



TEAM ENGLAND

COMMONWEALTH GAMES 2018

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GOLD COAST 2018 COMMONWEALTH GAMES TEAM ENGLAND HANDBOOK & GUIDE

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CHAIRMAN'S FOREWORD



The Commonwealth Games are a unique and special Games. All the more so in the stunning setting of Australia's Gold Coast. For everyone at Commonwealth Games England, these Games are the pinnacle of an amazing nine months which has seen us top the medal table at the Commonwealth Youth Games in the Bahamas, named as hosts of the 2022 Games in Birmingham and prepare a team of over 390 athletes to compete on the Gold Coast over the next 11 days.

Ask anyone who has ever done it, competing in Australia is no easy task. But with our preparation camp in Brisbane, the biggest Team England has ever run, we believe we have given our athletes every chance of success. Everyone appears to be in good spirits, and looking forward to competition beginning.

None of this would be possible without the dedicated support of our funding partners at Sport England as well as our sponsors, npower, STA Travel, Shakespeare Martineau, CGI, Millbrook Beds, National Express and Grange Hotels. I would also like to thank our kit partners Kukri Sports for making the team look fantastic and Etihad Airways for

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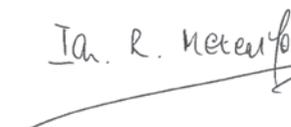
“ Ask anyone who has ever done it, competing in Australia is no easy task. But with our preparation camp in Brisbane, the biggest Team England has ever run, we believe we have given our athletes every chance of success. Everyone appears to be in good spirits, and looking forward to competition beginning. ”

transporting over 600 members of Team England half way round the world.

Nor could we have done this without our excellent and dedicated executive staff and HQ team, our Chef de Mission, Sarah Winckless, our team leaders, coaches, medical staff and the wide range of volunteers who are also here supporting the team.

Finally I would like to wish the very best of luck to all of our athletes who will be competing with PRIDE in what I am sure will be an incredible Games. I am looking forward to watching the 11 days of competition and excited to hear, see and experience the many amazing stories and successes, which will make up the Gold Coast 2018 Games.

Thank you all in advance for your support of Team England and I look forward to seeing you first on the Gold Coast and hopefully, again in Birmingham in 2022.



Ian Metcalfe
Chairman, Commonwealth Games England

CHEF DE MISSION'S FOREWORD



It gives me both great pride and also such a feeling of excitement as we step into the final stages of our preparations for the Gold Coast 2018 Commonwealth Games.

I feel proud that I've been given the responsibility to lead Team England as Chef de Mission in Australia. I am going back to where my experience with multi-sports events started as a rowing athlete, preparing for the Sydney Olympics. I've thought hard about what I needed then, and listened carefully to what our team needs now, to make the best decision on how we, at Commonwealth Games England, can best support everyone through the Games.

I am excited because at this stage no medals are won, yet the possibilities are endless. I feel inspired for what is to come, as I've watched our strong team build, athlete by athlete, and team official by team official across 18 sports. We are a mix of first timers and established Commonwealth stars, and it would be remiss of me not to particularly welcome our two beach volleyball pairs who come to their first Commonwealth Games as a sport.

This is my first senior Games as a Chef de Mission after leading the team at the Bahamas Youth Games; I know I will learn and grow with everyone over the next three weeks. My preparation for this Games has been around focussing on what the

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“With our team leaders, we’ve talked a lot about the values it is important that we embody as we compete under the St George’s Cross. We vow to leave the England shirt in a better state than we received it. From many meetings with them, I already get the sense that this is a challenge that they will not only step up to, but take on as a group mission.”

team needs to perform at their best and ensure that we have built the best team and the best culture to deliver that.

The English teams before us have set a high bar in medal performance. In Delhi, England won their most ‘away’ medals with 142 medals, including 37 golds, and placed third in the medal table, behind the hosts, India. Four years later in Scotland, the team of 410 athletes topped the medal table, winning a fantastic total of 58 golds and 174 medals.

With our team leaders, we’ve talked a

lot about the values it is important that we embody as we compete under the St George’s Cross. We vow to leave the England shirt in a better state than we received it. From my many meetings with them, I already get the sense that this is a challenge that they will not only step up to, but take on as a group mission.

Our hosts, Australia, are a sports-mad nation. We can expect passionate knowledgeable crowds, fantastic sporting facilities and a purpose-built Games Village where we can come together as 392 athletes and over 200 support staff and compete as one team.

I wish our athletes every sporting success over the 11 days of competition and hope that they all create personal best performances, make great friendships and win a bucket load of medals for themselves, for their team and for their country.

**Sarah Winckless MBE
Chef de Mission, Team England**

BOARD MEMBERS

DENISE LEWIS OBE

President
Denise began her athletics career with Birchfield Harriers in Birmingham and is now regarded as one of England's greatest-ever sportswomen.



IAN METCALFE

Chairman
A double Cambridge rugby blue who also played for Sale and Moseley, Ian is the former managing partner of Wragge & Co, one of the UK's leading law firms.



PAUL BLANCHARD

Chief Executive
Paul has 25 years' experience in the sports industry. He has worked in cricket at The Oval, in Premier League and Scottish football and also the NFL in Europe.



JENNY ASHMORE

Non-executive Director
Jenny joined the Board in April 2015, having previously been the Chief Marketing Officer of SSE through the sponsorship of Glasgow 2014.



SIMON BALL

Non-executive Director
Simon, a Non-executive Director at the Allied Irish Bank Group and Chairman of Anchura Group, brings more than 30 years of financial strategy experience.



ALEX DANSON MBE

Non-executive Director
Alex is a current England and Great Britain hockey player with over 235 caps, and an Olympic, World, European and Commonwealth medalist.



HAMISH McINNES

Non-executive Director
Hamish is the Chief Executive of British Shooting, Director of 3forty3 Sports Consultancy and a member of the National Olympic Committee.



DAWN NEWBERY

Non-executive Director
Dawn joined the board in May 2015 bringing with her over 20 years para sport experience and leading teams at six Paralympic Games (1992 to 2012).



DAVID ROSS

Non-executive Director
A British Olympic Association board member, David is known mainly as the entrepreneur who co-founded the Carphone Warehouse Group PLC in 1991.



CHRIS SIMPSON

Non-executive Director
Chris, a chartered accountant, joined the board in July 2014, as the Chair of Commonwealth Games England's Audit and Finance Committee.



MARTIN THOMAS

Non-executive Director
Martin recently completed his second term as a Non-executive Director of Sport England and is an experienced business consultant, trainer and public speaker.



NIGEL WALKER

Non-executive Director
Nigel is the National Director of the English Institute of Sport and was appointed to the Commonwealth Games England board in October 2014.



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EXECUTIVE TEAM

PAUL BLANCHARD

Job: Chief Executive



SARAH WINCKLESS MBE

Job: Chef de Mission



DON PARKER

Job: Deputy Chef de Mission (Sport)



LOUISE BELL

Job: Deputy Chef de Mission (Operations)



DELIA BUTE

Job: Event Operations Executive
Games-time role: Clubhouse Operations Executive



ALICE CAMPBELL

Job: Operations Co-ordinator
Games-time role: HQ Operations Executive



CARYS EDWARDS

Job: Media and Communications Executive
Games-time role: Press Officer - Beach Volleyball



PETER HANNON

Job: Head of Media and Communications



FRANCESCA KELLY

Job: Sport Operations Manager
Games-time role: Preparation Camp Manager



DOMINIQUE MIGNOT

Job: Finance Executive



LIZZIE MOORE

Job: Business Support Executive
Games-time role: City HQ Executive



DEBORAH MORRAD

Job: Finance Manager



NEIL RANKIN

Job: Operations Administrator
Games-time role: Clubhouse Operations Executive



HARRIET SMITH

Job: Games project manager
Games-time role: Clubhouse Manager



LAURA SPAVEN

Job: Commercial Manager
Games-time role: City HQ Manager



TEAM LEADERS

KIM WHITE

Aquatics - Diving

Kim has been involved with diving for over 46 years as a diver, coach, volunteer, judge and team leader and is currently the performance manager for British Diving.

Kim was employed by the ASA in 1997 after returning from coaching abroad.



DARREN CHAPPLE

Boxing

Darren is Director Lead of Performance and Talent at England Boxing (EB). Gold Coast 2018 will be his first Commonwealth Games. He has worked in boxing for almost 40 years as a competitor, coach and official/referee, and brings extensive experience as a team manager.



PAUL DRING

Netball

Paul Dring is the team leader for Team England's netball team for the Gold Coast 2018 Commonwealth Games. He is the England Roses netball Team Manager. Prior to his role at England Netball, Paul worked as a coach of the para-cycling squad at British Cycling.



IAN PYPER

Triathlon

Ian has worked as a Strength and Conditioning Coach with the English Institute of Sport for 11 years. Over this period he has worked extensively with a variety of Olympic and Paralympic sports, including supporting GB Boxing athletes and staff into Delhi 2010 and London 2012.



GRANT ROBINS

Aquatics - Swimming

Grant has been active in swimming for the past 35 years as a swimmer, coach, administrator and parent. He competed at the 1990 Commonwealth Games and was a coach at the 1998 Games. He was also the team leader for swimming at the 2015 Commonwealth Youth Games in Samoa.



KEITH REYNOLDS

Cycling

Keith was a gold medallist for England at the Edinburgh 1986 Commonwealth Games in the men's team time trial. At British Cycling, Keith is responsible for all the logistical arrangements of the Great Britain team at major events, such as World Cups and World Championships.



JO TYLER

Rugby Sevens

Jo Tyler is the team leader for England's rugby sevens on the Gold Coast. She is currently the England 7s team operations manager at the Rugby Football Union (RFU). She has previously worked in support roles to the England Head Coach and Director of Professional Rugby at the RFU.



EMMA KAVANAGH

Beach Volleyball

Dr Emma Kavanagh is the psychology lead for beach volleyball and has been working in the sport for five years. Emma is a Chartered Sport Scientist (psychological support) and academic specialising in athlete wellbeing and performing under pressure.



MARTIN RUSH

Athletics

Martin was the team leader for the British Athletics junior team from 2002 to 2008 and the European cross country and race walk teams in 2014 and 2015. He was also the endurance coach for England Athletics at the 2010 and 2014 Commonwealth Games.



MIKE WEINSTOCK

Gymnastics

Mike is a retired school teacher currently living in Shropshire. He is still actively involved in coaching gymnastics and teacher training/coach education. The 2018 Gold Coast Games will be Mike's sixth Commonwealth Games that he has been to either as coach or team manager.



CHRISTIAN SCHOFIELD

Shooting

After 35 years as an Infantry Officer in the British Army, Christian joined British Shooting as the Talent Pathway Co-ordinator in 2014. As well as running the Regional Development and Great Britain Talent programmes for the Olympic shotgun disciplines, he is the coach for the Great Britain junior Olympic trap team.



STUART MARTIN

Weightlifting

Stuart was the team leader and coach for last year's World Universiade in Taipei and European Junior Championships, where there was medal success in weightlifting at both events. He is the Performance Manager for British Weightlifting and oversees the programs from youth to senior international level.



JON AUSTIN

Badminton

Jon has been involved with badminton for over 38 years as a player, coach, volunteer and is presently the Director of Performance and Coaching at Badminton England. Jon started his professional life as a physical training instructor in the Royal Air Force before taking on a number of roles within sport and leisure.



ED BARNEY

Hockey

Dr Ed Barney joined England Hockey in 2013 as the Head of Talent Development at Great Britain Hockey and has played a key role in the evolution of the nation's hockey talent pathway. Before joining England Hockey Dr Barney was a talent identification scientist for the England and Wales Cricket Board.



DAVID CAMPION

Squash

David is the current National Coach at England Squash and has been with the organisation for 17 years. He was at the Delhi Commonwealth Games in 2010, where England topped the squash medal table and again in Glasgow 2014 where England once again dominated the medals.



DAVID BUTLER

Basketball

David is the Delivery Director at Basketball England where he leads on all things participation related, including competitions, education, coaching and officiating as well as taking responsibility for other areas of strategic importance for Basketball England.



JOHN BELL

Lawn Bowls

John participated as a player at Victoria 1994 and Kuala Lumpur 1998. He was a team manager at Manchester 2002 and Melbourne 2006. John was also a team director for Delhi 2010, where 11 out of the 12 lawn bowls athletes won medals.



SIMON MILLS

Table Tennis

Simon joined Table Tennis England in March 2014 to build the performance pathway and his arrival has coincided with a renaissance in the performance of English players on the world stage. A resurgence that saw two players qualify for the Olympic Games for the first time in 20 years.



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Jerusalem: a new track record

The Official Anthem of Commonwealth Games England

npower - proud sponsor of Team England – has re-recorded the team's Official Anthem Jerusalem, in support of Team England athletes competing in the Gold Coast 2018 Commonwealth Games.



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Commonwealth Games silver medallist and Team England long jumper Jazmin Sawyers, who has also starred on The Voice, performs lead vocals and is accompanied by reigning Britain's Got Talent champion, Tokio Myers on instrumentals.

Recorded at London's iconic Abbey Road studios, Jerusalem - The Official Anthem of Commonwealth Games England with npower and Syco records - is a modern twist on the iconic original track, which encourages fans across the country to show their support for Team England.

The recording of the track was bolstered by a 54-piece orchestra and 10-person choir as well as athletes including Jack Laugher (Diving), Max Whitlock (Gymnastics), Ellie Robinson (Swimming) and Lois Toulson (Diving) who all attended the recording with their families – their ultimate support network during the Games.

In 2010, 'Jerusalem' was confirmed as Team England's anthem after Commonwealth Games England put the choice to a public vote ahead of the Delhi Games. Jerusalem was the runaway winner with 52% of the public vote, ahead of 'Land of Hope and Glory' and 'God Save The Queen.'



However, a recent survey commissioned by npower discovered that over 80% of fans didn't know Jerusalem is played when Team England win gold at the Commonwealth Games. Of those surveyed, four in ten also struggled to sing along to 'Jerusalem.'

To help put this right, and make sure Team England has the power of the nation behind it, npower has been raising awareness of the track and teaching athletes as well as members of the public the lyrics, to make sure they are able to bellow out the anthem when Team England win gold.



Jerusalem - The Official Anthem of Commonwealth Games England with npower and Syco records – is available on Spotify and itunes. To see some amusing out-takes of athletes recording their own renditions, visit @npowerhq

COMPETITION SCHEDULE

= Medal events

	April													
	W 4	T 5	F 6	S 7	S 8	M 9	T 10	W 11	T 12	F 13	S 14	S 15		
Opening Ceremony														
Aquatics - Diving														
Aquatics - Swimming														
Athletics														
Badminton														
Basketball														
Beach Volleyball														
Boxing														
Cycling														
Gymnastics														
Hockey														
Lawn bowls														
Netball														
Para Powerlifting														
Rugby sevens														
Shooting														
Squash														
Table tennis														
Triathlon														
Weightlifting														
Wrestling														
Closing Ceremony														

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PRESS OFFICER'S FOREWORD



Team England is a group of athletes full of stories, from household names to the breakthrough stars of the future. With para-athletes competing in one team with their able-bodied counterparts, athletes from across the nation and from all walks of life, Team England is a true representation of England as it is today.

Our team includes the experience of working with many of the Games' 18 sports day in and day out as well as a large breadth of multi-games experience. Please do not hesitate to let us know if there is anything you need.

All the best for a successful Games.

Peter Hannon
Team England Head of Media and Communications

As a media team we are here to help you tell those stories both here in Australia and back home in England. Many of the team are volunteers, giving their time to be here and support the athletes.

I would like to thank everyone for their time and effort over the coming 11 days.

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Good luck Team England

We're with you every
step of the way.

Proud to be an
Official supporter of



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TEAM ENGLAND FLAGBEARERS

CITY	YEAR	OPENING CEREMONY	SPORT	CLOSING CEREMONY	SPORT
Glasgow	2014	Nick Matthew	Squash	Kate Richardson-Walsh	Hockey
Delhi	2010	Nathan Robertson	Badminton	Nicky Hunt	Archery
Melbourne	2006	Tony Ally	Diving	Mick Gault	Shooting
Manchester	2002	Darren Campbell	Athletics	Karen Pickering	Swimming
Kuala Lumpur	1998	Mark Foster	Swimming	John Regis	Athletics
Victoria	1994	Neil Thomas	Gymnastics	Gillian Clark	Badminton
Auckland	1990	Karen Briggs	Judo	Adrian Moorhouse	Swimming
Edinburgh	1986	Malcolm Cooper	Shooting	Steve Cram	Athletics
Brisbane	1982	Phil Hubble	Swimming		
Edmonton	1978	Verona Elder	Athletics		
Christchurch	1974	Precious McKenzie	Weightlifting		
Edinburgh	1970	David Hemery	Athletics		
Kingston	1966	Louis Martin	Weightlifting		
Perth	1962	Chris Davidge	Rowing		
Cardiff	1958	Kenneth Wilmshurst	Athletics		
Vancouver	1954	Charles de Beaumont	Fencing		

GLASGOW 2014 MEDAL TABLE

	GOLD	SILVER	BRONZE	TOTAL
1. England	58	59	57	174
2. Australia	49	42	46	137
3. Canada	32	16	34	82
4. Scotland	19	15	19	53
5. India	15	30	19	64
6. New Zealand	14	14	17	45
7. South Africa	13	10	17	40
8. Nigeria	11	11	14	36
9. Kenya	10	10	5	25
10. Jamaica	10	4	8	22
11. Singapore	8	5	4	17
12. Malaysia	6	7	6	19
13. Wales	5	11	20	36
14. Cyprus	2	4	2	8
15. Northern Ireland	2	3	7	12
16. Papua New Guinea	2	0	0	2
17. Cameroon	1	3	3	7
18. Uganda	1	0	4	5
19. Grenada	1	0	1	2
20. Botswana	1	0	0	1
Kiribati	1	0	0	1
22. Trinidad and Tobago	0	3	5	8
23. Pakistan	0	3	1	4
24. Bahamas	0	2	1	3

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GLASGOW 2014 MEDAL TABLE continued

	GOLD	SILVER	BRONZE	TOTAL
Samoa	0	2	1	3
26. Namibia	0	1	2	3
27. Mozambique	0	1	1	2
Mauritius	0	1	1	2
29. Bangladesh	0	1	0	1
Isle of Man	0	1	0	1
Nauru	0	1	0	1
Sri Lanka	0	1	0	1
33. Ghana	0	0	2	2
Zambia	0	0	2	2
35. Barbados	0	0	1	1
Fiji	0	0	1	1
Saint Lucia	0	0	1	1

Celebrating Excellence

Ashley Bryant
CGI sponsored
Decathlete

CGI is proud to partner with Team England, Team Scotland and Team Wales on their journey to the Gold Coast 2018 Commonwealth Games

Find out more at
Goto/cwgames2018

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CGI



Official Systems Integration, BPS and IT Outsourcing Partner

TEAM ENGLAND GLASGOW 2014 MEDALLISTS

M = Men's events W = Women's events M/W = Mixed events
G = Gold medal S = silver medal B = Bronze medal ● = Total medals

EVENT	MEDAL / WINNERS	
AQUATICS – DIVING AND SWIMMING		14 13 11 38
M Diving: 1m springboard	G Jack Laugher	
M Diving: 10m platform	G Tom Daley	
M Diving: 3m synchro	G Jack Laugher & Chris Mears	
W Diving: 3m synchro	G Alicia Blagg & Rebecca Gallantree	
M Swimming: 50m freestyle	G Benjamin Proud	
M Swimming: 100m backstroke	G Chris Walker-Hebborn	
M Swimming: 100m breaststroke	G Adam Peaty	
M Swimming: 50m butterfly	G Benjamin Proud	
M Swimming: SM8 para-sport 200m individual medley	G Oliver Hynd	
M Swimming: 4x100m medley relay	G Chris Walker-Hebborn, Adam Peaty, Adam Barrett, Adam Brown	
W Swimming: 50m freestyle	G Francesca Halsall	
W Swimming: 100m breaststroke	G Sophie Taylor	
W Swimming: 50m butterfly	G Francesca Halsall	
W Swimming: 200m individual medley	G Siobhan-Marie O'Connor	
M Diving: 3m springboard	S Jack Laugher	
M Diving: 10m synchro	S Tom Daley & James Denny	
W Diving: 10m synchro	S Sarah Barrow & Tonia Couch	
M Swimming: S14 para-sport 200m freestyle	S Thomas Hamer	
M Swimming: 50m breaststroke	S Adam Peaty	
W Swimming: S8 para-sport 100m freestyle	S Stephanie Slater	
W Swimming: 200m freestyle	S Siobhan-Marie O'Connor	
W Swimming: 50m backstroke	S Lauren Quigley	
W Swimming: 100m butterfly	S Siobhan-Marie O'Connor	
W Swimming: 200m butterfly	S Aimee Willmott	
W Swimming: 400m individual medley	S Aimee Willmott	
W Swimming: 4x100m freestyle relay	S Siobhan-Marie O'Connor, Francesca Halsall, Amy Smith, Rebecca Turner	
W Swimming: 4x100m medley relay	S Lauren Quigley, Sophie Taylor, Siobhan-Marie O'Connor, Francesca Halsall	
M Diving: 3m springboard	B Oliver Dingley	

TEAM ENGLAND GLASGOW 2014 MEDALLISTS continued

M = Men's events W = Women's events M/W = Mixed events
 G = Gold medal S = silver medal B = Bronze medal ● = Total medals

EVENT	MEDAL / WINNERS
M Diving: 3m synchro	B Nick Robinson-Baker & Freddie Woodward
W Diving: 3m springboard	B Hannah Starling
M Swimming: 400m freestyle	B James Guy
M Swimming: 50m backstroke	B Liam Tancock
M Swimming: 100m backstroke	B Liam Tancock
M Swimming: 200m breaststroke	B Andrew Willis
M Swimming: 100m butterfly	B Adam Barrett
M Swimming: 4x100m freestyle relay	B Adam Brown, James Disney-May, Adam Barrett, Benjamin Proud
W Swimming: 200m breaststroke	B Molly Renshaw
W Swimming: 4x200m freestyle relay	B Siobhan-Marie O'Connor, Amelia Maughan, Ellie Faulkner, Rebecca Turner

ATHLETICS

M T54 1500m	G David Weir	5
M 4x400m relay	G Conrad Williams, Michael Bingham, Daniel Awde, Matthew Hudson-Smith	13
M Long jump	G Greg Rutherford	9
M Pole vault	G Steve Lewis	27
M F42/44 discus throw	G Dan Greaves	
M 100m	S Adam Gemili	
M 110m hurdles	S Will Sharman	
M 4x100m relay	S Adam Gemili, Harry Aikines-Aryeetey, Richard Kilty, Danny Talbot	
M Pole vault	S Luke Cutts	
M Hammer throw	S Nick Miller	
M Decathlon	S Ashley Bryant	
W 200m	S Jodie Williams	
W 1500m	S Laura Weightman	
W 100m hurdles	S Tiffany Porter	
W Long jump	S Jazmin Sawyers	
W F37/38 long jump	S Bethany Woodward	
W Triple jump	S Laura Samuel	
W High jump	S Isobel Pooley	
W 200m	B Bianca Williams	

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TEAM ENGLAND GLASGOW 2014 MEDALLISTS continued

M = Men's events W = Women's events M/W = Mixed events
 G = Gold medal S = silver medal B = Bronze medal ● = Total medals

EVENT	MEDAL / WINNERS
W T54 1500m	B Jade Jones
W 5000m	B Jo Pavey
W 4x100m relay	B Asha Philip, Bianca Williams, Jodie Williams, Ashleigh Nelson
W 4x400m relay	B Christine Ohuruogu, Shana Cox, Kelly Massey, Anyika Onuora
W Pole vault	B Sally Scott
W Discus throw	B Jade Lally
W Hammer throw	B Sophie Hitchon
W Heptathlon	B Jessica Taylor

BADMINTON

M/W Doubles	G Chris Adcock & Gabby Adcock	1
M/W Doubles	S Chris Langridge & Heather Olver	2
M/W Team	S	2
M Doubles	B Chris Langridge & Peter Mills	5
W Doubles	B Gabby Adcock and Lauren Smith	

BOXING

W Flyweight	G Nicola Adams	5
W Middleweight	G Savannah Marshall	1
M Welterweight	G Scott Fitzgerald	1
M Middleweight	G Antony Fowler	7
M Super heavyweight	G Joe Joyce	
M Bantamweight	S Qais Ashfaq	
M Light welterweight	B Samuel Maxwell	

