Olympics in 2008 as part of the 4x100m relay team but did not run.

100M

Funding: Podium
DOB: 28/10/84
Born: Liverpool
Lives: London
Club: Liverpool Harriers
NPC: Birmingham
Coach: Lloyd Cowan
Agent: Nuff Respect
Kit:
Web:



EMMA PALLANT

International Highlights

2007 European U20 1500m 4th, 2008 World Juniors 1500m bronze; European Juniors 1500m 4th; World Junior CC 27th; European Junior CC 5th, 2009 European U23 Championships 1500m 7th

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, 2009 Aviva European Championships Indoor Trials 3000m 6th, BUCS Championships 1500m gold, 5000m silver, England U23 Championships 1500m gold, English National Cross Country Championships 8th, Inter Counties Cross Country Championships 17th

Personal Bests

Outdoor – 800m: 2:07.67 (2007), 1500m: 4:09.96 (2009), 3000m: 9:07.28 (2008), 5000m: 16:27.12 (2009), 10km: 34:45 (2009), Half marathon: 76:31 (2009)

Biography

Emma is another one of Kelly Holmes' mentees on her highly successful On Camp with Kelly scheme. She trains alongside British team-mates Steph Twell and Charlotte Purdie at the Aldershot, Farnham and District club. Emma's hobbies include basketball, football, hockey, cricket and swimming. She supports Tottenham Hotspur and can also play the drums.

1500M

Funding: Development
DOB: 4/6/89
Born: Aldershot
Lives: Farnham
Club: Aldershot Farnham & District
NPC: Brunel
Coach: Mick Woods
Agent: PACE
Kit: Nike
Web:

TOM PARSONS

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, 2009 Aviva World Championships Trials high jump bronze

Personal Bests

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

Biography

Tom is a passionate Aston Villa fan and will often be seen wearing his 'lucky' claret and blue Villa socks when competing.

He got into athletics after watching the 1992 Barcelona Olympics and the Championships in his home city of Birmingham as an Aviva National youngster.

Tom – who studied for a BSC in sport and PE at UWIC – says if he wasn't a high jumper he would be a fisherman or a snooker player.



HIGH JUMP

Funding: Podium
DOB: 5/5/84
Born: Birmingham
Lives: Sutton Coldfield
Club: Birchfield Harriers
NPC: Birmingham
Coach: Fuzz Ahmed
Agent: Podium SAC
Kit: adidas
Web: facebook.com/teamparsons

JO PAVEY

International Highlights

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

National Championships

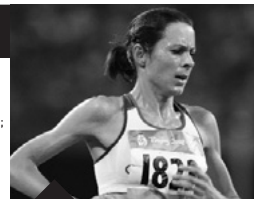
1997 UKA 1500m gold, 2001, 2006 AAA 5000m gold, 2004-5 AAA Indoor 3000m gold, 2007-8 UKA 5000m & 10000m gold

Personal Bests

Outdoor – 800: 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), HM: 68:53 (2008)
Indoor – 1500m: 4:16.3+ (2005), 2000m: 5:41.4 (2005), 3000m: 8:31.50 (2007), 2M: 9:32.00 (2007)

Biography

Formerly Jo Davis, she had intended to make her London Marathon debut in 2009 but pulled out after falling pregnant with her first child. Jo gave birth to 5lb 9oz baby Jacob in September. On the track Jo has been to three Olympic Games and represented Great Britain numerous times at world and European level and England at the Commonwealth Games. Her interests outside of athletics include tennis and boogie boarding and she is a graduate of the University of the West of England.



5000M

Funding: Podium
DOB: 20/9/73
Born: Devon
Lives: Teddington
Club: Exeter Harriers
NPC: Brunel
Coach: Gavin Pavey
Agent: Gavin Pavey
Kit: Nike
Web:



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,
2009 European Indoor Championships 60m 5th

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,
2009 Aviva World Championships Trials 100m 4th, European
Indoor Championships Trials 60m DQ sf

Personal Bests

Outdoor – 100m: 10.14 (2007), 10.08w (2009), 200m: 21.34 (2004),
21.17w (2007) Indoor – 60m: 6.55 (2007)

Biography

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 Craig claimed silver at the European Indoors and the European Under-23 Championships before taking bronze with the 4x100m team at the World Championships in Osaka. He ran a wind assisted 10.08 to finish second to Usain Bolt in Ostrava in June 2009. When not competing, Craig likes to keep track of football, rugby and Formula One.

100M

Funding: Podium
DOB: 16/10/86
Born: Crawley
Lives: Trowbridge
Club: Marshall Milton Keynes
NPC: Brunel
Coach: Malcolm Arnold
Agent: MTC
Kit: adidas
Web:



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, 2009 European U23
Championships 5000m bronze

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,
2009 England U23 Championships 5000m gold, BUCS
Championships 5000m 4th

Personal Bests

Outdoor – 800m: 2:11.1 (2005), 1500m: 4:13.56 (2009), 1M:
4:50.68 (2004), 3000m: 9:06.87 (2006), 5000m: 15:41.00 (2006),
3000mSC: 10:06.12 (2005), Road 5M: 27:38 (2003), 10km: 33:26
(2008) Indoor – 3000m: 9:19.51 (2005)

Biography

A psychology student at Loughborough University, Emily's says becoming a Formula One driver would have been the next best thing after being an athlete. Pro Plus is among her essential kit bag items while she enjoys nothing better than a night in with a film with a tub of Ben & Jerry's, Muhammad Ali and Paula Radcliffe are her sporting idols and Emily spends a lot of her time shopping when she is not in the gym. She has two dogs and can speak French.

5000M, 10000M

Funding: Development
DOB: 1/6/89
Born: Cheltenham
Lives: Loughborough
Club: Stroud AC
NPC: Loughborough
Coach: John Nuttall
Agent: Octagon
Kit: Nike
Web: twitter.com/emilypidgeon

GEMMA PRESCOTT

International Highlights

2005 CP Worlds Discus gold,
2008 Paralympics discus 8th & shot 7th,
2009 German Disability Championships SP F32 bronze

National Championships

2009 BWAA International DT F32 gold and SP F32 gold

Personal Bests

DT 12.45 (2009)
SP 5.21 (2009)

Biography

A wheelchair racer turned thrower Gemma graduated from the University of St Andrews in 2006 with a Masters degree in maths.

She is also involved with her local church in her home town of Warrington and is a keen supporter of rugby league side Widnes Vikings.

Gemma ended 2009 as the official world F32 discus record holder having thrown 12.11m at the German Disability Championships in Sindelfingen in July.



SHOT, F32

Funding: Podium
DOB: 25/9/83
Born:
Lives: Warrington
Club: Unattached
NPC: Lee Valley
Coach: Michael Wood
Agent:
Kit:
Web:

CALLUM PRIESTLEY

International Highlights

2007 European Junior 110m sf,
2009 European U23 Championships 110m bronze

National Championships

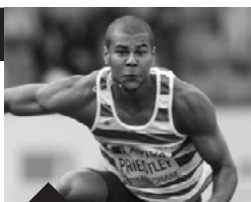
2005 AAA U20 110m 7th; English Schools U17 100m silver,
2006 AAA U20 110m 4th, 2007 UK 110m 5th; English Schools
U19 110m silver; England U20 110m 4th, 2008 England U20
110m 4th, 2009 Aviva European Indoor Championships 60m
bronze, CAU Inter-Counties Championships 110m gold, BUCS
Championships 110m 4th, England U23 Championships 110m
silver, Aviva World Championships Trials 110m silver

Personal Bests

Outdoor – 100m: 11.09/10.9 (2009), 200m: 22.27 (2009), 110m:
13.56 (2009)
Indoor – 60m: 7.06 (2009), 60m: 7.88 (2009)

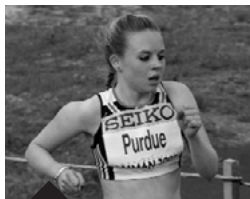
Biography

Arsenal Football Club fan Callum certainly hit the back of the net last season as he won 110m hurdles bronze at the European Under-23 championships in Kaunas, Lithuania. Callum was a promising footballer before devoting his attentions to the track, playing at county level as a youngster. He recorded a new personal best of 13.56 in Loughborough in 2009 and he will be hoping to lower than mark again in 2010. He has tattoos on both his chest and back.



110M HURDLES

Funding: Development
DOB: 13/2/89
Born: London
Lives: London
Club: Woodford Green with
Essex Ladies
NPC: Lee Valley
Coach: Lloyd Cowan
Agent:
Kit:
Web:



CHARLOTTE PURDUE

International Highlights

2007 World Junior CC 15th; European Junior 5000m 10th; European Junior CC bronze, 2008 World Junior CC 16th; European Junior CC silver, 2009 IAAF World Cross Country Championships 14th, European Junior Championships 5000m silver

National Championships

2006 AAA U20 5000m silver; 2007 English U17 CC gold; England U20 3000m silver; 2008 English CC U17 silver; English Schools U19 3000m gold; English Schools U19 silver; 2009 England U20 Championships 1500m bronze, Aviva English Schools Championships 3000m gold, Aviva World Championships Trials 5000m silver, BUCS Championships 10000m gold, Inter Counties Cross Country Championships silver

Personal Bests

Outdoor – 800m: 2:14.52 [2006], 1500m: 4:19.13 [2009], 3000m: 9:18.69 [2009], 5000m: 15:49.25 [2009], 10000m: 33:33.24, 10k Road: 33:07 [2009] Indoor – 3000m: 9:34.65 [2007]

Biography

Charlotte enjoyed a successful 2009 claiming silver in the 5000m at the European Junior Championships, while she was also second at the British Championships and claimed the English Schools' 3000m title. The Windsor-born athlete currently studies history at St Mary's University and would like to one day pursue a career in journalism. The Aldershot, Farnham and District AC teenager claims her coach Mick Woods has had the biggest influence on her career, while she unwinds by hitting the shops and watching the X-Factor.

3000M

Funding: Development
DOB: 10/6/91
Born: Windsor
Lives: Hook
Club: Aldershot Farnham & District
NPC: Brunel
Coach: Mick Woods
Agent:
Kit: Nike
Web: charlottepurdue.com



PAULA RADCLIFFE

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

Outdoor – Marathon: 2:15.25 WR [2003], HM: 65:40 [2003], 3000m: 8:22.20 [2002], 5000m: 14:29.11 [2004], 10000m: 30:01.09 [2002], 400m: 58.9 [1992], 800: 2:05.11 [1995], 1500m: 4:05.37 [2001], 1M: 4:24.94 [1996], Road 10M: 50:01+ [2003], 51:11 [2008]

Biography

Paula ran just two races in 2009 winning the New York half marathon and the full distance marathon in the Big Apple – finishing fourth.

A graduate in European languages from Loughborough University Paula gave birth to her first daughter, Isla, in January 2007.

Paula has been British Female Athlete of the Year an unprecedented five times and was the IAAF World Female Athlete of the Year in 2002 – the same year she was awarded an MBE.

MARATHON

Funding: Podium
DOB: 17/12/73
Born: Northwich
Lives: Loughborough
Club: Bedford & County AC
NPC: Loughborough
Coach: Gary Lough
Agent: Octagon
Kit: Nike
Web: paularadcliffe.com
 twitter.com/paularadcliffe

STEFANIE REID

International Highlights

2008 Beijing Paralympic Games 200m Bronze, 2007 IWAS World Championships, Tapei Long Jump Silver (CR); 100m Bronze; 200m 5th.

Personal Bests

100m: 14.34, 200m: 28.85, LJ: 4.81m

Biography

New Zealand-born Stefanie now lives in Dallas, Texas and works as a performance nutritionist.

The sprinter has a degree in biochemistry and life sciences from Queen's University and has carried out some graduate work in theology.

Stefanie grew up playing rugby, basketball and volleyball as well as swimming and cross country running.

After losing her foot during a boating accident, she took up sprinting while at university.



200M, LJ

Funding: Podium
DOB: 26/10/1984
Born:
Lives: Dallas, USA
Club:
NPC: Lee Valley
Coach: Brett Lumley
Agent:
Kit:
Web: paralympians.com

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, 2009 IAAF World Championships 800m 7th sf

National Championships

2000 AAA U15 gold, 2001-2 AAA U17 gold, 2005 AAA U20 gold, 2006 AAA gold, 2007-8 UKA gold, 2009 Aviva World Championships Trials 800m gold

Personal Bests

Outdoor – 400m: 48.0 [2005], 800m: 1:44.68 [2008], 1000m: 2:19.77 [2008], 1500m: 3:45.71 [2007]

Biography

Wearing his trademark lucky t-shirt under his racing vest, Rimmer missed out on a place in the final of the 800m at the World Championships in Berlin last year. He is a keen supporter of Liverpool Football Club and used to collect vinyl records when he worked as a DJ. His chosen university degree is History, which he studied at Liverpool John Moores.

Michael won the British Championships in Birmingham in July and recorded a season's best of 1:46.13 at Crystal Palace at the Aviva London Grand Prix in 2009.



800M

Funding: Development
DOB: 3/2/86
Born: Southport
Lives: Southport
Club: Liverpool Pembroke & Sefton
NPC: Birmingham
Coach: Norman Poole
Agent: PACE
Kit: Nike
Web:



MARTYN ROONEY

International Highlights

2005 European Junior 400m silver & 4x400m gold,
2006 World Juniors 400m & 4x400m bronze,
2008 Olympics 400m 6th & 4x400m 4th,
2009 IAAF World Championships 400m 7th sf2, 4x400m relay silver

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: 7.12 (2009)

Biography

Football fan Martyn is aiming to put another injury-ravaged season behind him in 2010.

The Crystal Palace supporter struggled to regain his race sharpness in time for the World Championships in Berlin and he exited at the semi-final stage before taking silver in the 4x400m relay.

An injury-free season coupled with medals at the European Championships and the Commonwealth Games will be Martyn's aim in 2010.

400M

Funding: Podium
DOB: 3/4/87
Born: Croydon
Lives: Loughborough
Club: Croydon Harriers
NPC: Loughborough
Coach: Nick Dakin
Agent: Joe Rafferty
Kit: Nike
Web: martynrooney.com
twitter.com/martynrooney



BEN RUSHGROVE

International Highlights

2005 Europeans 200m 6th & 100m 7th,
2006 Worlds 200m bronze,
2007 Paralympic World Cup 200m gold,
2008 Paralympics 100m silver,
2009 Paralympic World Cup 100m gold, German Disability Championships 100m 6th

Personal Bests

Outdoor – 100m: 12.35 (2008), 200m: 25.17 (2007)
Indoor – 60m: 7.98 (2007)

Biography

Ben lives and trains in Bath but is not affiliated to any club. He finished a BSC in Sport Performance at Bath University in 2009 and was encouraged to get into athletics through his PE teacher at school.

His favourite film is Gladiator and his perfect evening's entertainment would either consist of a good film or a good meal.

Masterchef and Top Gear rank among Ben's favourite TV programmes and his highlight of 2009 was winning 100m gold at the Paralympic World Cup in May.

100M, T36

Funding: Podium
DOB: 23/2/88
Born: Bath
Lives: Bath
Club: Unattached
NPC: Brunel
Coach: Robert Ellchuk
Agent:
Kit: Running Bath
Web:

GREG RUTHERFORD

International Highlights

2005 European U20 gold,
2006 Commonwealth Games 8th; Europeans silver,
2007 Worlds 21st,
2008 Olympics 10th
2009 IAAF World Championships 5th, European Athletics Indoors Championships 6th [All long jump]

National Championships

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

Personal Bests

Outdoor – 100m: 10.38 (2005), LJ: 8.30 (2009)
Indoor – 60m: 6.68 (2009), LJ: 8.00 (2009)

Biography

Greg was a revelation at the World Championships in Berlin last year, taking the British record with a leap of 8.30m on the way to fifth place. He was a budding footballer as a youngster and had a trial with Aston Villa. Greg recently switched coach to Dan Pfaff and now trains out of the NPC in North London.



LONG JUMP

Funding: Podium
DOB: 17/11/86
Born: Milton Keynes
Lives: Milton Keynes
Club: Marshal Milton Keynes
NPC: Lee Valley
Coach: Dan Pfaff
Agent: Stellar
Kit: Nike
Web: twitter.com/GregJRutherford

TOBY SANDEMAN

International Highlights

2009 European U23 Championships 200m gold

National Championships

2007 England Athletics U20 Championships 200m 8th,
2009 Aviva World Championships Trials 200m gold, England U23 Championships 200m gold, CAU Inter Counties 200m gold

Personal Bests

Outdoor – 100m: 10.46 (2009), 200m: 20.37 (2009)
Indoor – 60m: 7.16 (2006)

Biography

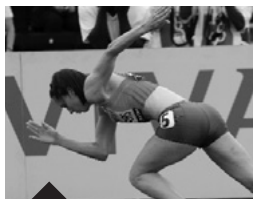
Toby enjoyed an unforgettable 2009 as he was crowned British 200m champion for the first time and topped the podium at the European Under-23 Championships in both the half lap and 4x100m relay. Unfortunately a foot problem ruled him out of the World Championships.

Hammersmith-born Toby is also a model and did a photo shoot alongside Naomi Campbell for Vogue, while he has also worked for Ralph Lauren and Calvin Klein. Toby lived in Barbados from the age of six to 15 before returning to England on a rugby scholarship. He turned his attention to athletics after falling in love with the sport at the English Schools' Championships. Toby was unbeaten at 200m last year.



200M

Funding: Development
DOB: 2/3/88
Born: London
Lives: London
Club: Thames Valley
NPC: Lee Valley
Coach: Linford Christie
Agent:
Kit:
Web:



NICOLA SANDERS

International Highlights

1999 World Youths 400m 4th; European Junior 400m bronze, 2000 World Juniors 400m ht; Commonwealth Youth Games 400m gold, 2005 Worlds 400m sf & 4x400m bronze, 2006 Commonwealth Games 400m 4th; Europeans 400m 6th & 4x400m 4th, 2007 European Indoors 400m gold & 4x400m bronze; Worlds 400m silver & 4x400m bronze, 2008 Olympics 400m sf & 4x400m 5th, 2009 IAAF World Championships 400m 4th sf2, 4x400m relay 4th, IAAF World Athletics Final 400m 4th

National Championships

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

Personal Bests

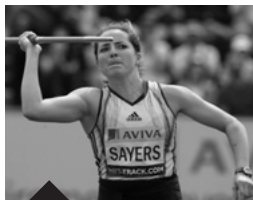
Outdoor – 100m: 12.15, 11.89w [1998], 200m: 23.89 [2009], 300m: 36.17+ [2007], 400m: 49.65 [2007], 800m: 2:03.41 [2009], 100m: 15.0 [2002], 400m: 55.32 [2006], Hept: 4285 [1999]
 Indoor – 60m: 7.92 [1998], 200m: 23.31+ [2007], 300m: 36.0+ [2007], 400m: 50.02 [2007]

Biography

Injury again interrupted Nicola's season in 2009 but she did recover in time to reach the World Championship semi-final in Berlin. Her time of 50.45 proved to be her season's best. She ended 2009 on a high, finishing fourth in the World Athletics Final in Greece ahead of British rival Christine Ohuruogu.

400M

Funding: Podium
DOB: 23/6/82
Born: High Wycombe
Lives: Bourne End
Club: Windsor Slough Eton & Hounslow
NPC: Brunel
Coach: Tony Lester
Agent: JCCM
Kit: Nike
Web:



GOLDIE SAYERS

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, 2009 IAAF World Championships JT 13th q [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, 2009 Aviva World Championships Trials JT gold

Personal Bests

JT 65.75 [2008]

Biography

An avid watcher of all sports, Goldie admits to having a 'bizarre appreciation of cricket'. If the Belgrave Harrier wasn't busy with the javelin, she would have liked to have been a drummer in a band.

Her only highlight of 2009 was recovering from a stress fracture to make the British team for the World Championships in Berlin.

Goldie is juggling her training with a Chartered Institute of Marketing Professional Diploma having already achieved a first class honours degree in sport and exercise science from Loughborough University.

JAVELIN

Funding: Podium
DOB: 16/7/82
Born: Newmarket
Lives: Cambridge
Club: Belgrave Harriers
NPC: Loughborough
Coach: Mark Roberson
Agent: Mission Sport
Kit: adidas
Web: goldiesayers.com

SALLY SCOTT

International Highlights

2008 GBR v Netherlands [Indoor] 6th
 2009 European Junior Championships PV 10th

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, 2009 Aviva World Championships Trials 7th, Aviva European Indoor Championships Trials bronze [All pole vault]

Personal Bests

Outdoor: PV 4.06 [2009] Indoor: PV 4.14 [2009]

Biography

Despite representing Trafford, Sally remains a proud Geordie at heart and lists Newcastle United as her favourite football team – both her father and grandfather even played for the Magpies.

As well as excelling in the pole vault, Sally is also a dab hand in the dojo after earning a black belt in karate at the age of 11.

When she's not watching her favourite TV programme Sex and the City, Sally loves nothing more than playing with her dog Charlie.

Sally has set a top eight finish at the World Junior Championships as her target for 2010.



POLE VAULT

Funding: Development
DOB: 12/4/91
Born: Newcastle
Lives: Morpeth / Loughborough
Club: Trafford
NPC: Loughborough
Coach: Steve Rippon
Agent:
Kit:
Web:

PERRI SHAKES DRAYTON

International Highlights

2006 World Juniors 400m 8th, 2007 European Junior silver, 2009 European U23 Championships 400m gold, IAAF World Championships 400m 7th sf2

National Championships

2006 England U20 400m gold, 2007 England U20 400m silver, 2008 UKA 400m gold, 2009 Aviva World Championships Trials 400m silver, England U23 Championships 400m gold, BUCS Championships 200m 1st, Aviva European Indoor Championships Trials 60m 6th

Personal Bests

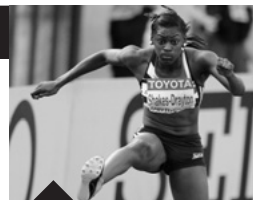
Outdoor – 100m: 14.07 [2008], 100m: 11.78 [2009], 200m: 24.04/23.74w [2009], 400m: 51.81 [2009], 400m: 55.26 [2009] Indoor – 60m: 7.44 [2009]

Biography

If she wasn't an athlete Perri would rather be walking up and down the catwalks as a model. A student at Brunel University studying sports science and spends her time in front of the TV watching America's Next Top Model.