CYCLING

W Road race	G Lizzie Armitstead	6
M Time trial	G Alex Dowsett	5
W Tandem sprint	G Sophie Thornhill & Helen Scott	3
W Tandem time trial	G Sophie Thornhill & Helen Scott	14
W Individual pursuit	G Joanna Rowsell	
W Points race	G Laura Trott	

TEAM ENGLAND GLASGOW 2014 MEDALLISTS continued

M = Men's events
 W = Women's events
 M / W = Mixed events
G = Gold medal
 S = silver medal
 B = Bronze medal
 ● = Total medals

EVENT	MEDAL / WINNERS
W Road race	S Emma Pooley
W Time trial	S Emma Pooley
M Individual sprint	S Jason Kenny
M Team sprint	S Kian Emadi, Philip Hindes, Jason Kenny
M Team pursuit	S Steven Burke, Ed Clancy, Andy Tennant, Bradley Wiggins
M Road race	B Scott Thwaites
W Individual sprint	B Jess Varnish
W Time trial	B Jess Varnish

GYMNASTICS – ARTISTIC & RHYTHMIC

9 5 5 19

M Individual all-around	G Max Whitlock
W Individual all-around	G Claudia Fragapane
M Team	G Sam Oldham, Louis Smith, Kristian Thomas, Max Whitlock, Nile Wilson
W Team	G Rebecca Downie, Claudia Fragapane, Ruby Harrold, Kelly Simm, Hannah Whelan
M Horizontal bar	G Nile Wilson
M Floor	G Max Whitlock
W Vault	G Claudia Fragapane
W Floor	G Claudia Fragapane
W Uneven bars	G Rebecca Downie
M Pommel horse	S Max Whitlock
M Vault	S Kristian Thomas
M Parallel bars	S Nile Wilson
M Horizontal bar	S Kristian Thomas
W Individual all-around	S Ruby Harrold
M Individual all-around	B Nile Wilson
M Pommel horse	B Louis Smith
M Parallel bars	B Max Whitlock
W Individual all-around	B Hannah Whelan
W Uneven bars	B Ruby Harrold

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TEAM ENGLAND GLASGOW 2014 MEDALLISTS continued

M = Men's events
 W = Women's events
 M / W = Mixed events
G = Gold medal
 S = silver medal
 B = Bronze medal
 ● = Total medals

EVENT	MEDAL / WINNERS
HOCKEY	0 1 1 2
W Team	S
M Team	B

JUDO	6 4 3 13
M -60kg	G Ashley McKenzie
M -66kg	G Colin Oates
M -73kg	G Danny Williams
M -81kg	G Owen Livesey
W -57kg	G Nekoda Smythe-Davis
W -70kg	G Megan Fletcher
M -81kg	S Tom Reed
W -52kg	S Kelly Edwards
W -78kg	S Gemma Gibbons
W +78kg	S Jodie Myers
M -90kg	B Gary Hall
W -63kg	B Faith Pitman
W -63kg	B Katie Jemima Yeats-Brown

LAWN BOWLS	1 3 2 6
W Triples	G Ellen Falkner, Sian Honnor & Sophie Tolchard
W Pairs	S Natalie Melmore & Jamie-Lea Winch
W Singles	S Natalie Melmore
M Fours	S Stuart Airey, Jamie Chestney, Andrew Knapper & John McGuinness
M Pairs	B Andrew Knapper & Sam Tolchard
M / W Para-sport triples	B Paul Brown, David Fisher & Bob Love

SHOOTING	5 2 8 15
M 50m rifle 3 positions	G Daniel Rivers
M Double trap	G Steve Scott
M Full bore rifle individual	G David Luckman
M Full bore rifle pairs	G David Luckman & Parag Patel

TEAM ENGLAND GLASGOW 2014 MEDALLISTS continued

M = Men's events
 W = Women's events
 M / W = Mixed events
G = Gold medal
 S = silver medal
 B = Bronze medal
 ● = Total medals

EVENT	MEDAL / WINNERS
W Double trap	G Charlotte Kerwood
M Trap	S Aaron Heading
M Double trap	S Matthew French
M 10m air pistol	B Mick Gault
M 25m rapid fire pistol	B Kristian Callaghan
M 10m air rifle	B Daniel Rivers
M 50m rifle prone	B Kenny Parr
M Skeet	B Rory Warlow
M Full bore rifle individual	B Parag Patel
W Trap	B Caroline Povey
W Double trap	B Rachel Parish
SQUASH 1 5 3 9	
M Singles	G Nick Matthew
M Singles	S James Willstrop
M Doubles	S Adrian Grant & Nick Matthew
W Doubles	S Jenny Duncalf & Laura Massaro
M / W Doubles	S Alison Waters & Peter Barker
W Singles	S Laura Massaro
M Singles	B Peter Barker
M Doubles	B Daryl Selby & James Willstrop
W Doubles	B Emma Beddoes & Alison Waters
TABLE TENNIS 1 2 2 5	
M / W Doubles	G Paul Drinkhall & Joanna Drinkhall
M / W Doubles	S Liam Pitchford & Tin-Tin Ho
M Team	S Andrew Baggaley, Paul Drinkhall, Liam Pitchford, Daniel Reed & Sam Walker
M / W Doubles	B Daniel Reed & Kelly Sibley
M Singles	B Liam Pitchford
TRIATHLON 3 1 1 5	
M Individual	G Alistair Brownlee

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TEAM ENGLAND GLASGOW 2014 MEDALLISTS continued

M = Men's events
 W = Women's events
 M / W = Mixed events
G = Gold medal
 S = silver medal
 B = Bronze medal
 ● = Total medals

EVENT	MEDAL / WINNERS
W Individual	G Jodie Stimpson
M / W Mixed relay	G Alistair Brownlee, Jonathan Brownlee, Vicky Holland & Jodie Stimpson
M Individual	S Jonathan Brownlee
W Individual	B Vicky Holland
WEIGHTLIFTING (WEIGHTLIFTING & POWERLIFTING) 1 1 2 4	
W 58kg	G Zoe Smith
W 61kg powerlifting	S Natalie Blake
M 72kg powerlifting	B Ali Jawad
M 105kg	B Ben Watson
WRESTLING 0 1 4 5	
W Freestyle: -48kg	S Yana Rattigan
W Freestyle: -55kg	B Louisa Porogovska
M Freestyle: -74kg	B Michael Grundy
M Freestyle: -97kg	B Leon Rattigan
M Freestyle: -125kg	B Chinu

TEAM ENGLAND ALL-TIME MEDAL TALLY

	GOLD	SILVER	BRONZE	TOTAL
Glasgow 2014	58	59	57	174
Delhi 2010	37	60	45	142
Melbourne 2006	36	40	34	110
Manchester 2002	54	51	60	165
Kuala Lumpur 1998	36	47	52	135
Victoria 1994	30	45	51	126
Auckland 1990	46	40	42	128
Edinburgh 1986	52	43	49	144
Brisbane 1982	38	38	32	108
Edmonton 1978	27	27	33	87
Christchurch 1974	28	31	21	80
Edinburgh 1970	27	25	32	84
Kingston 1966	33	24	23	80
Perth 1962	28	22	27	77
Cardiff 1958	29	22	29	80
Vancouver 1954	23	24	20	67
Auckland 1950	19	16	13	48
Sydney 1938	15	15	10	40
London 1934	29	20	24	73
Hamilton 1930	25	23	13	61

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KUKRI



GOOD LUCK TO TEAM ENGLAND
GOLD COAST 2018 COMMONWEALTH GAMES

PROUD KIT SUPPLIER TO **TEAM ENGLAND**

FACTS & STATS

• There are a total of 390 athletes on Team England. They will be supported by 198 support staff taking the total team delegation to 588, larger than either Team GB or ParalympicsGB ahead of the 2016 Olympic and Paralympic Games

• There are 194 male and 196 female athletes competing for an equal number of medals for the first time ever at a major Games

• There are 41 para-athletes plus three pilots/directors on the team competing in seven para-sport disciplines including para-athletics, para-swimming, para-powerlifting, para-lawn bowls, para-table tennis, para-triathlon and para-cycling

• Jade Jones will be competing in both para-triathlon and para-athletics. She is the first Team England athlete since 2002 to compete across two separate sports

• The team will compete across all 20 sports at the Games including seven para-sport disciplines

• The youngest athlete on the team is artistic gymnast **Taeja James**, who will be 15 years and five months at the time of the opening ceremony

• The oldest athlete on the team is lawn bowler **Michael Robertson** who will be 52 years, four months at the time of the opening ceremony and making his debut at the Games

• **Ellen Falkner** (lawn bowls) and **Geva Mentor** (netball) are the most experienced members of the team and will be competing at their fifth Commonwealth Games



SPORTS & BIOGRAPHIES

035 AQUATICS
- DIVING

179 LAWN
BOWLS

045 AQUATICS
- SWIMMING

191 NETBALL

067 ATHLETICS

199 PARA-
POWERLIFTING

099 BADMINTON

207 RUGBY
SEVENS

109 BASKETBALL

219 SHOOTING

121 BEACH
VOLLEYBALL

231 SQUASH

129 BOXING

239 TABLE
TENNIS

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155 GYMNASTICS

257 WEIGHTLIFTING

165 HOCKEY

267 WRESTLING

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BIOGRAPHIES KEY

3NCh = GB Elite Three Nations Championships
AYOF = Australian Youth Olympic Festival
BBL = British Basketball League
BBLCh = British Basketball League Championship
BelOp = Belgian Open
BerMar = Berlin Marathon
BrCh = British Championship
BriCh = British Indoor Athletics Championships
BriTT = British Athletics Indoor Team Trials
BrjCh = British Junior Championships
BrOp = British Open
BrSummerCh = British Summer Championships
BSGF = British Shooting Grand Final
BUCS = British University and College Sport Championships
CCh = Commonwealth Championship
CG = Commonwealth Games
ChTr = Champions Trophy
CPWG = Cerebral Palsy World Games
CYG = Commonwealth Youth Games
DL = Diamond League
ECh (SC) = European Short Course Swimming Championships
ECh = European Championship
EG = European Games
EiCh = European Indoor Athletics Championships
EiChII = European Indoor Hockey Championships - Division II
EjCh = Junior European Championships
EngCh = English Championship
EngU18 = England Under-18
EngWinterCh = Swim England National Winter Championships
EPCh = European Para-Athletics Championships
ETC = European Team Athletics Championships
EUG = European University Games
EYCh = European Youth Championship
EYOF = European Youth Olympic Festival
GBBCh = Great Britain Boxing Championships
GBU20 = Great Britain Under-20
GNR = Great North Run
GPoWales = Grand Prix of Wales
HWL = Hockey World League Final
HWL S-F = Hockey World League Semi-Final
IPCECh = International Paralympic Committee
IWAS WjG = International Wheelchair and

Amputee Sports World Junior Games
JWC = Junior World Cup
NQS = Netball Quad Series
OG = Olympic Games
OlyQEv = Olympic Qualifying Event
OlyTEv = Olympic Test Event
ParisMar = Paris Marathon
PG = Paralympic Games
PSA = Professional Squash Association
PWC = Paralympic World Cup
U15/17EngCh = Under-15/17 English Athletics Championships
U18Ech7 = Under-18 European Rugby Sevens Championship
U20/23EngCh = Under-20/23 English Athletics Championships
U20ECh = Under-20 European Championship
U21ECh = Under-21 European Championship
U23BrCh = Under-23 British Championship
U23ECh = Under-23 European Championships
W6N = Women's Six Nations
WBBL = Women's British Basketball League
WC = World Cup
WCh (SC) = World Short Course Swimming Championships
WCh = World Championship
WiBCh = World Indoor Bowls Championship
WiCh = World Indoor Athletics Championships
WjCh = Junior World Championships
WPCh = Para-Athletics World Championships
WPjCh = Junior Para-Athletics World Championships
WR = IAAF World Relay Championships
WRSS = World Rugby Sevens Series
WRWC = Women's Rugby World Cup
WS = World Series
WSG = World School Games
WTCh = World Trap Championship
WTDU = Women's Santos Tour Down Under
WTS = World Triathlon Series
WUCh = World University Netball Championships
WUG = World University Games
WYCh = World Youth Championship
WYCh = World Youth Championship
YOG = Youth Olympic Games



Team England Ambassador

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AQUATICS - DIVING

AQUATICS - DIVING

INTRODUCTION

Team England's Jack Laugher claimed double gold at the 2014 Commonwealth Games in Glasgow, winning the men's 1m springboard and the 3m synchro event with partner Chris Mears, an event in which they struck Olympic gold in 2016.

Team England topped the medal table in 2014 with four golds, the first time they'd achieved that feat since the 1966 Games in Kingston, Jamaica.

In addition to Laugher, world champion Tom Daley won the 10m platform, taking his career tally to three Commonwealth golds, and Alicia Blagg and Rebecca Gallantree claimed the women's 3m synchro title.

Diving made its debut at the inaugural Games

DID YOU KNOW?

The first competitive diving sport was known as plunging and the English Amateur Swimming Association the first 'plunging championship' in 1883.

in Hamilton in 1930 and has featured at every edition since, despite being an optional sport.

Canada and Australia lead the way in terms of medals won, with 114 and 107 medals respectively, but Team England are catching up with 67 in total, including 27 golds.

And Team England divers have a special affinity with Commonwealth Games staged in Australia. Tony Ally had the honour of flying the flag for his country at the Melbourne

2006 Games, the first diver to do so.

TEAM ENGLAND 2018

There is no shortage of familiar names in the Team England diving squad Down Under with the 13-strong team already possessing nine Commonwealth Games medals between them.

Three-time Commonwealth champion, reigning world champion and double Olympic bronze medallist Daley headlines the team and will be competing in the individual 10m platform and 10m synchronised events.

And the experience continues to flow through the team with Olympic champions Laugher and Mears sure to be among the mix.

Both will be appearing at their third Games and have a title to defend in the 3m synchro, while Laugher will be doing likewise in the 1m springboard.



It is an honour to be selected to represent Team England at my third Commonwealth Games. I had a great year last year, regaining my 10m title at the World Championships, and I am hoping that I can build on that and put in some great performances out on the Gold Coast in April.

Tom Daley – Three-time Commonwealth Games champion

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FACT FILE

VENUE:
Optus Aquatic Centre

GOLD MEDALS AVAILABLE:
10

DATES:
Wednesday April 11 – Saturday April 14

NUMBER OF TEAM ENGLAND

ATHLETES:
Men: 9 Women: 4

WEBSITES:
teamengland.org/
commonwealth-games-sports/Aquatics
- diving
www.swimming.org/diving/
Twitter: @Swim_England



“ I feel very honoured to be selected for my first Commonwealth Games, and I am looking forward to representing Team England out in Australia. I’ve had a good start to the year, holding on to my title at the British Diving Championships last month, so I’m feeling good about the Gold Coast. Hopefully I can keep that momentum going and put in some strong performances in April. ”

Lois Toulson – Team England debutant

WORDS TO LEARN

DEGREE OF DIFFICULTY:

The coefficient allocated to each dive by which their execution score is multiplied to give their final score

REVERSE DIVE:

Where a diver faces forwards on the board and rotates back towards the board upon takeoff

INWARD DIVE:

When a diver stands with their back to the water and jumps backwards but rotates forwards, towards the board

BACKWARD DIVE:

A diver will stand on the board, with their back to the water, and rotate away from the board upon takeoff

Another Rio podium placer, 10m synchro bronze medallist Daniel Goodfellow, makes his Commonwealth bow.

Rebecca Gallantree may have retired since winning 3m synchro gold in Glasgow but there is a return for her partner Alicia Blagg, fresh from winning the 2018 British title alongside Katherine Torrance, with the latter making her debut.

World mixed synchro silver medallists Lois Toulson and Matty Lee will also be aiming to impress – the latter at his second Games.

Matthew Dixon was just 14 when he competed at Glasgow 2014 but returns to the Commonwealth stage as the 2017 European Junior 10m platform champion.

Meanwhile, brothers Jack and Ross Haslam line up together in the 3m synchro and 10m platform specialists Noah Williams and Robyn Birch are also Games first-timers.

DID YOU KNOW?

Divers control the speed of the twists in their dives by moving their arms into their body or out, depending on whether they need to twist faster or slower

COMPETITION FORMAT

Following the same format of four years ago, there are ten gold medals available with five for men and five for women.

Competitions are contested from either the 1m springboard, 3m springboard or the 10m platform – the first two of which, as the name suggests, flex to provide the diver with extra spring, while the highest board is solid concrete.

Three gold medals each are won by individuals, while the remaining two are won

in pairs for synchronised, side-by-side diving.

Should the entry list be big enough, a competition will go through a preliminary phase to whittle down the field to the best of the best.

In a final, men complete six dives while women complete five, with the total score for all dives being used to decide the winner – the diver, or divers, with the highest score win gold.

Seven judges adjudicate the individual events, with 11 judges assessing the synchronised events. Dives are scored out of ten, with the mark multiplied by the degree of difficulty for

ENGLAND’S HISTORICAL MEDALS TABLE



the completed dive – meaning more difficult dives have the potential to score higher marks.

Individual dives are judged on their execution and entry into the water, while synchronised dives are also assessed for their synchronicity – the extra judges are responsible for this score.

GLASGOW 2014 COMMONWEALTH GAMES MEDALLISTS

M = Men W = Women

	GOLD	SILVER	BRONZE
1m springboard	M Jack Laugher (ENG) W Jennifer Abel (CAN)	Matthew Mitcham (AUS) Maddison Keeney (AUS)	Grant Nel (AUS) Esther Qin (AUS)
3m springboard	M Ooi Tze Liang (MYS) W Esther Qin (AUS)	Jack Laugher (ENG) Jennifer Abel (CAN)	Oliver Dingley (ENG) Hannah Starling (ENG)
10m platform	M Tom Daley (ENG) W Meaghan Benfeito (CAN)	Ooi Tze Liang (MYS) Pandeleda Rinong (MYS)	Vincent Riendeau (CAN) Roseline Fillion (CAN)
synchronised 3m springboard	M Jack Laugher Chris Mears (ENG) W Alicia Blagg Rebecca Gallantree (ENG)	Matthew Mitcham Grant Nel (AUS) Jennifer Abel Pamela Ware (CAN)	Nicholas Robinson-Baker Freddie Woodward (ENG) Maddison Keeney Anabelle Smith (AUS)
synchronised 10m platform	M Matthew Mitcham Demonic Bedggood (AUS) W Meaghan Benfeito Roseline Fillion (CAN)	Tom Daley James Denny (ENG) Sarah Barrow Tonia Couch (ENG)	Not awarded Pandeleda Rinong Nur Dhabitah Sabri (MYS)



EVENTS SCHEDULE

M = Men's events W = Women's events P = Preliminary G = Medal event

DATE	EVENT
Apr 11	10:00-12:45 P M 1m springboard
	19:00-22:20 G W Synchronised 3m springboard
	G M 1m springboard
	G W Synchronised 10m platform
Apr 12	10:00-13:00 P M 3m springboard
	19:00-22:35 P W 10m platform
	G M 3m springboard
	G W 10m platform
Apr 13	10:00-12:45 P W 1m springboard
	19:00-22:10 G M Synchronised 10m platform
	G M Synchronised 3m springboard
	G W 1m springboard
Apr 14	10:00-12:45 P M 10m platform
	P W 3m springboard
	G M 10m platform
	G W 3m springboard

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ROBYN BIRCH

Events: 10m platform, synchronised 10m platform
D.O.B: 24 (10.01.1994)
Born: Ashford
Lives: London
Games attended: None



Major achievements: ECh: Silver (10m synchro) 2015

Robyn Birch's career highlight came in 2015 when she won silver in the 10m synchro with Georgia Ward at the European Championships in Rostock.

Birch is a former gymnast, attending the European Championships in 2009 before winning the British Championships and a silver medal in the team event at the World Championships in 2010.

She switched to diving in 2012 and won her first senior medal three years later, before winning that European silver medal.

[@RobynnBirch](#) [@robynbirch](#)

ALICIA BLAGG

Events: 1m springboard, 3m springboard, synchronised 3m springboard
D.O.B: 21 (21.10.1996)
Born: Wakefield
Lives: Leeds



Games attended: Two (Glasgow 2014, Delhi 2010)

Major achievements: CG: Gold (3m synchro) 2014 ECh: Silver (3m synchro) 2016; Bronze (3m synchro) 2013

Blagg was just 13 years old when she made her Commonwealth debut, competing in the 1m and 3m springboard and 3m synchro for England at Delhi 2010, and competed at her maiden Olympic Games by the time she was 15 at London 2012.

The following season Blagg landed her first major international medal, winning 3m synchro bronze with Rebecca Gallantree at the 2013 European Championships in Rostock, while the pair upgraded to gold in the same event at Glasgow 2014.

They returned to the podium again in front of a home crowd at the London 2016 European Championships, winning 3m synchro silver, and finished sixth at the Rio 2016 Olympic Games, one place higher than in London.

[@AliciaBlagg](#) [@aliciablagg](#)

TOM DALEY

Events: 10m platform, synchronised 10m platform
D.O.B: 24 (21.05.1994)
Born: Plymouth
Lives: London



Games attended: Two (Glasgow 2014, Delhi 2010)

Major achievements: CG: Gold (10m platform), Silver (10m Synchro) 2014; Gold (10m platform), Gold (10m platform synchro) 2010; OG: Bronze (10m platform synchro) 2016, Bronze (10m Platform) 2012; WCh: Gold (10m platform) Silver (3m mixed synchro) 2017; Gold (mixed team) 2015; Gold (10m Platform) 2009; ECh: Gold (10m platform) Gold (3m mixed synchro) Silver (10m synchro) 2016; Silver (10m platform) 2014; Gold (10m platform) 2012; Gold (10m platform) 2008

One of diving's biggest names, Tom Daley is a three-time world champion and heads to the Gold Coast with four Commonwealth Games medals to his name already.

Daley managed two top-ten finishes at the Beijing Olympic Games aged just 14, before winning bronze medals at both London 2012 and Rio 2016.

There's little that Daley has not already won in diving with three Commonwealth golds, three World titles, and four European Championship golds also to his name.

[@TomDaley1994](#) [@tomdaley](#)

MATTHEW DIXON

Events: 10m platform, synchronised 10m platform
D.O.B: 17 (19.04.2000)
Born: Plymouth
Lives: Plymouth



Games attended: One (Glasgow 2014)

Major achievements: WJCh: Bronze (10m platform) 2016; ECh: Gold (10m platform) and Silver (10m platform synchro) 2017, Bronze (Platform) 2014

Matthew Dixon hails from Plymouth, just like Tom Daley, and was just 14 when he finished ninth in the 10m platform at the Commonwealth Games in Glasgow – an event won by his teammate.

The Plymouth diver had already won European Junior bronze that year and enjoyed further success at the event three years later as he took home gold and silver.

Dixon won gold in the 10m platform and silver in the platform synchro, with Noah Williams, in Bergen, Norway. He won the British 10m platform title for the second time in January 2018.

[@mattidixon2000](#) [@matthew_dixon19](#)

DANIEL GOODFELLOW

Events: Synchronised 10m platform
D.O.B: 21 (19.10.1996)
Born: Cambridge
Lives: Leeds
Games attended: None
Major achievements: OG: Bronze (10m platform synchro) 2016 ECh: Silver (10m platform synchro) 2016



Goodfellow shot to success early in his diving career, winning bronze at the European Junior Championships in 2011 when he was only 14 years old, and had a gold medal in the platform event by 2013 in Poznan.

While injury curtailed his progress in 2014, Goodfellow returned to the international stage in 2015 after surgery and the following year he won World Cup bronze next to Tom Daley, silver at the European Championships and then Olympic bronze at Rio 2016.

[@danngoodfellow](#) [@danielgoodfellow](#)

JACK HASLAM

Events: 1m springboard, 3m springboard, synchronised 3m springboard
D.O.B: 22 (09.08.1995)
Born: Sheffield
Lives: Sheffield
Games attended: None
Major achievements: BrCh: Gold (3m springboard) 2018; Gold (1m springboard) 2015



Jack Haslam secured his Team England place when he took the 3m springboard title at the British Diving Championships this year, and will be flying out to the Gold Coast alongside his brother Ross, another City of Sheffield diver.

The 22-year-old described selection for the Commonwealth Games as a huge honour and dubbed the event one of the most prestigious competitions there is.

[@jackrhaslam](#) [@jackrhaslam](#)

ROSS HASLAM

Events: 1m springboard, 3m springboard, synchronised 3m springboard
D.O.B: 20 (02.10.1997)
Born: Sheffield
Lives: Sheffield
Games attended: None
Major achievements: WCh: Tenth (1m springboard) 2017, ECh: Fifth (3m springboard) 2017



Ross Haslam enjoyed a breakthrough year in 2017 as he picked up three British titles, came fifth at the European Championships and made two World Championship finals. Haslam dives in a synchro pair with his brother Jack and qualified for Team England despite a stress response injury in October 2017, leaving him in an air cast and unable to train for six weeks.

[@_rosshaslam](#) [@rosshaslam](#)

JACK LAUGHER MBE

Events: 1m springboard, 3m springboard, synchronised 3m springboard
D.O.B: 23 (30.01.95)
Born: Harrogate
Lives: Leeds
Games attended: Two (Glasgow 2014, Delhi 2010)



Major achievements: CG: Gold (3m synchro) Gold (1m springboard), Silver (3m springboard) 2014. OG: Gold (3m synchro), Silver (3m springboard) 2016 WCh: Bronze (3m springboard), Bronze (3m synchro) 2015. ECh: Gold (3m synchro), Silver (3m springboard) 2016

Since he made his Olympic debut as a 17-year old at London 2012, Laugher won three consecutive medals in the 2014 World Series before claiming 3m springboard bronze at the FINA Diving World Cup in Shanghai and two golds and a silver for England at the Glasgow 2014 Commonwealth Games.

Laugher backed up his performances in 2015, scooping World 3m springboard and 3m synchro bronze, then won the European 3m synchro title as well as silver in the individual 3m in 2016.

He competed at his second Olympic Games later in the year, making history with Chris Mears as the pair became Team GB's first diving Olympic champions with 3m synchro gold. Later in the Games, he added a second medal with silver in the 3m springboard.

[@JackLaugher](#) [@JackLaugher](#)

MATTHEW LEE

Events: 10m platform
D.O.B: 20 (05.03.1998)
Born: Leeds
Lives: Leeds
Games attended: None



Major achievements: WC: Silver (mixed 10m synchro) 2017 ECh: Gold (mixed platform), Bronze (10m platform) 2017, Silver (mixed synchro platform), Bronze (mixed team) 2016 EG: Gold (10m platform) 2015

Matthew Lee burst onto the international diving scene with gold in the 10m platform event at the 2015 European Games before securing two medals at the 2016 European Championships in London.

The Leeds diver won silver in the mixed synchro platform and bronze in the mixed team event on home soil and went one better in Kiev in 2017, winning European gold in the mixed 10m platform.

He also claimed bronze in the 10m platform at that event and has a World Championship silver medal to his name after success in Budapest in 2017.

[@mattydiver](#) [@mattydiver](#)

CHRIS MEARS MBE

Events: Synchronised 3m springboard
D.O.B: 25 (07.02.1993)
Born: Reading
Lives: Leeds
Games attended: Two (Glasgow 2014, Delhi 2010)



Major achievements: CG: Gold (3m synchro) 2014 OG: Gold (3m synchro) 2016 WCh: Bronze (3m synchro) 2015 ECh: Gold (3m synchro) 2016

Mears made his Commonwealth debut for England in Delhi, finishing fourth in the 3m synchro alongside Nick Robinson-Baker, before making his Olympic debut with the same partner at London 2012, finishing fifth in the 3m synchro, as well as appearing in two World Championship finals in 2011 and 2013.

Mears teamed up with City of Leeds teammate Jack Laugher in 2014 and won his first major senior medal later that year, capturing 3m synchro gold at the Glasgow 2014 Commonwealth Games.

The following season, the pair reached the World Championship podium in Russia with 3m synchro bronze, before winning Team GB's first ever Olympic diving title at Rio 2016.

[@ChrisMears93](#) [@mearschris93](#)

KATHERINE TORRANCE

Events: 1m springboard, 3m springboard, synchronised 3m springboard
D.O.B: 19 (10.10.1998)
Born: Croydon
Lives: Leeds
Games attended: None



Major achievements: WJCh: Gold (team), Gold (1m springboard), Bronze (3m springboard) 2016 EG: Gold (3m springboard) 2015

Katherine Torrance took up diving aged eight following talent testing at her primary school and has since won multiple British Championship medals at junior and senior level.

In 2015, she went to the European Games in Baku and won gold in the women's 3m springboard and picked up a trio of medals at the World Junior Diving Championships 12 months later.

Katherine was the most successful individual diver at the Championships as she earned gold in the mixed team event and 1m springboard to go with her bronze in the 3m springboard.

[@Kat_Torrance](#) [@katt_torrance](#)

LOIS TOULSON

Events: 10m platform, synchronised 10m platform
D.O.B: 18 (26.09.1999)
Born: Huddersfield
Lives: Leeds
Games attended: None



Major achievements: OG: Fifth (10m synchro) 2016 WCh: Silver (mixed 10m synchro) 2017 ECh: Gold (10m platform), Gold (mixed platform synchro) 2017 EG: Gold (10m platform) 2015

Success at the British Championships in 2015 provided a springboard for Lois Toulson's career as she followed that performance with gold at the inaugural European Games in Baku.

Another British title in 2016 earned her Olympic selection and she finished fifth with Tonia Couch in the women's platform synchro final in Rio de Janeiro.

At the 2017 World Championships Toulson partnered Matty Lee to silver in the 10m mixed synchro.

[@LoisToulson](#) [@lois_toulson](#)

NOAH WILLIAMS

Events: Synchronised 10m springboard
D.O.B: 17 (15.05.2000)
Born: London
Lives: London
Games attended: None



Major achievements: ECh: Bronze (10m Synchro) 2017

Noah Williams has enjoyed an extremely successful junior career and in 2017 he made his first mark at international level with a European bronze alongside Matthew Dixon.

The Dive London athlete claimed bronze medals in the 3m synchro at the European Junior Championship in 2015 and 2016 as well as team event gold at the World Junior Championships.

That year also saw Noah secure 10m platform bronze at the British Championships, with two more British medals following in 2017 and 2018.

[@Noah_w9](#) [@noah_w9](#)

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JOANA DE ROSS FIGUEIREDO

Coach
D.O.B: 18.12.63
Born: Malawi



GARETH ZIYAMBI

Physiotherapist
D.O.B: 07.05.74
Born: Bulawayo



MARC HOLDSWORTH

Coach
D.O.B: 10.08.85
Born: Bradford



LUCY GLEDHILL

Physiotherapist
D.O.B: 14.07.89
Born: Dewsbury



DAVID JENKINS

Coach
D.O.B: 29.10.89
Born: Hendon



THOMAS OWENS

Coach
D.O.B: 08.11.85
Born: Tunbridge Wells



ADAM SMALLWOOD

Coach
D.O.B: 03.01.90
Born: Keighley



ADAM SOTHERAN

Sports Scientist
D.O.B: 20.09.71
Born: Stockport



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AQUATICS - SWIMMING

AQUATICS - SWIMMING

INTRODUCTION

Swimming is a core sport on the Commonwealth programme, featuring at every Games since the inaugural British Empire Games in 1930.

Australia are the swimming powerhouse of the Games, followed by Canada and then Team England, with a small gap to Scotland, South Africa and New Zealand.

Karen Pickering is England's most decorated female athlete having won four gold, seven silvers and two bronze medals during her Commonwealth Games career.

Meanwhile, Mel Marshall won six medals in as many days at Melbourne 2006 to become the most decorated English female at a single Games.

England finished second in the swimming

medal table at Glasgow 2014, with 28 medals, as Australia led the way with more than double, having collected 57.

Benjamin Proud secured double gold in Scotland, in the 50m freestyle and 50m butterfly, while also being part of the bronze-medal winning 4x100m freestyle relay team.

He was not the only double champion however, with Chris Walker-Hebborn joining him atop the podium, as did Adam Peaty in

DID YOU KNOW?

The front crawl technique used in freestyle swimming was developed by an English swimming instructor named John Arthur Trudgen, who based it on a Native American style of swimming that he had discovered during a trip to South America in the 1870s

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the 100m breaststroke and 4x100m medley relay.

Fran Halsall was to be the most successful swimmer in Glasgow however, joining Proud with 50m freestyle and 50m butterfly gold to go alongside her two silver medals.

England finished with ten gold medals in all, doubling their tally from four years previous.

TEAM ENGLAND 2018

England travel to the Gold Coast with a 37-strong squad littered with raw talent, power and medal experience.

Spearheading it all is Peaty – a double world record holder, world and Olympic champion who will be hoping to defend the 100m breaststroke and 4x100m medley titles he won at Glasgow 2014.

World champions Proud and James Guy also start as medal favourites in Australia, as do 2014 Commonwealth winners Siobhan-



“ My first memories of senior swimming were at the Commonwealth Games. I swam at Delhi and I was one of the youngest on the team and this time around I’ll be one of the oldest on the team.

It’s a great environment for more swimmers from England to make the team and get that experience – that’s one of the great things about the Commonwealths. ”

Aimee Willmott – double Glasgow 2014 silver medallist and Team England ambassador

FACT FILE

VENUE:

Optus Aquatic Centre

GOLD MEDALS AVAILABLE:

50

DATES:

Thursday April 5 - Tuesday April 10

NUMBER OF TEAM ENGLAND

ATHLETES:

Men: 17 Women: 20

WEBSITES:

teamengland.org/commonwealth-games-sports/swimming
www.swimming.org/swimengland
Twitter: @Swim_England



“Representing Team England is always going to be something close to my heart. It all kicked off for me four years ago in Glasgow so it’s going to be pretty special being involved again.”

Adam Peaty- double Commonwealth champion from Glasgow 2014

WORDS TO LEARN

LONG COURSE:

A 50m pool, which is used in Commonwealth Games competition, as opposed to a short course pool, which measures 25m

MEDLEY:

A combination event in which a swimmer, or team, swims separate legs of backstroke, breaststroke, butterfly and freestyle

NEGATIVE SPLIT:

When an athlete swims the second half of a race faster than the first

TAPERING:

Reduction of workload during a period immediately prior to a major competition

TUMBLE TURN:

An underwater roll at the end of a length, which allows swimmers to push off from the end of the pool with their feet

Marie O'Connor and James Wilby.

Aimee Willmott, Thomas Hamer, Molly Renshaw, Andrew Willis, Lizzie Simmonds and Eleanor Faulkner are all returning Commonwealth medallists, while Jessica Fullalove makes her second appearance after debuting in Glasgow as a 17-year-old.

Senior Commonwealth debuts are handed to 24 of the athletes - Freya Anderson, Luke Greenbank, Holly Hibbott, Emily Large, Jocelyn Ulyett, Sarah Vasey, Abbie Wood, Alice Tai, Anna Hopkin, Anna Maine, Cameron Kurlle, Chloe Golding, David Cumberland, Eleanor Robinson, Elliot Clogg, Jacob Leach, Jacob Peters, Jarvis Parkinson, Jessica Jackson, Joe Litchfield, Laura Stephens, Lewis White, Rosie Rudin and Thomas Fannon.

DID YOU KNOW?

The youngest Commonwealth Games medallist came in the pool, when 13-year-old Erraid Davies won women’s 100m breaststroke Para-sport SB9 bronze at her home Glasgow 2014 Games

COMPETITION FORMAT

Swimming is split into five disciplines – freestyle, backstroke, breaststroke, butterfly and individual medley – with distances in the pool ranging from 50m to 1500m.

Heats, semi-finals and finals are conducted in every sprint event – 100m or less – while heats and finals take place in the remaining disciplines.

In the individual sprint events the 16 fastest swimmers from their respective heats progress through to the semi-finals, where the next eight quickest reach the final.

In the remaining individual disciplines – 200m

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and above – the fastest eight swimmers from the heats advance to the final. The process is also the same for all relay events.

Only men compete in the 1500m freestyle while the 800m equivalent is solely for women.

There are also six relay events, the 4x100m and 4x200m freestyle and 4x100m medley for both sexes.

Gold Coast 2018 will see 50 medals available in swimming – 25 for men and 25 for women – featuring the largest

ENGLAND’S HISTORICAL MEDALS TABLE

94	122	134	350
GOLD	SILVER	BRONZE	TOTAL

para-sport programme in the history of the Commonwealth Games.

In these para-sport races, swimmers in each event have an S number, which represents their International Paralympic Committee disability classification.

GLASGOW 2014 COMMONWEALTH GAMES MEDALLISTS

M = Men W = Women

	GOLD	SILVER	BRONZE
50m freestyle	M Ben Proud (ENG) W Fran Halsall (ENG)	Cameron McEvoy (AUS) Cate Campbell (AUS)	James Magnussen (AUS) Bronte Campbell (AUS)
100m freestyle	M James Magnussen (AUS) W Cate Campbell (AUS)	Cameron McEvoy (AUS) Bronte Campbell (AUS)	Tommaso D'Orsogna (AUS) Emma McKeon (AUS)
100m freestyle S8	W Maddison Elliott (AUS)	Stephanie Slater (ENG)	Lakeisha Patterson (AUS)
100m freestyle S9	M Rowan Crothers (AUS)	Matthew Cowdrey (AUS)	Brenden Hall (AUS)
200m freestyle	M Thomas Fraser-Holmes (AUS) W Emma McKeon (AUS)	Cameron McEvoy (AUS) Siobhan-Marie O'Connor (ENG)	Calum Jarvis (WAL) Bronte Barratt (AUS)
200m freestyle S14	M Daniel Fox (AUS)	Thomas Hamer (ENG)	Jack Thomas (WAL)
400m freestyle	M Ryan Cochrane (CAN) W Lauren Boyle (NZL)	David McKeon (AUS) Jazz Carlin (WAL)	James Guy (ENG) Bronte Barratt (AUS)
800m freestyle	W Jazz Carlin (WAL)	Lauren Boyle (NZL)	Brittany MacLean (CAN)
1500m freestyle	M Ryan Cochrane (CAN)	Mack Horton (AUS)	Daniel Jervis (WAL)
50m backstroke	M Ben Treffers (AUS) W Georgia Davies (WAL)	Mitch Larkin (AUS) Lauren Quigley (ENG)	Liam Tancock (ENG) Brooklynn Snodgrass (CAN)
100m backstroke	M Chris Walker-Hebborn (ENG) W Emily Seebohm (AUS)	Mitch Larkin (AUS) Georgia Davies (WAL)	Liam Tancock (ENG) Josh Beaver (AUS) Belinda Hocking (AUS)
200m backstroke	M Mitch Larkin (AUS) W Belinda Hocking (AUS)	Josh Beaver (AUS) Emily Seebohm (AUS)	Matson Lawson (AUS) Hilary Caldwell (CAN)
50m breaststroke	M Cameron van der Burgh (RSA) W Leiston Pickett (AUS)	Adam Peaty (ENG) Alia Atkinson (JAM)	Christian Sprenger (AUS) Corrie Scott (SCO)
100m breaststroke	M Adam Peaty (ENG) W Sophie Taylor (ENG)	Cameron van der Burgh (RSA) Lorna Tonks (AUS)	Ross Murdoch (SCO) Alia Atkinson (JAM)

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GLASGOW 2014 COMMONWEALTH GAMES MEDALLISTS continued

M = Men W = Women

	GOLD	SILVER	BRONZE
100m breaststroke SB9	W Sophie Pascoe (NZL)	Madeleine Scott (AUS)	Erraid Davies (SCO)
200m breaststroke	M Ross Murdoch (SCO) W Taylor McKeown (AUS)	Michael Jamieson (SCO) Sally Hunter (AUS)	Andrew Willis (ENG) Molly Renshaw (ENG)
50m butterfly	M Ben Proud (ENG) W Fran Halsall (ENG)	Roland Schoeman (RSA) Arianna Vanderpool-Wallace (BAH)	Chad le Clos (RSA) Brittany Elmslie (AUS)
100m butterfly	M Chad le Clos (RSA) W Katerine Savard (CAN)	Joseph Schooling (SNG) Siobhan-Marie O'Connor (ENG)	Adam Barrett (ENG) Emma McKeon (AUS)
200m butterfly	M Chad le Clos (RSA) W Audrey Lacroix (CAN)	Grant Irvine (AUS) Aimee Willmott (ENG)	Sebastien Rousseau (RSA) Madeline Groves (AUS)
200m IM	M Daniel Tranter (AUS) W Siobhan-Marie O'Connor (ENG)	Daniel Wallace (SCO) Alicia Coutts (AUS)	Chad le Clos (RSA) Hannah Miley (SCO)
200m IM SM8	M Oliver Hynd (ENG)	Jesse Aungles (AUS)	Blake Cochrane (AUS)
200m IM SM10	W Sophie Pascoe (NZL)	Katherine Downie (AUS)	Aurelie Rivard (CAN)
400m IM	M Daniel Wallace (SCO) W Hannah Miley (SCO)	Thomas Fraser-Holmes (AUS) Aimee Willmott (ENG)	Sebastien Rousseau (RSA) Keryn McMaster (AUS)
4x100m freestyle	M Australia W Australia	South Africa England	England Canada
4x200m freestyle	M Australia W Australia	Scotland Canada	South Africa England
4x100m medley	M England W Australia	Australia England	South Africa Canada

RECORD TIMES

M = Men W = Women

		TIME	HOLDER	PLACE/DATE
50m freestyle	CR	M 21.19	Ashley Callus (AUS)	Canberra 2009
	WR	M 20.91	Cesar Cielo (BRA)	Sao Paulo 2009
	CR	W 23.79	Cate Campbell (AUS)	Gold Coast 2018
	WR	W 23.67	Sarah Sjöström (SWE)	Budapest 2017
50m freestyle S7	WR	M 27.35	Shiyun Pan (CHN)	Rio de Janeiro 2016
50m freestyle S8	CR	W 29.73	Maddison Elliott (AUS)	Rio de Janeiro 2016
	WR	W 29.73	Maddison Elliott (AUS)	Rio de Janeiro 2016
100m freestyle	CR	M 47.04	Cameron McEvoy (AUS)	Adelaide 2016
	WR	M 46.91	Cesar Cielo (BRA)	Rome 2009
	CR	W 52.06	Cate Campbell (AUS)	Brisbane 2016
	WR	W 51.71	Sarah Sjöström (SWE)	Budapest 2017
100m freestyle S9	CR	M 54.18	Rowan Crothers (AUS)	Brisbane 2014
	WR	M 54.18	Rowan Crothers (AUS)	Brisbane 2014
	WR	W 1:00.91	Michelle Konkoly (USA)	Rio de Janeiro 2016
200m freestyle	CR	M 1:44.06	Ian Thorpe (AUS)	Fukuoka 2001
	WR	M 1:42.00	Paul Biedermann (GER)	Rome 2009
	CR	W 1:54.83	Emma McKeon (AUS)	Adelaide 2016
	WR	W 1:52.98	Federica Pellegrini (ITA)	Rome 2009
200m freestyle S14	CR	M 1:56.18	Thomas Hamer (ENG)	Sheffield 2017
	WR	M 1:56.18	Thomas Hamer (ENG)	Sheffield 2017
400m freestyle	CR	M 3:40.08	Ian Thorpe (AUS)	Manchester 2002
	WR	M 3:40.07	Paul Biedermann (GER)	Rome 2009
	CR	W 4:00.60	Joanne Jackson (ENG)	Rome 2009
	WR	W 3:56.46	Katie Ledecky (USA)	Rio de Janeiro 2016
800m freestyle	CR	W 8:14.10	Rebecca Adlington (ENG)	Beijing 2008
	WR	W 8:04.79	Katie Ledecky (USA)	Rio de Janeiro 2016
1500m freestyle	CR	M 14:34.56	Grant Hackett (AUS)	Fukuoka 2001
	WR	M 14:31.02	Yang Sun (CHN)	London 2012

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RECORD TIMES continued

M = Men W = Women

		TIME	HOLDER	PLACE/DATE
50m backstroke	CR	M 24.02	Liam Tancock (ENG)	Rome 2009
	WR	M 24.02	Liam Tancock (ENG)	Rome 2009
	CR	W 27.37	Emily Seebohm (AUS)	Budapest 2017
	WR	W 27.06	Jing Zhao (CHN)	Rome 2009
100m backstroke	CR	M 52.11	Mitch Larkin (AUS)	Dubai 2015
	WR	M 51.85	Ryan Murphy (USA)	Rio de Janeiro 2016
	CR	W 58.10	Kylie Masse (CAN)	Budapest 2017
	WR	W 58.10	Kylie Masse (CAN)	Budapest 2017
100m backstroke S9	WR	M 1:01.75	Justin Zook (USA)	Bismarck 2012
	CR	W 1:07.66	Alice Tai (ENG)	Sheffield 2017
	WR	W 1:07.66	Alice Tai (ENG)	Sheffield 2017
200m backstroke	CR	M 1:53.17	Mitch Larkin (AUS)	Dubai 2015
	WR	M 1:51.92	Aaron Peirsol (USA)	Rome 2009
	CR	W 2:05.68	Emily Seebohm (AUS)	Budapest 2017
	WR	W 2:04.06	Missy Franklin (USA)	London 2012
50m breaststroke	CR	M 25.95	Adam Peaty (ENG)	Budapest 2017
	WR	M 25.95	Adam Peaty (ENG)	Budapest 2017
	CR	W 30.11	Alia Atkinson (JAM)	Kazan 2015
	WR	W 29.40	Lilly King (USA)	Budapest 2017
100m breaststroke	CR	M 57.13	Adam Peaty (ENG)	Rio de Janeiro 2016
	WR	M 57.13	Adam Peaty (ENG)	Rio de Janeiro 2016
	CR	W 1:05.09	Leisel Jones (AUS)	Melbourne 2006
100m breaststroke SB8	WR	W 1:04.14	Lilly King (USA)	Budapest 2017
	WR	M 2:27.98	Andrei Kalina (RUS)	Berlin 2012
100m breaststroke SB9	WR	W 1:13.77	Chantalle Zijderveld (NED)	Eindhoven 2017
200m breaststroke	CR	M 2:07.30	Ross Murdoch (SCO)	Glasgow 2014
	WR	M 2:06.67	Ippei Watanabe (JPN)	Tokyo 2017
	CR	W 2:20.12	Annamay Pierse (CAN)	Rome 2009
	WR	W 2:10.11	Rikke Moeller-Pedersen (DNK)	Barcelona 2013

RECORD TIMES continued

M = Men W = Women

		TIME	HOLDER	PLACE/DATE
50m butterfly	CR	M 22.73	Matt Targett (AUS)	Rome 2009
	WR	M 22.43	Rafael Munoz (ESP)	Malaga 2009
	CR	W 25.20	Francesca Halsall (ENG)	Glasgow 2014
	WR	W 24.23	Sarah Sjöström (SWE)	Boras 2014
50m butterfly S7	WR	W 33.81	Mallory Weggemann (USA)	Bismarck 2016
100m butterfly	CR	M 50.39	Joseph Schooling (SGP)	Rio de Janeiro 2016
	WR	M 49.82	Michael Phelps (USA)	Rome 2009
	CR	W 56.18	Emma McKeon (AUS)	Budapest 2017
	WR	W 55.48	Sarah Sjöström (SWE)	Rio de Janeiro 2016
200m butterfly	CR	M 1:52.96	Chad le Clos (RSA)	London 2012
	WR	M 1:51.91	Michael Phelps (USA)	Rome 2009
	CR	W 2:03.41	Jessicah Schipper (AUS)	Rome 2009
	WR	W 2:01.81	Zige Liu (CHN)	Jinan 2009
200m IM	CR	M 1:56.64	Max Litchfield (ENG)	Budapest 2017
	WR	M 1:54.00	Ryan Lochte (USA)	Shanghai 2011
	CR	W 2:06.88	Siobhan Marie-O'Connor (ENG)	Rio de Janeiro 2016
	WR	W 2:06.12	Katinka Hosszu (HUN)	Kazan 2015
200m IM SM8	CR	M 2:20.01	Oliver Hynd (ENG)	Rio de Janeiro 2016
	WR	M 2:20.01	Oliver Hynd (ENG)	Rio de Janeiro 2016
200m IM SM10	CR	W 2:24.90	Sophie Pascoe (NZL)	Rio de Janeiro 2016
	WR	W 2:24.90	Sophie Pascoe (NZL)	Rio de Janeiro 2016
Men's 400m IM	CR	M 4:09.62	Max Litchfield (ENG)	Budapest 2017
	WR	M 4:03.84	Michael Phelps (USA)	Beijing 2008
	CR	W 4:29.45	Stephanie Rice (AUS)	Beijing 2008
	WR	W 4:26.36	Katinka Hosszu (HUN)	Rio de Janeiro 2016
4x100m freestyle	CR	M 3:09.91	Australia	Beijing 2008
	WR	M 3:08.24	United States	Beijing 2008
	CR	W 3:30.65	Australia	Rio de Janeiro 2016
	WR	W 3:30.65	Australia	Rio de Janeiro 2016