She'd love to learn Spanish and enjoys going to the cinema and comedy shows.

Her highlight of 2009 was a gold medal at the European Under-23 Championships in Lithuania.



400M HURDLES

Funding: Development
DOB: 21/12/88
Born: London
Lives: London
Club: Victoria Park & Tower Hamlets
NPC: Lee Valley
Coach: Christopher Zah
Agent: MTC
Kit: Nike
Web:



WILLIAM SHARMAN

International Highlights

2005 European U23 Championships 110m 4th, 2006 European Championships 110m 4th h1, 2007 World Student Games 110m 8th sf2, 2009 IAAF World Championships 110m 4th

National Championships

2005 AAA Championships 110m 4th, AAA U23 Championships 110m silver, 2006 Aviva European Championships Trials 110m silver, AAA U23 Championships 110m gold, 2007 Aviva European Trials 60m bronze, Aviva World Championships Trials 100m bronze, 2008 Aviva Indoor Trials 60m 4th, Aviva Olympic Trials 100m bronze, 2009 Aviva European Championships Indoor Trials 60m DQ, Aviva World Championships Trials 110m 4th

Personal Bests

Outdoor – 100m: 10.86/10.74w (2005), 200m: 21.59 (2006), 400m: 48.53 (2005), 110m: 13.30 (2009), HJ: 2.08m (2005), PV: 4.00m (2005), LJ: 7.08/7.15mw (2005), Decathlon: 7384 (2005) Indoor – 60m: 6.89 (2007), 60m: 7.69 (2009)

Biography

A classically trained pianist, Lagos-born William lives in Nottingham and trains in Loughborough. He holds a degree in economics, a Masters in banking and finance, worked as a time-keeper on Gladiators and has a young son called Joshua.

Sharman announced his arrival on the world stage with a fourth-place finish in the 110m final at the World Athletics Championships – becoming the fifth fastest British hurdler of all time in the process.

110M HURDLES

Funding: Podium
DOB: 12/9/84
Born: Lagos, Portugal
Lives: Nottingham
Club: Belgrave Harriers
NPC: Loughborough
Coach: Jerzy Maciukiewicz
Agent: JCCM
Kit:
Web: williamsharman.com
twitter.com/williamsharman



VICTORIA SILK

International Highlights

2009 Paralympic World Cup DT 4th, SP 4th; IWAS Junior Championships DR gold, SP gold; World Dwarf Games JT gold, DT gold, SP silver

National Championships

2009 Dwarf AA UK National Games DT gold, SP gold

Personal Bests

DT: 18.04m (2009), JT: 16.42m (2009), SP: 6.14m (2009)

Biography

Victoria got into athletics thanks to the Dwarf Athletic Association and won double gold at the IWAS World Junior Games and the World Dwarf Games in 2009.

Away from the track Victoria is a keen swimmer and teaches young children at a local swimming club in her home town of Folkestone in Kent.

Victoria is currently studying for her A-levels at Pent Valley Technology College and can boast the unusual talent of licking her elbow.

SHOT, F40

Funding: Development
DOB: 01/12/91
Born: Ashford
Lives: Folkestone
Club: Ashford Athletics Club
NPC:
Coach: Edward Hawkins
Agent:
Kit:
Web:

JEMMA SIMPSON

International Highlights

2000 Commonwealth Youth gold, 2002 World Juniors 4th, 2003 European Juniors bronze, 2005 European U23 silver, 2006 Commonwealth Games 6th, Europeans sf, 2007 Worlds sf 2008 World Indoors 1500m ht; Olympics ht, 2009 IAAF World Championships 800m 5th sf1, IAAF World Athletics Final 800m 7th

National Championships

2000 AAA Indoor U17 800m gold, 2000, 2002-3 AAA U20 800m gold, 2007 UKA 800m gold, 2008 UKA Indoor 1500m gold. 2009 Aviva World Championships Trials 800m gold

Personal Bests

Outdoor – 400m: 55.8 (2001), 800m: 1:59.07 (2009), 1500m: 4:10.08 (2007) Indoor: 800m: 2:01.25 (2008), 1500m: 4:11.17 (2008)

Biography

Jemma has represented Great Britain at senior Olympic, World and European level and also competed for England at the 2006 Commonwealth Games in Melbourne. She followed coach Mark Rowland to Oregon, America after her Olympic debut in Beijing but still keeps her ties with England. Jemma has a degree in English literature combined with media studies from St Mary's University College and her mother represented Great Britain in the World Championships in Karate.



800M, 1500M

Funding: Development
DOB: 10/2/84
Born: Plymouth
Lives: Oregon
Club: Newquay & Par
NPC: Brunel
Coach: Mark Rowland
Agent: PACE
Kit: Nike
Web: jemmiasimpson.com
twitter.com/jemmiasimpson

HAZEL SIMPSON

International Highlights

1998 Worlds 400m silver & 100m bronze, 2000 Paralympics 100m gold & 400m 4th, 2002 Worlds 100m silver & 200m silver, 2003 Europeans 100m gold & 200m gold, 2004 Paralympics 100m silver & 200m silver, 2005 Europeans 100m gold & 200m silver, 2006 Worlds 200m bronze & 100m 4th, 2008 Paralympic World Cup 200m 5th & 100m 4th, 2008 Paralympics 200m bronze & 100m bronze 2009 Paralympic World Cup 100m 5th, 200m 5th

Personal Bests

Outdoor – 100m: 15.19 (2004), 200m: 31.98 (2004)

Biography

Hazel has been at the forefront of British athletics for a decade and was again among the medals at the Paralympics in 2008 – winning two bronze medals.

She lists Marley & Me as her favourite film and enjoys spending her evenings having dinner with friends.

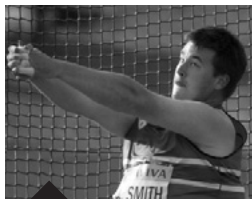
Away from the track, shopping and music feature highly on the to-do list while Donna Fraser is Hazel's sporting idol.

A former swimmer Hazel's 2010 hopes are simple – setting more personal bests.



200M, T36

Funding: Podium
DOB: 22/8/79
Born: Sunderland
Lives: Haughton-le-Spring
Club: Jarrow & Hebburn AC
NPC: Loughborough
Coach: Matthew Wood
Agent:
Kit:
Web:



ALEX SMITH

International Highlights

2004 Commonwealth Youth Games gold,
2005 World Youth bronze,
2006 World Juniors 10th,
2007 European Juniors 4th (All hammer),
2009 European U23 Championships HT 7th

National Championships

2006 AAA U20 gold, 2007 England U20 gold,
2008 England U23 silver; UKA bronze,
2009 Aviva World Championships Trials HT gold

Personal Bests

Outdoor - HT 70.40 (2009)

Biography

Electrical technician Alex only got into athletics to break up his rugby league commitments.

The Sale Harrier finished seventh in the finals of the European Under-23 Championships in Kaunas and names his dad as his biggest influence.

A former student at Loughborough University, Alex is a big fan of Coronation Street and his favourite film is Step Brothers.

HAMMER

Funding: Development

DOB: 6/3/88

Born: Hull

Lives: Hull

Club: Sale Harriers

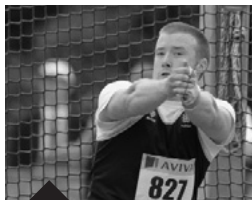
NPC: Loughborough

Coach: Shane Peacock

Agent:

Kit:

Web:



PETER SMITH

International Highlights

2006 ISF World Gymnasiade Championships HT 4th, 2007 IAAF World Youth Championships HT 6th, 2008 Commonwealth Youth Games HT gold, 2009 European Junior Championships HT 8th

National Championships

2005 AAA U17 Championships HT gold; English Schools Championships HT 6th, 2006 AAA U17 Championships HT gold, English Schools Championships HT gold, 2007 England Athletics U20 Championships HT gold, 2008 Aviva Olympic Trials HT 11th, England Athletics Open U20 Championships HT gold, 2009 Aviva World Championships Trials HT gold, England U20 Championships HT gold

Personal Bests

HTU20: 75.67m (2009), HT: 56.38m (2009), DTU20: 38.82m (2008), DT: 38.71m (2008), SPU20: 12.20m (2008)

Biography

Athletics runs in the family for Peter with older brother, Alex, a Commonwealth Youth Games gold medalist and a World Youth Championships bronze medalist in the hammer. He is coached by his dad Dave, who won Commonwealth hammer gold in 1986, and Peter regards him as the biggest influence on his career to date. Peter – a graduate from Hull College – is currently doing an apprenticeship to become an electrician and used to play rugby league.

HAMMER

Funding: Development

DOB: 20/7/90

Born: Hull

Lives: Hull

Club: Birchfield Harriers

NPC: Loughborough

Coach: Dave Smith

Agent:

Kit:

Web:

KELLY SOTHERTON

International Highlights

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

National Championships

1995 AAA U20 heptathlon gold, 2001-3 AAA Indoor pentathlon gold, 2002 AAA long jump gold, 2005-6 AAA long jump gold, 2007 UKA long jump gold, 2008 UKA long jump silver & high jump bronze; UKA Indoor long jump gold & high jump bronze, 2009 Aviva World Championships Trials HJ bronze, LJ 5th, SP 8th, Aviva European Indoor Championships Trials SP silver, 60m silver, HJ 6th

Personal Bests

Outdoor - Hept: 6547 (2005), 100m: 11.85, 11.80w (1997), 11.8 (2002), 200m: 23.39 (2008), 400m: 52.19 (2008), 800m: 2:07.34 (2008), 1000m: 13.18 (2008), 400m: 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: 7.56 (2009), 100m: 11.93 (2005), 200m: 23.71 (2006), 300m: 38.4 (2008), 400m: 52.47 (2008), 800m: 2:09.95 (2008), 60m: 8.17 (2008), 100m: 13.48 (2006), HJ: 1.88 (2007), LJ: 6.53 (2006), SP: 14.57 (2007), Pent: 4927 (2007)

Biography

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, and it was later revealed she had won despite a broken bone in her back. As a youngster Kelly won two English Schools' titles, while she also found time to play netball for Hampshire. Her 2009 season was heavily disrupted by injury and she missed both the European Indoor Championships and World Championships.



HEPTATHLON

Funding: Podium

DOB: 13/11/76

Born: Isle of Wight

Lives: Birmingham

Club: Birchfield Harriers

NPC: Birmingham

Coach: Aston Moore

Agent: MTC

Kit: Nike

Web: twitter.com/KellySotherton

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)

Biography

Andrew is the son of ITV's 'This Morning' doctor Chris Steele while his brother is a professional musician who has played for Brand New Heavies and Errol Brown.

Andrew was a promising English Schools athlete before making a major breakthrough in 2007 when he won the British 400m title in a time of 45.70.

Despite pulling out of the Olympic trials final in Birmingham in 2008, Steele went on to reach the semi-finals at the Olympic Games in Beijing. Steele was sidelined for much of 2009 through injury.



400M

Funding: Podium

DOB: 19/9/84

Born: Manchester

Lives: Manchester

Club: Sale

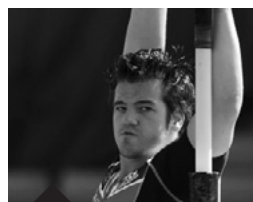
NPC: Birmingham

Coach: Stephen Ball

Agent: Dave Thomas

Kit:

Web: twitter.com/AndrewSteele



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,
2009 IWAS Junior Championships DT silver, German Disability Championships DT 4th, JT bronze, SP gold, Paralympics World Cup SP 6th

Personal Bests

JT 38.56 [2008], SP 12.64 [2008], DT 40.73 [2009]

Biography

Coached by Anthony Hughes, shot, javelin and discus specialist
Nathan is studying sports coaching at UWIC.

A keen follower of Cardiff Devils ice hockey team and Manchester United, he won javelin and shot gold and discus silver at the IWAS Junior Championships in July 2009.

As well as dabbling with the saxophone, Nathan is interested in surfing and volleyball.

JAVELIN, SHOT, DISCUS, F57

Funding: Podium
DOB: 4/11/88
Born: Bridgend
Lives: Penarth
Club: FDSW
NPC: WIS
Coach: Anthony Hughes
Agent:
Kit:
Web:



RICHARD STRACHAN

International Highlights

2005 European U20 Championships 4x400m relay gold, 2007 Spar European Cup 4x400m relay, 2009 Spar European Team Championships 4x400m relay

National Championships

2008 Aviva Olympic Trials 400m 4th, Aviva Indoor Trials 400m bronze, 2009 Aviva World Championships Trials 40m 4th, Aviva European Championships Indoor Trials 400m 5th, CAU Inter Counties Championships 200m 5th, 400m silver

Personal Bests

Outdoor – 100m: 10.94 [2006], 200m: 21.57 [2009], 400m: 45.74 [2009]
Indoor – 60m: 6.91 [2009]

Biography

Richard made a big impression on the track in 2009 and is hoping for more of the same this year. As well as recording a new personal best of 45.74 in Holland in June, he also finished fourth at the British Championships in Birmingham a month later. The reward for his impressive form was a place on the relay squad at the Spar European Team Championships in Portugal. And with the European Championships and Commonwealth Games on the horizon, Richard has set his sights on an individual berth in the Great Britain squad in 2010.

400M

Funding: Podium
DOB: 18/11/86
Born: Leeds
Lives: Leeds
Club: Trafford
NPC: Loughborough
Coach: Stephen Ball
Agent:
Kit:
Web:

CHARLENE THOMAS

International Highlights

2009 IAAF World Championships 1500m 10th h1

National Championships

2006 Aviva European Trials 800m 7th,
2007 Aviva World Trials 1500m silver,
2008 Aviva Olympic Trials 1500m 5th,
2009 Aviva European Indoor Championships Trials 3000m 4th,
Aviva World Championships Trials 1500m gold

Personal Bests

Outdoor – 400m: 56.75 [2008], 800m: 2:01.87 [2009], 1500m: 4:05.06 [2009]
Indoor – 3000m: 9:01.63 [2009]

Biography

Charlene made her bow on the big stage last year as she qualified for the World Championships in Berlin.

She was a shock winner at the British Championships – which doubled up as the world trials – in Birmingham beating Hannah England and Steph Twell to the post.

But she missed out on qualification to the semi-finals at the World Championships after she lost her shoe in a collision in the heats. Charlene is a textiles teacher in Yorkshire.



1500M

Funding: Podium
DOB: 6/5/82
Born: Yorkshire
Lives: Menston, Leeds
Club: Wakefield Harriers
NPC: Sheffield
Coach: Aaron Thomas
Agent:
Kit:
Web:

KADI-ANN THOMAS

International Highlights

2003 European Juniors 4x100m silver; World Youths 100m 6th,
2005 European Juniors 100m ht,
2007 European U23s 200m sf,
2009 Spar European Team Championships 100m 6th, 2005 European U20 Championships 4x100m relay silver

National Championships

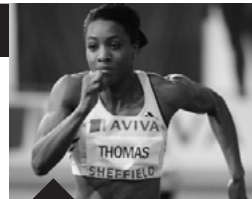
2006 England 100m 4th,
2007 England U20 100m gold; England U20 Indoor 60m bronze,
2008 England U23 100m bronze,
2009 Aviva World Championships Trials 100m silver, 200m bronze, CAU Inter Counties Championships 100m silver, Aviva European Indoor Championships Trials 4th

Personal Bests

Outdoor – 100m: 11.41 [2008], 200m: 23.22w [2008], 23.28 [2007]
Indoor: 60m: 7.39 [2007]

Biography

Kadi is a part-time Pilate's instructor and flower arranging is one of her hobbies. The highlight of her 2009 campaign was a second-place finish at the British Championships in Birmingham in July. A big fan of the TV programme America's Next Top Model, her perfect night would be at home with a face mask, chicken wings and X-Factor.



100M

Funding: Podium
DOB: 10/2/86
Born: Mandeville, Jamaica
Lives: Hounslow
Club: Marshall Milton Keynes
NPC: Brunel
Coach: Tony Lester
Agent:
Kit:
Web: kadi-annthomas.co.uk

KATARINA THOMPSON

International Highlights

2009 IAAF World Youth Championships Hept gold, European Junior Championships Hept 8th, CE International Indoor Pentathlon gold

National Championships

2008 England U20 heptathlon gold; England U17 high jump & long jump gold; England U17 Indoor 300m, high jump & long jump gold; 2009 England U20 Championships LJ bronze, HJ gold, England U17 Championships LJ gold, HJ gold, Avia England Athletics U17 Indoor Championships HJ gold, LJ gold

Personal Bests

Outdoor – 100m: 12.35 (2008), 100mH: 14.65 (2009), 12.2 (2009), 200m: 24.34 (2009), 800m: 2:21.68 (2008), HJ: 1.82 (2009), LJ: 6.31 (2009), SP: 10.95 (2009), DT: 16.20 (2006), JT: 33.77m (2009), Hept: 5481 (2009), Hept U18: 5780 (2009), Hept U17: 5146 (2008), Indoor – 60m: 7.76 (2009), 800m: 2:18.18 (2009), 60mH: 8.95 (2009), LJ: 6.11 (2008), SP: 10.15 (2009), Pent: 4092 (2009)

Biography

Promising heptathlete Katarina burst onto the scene in 2009 by taking World Youth Championship gold in Bressanone, Italy in July. It proved to be a golden year for the heptathlete as her biggest influence in the sport, Jess Ennis, then went on to win World Championship gold in Berlin.

The A-level student is currently studying English literature and PE while her hobbies include reading, shopping and listening to music.

She can also play the piano – but only at a basic level.

HEPTATHLON

Funding: Development

DOB: 9/1/93

Born: Liverpool

Lives: Liverpool

Club: Liverpool Harriers AC

NPC: Birmingham

Coach: Mike Holmes/
Toni Minichiello

Agent:

Kit: adidas

Web:

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, 2009 IAAF World Championships 400m 7th sf3, 4x400m relay silver

National Championships

2001 AAA U20 400m gold, 2004 AAA Indoor 400m gold, 2006 AAA Indoor 400m gold, 2009 Avia World Championships Trials 400m gold

Personal Bests

Outdoor – 100m: 10.70 (2007), 200m: 21.31 (2006), 400m: 45.01 (2005), 800m: 1:53.6 (2001)
Indoor – 200m: 21.48+ (2007), 400m: 45.90 (2006)

Biography

Rob was a promising footballer as a youngster before focussing on athletics.

He picked up major silverware in 2009 when he scooped silver in the 4x400m relay at the World Championships in Berlin.

A supporter of Southampton Football Club Rob has a management sciences and accounting degree from the University of Southampton and idolises multi-Olympic and world champion Michael Johnson.

400M

Funding: Podium

DOB: 20/12/83

Born: Lincoln

Lives: Basingstoke

Club: Basingstoke & Mid Hants

NPC: Brunel

Coach: Todd Bennett

Agent: Stellar

Kit:

Web:

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, World Indoors silver; Olympics 27th (All long jump), 2009 IAAF World Championships LJ 8th, IAAF World Athletics Final LJ 7th, Spar European Team Championships LJ 5th, European Champion Clubs Cup LJ gold

National Championships

2000-1, 2003-4 AAA Indoor gold, 2004 AAA gold, 2007 UKA gold, 2008 UKA Indoor gold (All long jump), 2009 Avia World Championships Trials LJ gold, Avia European Indoor Championships Trials LJ gold

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: 6.84 (2009), LJ: 8.18 (2008), TJ: 15.31 (2000)

Biography

Football-fan Chris now lives in Notting Hill after relocating from his native north east. The world indoor champion missed out on adding an outdoor medal to his collection in 2009 finishing eighth at the World Championships in Berlin. Chris is an avid follower of Middlesbrough Football Club and married West End actress and former Miss Newcastle Lucia Rovardi in 2008.

ANDY TURNER

International Highlights

2006 European Championships 110mH bronze, European Cup 110mH silver, Commonwealth Games 110mH bronze, 2007 European Indoor Championships 60mH 4th, IAAF World Championships 3rd sf1, Spar European Cup 110mH silver, 2008 Olympic Games 110mH 5th q2, IAAF World Athletics Final 110mH 7th, 2009 European Indoor Championships 60mH 4th, Spar European Team Championships 110mH silver, IAAF World Championships 110mH 5th h1, IAAF World Athletics Final 5th

National Championships

2004 AAA Indoor Championships 60mH 4th, 2005 AAA Indoor Championships 60mH silver, AAA Championships 110mH silver, 2006 Avia European Championships Trials 110mH gold, AAA Indoor Championships 60mH gold, 2008 Avia Indoor Trials 200, 3rd sf1, Avia Olympic Trials 110mH gold; Avia European Indoor Trials 60mH gold, Avia World Trials 110mH gold, 2009 Avia European Indoor Championships Trials 60mH DQ, Avia World Championships Trials 110mH gold

Personal Bests

Outdoor – 100m: 10.32 (2009), 10.3 (2007), 200m: 20.93 (2006), 400m: 49.1 (2006), 110mH: 13.27 (2007), 13.24w (2006), 13.2 (2009), LJ: 7.23w (1997)
Indoor – 60m: 6.79 (2009), 60mH: 7.55 (2007)

Biography

Andy suffered a frustrating 2009 and saw his chances of a medal at the World Championships in Berlin ruined by a hamstring injury. A Nottingham Forest fan Andy's only hobby outside of athletics is football. His favourite film is The Shawshank Redemption and he hasn't had a pet since his guinea pig 'did a runner'. His perfect night in would consist of a pizza and a DVD while his three essential kit bag items are his spikes, his iPod and Red Bull.