RECORD TIMES continued

M = Men W = Women

		TIME	HOLDER	PLACE/DATE
4x200m freestyle	CR	M 7:01.65	Australia	Rome 2009
	WR	M 6:58.55	United States	Rome 2009
	CR	W 7:44.31	Australia	Beijing 2008
	WR	W 7:42.08	China	Rome 2009
4x100m medley	CR	M 3:28.64	Australia	Rome 2009
	WR	M 3:27.28	United States	Rome 2009
	CR	W 3:52.58	Australia	Rome 2009
	WR	W 3:51.55	United States	Budapest 2017

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EVENTS SCHEDULE

M = Men's events **W** = Women's events **P** = Preliminary **S** = Semi-finals **G** = Medal event

DATE	EVENT
April 5	10:30-13:30 <ul style="list-style-type: none"> P M 100m backstroke, 200m backstroke, 50m butterfly, 400m freestyle P W 50m breaststroke, S7 50 butterfly, 100m butterfly, 200m freestyle, 400m individual medley, 4x100m freestyle relay
	19:30-22:30 <ul style="list-style-type: none"> S M 100m backstroke, 50m butterfly G M 200m breaststroke, S14 200m freestyle, 400m freestyle S W 50m breaststroke, 100m butterfly G W S7 50m butterfly, 200m freestyle, 400m individual medley, 4x100m freestyle relay
April 6	10:30-13:00 <ul style="list-style-type: none"> P M 100m breaststroke, S9 100m freestyle, 200m freestyle, 400m individual medley, 4x100m freestyle medley
	19:30-22:30 <ul style="list-style-type: none"> P W S9 100m backstroke, 100m backstroke, 50m freestyle S M semi-final 100m breaststroke G M 100m backstroke, 50m butterfly, S9 100m freestyle, 200m freestyle, 400m individual medley, 4x100m freestyle relay S W 100m backstroke, 50m freestyle G W S9 100m backstroke, 50m breaststroke, 100m butterfly
April 7	10:30-13:00 <ul style="list-style-type: none"> P M 50m backstroke, SB8 100m breaststroke, 200m butterfly, 100m freestyle P W 200m breaststroke, 50m butterfly, SM10 200m individual medley, 4x200m freestyle relay
	19:30-10:30 <ul style="list-style-type: none"> S M 50m backstroke, 100m freestyle G M SB8 100m breaststroke, 100m breaststroke, 200m butterfly S W 50m butterfly G W 100m backstroke, 200m breaststroke, 50m freestyle, SM10 200m individual medley, 4x200m freestyle relay

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EVENTS SCHEDULE continued

M = Men's events **W** = Women's events **P** = Preliminary **S** = Semi-finals **G** = Medal event

DATE	EVENT
April 8	10:30-13:00 <ul style="list-style-type: none"> P M 50m breaststroke, 100m butterfly, SM8 200m individual medley, 4x200m freestyle relay P W 200m backstroke, 100m breaststroke, S9 100m freestyle, 100m freestyle, 800m freestyle, 200m individual medley
	19:30-22:30 <ul style="list-style-type: none"> S M 50m breaststroke, 100m butterfly S W 100m breaststroke, 100m freestyle G M 50m backstroke, 100m freestyle, SM8 200m individual medley, 4x200m freestyle relay G W 200m backstroke, 50m butterfly, S9 100m freestyle, 200m individual medley
April 9	10:30-12:30 <ul style="list-style-type: none"> P M 200m backstroke, S7 50m freestyle, 50m freestyle, 1500m freestyle
	19:30-22:30 <ul style="list-style-type: none"> P W 50m backstroke, SB9 100m breaststroke, 200m butterfly S M 50m freestyle G M 200m backstroke, 50m breaststroke, 100m butterfly, S7 50m freestyle S W 50m backstroke G W SB9 100m breaststroke, 100m breaststroke, 200m butterfly, 100m freestyle, 800m freestyle
April 10	10:30-12:00 <ul style="list-style-type: none"> P M S9 100m backstroke, 200m individual medley, 4x100m medley relay
	19:30-22:30 <ul style="list-style-type: none"> G M S9 100m backstroke, 50m freestyle, 1500m freestyle, 200m individual medley, 4x100m medley relay G W 50m backstroke, S8 50m freestyle, 400m freestyle, 4x100m medley relay

FREYA ANDERSON

Events: 100m & 200m freestyle, 4x100m & 4x200m freestyle, 4x100m medley
D.O.B: 17 (04.03.2001)
Born: Wirral
Lives: Ellesmere
Games attended: None



Major achievements: WJCh: Gold (100m freestyle) 2017 BrCh: Gold (100m freestyle) 2017

After winning her debut British title in 2017 at Sheffield in the women's 100m freestyle, Freya Anderson secured her first call-up to the senior British team in Budapest.

She raced the 50m and 100m freestyle at the World Championships, before forming part of the Women's 4x100m medley relay team who finished seventh in the final.

[@freyaandersonn](#) [@freyaanderson_](#)

ELLIOT CLOGG

Events: 100m backstroke, 100m freestyle, 4x100m medley
D.O.B: 18 (22.12.1999)
Born: Mansfield
Lives: Mansfield
Games attended: None



Major achievements: EjCh: Bronze (4x100m mixed medley) 2016 BrSummerCh: Gold (100m freestyle) 2016 BrJCh: Gold (50m, 100m, 200m freestyle, 100m backstroke) 2017

Elliot Clogg first made his mark at the 2014 British National Age Championships, where he claimed a gold medal in the 100m backstroke.

The year after, he won silver at the same competition in the 100m and 200m backstroke junior events.

[@ElliotClogg](#) [@elliottclogg](#)

DAVID CUMBERLIDGE

Events: 50m & 100m freestyle, 4x100m freestyle, 4x100m medley
D.O.B: 21 (16.07.1996)
Born: Newcastle-upon-Tyne
Lives: Hexham
Games attended: None



Major achievements: BrCh: Gold (50m freestyle) 2013 BrSummerCh: Gold (50m freestyle) 2017 EUG: Bronze (50m freestyle) 2016

David Cumberlidge, a chemical engineering student, is the fourth-fastest English swimmer of all time over 50m.

He set the mark at the British Summer Championships last year as he won gold. He also has also won gold medals at the Scottish Short Course Championships, where he won the 100m freestyle, and at the Edinburgh International, where he won the 50m and 100m freestyle events.

At the European University Games, he claimed the bronze medal for the 50m freestyle.

[@davecumberlidge](#) [@davidcumberlidge](#)

THOMAS FANNON

Events: 50m freestyle
D.O.B: 19 (20.05.1998)
Born: Birmingham
Lives: Birmingham
Games attended: None



Major achievements: EngWinterCh: Gold (50m freestyle) 2017 EjCh: Bronze (50m freestyle) 2016

In 2015, Thomas Fannon became the first British 16-year-old to ever clock a sub-23-second 50m freestyle swim.

The same year, he competed at the European Games in Baku and the World Junior Championships in Singapore.

The year after, he became the European Junior Champion over the same distance.

[@TomJFannon](#) [@tom.fannon](#)

ELEANOR FAULKNER

Events: 200m & 400m freestyle, 4x100m & 4x200m freestyle, 4x100m medley
D.O.B: 24 (05.01.1993)
Born: Sheffield
Lives: Sheffield
Games attended: One (Glasgow 2014)



Major achievements: CG: Bronze (4x200m freestyle) 2014

Eleanor Faulkner made her Commonwealth Games debut for England at Glasgow 2014, picking up a relay bronze medal in the 4x200m.

She has competed in two Olympic games, London 2012 and Rio 2016 and after a personal best at last year's British Summer Champs is sixth in the British all-time rankings.

[@elliefaulkner](#) [@elliefaulkner](#)

JESSICA FULLALOVE

Events: 100m & 200m backstroke, 4x100m medley
D.O.B: 21 (27.07.1996)
Born: Oldham
Lives: Manchester
Games attended: One (Glasgow 2014)



Major achievements: YOG: Silver (50m backstroke, 100m backstroke, 4x100m medley) 2014 WJCh: Silver (4x100m medley) Bronze (100m backstroke) 2013

Fresh from competing in the Glasgow Commonwealth Games, where she reached the semi-finals in both the 50m and 100m backstroke, Jessica Fullalove stormed to three silver medals at the 2014 Youth Olympic Games in China.

The Bath swimmer had previously claimed a silver and bronze at the World Junior Championships in 2013.

[@Fullalove_](#) [@jessicafullalove](#)

JAMES GUY

Events: 100m & 200m butterfly, 200m & 400m freestyle, 4x100m & 4x200m freestyle, 4x100m medley
D.O.B: 22 (26.11.1995)
Born: Bury
Lives: Bath
Games attended: One (Glasgow 2014)



Major achievements: CG: Gold (4x100m medley) 2014 OG: Silver (4x200m freestyle), Silver (4x100m medley) 2016 WCh (LC): Gold (4x200m freestyle), Silver (4x100m medley), Bronze (100m butterfly) 2017; Gold (200m freestyle), Gold (4x200m freestyle), Silver (400m freestyle) 2015

James Guy made his first full senior international debut at the 2013 World Championships in Barcelona and has won medals at every major event since then including the 2016 Olympics, where he won two silver medals in the 4x200m Freestyle and 4x100m Medley relays, and the 2017 World Championships where he broke the eight-year-old British record twice on the way to the podium.

In the previous Commonwealth Games, Guy competed for England in the 4x100-metre medley relay and the 400-metre freestyle events at the 2014 Commonwealth Games where he won a gold and bronze medal respectively.

[@Jimbob95goon](#) [@james.g.guy](#)

CHLOE GOLDING

Events: 200m backstroke, 4x100m medley
D.O.B: 20 (12.01.1998)
Born: Warwick
Lives: Manchester
Games attended: None



Major achievements: EngWinterCh: Gold (200m backstroke) 2017

Chloe Golding earned her place on the Gold Coast after swimming a lifetime best at the Swim England National Winter Championships, claiming gold in the 200m backstroke as she sliced more than a second off her personal best time.

She also represented Great Britain at the European Junior Championships, and is the British national champion in her age group.

[@chloeeegold](#) [@chloeeegolding](#)

NICK GRAINGER

Events: 200m freestyle, 4x100m & 4x200m freestyle
D.O.B: 23 (03.10.1994)
Born: Plymouth
Lives: Sheffield
Games attended: One (Glasgow 2014)



Major achievements: CG: Fourth (4x200m freestyle) WCh: Gold (4x200m relay) 2017, Gold (4x200m freestyle) 2015

Nick Grainger was a late call-up to the squad, following an injury to Max Litchfield, but brings international experience as a two-time world champion.

He has twice won relay gold at the World Championships and was fourth on his debut Commonwealth Games appearance in Glasgow four years ago.

Grainger was also a finalist in the 200m freestyle at Glasgow 2014, where he finished eighth and has gone from strength to strength since, with a best individual finish of 14th at the World Championships.

[@Nick_Grainger](#) [@Nick_Grainger](#)

LUKE GREENBANK

Events: 100m & 200m backstroke, 4x100m medley
D.O.B: 20 (17.09.1997)
Born: Crewe
Lives: Loughborough
Games attended: None



Major achievements: EG: Gold (100m, 200m backstroke), Silver (4x100m medley) 2015 BrCh: Gold (200m backstroke), Silver (100m backstroke) 2017; Gold (200m backstroke) 2016

Luke Greenbank entered the senior British team at the European Swimming Championships 2016, in London.

After defending his British 200m backstroke title at the British Swimming Championships, Greenbank was selected to compete at the World Championships in Budapest in 2017, in which he made the semi-final.

[@lukegreenbank97](#) [@lukegreenbank](#)



THOMAS HAMER

Events: S14 200m freestyle
D.O.B: 19 (16.08.1998)
Born: Burnley
Lives: Burnley
Games attended: One (Glasgow 2014)

Major achievements: CG: Silver (200m freestyle S14) 2014 PG: Silver (200m freestyle S14) 2016 WCh: Bronze (200m freestyle S14) 2015

Thomas Hamer competes in the S14 classification and won a silver medal at Glasgow 2014 in the 200m freestyle. The Paralympian claimed a silver at the Rio Olympics in 2016, as well as a gold and bronze medal at the European Championships the same year.

He started swimming young, and when he was 12 years old swam the English Channel as part of a relay team in under 11 hours.

[@tomhamerS14](#) [@tomhamer14](#)



JESSICA JACKSON

Events: 200m, 400m & 800m freestyle, 4x200m freestyle
D.O.B: 20 (10.09.1997)
Born: Welwyn Garden City
Lives: Plymouth
Games attended: None

Major achievements: WSG: Gold (4x100m freestyle) 2013 BUCS: Gold (100m freestyle) 2017

Jessica Jackson is a biomedical science student at Plymouth University. She represented Great Britain at the 2016 European Championships and was the British national champion that year. At the BUCS long course championships in 2017, she was the 100m freestyle champion.

[@jessxjackson](#) [@jessxjackson](#)



CAMERON KURLE

Events: 200m freestyle, 4x200m freestyle
D.O.B: 20 (19.07.1997)
Born: Yeovil
Lives: Glastonbury
Games attended: None

Major achievements: EG: Gold (4x100m freestyle), Silver (200m freestyle, 4x200m freestyle) 2015

Freestyle swimmer Cameron Kurle made his Olympic debut at the 2016 Games in Rio, competing in the 200m freestyle.

After winning the junior men's gold in both the 200m and 400m freestyle events at the British Championships in 2015, he went on to the European Games in Baku, where he claimed a gold and two silver medals.

[@KurleyRolandCam](#) [@kurleyrolandcam](#)



EMILY LARGE

Events: 100m & 200m butterfly, 4x100m medley
D.O.B: 17 (01.02.2001)
Born: Newcastle
Lives: Newcastle
Games attended: None

Major achievements: WJCh: Gold (200m butterfly) 2017 EJC: Gold (200m butterfly) 2016 EYOF: Silver (200m butterfly) 2015

Following on from her performance at the 2016 European Junior Championships in Hungary where Emily Large won gold, touching the wall 1.28 seconds clear of her nearest contender, she has gone on to claim gold at the 2017 World Junior Championships in Indianapolis, USA, in the 200m butterfly.

The Commonwealth Games will be Emily's first time swimming for the senior England team.

[@emilyylarge](#) [@emilylouislarge](#)



JACOB LEACH

Events: S8/S9 100m backstroke & S8/S9 100m freestyle
D.O.B: 18 (07.01.2000)
Born: Warrington
Lives: Cockermouth
Games attended: None

Major achievements: UKSG: Gold (100m backstroke, 200m individual medley) 2016 EngParaCh: Gold (50m, 100m, 400m freestyle, 100m backstroke, 200m individual medley) 2016

The Gold Coast will be Jacob Leach's first major international meet. He has performed impressively in domestic competitions, winning numerous golds at the UK School Games and National Para Swimming Championships in 2016, where he won the 50m, 100m and 400m freestyle, as well as the 100m backstroke and 200m IM.

[@JacobLeach1st](#) [@jacobleach_](#)



JOE LITCHFIELD

Events: 200m butterfly, 200m & 400m medley, 4x200m freestyle
D.O.B: 19 (08.07.1998)
Born: Pontefract
Lives: Sheffield
Games attended: None

Major achievements: WUG: Bronze (200m individual medley) 2017 EJC: Gold (200m individual medley) 2016

The sole Litchfield sibling after brother Max pulled out due to injury, Sheffield Hallam University student Joe has won a range of international honours, including bronze at the World University Games in Taipei.

At the Samoa 2015 Commonwealth Youth Games, he claimed an impressive total of four silver medals.

[@joelitchfield](#) [@joelitch98](#)



ANNA MAINE

Events: 50m & 100m backstroke, 4x100m medley
D.O.B: 17 (08.06.2000)
Born: Chertsey
Lives: Woking
Games attended: None

Major achievements: BrJCh: Gold (50m, 100m freestyle), Bronze (200m backstroke) 2017 EJC: Bronze (100m backstroke, 4x200m freestyle, 4x100m medley) 2016

Anna Maine became the British Junior champion at both 50m and 100m freestyle in 2017. She also claimed a bronze medal in the 200m backstroke at the same event.

At the World Junior Championships, she reached the finals of the 50m and 100m backstroke events.

In 2016, she won three bronze medals at the European Junior Championships.

[@Annamaïne00](#) [@annamaïne](#)



SIOBHAN-MARIE O'CONNOR

Events: 200m medley, 4x100m & 4x200m freestyle, 4x100m medley
D.O.B: 22 (29.11.1995)
Born: Bath
Lives: Bath
Games attended: One (Glasgow 2014)

Major achievements: CG: Gold (200m medley), Silver (200m freestyle), Silver (100m butterfly), Silver (4x100m freestyle), Silver (4x100m medley) Bronze (4x200m freestyle) 2014 OG: Silver (200m individual medley) 2016 WCh: Gold (4x100m mixed relay), Bronze (200m individual medley) 2015 WCh (SC): Silver (100m individual medley), Silver (200m individual medley), Silver (4x50m mixed medley) 2014

Siobhan-Marie O'Connor is one of Great Britain's most successful female swimmers of recent years, having won medals at every level. This includes a silver at the 2016 Olympic Games in the 200m individual medley, in which she also set a new British record.

At the 2014 Commonwealth Games, O'Connor reached the podium six times, equalling the record for medals won by a female at a single Commonwealth Games.

O'Connor suffers from a chronic inflammatory bowel condition which she has had to overcome to achieve within the swimming world.

[@SiobhanMOConnor](#) [@siobhanmoconnor95](#)



JARVIS PARKINSON

Events: 100m freestyle, 200m medley, 4x100m & 4x200m freestyle
D.O.B: 19 (20.08.1998)
Born: Doncaster
Lives: Doncaster
Games attended: None

Major achievements: EG: Silver (200m individual medley) 2015 BrSummerCh: Gold (200m individual medley) 2017

Jarvis Parkinson is a British junior champion who claimed silver at the 2015 European Games in Baku, Azerbaijan.

He has also previously claimed British Championship medals in both the 200m and 400m individual medley.

[@jarviskarva](#) [@jarviskarva](#)



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ADAM PEATY MBE

Events: 50m, 100m & 200m breaststroke, 4x100m medley
D.O.B: 22 (28.12.1994)
Born: Uttoxeter
Lives: Loughborough
Games attended: One (Glasgow 2014)



Major achievements: CG: Gold (100m breaststroke, 4x100m medley), Silver (50m breaststroke) 2014 OG: Gold (100m breaststroke), Silver (4x100m medley) 2016 WCh: Gold (50m breaststroke, 100m breaststroke), Silver (4x100m medley) 2017; Gold (50m breaststroke, 100m breaststroke, 4x100m mixed medley) 2015

Holding the top ten fastest times in the history of the 100m breaststroke and with the world record also over 50m, Adam Peaty has established himself as the one to beat.

Peaty is one of only three British swimmers to have won gold medals at all four major international events - Olympic, World, European and Commonwealth Games - and the only swimmer to win all four major gold medals in the same event, he completed this by winning the 100 metre breaststroke at the 2016 Summer Olympics.

[@adam_peaty](#) [@adam_peaty](#)

JACOB PETERS

Events: 50m, 100m & 200m butterfly, 4x100m medley
D.O.B: 17 (20.08.2000)
Born: Guildford
Lives: Guildford
Games attended: None



Major achievements: EngWinterCh: Gold (50m butterfly), Silver (200m butterfly) 2017

Jacob Peters swam a new personal best in the 200m butterfly to qualify for Team England in December 2017.

It topped off a prolific year which saw Peters come seventh in the World Junior Championships and win silver at the Swim England National Winter Championships.

[@Jac0Bp2000](#) [@jacobpeters_](#)

BEN PROUD

Events: 50m butterfly, 50m freestyle, 4x100m freestyle, 4x100m medley
D.O.B: 23 (21.09.1994)
Born: London
Lives: Plymouth
Games attended: One (Glasgow 2014)



Major achievements: CG: Gold (50m freestyle, 50m butterfly) 2014 WCh: Gold (50m butterfly), Bronze (50m freestyle) 2017

After winning his first senior-level gold medals at an international competition in the 50m butterfly and the 50m freestyle at the 2014 Commonwealth Games, Ben Proud has continued to be a world-class swimmer; most recently breaking Mark Foster's 14-year-old short course 50m freestyle British record at the 2017 World Championships - where he was also the world champion in the 50m butterfly.

Proud represented Team GB in the 50m and 100m freestyle at the 2016 Olympics. In the 50m freestyle he finished fourth and narrowly missed out on a medal.

[@BenProud](#) [@benproudsim](#)

MOLLY RENSHAW

Events: 50m, 100m & 200m breaststroke, 4x100m medley
D.O.B: 21 (06.05.1996)
Born: Mansfield
Lives: Loughborough
Games attended: One (Glasgow 2014)



Major achievements: CG: Silver (4x100m medley), Bronze (200m breaststroke) 2014 WCh (SC): Gold (200m breaststroke) 2016

Molly Renshaw has represented Great Britain at all levels of international swimming, including Olympic Games, World Championships and European Championships - and made her Commonwealth debut for Team England four years ago.

Renshaw secured herself a call up to Team GB for her maiden Olympics in 2016 after narrowly missing out on a place at the London 2012 Games. She progressed comfortably through the rounds of the 200m breaststroke, setting a new personal best and British record in the semi-final, ending the event sixth overall.

[@MollyRenshaw](#) [@molrenshaw](#)

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ELEANOR ROBINSON MBE

Events: S7 50m butterfly
D.O.B: 16 (30.08.2001)
Born: Northampton
Lives: Northampton
Games attended: None
Major achievements: PG: Gold (50m butterfly S6), Bronze (100m freestyle S6) 2016



Eleanor Robinson is a multi-talented swimmer who competes in the S6 classification. She won the BBC Young Sports Personality of the Year award in 2016, after claiming a gold and a bronze medal at the Paralympic Games in Rio that summer.

[@EllieRobinsonGB](#) [@ellierobinsongb](#)

ROSIE RUDIN

Events: 400m medley
D.O.B: 19 (14.08.1998)
Born: Nottingham
Lives: Nottingham
Games attended: None
Major achievements: BrCh: Gold (200m backstroke) 2017; Bronze (400m individual medley) 2015



Rosie Rudin only made her senior international debut last year at the World Championships but has shown rapid progress.

She won the British 200m backstroke title in 2017.

[@rosie_rudin](#) [@rosierudin](#)

LIZZIE SIMMONDS

Events: 100m & 200m backstroke, 4x100m freestyle, 4x100m medley
D.O.B: 27 (22.01.1991)
Born: Beverley
Lives: Edinburgh
Games attended: Two (Glasgow 2014, Delhi 2010)



Major achievements: CG: Silver (200m backstroke) 2010 WCh (SC): Silver (200m backstroke), Bronze (4x100m medley) 2008 ECh: Gold (200m backstroke) 2010, Gold (4x100m medley) 2008

Lizzie Simmonds won a maiden Commonwealth medal in her debut Games, taking silver in the 200m backstroke in Delhi.

Her career highlights include 11 British titles, winning two European titles and finishing fourth at the London 2012 Olympic Games.

[@LizzieSimmonds1](#) [@simmo1234](#)

LAURA STEPHENS

Events: 100m butterfly, 200m butterfly, 4x100m medley
D.O.B: 18 (02.06.1999)
Born: London
Lives: London
Games attended: None



Major achievements: EngWinterCh: Gold (100m, 200m butterfly) EG: Bronze (100m butterfly) 2015

Butterfly specialist Laura Stephens won two bronze medals at the 2016 European Junior Championships.

In 2017 she won gold in the 100m and 200m butterfly at the Swim England National Winter Championships, recording a personal best to qualify for the Gold Coast.

[@laurakjs99](#) [@laurakjs99](#)

ALICE TAI MBE

Events: 100m backstroke S9, 100m freestyle S9
D.O.B: 19 (31.01.1999)
Born: Poole
Lives: Manchester
Games attended: None



Major achievements: PG: Gold (4x100m medley relay 34pts), Bronze (100m backstroke S10) 2016 WCh: Gold (4x100m medley relay 34pts), Bronze (100m butterfly S10, 100m backstroke S10, 4x100m freestyle relay 34pts) 2015

Alice Tai has a total of nine international medals to her name, gained from the 2016 Paralympics, 2015 World Championships and 2014 European Championships.

She was born with bilateral talipes and underwent 13 corrective operations before she turned 12.

In her spare time, she is the lead guitarist for her band Crossed Lines.

[@Alice_Tai725](#) [@alice_tai](#)

JOCELYN ULYETT

Events: 50m, 100, & 200m breaststroke
D.O.B: 22 (17.09.1995)
Born: Milton Keynes
Lives: Loughborough
Games attended: None



Major achievements: BrCh: Gold (200m breaststroke), Bronze (100m breaststroke) 2017

Breaking the British record for the 200m breaststroke at the 2017 British Swimming Championships, Jocelyn Ulyett earned her debut call up to the British team for the 2017 World Championships.

She finished in the top ten for the 200m breaststroke and made three finals - the 50m and 100m breaststroke, alongside the 4x100m medley relay.

[@Jocelynkate_](#) [@jocelynkate_](#)

SARAH VASEY

Events: 50m & 100m breaststroke
D.O.B: 21 (29.08.1996)
Born: Derby
Lives: Loughborough
Games attended: None

Major achievements: BrCh: Gold (100m breaststroke), Silver (50m breaststroke) 2017; Silver (100m breaststroke) 2016

Sarah Vasey won her maiden national title at the 2017 British Championships - qualifying for a first World Championships. She made three finals in Budapest, including the 50m breaststroke, 100m breaststroke and the 4x100m medley relay. Vasey trains under Mel Marshall, the same coach as Olympic 100m breaststroke champion Adam Peaty.

[@sarahvasey96](#) [@sarahvasey96](#)



ANDREW WILLIS

Events: 100m & 200m breaststroke, 4x100m medley
D.O.B: 27 (03.12.1990)
Born: Yateley
Lives: Bath
Games attended: Two (Glasgow 2014, Delhi 2010)

Major achievements: CG: Bronze (200m breaststroke) 2014 WCh (SC): Silver (200m breaststroke) 2016

Andrew Willis is one of the most experienced members of the squad heading out to the Gold Coast. He has competed at every level of competition, including the Olympic Games and has a bronze medal from the 2014 Glasgow Commonwealth Games.

Willis missed out on a medal by just 0.8 seconds in the men's 200m breaststroke at the 2016 Rio Olympics and was one of the few British swimmers to achieve a personal best at the London 2012 Olympics.

[@AndrewSWillis](#) [@willis49](#)



LEWIS WHITE

Events: S8/S9 100m backstroke & S8/S9 100m freestyle
D.O.B: 17 (17.04.2000)
Born: Norwich
Lives: Norwich
Games attended: None

Major achievements: PG: Bronze (400m freestyle S9) 2016

Lewis White competes as an S9 freestyle swimmer, as he was born without a right hand. The Paralympian won 400m freestyle bronze at the Rio Games in 2016. He trains with Derby Swimming Club.

[@LewiS9White](#)



AIMEE WILLMOTT

Events: 200m butterfly, 200m & 400m medley, 4x200m freestyle
D.O.B: 25 (26.02.1993)
Born: Middlesbrough
Lives: Middlesbrough
Games attended: Two (Delhi 2010, Glasgow 2014)

Major achievements: CG: Silver (400m individual medley), Silver (200m butterfly) 2014

Aimee Willmott has swimming in her blood - her father Stuart swam at the 1984 Olympics.

Willmott competed at London 2012 in the 400m individual relay and at the Glasgow Commonwealth Games in 2014 she claimed two silver medals in the 400m individual medley and 200m butterfly.

She attended Teesside University and the University of East London.

[@aimee_willmott](#) [@aimee_willmott](#)



JAMES WILBY

Events: 50m, 100m & 200m breaststroke, 4x100m medley
D.O.B: 25 (12.01.1993)
Born: Glasgow
Lives: Loughborough
Games attended: One (Glasgow 2014)

Major achievements: CG: Gold (4x100m medley) 2014

James Wilby won a gold medal at Glasgow as part of the 4x100m relay team. At the same Games, he also reached the final in the 100m and 200m breaststroke events.

Since Glasgow, Wilby has claimed silver and bronze medals at three British Championships, as well as three golds at the 2017 Swim England National Winter Championships.

[@jameswilby](#) [@jameswilby](#)



ABBIE WOOD

Events: 200m & 400m medley
D.O.B: 19 (02.03.1999)
Born: Buxton
Lives: Loughborough
Games attended: None

Major achievements: EG: Gold (400m individual medley), Bronze (200m individual medley, 4x100m medley) 2015

Abbie Wood is a criminology and social policy student at Loughborough University.

She made history at 16 when she became the first ever swimming gold medalist at the inaugural European Games in Baku, Azerbaijan - winning the 400m individual medley.

At the same Games, she picked up bronze medals in the 200m individual medley and the 4x100m medley relay.

[@abbielouise1](#) [@abbiewood1](#)



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MARIE ATKINSON-BRIAN

Assistant team manager
D.O.B: 08.01.76
Born: Dartford



AMANDA BOOTH

Coach
D.O.B: 09.02.68
Born: North Ferriby



JANE CARRE

Physiotherapist
D.O.B: 17.05.81
Born: Oxford



ABIGAIL CLARKSON

Sports scientist
D.O.B: 30.05.89
Born: Leicester



EUAN DALE

Coach
D.O.B: 18.12.85
Born: Edinburgh



DIANE ELLIOT

Sports scientist
D.O.B: 16.03.87
Born: Sheffield



JOLYON FINCK

Coach
D.O.B: 28.08.78
Born: Melbourne



IAN HULME

Coach
D.O.B: 25.01.84
Born: Easington



RYAN LIVINGSTONE

Coach
D.O.B: 16-03-86
Born: Catterick



CLARE LOBB

Sports scientist
D.O.B: 12.01.82
Born: Zimbabwe



MELANIE MARSHALL

Coach
D.O.B: 12.01.82
Born: Boston



DAVID McNULTY

Coach
D.O.B: 05.07.89
Born: Stanley



DANIEL NICHOLLS

Physiotherapist
D.O.B: 03.07.80
Born: Croydon



KEVIN RENSHAW

Head coach
D.O.B: 11.05.65
Born: Durham



GRAEME SMITH

Team official
D.O.B: 31.03.76
Born: Falkirk



DANIEL WADDINGHAM

Coach
D.O.B: 16.07.90
Born: Coventry



RODERICK WARDLE

Manager
D.O.B: 10.03.62
Born: Leeds



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ATHLETICS

ATHLETICS

INTRODUCTION

England are the all-time leaders in athletics at the Commonwealth Games in what is continually a strong sport for the nation, dominating since the very first Games at Hamilton 1930.

Sir Roger Bannister, Linford Christie, Steve Cram, Jonathan Edwards, Sally Gunnell, Dame Kelly Holmes, Denise Lewis, Paula Radcliffe, Tessa Sanderson and Daley Thompson are just some of the names that spring to mind when it comes to Team England's athletics performances on the Commonwealth stage.

The Vancouver 1954 Games stand out as the one in which England announced its arrival on the athletics scene when, against all odds, the team topped the medal table.

The highlight of those Games was undoubtedly Bannister's one mile gold, where he defeated Australian John Landy in what was the first race to feature two men

DID YOU KNOW?

England have won 189 Commonwealth gold medals in athletics, the most by any nation, with only Australia and Canada having more total medals than England's gold tally.

breaking the four-minute mile barrier.

Fast forward 32 years and the Games rolled into Edinburgh, with the 1986 edition bringing both a stack of gold medals and some record-shattering performances from the English contingent.

Cram set the Games' 800m record with a time of 1:43.22, while Thompson set a decathlon points record and Gunnell won the 100m hurdles title.

At Manchester 2002, Edwards' triple jump record meant he completed his mission of holding all four major titles – Olympic, World,

FACT FILE

VENUE:
Carrara Stadium (Track & Field); Currumbin Beachfront (Race Walks); Southport Broadwater Parklands (Marathon)

GOLD MEDALS AVAILABLE:
58

DATES:
Sunday April 8 – Sunday April 15

NUMBER OF TEAM ENGLAND ATHLETES:
Men: 42 Women: 49

WEBSITES:
teamengland.org/commonwealth-games-sports/athletics
www.englandathletics.org
Twitter: @EnglandAthletic

European and Commonwealth – at once, while Radcliffe lowered the 5,000m Games record by more than a minute.

Four years ago in Glasgow, England won more athletics medals than any other nation, with Greg Rutherford (long jump), Steve Lewis (pole vault), David Weir (T54 1,500m) and Dan Greaves (F42/44 discus throw) all winning individual gold, with the men's 4x400m relay team also standing atop the podium.

England finished fourth in the medal table, behind Kenya and Jamaica – who both won ten gold medals – and Australia on eight.

TEAM ENGLAND 2018

Team England will take almost 100 athletes to the Gold Coast, with a combination of seasoned veterans, multiple medallists and Games veterans looking to make their mark.



“ It's such a proud moment for me to be selected to compete at my second Commonwealth Games. Winning two silver medals in Glasgow 2014 was an incredible experience for me and I'm really excited to get back out there. ”

Adam Gemili – double silver medallist at Glasgow 2014

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WORDS TO LEARN

CAGE:

The area from which competitors throw a discus or hammer

COUNTBACK:

The process used to determine the winner of a high jump or pole vault competition in which two or more athletes are tied for the best jump. The athlete with the fewer attempts at the height wins

WIND ASSISTANCE:

The legal tailwind assistance for the 100m, 200m, long jump, triple jump and sprint hurdles for record purposes is two metres per second. This works out to approximately 4.5mph

FOSBURY FLOP:

A method of high jumping named after American Dick Fosbury, where the jumper clears the bar by arching their back over it



“The Games afford us a welcome opportunity to send a team that combines the talents of both para and non-disability athletes and we cannot wait to see them in action.”

Martin Rush - England athletics team leader

Among them are numerous athletes with multiple Commonwealth Games appearances, while a number of the chosen athletes will be competing at their very first multi-sport Games.

Katarina Johnson-Thompson is one of those making her Commonwealth debut on the Gold Coast, forced to miss out on Glasgow 2014 due to injury but becoming a world and European medallist in subsequent years.

She'll be joined in Australia by Dina Asher-Smith, also set for her first appearance at this level in the sprints, less than a year since becoming World Championship silver medallist in the 4x100m relay.

It was that event where she became Olympic bronze medallist at Rio 2016 and she will be looking to build on the two gold medals she secured at the Douglas 2011 Commonwealth Youth Games.

Meanwhile Adam Gemili will also compete with success behind him, after becoming a Commonwealth silver medallist at Glasgow 2014 in the 100m.

And there is also a champion arriving on the Gold Coast as Matthew Hudson-Smith looks to defend his 4x400m title, one of the five gold medals won by the England team north of the border.

Many are competing on the back of medal achievements in those Games, including Luke Cutts, Katrina Hart, Sophie Hitchon, Jade Jones, Jade Lally, Nick Miller, Anyika Onuora, Asha Philip, Tiffany Porter, Jazmin Sawyers, Bianca Williams and Laura Weightman

There are also six athletes who took their Commonwealth Games bow as long as eight years ago, at Delhi 2010, an event which saw Hart win gold in the T37 100m.

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She's back for a third bite of the cherry while Meghan Beesley – who missed out last time – is back for her second Games after running to 4x400m relay silver in India eight years previous.

But that's not all, with a plethora of debutants included, notably world champions Sophie Hahn and Richard Chiassaro.

COMPETITION FORMAT

Athletics will take place across eight days on the Gold Coast, with 58 medals to be won across track and field, as well as the marathon and race walks.

The schedule of 46 able-bodied events consists of 23 for men and 23 for women and they are divided into four categories – track, field, road and combined events.

The men's track events are 100m, 200m, 400m, 800m, 1500m, 5000m, 10,000m,

110m hurdles, 400m hurdles, 3000m steeplechase, 4x100m relay and 4x400m relay. The field events are high jump, pole vault, long jump, triple jump, shot put, discus, hammer and javelin.

The decathlon, with ten events, is the men's combined event and the marathon is the road event.

The women's track events are 100m, 200m, 400m, 800m, 1500m, 5000m, 10,000m, 100m hurdles, 400m hurdles, 3000m steeplechase, 4x100m relay and 4x400m relay. The field events are high jump, pole vault, long jump, triple jump, shot put, discus, hammer and javelin.

The combined event is the heptathlon, with seven disciplines, while the women will also contest the marathon on the road.

The majority of races on the track start with

heats, with the fastest athletes progressing to semi-finals and then the final, with competitors in the 100m, 200m and 400m using starting blocks as well as those in the men's 110m hurdles, women's 100m hurdles and men's and women's 400m hurdles.

In the 800m, competitors run in their designated lanes until the first bend, where they break for the inside lane.

Field events start with a qualification stage, with the best athletes qualifying for the final.

Athletes in the combined events compete to earn points; the amount of points depends on their performance in each of their events. On the road, marathon runners will complete a standard distance of 26 miles and 385 yards.

ENGLAND'S HISTORICAL MEDALS TABLE



In the combined events, the men contest the 100m, long jump, shot put, high jump and 400m on day one, before competing in the 110m hurdles, discus, pole vault, javelin and 1500m on day two.

The women tackle the 100m hurdles, high jump, shot put and 200m on day one, with the long jump, javelin and 800m scheduled for day two.

There are also six para-sport events with the men's T12, T38 and T47 100m, and T54 1500m on the track, as well as F38 shot put, while the women contest the T35 and T38 100m, T54 1500m and F48 javelin and T38 long jump - plus the T54 marathon for both.

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GLASGOW 2014 COMMONWEALTH GAMES MEDALLISTS

M = Men W = Women

	GOLD	SILVER	BRONZE
100 metres	M Kamar Bailey-Cole (JAM) W Blessing Okagbare (NGR)	Adam Gemili (ENG) Veronica Campbell-Brown (JAM)	Nickel Ashmeade (JAM) Kerron Stewart (JAM)
200 metres	M Rasheed Dwyer (JAM) W Blessing Okagbare (NGR)	Warren Weir (JAM) Jodie Williams (ENG)	Jason Livermore (JAM) Bianca Williams (ENG)
400 metres	M Kirani James (GRN) W Stephenie Ann McPherson (JAM)	Wayde van Niekerk (RSA) Novlene Williams-Mills (JAM)	Lalonde Gordon (TRI) Christine Day (JAM)
800 metres	M Nijel Amos (BOT) W Eunice Sum (KEN)	David Rudisha (KEN) Lynsey Sharp (SCO)	Andre Olivier (RSA) Winnie Nanyondo (UGA)
1500 metres	M James Kiplagat Magut (KEN) W Faith Kipyegon (KEN)	Ronald Kwemoi (KEN) Laura Weightman (ENG)	Nick Willis (NZL) Kate Van Buskirk (CAN)
5000 metres	M Caleb Ndiku (KEN) W Mercy Cherono (KEN)	Isiah Kiplangat Koeh (KEN) Janet Kisa (KEN)	Zane Robertson (NZL) Joanne Pavey (ENG)
10,000 metres	M Moses Kipsoro (UGA) W Joyce Chepkirui (KEN)	Josphat Bett Kipkoeh (KEN) Florence Kiplagat (KEN)	Cameron Levins (CAN) Emily Chebet (KEN)
100 metre hurdles	W Sally Pearson (AUS)	Tiffany Porter (ENG)	Angela Whyte (CAN)
110 metre hurdles	M Andrew Riley (JAM)	William Sharman (ENG)	Shane Brathwaite (BAR)
400 metre hurdles	M Cornel Fredericks (RSA) W Kaliese Spencer (JAM)	Jehue Gordon (TRI) Eilidh Child (SCO)	Jeffery Gibson (BAH) Janieve Russell (JAM)
3000 metres steeplechase	M Jonathan Ndiku (KEN) W Purity Kirui (KEN)	Jairus Birech (KEN) Milcah Cheywa (KEN)	Ezekiel Kemboi Cheboi (KEN) Joan Kipkemoi (KEN)
4x100 metres relay	M Jamaica W Jamaica	England Nigeria	Trinidad and Tobago England



DID YOU KNOW?

Geoff Capes, the legendary two-time winner of the world's strongest man title, won two gold medals in the shot put for England in 1974 and 1978.



GLASGOW 2014 COMMONWEALTH GAMES MEDALLISTS continued

M = Men W = Women

	GOLD	SILVER	BRONZE
4x400 metres relay	M England W Jamaica	Bahamas Nigeria	Trinidad and Tobago England
Marathon	M Michael Shelley (AUS) W Flomena Cheyech Daniel (KEN)	Stephen Chemlany (KEN) Caroline Kilel (KEN)	Abraham Kiplimo (UGA) Jessica Trengove (AUS)
High Jump	M Derek Drouin (CAN) W Eleanor Patterson (AUS)	Kyriakos Ioannou (CYP) Isobel Pooley (ENG)	Michael Mason (CAN) Levern Spencer (LCA)
Pole Vault	M Steven Lewis (ENG) W Alana Boyd (AUS)	Luke Cutts (ENG) Sally Peake (WAL)	Shawnacy Barber (CAN) Alysha Newman (CAN)/ Sally Scott (ENG)
Long Jump	M Greg Rutherford (ENG) W Ese Brume (NGR)	Zarck Visser (RSA) Jazmin Sawyers (ENG)	Rushwahl Samaai (RSA) Christabel Netthey (CAN)
Triple Jump	M Khotso Mokoena (RSA) W Kimberly Williams (JAM)	Tosin Oke (NGR) Laura Samuel (ENG)	Arpinder Singh (IND) Ayanna Alexander (TRI)
Shot Put	M O'Dayne Richards (JAM) W Valerie Adams (NZL)	Tom Walsh (NZL) Cleopatra Borel (TRI)	Tim Nedow (CAN) Julie Labonte (CAN)
Discus Throw	M Vikas Gowda (IND) W Dani Samuels (AUS)	Apostolos Parelis (CYP) Seema Antil Punia (IND)	Jason Morgan (JAM) Jade Lally (ENG)
Hammer Throw	M James Steacy (CAN) W Sultana Frizell (CAN)	Nicholas Miller (ENG) Julia Ratcliffe (NZL)	Mark Dry (SCO) Sophie Hitchon (ENG)
Javelin Throw	M Julius Yego (KEN) W Kim Mickle (AUS)	Keshorn Walcott (TRI) Sunette Viljoen (RSA)	Hamish Peacock (AUS) Kelsey-Lee Roberts (AUS)
Decathlon	M Damian Warner (CAN)	Ashley Bryant (ENG)	Kurt Felix (GRN)
Heptathlon	W Brianne Theisen-Eaton (CAN)	Jessica Zelinka (CAN)	Jessica Taylor (ENG)

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GLASGOW 2014 COMMONWEALTH GAMES MEDALLISTS continued

M = Men W = Women

	GOLD	SILVER	BRONZE
PARA SPORT			
100 metres (T37)	M Fanie van der Merwe (RSA)	Charl Du Toit (RSA)	Rhys Jones (WAL)
100 metres (T12)	W Libby Clegg (SCO)	Maria Muchavo (MOZ)	Lahja Ishitile (NAM)
1500 metres (T54)	M David Weir (ENG) W Angela Ballard (AUS)	Kurt Fearnley (AUS) Diane Roy (CAN)	Alex Dupont (CAN) Jade Jones (ENG)
Discus Throw (F42/44)	M Dan Greaves (ENG)	Aled Davies (WAL)	Richard Okigbazi (NGR)
Long Jump (F37/38)	W Jodi Elkington (AUS)	Bethy Woodward (ENG)	Johanna Benson (NAM)

RECORD TIMES

M = Men W = Women

	TIME	HOLDER	PLACE/DATE
100m	CR M 9.58	Usain Bolt (JAM)	Berlin 2009
	WR M 9.58	Usain Bolt (JAM)	Berlin 2009
	CR W 10.70	Shelly-Ann Fraser-Pryce (JAM) Elaine Thompson (JAM)	Kingston 2012 Kingston 2016
	WR W 10.49	Florence Griffith Joyner (USA)	Indianapolis 1988
200m	CR M 19.19	Usain Bolt (JAM)	Berlin 2009
	WR M 19.19	Usain Bolt (JAM)	Berlin 2009
	CR W 21.64	Merlene Ottey (JAM)	Brussels 1991
	WR W 21.34	Florence Griffith Joyner (USA)	Seoul 1988
400m	CR M 43.03	Wayde van Niekerk (RSA)	Rio 2016
	WR M 43.03	Wayde van Niekerk (RSA)	Rio 2016
	CR W 48.63	Cathy Freeman (AUS)	Atlanta 1996
	WR W 47.60	Marita Koch (East Germany)	Canberra 1985
800m	CR M 1:40.91	David Rudisha (KEN)	London 2012
	WR M 1:40.91	David Rudisha (KEN)	London 2012
	CR W 1:54.01	Pamela Jelimo (KEN)	Zürich 2008
	WR W 1:53.28	Jarmila Kratochvílová (Czechoslovakia)	Munich 1983

RECORD TIMES continued

M = Men W = Women

		TIME	HOLDER	PLACE/DATE
1500m	CR	M 3:26.34	Bernard Lagat (KEN)	Brussels 2001
	WR	M 3:26.00	Hicham El Guerrouj (MOR)	Rome 1998
	CR	W 3:55.22	Laura Muir (SCO)	Saint-Denis 2016
	WR	W 3:50.07	Genzebe Dibaba (ETH)	Fontvieille 2015
5000m	CR	M 12:39.74	Daniel Komen (KEN)	Brussels 1997
	WR	M 12:37.35	Kenenisa Bekele (ETH)	Hengelo 2004
	CR	W 14:20.87	Vivian Cheruiyot (KEN)	Stockholm 2011
	WR	W 14:11.15	Tirunesh Dibaba (ETH)	Oslo 2008
10,000m	CR	M 26:27.85	Paul Tergat (KEN)	Brussels 1997
	WR	M 26:17.53	Kenenisa Bekele (ETH)	Brussels 2005
	CR	W 29:32.53	Vivian Cheruiyot (KEN)	Rio 2016
	WR	W 29:17.45	Almaz Ayana (ETH)	Rio 2016
Marathon	CR	M 2:02:57	Dennis Kipruto Kimetto (KEN)	Berlin 2014
	WR	M 2:02:57	Dennis Kipruto Kimetto (KEN)	Berlin 2014
	CR	W 2:17:01	Mary Jepkosgei Keitany (KEN)	London 2017
	WR	W 2:17:01	Mary Jepkosgei Keitany (KEN)	London 2017
100m Hurdles	CR	W 12.28	Sally Pearson (AUS)	Daegu 2011
	WR	W 12.20	Kendra Harrison (USA)	London 2016
110m Hurdles	CR	M 12.91	Colin Jackson (WAL)	Stuttgart 1993
	WR	M 12.80	Aries Merritt (USA)	Brussels 2012
400m Hurdles	CR	M 47.10	Samuel Matete (ZAM)	Zürich 1991
	WR	M 46.78	Kevin Young (USA)	Barcelona 1992
	CR	W 52.42	Melaine Walker (JAM)	Berlin 2009
	WR	W 52.34	Yuliya Pechonkina (RUS)	Tula 2003
3000m Steeplechase	CR	M 7:53.64	Brimin Kipruto (KEN)	Fontvieille 2011
	WR	M 7:53.63	Saif Saaeed Shaheen (QAT)	Brussels 2004
	CR	W 9:00.01	Hyvin Jepkemoi (KEN)	Eugene 2016
	WR	W 8:52.78	Ruth Jebet (BHR)	Saint-Denis 2016
4x100m Relay	CR	M 36.84	Jamaica (JAM)	London 2012
	WR	M 36.84	Jamaica (JAM)	London 2012
	CR	W 41.07	Jamaica (JAM)	Beijing 2015
	WR	W 40.82	United States (USA)	London 2012