LONG JUMP

Funding: Podium

DOB: 15/9/81

Born: Middlesbrough

Lives: London

Club: Newham & Essex Beagles

NPC: Lee Valley

Coach: Frank Attoh

Agent: Nuff Respect

Kit: adidas

Web:

110M HURDLES

Funding: Podium

DOB: 19/9/80

Born: Nottingham

Lives: Sutton

Club: Sale

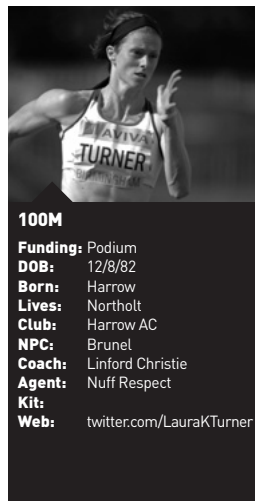
NPC: Lee Valley

Coach: Lloyd Cowan

Agent: PACE

Kit: Nike

Web:



LAURA TURNER

International Highlights

2003 European U23 4x100m 6th, 2005 Worlds 4x100m ht; World University Games 5th, 2006 World University Games 100m 4th & 4x100m silver; Commonwealth Games 100m 4th; Europeans 4x100m silver, 2007 Worlds 4x100m 4th & 100m sf, 2008 Olympics 100m ht; World Indoors 60m sf, Spar European Team Championships 4x100m relay second, IAAF World Championships 4x400m relay 6th

National Championships

2004 AAA U23 200m gold, 2005 AAA 100m gold, 2007 UKA Indoor 60m gold, 2008 UKA Indoor 60m gold, 2009 Aviva World Championships Trials 100m DQ, 200m 8th, CAU Inter Counties Championships 100m gold

Personal Bests

Outdoor – 100m: 11.19, 11.09w [2007], 200m: 23.29 [2007]
Indoor – 60m: 7.25 [2007]

Biography

Laura was a sprint hurdler in her early career before concentrating on the flat in 2002. Her career highlight is reaching the semi-finals of the World Championships in Osaka in 2007 and she followed that up by qualifying for the Olympic Games in Beijing in 2008. Having been at Brunel University where she studied for an MSC in physiology, she now works as a part-time health adviser. Laura is also a keen musician and can boast the ability to play the flute, clarinet and saxophone.

100M

Funding: Podium
DOB: 12/8/82
Born: Harrow
Lives: Northolt
Club: Harrow AC
NPC: Brunel
Coach: Linford Christie
Agent: Nuff Respect
Kit:
Web: twitter.com/LauraKTurner



STEPHANIE TWELL

International Highlights

2005 World Junior CC 60th; European Junior CC 7th, 2006 World Junior CC 31st; World Juniors 1500m 8th; European Junior CC gold, 2007 European Junior 1500m silver; European Junior CC gold, 2008 World Juniors 1500m gold; Olympics 1500m ht; European Junior CC gold, 2009 IAAF World Championships 1500m 12th h3, Spar European Team Championships 3000m 4th, IAAF World Cross Country Championships 38th

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, 2009 Aviva World Championships Trials 1500m silver, BUCS Championships 5000m gold, English National Cross Country gold

Personal Bests

Outdoor – 400m: 58.19 [2006], 800: 2:03.80 [2009], 1500m: 4:03.48 [2009], 1M: 4:28.16 [2007], 3000m: 8:50.89 [2008], 5000m: 15:18.46 [2009], 10km Road: 32:35, HM: 77:27

Biography

Steph wears a lucky 2012 pin badge every day and hit the headlines in 2009 after choosing to switch her allegiance from England to Scotland in time for the 2010 Commonwealth Games in India. The Aldershot, Farnham and District athlete will be looking to put a difficult 2009 behind her this year having bowed out of the 1500m heats at the World Championships in Berlin. Steph made history in 2008 as the first athlete to win three consecutive European Junior Cross Country titles and is currently studying strength and conditioning science at St Mary's University College.

1500M

Funding: Development
DOB: 17/8/89
Born: Colchester
Lives: Farnborough
Club: Aldershot Farnham & District
NPC: Brunel
Coach: Mick Woods
Agent: PACE
Kit: Nike
Web:

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, 2009 BWAA International 100mWC gold, 400mWC gold, 1500mWC gold, Paralympic World Cup 800m silver, 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, 400m: 46.02 [2008], 800m: 1:33.09, 1500m: 2:55.72 [2007], 5000m: 9:54.82 [2007], Marathon: 1:27.46 [2007]

Biography

David celebrated the start of 2009 by being awarded a MBE before surrendering his London Marathon crown for the first time in three years to Australian Kurt Fearnley. He took up athletics aged eight and made his Paralympic debut nine years later in Atlanta but dropped out of the sport for a few years and missed the next Games in Sydney in 2000. David returned to athletics in style winning 100m silver and 200m bronze at the Athens Paralympics in 2004 before claiming four golds in Beijing to become one of Britain's greatest Paralympians.



400M, 800M, 1500M, 5000M & MARATHON, T54

Funding: Podium
DOB: 5/6/79
Born: Surrey
Lives: Wallington
Club: Unattached
NPC: Brunel
Coach: Jenny Archer
Agent: N/A
Kit: adidas
Web:

DANIEL WEST

International Highlights

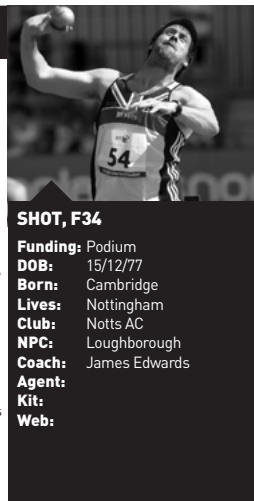
1996 Paralympics shot bronze, 1998 Worlds shot silver, 2000 Paralympics Sydney discus bronze, 2003 Europeans shot bronze, 2002 Worlds shot silver & discus bronze, 2004 Paralympics discus silver, 2005 Europeans discus bronze, 2006 Worlds discus silver & shot silver, 2008 Paralympic World Cup shot gold, 2008 Paralympics discus 6th & shot 8th, 2009 Paralympic World Cup SP gold, BWAA International SP gold, German Disability Championships SP 4th

Personal Bests

Discus 40.16m [2007] Shot 11.13m [2008]

Biography

As a youngster Daniel competed in both wheelchair basketball and swimming before decided to concentrate on athletics – in particular shot-put and discus. Daniel has a degree in leisure studies with sports development from Colchester Institute and is works part-time as an information and communications officer for EFDS at Loughborough University. He supports Tottenham Hotspur Football Club and describes his perfect night in as watching a movie with his wife.



SHOT, F34

Funding: Podium
DOB: 15/12/77
Born: Cambridge
Lives: Nottingham
Club: Notts AC
NPC: Loughborough
Coach: James Edwards
Agent:
Kit:
Web:



BEN WILLIAMS

International Highlights

2008 GBR v Netherlands (Indoor) triple jump silver;
Commonwealth Youth Games triple jump silver,
2009 IAAF World Youth Championship TJ gold, European Junior
Championships TJ 17th q

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, 2009 England U20
Championships gold, Aviva European Indoor Championships
Trials bronze (All triple jump)

Personal Bests

Outdoor – LJ: 6.58/7.01w (2009), TJ: 16.09 (2009)
Indoor – 60m: 7.70 (2008), LJ: 6.38 (2009), TJ: 15.83 (2009)

Biography

A talented footballer as a youngster, Ben's choice to follow the
athletics path paid dividends in 2009 as took triple jump gold at the
World Youth Championships in Italy in July. Ben, who played football
for Port Vale at academy level, is from a sporting background and his
granddad is a professional golfer. He enjoys modelling in his spare
time although he would be a fireman if he wasn't an athlete. Former
Olympic, world, European and Commonwealth champion Jonathan
Edwards is the biggest influence on his career.

TRIPLE JUMP

Funding: Development
DOB: 25/1/92
Born: Stoke-on-Trent
Lives: Stoke-on-Trent
Club: City of Stoke AC
NPC: Birmingham
Coach: John Crotty
Agent:
Kit: adidas
Web:



CLAIRE WILLIAMS

International Highlights

2004 Paralympics discus 5th,
2008 Paralympic World Cup discus 10th,
2008 Paralympics discus 5th

Personal Bests

Discus 37.50m (2006)

Biography

Outside of athletics Claire spends most of her time glued to
following the trials and tribulations of the Welsh rugby union
team.

She switched from judo to athletics at the age of 12.

In 2004 she became the youngest Welsh athlete to compete at a
Paralympic Games aged 17 where she finished fifth in the discus.

Claire's partner is fellow British athlete Kenny Churchill and
together they have a daughter called Gracie who was born in
October 2007.

DISCUS, F12

Funding: Podium
DOB: 29/9/87
Born:
Lives: Loughborough
Club: Carmarthen Harriers
NPC: Loughborough
Coach: James Edwards
Agent:
Kit:
Web:

CONRAD WILLIAMS

International Highlights

2008 Spar European Cup 4x400m relay second,
2009 IAAF World Championships 4x400m relay silver, Spar
European Team Championships 4x400m relay first

National Championships

2006 CAU Inter Counties 200m 6th sf2, 400m gold, AAA Indoor
Championships 400m bronze,
2007 Aviva World Trials 400m 4th, CAU Inter Counties 400m
silver,
2008 Aviva Olympic Trials 4th sf1,
2009 Aviva World Championships Trials 400m silver, CAU Inter
Counties Championships 400m gold

Personal Bests

Outdoor – 100m: 10.83 (2005), 200m: 21.39 (2008) 21.19w, 21.3
(2009), 400m: 45.63 (2009)
Indoor – 60m: 6.90 (2009)

Biography

Conrad ran the opening leg as Great Britain won 4x400m silver at
the World Championships in Berlin in 2009.

Prior to his efforts in the German capital he won 400m silver at
the British Championships and also represented Britain in the
relay at the European Team Championships in Portugal.



400M

Funding: Podium
DOB: 20/3/82
Born: Kingston, Jamaica
Lives: Hither Green
Club: Kent AC
NPC: Lee Valley
Coach: Linford Christie
Agent:
Kit:
Web:

RHYS WILLIAMS

International Highlights

2006 Commonwealth Games 400mh 4th, European
Championships 400mh bronze, European Cup 400mh 4th,
2009 IAAF World Championships 400mh 5th h2, IAAF World
Athletics Final 400mh 6th

National Championships

2005 AAA U23 Championships 400mh gold, BUSA Championships
400mh gold,
2006 Aviva European Championships Trials 400mh gold,
2009 Welsh Open Senior Championships 400mh gold, Aviva World
Championships Trials 400mh silver

Personal Bests

Outdoor – 200m: 22.05 (2008), 400mh: 49.09 (2006)

Biography

Son of Welsh rugby legend J.J. Williams who played on two
British & Irish Lions tours, Rhys also played rugby to a high
standard in his younger days.

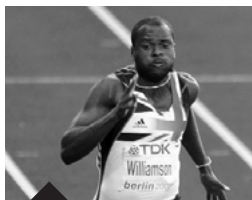
A businessman in the making Rhys is studying for a Masters in
marketing at Glamorgan University and returned to action after
two years on the sidelines in 2009.

He lists Welsh history as one of his hobbies and his sporting idol
is Iwan Thomas.



400M HURDLES

Funding: Development
DOB: 27/2/84
Born: Cardiff
Lives: Cardiff
Club: Cardiff AC
NPC: WIS
Coach: Malcolm Arnold
Agent: PACE
Kit:
Web:



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, 2009 IAAF World Championships 100m 5th qf5, 4x100m relay bronze, IAAF World Athletics Final 100m 8th, Spar European Team Championships 100m silver, European Athletics Indoor Championships 60m 4th

National Championships

2005 AAA U20 60m Indoors gold; 2005 AAA U20 100m gold, 2007 England U23 100m gold, 2009 Aviva European Indoor Championships Trials 60m bronze, Aviva World Championships Trials 100m gold

Personal Bests

Outdoor: 100m 10.03 (2008), 200m 21.25 (2009) Indoor: 60m 6.53i (2008)

Biography

Simeon's big break came in 2005 when he won junior sprint doubles both indoors and outdoors over 60m and 100m at the AAA Under-20 Championships.

He has since gone onto to win European junior silver and European Under-23 and World University Games gold all over 100m.

Simeon pipped Dwain Chambers to 100m gold at the 2009 British Championships.

He is the second cousin of fellow British athlete Germaine Mason and now spends stints training in Jamaica.

100M

Funding: Podium
DOB: 16/1/86
Born: London
Lives: Enfield
Club: Highgate Harriers
NPC: Lee Valley
Coach: Glenn Mills/Lloyd Cowan
Agent: PACE
Kit: Nike
Web: twitter.com/simba100m



PAUL WILLIS

International Highlights

2008 Paralympic World Cup 400m 4th

National Championships

2007 UK School Games 100m

Personal Bests

100m: 12.26 (2009), 200m: 25.21/24.7 (2009), 400m: 55.15/53.7 (2009), LJ: 5.08 (2009), TJ: 11.67 (2009)

Biography

A keen Leeds United fan Paul is still in full-time education and is hoping to go on to study sports performance at Leeds Metropolitan University. When Paul is not on the track he can be found playing the bass drum.

He lists last year's London Disability Athletics Challenge as the highlight of 2009 where he finished on the podium in the 100 metres.

Paul enjoys a range of sports and includes music and ice skating among his hobbies.

200M, T13

Funding: Development
DOB: 4/8/92
Born: Halifax
Lives: Halifax
Club: Halifax Harriers
NPC: Birmingham
Coach: Angele Robertshaw
Agent:
Kit:
Web:

SHELLY WOODS

International Highlights

2005 Europeans 5000m bronze, 2006 Worlds marathon bronze & 1500 8th & 5000m 4th, 2007 Worlds 1500m 7th, 2009 Paralympic World Cup 800m bronze, 1500m bronze, BWAA International 100m silver, 400m gold, 1500m gold

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: 18.7 (2009), 200m: 31.91 (2007), 400m: 58.04 (2007), 800m: 1:50.03 (2008), 1500m: 3:25.36 (2007), 5000m: 11:40.27 (2007), 10km: 25:16 (2008), Marathon: 1:40.03 (2008)

Biography

Paralympian Shelly enjoyed success Stateside last year, finishing second in the New York Marathon.

But with the Commonwealth Games on the horizon this year, cycling fan Shelly wants to go one better in Delhi in October.

Woods first hit the headlines in 2005 when she finished second in the London Marathon and enjoys cooking and playing table tennis in her spare time.

Shelly is an avid fan of TV series 24 and lives with Zack, her pet Labrador, in her Blackpool home.



800M, 1500M, 5000M, MARATHON, T54

Funding: Podium
DOB: 4/6/86
Born: Blackpool
Lives: St Annes
Club: Blackpool & Fylde AC
NPC: Birmingham
Coach: Pete Wyman
Agent: Professional Sports
Kit: adidas
Web: www.shellywoods.com

BETHANY WOODWARD

International Highlights

2009 German Disability Championships 100m 6th, 200m 5th

National Championships

2007 UK School Games 100m silver
2009 UK School Games 100m gold, 200m gold

Personal Bests

100m 15.78 (2009), 200m 33.08 (2009)

Biography

As well as being a talented sprinter Bethany is a budding actress and plans to return to the stage after enjoying success in sport.

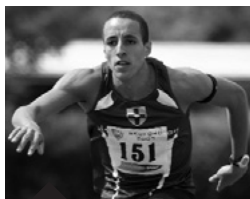
Her father is a drama therapist and used to have a marionette theatre where she would help put on plays for adults with mental health issues.

Bethany has starred in numerous school productions and if she could be a character from a film it would be Lara Croft.



100M, T37

Funding: Development
DOB: 26/12/92
Born: Eastbourne
Lives: Christchurch
Club: Southampton
NPC: Brunel
Coach: Todd Bennett
Agent:
Kit:
Web:



NATHAN WOODWARD

International Highlights

2007 European Junior 400m 7th,
2008 World Juniors 400m ht

National Championships

2005 English Schools U17 400m silver,
2006 AAA U20 400m bronze; AAA U17 400m gold; AAA U17
Indoors pentathlon gold & 800 gold, English Schools U17 400m
gold; UK School Games 400m gold,
2007 English Schools U19 400m gold,
2008 England U20 400m gold,
2009 BUCS Championships 400m 1st h1

Personal Bests

Outdoor – 200m: 22.7 (2007), 400m: 48.10 (2007), 800m: 1:52.7
(2008), 400m: 50.41 (2009)
Indoor – 800m: 1:55.83 (2006)

Biography

Nathan is currently living in Loughborough and studying human biology at the town's renowned university. The Solihull-born 400m hurdler is a big fan of Chelsea Football Club and played both football and basketball as a youngster before convincing his mum to let him switch his attentions to athletics. As a young athlete Nathan came through both the Aviva Startrack and Aviva Sportshall events.

400M HURDLES

Funding: Development

DOB: 17/10/89

Born: Solihull

Lives: Loughborough

Club: Tamworth AC

NPC: Loughborough

Coach: Nick Dakin

Agent: Nick Dakin

Kit: Nike

Web:



MARA YAMAUCHI

International Highlights

1997 38th European CC, 1998 6th World Universities CC,
2005 27th World CC; Worlds marathon 18th; World Half Marathon 18th,
2006 Commonwealth Games 10000m silver; World CC 23rd; Europeans
10000m 13th, 2007 Worlds marathon 9th, 2008 Olympics 6th

National Championships

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), 10000m: 31:49.40 (2006), 10km: 31:40+
(2007), 10M: 54:13 (2007), HM: 68:29 (2009), 20km: 64:52+, Mar:
2:23.12 (2008)

Biography

Oxford-born Mara made her international debut for Britain at the 1997 European Cross Country Championships before dropping out of the sport to work as a diplomat for the Foreign & Commonwealth Office in Japan. Mara married Shige Yamauchi while in the Far East before returning to racing in 2003 and soon becoming Britain's second fastest ever female marathon runner behind Paula Radcliffe. She made her Olympic debut in Beijing in 2008, finishing sixth to equal the best ever result by a British woman in the marathon. Mara then went on to finish second in the 2009 London Marathon in a new personal best time of 2:23.12 but was ruled out of the World Championships in Berlin with a foot injury.

MARATHON

Funding: Podium

DOB: 13/8/73

Born: Oxford

Lives: Tokyo

Club: Harrow AC

NPC: Brunel

Coach: Shige Yamauchi

Agent:

Kit: Asics

Web: twitter.com/marayamauchi

RICHARD YATES

National Championships

2002 English Schools U17 400m gold,
2008 Won UK 400m gold; England U23 400m gold

Personal Bests

100m: 11.10 (2009), 200m: 22.10 (2009), 400m: 47.57 (2007),
400m: 49.06 (2008)

Biography

Richard won his first British Championship 400m hurdles title in July 2008 beating off competition from Steve Green and Dai Greene.

He then lowered his personal best to 49.06 in the same month on the way to second at the Aviva Crystal Palace Grand Prix.

Richard – who is a member of Trafford AC – has a law degree from Leeds University, supports Leeds United and can speak Spanish.



400M HURDLES

Funding: Development

DOB: 26/1/86

Born: Manchester

Lives: Manchester

Club: Trafford AC

NPC: Birmingham

Coach: Stephen Ball

Agent: Global Sports

Kit: Puma

Web:

LEE VAN YEARWOOD

International Highlights

2006 World Juniors 4x100m bronze,
2007 European Junior finalist,
2009 European U23 Championships 100m silver, 4x100m relay gold

National Championships

2006 England 100m 4th,
2007 England U20 100m gold; England U20 Indoor 60m bronze,
2008 England U23 100m bronze,
2009 Aviva World Championships Trials 100m 7th, England U23
Championships 100m silver, BUCS Championships 100m silver

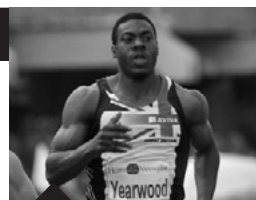
Personal Bests

Outdoor – 100m: 10.22 (2008), 10.10w (2009), 200m: 21.29 (2006)
Indoor – 60m: 6.63 (2008)

Biography

Leevan has a BTEC National Diploma in fitness and sports development and can be seen regularly playing basketball when not training. He travelled to the European Under-23 Championships in Lithuania in 2009 and was part of a British 1-2-3 in the 100m final claiming silver.

Leevan lists his coach Chris as the biggest influence on his career to date and describes him like a second father.



100M

Funding: Development

DOB: 10/2/88

Born: East London

Lives: London

Club: Victoria Park & Tower Hamlets

NPC: Lee Valley

Coach: Christopher Zah

Agent: Stellar

Kit: Nike

Web:

KEY FIXTURES FOR 2010

UKA Key Fixtures

DATE	COMPETITION	LOCATION
13-14 February	Aviva World Indoor trials & UK Indoor	Sheffield
20 February	Aviva Indoor British Grand Prix	Birmingham
27 February	McCain City Challenge	Lee Valley
12-14 March	IAAF World Indoor Championships	Doha, Qatar
13 March	McCain World XC trials inc CAU XC & UKXC Final	Birmingham
27-28 March	IAAF World Cross Country Championships	Bydgoszcz, Poland
25 April	Virgin London Marathon	London
15-16 May	IAAF World Race Walking Cup	Chihuahua, Mexico
23 May	Loughborough International	Loughborough
25 May	Paralympic World Cup	Manchester
30-31 May	CAU Inter Counties	Bedford
19-20 June	European Team Championships	Bergen, Norway
19-20 June	Aviva England U20 Trials and U23 Championships	Bedford
25-27 June	Aviva European Trials & UK Championships	Birmingham
7 July	Super8	Glasgow
10 July	Aviva British Grand Prix	Gateshead
11 July	UKA Paralympic Classic	Gateshead
17-18 July	England Championships	Gateshead
19-25 July	IAAF World Junior Championships	Moncton, Canada
24 July	McCain Birmingham Games	Birmingham
27 July-1 August	European Championships	Barcelona, Spain
7-8 August	McCain Jumps & Throws Fest	Copthall
13-14 August	Aviva London Grand Prix	Crystal Palace
15 August	UKA Paralympic Classic	Crystal Palace
15 August	Bedford International Games	Bedford
28 August	McCain UK Challenge Final & BMC Final	Cardiff
3-14 October	Commonwealth Games	Delhi, India
16 October	IAAF World Half Marathon Championships	Nanning, China
12 December	European Cross Country Championships	Albufeira, Portugal

QUALIFYING STANDARDS

IAAF World Indoor Championships Doha, Qatar 12-14 March 2010

MALE		EVENT	FEMALE	
INDOORS	OUTDOORS		INDOORS	OUTDOORS
6.60i	10.20 (100m)	60m	7.30i	11.25 (100m)
47.00i	45.25	400m	53.25i	51.25
1:48.50i	1:45.50	800m	2:04.00i	2:00.00
3:42.50i	3:34.50	1500m	4:15.00	4:04.00
4:00.00i (mile)	3:52.00 (mile)		4:32.00 (mile)	4:22.00 (mile)
7:54.00i	7:44.00	3000m	9:03.00i	8:38.00
	13:19.00(5000m)			15:02.00 (5000m)
7.65i	13:55	60mH	8.10i	12.95
No Entry Standard		4x400m	No Entry Standard	
2.28		HJ	1.92	
5.70		PV	4.40	
8.10		LJ	6.60	
16.95		TJ	14.05	
20.00		SP	17.50	
No Entry Standard		Hept/Pent	No Entry Standard	

Time in bold (60m and 60m Hurdles) are UKA standards, higher than the basic IAAF standard.

For full selection policies please visit:

<http://www.uka.org.uk/world-class/2010-selection-policies>

QUALIFYING STANDARDS

IAAF World Cross Country Championships Bydgoszcz, Poland 28 March 2010

The official trial will be held in Birmingham on Saturday 13th March 2010.

At these trials the first three eligible junior and senior athletes will be selected subject to them demonstrating at least two of the following selection guidelines:

- a. Demonstrates the ability to be competitive against international opposition in an overseas international cross race and/or domestic international cross race between 1st January 2010 and the trial.
- b. Consistency of performances in both domestic and international cross races and indoor /outdoor track races at distances of 3000m and above.
- c. Competitive and consistent performances at previous global cross country championships and global track championships at 3000m (juniors) and 5000m and above.
- d. Performances at the 2010 World Indoor Championships (seniors only).
- e. Clearly demonstrates consistent progression up the international competition pathway.

Up to three further junior and senior athletes can be selected, up to a maximum of six junior and senior athletes. Any further selections will be considered by the selectors on an individual basis, based on performances at the trial and in line with the above selection guidelines.

If the selectors feel that a team can realistically challenge for a top eight position at these championships a scoring team of at least four athletes will be selected.

QUALIFYING STANDARDS

European Team Championships, Bergen, Norway 19-20 June 2010

There will be several rule changes from last year's format:

- The sprint events will be drawn so that the best athletes are in the same heat
- One heat for all 12 teams in the 800m
- No elimination laps in the 3000m/5000m/3000mSC
- The HJ and PV will keep the maximum of four fouls, but the winner will now be allowed to continue according to IAAF Rule 181.2
- In other field events each athlete will be given three trials, the best four will have one extra trial

The team will be selected on Monday 7th June 2010 and will be announced on Tuesday 8th June 2010.

The selectors will pick the strongest possible team (one athlete per event – men and women – and a squad of up to six athletes in each relay) with the aim of winning the European Team Championships. They will consider recent form and past Championships / European Cup results when picking the team.

UKA Conditions

Athletes must be eligible to compete for GB&NI to be considered for selection;

The selectors will consider performances set under the following conditions:

- Performances must be achieved during competitions organised or sanctioned by the IAAF, its Area Associations or its National Member Federations. Thus, results achieved at other competitions must be certified by the National Federation of the country in which the competition was organised;
- Performances achieved in mixed events (between male and female participants), held completely in the stadium, shall only be accepted in the conditions set in IAAF Rule 147. However entry standards achieved in these events shall only be accepted upon presentation of the reasons to stage such mixed events and previous agreement by European Athletics on the acceptance of these performances as entry standards;
- Wind assisted performances in the relevant individual events and combined events will not be accepted (the conditions set in IAAF Rules 260.22 (d) and 260.27 will be applied);
- Hand timed performances in 100m, 200m, 400m, 100m/110m hurdles, 400m hurdles shall not be accepted.

QUALIFYING STANDARDS

IAAF World Junior Championships, Moncton, Canada 19 – 25 July 2010

MALE		FEMALE
10.50	100m	11.65
21.10	200m	23.95
47.10	400m	53.75
1:48.5	800m	2:05.00
3:44.00	1500m	4:18.00
	3000m	9:15.00
14:00.0	5000m	16:05.00
30:00.00	10000m	
8:50.00	3k SC	10:15.00
13.75	[.995m] 110/100mH	13.70
51.50	400mH	58.50
2.15	H/Jump	1.80
5.20	PV	4.10
7.55	L/Jump	6.20
15.70	T/Jump	13.20
19.00/17.00	Shot Put	15.70
57.50/52.50	Discus	50.00
72.00/62.40	Hammer	58.00
69.00	Javelin	54.00
7200/7000	Dec/Hept	5500
42:35.00	10000m Walk	46:15.00

QUALIFYING STANDARDS

European Championships, Barcelona, Spain 27 July - 1 August 2010

MALE		UKA Standards	FEMALE	
A	B		A	B
10.21	10.28	100 Metres	11.30	11.40
20.59	20.75	200 Metres	23.00	23.30
45.55	45.95	400 Metres	51.50	52.30
1:45.40	1:46.60	800 Metres	2:00.00	2:01.30
3:36.20	3:39.20	1500 Metres	4:06.00	4:09.00
13:20.00	13:29.00	5000 Metres	15:10.00	15:25.00
27:47.00	28:12.00	10,000 Metres	31:45.00	32:20.00
See separate policy		Marathon	See separate policy	
8:23.00	8:33.50	3000 Metres Steeplechase	9:40.00	9:48.00
13.55	13.62	100/110 Metres Hurdles	12.96	13.11
49.25	49.80	400 Metres Hurdles	55.50	56.55
2.31m	2.28m	High Jump	1.95m	1.91m
5.70m	5.55m	Pole Vault	4.45m	4.35m
8.15m	8.05m	Long Jump	6.72m	6.62m
17.10m	16.65m	Triple Jump	14.20m	14.00m
20.30m	19.90m	Shot Put	18.20m	17.20m
64.50m	62.50m	Discus Throw	62.00m	58.50m
77.50m	74.30m	Hammer Throw	70.00m	67.50m
81.00m	78.00m	Javelin Throw	61.00m	59.00m
8000pts	7730pts	Decathlon / Heptathlon	6100pts	5900pts
1:22:30	1:24:20	20 Kilometres Race Walk	1:31:15	1:33:30
3:55:00	3:58:00	50 Kilometres Race Walk	n/a	n/a
39.10		4x100 Metres Relay	43.90	
3:03.30		4x400 Metres Relay	3:31.00	

QUALIFYING STANDARDS

Commonwealth Games Delhi, India 3-14 October 2010 - SCOTLAND

MALE	EVENT	FEMALE
10.25	100m	11.45
20.65	200m	23.35
45.55	400m	52.25
1:47.80	800m	2:01.80
3:41.30	1500m	4:09.00
13:30.00	5,000m	15:35.00
28:38.00	10,000m	32:35.00
2:19:00	Marathon ¹	2:38:00
8:36.00	3000m S/C	9:55.00
13.70	110m/100mH	13.40
49.80	400mH	56.90
2.17	High Jump	1.83
5.20	Pole Vault	4.15
7.85	Long Jump	6.40
16.30	Triple Jump	13.30
17.60	Shot	16.50
57.00	Discus	55.00
66.00	Hammer	62.00
75.00	Javelin	54.00
7400	Dec / Hep	5600
1:32.00	20km Walk	1:41.00
39.50	4 x 100m	44.50
3:04.50	4 x 400m	3:32.00

QUALIFYING STANDARDS

Commonwealth Games Delhi, India 3-14 October 2010 - NORTHERN IRELAND

MALE	EVENT	FEMALE
10.30	100m	11.45
20.80	200m	23.40
46.00	400m	52.70
01:47.3	800m	02:03.5
3:40.0	1500m	04:13.0
13:40.0	5000m	15:45.0
28:45.0	10000m	33:00.0
2:18.00	Marathon	02:40.00
8:40.0	3000m S/C	9.55
14.00	110mH/100mH	13.40
50.50	400mH	57.90
2.21	High Jump	1.86
5.30	Pole Vault	4.20
7.95	Long Jump	6.50
16.50	Triple Jump	13.60
18.90	Shot Putt	16.30
59.50	Discus	56.00
68.00	Hammer	64.50
76.00	Javelin	55.50
7500	Dec/ Hept	5750
01:30.00	20K Walk	01:40.00

QUALIFYING STANDARDS

Commonwealth Games Delhi, India 3-14 October 2010 - WALES

MALE	EVENT	FEMALE
10.27	100m	11.45
20.70	200m	23.60
46.00	400m	53.00
01:48.0	800m	02:02:00
03:41.0	1500m	04:11:00
13:38.0	5000m	15:55:00
29:20.0	10000m	34:00.0
08:43.0	3000m SC	10:00.0
13.90	110m/100mH	13.45
50.90	400mH	57.9
2.18	High Jump	1.79
5.20	Pole Vault	4.10
7.70	Long Jump	6.25
16.20	Triple Jump	12.75
17.75	Shot Putt	16.00
57.50	Discus	55.00
59.00	Hammer	61.00
71.00	Javelin	51.00
7300	Dec/Hep	5550
01:24:00	20km Walk	01:48:00
02:19:40	Marathon	02:38:00
04:20:00	50km Walk	

QUALIFYING STANDARDS

Commonwealth Games Delhi, India 3-14 October 2010 - ENGLAND

MALE	EVENT	FEMALE	MALE	EVENT	FEMALE
10.20	100m	11.40	2.20	High Jump	1.84
11.60	100m (T46)	n/a	5.20	Pole Vault	4.15
n/a	100m (T37)	15.20	7.95	Long Jump	6.50
20.60	200m	23.20	16.50	Triple Jump	13.20
45.50	400m	52.00	18.50	Shot Put	16.00
01:47.50	800m	02:01.00	n/a	Shot Put F32,33,34/52/53	930 points**
03:40.00	1500m	4:10.00	930 points**	Shot Put F32/34/52	n/a
03:06.00	1500m (T54)	03:36.00	58.50	Discus	54.50
13:38.00	5000m	15:25.00	70.20	Hammer	62.00
28:50.00	10,000m	33:00.00	75.00	Javelin	54.00
2:18.00	Marathon	2:38.00	7300	Dec/ Hept	5500
8:39.00	3000m Steeplechase	09:50.00		4x100m relay	
13.75	110/100mH	13.20		4x400m relay	
50.00	400mH	57.50			
01:29:00	20km Walk	01:42:00			

* Points calculated using IPC Points Score Table

* The most recent version of the IPC Points Score Table at the time of selection will be used for calculation.

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	4.08.82	3	Saint-Denis, FRA	5	Jul 2002
10.05	1.3	Marlon Devonish		1.06.74	1rB	Lausanne, SUI	10	Jul 2007
10.06	0.7	Tyronne Edgar		29.03.82	1r2	Geneva, SUI	31	May 2008a
10.09	1.7	Jason Livingston	U23	17.03.71	1	London (CPI)	13	Jun 1992
10.09	0.9	James Dasgupta	U23	05.09.87	1r2	Geneva, SUI	6	Jun 2009

200m									
19.874	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 Golden		17.02.75	1	Kuala Lumpur, MAS	19	Sep	1998
20.19	1.4	Mark Devonish		1.06.76	2	Manchester [SC]	29	Jul	2002
20.21	0.5	Allan Wells		3.05.82	2	Moscow, RUS	28	Jul	1980
20.31	-0.6	Dwain Chambers		5.04.78	1	London [CP]	22	Jul	1991
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	3b3	Lausanne, SUI	3	Jul	1996
44.60	Martyn Rooney	U23 3.04.87	5s	Beijing, CHN	19	Aug	2008
44.66	Du'aaine Lajoie	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	Praque, CZE	31	Aug	1978
1:44.55	Barry Cook	10.01.58	4	Koblenz, GER	29	Aug	1989
1:44.59	Tommy Torrell	3.05.64	2	Oslo, NOR	2	Jul	1988
1:44.65	Ikem Byli	25.01.64	1	Oslo, NOR	21	Jul	1984
1:44.65	Steve Heard	29.04.62	1	Koblenz, GER	26	Aug	1992
1:44.65	James McIlroy	30.12.76	3	Rieti, ITA	28	Aug	2005

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 Overtt	9.10.55	1	Rieti, ITA	4	Sep	1983
3:31.86	John Maycock	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
3:27.49	Peter Elliott	9.10.62	1	Sheffield	16	Sep	1990
3:32.34	Steve Crabbe	30.11.63	3	Oslo, NOR	4	Jul	1987
3:33.79	Dave Moorcroft	10.04.53	1	Hengelo, BEL	27	Jul	1982
3:33.83	John Robson	U23 31.01.57	2	Brussels, BEL	4	Sep	1979

All Time lists and records are correct as of 15 12 2009

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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	Tini Hutchings	4.12.58	4	Los Angeles CA, USA	11	Aug	1984
13:14.05	Gary Staines	5.30.73	5	Zurich, SUI	15	Aug	1990
13:14.66	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

1000m							
27:18.14	Jon Brown	27.02.71	4	Brussels, BEL	28	Aug	1978
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	David 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 Gough	12.01.53	5	Oslo, NOR	26	Jun	1982
27:36.27	David 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	1973

Marathon						
2:07:13	Steve Jones	4.08.55	1	Chicago IL, USA	20 Oct	1985
2:08:33	Charlie Spedding	19.05.52	2	London	21 Apr	1985
2:08:36	Richard Nerurkar	6.01.64	5	London	13 Apr	1997
2:08:52	Paul Evans	13.04.61	1	Chicago IL, USA	20 Oct	1996
2:09:08	Geoff Smith	24.10.53	2	New York NY, USA	23 Oct	1983
2:09:12	Ian Thompson	16.10.47	1	Christchurch, NZL	31 Jan	1974
2:09:14	Allister Hutton	18.07.54	3	London	21 Apr	1985
2:09:17	Mark Steinkle	22.11.74	3	London	14 Apr	1972
2:09:24	Hugh Jones	1.11.55	1	London	9 May	1982
2:09:28	Rog 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	6.04.40	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	6.12.40	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
8:22.00	U23 David Davies-Hale	21.06.62	2	Gateshead	10 Jun	1984
8:22.48	U23 John Davies	20.11.52	2	London [CP]	13 Sep	1976
8:22.82	John Bicourt	25.10.45	8	Stockholm, SWE	8 Jun	1977

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	14.02.67	1	Zagreb, CRO	15	Jul	1987	
13.30	0.1	William Sharman	12.09.84	4	Berlin, GER	20	Aug	2009	
13.36	1.3	Rob Newton	U23	10.05.81	1	Loughborough	31	Jul	2003
13.42	1.8	David Nelson	U23	11.03.67	3h4	Tokyo, JPN	29	Aug	1991
13.43	1.9	Mark Holmes	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	

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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
48.23	David Greene	11.04.86	2s2	Berlin, GER	16	Aug	2009
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	26.01.86	2	London (CP)	26	Jul	2008

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	3Q	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

8.30	0.5	Greg Rutherford	17.11.86	1qB	Berlin, GER	20	Aug	2009
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
8.23	2.0	Lynn Davies	20.05.42	1	Berne, SUI	30	Jun	1968
8.15	1.5	Stewart Faulkner	19.02.69	1	Belfast	16	Jul	1990
8.14	1.4	Mark Forsythe	10.08.65	3	Rhede, GER	7	Jul	1991
8.10	-0.2	Fred Salle	10.09.44	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	31.05.84	3	Loughborough	18	May	2002

TJ

18.29	1.3	Jonathan Edwards	10.05.66	1	Gothenburg, 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 Fasino	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 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		20.07.68	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	1R	Bebington	15	Jun	1991

HT

77.54	Martin Girvan		17.04.60	1	Wolverhampton	12	May	1984
77.30	Dave Smith		21.06.42	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	Road 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
81.05	Mervyn Luckwell	27.11.84	1	Compiègne, FRA	1	Mar	2009
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

DEC

DEL								
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		19.11.61	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	

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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		24.11.52	2s2	Victoria, CAN	23	Aug	1994
11:16	0.4	Andrea Saunders		30.12.79	3	Birmingham	25	Jul	2004
11:17	0.7	Abi Oyeipitan		12.08.82	1	Loughborough	11	Aug	2007
11:19	1.3	Laura Turner		24.03.56	2q3	Moscow, RUS	25	Jul	1980
11:20	0.4	Sonia Lannaman		14.08.59	1	Beijing, CHN	26	Sep	1980
11:20	0.0	Heather Oakes	U23	7.02.80	2	Turin, ITA	6	Jun	2008
11:21	1.0	Emma Ania							

200m

22:10	-0.1	Kathy Cook		3.05.60	4	Los Angeles CA, USA	9	Aug	1984
22:50	2.0	Abi Oyeipitan		30.12.79	2h4	Athens, GRE	23	Aug	2004
22:58	1.5	Sonia Lannaman		24.03.56	1	Cwmbran	18	May	1980
22:64	0.5	Emily Freeman		24.11.80	3s1	Berlin, GER	20	Aug	2009
22:69	1.3	Paula Thomas		3.12.64	4	Victoria, CAN	26	Aug	1994
22:72	1.5	Bev Callender		28.08.56	6	Moscow, RUS	30	Jul	1980
22:73	1.2	Jenni Stoute		16.04.65	4q3	Barcelona, ESP	3	Aug	1992
22:75	1.8	Donna Hartley		1.05.55	1	Birmingham	17	Jun	1978
22:76	-1.0	Katharine Merry		21.09.74	2	Barcelona, ESP	25	Jul	2000
22:80	0.5	Michelle Scutt	U23	17.06.60	1	Antrim	12	Jun	1982

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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
1:57.93	Jennifer Meadows		17.04.81	3	Berlin, GER	19	Aug	2009
1:58.20	Becky Lyne		4.07.82	3	Gateshead	11	Jun	2006
1:58.45	Marilyn Okoro		23.09.84	1	London (CP)	26	Jul	2008
1:58.45	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
1:59.07	Jemma Simpson		10.02.84	4	Monte Carlo, MON	28	Jul	2009

1500m

3:57.90	Kelly Holmes		19.04.70	1	Athens, GRE	28	Aug	2004
3:59.50	Lisa Dobriskey		23.12.83	3	Zürich, SUI	28	Aug	2009
3:59.95	Hayley Tullett		17.02.73	3	Saint-Denis, FRA	31	Aug	2003
3:59.96	Zola Budd	U20	26.05.66	3	Brussels, BEL	30	Aug	1985
4:00.57	Christina Cahill		25.03.57	1	Gateshead	6	Jul	1984
4:00.73	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 TOP TEN

Marathon

2:15:25	Paula Radcliffe		17.12.73	1	London	13	Apr	2003
2:23:12	Mara Yamaguchi	V35	13.08.73	2	London	26	Apr	2009
2:25:56	Veronique Marot		16.09.55	1	London	23	Apr	1989
2:26:51	Priscilla Welch	V40	22.11.44	2	London	10	May	1987
2:26:52	Liz McColgan		24.05.44	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	9	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 Ankier		5.08.82	11	Neerpelt, BEL	31	May	2008
9:48.51	Lizzie Hall	U23	28.04.95	1	Watford	10	Jun	2006
9:48.57	Tina Brown		22.08.76	8	Rieti, ITA	28	Aug	2005
9:50.48	Lennie Waite		4.02.86	3h2	Fayetteville AR, USA	10	Jun	2009
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 Pidgen	U17	1.06.89	1	Bedford	3	Jul	2005

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
12.81	1.5	Jessica Ennis		28.01.86	1	Bottrop, GER	26	Jun	2009
12.82	0.8	Sally Gunnell	U23	29.07.66	1r2	Zurich, SUI	17	Aug	1988
12.87	1.1	Shirley Strong		18.11.58	1	Zurich, SUI	24	Aug	1983
12.90	1.5	Jacqui Agyepong		5.01.69	3	Villeneuve d'Ascq, FRA	25	Jun	1995
12.91	1.8	Kay Morley-Brown		5.03.63	1	Auckland, NZL	2	Feb	1990
12.92	0.8	Diane Allahgreen		21.02.75	1h2	Munklaund [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

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
55.26		Perri Shakes-Drayton	U23	21.12.88	1	Kaunas, LTU	18	Jul	2009
55.32		Elith Child	U23	20.02.87	2	Kaunas, LTU	18	Jul	2009
55.32		Nicola Sanders		23.06.82	4	Melbourne, AUS	23	Mar	2006
55.70		Emma Duck		9.02.81	4	London [CP]	28	Jul	2006

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		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
1.92i	Julie Machin	U23	26.03.70	1	Cosford	10	Mar	1990
1.92	Lea Goodman		09.05.72	2	Birmingham	15	Jun	1996

PV

4.60	Kate Dennison		7.05.84	3	Szczecin, POL	15	Sep	2009
4.47	Janine Whitlock		11.08.73	3=	London [CP]	22	Jul	2005
4.31i	Emma Lyons	U23	14.06.87	6	Birmingham	21	Feb	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
4.22i	Henrietta Paxton		19.09.83	2	Manchester	16	Jan	2010
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

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	Anney, 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	Malmö, SWE	2	Aug	1999
6.75	0.3	Joyce Hephner	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 Griffith		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
13.67	2.0	Nadia Williams		17.11.81	1	Birmingham	10	Jul	2000
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
13.56	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		Veronica Head		1.09.56	1	St Athan	7	Apr	1984
19.03		Myrtle Augee		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
16.55		Rebecca Peake		22.06.83	1	Bedford	24	May	2009

GB ALL-TIME TOP TEN

DT						
67.48	Meg Ritchie	6.07.52	1	Walnut CA, USA	26	Apr 1981
64.68	Vanessa 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
59.27	Eden Francis	19.10.88	1	Bedford	31	May 2009
58.56	Debbie Callaway	15.07.44	1	Loughborough	19	May 1994
58.18	Tracy Axten	20.07.63	1	Cardiff	31	May 1997
58.02	Rosemary Chrimes	19.05.33	1	Birmingham	3	Jun 1972
57.75	Emma Merry	2.07.74	1	Wrexham	9	Aug 1999