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RECORD TIMES continued

M = Men W = Women

		TIME	HOLDER	PLACE/DATE
4x400m Relay	CR	M 2:56.72	Bahamas (BAH)	London 2012
	WR	M 2:54.29	United States (USA)	Stuttgart 1993
	CR	W 3:18.71	Jamaica (JAM)	Daegu 2011
	WR	W 3:15.17	Soviet Union (USSR)	Seoul 1988
High Jump	CR	M 2.40m	Derek Drouin (CAN)	Des Moines 2014
	WR	M 2.45m	Javier Sotomayor (CUB)	Salamanca 1993
	CR	W 2.06m	Hestrie Cloete (RSA)	Saint-Denis 2003
	WR	W 2.09m	Stefka Kostadinova (BUL)	Rome 1987
Pole Vault	CR	M 6.05m	Dmitri Markov (AUS)	Edmonton 2001
	WR	M 6.16m	Renaud Lavillenie (FRA)	Donetsk 2014
	CR	W 4.82m	Eliza McCartney (NZL)	North Shore 2017
	WR	W 5.06m	Yelena Isinbayeva (RUS)	Zürich 2009
Long Jump	CR	M 8.62m	James Beckford (JAM)	Orlando 1997
	WR	M 8.95m	Mike Powell (USA)	Tokyo 1991
	CR	W 7.16m	Elva Goubourne (JAM)	Mexico City 2004
	WR	W 7.52m	Galina Chistyakova (Soviet Union)	Leningrad 1988
Triple Jump	CR	M 18.29m	Jonathan Edwards (ENG)	Gothenburg 1995
	WR	M 18.29m	Jonathan Edwards (ENG)	Gothenburg 1995
	CR	W 15.39m	Françoise Mbango Etone (CAM)	Beijing 2008
	WR	W 15.50m	Inessa Kravets (UKR)	Gothenburg 1995
Shot Put	CR	M 22.21m	Dylan Armstrong (CAN)	Calgary 2011
	WR	M 23.12m	Randy Barnes (USA)	Westwood 1990
	CR	W 21.24m	Valerie Adams (NZL)	Daegu 2011
	WR	W 22.63m	Natalya Lisovskaya (Soviet Union)	Moscow 1987
Discus Throw	CR	M 70.32m	Frantz Kruger (RSA)	Salon-de-Provence 2002
	WR	M 74.08m	Jürgen Schult (East Germany)	Neubrandenburg 1986
	CR	W 68.72m	Daniela Costian (AUS)	Auckland 1994
	WR	W 76.80m	Gabriele Reinsch (East Germany)	Neubradenburg 1986
Hammer Throw	CR	M 80.63m	Chris Harmse (RSA)	Durban 2005
	WR	M 86.74m	Yuriy Sedykh (Soviet Union)	Stuttgart 1986
	CR	W 75.73m	Sultana Frizell (CAN)	Tucson 2014
	WR	W 82.98m	Anita Włodarczyk (POL)	Warsaw 2016



RECORD TIMES continued

M = Men W = Women

	TIME	HOLDER	PLACE/DATE
Javelin Throw	CR M	92.72m Julius Yego (KEN)	Beijing 2015
	WR M	98.48m Jan Železný (CZE)	Jena 1996
	CR W	69.35m Sunette Viljoen (RSA)	New York 2012
	WR W	72.28m - Barbora Špotáková (CZE)	Stuttgart 2008
Decathlon	CR M	Daley Thompson (ENG)	Los Angeles 1984
	WR M	9045pts Ashton Eaton (USA)	Beijing 2015
Heptathlon	CR W	Jessica Ennis (ENG)	London 2012
	WR W	7291pts Jackie Joyner-Kersey (USA)	Seoul 1988 1500m



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EVENTS SCHEDULE

M = Men's events W = Women's events P = Preliminary S = Semi-finals G = Medal event

DATE	EVENT
Apr 8	07:00-12:00 G W 20km Race Walk
	14:00-18:00 G M 20km Race Walk
Apr 9	P M 100m, 400m, Shot Put
	P W 100m
	S M 100m
	S W 100m
	G M 5000m, Hammer Throw
	G W T38 Long Jump
	10:00-12:30 P M T54 1500m, 110m Hurdles, High Jump, Decathlon: 100m, Long Jump, Shot Put
	19:00-22:30 P W 400m, T54 1500m, Hammer Throw
	P M Decathlon: High Jump, 400m
	P W 1500m, Triple Jump
S M 400m	
G M T38 100m, 100m, Shot Put	
G W 100m, 10,000m, F46 Javelin Throw	
Apr 10	10:00-14:00 P M 200m, 800m, 400m Hurdles, Long Jump, Decathlon: 110m Hurdles, Discus Throw, Pole Vault
	19:00-22:30 P W 200m, 400m Hurdles, Discus Throw
	S W 400m
	G M 400m, T54 1500m, 110m Hurdles, Decathlon: Javelin Throw, 1500m
G W T54 1500m, 1500m, Triple Jump, Hammer Throw	
Apr 11	19:00-22:30 P W 800m, Long Jump
	S M 200m, 800m, 400m Hurdles
	S W 200m, 400m Hurdles
	G M High Jump, Long Jump, F38 Shot Put
	G W T35 100m, 400m, 3000m Steeplechase, Javelin Throw



EVENTS SCHEDULE continued

M = Men's events W = Women's events P = Preliminary S = Semi-finals G = Medal event

DATE	EVENT
Apr 12	10:00-13:30 <ul style="list-style-type: none"> P M T12 100m, Triple Jump, Discus Throw P W 100m Hurdles, High Jump, Shot Put, Heptathlon: 100m Hurdles, High Jump S W 800m
	19:00-22:30 <ul style="list-style-type: none"> P W Heptathlon: Shot Put, 200m G M T12 100m, 200m, 800m, 400m Hurdles, Pole Vault G W T38 100m, 200m, 400m Hurdles, Long Jump, Discus Throw
	Apr 13
19:00-22:30	<ul style="list-style-type: none"> G M T47 100m, 10,000m, 3000m Steeplechase, Discus Throw G W 800m, 100m Hurdles, Pole Vault, Shot Put, Heptathlon: 800m
Apr 14	14:30-18:00 <ul style="list-style-type: none"> G M 1500m, Triple Jump, Javelin Throw, 4x100m Relay, 4x400m Relay G W 5000m, High Jump, 4x100m Relay, 4x400m Relay
Apr 15	06:10-12:10 <ul style="list-style-type: none"> G W T54 Marathon, Marathon G M T54 Marathon, Marathon

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MARGARET ADEOYE

Events: 4x400m
 D.O.B: 32 (22.04.1985)
 Born: Lagos, Nigeria
 Lives: London
 Games attended: One (Glasgow 2014)



Major achievements: CG: Bronze (4x400m) 2014 WCh: Bronze (4x400m) 2014 WCh: Bronze (4x400m relay) 2013

Margaret Adeoye's breakthrough moment came at her home Olympic Games, running a then personal best of 22.94 seconds to reach the 200m semi-finals in 2012.

The Nigerian-born runner will take her place in the 4x400m relay squad on the Gold Coast, five years after being part of the team that secured World Championship bronze in Russia.

@margaretaadeoye

AMAR AICHOUN

Events: T38 100m
 D.O.B: 20 (24.01.1998)
 Born: London
 Lives: London
 Games attended: None



Major achievements: WPJCh: Silver (T38 100m), Bronze (T38 200m) 2017

Having Multiple Sclerosis (MS) has not stopped Amar Aichoun pursuing his sprint dreams, culminating in his Commonwealth Games debut on the Gold Coast.

The call-up actually came as a surprise to Aichoun – instead believing he was in trouble when his phone rang.

Racing for Track Academy by Connie Henry in Willesden, the sprinter competed in last year's World Para Athletics Junior Championships, picking up T38 100m silver and bronze in the T38 200m, in Switzerland.

@amar_amar_amar_ @_amr_the_character_

HARRY AIKINES-ARYEETEY

Events: 100m, 4x100m
 D.O.B: 29 (29.08.1988)
 Born: Carshalton
 Lives: Loughborough
 Games attended: One (Glasgow 2014)



Major achievements: CG: Silver (4x100m) 2014 ECh: Gold (4x100m relay) 2014, Bronze (100m) WCh: Bronze (4x100m) 2009

Harry Aikines-Aryeetey ensured he wasn't to leave his maiden Commonwealth Games empty-handed when securing 4x100m bronze at Glasgow 2014.

But the sprinter had made his mark nearly a decade previous, named BBC Young Sports Personality of the Year in 2005 after becoming the first athlete to win gold medals at both 100 metres and 200 metres at the World Youth Championships.

@HarryAA100m @aikines

FINETTE AGYAPONG

Events: 200m, 4x100m, 4x400m
 D.O.B: 21 (01.02.1997)
 Born: London
 Lives: Plaidstow
 Games attended: None



Major achievements: U23ECh: Gold (200m) 2017

Finette Agyapong surprised even herself in 2017, clocking a personal best 11.49 seconds in the 100m at the British Championships and finishing seventh in the final.

But it was across double the distance where she really impressed, becoming European Under-23 champion in a time that made her the fifth quickest British woman over 200m in 2017.

It is those performances that have earned the London-born sprinter a place at her first Commonwealth Games.

@FinetteAgyapong @finetteagyapong

JAMES ARNOTT

Events: T47 100m
 D.O.B: 21 (15.02.1997)
 Born: Plymouth
 Lives: Hatfield
 Games attended: None



Major achievements: IWAS WjG: Bronze (100m, 200m T46) 2014

A trip to the Gold Coast will mark a Commonwealth Games debut for sprinter James Arnett.

Arnett was a seventh place finisher at the IPC Europeans back in 2016 over the 100m distance.

That came just one month after one of his breakthrough wins at the inaugural Nitro Athletics series, winning the 100m ambulatory event.

@JamesArnett97 @jamesarnott_97

REUBEN ARTHUR

Events: 4x400m
 D.O.B: 21 (12.10.1996)
 Born: Hackney
 Lives: Hackney
 Games attended: None



Major achievements: U23ECh: Silver (4x100m) 2017

Sprinter Reuben Arthur makes his Commonwealth Games debut on the Gold Coast. It comes after a strong start to the season which included 60m silver at the British Universities and Colleges Sport (BUCS) indoor nationals in February.

Arthur has already represented Great Britain & Northern Ireland, winning 4x100m relay silver at the European Under-23 Championships in Bydgoszcz, Poland last year.

His 100m personal best stands at 10.18 seconds, set at last year's England Under-23 Championships in Bedford.

@ReubenArthur @rewwwbs

DINA ASHER-SMITH

Events: 200m, 4x100m
D.O.B: 22 (04.12.1995)
Born: Orpington
Lives: Orpington
Games attended: None
Major achievements: WCh: Silver (4x100m) 2017, Bronze (4x100m) 2013 OG: Bronze (4x100m) 2016 ECh: Gold (200m) 2016



Dina Asher-Smith started breaking records aged just 13, running a world-best 39.16 seconds in the 300m, three years before striking double gold at the Commonwealth Youth Games at Douglas 2011.

She was double European junior champion in 2013 before becoming senior 200m champion in 2016.

After winning 4x100m bronze at Rio 2016 she upgraded that to silver at last year's World Championships, in London.

[@dinaashersmith](#) [@dinaashersmith](#)

JOSHUA BAIN

Events: F38 Shot put
D.O.B: 22 (29.11.1995)
Born: Chelmsford
Lives: Loughborough
Games attended: None
Major achievements: EPCh: Bronze (discus) 2017



Joshua Bain is set to make his Commonwealth Games debut on the Gold Coast, competing in the F38 shot put.

The 22-year-old became a European medallist in 2016, winning bronze in the F37 discus following a throw of 44.18 metres in Grosseto.

Bain, who competes in shot put, discus and javelin, became English Under-20 ambulant champion across all disciplines, as well as earning his place as British No.1 in discus and javelin.

[@JoshuaBainF37](#) [@bain1995](#)

CHRIS BAKER

Events: High jump
D.O.B: 27 (02.02.1991)
Born: Norwich
Lives: Cardiff
Games attended: One (Glasgow 2014)
Major achievements: CG: Fourth (high jump) 2014 ECh: Bronze (high jump) 2016



Chris Baker made his Commonwealth debut at Pune 2008, at the Youth Games, before finishing fourth at the senior event in Glasgow.

He represented Great Britain at the 2016 World Indoor Championships, in a prolific year where he went to the Olympic Games in Rio, claimed a bronze medal at the European Championships in Amsterdam, and jumped his personal best heights both indoors and outdoors.

[@ChrisBakerHJ](#) [@chrisbakerhj](#)

ALICIA BARRETT

Events: 100m hurdles
D.O.B: 20 (25.03.1998)
Born: Chesterfield
Lives: Chesterfield
Games attended: None
Major achievements: BrCh: Gold (100m hurdles) 2017



Alicia Barrett got her first major meet experience on the home track at London 2017 and is looking to build on her World Championship experience throughout 2018.

That will begin with her maiden Commonwealth Games on the Gold Coast, under the wing of Toni Minichiello – the man who coached Dame Jessica Ennis-Hill to world and Olympic titles.

But Barrett already has plenty of pedigree of her own, breaking two British Under-20, records, both indoors and outdoors, over the course of 2017.

[@aliciabarrett25](#) [@aliciabarrett25](#)

MEGHAN BEESLEY

Events: 400m hurdles
D.O.B: 28 (15.11.1989)
Born: Nuneaton
Lives: Tamworth
Games attended: One (Delhi 2010)



Major achievements: CG: Silver (4x400m) 2010 WiCh: Bronze (4x400m) 2018

Delhi silver medallist Meghan Beesley is appearing at her second Commonwealth Games, after helping the 4x400m relay team to a second-place finish in 2010.

Just last month she won a first world medal, taking 4x400m bronze at the indoor championships in Birmingham.

[@meghanbeesley](#) [@meghanbeesley](#)

ALEX BELL

Events: 800m
D.O.B: 25 (04.11.1992)
Born: Leeds
Lives: Leeds
Games attended: None
Major achievements: BrCh: Fourth (800m) 2017 DL: Seventh (800m) Birmingham 2017



Alex Bell races for Pudsey and Bramley Athletics Club.

She comes to the Gold Coast on the back of a successful 2017 season, which saw her place fourth at the British Athletics Championships, seventh at the Birmingham Diamond League and eighth at the Anniversary Games.

Bell was formerly a shopworker by day and policewoman by night before getting funded in 2017.

[@alexbell92](#) [@alexbell1992](#)

TOM BOSWORTH

Events: 20km race walk
D.O.B: 28 (17.01.1990)
Born: Pembury
Lives: Leeds
Games attended: One (Delhi 2010)
Major achievements: OG: Sixth (20km walk) 2016



Tom Bosworth claimed the world record over the one-mile distance at London's Anniversary Games in 2017, setting a time of 5:31.00 to stand among the world's elite race walkers.

The six-time British 20km champion and five-time British record holder came sixth at the 2016 Olympic Games in Rio, where he walked a personal best over 20km – 1:20:13.

Bosworth set a new British record for the 5km race walk at the British Indoor Championships in February, with a time of 18:28.65.

[@TomBosworth](#) [@TomBosworth](#)

HOLLY BRADSHAW

Events: Pole vault
D.O.B: 26 (02.11.1991)
Born: Preston
Lives: Cardiff
Games attended: None
Major achievements: EiCh: Gold (pole vault) 2013 WiCh: Bronze (pole vault) 2013



Holly Bradshaw extended her outdoor British record by jumping 4.81m in Manchester last year. She still holds the out-right record with a 4.87m back in 2013

The two-time Olympian finished sixth at London 2012 and fifth in Rio four years later, though this will be her first experience of a Commonwealth Games.

In 2017, she won the national outdoor championships, and started her 2018 indoor season with a clearance of 4.60m in France.

[@HollyBradshawPV](#) [@hollypv](#)

DAN BRAMBLE

Events: Long jump
D.O.B: 27 (14.10.1990)
Born: Acton
Lives: London
Games attended: None
Major achievements: BrCh: Gold (long jump) 2017, Silver (long jump) 2013, 2014



Dan Bramble was the 2017 British long jump champion, and also claimed silver at the British Championships in 2013 and 2014.

He came 12th at the European Indoor Championships in Belgrade in 2017 with a personal best of 8.21m heading into 2018.

[@Dbrams_LJ](#) [@dbrams_lj](#)

GEMMA BRIDGE

Events: 20km race walk
D.O.B: 24 (17.05.1993)
Born: Oxford
Lives: Leeds
Games attended: None
Major achievements: BriTT: Gold (3000m race walk) 2017



Despite only taking up race walking full-time last year, Gemma Bridge has enjoyed a meteoric rise in the sport.

A former middle and long-distance runner, Bridge won gold in the 3000m race walk at the 2017 and 2018 England Athletics Under-20 and Senior Combined Events Championships.

She fits her training in around her PhD studies at Leeds Beckett University.

[@glbridge1](#) [@glb_racewalk](#)

LUCY BRYAN

Events: Pole vault
D.O.B: 22 (22.05.1995)
Born: Bristol
Lives: Akron, Ohio
Games attended: None
Major achievements: BrCh: Silver (pole vault) 2017



After narrowly missing out on a place at the Rio Olympics through injury, Lucy Bryan has bounced back in the athletics scene.

The University of Akron student enjoyed a fruitful 2017, achieving bronze at the European under-23 Championships, silver at the British Athletics Championships and gold at the England Athletics under-20/23 Championships.

[@_LucyBryan](#) [@lucybryan](#)

GEORGE CADDICK

Events: 4x400m
D.O.B: 23 (26.07.1994)
Born: Sheffield
Lives: Waco, Texas
Games attended: None
Major achievements: CYG: Bronze (400m) 2011



George Caddick rose through the ranks, achieving bronze medals at the 2011 European Junior Championships and Commonwealth Youth Games.

All that came before triumphing as champion at the 2011 and 2012 English Schools Games.

Caddick claimed a 400m gold at the 2012 UK AAA's Outdoor National Championships, and now trains at Baylor University in Texas, USA, preparing for his first Commonwealth Games as part of the 4x400m relay team.

[@georgecaddick](#)

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TAYLOR CAMPBELL

Events: Hammer throw
D.O.B: 21 (30.06.1996)
Born: Slough
Lives: Loughborough
Games attended: None
Major achievements: U20ECh: Fourth (hammer throw) 2017



Taylor Campbell threw a personal best of 73.40m in 2017, topping off a year which saw him come fourth in the European Under-23 Championships.

The Loughborough University sports science student came sixth in the European Junior Championships two years previously and in 2014 he set the championship record for English Schools.

Gold Coast 2018 will be his first Commonwealth Games experience.

[@TaylorLC1996](#) [@taylorc96](#)

MOLLY CAUDERY

Events: Pole vault
D.O.B: 18 (17.03.2000)
Born: Truro
Lives: Illogan
Games attended: None
Major achievements: U20/23EngCh: Gold (pole vault) 2017 U20ECh: Bronze (pole vault) 2017



Molly Caudery came second in her first international meet at the European Under-20 Championships, in 2017.

She won the national junior title earlier in the year, after quitting gymnastics in favour of the pole vault.

Most recently, she claimed gold at the British Indoor Championships in February.

[@MollyCaudery](#) [@molly_caudery](#)

RICHARD CHIASSARO

Events: T54 1500m
D.O.B: 36 (11.11.1981)
Born: Harlow
Lives: Harlow
Games attended: None
Major achievements: WPC: Bronze (T54 200m) 2017 ECh: Gold (T54 200m), Silver (T54 100m, 400m, 800m) 2016



Richard Chiassaro makes his Commonwealth debut after claiming bronze in the T54 200m at the 2017 World Para Athletics.

Back in 2016, he won European Championships gold in the T54 200m before heading to the Rio Paralympic Games, where he placed fourth in the 400m, missing bronze by 0.07 seconds.

But despite his array of medals at all levels, this will be Chiassaro's first shot at a Commonwealth Games.

[@richchiassaro](#) [@richardchiassaro](#)

ROSIE CLARKE

Events: 3,000m steeplechase
D.O.B: 26 (17.11.1991)
Born: Pembury
Lives: Loughborough
Games attended: None
Major achievements: EiCh: Sixth (1500m) 2015



Rosie Clarke represented Great Britain at the 2017 World Championships, having switched from 1500m to steeplechase in 2016.

She made an immediate impact and in 2017 shaved almost 20 seconds off her personal best, moving to fourth on the UK all-time list with a time of 9:32:10.

[@RosieClarke1](#) [@rosiemae1500](#)

DWAYNE COWAN

Events: 400m, 4x400m
D.O.B: 33 (01.01.1985)
Born: London
Lives: Wimbledon
Games attended: None
Major achievements: WCh: Bronze (4x400m) 2017



Dwayne Cowan made his international debut in 2017 at the European Team Championships, winning the 400m.

At the World Championships the same year, he claimed bronze in the 4x400m relay.

Cowan was inspired to take up athletics after watching the London 2012 Olympics in Stratford, having been a semi-professional footballer before he took up sprinting.

[@Dwaynecowan](#) [@dwaynecowan400](#)

LUKE CUTTS

Events: Pole vault
D.O.B: 30 (13.02.1988)
Born: Doncaster
Lives: Sheffield
Games attended: One (Glasgow 2014)
Major achievements: CG: Silver (pole vault) 2014



Luke Cutts became the British indoor record holder for the pole vault, an accolade garnered in 2014, while his outdoor best of 5.70m makes him the third-best British pole vaulter of all time.

After taking up the sport full-time in 2013, it took just a year for him to become a Commonwealth Games silver medalist, jumping 5.55m at Glasgow 2014.

The year after, he jumped 5.45m at the Rio Olympics to finish 12th in his qualifying pool.

[@lukepolejump](#) [@aircutts583](#)

EMILY DIAMOND

Events: 400m, 4x400m
D.O.B: 26 (11.06.1991)
Born: Bristol
Lives: Bath
Games attended: One (Glasgow 2014)



Major achievements: OG: Bronze (4x400m) 2016 WCh: Silver (4x400m) 2017 ECh: Gold (4x100m) 2016, Bronze (4x400m) 2014

Emily Diamond enjoyed a breakout year in 2016, when she claimed gold in the 4x400m relay at the European Athletics Championships and then a bronze in the same event at the Rio Olympics.

She also reached the semi-final of the 400m individual event at Rio and won world relay silver at London 2017.

[@EmilyDiamond11](#) [@emilydiamond11](#)

ALYSON DIXON

Events: Marathon
D.O.B: 39 (24.09.1978)
Born: Sunderland
Lives: Sunderland
Games attended: One (Glasgow 2014)



Major achievements: ETC: Gold (10,000m) 2015 BrCh: Winner (marathon) 2016, 2017

Alyson Dixon was cruelly denied Commonwealth Games glory in 2014, as a calf injury stopped her from finishing the race in Glasgow.

Since then, she has claimed team gold in the 10,000m at the 2015 European Cup, and was the British and English marathon champion in 2016 and 2017 and competed at the Rio 2016 Olympic Games.

[@alydixon262](#) [@alydixon](#)

NATHAN DOUGLAS

Events: Triple jump
D.O.B: 35 (4.12.1982)
Born: Oxford
Lives: Birmingham
Games attended: Two (Glasgow 2014, Delhi 2010)



Major achievements: ECh: Silver (triple jump) 2006 EiCh: Silver (triple jump) 2006 BrCh: Gold (triple jump) 2018

Double Olympian Nathan Douglas represented Great Britain at Athens 2004 and Beijing 2008. He recovered from serious injury to come fourth at the Delhi Commonwealth Games in 2010.

He jumped 16.77m to become the British Indoor Champion in February 2018.

[@NathanJDouglas](#) [@nathanjdouglas](#)

NIAMH EMERSON

Events: Heptathlon
D.O.B: 18 (22.04.1999)
Born: Derby
Lives: Derby
Games attended: None



Major achievements: CYG: Gold (high jump), Bronze (400m hurdles) 2015

Loughborough University student Niamh Emerson has enjoyed a rise through the ranks after winning gold in the high jump at the Commonwealth Youth Games in Samoa in 2015, and bronze in the 400m hurdles.

The same year she took silver at the England Athletics Under-20 Indoor Multi-Events Championships.

[@niamhemerson](#) [@niamhkemerson](#)

NIKKI EMERSON

Events: T54 1,500m, T54 Marathon
D.O.B: 29 (4.06.1988)
Born: High Wycombe
Lives: London
Games attended: None



Major achievements: ParisMar: Silver (marathon) 2016, 2017

Oxford graduate Nikki Emerson was injured in a car crash in 2008, which led to life altering injuries.

Watching the Beijing Paralympics during her recovery in hospital inspired her to take up sport, and she came fourth in the 2010 London Marathon.

After a long break from wheelchair racing, she returned in 2016 to claim 10k gold in London, and silver in the 2016 and 2017 Paris Marathons.

[@Nikki_Emerson](#) [@nikki_emrson](#)

NATHAN FOX

Events: Triple jump
D.O.B: 27 (21.10.1990)
Born: London
Lives: London
Games attended: One (Glasgow 2014)



Major achievements: CG: Sixth (triple jump) 2014

Nathan Fox is attending his second Commonwealth Games after securing sixth place in Glasgow four years ago.

That came with a jump of 16.26m, finishing just one place behind Team England compatriot Phillips Idowu.

The Brunel University alumni also represented Great Britain at the 2017 World Championships.