HT						
68.93	Lorraine Shaw	V35	2.04.68	1	Loughborough	8 Jun 2003
64.83	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
65.33	Sarah Holt	U23	17.04.87	1B	Halle, GER	24 May 2009
64.50	Laura Douglas		4.01.83	2R	Hendon	1 Aug 2009
63.96	Lyn Sprules		11.09.75	1	Bedford	20 Aug 2000
63.61	Liz Carter		27.04.77	1B	Halle, GER	27 May 2000
63.18	Sophie Hitchon	U20	11.07.91	3	Novi-Sad, SRB	24 Jul 2009
63.05	Lesley Brown		13.09.76	1A	Manchester (Str)	19 Feb 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 – 100mH, HJ, SP, 200m, LJ, JT, 800m						
6831	Denise Lewis		27.08.72	1	Talence, FRA	30 Jul 2000
6731	Jessica Ennis	U23	28.01.86	1	Berlin, GER	16 Aug 2009
6623	Judy Simpson		14.11.60	3	Stuttgart, GER	30 Aug 1986
6547	Kelly Sotherton		13.11.76	2	Gotzis, AUT	29 May 2005
6259	Kim Hagger		2.12.61	1	Arles, FRA	18 May 1986
6135	Julie Holtman		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
6043	Louise Hazel		06.10.85	5	Ratingsen, GER	21 Jun 2009
6022	Clova Court		10.02.60	16	Tokyo, JPN	27 Aug 1991

20KWR						
1:31:16	Jo Jackson		17.01.85	1	Lugano, SUI	8 Mar 2009
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 19

All Time lists and records are correct as of 15 12 2009

GB INDOOR ALL-TIME TOP TEN

60m						
6.42	Dwain Chambers	5.04.78	1s2	Turin, ITA	7	Mar 2009
6.46	Jason Gardener	18.09.75	3	Maebashi, JPN	7	Mar 1999
6.47	Linford Christie	2.04.60	1	Lievain, FRA	19	Feb 1995
6.49	Colin Jackson	18.02.67	1	Paris, FRA	11	Mar 1994
6.51	Jason Livingston	17.03.71	1	Glasgow	8	Feb 1992
6.51	Darren Braithwaite	20.01.69	2	Barcelona, ESP	10	Mar 1995
6.51	Mark Lewis-Francis	4.09.82	3	Lisbon, POR	11	Mar 2001
6.53	Simeon Williamson	16.01.86	1	Birmingham	21	Feb 2009
6.54	Michael Rossweiss	11.06.65	3	Paris, FRA	11	Mar 1994
6.55	Craig Pickering	16.10.86	1	Glasgow	27	Jan 2007

200m						
20.25	Linford Christie	2.04.60	1	Lievain, 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	Julian Golding	15.05.79	2	Birmingham	16	Mar 2003
45.56	Todd Bennett	6.07.62	1	Piraeus, GRE	3	Mar 1985
45.69	Michael Bingham	13.04.86	1	College Station TX, USA	14	Mar 2009
45.71	Solomon Wariso	11.11.66	1	Birmingham	8	Feb 1998
45.83	Mark Hyton	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

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 McIlroy	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

All Time lists and records are correct as of 15 12 2009

GB INDOOR ALL-TIME TOP TEN

3000m					
7:34.47	Mo Farah	23.03.83	1	Birmingham	21 Feb 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	Alan 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	Budapest, 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
7.68	Mohammed Sillah-Freckleton	11.09.80	1	Sheffield	7 Feb 2004

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

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
8.00	Greg Rutherford	17.11.86	6	Turin, ITA	8 Mar 2009
7.97	Lynn Davies	20.05.42	1	Los Angeles CA, USA	12 Feb 1966
7.96	Fred Sallie	10.09.64	4	Glasgow	30 Jan 1993
7.94	Paul Johnson	8.03.68	1	Glasgow	10 Mar 1989
7.85	Mark Forsythe	10.08.65	1	Birmingham	16 Feb 1992
7.84	Alan Lerwill	15.11.46	6	Gothenburg, SWE	9 Mar 1974

All Time lists and records are correct as of 15 12 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 Golway	12.09.71	1	Glasgow	12 Feb 1994
16.73	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	Jonathan 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 Eving-Jones	20.06.83	6	Prague, CZE	12 Feb 2006
5640	Jamie Quarry	15.11.72	1	Glasgow	14 Feb 1999
5637	Barry Thomas	28.06.72	3	Birmingham	5 Feb 1995
5629	Richard Reeks	6.12.85	1	Sheffield	10 Jan 2010
5609	Dale Garland	13.10.80	10	Prague, CZE	12 Feb 2006
5607	Du'aine Ladejo	14.02.71	1	Birmingham	24 Jan 1999

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	Gothenburg, 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

All Time lists and records are correct as of 15 12 2009

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		
1:59.27	Marilyn Okoro	23.09.84	1	Birmingham	21	Feb	2009		
1:59.50	Jo Fenn	19.10.74	3	Budapest, HUN	7	Mar	2004		
1:59.52	Jennifer Meadows	17.04.81	2	Birmingham	21	Feb	2009		
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		
4:07.64	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	Mary 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		

All Time lists and records are correct as of 15 12 2009

GB INDOOR ALL-TIME TOP TEN

60m Hurdles									
7.96	Sarah Claxton	23.09.79	1s2	Turin, ITA	6	Mar	2009		
7.99	Diane Allagreen	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		
8.06	Gemma Bennett	4.01.84	1	Sheffield	14	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		
8.12	Jessica Ennis	28.1.86	1	Loughborough	10	Jan	2010		

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									
4.49	Kate Dennison	7.05.84	1	Oyonnax, FRA	14	Mar	2009		
4.44	Diana Davies	11.08.73	4	Birmingham	17	Feb	2002		
4.31	Emma Lyons	14.06.87	6	Birmingham	21	Feb	2009		
4.26	Zoe Brown	15.09.83	1	Sheffield	21	Feb	2004		
4.26	Elise Spain	23.08.82	2	Vienna, AUT	30	Jan	2007		
4.22	Henrietta Paxton	19.09.83	2	Manchester	16	Jan	2010		
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 McGuire	5.07.83	1	Glasgow	24	Feb	2007		
4.15	Louise Butterworth	22.02.85	2	Sheffield	10	Feb	2008		

LJ									
6.70	Susan Telfer	26.05.61	1	Gothenburg, SWE	3	Mar	1984		
6.70	Josanne 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		
13.52	Yasmine Regis	12.12.86	1	New York NY, USA	7	Feb	2009		
13.45	Nony Mordi	25.07.87	1	Glasgow	18	Jan	2009		
13.44	Nadia Williams	17.11.81	1	Cardiff	2	Feb	2008		
13.42	Mary Ageypong	3.10.65	1	Birmingham	20	Feb	1993		
13.23	Rebecca White	5.06.80	4	Budapest, HUN	27	Jan	2006		
13.07	Stephanie Aneto	23.08.77	3	Sheffield	14	Feb	2009		
13.05	Gillian Kerr	10.11.83	1	Glasgow	24	Feb	2008		

All Time lists and records are correct as of 15 12 2009

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 Augee	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	18.02.44	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	2004
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	9.58	Usain Bolt	JAM	16	Aug	09	Berlin
200	19.19	Usain Bolt	JAM	20	Aug	09	Berlin
400	43.18	Michael Johnson	USA	26	Aug	99	Seville
800	1:41.11	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	91	Jena
Dec	90.26	Roman Sobir	CZE	25	May	01	Götzis
20kW	1:17.16	Vladimir Kanaykin	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	3:50.44	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	28	Aug	09	Zurich
LJ	7.52	Galina Chistyakova	RUS	11	Jun	88	St. Petersburg
TJ	15.50	Inessa Kravets	UKR	10	Aug	95	Gothenburg
SP	22.63	Natalya Lisovskaya	RUS	7	Jun	87	Moscow
DT	76.80	Gabriele Reinsch	GER	9	Jul	88	Neubrandenburg
HT	77.96	Anita Włodarczyk	POL	22	Aug	09	Berlin
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	Fermin Cacho	ESP	13 Aug 97	Zürich
5000	12:49.71	Mohammed Mourhit	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 Zwierchlewski	FRA	6 Apr 03	Paris
3000MSt	8:01.18	Bob Tarhri	FRA	18 Aug 09	Berlin
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	Tsakhkadzer
TJ	18.29	Jonathan Edwards	GBR	7 Aug 95	Gothenburg
SP	23.06	Ulf Timmermann	GER	22 May 88	Hania
DT	74.08	Jürgen Schult	GER	6 Jun 86	Neubrandenburg
HT	86.74	Yuriy Sedkyh	UKR	30 Aug 86	Stuttgart
JT	98.48	Jan Zelezny	CZE	25 May 91	Jena
Dec	9026	Roman Sebrle	CZE	27 May 06	Götzis
20kW	1:17:16	Vladimir Kanaykin	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	17 Aug 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	28 Aug 09	Zurich
LJ	7.52	Galina Chistyakova	RUS	11 Jun 88	St. Petersburg
TJ	15.50	Inessa Kravets	UKR	10 Aug 95	Gothenburg
SP	22.63	Natalya Lisovskaya	RUS	7 Jun 87	Moscow
DT	76.80	Gabriele Reinsch	GER	9 Jul 88	Neubrandenburg
HT	77.96	Anita Włodarczyk	POL	22 Aug 09	Berlin
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	9.58	Usain Bolt	JAM	16 Aug 09	Berlin
200	19.19	Usain Bolt	JAM	20 Aug 09	Berlin
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	2:04:07	Duncan Kibet/James Kwambai	KEN	5 Apr 09	Rotterdam
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	Outdhoorn
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 Roberts	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	10.73	Shelly-Ann Fraser	JAM	17 Aug 09	Berlin
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	Enunice Jepkorir	KEN	17 Aug 99	Beijing
100H	12.44	Glory Alozie	NGR	28 Aug 08	Seville
400H	52.42	Melanie Walker	JAM	20 Aug 09	Berlin
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	21.07	Valerie Villi	NZL	13 Sep 09	Thessaloniki
DT	68.72	Daniela Costian	AUS	22 Jan 94	Auckland
HT	72.07	Sultana Frizell	CAN	17 Jun 09	Eugene
JT	66.80	Louise Curry	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	Martine Ottey	JAM	13	Feb	93	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	8:23.72	Meseret Defar	ETH	3	Feb	07	Stuttgart
60H	7.68	Susanna Kallur	SWE	10	Feb	08	Karlsruhe
HJ	2.08	Kajsa Bergqvist	SWE	4	Feb	06	Arnsstadt
PV	5.00	Yelena Isinbayeva	RUS	15	Feb	09	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	Pireas
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 Sobir	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	Arnsstadt
PV	4.95	Yelena Isinbayeva	RUS	15	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
5kM	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
3kM	11:53.82	Kerry Saxby-Junna	AUS	13 Mar 93	Toronto
4x400	3:26.87	Australia		7 Mar 99	Maebashi

IPC WORLD RECORDS**Men's 100m**

T11	11.03	Lucas Prado	BRA	9 Sep 2008	Beijing
T12	10.75	0.7 Adekunle Adesoji	NGR	22 Sep 2004	Athens
T13	10.62	-0.1 Jason Smyth	IRL	13 Sep 2008	Beijing
T32	23.25	0.0 Martin McDonagh	IRL	13 Aug 1999	Nottingham
T33	18.36	0.0 Joseph Radmore	CAN	26 Jun 2003	Ottawa
T34	16.24	0.0 Jason Lachance	CAN	15 May 1999	Cobourg
T35	12.29	-0.3 Sen Yang	CHN	13 Sep 2008	Beijing
T36	12.15	0.4 Wa Wai So	HKG	21 Oct 2007	Osaka
T37	11.66	-0.6 Fanie Van Der Merwe	RSA	26 Mar 2008	Coertzenburg
T38	10.96	-0.2 Evan George O'Hanlon	AUS	12 Sep 2008	Beijing
T42	12.14	0.4 Earle Connor	CAN	1 Jun 2002	Leverkussen
T43	10.91	1.5 Oscar Pistorius	RSA	4 Apr 2007	Johannesburg
T44	10.91	0.0 Marlon Shirley	USA	4 Apr 2007	Espoo
T45	11.05	0.0 Vitalis Lanshima	NGR	1 Jul 2006	Atlanta
T46	10.72	0.0 Adjibola Adeoye	NGR	6 Sep 1992	Barcelona
T51	22.48	0.0 Giuseppe Forni	SUI	21 Aug 1993	Nottwil
T52	17.01	0.0 Andre Beaudoin	CAN	7 Jul 1998	Atlanta
T53	14.69	1.2 Michael Bushell	GBR	18 Jun 2009	Ibach
T54	13.76	-0.8 Leo Pekka Tahti	FIN	15 Sep 2008	Beijing

Men's 200m

T11	22.48	-0.1 Lucas Prado	BRA	13 Sep 2008	Beijing
T12	21.77	0.0 Adekunle Adesoji	NGR	24 Sep 2004	Athens
T13	21.43	-0.3 Jason Smyth	IRL	16 Sep 2008	Beijing
T32	46.81	0.0 Martin McDonagh	IRL	28 Jul 2001	Nottingham
T33	33.73	0.0 Joseph Radmore	CAN	20 May 2005	Atlanta
T34	28.82	0.0 Jason Lachance	CAN	12 Aug 2000	Gothenburg
T35	26.69	0.0 Lloyd Upsdell	GBR	26 Jul 2002	Villeneuve/Ascq
T36	24.65	-0.2 Wa Wai So	HKG	15 Sep 2008	Beijing
T37	23.84	0.5 Fanie Van Der Merwe	RSA	16 Sep 2008	Beijing
T38	21.98	-0.2 Evan George O'Hanlon	AUS	14 Sep 2008	Beijing
T42	25.75	0.3 Wojtek Czyz	GER	26 Aug 2005	Espoo
T43	21.58	-0.8 Oscar Pistorius	RSA	5 Apr 2007	Johannesburg
T44	22.62	-0.1 Jim Bob Bizzell	USA	13 Sep 2008	Beijing
T45	22.82	0.0 Vitalis Lanshima	NGR	27 Oct 2000	Sydney
T46	21.74	0.8 Heath Wesley Francis	AUS	9 Sep 2008	Beijing
T51	39.70	0.6 Edgar Navarro	MEX	25 Sep 2004	Athens
T52	30.34	1.5 Dean Bergeron	CAN	29 Jun 2007	Atlanta
T53	25.91	0.0 Pichet Krungget	THA	28 Nov 2006	Kuala Lumpur
T54	24.18	0.6 Lixin Zhang	CHN	12 Sep 2008	Beijing

Men's 400m

T11	50.03	Jose Armando Saiovo	ANG	25 Sep 2004	Athens
T12	48.62	Gabriel Furtado Potra	POR	25 Jul 2002	Villeneuve/Ascq
T13	47.88	Adekunle Adesoji	NGR	1 Jan 1999	Johannesburg
T32	1:30.82	Martin McDonagh	IRL	14 Aug 1999	Nottingham
T33	1:03.77	Lachlan Jones	AUS	24 Oct 2000	Sydney
T34	53.99	Jason Lachance	CAN	27 Jul 2001	Nottingham
T35	1:04.16	Teboho Mokgalagadi	RSA	15 Mar 2005	Durban
T36	54.13	Roman Pavlyk	UKR	10 Sep 2008	Beijing
T37	52.70	Oleksandr Driha	UKR	25 Sep 2004	Athens
T38	50.30	Timothy Francis Sullivan	AUS	27 Oct 2000	Sydney
T42	1:02.96	Kenji Kotani	JPN	20 Sep 2003	Tokio
T43	47.49	Oscar Pistorius	RSA	16 Sep 2008	Beijing
T44	50.98	Jim Bob Bizzell	USA	16 Sep 2008	Beijing
T45	49.59	Yohansson Do Nascimento Ferreira	BRA	19 Aug 2007	Rio de Janeiro
T46	47.69	Heath Wesley Francis	AUS	10 Sep 2008	Beijing
T51	1:18.57	Edgar Navarro	MEX	2 Jul 2004	Atlanta
T52	57.25	Tomoya Ito	JPN	12 Sep 2008	Beijing
T53	47.67	Sukman Hong	KOR	11 Sep 2008	Beijing
T54	45.07	Lixin Zhang	CHN	10 Sep 2008	Beijing

IPC WORLD RECORDS

Men's 800m

T11	1:59.99	Robert Matthews	GBR	1	Jan	1986	Unknown
T12	1:52.13	Abderrahim Zhiou	TUN	10	Sep	2008	Beijing
T13	1:52.50	Lazaro Renato Raschid	CUB	19	Aug	2007	Rio de Janeiro
T33	2:14.50	Lachlan Jones	AUS	9	Jul	2005	New London
T34	1:50.60	Gunnar Krantz	SWE	14	Jun	1997	Gothenburg
T35	2:29.47	James Sands	GBR	31	Jul	1994	Berlin
T36	2:08.83	Artem Arefeyev	RUS	16	Sep	2008	Beijing
T37	1:59.39	Michael McKillop	IRL	10	Sep	2008	Beijing
T38	1:58.87	Malcolm Pringle	RSA	20	Sep	2004	Athens
T44	2:07.18	Daniel Andrews	USA	22	Jul	2002	Villeneuve/Ascq
T45	2:02.24	A Svoboda	MKD	19	Jul	1990	Assen
T46	1:52.36	Marcin Awizen	POL	15	Sep	2008	Beijing
T51	2:40.15	Fabian Blattman	AUS	25	Jun	1999	Etobicoke
T52	1:52.31	Tomoya Ito	JPN	14	Sep	2008	Beijing
T53	1:36.30	Huzhao Li	CHN	15	Sep	2008	Beijing
T54	1:32.17	Ernst Francois van Dyk	RSA	25	Aug	2001	Jona

Men's 1500m

T11	4:05.11	Robert Matthews	GBR	1	Jan	1989	Unknown
T12	3:50.18	Abel Avila Rodriguez	ESP	10	Jun	2006	Barcelona
T13	3:51.82	Timothy Prendergast	NZL	16	Jul	2006	Gent
T33	4:21.39	Lachlan Jones	AUS	7	Jul	2005	New London
T34	3:35.54	Kazuya Maeba	JPN	10	Aug	1998	Birmingham
T35	4:58.65	James Sands	GBR	26	Jul	1994	Berlin
T36	4:37.75	Artem Arefeyev	RUS	26	Sep	2004	Athens
T37	4:16.19	Djamel Mastouri	FRA	23	Jun	2007	Montbeliard
T38	4:09.50	Abbes Saidi	TUN	8	Jul	2005	New London
T44	4:39.64	Andrew Lester	USA	9	Aug	2001	Chula Vista
T45	4:08.26	Pedro Meza Zempoaltecatl	MEX	20	Sep	2004	Athens
T46	3:52.50	Abraham Tarabei	KEN	10	Sep	2008	Beijing
T51	5:01.49	Fabian Blattman	AUS	28	Jan	1998	Sydney
T52	3:36.04	Santiago Sanz Quinto	ESP	30	Jun	2007	Atlanta
T54	2:55.72	David Weir	GBR	29	Jun	2007	Atlanta

Men's 5000m

T11	15:11.07	Henry Wanyoike	KEN	24	Sep	2004	Athens
T12	14:24.02	Henry Kirwa	KEN	11	Sep	2008	Beijing
T13	14:46.00	Said Gomez	PAN	2	Jan	1995	Buenos Aires
T34	12:33.72	Kazuya Maeba	JPN	14	Aug	1998	Birmingham
T35	17:42.42	James Sands	GBR	12	Sep	1992	Barcelona
T36	18:23.52	Claudio Da Silva	BRA	12	Sep	1992	Barcelona
T37	16:34.36	Joseph Parker	USA	18	Aug	1996	Atlanta
T38	15:57.25	Abbes Saidi	TUN	8	Jul	2005	New London
T45	15:37.84	Pedro Meza Zempoaltecatl	MEX	27	Sep	2004	Athens
T46	14:20.88	Abraham Tarabei	KEN	13	Sep	2008	Beijing
T51	16:46.95	Fabian Blattman	AUS	29	Jan	1999	Sydney
T52	12:37.07	Santiago Sanz Quinto	ESP	6	Jun	2006	London
T53		vacant					
T54	9:54.82	David Weir	GBR	30	Jun	2007	Atlanta

IPC WORLD RECORDS

Men's 10000m

T11	31:37.25	Henry Wanyoike	KEN	19	Sep	2004	Athens
T12	31:39.89	Odair Ferreira dos Santos	BRA	16	Sep	2004	Porto Alegre
T13	31:41.85	Said Gomez	PAN	20	Jul	1998	Madrid
T37	38:12.96	Benny Goverts	BEL	10	Jul	2005	New London
T46	30:15.35	Jose Javier Conde Pujana	ESP	27	Sep	1992	Barcelona
T51	36:29.33	Stefan Strobel	GER	7	Aug	2006	Arbon
T52	25:59.13	Thomas Geierspichler	AUT	4	Jun	2005	Arbon
T54	19:58.10	Krige Schabert	RSA	7	May	2004	Atlanta

Men's Marathon

T11	2:31.59	Andrea Cionna	ITA	18	Mar	2007	Rome
T12	2:30.32	Shun Qi	CHN	17	Sep	2008	Beijing
T13	2:22.55	Carlos Talbot	USA	24	Oct	1988	Seoul
T46	2:27.04	Mario Santillan Hernandez	MEX	17	Sep	2008	Beijing
T51	2:23.08	Heinrich Koberte	GER	24	Sep	1995	Berlin
T52	1:40.07	Thomas Geierspichler	AUT	17	Sep	2008	Beijing
T54	1:20.14	Heinz Frei	SUI	31	Oct	1999	Oita

Men's High Jump

F11	1.59	Italo Sacchetto	ITA	19	Oct	1988	Seoul
F12	2.02	Ruslan Svitski	BLR	20	Oct	2000	Sydney
F13	2.03	Ihar Fartunau	BLR	17	Jun	2003	Assen
F42	1.96	Arnold Boldt	CAN	17	Jun	1980	Arnhem
F44	2.11	Jeff Skiba	USA	14	Sep	2008	Beijing
F45	1.68	Matthias Berg	GER	27	Jun	1984	New York
F46	2.05	Aaron Chatman	AUS	3	Mar	2007	Canberra