[@FoxTripleJ](#) [@FoxTripleJ](#)

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TOM GALE

Events: High jump
D.O.B: 19 (18.12.1998)
Born: Bath
Lives: Bath
Games attended: None
Major achievements: EJCh: Bronze (high jump) 2017



Tom Gale was a bronze medallist at the 2017 European Junior Championships. After first trying the high jump at school in 2012, he made his international debut representing England's Under-20s at the Celtic Indoor International in Cardiff, in 2016.

[@TomGale_HJ](#) [@tomgale1812](#)

ADAM GEMILI

Events: 100m, 4x100m
D.O.B: 24 (06.10.1993)
Born: London
Lives: Dartford/Netherlands
Games attended: One (Glasgow 2014)
Major achievements: CG: Silver (100m, 4x100m) 2014 WCh: Gold (4x100m) 2017 ECh: Gold (200m, 4x100m) 2014, Gold (4x100m) 2016



A former footballer, Adam Gemili was the first Brit to run sub10s for 100m and sub-20s for 200m. Going on to win the 4x100m World Championship at London 2017. He was a double silver medallist on his Commonwealth Games debut at Glasgow 2014 in the 100m and 4x100m relay.

[@Adam_Gemili](#) [@adamgemili](#)

ELLIOT GILES

Events: 800m
D.O.B: 23 (26.05.1994)
Born: Birmingham
Lives: Birmingham
Games attended: None
Major achievements: Ech: Bronze (800m) 2016



A serious motorcycle accident in 2012 nearly ended Elliot Giles' athletic career before it really began. Luckily, he bounced back and, in 2016, he became the British champion over 800m, a title that earned him selection for the European Athletics Championships, where he ran a personal best of 1.45:54 – good enough for bronze.

This time qualified him for the Rio Olympics the same year, where he finished seventh in his heat.

In February he won the British Indoor Championships to make it three British titles in a row, both indoors and out.

[@ElliotLeviGiles](#) [@Elliot_Levi_Giles](#)

ROBBIE GRABARZ

Events: High jump
D.O.B: 30 (03.10.1987)
Born: Enfield
Lives: Enfield
Games attended: None
Major achievements: OG: Bronze (high jump) 2012 ECh: Gold (high jump) 2012



Robbie Grabarz won a bronze medal at the London 2012 Olympics and is the British record holder in the high jump with 2.37m. At the Rio Olympics in 2016, Robbie cleared a season's best of 2.33m, narrowly coming fourth.

The same year, he claimed silver at the European Championships, a feat he repeated in 2017 at the European Indoor Championships.

[@RobbieGrabarz](#) [@robbie_grabarz](#)

JACK GREEN

Events: 400m hurdles, 4x400m
D.O.B: 26 (06.10.1991)
Born: Maidstone
Lives: Folkestone
Games attended: None
Major achievements: WCh: Bronze (4x400m) 2017 ECh: Bronze (4x400m) 2016



Double Olympian Jack Green represented Great Britain at London 2012 and Rio 2016, finishing 0.13 seconds off a 400m hurdles medal in the latter.

The University of Bath graduate claimed bronze medals in the 4x400m relays at 2016's European Championships in Amsterdam and the 2017 World Championships in London. Despite his Olympic experience, Gold Coast 2018 will be his first shot at Commonwealth honours.

[@jackpgreen](#) [@jackpgreen](#)

CHARLES DA'VALL GRICE

Events: 1500m
D.O.B: 24 (07.11.1993)
Born: Brighton
Lives: Twickenham
Games attended: One (Glasgow 2014)
Major achievements: YOG: Silver (1000m) 2010 BrCh: Gold (1500m) 2014, 2015 BriCh: Gold (1500m) 2015, 2016



Charlie Grice was a promising county footballer but struggled to balance it with running; he chose the latter and never looked back.

In 2014, he became the youngest person to ever win the national 1500m title.

By 2016, he had won the accolade five times, and reached every global final – European, Commonwealth, world and Olympic.

[@CharlieGrice1](#) [@charliegrice](#)

ADAM HAGUE

Events: Pole vault
D.O.B: 20 (29.08.1997)
Born: Sheffield
Lives: Sheffield
Games attended: None
Major achievements: EJCh: Gold (pole vault) 2015



Adam Hague is the junior British record holder, having jumped 5.60m in Austin in 2015.

The same year, he won the European Junior Championships with a jump of 5.50m. In February 2018, just two months before his maiden Commonwealth Games, he bettered his own record with a jump of 5.65m at the British Indoor Championships in Birmingham.

[@adamhaguepv](#) [@adampv1](#)

SOPHIE HAHN MBE

Events: T38 100m
D.O.B: 21 (23.01.1997)
Born: Nottingham
Lives: Nottingham
Games attended: None
Major achievements: PG: Gold (T38 100m), Silver (4x100m) 2016 PWCh: Gold (T38 100m, 200m) 2017



Sophie Hahn took up running after being inspired by the 2012 Paralympics in London, and came into athletics at 15.

She is the current T38 Paralympic, world and European Champion over 100m, and the world champion over 200m. She also holds the world record over both distances.

At the 2016 Rio Paralympics, Hahn also claimed silver in the 4x100m relay.

[@SophieHahnT38](#) [@sophiehant38](#)

CALLUM HALL

Events: T54 Marathon
D.O.B: 25 (16.06.1992)
Born: Leeds
Lives: County Durham
Games attended: None
Major achievements: GNR: Bronze (T54 marathon) 2016



A freak accident in 2012 left Callum Hall paralysed from the waist down.

After stepping on a sea urchin on holiday in Greece, an infection caused him to lose feeling in his legs within minutes.

Hall, who finished the Boston, New York and London Marathons last year, will compete alongside his wife and fellow wheelchair athlete Jade Jones on the Gold Coast.

[@callumhgb](#)

KATRINA HART

Events: T38 100m
D.O.B: 27 (17.05.1990)
Born: Worcester
Lives: Birmingham
Games attended: One (Delhi 2010)
Major achievements: CG: Gold (T37 100m) 2010



The 2008 Beijing Paralympian competed for England at the Delhi Commonwealth Games in 2010, where she won the T37 100m with a new personal best of 14.75.

The University of Bath graduate, who has cerebral palsy, trains with Birmingham's Birchfield Harriers.

[@Katrinahart90](#) [@katrinahart90](#)

SOPHIE HITCHON

Events: Hammer throw
D.O.B: 27 (11.11.1991)
Born: Burnley
Lives: Burnley
Games attended: One (Glasgow 2014)
Major achievements: CG: Bronze (hammer) 2014 CYG: Gold (hammer) 2008 OG: Bronze (hammer) 2016



Sophie Hitchon claimed an Olympic bronze medal in 2016, after coming third at the Glasgow Commonwealth Games in 2014.

A former netball player, ballerina and trampolinist, she started to take the hammer seriously in 2007. That year, she broke the Under-17 record and the year after, she broke four junior records.

[@SophieHitchon](#) [@sophiehitcon](#)

MATTHEW HUDSON-SMITH

Events: 400m, 4x400m
D.O.B: 23 (26.10.1994)
Born: Wolverhampton
Lives: Birmingham
Games attended: One (Glasgow 2014)
Major achievements: CG: Gold (4x400m) 2014 WCh: Bronze (4x400m) 2017 ECh: Bronze (4x400m) 2016



Matthew Hudson-Smith was part of the triumphant 4x400 relay team that won gold in Glasgow four years ago.

He set his personal best of 44.48 at the 2016 Olympics in Rio, and most recently secured bronze in the 4x400m relay at the World Championships in London, last year.

[@mattonthefloor](#) [@matthudsonsmith](#)

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ZHARNEL HUGHES

Events: 200m, 4x100m
D.O.B: 22 (13.07.1995)
Born: The Valley, Anguilla
Lives: Jamaica
Games attended: None

Major achievements: WCh: Fifth (200m) 2015 WR: Bronze (4x100m) 2017

Born and raised in the British Overseas Territory of Anguilla, Zharnel Hughes has competed internationally for Great Britain and Northern Ireland since 2015.

That year, he claimed fifth place in the 200m at the World Championships and, just last year, he came third in the IAAF World Relays' 4x100m.

[@zharnel_hughes](#) [@zharnel_hughes](#)



KATARINA JOHNSON-THOMPSON

Events: Heptathlon
D.O.B: 24 (09.01.1993)
Born: Liverpool
Lives: Montpellier/Liverpool
Games attended: None

Major achievements: WiCh: Gold (pentathlon) 2018, Silver (long jump) 2014 EiCh: Gold (Pentathlon) 2015

Katarina Johnson-Thompson has a long history of athletic success.

In 2012, she was the world junior champion in the long jump and represented the British team at the London Olympics that same year, finishing 15th in the heptathlon.

Since then, her notable triumphs include a long jump silver at the 2014 World Indoor Championships, and a pentathlon gold at the 2015 European Indoor Championships.

Her most recent success was at the World Indoor Championships last month, winning pentathlon gold.

[@johnsonthompson](#) [@johnsonthompson](#)



CORINNE HUMPHREYS

Events: 100m, 4x100m
D.O.B: 26 (7.11.1991)
Born: London
Lives: London
Games attended: None

Major achievements: BUCS: Gold (100m) 2017

Corinne Humphreys, an advertising student at the University of East London, overcame injuries early in her career to storm to victory as the 2017 British University Champion over 100m, as well as winning bronze at the European Athletics Team Championships Super League the same year.

[@CDHump_](#) [@cdhumphreys](#)



JADE JONES

Events: T54 Marathon
D.O.B: 22 (04.01.1996)
Born: Middlesbrough
Lives: Middlesbrough
Games attended: One (Glasgow 2014)

Major achievements: CG: Bronze (T54 1500m) 2014

Gold Coast 2018 marks Jade Jones' second Commonwealth Games, after she raced to bronze in the T54 1,500m event four years ago.

After her medal in 2014, she was selected for her second Paralympic Games, in Rio, two years later.

She now also competes in paratriathlon and made her international debut in May 2017, having decided to try the discipline after seeing it in Rio.

Jade is married to fellow Team England athlete Callum Hall.

[@JadeJones11](#) [@jade_jones11](#)



CHERIECE HYLTON

Events: 4x400m
D.O.B: 21 (19.12.1996)
Born: London
Lives: London
Games attended: None

Major achievements: EJC: Silver (400m) 2015 U20/23EngCh: Bronze (200m) 2017

Cheriece Hylton, whose twin sister Shannon is also a sprinter, makes her Commonwealth debut on the Gold Coast.

She claimed a silver medal at the 2015 European Junior Championships, before coming third at the 2017 England Athletics Under-20/Under-23 Championships in the 200m.

Hylton balances her running with a management degree at Cass Business School and was one of the first athletes taken on by Sir Andy Murray's management company.

[@Cheriece_](#) [@cheriecehylton](#)



JESSICA JUDD

Events: 1500m
D.O.B: 23 (07.01.1995)
Born: Rochford
Lives: Loughborough
Games attended: One (Glasgow 2014)

Major achievements: CG: Fourth (800m) 2014

Jess Judd, a human biology student at Loughborough, broke onto the athletics scene in 2011, when she claimed bronze at the World Youth Championships.

She holds the British records for the Under-15 and Under-17 1,500m times. At Glasgow 2014 she came fourth in the 800m and continued her progress at the European Under-23 Cross Country Championships last year, where she won bronze.

[@jessjuddxx](#) [@jessjuddxx](#)



RICHARD KILTY

Events: 200m, 4x100m
D.O.B: 28 (02.09.1989)
Born: Middlesbrough
Lives: Middlesbrough
Games attended: One (Glasgow 2014)

Major achievements: CG: Silver (4x100m) 2014 WiCh: Gold (60m) 2014 ECh: Gold (4x100m) 2014 EiCh: Gold (60m) 2015, 2017

The Teesside Tornado, Richard Kilty burst onto the scene in 2014 as he took the world indoor 60m title, before going on to win Commonwealth silver and European gold in the sprint relay.

A specialist over the shorter distance, Kilty has also won two European indoor 60m titles.

[@RKilty1](#) [@richardkilty1](#)



DAVID KING

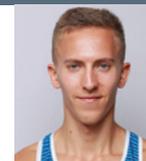
Events: 110m hurdles
D.O.B: 23 (13.06.1994)
Born: Plymouth
Lives: Plymouth
Games attended: None

Major achievements: U23ECh: Fourth (110m hurdles) 2015

After achieving a fourth-place finish at the 2015 European Under-23 Championships, David King represented Great Britain at the World Championships last year.

He also finished 11th in the 60m hurdles at the European Indoor Championships in Belgrade.

[@DaveKing_](#) [@dking110h](#)



MOLLY KINGSBURY

Events: T38 Long jump
D.O.B: 16 (02.05.2001)
Born: Poole
Lives: Bracknell
Games attended: None

Major achievements: WPJCh: Fourth (U18 T35/38 long jump) 2017

The youngest member of the Team England athletics squad, Molly Kingsbury came fourth in the Under-18 T35/38 long jump at the World Para Athletics Junior Championships last year.

The teenager is coached by Ben Davies at Bracknell Athletics Club.

[@molly_jumper](#) [@my_journey.x](#)



DILLON LABROOY

Events: T54 1,500m
D.O.B: 20 (29.08.1997)
Born: Colombo, Sri Lanka
Lives: Guildford
Games attended: None

Major achievements: U15/17EngCh: Gold (Wheelchair 400m) 2016

Dillon Labrooy only took up wheelchair racing following the London 2012 Paralympic Games and triumphed at the England Athletics Under-15/Under-17 Championships in 2016, where he won gold in the wheelchair 400m.

Labrooy, who has been in a wheelchair since birth, also works as an HR apprentice for the NHS.

[@LabrooyDillon01](#)



IONA LAKE

Events: 3,000m steeplechase
D.O.B: 25 (15.01.1993)
Born: Norwich
Lives: Norwich
Games attended: None

Major achievements: BrCh: Gold (3,000m steeplechase) 2017

Iona Lake stormed to a gold medal at last year's British Athletics Championships, as her 9:57.53 finish outran her nearest competitor by more than two seconds.

She ran a season's best of 9:24 over 3km outdoors in Armagh, in February 2018.

[@lake_iona](#) [@ionalake6](#)



MORGAN LAKE

Events: High jump
D.O.B: 20 (12.05.1997)
Born: Reading
Lives: Loughborough
Games attended: None

Major achievements: WJCh: Gold (heptathlon, high jump) 2014 EJC: Gold (high jump) 2015

In 2016, Morgan Lake became the first British woman to reach an Olympic high jump final since 1992, finishing tenth. She was the world junior champion in both heptathlon and high jump in 2014 and the European junior champion in the high jump the year after.

A sixth place and fourth place finish at the World Championships in London and World Indoor Championships in Birmingham show her credentials on the international stage.

Lake studies psychology at Loughborough University.

[@morgan_a_lake](#) [@morganalexandrake](#)



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JADE LALLY

Events: Discus throw
D.O.B.: 31 (30.03.1987)
Born: Tooting
Lives: Kingston
Games attended: Two (Glasgow 2014, Delhi 2010)

Major achievements: CG: Bronze (discus throw) 2014 BrCh: Gold (discus throw) 2010, 2011, 2013

Jade Lally started her career as a high jumper but quickly changed to discus. She has been ranked the UK's no. 1 discus thrower since 2011.

At Glasgow 2014, Lally claimed a bronze medal, bettering her sixth-place finish in Delhi.

[@JadeLallyT69](#) [@jadelallyt69](#)



SIMON LAWSON

Events: T54 Marathon
D.O.B.: 35 (07.06.1982)
Born: Whitehaven
Lives: Whitehaven
Games attended: None

Major achievements: GNR: Gold (men's T54 marathon) 2017

Once a promising motocross rider, Simon Lawson broke his back in 2001 and took up wheelchair racing eight years later.

In 2016, he competed at the Rio Paralympic Games, and last year was the men's wheelchair champion at the Great North run.

[@_SL74](#) [@_sl74](#)



JOHN LANE

Events: Decathlon
D.O.B.: 29 (29.01.1989)
Born: Torrance, California
Lives: Australia
Games attended: One (Glasgow 2014)

Major achievements: CG: Fourth (decathlon) 2014

Growing up in Australia, John Lane represented Australia at the World Schools' Rugby Competition in 2005, but injuries ended his career.

He happened to have won a national high jump contest when he was 14, so when rugby was ruled out, an athletics coach suggested he try decathlon.

The rest is history, and Lane - whose parents are British - will be hoping to better his fourth-place finish in Glasgow.

[@85_Jane](#) [@johnlane89](#)



NATHAN MAGUIRE

Events: T54 1500m
D.O.B.: 20 (27.07.1997)
Born: Salford
Lives: Chester
Games attended: None

Major achievements: WPCh: Sixth (T54 200m) 2017

An illness Nathan Maguire suffered as an eight-year-old left him as a paraplegic and he began wheelchair racing in 2013.

He made his Paralympic debut at Rio 2016, where he competed in the T54 4x400m. He is coached by Steven Hoskins at Kirkby Challenge and is studying sports studies at Liverpool John Moores University.

[@nathanmaguire2](#) [@nathan_maguire97](#)



SARAH McDONALD

Events: 1,500m
D.O.B.: 24 (02.08.1993)
Born: Newcastle-upon-Tyne
Lives: Birmingham
Games attended: None

Major achievements: ECh: Ninth (1500m) 2016

Sarah McDonald balances athletics with her medicine studies at the University of Birmingham.

Despite only taking up running in sixth form, after an injury halted her figure skating career, she has enjoyed a steady rise, making the finals at the 2016 European Championships and the 2017 European Indoor Championships.

Last year she represented Great Britain at the 2017 World Championships.

[@SarahAMcDonald](#) [@sarahamcdonald](#)



KYLE LANGFORD

Events: 800m
D.O.B.: 22 (02.02.96)
Born: Watford
Lives: Watford
Games attended: None

Major achievements: WCh: 4th (800m) 2017 ECh: Gold (800m) 2015

Kyle Langford narrowly missed out on a medal at the World Championships last year, finishing fourth in the 800m event.

His previous triumphs include gold at the European Junior Championships in 2015 and bronze at the 2013 World Youth Championships.

[@KyleLangford_96](#) [@Kylelangford96](#)



SOPHIE MCKINNA

Events: Shot put
D.O.B.: 23 (31.08.1994)
Born: Great Yarmouth
Lives: Great Yarmouth
Games attended: One (Glasgow 2014)

Major achievements: YCG: Gold (shot put) 2011 CG: Fifth (shot put) 2014

Sophie McKinna's initial taste of Commonwealth competition came at the Youth Games in 2011.

On the Isle of Man, McKinna won a gold medal and went on to represent Team England at the senior Games three years later.

She arrives on the Gold Coast in form, having set a indoor new personal best of 17.42m in February.

[@sophiemac10](#) [@sophiemac10](#)



NICK MILLER

Events: Hammer throw
D.O.B.: 24 (01.05.1993)
Born: Carlisle
Lives: London
Games attended: One (Glasgow 2014)

Major achievements: CG: Silver (hammer throw) 2014 U23ECh: Gold (hammer throw) 2015

After winning a silver medal at the Glasgow Games in 2014, Nick Miller struck gold at the Under-23 European Championships in 2015, where he holds the record of 77.55m for the event. Miller initially competed in a range of athletics events but was inspired to take up hammer after seeing a rival throw more than 60 metres - a feat he went on to achieve in 2009.

[@nickmillerhamer](#) [@nick_miller1993](#)



ANYIKA ONUORA

Events: 400m, 4x100m, 4x400m
D.O.B.: 33 (28.10.1984)
Born: Liverpool
Lives: Liverpool
Games attended: Two (Glasgow 2014, Melbourne 2006)

Major achievements: OG: Bronze (4x400m) 2016 WCh: Bronze (4x400m) 2015 CG: Bronze (4x100m, 4x400m) 2014

Anyika Onuora was a sprinter until a move to the longer 400m race brought her even more success later in her career.

She arrives at her third Commonwealth Games with a 4x100m silver from Melbourne and bronze medals from Glasgow in the 4x100m and 4x400m relays.

Her most recent success was an Olympic bronze medal in the 4x400m at Rio 2016, a feat she achieved despite suffering from life-threatening malaria just months beforehand.

[@annyonuora](#) [@anyika](#)



ANDREW OSAGIE

Events: 800m
D.O.B.: 30 (19.02.1988)
Born: Harlow
Lives: Teddington
Games attended: One (Glasgow 2014)

Major achievements: WiCh: Bronze (800m) 2012, 2014

Andrew Osagie is known for his participation in the 'race of the Games' in the 800m final at London 2012, where every athlete ran the fastest time for that finishing position ever - Osagie's eighth-place time of 1:43.77 would have won gold in all but two previous Olympic Games.

The Glasgow 2014 participant won a bronze medal at the World Indoor Championships in the same year.

[@andrewosagie](#) [@andrewosagie](#)



SHELAYNA OSKAN-CLARKE

Events: 800m
D.O.B.: 28 (20.01.1990)
Born: Southwark
Lives: London
Games attended: None

Major achievements: WiCh: Bronze (800m) 2018 BrCh: Bronze (800m) 2013

Middle-distance runner Shelayna Oskan-Clarke came fifth in the 400m on her first Commonwealth outing, at the Pune Youth Games ten years ago.

She reached the 800m semi-final at the Rio Olympics in 2016, before achieving a silver medal in the same event at last year's European Indoor Championships in Belgrade.

Last month she won a first world medal with indoor 800m bronze in Birmingham.

[@soskanclarke](#) [@shelayna](#)



BETHAN PARTRIDGE

Events: High jump
D.O.B.: 27 (11.11.1990)
Born: Shrewsbury
Lives: Birmingham
Games attended: One (Glasgow 2014)

Major achievements: BrCh: Bronze (high jump) 2016

Bethan Partridge secured a bronze medal at the 2016 British Athletics Championships and was crowned the British Indoor Champion in 2017.

After struggling with injury at Glasgow 2014, she will be hoping to fulfil her potential on the Gold Coast this year.

[@bethpridge](#) [@bethpartridgeh](#)



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JACOB PAUL

Events: 400m hurdles
D.O.B: 23 (06.02.1995)
Born: Epsom
Lives: Windsor
Games attended: None
Major achievements: BrCh: Silver (400m hurdles) 2017 BUCS: Gold (400m hurdles) 2016



Jacob Paul's first brush with the Commonwealth Games came seven years ago, at the Youth Games on the Isle of Man. The hurdler from Surrey finished fourth and will now reacquaint himself with the Commonwealth Games as the British silver medallist from 2017 makes his senior debut on the Gold Coast.

[@JacobPaul400h](#) [@jacobpaul400h](#)

ASHA PHILIP

Events: 100m, 4x100m
D.O.B: 27 (25.10.1990)
Born: Leyton
Lives: London
Games attended: One (Glasgow 2014)
Major achievements: OG: Bronze (4x100m) 2016 WCh: Silver (4x100m) 2017 ECh: Silver (4x100m) 2016 CG: Bronze (4x100m) 2014



Asha Philip is attending her second Commonwealth Games, after finishing fourth in the 100m and winning bronze in the 4x100m relay four years ago. She won another relay bronze medal at the Rio Olympics two years later, before storming to gold in the 60m at the 2017 European Indoor Championships.

Since becoming the first British woman to achieve a global 100m title at the 2007 World Youth Championships, her success has continued and, most recently, she claimed her third consecutive 60m title at the 2018 British Indoor Championships.

[@MissAshaPhilip](#) [@missashaphilip](#)

TIFFANY PORTER

Events: 100m hurdles
D.O.B: 30 (13.11.1987)
Born: Ypsilanti, Michigan
Lives: Michigan
Games attended: One (Glasgow 2014)
Major achievements: CG: Silver (100m hurdles) 2014 WCh: Bronze (100m hurdles) 2013 ECh: Gold (100m hurdles) 2014



Tiffany Porter arrives at her second Commonwealth Games with a silver medal under her belt already from Glasgow 2014.

Two years later, she reached the final at the Olympics in Rio, finishing seventh. She has won several international medals for Great Britain & Northern Ireland, both at world and European level.

[@tiffofili](#) [@tiffofili](#)

ANDREW POZZI

Events: 110m hurdles
D.O.B: 25 (15.05.1992)
Born: Leamington Spa
Lives: Stratford-upon-Avon
Games attended: None
Major achievements: WCh: Gold (60m hurdles) 2017 ECh: Gold (60m hurdles) 2017 BrCh: Gold (110 hurdles) 2016



Andrew Pozzi holds the record for the fastest ever time run by a UK junior hurdler, setting his mark of 13.29 seconds in 2011. He won gold in the 60m hurdles at the European Indoor Championships last year, and celebrated his most recent success in March when he won his first world medal with indoor 60m hurdles gold in Birmingham.