Men's Long Jump

F11	6.67	-1.3	Jose Rodriguez	ESP	18	Aug	1996	Atlanta
F12	7.47	0.1	Matthias Schroeder	GER	12	Jul	2009	Berlin
F13	7.44	0.2	Luis Felipe Gutierrez	CUB	6	Aug	2007	Rio de Janeiro
F35	6.06	0.3	Wei Guo	CHN	20	Sep	2004	Athens
F36	5.33	1.2	Roman Pavlyk	UKR	24	Aug	2005	Espoo
F37	5.98	0.4	Darren Brian Thrupp	AUS	20	Sep	2004	Athens
F38	6.44	0.9	Mohamed Farhat Chida	TUN	9	Sep	2008	Beijing
F38	6.44	1.9	Ali Haider	PAK	9	Sep	2008	Beijing
F42	6.50	0.4	Wojtek Czyz	GER	16	Sep	2008	Beijing
F44	6.79	1.5	Marlon Shirley	USA	23	Jul	2002	Villeneuve/Ascq
F45	6.41	0.7	Daichang Ren	CHN	29	Nov	2006	Kuala Lumpur
F46	7.23	0.3	Arnaud Assoumani	FRA	10	Sep	2008	Beijing

Men's Triple Jump

F11	13.71	0.2	Duan Li	CHN	12	Sep	2008	Beijing
F12	15.37	0.5	Osama Masaud Al Shanqiti	KSA	8	Sep	2008	Beijing
F13	16.23	-0.3	Luis Felipe Gutierrez	CUB	6	Aug	2007	Sao Paulo
F45	12.00	0.0	J Slezak	POL	27	Jun	1984	New York
F46	14.18	0.1	Hongwei Zhang	CHN	28	Oct	2000	Sydney

IPC WORLD RECORDS

Men's Shot Put

F11	15.26	David Casinos Sierra	ESP	20	Oct	2000	Sydney
F12	16.62	Haitao Sun	CHN	21	Sep	2004	Athens
F13	16.46	Haitao Sun	CHN	27	Oct	2000	Sydney
F32	10.65	Karim Bettina	ALG	8	Sep	2008	Beijing
F33	11.54	Kamel Kardjena	ALG	12	Sep	2008	Beijing
F34	11.16	Hamish Anderson Macdonald	AUS	21	Sep	2004	Athens
F35	16.22	Wei Guo	CHN	14	Sep	2008	Beijing
F36	13.03	Pawel Piotrowski	POL	14	Sep	2008	Beijing
F37	16.60	Dong Xia	CHN	13	Sep	2008	Beijing
F38	15.22	Oleksandr Doroshenko	UKR	8	Sep	2006	Assen
F40	11.21	Jonathan de Souza Santos	BRA	13	Sep	2009	Fortaleza
F42	14.43	Darko Kralj	CRO	10	Sep	2008	Beijing
F43	14.21	Jorg Frischmann	GER	18	Aug	1996	Atlanta
F44	17.89	Jackie Christiansen	DEN	8	Sep	2008	Beijing
F46	14.87	Tomasz Rebisz	POL	12	Aug	2005	Berlin
F52	10.02	Aigars Apinis	LAT	12	Sep	2008	Beijing
F53	8.72	Mauro Maximo de Jesus	MEX	16	Sep	2008	Beijing
F54	9.92	Markku Niinimäki	FIN	16	Sep	2008	Beijing
F55	11.85	Martin Nemeček	CZE	24	Jun	2006	Olomouc
F56	13.49	Olokhlan Musayev	AZE	15	Sep	2008	Beijing
F57	14.28	Jamil Saleh Elshebli	JOR	9	Sep	2008	Beijing
F58	16.03	Alexey Ashapatov	RUS	9	Sep	2008	Beijing

Men's Discus Throw

F11	44.44	Alfonso Lopez-Fidalgo	ESP	24	Jul	1998	Madrid
F12	52.51	Haitao Sun	CHN	27	Sep	2004	Athens
F13	53.61	Oleksandr Yasinoviy	UKR	23	Oct	2000	Sydney
F32	19.72	Mourad Idoudi	TUN	11	Sep	2008	Beijing
F33	28.73	Roman Musil	CZE	24	Aug	2005	Espoo
F34	39.98	Siamak Saleh Farajzadeh	IRI	3	Sep	2006	Assen
F35	54.13	Wei Guo	CHN	11	Sep	2008	Beijing
F36	38.98	Wenbo Wang	CHN	11	Sep	2008	Beijing
F37	52.00	Mykola Zhabnyak	UKR	14	Sep	2008	Beijing
F38	48.32	Javad Hardani	IRI	20	Jun	2009	Taipei
F40	31.34	Mathias Mester	GER	17	Sep	2007	Taipei
F42	47.85	Stephanus Johannes Lombaard	RSA	24	Jul	2002	Villeneuve d'Ascq
F43	38.88	Roan Tynan	IRL	22	Oct	1988	Seoul
F44	55.53	Daniel Greaves	GBR	14	May	2005	Manchester
F46	49.85	Tomasz Rebisz	POL	31	Jul	1999	Barcelona
F51	10.99	Joze Flere	SLO	11	Sep	2008	Beijing
F52	21.41	Tobias Neumann	GER	18	Jul	2003	Wattenscheid
F53	26.62	Toshie Oi	JPN	30	Sep	2006	Okayama
F54	31.08	Liang Fan	CHN	14	Sep	2008	Beijing
F55	39.35	Martin Nemeček	CZE	7	Sep	2006	Assen
F56	40.87	Leonardo Diaz Aldana	CUB	8	Sep	2008	Beijing
F57	49.09	Weihai Zheng	CHN	13	Sep	2008	Beijing
F58	57.61	Alexey Ashapatov	RUS	13	Sep	2008	Beijing

IPC WORLD RECORDS

Men's Javelin

F11	52.73	Bill Marinkovic	AUT	11	Jul	2009	Sindelfingen
F12	63.07	Pengkai Zhu	CHN	10	Sep	2008	Beijing
F13	59.38	Chih-Chung Chiang	TPE	23	Sep	2004	Athens
F33	26.33	Roman Musil	CZE	25	Jul	2001	Nottingham
F34	34.81	Faouzi Rzig	TUN	15	Sep	2008	Beijing
F35	56.07	Wei Guo	CHN	8	Sep	2008	Beijing
F36	42.88	Pawel Piotrowski	POL	8	Sep	2008	Beijing
F37	57.81	Dong Xia	CHN	9	Sep	2008	Beijing
F38	51.37	Oleksandr Doroshenko	UKR	23	Sep	2004	Athens
F40	38.58	Mathias Mester	GER	11	Jul	2009	Sindelfingen
F42	52.74	Jakob Mathiasen	DEN	22	Oct	2000	Sydney
F44	57.60	Mingjie Gao	CHN	12	Sep	2008	Beijing
F46	62.15	B Devendra	IND	21	Sep	2004	Athens
F52	18.58	Peter Martin	NZL	6	Sep	2006	Assen
F53	22.08	Abdolreza Joki	IRI	12	Sep	2008	Beijing
F54	29.33	Markku Niinimäki	FIN	12	Sep	2008	Beijing
F55	35.30	Ali Naderi Darbaghshay	IRI	22	Sep	2004	Athens
F56	42.27	Pieter Gruijters	NED	9	Sep	2008	Beijing
F57	40.84	Mohammad Reza Mirzaeiaberi	IRI	16	Sep	2008	Beijing
F58	50.72	Silver Chinedu Ezeikepe	NGR	26	Sep	2004	Athens

Men's Club Throw

F32	35.77	Mourad Idoudi	TUN	15	Sep	2008	Beijing
F51	26.67	Radim Beles	CZE	31	May	2003	Brno

Women's 100m

T11	12.27	1.6	Terezinha Aparecida Guilhermino	BRA	2	Aug	2007	Sao Paulo
T12	12.32	1.9	Assia El Hannouni	FRA	24	Sep	2004	Athens
T13	12.28	0.0	Marla Runyan	USA	1	Jan	1996	Irvine
T32	37.67	0.0	Lindsay Wright	GBR	25	Jul	1997	Nottingham
T33	22.15	0.0	Mary Rice	IRL	18	Jul	1999	Birmingham
T34	19.55	0.0	Chelsea Clark	CAN	7	May	2004	Atlanta
T35	15.64	-2.3	Ping Liu	CHN	24	Aug	2005	Espoo
T36	13.82	0.3	Fang Wang	CHN	16	Sep	2008	Beijing
T37	13.88	0.0	Lisa McIntosh	AUS	25	Oct	2000	Sydney
T38	13.43	0.0	Inna Dychenko	UKR	9	Sep	2008	Beijing
T42	16.32	-0.1	Perla Bustamante	MEX	13	Sep	2008	Beijing
T43	13.68	0.0	Shea Cowart	USA	11	Aug	2001	Chula Vista
T44	12.98	0.0	April Holmes	USA	1	Jul	2006	Atlanta
T45	14.00	0.0	G Cole	CAN	2	Jun	1980	Arnhem
T46	12.04	1.2	Yunidis Castillo Castillo	CUB	10	Sep	2008	Beijing
T51	32.08	0.0	V Hill	USA	27	Aug	1989	Stoke Mandeville
T52	19.97	0.3	Michelle Stilwell	CAN	15	Sep	2008	Beijing
T53	16.22	-0.2	Lisha Huang	CHN	12	Sep	2008	Beijing
T54	15.91	1.7	Chantal Pettitclerc	CAN	5	Jul	2008	Atlanta

IPC WORLD RECORDS

Women's 200m

T11	24.99	-0.7	Adria Rocha Santos	BRA	27 Oct 2000	Sydney
T12	24.84	-0.5	Assia El Hannouni	FRA	16 Sep 2008	Beijing
T13	24.25	0.0	Marla Runyan	USA	1 Jan 1995	Colorado
T32	1:22.57	0.0	Lindsay Wright	GBR	15 Aug 1999	Nottingham
T33	38.38	-0.3	Mary Rice	IRL	25 Oct 2000	Sydney
T34	33.87	-0.3	Deborah Brennan	GBR	25 Oct 2000	Sydney
T35	36.57	0.0	Zanela Jakysyte	LTU	26 Aug 2005	Espoo
T36	28.60	0.2	Fang Wang	CHN	26 Sep 2004	Athens
T37	28.42	-0.3	Lisa McIntosh	AUS	27 Oct 2000	Sydney
T38	27.81	0.1	Inna Dyachenko	UKR	12 Sep 2008	Beijing
T42	36.48	0.3	Kelly Anne Cartwright	AUS	13 May 2009	Darwin
T43	28.52	1.2	Shea Cowart	USA	23 Oct 2000	Sydney
T44	27.10	1.9	April Holmes	USA	12 Jul 2008	Windsor
T45	32.98	0.0	Mariane Santos	BRA	14 Sep 2007	Taipei
T46	24.72	-0.6	Yunidis Castillo Castillo	CUB	12 Sep 2008	Beijing
T51	56.02	0.0	Shannon Francklin	USA	8 Jul 1998	Atlanta
T52	35.92	2.0	Michelle Stilwell	CAN	12 Jul 2008	Windsor
T53	29.17	-0.4	Lisha Huang	CHN	15 Sep 2008	Beijing
T54	27.52	0.5	Chantal Petitclerc	CAN	14 Sep 2008	Beijing

Women's 400m

T11	56.14		Terezinha Aparecida Guilhermino	BRA	18 Aug 2007	Rio de Janeiro
T12	53.67		Assia El Hannouni	FRA	27 Sep 2004	Athens
T13	54.46		Marla Runyan	USA	3 Jan 1995	Los Angeles
T32	2:49.35		Lindsay Wright	GBR	26 Jul 1997	Nottingham
T33	1:15.98		Mary Rice	IRL	27 Jul 2001	Nottingham
T34	1:07.68		Deborah Brennan	GBR	27 Jul 2002	Villeneuve d'Ascq
T35	1:38.65		Perla Amanda Munoz	ARG	23 Oct 2000	Sydney
T36	1:06.96		Fang Wang	CHN	27 Sep 2004	Athens
T37	1:04.79		Lisa McIntosh	AUS	23 Oct 2000	Sydney
T38	1:04.90		Inna Dyachenko	UKR	27 Jul 2002	Villeneuve d'Ascq
T42	1:34.62		Sarah Reinertsen	USA	31 Jul 1999	Barcelona
T43	1:09.61		Shea Cowart	USA	10 Aug 2001	Chula Vista
T44	1:02.42		Marie Amelie Le Fur	FRA	22 Jun 2007	Montbéliard
T45	1:13.92		G Cole	CAN	2 Jun 1980	Arnhem
T46	55.99		Tshotlego Morama	BOT	24 Sep 2004	Athens
T51	1:48.68		Shannon Francklin	USA	7 Jul 1998	Atlanta
T52	1:08.74		Lisa Franks	CAN	20 May 2005	Atlanta
T53	54.88		Jessica Gatti	USA	10 Sep 2008	Beijing
T54	51.91		Chantal Petitclerc	CAN	25 Sep 2004	Athens

Women's 800m

T11	2:17.66		Tracey Hinton	GBR	11 Aug 2003	Quebec
T12	2:04.96		Assia El Hannouni	FRA	9 Sep 2008	Beijing
T13	2:03.18		Marla Runyan	USA	1 Jan 1999	Boston
T33	2:35.04		Mary Rice	IRL	28 Jul 2001	Nottingham
T34	2:16.99		Deborah Brennan	GBR	28 Jul 2001	Nottingham
T36	3:14.00		Hanna Prokhnytska	UKR	6 Jun 2002	Mykolajiv
T37	2:46.76		Siw Verstegen	NOR	31 Jul 1994	Berlin
T38	2:35.90		Maria Da Graca Da Silva Fernandes	POR	28 Jul 2001	Nottingham
T44	2:38.32		Marie Amelie Le Fur	FRA	7 Jul 2005	Stoke Mandeville
T46	2:12.42		Liubov Vassilieva	RUS	24 Jul 2002	Villeneuve d'Ascq
T51	4:11.97		Leticia Lopez	MEX	12 Jul 1997	Etobicoke
T52	2:16.71		Lisa Franks	CAN	20 May 2005	Atlanta
T53	1:49.82		Jessica Gatti	USA	29 Jun 2007	Atlanta
T54	1:45.19		Chantal Petitclerc	CAN	14 Sep 2008	Beijing

IPC WORLD RECORDS

Women's 1500m

T11	4:53.78		Miroslava Sedlackova	CZE	14 Sep 2008	Beijing
T12	4:19.20		Assia El Hannouni	FRA	14 Sep 2008	Beijing
T13	4:05.27		Marla Runyan	USA	1 Jan 1999	Seville
T33	5:05.01		Mary Rice	IRL	26 Jul 2001	Nottingham
T34	4:16.31		Deborah Brennan	GBR	17 Aug 2003	Birmingham
T36	6:26.30		Susan Suchan	CAN	11 Aug 1995	Saint John
T37	5:40.12		Siw Verstegen	NOR	28 Jul 1994	Berlin
T38	5:28.51		Maria Da Graca Da Silva Fernandes	POR	26 Jul 2001	Nottingham
T46	4:50.08		Chun Mei Li	CHN	29 Nov 2006	Kuala Lumpur
T51	7:59.80		V Hill	USA	28 Jul 1989	Stoke Mandeville
T52	4:25.49		Lisa Franks	CAN	8 Aug 2004	Edmonton
T54	3:24.23		Chantal Petitclerc	CAN	29 Jun 2007	Atlanta

Women's 3000m

T11	11:07.65		Pavla Valnickova	CZE	6 Sep 1992	Barcelona
T12	10:04.33		Rima Batalova	RUS	31 Jul 1994	Berlin
T13	10:42.99		Pamela McGonigle	USA	1 Jan 1991	Unknown

Women's 5000m

T11	20:05.81		Sigita Markeviciene	LTU	28 Oct 2000	Sydney
T12	17:50.45		Elena Pautova	RUS	4 Aug 2003	Quebec
T13	15:07.19		Marla Runyan	USA	27 Aug 1999	Seville
T52	15:40.73		Lisa Franks	CAN	29 Oct 1999	Sydney
T53	11:39.43		Amanda McGrory	USA	29 Jun 2007	Atlanta
T54	11:40.87		Diane Roy	CAN	7 May 2004	Atlanta

Women's 10,000m

T54	24:21.64		Jean Driscoll	USA	18 Aug 1996	Atlanta
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Women's Marathon

T11	3:53.38		Reiko Aotake	JPN	1 Jan 1998	Kasumigaura
T12	3:49.16		Gabriele Berghofer	AUT	20 May 2001	Vienna
T52	2:07.28		Tomomi Yamaki	JPN	9 Nov 2008	Oita
T54	1:38.29		Francesca Porcellato	ITA	24 May 2005	Padova

Women's High Jump

F11	1.45		Joke Rijswijk	NED	19 Oct 1988	Seoul
F11	1.45		Vera Kroes	NED	8 Aug 1986	Gothenburg
F12	1.57		Helena Kannus-Silm	EST	7 Aug 2001	Bialystok
F13	1.80		Marla Runyan	USA	1 Jan 1995	Colorado
F42	1.36		Haiyuan Zhang	CHN	29 Nov 2006	Kuala Lumpur
F44	1.52		Michaela Daamen	GER	16 Jun 2001	Assen
F45	1.45		G Cole	CAN	24 Jun 1984	New York
F46	1.67		Catherine Bader-Bille	GER	17 Jun 2000	Weinstadt

Women's Long Jump

F11	5.21	0.0	Purificacion Ortiz	ESP	1 Jan 1997	Burgos
F12	6.28	0.5	Oksana Zubkovska	UKR	14 Sep 2008	Beijing
F13	5.88	0.0	Marla Runyan	USA	1 Jan 1995	Colorado
F36	3.60	0.6	Claudia Nicoletzick	GER	20 Jul 2007	Singen
F37	4.92	0.0	Lisa McIntosh	AUS	6 Apr 2001	Canberra
F38	4.49	0.0	Aldona Grigaliuniene	LTU	17 Aug 1996	Atlanta
F42	3.73	-0.3	Christine Ingrid Wolf	AUS	8 Sep 2008	Beijing
F43	3.36	0.0	A Mullins	USA	19 Apr 1997	San Diego
F44	5.04	-1.7	Marie Amelie Le Fur	FRA	28 Apr 2007	Marrakech
F45	3.85	0.0	G Cole	CAN	2 Jun 1980	Arnhem
F46	5.73	0.0	Iryna Leantsiuk	BLR	29 Aug 1999	Duderstadt

IPC WORLD RECORDS

Women's Triple Jump

F12 12.11 0.0 Marija Ivekovic CRO 6 Aug 2007 Sao Paulo

Women's Shot Put

F11 10.99 Ljiljana Ljubisic CAN 17 Aug 1996 Atlanta
 F12 13.06 Tamara Sivakova BLR 6 Sep 2006 Assen
 F13 13.05 Tamara Sivakova BLR 25 Jul 1998 Madrid
 F32 5.79 Maria Stamatoula GRE 23 May 2009 Loutraki
 F33 6.50 Tetyana Yakychuk UKR 9 Jul 2005 New London
 F34 8.80 Birgit Pohl GER 11 Jul 1998 Augsburg
 F35 9.47 Veronika Foltova CZE 23 Sep 2004 Athens
 F36 9.33 Alla Malchyk UKR 12 Sep 2008 Beijing
 F37 11.58 Na Mi CHN 11 Sep 2008 Beijing
 F38 12.58 Aldona Grigaliuniene LTU 11 Sep 2008 Beijing
 F40 8.95 Raoua Tili TUN 15 Sep 2008 Beijing
 F42 10.06 Baozhu Zheng CHN 9 Sep 2008 Beijing
 F43 9.76 Stela Eneva BUL 17 Jul 2004 Olomouc
 F44 12.58 Michaela Floeth GER 9 Sep 2008 Beijing
 F46 11.93 Britta Jaenicke GER 28 Oct 2000 Sydney
 F52 5.82 Antonia Balek CRO 7 Jun 2009 Stadskanaal
 F53 5.88 Cristeen Smith NZL 28 Jul 1994 Berlin
 F54 6.73 Eva Kacan CZE 8 Sep 2008 Beijing
 F55 9.06 Marianne Buggenhagen GER 19 Sep 2004 Athens
 F56 8.61 Martina Willing GER 8 Sep 2008 Beijing
 F57 10.93 Nadia Medjmedj ALG 9 Sep 2008 Beijing
 F58 10.96 Njideka Eucharia Iyazi NGR 9 Sep 2008 Beijing

Women's Discus Throw

F11 38.66 Lisa Banta USA 20 Oct 2000 Sydney
 F12 45.06 Liudya Maso Belicer CUB 19 Aug 1996 Atlanta
 F13 44.67 Liudya Maso Belicer CUB 23 Oct 2000 Sydney
 F32 12.11 Gemma Prescott GBR 11 Jul 2009 Sindelfingen
 F33 17.05 Tetyana Yakychuk UKR 10 Sep 2008 Beijing
 F34 21.19 Frances Herrmann GER 10 Sep 2008 Beijing
 F35 25.32 Renata Chileska POL 31 May 2009 Emmeloord
 F36 25.80 Qing Wu CHN 9 Sep 2008 Beijing
 F37 33.67 Na Mi CHN 14 Sep 2008 Beijing
 F38 31.63 Aldona Grigaliuniene LTU 6 Sep 2006 Assen
 F40 28.04 Genjimsu Meng CHN 13 Sep 2008 Beijing
 F42 33.19 Baozhu Zheng CHN 15 Sep 2008 Beijing
 F43 32.22 Stela Eneva BUL 25 Sep 2004 Athens
 F44 42.38 Yue Yang CHN 15 Sep 2008 Beijing
 F46 42.12 Hong Ping Wu CHN 25 Sep 2004 Athens
 F51 6.13 Catherine Wayland IRL 10 Sep 2008 Beijing
 F52 15.28 Martina Kniezikova CZE 20 Sep 2004 Athens
 F53 14.46 Cristeen Smith NZL 26 Jul 1995 Stoke Mandeville
 F54 19.96 Jana Fesslova CZE 29 Aug 2004 Frydek-Mistek
 F55 27.80 Marianne Buggenhagen GER 9 Sep 2008 Beijing
 F56 25.05 Suely Rodrigues Guimaraes BRA 12 Sep 2009 Fortaleza
 F57 30.59 Nadia Medjmedj ALG 17 Jun 2008 Tunis
 F58 38.53 Nassima Saifi ALG 17 Jun 2008 Tunis

IPC WORLD RECORDS

Women's Javelin

F11 38.62 Martina Willing GER 6 Sep 1992 Barcelona
 F12 30.19 Hongyan Xu CHN 11 Jan 1999 Bangkok
 F13 43.82 Guoli Tang CHN 7 May 2000 Shanghai
 F33 14.14 Tiina Ala Aho FIN 19 Jun 2003 Assen
 F34 17.28 Louadjeda Benoumessad ALG 13 Sep 2008 Beijing
 F35 25.59 Renata Chileska POL 10 Sep 2008 Beijing
 F36 28.84 Qing Wu CHN 10 Sep 2008 Beijing
 F37 35.95 Shirlene Coelho BRA 10 Sep 2008 Beijing
 F38 28.47 Katrina Webb AUS 21 Sep 2004 Athens
 F40 23.94 Leila El Garaa MAR 14 May 2006 Khemisset
 F42 31.51 Claudia Biene GER 16 Sep 2008 Taipei
 F43 27.97 Madeleine Deouwi FRA 1 Jan 1999 Bangkok
 F44 40.51 Juan Yao CHN 8 Sep 2008 Beijing
 F46 39.23 Andrea Hegen GER 8 Sep 2008 Beijing
 F52 13.46 Antonia Balek CRO 3 Jun 2009 Duisburg
 F53 11.87 Esther Rivera Robles MEX 13 Aug 2007 Rio de Janeiro
 F54 16.83 Hania Aidi TUN 14 Sep 2008 Beijing
 F55 22.71 Martina Willing GER 21 Aug 1999 Bern
 F56 24.03 Martina Willing GER 13 Jun 2008 Berlin
 F57 23.87 Mary Nakhumica KEN 29 Oct 2000 Sydney
 F58 31.12 Safia Djelal ALG 28 Apr 2007 Marrakech

Women's Club Throw

F32 21.39 Kyoko Sato JPN 30 Oct 2002 Busan
 F51 15.83 Catherine Oneill IRL 18 Aug 2001 Nove Mesto

IPC EUROPEAN RECORDS

Men's 100m

T11	11.38	-0.2	Sergey Sevostianov	RUS	1 Sep 1983	Varna
T12	10.91	0.1	Matthias Schroeder	GER	21 Sep 2004	Athens
T13	10.62	-0.1	Jason Smyth	IRL	13 Sep 2008	Beijing
T32	23.25	0.0	Martin McDonagh	IRL	13 Aug 1999	Nottingham
T33	21.32	0.0	Martin Conway	GBR	26 Jul 2001	Nottingham
T34	18.44	0.0	Leslie Allinson	GBR	26 Jul 2001	Nottingham
T35	13.17	0.7	Lloyd Upsdell	GBR	21 Jul 2002	Villeneuve d'Ascq
T36	12.46	1.1	Andriy Zhytsov	UKR	18 Jun 2003	Assen
T37	12.26	1.6	Michael Churm	GBR	26 Aug 2005	Esposo
T38	11.16	0.0	Mykyta Senyk	UKR	24 May 2008	Rijeka
T42	12.51	0.0	Wojtek Czyz	GER	21 Sep 2004	Athens
T43			vacant			
T44	11.60	0.0	Marcus Ehm	GER	9 Aug 2002	Munich
T45			vacant			
T46	11.03	0.0	Sebastien Barc	FRA	15 Jun 2001	Assen
T51	22.48	0.0	Giuseppe Forni	SUI	21 Aug 1993	Nottwil
T52	17.10	0.0	Colm Burke	IRL	3 Apr 2004	Dublin
T53	14.69	1.2	Michael Bushell	GBR	18 Jun 2009	lbach
T54	13.76	-0.8	Leo Pekka Tahti	FIN	15 Sep 2008	Beijing

Men's 200m

T11	23.36	0.7	Luis Bullido-Arroyo	ESP	8 Sep 2006	Assen
T12	21.91	-0.1	Matthias Schroeder	GER	24 Sep 2004	Athens
T13	21.43	-0.3	Jason Smyth	IRL	16 Sep 2008	Beijing
T32	46.81	0.0	Martin McDonagh	IRL	28 Jul 2001	Nottingham
T33	39.20	0.0	Paul Williams	GBR	31 Jul 1994	Berlin
T34	29.16	0.0	Gunnar Krantz	SWE	14 Jun 1997	Gothenburg
T35	26.69	0.0	Lloyd Upsdell	GBR	26 Jul 2002	Villeneuve d'Ascq
T36	24.86	-1.7	Benjamin Rushgrove	GBR	13 May 2007	Manchester
T37	24.95	0.0	Peter Haber	GER	10 Sep 1992	Barcelona
T38	23.57	1.3	Aristotelis Marinos	GRE	24 Sep 2004	Athens
T42	25.75	0.3	Wojtek Czyz	GER	26 Aug 2005	Esposo
T43			vacant			
T44	23.51	0.4	Marcus Ehm	GER	22 Jun 2003	Balingen
T45			vacant			
T46	22.02	0.0	Sebastien Barc	FRA	27 Oct 2000	Sydney
T51	40.15	0.6	Timothy Johansson	SWE	25 Sep 2004	Athens
T52	31.66	1.0	Beat Boesch	SUI	2 Jul 2004	Atlanta
T53	27.03	0.7	Pierre Fairbank	FRA	27 Sep 2004	Athens
T54	24.49	-0.3	David Weir	GBR	25 May 2006	lbach

Men's 400m

T11	51.67		Luis Bullido-Arroyo	ESP	25 Jul 1998	Madrid
T12	48.62		Gabriel Furtado Potra	POR	25 Jul 2002	Villeneuve d'Ascq
T13	49.70		Ioannis Protos	GRE	20 May 2007	Loutrakki
T32	1:30.82		Martin McDonagh	IRL	14 Aug 1999	Nottingham
T33	1:16.52		Martin Conway	GBR	26 Jul 2001	Nottingham
T34	55.78		Gunnar Krantz	SWE	21 Aug 1996	Atlanta
T35	1:06.20		Jon Oddur Halldorsson	ISL	15 May 2004	Birmingham
T36	54.13		Roman Pavlyk	UKR	10 Sep 2008	Beijing
T37	52.70		Oleksandr Driha	UKR	25 Sep 2004	Athens
T38	51.37		Stephen Payton	GBR	27 Oct 2000	Sydney
T42	1:05.79		Clavel Kayitare	FRA	25 Apr 2004	Bron
T43			vacant			
T44	54.20		Roberto La Barbera	ITA	8 Jun 2003	Milano
T45			vacant			
T46	49.79		Patrice Geroges	FRA	9 Sep 1992	Barcelona
T51	1:20.25		Timothy Johansson	SWE	28 Aug 2004	Rivera
T52	1:00.79		Thomas Geierspichler	AUT	2 Jul 2004	Atlanta
T53	50.66		Heinz Frei	SUI	18 Jun 1997	Muttentz
T54	46.11		David Weir	GBR	26 Aug 2006	Arbon

All Time lists and records are correct as of 05 02 2010

IPC EUROPEAN RECORDS

Men's 800m

T11	1:59.99		Robert Matthews	GBR	1 Jan 1986	Unknown
T12	1:53.12		Abel Avila Rodriguez	ESP	27 Sep 2004	Athens
T13	1:54.79		Christopher Carayon	FRA	12 Sep 1992	Barcelona
T33	2:44.83		Paul Williams	GBR	31 Jul 1994	Berlin
T34	1:50.60		Gunnar Krantz	SWE	14 Jun 1997	Gothenburg
T35	2:29.47		James Sands	GBR	31 Jul 1994	Berlin
T36	2:08.83		Artem Arefyev	RUS	16 Sep 2008	Beijing
T37	1:59.39		Michael McKillop	IRL	10 Sep 2008	Beijing
T38	2:01.76		Derek Malone	IRL	20 Sep 2004	Athens
T44	2:14.09		Patrick Stoll	SUI	26 Oct 2000	Sydney
T45	2:02.24		A Syobadon	MKD	19 Jul 1990	Assen
T46	1:52.36		Marcin Awizen	POL	15 Sep 2008	Beijing
T51	2:45.23		Timothy Johansson	SWE	28 Aug 2004	Rivera
T52	1:56.26		Santiago Sanz Quinto	ESP	30 Jun 2007	Atlanta
T53	1:56.26		Thomas Geierspichler	AUT	16 Sep 2008	Beijing
T54	1:37.50		Roger Puigbo Verdaguer	ESP	15 Sep 2008	Beijing
	1:32.66		Marcel Eric Hug	SUI	25 Sep 2004	Athens

Men's 1500m

T11	4:05.11		Robert Matthews	GBR	1 Jan 1989	Unknown
T12	3:50.18		Abel Avila Rodriguez	ESP	10 Jun 2006	Barcelona
T13	4:00.00		Anthony Hamilton	GBR	22 Oct 1988	Seoul
T33			vacant			
T34	4:25.96		Janne Seppala	FIN	23 Feb 2003	Tampere
T35	4:58.65		James Sands	GBR	26 Jul 1994	Berlin
T36	4:37.75		Artem Arefyev	RUS	26 Sep 2004	Athens
T37	4:16.19		Djamel Mastouri	FRA	23 Jun 2007	Montbéliard
T38	4:19.25		Ivan Hompanera-Alvarez	ESP	15 May 2004	Mannheim
T44	4:39.51		Robert Mayer	AUT	24 May 2003	Innsbruck
T45			vacant			
T46	3:53.46		Abderrahman Ait Khamouch Badaui	ESP	10 Sep 2008	Beijing
T51	5:13.43		Alvise Devidi	ITA	26 Oct 2000	Sydney
T52	3:36.04		Santiago Sanz Quinto	ESP	30 Jun 2007	Atlanta
T54	2:55.72		David Weir	GBR	29 Jun 2007	Atlanta

Men's 5000m

T11	15:43.34		Robert Matthews	GBR	1 Jan 1989	Unknown
T12	14:51.70		Abel Avila Rodriguez	ESP	15 Feb 2004	Murcia
T13	15:31.46		Kestutis Bartkenas	LTU	11 Aug 2001	Bialystok
T34			vacant			
T35	17:42.42		James Sands	GBR	12 Sep 1992	Barcelona
T36	18:41.28		Margaride Gonzalez	ESP	13 Aug 1998	Birmingham
T37	17:02.58		Benny Govaerts	BEL	27 Oct 2000	Sydney
T38	16:27.86		Ivan Hompanera-Alvarez	ESP	24 Jun 2007	Basauri
T46	14:41.01		Jose javier Conde Pujana	ESP	31 Jul 1994	Berlin
T51	18:35.67		Stefan Strobel	GER	9 May 2003	Mannheim
T52	12:37.07		Santiago Sanz Quinto	ESP	6 Jun 2006	London
T53			vacant			
T54	9:54.82		David Weir	GBR	30 Jun 2007	Atlanta

All Time lists and records are correct as of 05 02 2010

IPC EUROPEAN RECORDS

Men's 10000m

T11	33:17.30	Carlos Alberto Amaral Ferreira	POR	19 Sep 2004	Athens
T12	32:20.27	Noel Thatcher	GBR	20 Aug 1996	Atlanta
T13	32:05.17	Kestutis Bartkenas	LTU	20 Sep 2004	Athens
T37	38:12.96	Benny Govaerts	BEL	10 Jul 2005	New London
T46	30:15.35	Jose javier Conde Pujana	ESP	7 Sep 1992	Barcelona
T51	36:29.33	Stefan Strobel	GER	27 Aug 2006	Arbon
T52	25:59.13	Thomas Geierspichler	AUT	4 Jun 2005	Arbon
T54	20:25.90	Heinz Frei	SUI	26 Jul 1998	Jona

Men's Marathon

T11	2:31.59	Andrea Cionna	ITA	18 Mar 2007	Rome
T12	2:32.43	Waldemar Kilolski	POL	25 Sep 1994	Berlin
T13	2:37.53	Mark Farnell	GBR	15 Sep 1987	Moscow
T46	2:28.20	Jose javier Conde Pujana	ESP	16 Aug 1998	Birmingham
T51	2:23.08	Heinrich Koberle	AUT	24 Sep 1995	Berlin
T52	1:40.07	Thomas Geierspichler	GER	17 Sep 2008	Beijing
T54	1:20.14	Heinz Frei	SUI	31 Oct 1999	Oita

Men's High Jump

F11	1.59	Italo Sacchetto	ITA	19 Oct 1988	Seoul
F12	2.02	Ruslan Sivitski	BLR	20 Oct 2000	Sydney
F13	2.03	Ihar Fartunau	BLR	17 Jun 2003	Assen
F42	1.75	Gunther Belitz	GER	17 Jun 2000	Weinstadt
F44	1.83	Christos Kapellas	GRE	20 May 2007	Loutaki
F45	1.68	Matthias Berg	GER	27 Jun 1984	New York
F46	1.97	Reinhold Boetzel	GER	26 Jul 2002	Villeneuve d'Ascq

Men's Long Jump

F11	6.67	-1.3	Jose Rodriguez	ESP	18 Aug 1996	Atlanta
F12	7.47	0.1	Matthias Schroeder	GER	12 Jul 2009	Berlin
F13	7.34	0.0	Ihar Fartunau	BLR	25 Jul 1998	Madrid
F35			vacant			
F36	5.33	1.2	Roman Pavlyk	UKR	24 Aug 2005	Espoo
F37	5.68	0.0	Jens Wiegmann	GER	12 Jun 1999	Roxel
F38	5.95	0.4	Aristotelis Marinou	GRE	9 Sep 2008	Beijing
F42	6.50	0.6	Wojtek Czyz	GER	16 Sep 2008	Beijing
F44	6.70	0.0	Urs Kolly	SUI	28 Sep 2003	Dudingen
F45			vacant			
F46	7.23	0.3	Arnaud Assoumani	FRA	10 Sep 2008	Beijing

Men's Triple Jump

F11	13.47	0.4	Jose Rodriguez	ESP	24 Jul 1998	Madrid
F12	14.65	-0.4	Ivan Kytensko	UKR	9 Sep 2006	Assen
F13	14.40	-1.1	Ihar Fartunau	BLR	18 Jun 2003	Assen
F45	12.00	0.0	J Szlezak	POL	27 Jun 1984	New York
F46	14.12	0.0	Anton Skachkov	UKR	24 Sep 2004	Athens

IPC EUROPEAN RECORDS

Men's Shot Put

F11	15.26	David Casinos Sierra	ESP	20 Oct 2000	Sydney
F12	15.83	Rolandas Urbonas	LTU	25 Jul 2002	Villeneuve d'Ascq
F13	15.87	Oleksandr Yasinovyi	UKR	21 Sep 2004	Athens
F32	8.49	Dimitrios Zisidis	GRE	8 Sep 2008	Beijing
F33	10.97	Roman Musil	CZE	7 Sep 2004	Assen
F34	10.62	Daniel West	GBR	3 Sep 2005	Nottingham
F35	14.33	Thierry Cibone	FRA	21 Jul 2002	Villeneuve d'Ascq
F36	13.03	Pawel Piotrowski	POL	14 Sep 2008	Beijing
F37	15.33	Tomasz Blatkiewicz	POL	23 Sep 2004	Assen
F38	15.22	Oleksandr Doroshenko	UKR	8 Sep 2004	Assen
F40	10.49	Marek Margoc	SVK	19 Jun 2004	Banska
F42	14.43	Danko Kralj	CRO	10 Sep 2008	Beijing
F43	14.21	Jorg Frischmann	GER	18 Aug 1996	Atlanta
F44	17.89	Jackie Christensen	DEN	8 Sep 2008	Beijing
F46	14.87	Tomasz Rebisz	POL	12 Aug 2005	Berlin
F52	10.02	Aigars Apinis	LAT	12 Sep 2008	Beijing
F53	8.29	Che Jon Fernandes	GRE	16 Sep 2008	Beijing
F54	9.92	Markku Niinimäki	FIN	16 Sep 2008	Beijing
F55	11.85	Martin Nemec	CZE	24 Jun 2004	Olomouc
F56	13.49	Olokhon Musayev	AZE	15 Sep 2008	Beijing
F57	13.47	Anastasios Tsiou	GRE	9 Sep 2004	Assen
F58	16.03	Alexey Ashapatov	RUS	9 Sep 2008	Beijing

Men's Discus Throw

F11	44.44	Alfonso Lopez-Fidalgo	ESP	24 Jul 1998	Madrid
F12	49.52	Oleksandr Iasynovyi	UKR	13 Sep 2008	Beijing
F13	53.61	Oleksandr Yasinovyi	UKR	23 Oct 2000	Sydney
F32	17.05	Frantisek Serbus	CZE	11 Sep 2008	Beijing
F33	28.73	Roman Musil	CZE	24 Aug 2005	Espoo
F34	38.16	Daniel West	GBR	3 Sep 2004	Assen
F35	49.35	Edgars Bergs	LAT	9 Sep 2004	Assen
F36	35.87	Keith Gardner	GBR	13 Aug 1999	Nottingham
F37	52.00	Mykola Zhabnyak	UKR	14 Sep 2008	Beijing
F38	44.58	Oleksandr Doroshenko	UKR	22 Sep 2004	Athens
F40	31.34	Mathias Mester	GER	17 Sep 2007	Taipei
F42	46.13	Gino de Keersmaeker	BEL	17 Jun 2001	Assen
F43	38.88	Roan Tynan	IRL	22 Oct 1988	Seoul
F44	55.53	Daniel Greaves	GBR	14 May 2005	Manchester
F46	49.85	Tomasz Rebisz	POL	31 Jul 1999	Barcelona
F51	10.99	Joze Fler	SLO	11 Sep 2008	Beijing
F52	21.41	Tobias Neumann	GER	18 Jul 2003	Wattenscheid
F53	26.62	Robert Jachimowicz	POL	5 Sep 2006	Assen
F54	29.09	Drazenko Mitrovic	SRB	14 Sep 2008	Beijing
F55	39.35	Martin Nemec	CZE	7 Sep 2006	Assen
F56	38.40	Miroslav Sperk	CZE	7 Sep 2006	Assen
F57	47.72	Rostislav Pohlmann	CZE	24 May 2003	Olomouc
F58	57.61	Alexey Ashapatov	RUS	13 Sep 2008	Beijing

IPC EUROPEAN RECORDS

Men's Javelin

F11	52.73	Bit Marinkovic	AUT	11 Jul 2009	Sindelfingen
F12	57.69	Mirosław Krzysztof Pych	POL	27 Jul 2002	Villeneuve d'Ascq
F13	52.96	Raimo Haikkinen	FIN	1 Aug 1995	Rome
F33	26.33	Roman Musil	CZE	25 Jul 2001	Nottingham
F34	33.81	Andreas Müller	GER	25 Jul 2001	Nottingham
F35	43.25	Thierry Cibone	FRA	23 Oct 2000	Sydney
F36	42.88	Paweł Piotrowski	POL	8 Sep 2008	Beijing
F37	49.78	Kenneth Paul Churchill	GBR	7 May 2006	Manchester
F38	51.37	Oleksandr Doroshenko	UKR	23 Sep 2004	Athens
F40	38.58	Mathias Mester	GER	11 Jul 2009	Sindelfingen
F42	52.74	Jakob Mathiasen	DEN	22 Oct 2000	Sydney
F44	55.50	Evgeny Gudkov	RUS	12 Sep 2008	Beijing
F46	53.58	Jörg Schiedeck	GER	24 Aug 1996	Atlanta
F52	16.01	Georgios Karaminas	GRE	6 Sep 2006	Assen
F53	17.95	Gerasimos Vryonis	GRE	28 May 2005	Athens
F54	29.33	Markku Niinimäki	FIN	12 Sep 2008	Beijing
F55	32.38	Thomas Bradal	DEN	19 Aug 2000	Nove Mesto
F56	42.27	Pieter Grijters	NED	9 Sep 2008	Beijing
F57	39.85	Rostislav Pohlmann	CZE	16 Sep 2008	Beijing
F58	36.75	Jan Sulka	SVK	16 Aug 2003	Nove Mesto

Men's Club Throw

F32	36.93	Stephen Miller	GBR	27 Jan 2007	Canberra
F51	26.67	Radim Beles	CZE	31 May 2003	Brno

Women's 100m

T11	12.33	0.0	Purificación Santamaría-Bravo	ESP	1 Jan 1997	Barcelona
T12	12.32	1.9	Assia El Hannouni	FRA	24 Sep 2004	Athens
T13	12.56	-0.1	Alexandra Dimoglou	GRE	16 Sep 2008	Beijing
T32	37.67	0.0	Lindsay Wright	GBR	25 Jul 1997	Nottingham
T33	22.15	0.0	Mary Rice	IRL	18 Jul 1999	Birmingham
T34	19.74	-0.5	Deborah Brennan	GBR	22 Jul 2002	Villeneuve d'Ascq
T35	17.76	-2.3	Zaneta Jakšyte	LTU	24 Aug 2005	Espoo
T36	15.00	0.3	Claudia Nicolitz	GER	16 Sep 2008	Beijing
T37	14.21	-0.2	Viktoriya Kravchenko	UKR	12 Sep 2008	Beijing
T38	13.43	0.0	Inna Dyachenko	UKR	9 Sep 2008	Beijing
T42	16.40	0.3	Anna Roozen	NED	1 Jun 2008	Emmeloord
T43			vacant			
T44	13.71	-0.7	Katrin Green	GER	14 Sep 2008	Beijing
T45			vacant			
T46	12.51	0.0	Petra Quade	GER	30 May 1987	Hasselt
T51			vacant			
T52	21.19	1.8	Pia Schmid	SUI	20 May 2004	Ibach
T53	17.29	1.2	Tanni Grey-Thompson	GBR	22 Oct 2000	Sydney
T54	16.35	-0.2	Manuela Schär	SUI	10 Sep 2008	Beijing

IPC EUROPEAN RECORDS

Women's 200m

T11	25.45	-0.4	Purificación Santamaría-Bravo	ESP	25 Aug 1996	Atlanta
T12	24.84	-0.5	Assia El Hannouni	FRA	16 Sep 2008	Beijing
T13	25.51	-0.3	Nantenin Keita	FRA	13 Sep 2008	Beijing
T32	1:22.57	0.0	Lindsay Wright	GBR	15 Aug 1999	Nottingham
T33	38.38	-0.3	Mary Rice	IRL	25 Oct 2000	Sydney
T34	33.87	-0.3	Deborah Brennan	GBR	25 Oct 2000	Sydney
T35	36.57	0.0	Zaneta Jakšyte	LTU	26 Aug 2005	Espoo
T36	31.98	0.2	Hazel Robson	GBR	26 Sep 2004	Athens
T37	30.14	-0.5	Evgenia Trushnikova	RUS	22 Sep 2004	Athens
T38	27.81	0.1	Inna Dyachenko	UKR	12 Sep 2008	Beijing
T42	50.47	0.0	Mirosława Turowska	POL	31 Jul 1999	Barcelona
T43			vacant			
T44	28.02	1.1	Katrin Green	GER	9 Sep 2008	Beijing
T45			vacant			
T46	25.84	0.0	Anna Szymul	POL	22 Oct 2000	Sydney
T51			vacant			
T52	38.84	0.0	Ursina Greuter	SUI	26 Jul 1998	Jona
T53	29.66	0.9	Tanni Grey-Thompson	GBR	2 Jul 2004	Atlanta
T54	28.84	0.5	Manuela Schär	SUI	14 Sep 2008	Beijing

Women's 400m

T11	56.83		Purificación Santamaría-Bravo	ESP	25 Oct 2000	Sydney
T12	53.67		Assia El Hannouni	FRA	27 Sep 2004	Athens
T13	56.09		Alexandra Dimoglou	GRE	12 Sep 2008	Beijing
T32	2:49.35		Lindsay Wright	GBR	26 Jul 1997	Nottingham
T33	1:15.98		Mary Rice	IRL	27 Jul 2001	Nottingham
T34	1:07.68		Deborah Brennan	GBR	27 Jul 2002	Villeneuve d'Ascq
T35			vacant			
T36	1:16.65		Caroline Innes	GBR	23 Oct 2000	Sydney
T37	1:07.99		Evgenia Trushnikova	RUS	27 Sep 2004	Athens
T38	1:04.90		Inna Dyachenko	UKR	27 Jul 2002	Villeneuve d'Ascq
T42			vacant			
T43			vacant			
T44	1:02.42		Marie Amelie Le Fur	FRA	22 Jun 2007	Montbéliard
T45			vacant			
T46	56.11		Lioubov Vassilieva	RUS	27 Jul 2002	Villeneuve d'Ascq
T51			vacant			
T52	1:20.03		Pia Schmid	SUI	28 Aug 2004	Rivera
T53	56.28		Tanni Grey-Thompson	GBR	30 Sep 2003	Langenthal
T54	54.53		Edith Hunkeler	SUI	9 Sep 2006	Assen

Women's 800m

T11	2:17.66		Tracey Hinton	GBR	11 Aug 2003	Quebec
T12	2:04.96		Assia El Hannouni	FRA	9 Sep 2008	Beijing
T13			vacant			
T33	2:35.04		Mary Rice	IRL	28 Jul 2001	Nottingham
T34	2:16.99		Deborah Brennan	GBR	28 Jul 2001	Nottingham
T36	3:14.00		Hanna Prokhytska	UKR	6 Jun 2002	Mykolajiv
T37	2:46.76		Siw Verstegen	NOR	31 Jul 1994	Berlin
T38	2:35.90		Maria Da Graça Da Silva Fernandes	POR	28 Jul 2001	Nottingham
T44	2:38.32		Marie Amelie Le Fur	FRA	7 Jul 2005	Stoke Mandeville
T46	2:12.42		Lioubov Vassilieva	RUS	24 Jul 2002	Villeneuve d'Ascq
T51			vacant			
T52	2:27.59		Ursina Greuter	SUI	25 Jul 1998	Jona
T53	1:55.12		Tanni Grey-Thompson	GBR	19 Aug 1996	Atlanta
T54	1:48.33		Edith Hunkeler	SUI	2 Jul 2004	Atlanta

IPC EUROPEAN RECORDS

Women's 1500m

T11	4:53.78	Miroslava Sedlackova	CZE	14 Sep 2008	Beijing
T12	4:19.20	Assia El Hannouni	FRA	14 Sep 2008	Beijing
T13	4:53.52	Rima Batalova	RUS	13 Sep 1987	Moscow
T33	5:05.01	Mary Rice	IRL	26 Jul 2001	Nottingham
T34	4:16.31	Deborah Brennan	GBR	17 Aug 2003	Birmingham
T36	6:30.50	Hanna Prokhnyska	UKR	6 Jun 2002	Mykolaiiv
T37	5:40.12	Siw Verstengen	NOR	28 Jul 1994	Berlin
T38	5:28.51	Maria Da Graça Da Silva Fernandes	POR	26 Jul 2001	Nottingham
T46	6:09.43	Britta Brockschoten	GER	31 May 1987	Hasselt
T51		vacant			
T52	4:57.37	Ursina Greuter	SUI	10 Aug 1998	Birmingham
T54	3:28.48	Edith Hunkeler	SUI	24 Sep 2004	Athens

Women's 3000m

T11	11:07.65	Pavla Valnickova	CZE	6 Sep 1992	Barcelona
T12	10:04.33	Rima Batalova	RUS	31 Jul 1994	Berlin
T13	10:56.81	Rima Batalova	RUS	15 Sep 1987	Moscow

Women's 5000m

T11	20:05.81	Sigita Markeviciene	LTU	28 Oct 2000	Sydney
T12	17:50.45	Elena Pautova	RUS	4 Aug 2003	Quebec
T13	19:57.26	Maria Odete Ferreira Fuiza	POR	5 Jun 2004	Barcelona
T52		vacant			
T53		vacant			
T54	11:41.61	Sandra Berty Graf	SUI	28 Aug 2004	Rivera

Women's 10000 m

T54		vacant			
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Women's Marathon

T11		vacant			
T12	3:49:16	Gabriele Berghofer	AUT	20 May 2001	Vienna
T52		vacant			
T54	1:38:29	Francesca Porcellato	ITA	24 May 2005	Padova

Women's High Jump

F11	1.45	Joke Rijswijk	NED	19 Oct 1988	Seoul
F11	1.45	Vera Kroes	NED	8 Aug 1986	Gothenburg
F12	1.57	Helena Kannus-Silm	EST	7 Aug 2001	Bialystok
F13	1.58	Olga Chevelova	RUS	29 Jul 1994	Berlin
F42	1.25	Hana Martinkova	CZE	16 Jun 2001	Assen
F44	1.52	Michaela Daamen	GER	16 Jun 2001	Assen
F45		vacant			
F46	1.67	Catherine Bader-Bille	GER	17 Jun 2000	Weinstadt

Women's Long Jump

F11	5.21	0.0	Purificacion Ortiz	ESP	1 Jan 1997	Burgos
F12	6.28	0.5	Oksana Zubkovska	UKR	14 Sep 2008	Beijing
F13	5.66	1.1	volha Zinkevich	BLR	23 Sep 2004	Athens
F36	3.60	0.6	Claudia Nicoletitz	GER	20 Jul 2007	Singen
F37	4.09	0.0	Carmen Storch	GER	29 May 1999	Ratingen
F38	4.49	0.0	Aldona Grigaliuniene	LTU	17 Aug 1996	Atlanta
F42	3.49	-0.5	Anna Roozen	NED	8 Sep 2006	Assen
F43			vacant			
F44	5.04	-1.7	Marie Amelie Le Fur	FRA	28 Apr 2007	Marrakech
F45			vacant			
F46	5.73	0.0	Iryna Leantsiuk	BLR	29 Aug 1999	Duderstadt

IPC EUROPEAN RECORDS

Women's Triple Jump

F12	12.11	0.0	Marija Ivekovic	CRO	6 Aug 2007	Sao Paulo
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Women's Shot Put

F11	9.77	Valentina Akimova	RUS	11 Sep 1987	Moscow
F12	13.06	Tamara Sivakova	BLR	6 Sep 2004	Assen
F13	13.05	Tamara Sivakova	BLR	25 Jul 1998	Madrid
F32	5.79	Maria Stamatoula	GRE	23 May 2009	Loutaki
F33	6.50	Tetyana Yakybchuk	UKR	9 Jul 2005	New London
F34	8.80	Birgit Pohl	GER	11 Jul 1998	Augsburg
F35	9.47	Veronika Foltova	CZE	23 Sep 2004	Athens
F36	9.33	Alla Malchych	UKR	12 Sep 2008	Beijing
F37	10.84	Eva Berna	CZE	11 Sep 2008	Beijing
F38	12.58	Aldona Grigaliuniene	LTU	11 Sep 2008	Beijing
F40	7.48	Sophie Hancock	GBR	15 Sep 2008	Beijing
F42	8.61	Jelena Vukovic	CRO	23 Aug 2005	Beijing
F43	9.76	Stela Eneva	BUL	17 Jul 2004	Olmouc
F44	12.58	Michaela Floeth	GER	9 Sep 2008	Beijing
F46	11.93	Britta Jaenicke	GER	28 Oct 2000	Sydney
F52	5.82	Antonia Balek	CRO	7 Jun 2009	Stadskanaal
F53	3.79	Rosemary Tallon	IRL	30 Aug 2003	Alphen
F54	6.73	Eva Kacan	CZE	8 Sep 2008	Beijing
F55	9.06	Marianne Buggenhagen	GER	19 Sep 2004	Athens
F56	8.61	Martina Willing	GER	8 Sep 2008	Beijing
F57	9.44	Ivanka Koleva	BUL	9 Sep 2008	Beijing
F58	10.28	Stela Eneva	BUL	9 Sep 2008	Beijing

Women's Discus Throw

F11	22.10	Theodora Fardela	GRE	11 Oct 2003	Halkida
F12	43.24	Tamara Sivakova	BLR	17 Jun 2003	Assen
F13		vacant			
F32	12.11	Gemma Prescott	GBR	11 Jul 2009	Sindelfingen
F33	17.05	Tetyana Yakybchuk	UKR	10 Sep 2008	Beijing
F34	21.19	Frances Herrmann	GER	10 Sep 2008	Beijing
F35	25.32	Renata Chlewska	POL	31 May 2009	Ermeloord
F36	22.15	Alla Malchych	UKR	9 Sep 2008	Beijing
F37	27.27	Beverley Jones	GBR	14 Sep 2008	Beijing
F38	31.63	Aldona Grigaliuniene	LTU	6 Sep 2004	Assen
F40	21.54	Sophie Hancock	GBR	14 Sep 2007	Taipei
F42	28.34	Claudia Biene	GER	18 Jul 2004	Willemshaven
F43	32.22	Stela Eneva	BUL	25 Sep 2004	Athens
F44	40.08	Michaela Floeth	GER	6 Jun 2008	Duisburg
F46	35.53	Britta Jaenicke	GER	22 Oct 2000	Sydney
F51	6.13	Catherine Wayland	IRL	10 Sep 2008	Beijing
F52	15.28	Martina Kniezkova	CZE	20 Sep 2004	Athens
F53	11.09	Rosemary Tallon	IRL	25 Aug 2005	Espoo
F54	19.96	Jana Fesslova	CZE	29 Aug 2004	Frydek-Mistek
F55	27.80	Marianne Buggenhagen	GER	9 Sep 2008	Beijing
F56	23.56	Martina Willing	GER	4 Sep 2006	Assen
F57	27.90	Orla Barry	IRL	14 Jun 2008	Berlin
F58	34.58	Stela Eneva	BUL	16 Sep 2008	Beijing

IPC EUROPEAN RECORDS

Women's Javelin

F11	38.62	Martina Willing	GER	6	Sep	1992	Barcelona
F12	32.04	Marianne Brussel-Van	BEL	18	Aug	1996	Atlanta
F13	36.16	Jenny Bergstrom	SWE	30	Jul	1994	Berlin
F33	14.14	Tiina Ala Aho	FIN	19	Jun	2003	Assen
F34	17.03	Birgit Pohl	GER	13	Jul	2002	Berlin
F35	25.59	Renata Cholewska	POL	10	Sep	2008	Beijing
F36	18.83	Yulia Linevich	RUS	10	Sep	2008	Beijing
F37	24.12	Lisa Callaghan	IRL	21	Sep	2004	Athens
F38	27.95	Ramune Adomaitiene	LTU	3	Sep	2006	Assen
F40	15.21	Kim Minett	GBR	11	Jun	2005	Manchester
F42	31.51	Claudia Biene	GER	16	Sep	2008	Taipei
F43	27.97	Madeleine Deouwi	FRA	1	Jan	1999	Bangkok
F44	36.14	Malda Baumgarde	LTU	15	Aug	1998	Birmingham
F46	39.23	Andrea Hegen	GER	8	Sep	2008	Beijing
F52	13.46	Antonia Balek	CRO	3	Jun	2009	Duisburg
F53	9.54	Rosemary Tallon	IRL	17	Jul	2004	Olomouc
F54	12.78	Tatjana Majcen Ljubic	SLO	14	Sep	2008	Beijing
F55	22.71	Martina Willing	GER	21	Aug	1999	Bern
F56	24.03	Martina Willing	GER	13	Jun	2008	Berlin
F57	20.55	Olga Sergienko	RUS	11	Sep	2008	Beijing
F58	20.72	Malda Baumgarde	LTU	11	Sep	2008	Beijing

Women's Club Throw

F32	17.26	Ann Woffinden	GBR	15	Jul	1990	Assen
F51	15.83	Catherine Oneill	IRL	18	Aug	2001	Nove Mesto

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UKA PERFORMANCE

We are extremely fortunate to possess all four vital elements for world class success in athletics; world class facilities, world class coaches, world class athletes and world class support staff.

Our philosophy is rooted in the belief that if all four of these elements work closely together in pursuit of a common goal we can make a dramatic difference to our success at global championships.

We believe we can take British Athletics to its most successful ever Olympiad in 2012 and emerge afterwards in fantastic shape to improve again through 2016 and 2020.

PERFORMANCE STRUCTURE

Charles van Commenee - Head Coach Olympic

Peter Eriksson - Head Coach Paralympic

Kevin Tyler - Strategic Head of Coaching & Development

Dan Pfaff - Lee Valley National Performance Centre Director

Derek Evelyn - Loughborough National Performance Centre Director

COACHES

Fuzz Ahmed, National Event Coach High Jump

Malcolm Arnold, National Event Coach Hurdles

Lloyd Cowan, Olympic Coach

George Gandy, National Event Coach Endurance

John Herbert, National Event Coach Long Jump

Michael Khmel, National Event Coach Men's Sprints and Relays

Tony Lester, National Event Coach Women's Sprints and Relays

Aston Moore, National Event Coach Triple Jump

Toni Minichiello, National Event Coach Combined Events

Steve Rippon, National Event Coach Pole Vault

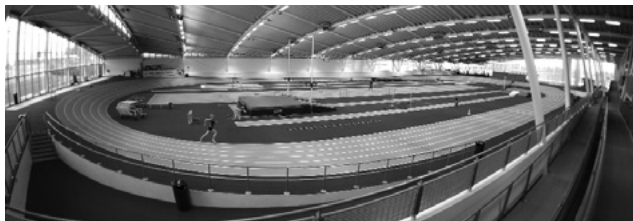
TBC, National Event Coach Heavy Throws

Esa Utriainen, National Event Coach Javelin

UKA NATIONAL PERFORMANCE CENTRES

In 2009 UKA channelled their resources from four HiPAC's into two National Performance Centres -Loughborough and Lee Valley.

The centres enable coaches, medial, sports science and performance staff to work with individual athletes in a world class environment with world class facilities.



LEE VALLEY

Lee Valley Athletics Centre, Meridian Way, Edmonton, N9 0AR
Centre Director- Dan Pfaff
POC- Julie Hollman - jhollman@uka.org.uk



LOUGHBOROUGH

Loughborough University, Leicestershire, LE11 3TU
Centre Director- Derek Evelyn
POC- Emma Bailey - ebailey@uka.org.uk

UKA FUTURES PROGRAMME

Coaching and Development

As part of the recent restructuring of UKA's World Class Performance Programme (WCPP), and the drive towards more targeted support for athletes and their coaches, UKA has introduced the UKA Futures programme to underpin the WCPP.

The programme targets young athletes with the potential to deliver global medals for Britain in the future, typically in the 17 to 20 age range but with flexibility towards athletes who have come late to the sport, are in late developing events or are deemed an exceptional case for support.

Athletes and their coaches will be supported in their individual development plans, allowing for more flexibility and individual discretion around distribution of resources. Catering for individual circumstances and needs, coaches and athletes will have responsibility to manage their own budgets and have much greater ownership of their own support programme.

42 coach-athlete pairs have been included in the 2010 Futures programme. Coach-athlete pairings are shown on the following page.

For more information visit-

<http://www.uka.org.uk/world-class/uka-futures-programme/>

UKA FUTURES PROGRAMME

ATHLETE	DISCIPLINE	COACH
Kola Adedoyin	Triple Jump	John Vernon / Frank Attoh
Kate Avery	3000m	Bob Ashwood
Eugene Ayanful	100m	Christine Bowmaker
Jennie Batten	100m	Roger Walters
Meghan Beesley	400m hurdles	Nick Dakin
Holly Bleasdale	Pole Vault	Julien Raffalli
Lauren Bouchard	400m hurdles	Steve Mitchell / Nick Dakin
Katie Byres	Pole Vault	Julien Raffalli
Daniel Clorley	1500m	Anthony Simmons
Emily Diamond	200m	Dan Coussins / Jared Deacon
Mark Dry	Hammer	Derek Evelyn
Junior Ejehu	200m	Ayo Falola
Niall Flannery	400m hurdles	Nick Dakin
Daniel Gardiner	Decathlon	Toni Minichiello
Robbie Grabarz	High Jump	Fuzz Ahmed
David Guest	Decathlon	Michael Guest
Simon Horsfield	1500m	Mick Woods
Matt Hunt	Javelin	Mick Hill
Abigail Irozuru	Long Jump	John Herbert
Joe Kent	High Jump	Trevor Llewelyn
Richard Kilty	200m	Jared Deacon
Alison Leonard	800m	Arthur Almond
Jordan McGrath	400m	Tony Hadley
Ross Murray	1500m	Craig Winrow / John Stevenson
Jade Nimmo	Long Jump	Darren Ritchie
Louis Persent	400m	Steve Garnham
Elizabeth Potter	1500m	John Nuttall / Bill Parker
Andrew Pozzi	110m hurdles	Paul Bearman
Andy Robertson	100m	John Smith
Maria Seager	Pole Vault	Christian North
Louise Small	3000m	Mick Woods
Dwyte Smith	Long Jump	John Herbert
Ricky Stevenson	1500m	Steve Shaw
Andrew Sutcliffe	Pole Vault	Julien Raffalli
Annie Tagoe	100m	Clarence Callender
Shaunna Thompson	200m	Robert Gaisie
Deji Tobais	100m	Simon Duberley
Lorraine Ugen	Long Jump	Guy Spencer
Nathan Wake	400m	Ayo Falola
Louise Webb	3000m SC	Todd Bennett / John Nuttall
James Wilkinson	3000m SC	Philip Townsend
Jodie Williams	100m	Mike Macfarlane.

ATHLETE AGENTS

For up-to-date information please visit: www.uka.org.uk/media/athlete-agents

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Complete Madness Sports

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Thompson Blondel

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Total Sports Management

8, Mount Stuart Square,
Cardiff, South Glamorgan CF10 5EE
Tel: 029 2040 9875

UKA BOARD MEMBERS

Ed Warner

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 UKAs' strategy, while playing a key role in the organisation's vision and communication. Ed is passionate about athletics and as a club runner himself has a perspective of the sport from its grassroots.

Other Commitments

Ed is both a city businessman and a leading commentator on financial matters.

Niels de Vos

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

Responsible for the Finance, IT, Procurement, Athletics Services, HR, Welfare, Facilities and Health and Safety teams, providing finance and support input and forward thinking to the Board and to the other teams in the organisation.

Baroness Tanni Grey-Thompson

Non-Executive Director with oversight of World Class Performance Programme - Paralympic. Tanni also sits on the Board of the London Marathon as representative of UKA.

Other Commitments

Pro Vice-Chancellor of Staffordshire University.

Vice Chair of LOCOG Sports Advisory Group.

Board Member on North East Regional Sports Board and Vice President of Women's Sports Foundation.

UKA BOARD MEMBERS

Ian Fox

Non-Executive Director, Chairman of Audit Committee and Member of Remuneration Committee with oversight of the Finance & Operations Department.

Other Commitments

Non-Executive Director Bromford Group Ltd (a housing association with approximately 25,000 homes and a turnover of £80m).

Vice Chairman and Trustee of Wagon Retirement and Benefit Plan.

John Taylor

Non-Executive Director, Chair of Remuneration Committee and Member of Audit Committee with an oversight of the Marketing & Communications Department.

Other Commitments

Chairman of Associa Ltd, a company providing support services to membership organisations.

Chairman of Birmingham and Solihull Solutions Ltd, a public/private company developing primary health care facilities in the region.

Non-Executive Director of two further local public/private companies developing health care facilities, Prima 200 Ltd in North Staffs and Dudley Infracare Ltd in Dudley.

Non-Executive Director of South Birmingham PCT (NHS) Ltd.

Jason Gardener MBE

Non-Executive Director with oversight of World Class Performance Programme - Olympic and Athlete Performance Advisor.

Other Commitments

Sports Consultant for Youth Sports Trust, Red bull

Board member of the British Athletes Commission

Occasional athletics presenter for Eurosport, Channel Four & BBC

Terry Colton

Non-Executive Director with oversight of the Competitions Department.

Other Commitments

Athletics Sport Manager, LONDON2012 Olympic and Paralympic Games.

Responsible for the planning, organisation and management of athletics for both Games.

NOTES

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