[@andrew_pozzi](#) [@apozi93](#)

SHARA PROCTOR

Events: Long jump
D.O.B: 29 (16.09.1988)
Born: Christiansted, U.S. Virgin Islands
Lives: Netherlands
Games attended: Two (Glasgow 2014, Melbourne 2006 - representing Anguilla)
Major achievements: WCh: Silver (long jump) 2012



Born in Anguilla, Shara Proctor began competing for Great Britain in 2010.

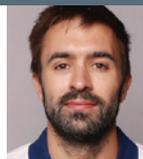
She transferred to a UK training base in 2012, a move that preceded her silver success at the 2015 World Championships, where she became the first British female long jumper to jump over seven metres.

She holds the national outdoor long jump records for Great Britain & Northern Ireland.

[@sharaproctor](#) [@sharaproctor](#)

MARTYN ROONEY

Events: 4x400m
D.O.B: 31 (03.04.1987)
Born: Croydon
Lives: Loughborough
Games attended: Two (Glasgow 2014, Melbourne 2006)
Major achievements: OG: Bronze (4x400m) 2008 WCh: Silver (4x400m) 2009, Bronze (4x400m) 2015, Bronze (4x400m) 2017



A mainstay on the anchor leg of the GB 4x400m team, Martyn Rooney has achieved medals on all the international stages - bar the Commonwealth Games.

After an up and down season last year, which saw him win a bronze in the relay at the World Championships, Rooney will be hoping to complete the set with success on the Gold Coast.

[@MartynRooney](#) [@martynrooney](#)

SONIA SAMUELS

Events: Marathon
D.O.B: 38 (16.05.1979)
Born: North Shields
Lives: Wallsend
Games attended: One (Glasgow 2014)
Major achievements: BerMar: Seventh (marathon) 2017 LonMar: 13th (marathon) 2016



Sonia Samuels ditched her full-time teaching job in 2011 to pursue her athletics dream. In 2015, she came first at the British Marathon Championships and, a year later, she competed at the Rio Olympics. The same year, she was the second Brit to finish the London Marathon and, in 2017, she finished the Berlin Marathon in seventh place.

[@SoniaSamuels](#) [@soniajsamuels](#)

JAZMIN SAWYERS

Events: Long jump
D.O.B: 23 (21.05.1994)
Born: Stoke-on-Trent
Lives: Florida
Games attended: One (Glasgow 2014)
Major achievements: CG: Silver (long jump) 2014 ECh: Silver (long jump) 2016



Jazmin Sawyers is an individual who has enjoyed an unorthodox path in sport. Her junior athletics career consisted of gold medals at the 2011 Youth Games, as well as a silver medal at the 2012 Winter Youth Olympics - in bobsleigh.

Not satisfied with winning silver in Glasgow four years ago, since then Sawyers graduated with a 2:1 in law from Bristol, and even competed in TV singing show The Voice.

[@JazminSawyers](#) [@jazminsawyers](#)

DAPHNE SCHRAGER

Events: T35 100m
D.O.B: 17 (24.12.2000)
Born: Bath
Lives: Bath
Games attended: None
Major achievements: CPWG: Gold (T35 100m, 200m) 2015



Daphne Schrager has enjoyed a steady rise since she began competing in 2013. So far in her burgeoning career she has claimed gold at both the Cerebral Palsy World Games and the Brazil Paralympic School Games, in 2015.

Last year she managed a fourth-place finish in the T35-38 100m at the World Para Junior Championships.

[@daphne_schrager](#) [@daphneschrager15](#)

PERRI SHAKES-DRAYTON

Events: 400m, 4x400m
D.O.B: 29 (21.12.1988)
Born: London
Lives: London
Games attended: None
Major achievements: WCh: Bronze (4x400m) 2011, Silver (4x400m) 2017



Perri Shakes-Drayton managed a successful transition from the 400m hurdles to the flat after suffering a knee injury in 2013. Since then, she has enjoyed multiple successes, including a silver medal at the World Championships in her hometown of London last year.

[@shakesdrayton](#) [@itpsps](#)

ZAC SHAW

Events: T12 100m
D.O.B: 22 (24.09.1995)
Born: Grimsby
Lives: Loughborough
Games attended: None
Major achievements: WCh: Sixth (100m T13) 2017 ECh: Fifth (200m T13) 2016



Zac Shaw competes in the T12 classification. He started suffering with stargardt disease, a condition that affects his central vision, when he was nine, and was diagnosed at 13. Shaw has experience from two World Championships and a Europeans ahead of his Commonwealth Games debut appearance.

[@shawzac](#) [@shawzac](#)

JOHN SMITH

Events: T54 Marathon
D.O.B: 28 (27.11.1989)
Born: Gravesend
Lives: London
Games attended: None
Major achievements: NYC Marathon: Second, 2017



John Smith only started training in 2014, after being inspired by the London Paralympics in 2012. He took up seated throwing, shot put, javelin and discus, rising to become the best seated javelin thrower in Europe by 2014.

When his sport was pulled from the Rio Olympics, he switched to track. In 2016, he broke the course record at the 2016 Dubai Marathon with a time of 1:35:56. In January, he finished the same race in fourth place, setting a new personal best in the process.

[@Johnboytweet](#) [@johnboysmith_wheelchair_racer](#)

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KATIE SNOWDEN

Events: 1500m
D.O.B: 24 (09.03.1994)
Born: London
Lives: London
Games attended: None

Major achievements: BriCh: Silver (1500m) 2018

Gold Coast will be Katie Snowden's second Commonwealth experience, after she stormed to 800m gold at the 2011 Youth Games on the Isle of Man.

Her success has continued, as she won the same accolade at the 2015 England Athletics Under-20/Under-23 Championships.

Last year she secured fourth place in the 1500m at the British Athletics Championships, and went even better at this year's indoor event, winning silver.

[@katiesnowden13](#) [@katie_snowden](#)



ADELLE TRACEY

Events: 800m
D.O.B: 24 (27.05.93)
Born: Seattle, Washington
Lives: London
Games attended: None

Major achievements: BriCh: Gold (800m) 2016

Adelle Tracey burst on to the athletics scene in 2009, winning silver at the European Youth Olympic Festival.

She represented Great Britain at the 2016 World Indoor and European Championships, as well as reaching the semi-final of the World Championships last year.

Tracey, also a make-up artist, helped light the London 2012 Olympic cauldron.

[@adelle_tracey](#) [@adelletracey](#)



KATIE STANTON

Events: Heptathlon
D.O.B: 23 (08.01.1995)
Born: Solihull
Lives: Birmingham
Games attended: None

Major achievements: U20EngCh: Silver (heptathlon) 2016 U23ECh: Seventh (heptathlon) 2017

Katie Stanton is coached by Kelly Sotherton, who won Commonwealth gold at Melbourne 2006, at Birchfield Harriers.

After claiming gold in pentathlon at the 2016 England Athletics Under-20/Senior Combined Events Championships, she found success in heptathlon at the England Under-20 Championships the same year.

[@katiestanton7](#) [@katiestanton](#)



AMELIA STRICKLER

Events: Shot put
D.O.B: 24 (24.01.1994)
Born: Ohio
Lives: Utttoxeter
Games attended: None

Major achievements: WUG: Sixth (shot put) 2017 BriCh: Silver (shot put) 2017 BriCh: Bronze (shot put) 2018

Amelia Strickler was born in Ohio and holds dual citizenship of both America and England.

As a youngster she tried a range of sports including volleyball and basketball but settled on shot put when she realised she was 'better than anyone else' at it.

After an injury-stricken 2016, she recovered to win the English Championships last July and, this February, recorded a third-place finish at the British Championships.

[@ameliastrickler](#) [@ameliastrickler](#)



JESSICA TURNER

Events: 400m hurdles
D.O.B: 22 (08.10.1995)
Born: Derby
Lives: Derby
Games attended: None

Major achievements: U23ECh: Silver (400m hurdles) 2017

Aged just 21, Jessica Turner was selected for her debut senior World Championships.

That capped a fine year for the East Midlands hurdler after she had already won silver at the European Under-23 Championships earlier that summer.

She is now set to make her Commonwealth Games debut and contest the 400m hurdles on Australia's Gold Coast.

[@jessturner400h](#) [@jessicaturner95](#)



LORRAINE UGEN

Events: Long jump
D.O.B: 26 (22.08.91)
Born: London
Lives: London
Games attended: One (Glasgow 2014)

Major achievements: WiCh: Bronze (long jump) 2016 EiCh: Silver (long jump) 2017

Lorraine Ugen reached the Rio Olympic final in 2016, finishing 11th overall.

She achieved national success early in her career, winning both the indoor and outdoor titles at the 2009 English Junior Championships.

The Gold Coast marks her second Commonwealth outing, after she placed fifth at the Glasgow Games four years ago.

[@loralski](#) [@lorraineugen](#)



MARIA VERDEILLE

Events: T35 100m
D.O.B: 21 (31.08.1996)
Born: Stevenage
Lives: Stevenage
Games attended: None

Major achievements: CPWG: Silver (T35 100m) 2015

Maria Verdeille competes in the T35 classification. The photography student won silver at the Cerebral Palsy World Games in 2015 and is coached at Stevenage and North Herts Athletics Club.

[@mariaverdeille](#)



ANDY VERNON

Events: 10,000m
D.O.B: 32 (07.01.1986)
Born: Fareham
Lives: Blackwater
Games attended: Two (Glasgow 2014, Delhi 2010)

Major achievements: ECh: Silver (10,000m), Bronze (5,000m) 2014

The Gold Coast marks Andy Vernon's third Commonwealth Games, after he came tenth in the 10,000m in Delhi eight years ago and sixth in the 5000m at Glasgow 2014.

His most recent success was at the 2016 European Cross Country Championships, where he helped claim the team gold medal for Great Britain.

The same year he competed at the Rio Olympics and now has his sights on running the marathon at Tokyo 2020.

[@AndyVernonGB](#) [@andy_vernon](#)



RACHEL WALLADER

Events: Shot put
D.O.B: 28 (01.09.1989)
Born: Stourbridge
Lives: Stourbridge
Games attended: One (Glasgow 2014)

Major achievements: CG: Fourth (shot put) 2014 EiCh: 12th (shot put) 2016

Rachel Wallader arrives on the Gold Coast in good form and hoping to better her fourth-place finish at Glasgow.

In February this year, she threw 17.45m to win the British Indoor Championships and gives her confidence heading into her second Commonwealth experience.

[@RachWally01](#) [@rach_wally1](#)



LAURA WEIGHTMAN

Events: 5,000m
D.O.B: 26 (01.07.1991)
Born: Alnwick
Lives: Leeds
Games attended: One (Glasgow 2014)

Major achievements: CG: Silver (1500m) 2014 EiCh: Bronze (1500m) 2014

Laura Weightman is a double Olympian, having reached finals at both the London 2012 and Rio 2016.

She stood on the podium at her maiden Commonwealth Games in Glasgow after winning silver.

Last year, she managed a sixth-place finish at the World Championships in London.

[@LauraWeightman](#) [@lauraweightman1](#)



CALLUM WILKINSON

Events: 20km race walk
D.O.B: 21 (14.03.1997)
Born: Moulton
Lives: Leeds
Games attended: None

Major achievements: WJCh: Gold (10km walk) 2016

Leeds Beckett University student Callum Wilkinson started his athletics career as a runner but soon found he had an affinity for race walking.

After becoming the world junior champion over 10km in 2016, Wilkinson qualified comfortably for last year's World Championships – only his second major senior race – and finished in 41st place.

[@CWilko97](#) [@cwilko14](#)



BIANCA WILLIAMS

Events: 200m, 4x100m
D.O.B: 24 (18.12.1993)
Born: Enfield
Lives: Enfield
Games attended: One (Glasgow 2014)

Major achievements: CG: Bronze (200m, 4x100m) 2014 EiCh: Silver (4x100m) 2016

Bianca Williams is the fifth-best British 200m runner in history, with a personal best of 22.58.

The 2014 double bronze medallist also claimed a silver at the 2014 World Relays in the 4x200m, and a bronze in the 4x100m the following year.

[@BiancaWills](#) [@biancaawills](#)



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RABAH YOUSIF

Events: 400m, 4x400m
D.O.B: 31 (11.12.1986)
Born: Khartoum, Sudan
Lives: Middlesbrough
Games attended: None
Major achievements: WCh: Silver (4x400m) 2015, 2017 ECh: Gold (4x400m) 2014, Bronze (4x400m) 2016



Sudan-born Rabah Youusif obtained British citizenship in 2013 and has run for the country ever since.
At the 2014 European Championships he won gold in the 4x400m relay, before winning bronze at the same event two years later.
He was part of the relay team that claimed bronze for Great Britain on the global stage at the World Championships, held in London last year.

[@RYousif400GBR](#) [@ryousif4454](#)

FEMI AKINSANYA

Coach
D.O.B: 29.11.69
Born: Lambeth



NATASHA BEACH

Doctor
D.O.B: 15.07.84
Born: Yeovil



JONATHAN BIGG

Personal Coach
D.O.B: 08.11.65
Born: Brighton



JOHN BLACKIE

Personal Coach
D.O.B: 26.09.47
Born: Brentwood



BENKE BLOMKVIST

Coach
D.O.B: 31-03-60
Born: Västerlövsta



LORNA BOOTHE

Team Coach
D.O.B: 05.12.54
Born: Kingston



JAMES BROWN

Doctor
D.O.B: 10.08.69
Born: Leeds



STUART BUTLER

Physiotherapist
D.O.B: 12.07.82
Born: Oxford



FUZZ CAAN

Personal Coach
D.O.B: 10.04.66
Born: Southampton



CLARENCE CALLENDER

Team Coach
D.O.B: 16.11.61
Born: London



HELEN CLITHEROE

Team Coach
D.O.B: 02.01.74
Born: Preston



ANDREW DAY

Team Manager
D.O.B: 23.10.63
Born: Tamworth



DENIS DOYLE

Personal Coach
D.O.B: 02.03.50
Born: Burnley



ANDI DRAKE

Team Coach
D.O.B: 06.02.65
Born: Coventry



SPENCER DUVAL

Team Coach
D.O.B: 05.01.70
Born: Lichfield



SCOTT GRACE

Team Manager
D.O.B: 26.09.77
Born: Aylesbury



DAVID FEENEY

Personal Coach
D.O.B: 17.10.87
Born: Dundee



TREVOR FOX

Personal Coach
D.O.B: 07.09.47
Born: Dewsbury



TORE GUSTAFSSON

Coach
D.O.B: 11.02.62
Born: Sweden



TONY HADLEY

Head Coach
D.O.B: 23.05.53
Born: Birmingham



KATIE JONES

Team Official
D.O.B: 04.01.77
Born: Manchester



SHANE KELLY

Physiotherapist
D.O.B: 05.12.80
Born: Carlton



HARRY KING

Team Coach
D.O.B: 07.02.59
Born: Hackney



JOB KING

Team Coach
D.O.B: 19.02.81
Born: High Wycombe



CLAIRE LAWRENCE

Physiotherapist
D.O.B: 19.05.79
Born: Portsmouth



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BENJAMIN MacDONALD

Physiotherapist
D.O.B: 22.09.79
Born: Farnborough



KELLY SOTHERTON

Team Coach
D.O.B: 13.11.76
Born: Newport, Isle of Wight



JOSEPH McDONNELL

Personal coach
D.O.B: 12.08.60
Born: Dublin



BERTRAND VALCIN

Personal coach
D.O.B: 28.03.81
Born: Paris



MICHAEL McNEILL

Team Coach
D.O.B: 10.12.55
Born: Bury St. Edmunds



HELEN VAN KEMPEN

Physiotherapist
D.O.B: 28.10.90
Born: London



JEMMA OLIVER

Physiotherapist
D.O.B: 04.10.80
Born: Ormskirk



ALLAN WILLIAMS

Team Coach
D.O.B: 30.05.53
Born: Plumstead



ALISON POTTS

Team Manager
D.O.B: 16.10.67
Born: Enfield



GRAHAM RAVENSCROFT

Team Coach
D.O.B: 03.04.66
Born: Hayes



MARTIN RUSH

Team Leader
D.O.B: 25.12.1964
Born: Wiltshire



Athlete profile photo credit:
British Athletics/Getty Images

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BADMINTON

BADMINTON

INTRODUCTION

Since making its debut at the Kingston 1966 Commonwealth Games, badminton has been a permanent fixture on the programme with 247 medals awarded to ten different countries.

England top the sport's all-time medal table with their best success traditionally coming in mixed doubles, with ten of the 13 titles available going the way of English pairings.

That includes husband and wife team Chris and Gabby Adcock, victorious at Glasgow 2014 for their first Commonwealth title together.

Theirs was one of five medals won by Team England at the Games, with Chris Langridge

and Heather Olver runners up in that same final, while team silver also came England's way.

DID YOU KNOW?

England have picked up more than 100 Commonwealth medals in badminton after a five-strong haul in Glasgow saw them hit three figures.

There were two English bronze medals in Scotland too, with Gabby Adcock and Lauren Smith on the podium in the women's doubles, as were Langridge and Peter Mills in the men's equivalent.

Despite England's success it was Malaysia who fared best, scooping three titles in the

men's doubles, women's doubles and team event.

That continued a tradition of Asian dominance in the sport in general while India, third in the all-time medal table, have shown their developing strength in recent years and will be a team to watch in Australia, especially with the likes of Olympic silver medallist PV Sindhu, former world number one Saina Nehwal and male stars Srikanth Kidambi and Sai Praneeth B. bringing plenty of success to the country.



TEAM ENGLAND 2018

Team England have a ten-strong badminton squad on the Gold Coast for the 2018 Commonwealth Games with high hopes of building upon their success from four years ago.

Husband and wife duo Chris and Gabby Adcock are back to defend the mixed doubles crown they won in Glasgow.

I remember going to watch the Games in Manchester when I was really young – I think I'd only been playing a few years at the time. I ran around getting everyone's autographs and it really gave me a desire and a passion to want to compete. To be part of something which inspired me so much when I was younger is really incredible. I competed in Glasgow and we got a Team Silver and individual bronze in the women's with Gabby. It was a really incredible experience.

Lauren Smith – Team England ambassador

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FACT FILE

VENUE:
Carrara Sports and Leisure Centre

GOLD MEDALS AVAILABLE:
6

DATES:
Thursday April 5 – Sunday April 15

NUMBER OF TEAM ENGLAND ATHLETES:
Men: 5 Women: 5

WEBSITE:
teamengland.org/
commonwealth-games-sports/
badminton
www.badmintonengland.co.uk
Twitter: @BadmintonEnglnd



“ I am really, really happy to be selected. It is always great to represent your country in any event, but at a multi-sports event like the Commonwealth Games, it is a real honour. I will be making my debut at the Commonwealths, so it is something new and exciting for me. It would be pretty special to win – a Commonwealth Games medal is one of the ones missing from my cabinet. ”

Marcus Ellis - Olympic bronze medallist

WORDS TO LEARN

LIFT:

A shot played from beneath the height of the net, normally played high to the back of the court

SMASH:

A hard, overhead shot, hit directly down into the opposition's court

FORECOURT:

The front area of each half of the court, between the net and the service line

CLEAR:

A shot hit deep into the opponent's court

They arrive high on confidence after European and World Championships bronze in 2017.

They are two of six players with previous Games experience in Australia, with Rajiv Ouseph joining the Adcocks in making his third appearance at Commonwealth level. He too tasted European success last year, becoming the first English player in 27 years to become singles champion.

Joining them are Marcus Ellis and Chris Langridge – the former making his Games debut with the latter already a three-time medallist after scooping both mixed doubles and team silver, and men's doubles bronze in Glasgow.

They are also widely recognisable after sealing Great Britain's first Olympic badminton medal since 2004 with bronze at Rio 2016.

DID YOU KNOW?

Widely regarded as the fastest racquet sport in the world, shuttles can reach speeds of 400kmph.

Two other Commonwealth medallists come in the form of Lauren Smith – winner of women's doubles bronze in Glasgow with Adcock – and women's doubles partner and fellow team silver medallist Sarah Walker.

Chloe Birch, Ben Lane and Jess Pugh will all be getting their maiden Games experience. The latter two have struck up a successful partnership on the senior circuit in recent years however, with Birch also helping England to European team bronze last year.

COMPETITION FORMAT

Badminton will feature on each of the 11 days of the Gold Coast 2018 programme with six medals on offer – the mixed team

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event, the men's and women's singles and doubles, and mixed doubles.

The team competition is played first and starts with a preliminary group play stage before a quarter-final, semi-final and bronze and gold-medal matches.

The singles and doubles competitions begin the day after the team medal matches with preliminary rounds making way for quarter-finals, semi-finals, bronze and gold-medal matches.

Matches are played over the best of three games, with each game won by the first player or doubles pairing to reach 21 points or by a margin of two clear points thereafter.

ENGLAND'S HISTORICAL MEDALS TABLE

35	32	36	103
GOLD	SILVER	BRONZE	TOTAL

However, if the score reaches 29-29, the winner of the next point wins the game.

The badminton court is 6.1m wide and 13.4m long with different markings for singles and doubles matches. Doubles matches use the full width of the court but have a narrower service area, while the singles courts are the same length by 5.18m wide.



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GLASGOW 2014 COMMONWEALTH GAMES MEDALLISTS

M = Men W = Women M/W = Mixed events

	GOLD	SILVER	BRONZE
Singles	M W Kashyap Parupalli (IND) Michelle Li (CAN)	Derek Wong (SGP) Kirsty Gilmour (SCO)	Gurusai Dutt (IND) PV Sindhu (IND)
Doubles	M W M/W Tan Wee Kiong & Goh Wei Shem (MAS) Vivian Hoo Kah Mun & Woon Khe Wei (MAS) Chris Adcock & Gabrielle Adcock (ENG)	Danny Bawa Chrisnanta & Chayut Triyachart (SGP) Jwala Gutta & Ashwini Ponnappa (IND) Chris Langridge & Heather Olver (ENG)	Chris Langridge & Peter Mills (ENG) Gabrielle Adcock & Lauren Smith (ENG) Robert Blair & Imogen Bankier (SCO)
Team	M/W Malaysia	England	Singapore

EVENTS SCHEDULE

M = Men's events W = Women's events M/W = Mixed events
P = Preliminary Q = Quarter-finals S = Semi-finals G = Medal event

DATE	EVENT
Apr 5	09:00-12:30 P M/W Teams group play stage
	14:00-17:30 P M/W Teams group play stage
	19:00-22:30 P M/W Teams group play stage
Apr 6	09:00-12:30 P M/W Teams group play stage
	14:00-17:30 P M/W Teams group play stage
	19:00-22:30 P M/W Teams group play stage
Apr 7	11:00-14:30 Q M/W Teams quarter-finals
	17:30-21:00 Q M/W Teams quarter-finals
Apr 8	11:00-15:00 S M/W Teams semi-final
	17:30-21:30 S M/W Teams semi-final
Apr 9	11:00-15:00 G M/W Teams bronze-medal matches
	17:30-21:30 G M/W Teams gold-medal matches
Apr 10	09:00-15:00 P M W M/W Singles & doubles*
	16:30-22:30 P M W M/W Singles & doubles*
Apr 11	09:00-15:00 P M W M/W Singles & doubles*
	16:30-22:30 P M W M/W Singles & doubles*
Apr 12	11:00-15:00 P M W M/W Singles & doubles*
	17:30-21:30 P M W M/W Singles & doubles*
Apr 13	11:00-15:30 Q M W M/W Singles & doubles*
	17:30-21:00 Q M W M/W Singles & doubles*
Apr 14	11:00-15:00 S M W M/W Singles & doubles*
	17:30-22:30 G M W M/W Bronze-medal matches singles & doubles*
Apr 15	09:00-14:00 G M W M/W Gold-medal matches singles & doubles*

*Include any combination of men's/women's singles and/or men's/women's/mixed doubles matches

CHRIS ADCOCK

Events: Men's and mixed doubles, team event
D.O.B: 28 (27.04.1989)
Born: Leicester
Lives: Milton Keynes
Games attended: Two (Glasgow 2014, Delhi 2010)



Major achievements: **CG:** Gold (mixed doubles), Silver (team) 2014; bronze (team) 2010 **WCh:** Bronze (mixed doubles) 2017; Silver (mixed doubles) 2011 **ECh:** Gold (mixed doubles) 2017; Bronze (men's doubles) 2014; Bronze (mixed doubles), Bronze (men's doubles) 2012

Chris Adcock arrives on the Gold Coast with a title to defend having won mixed doubles gold alongside wife Gabby at Glasgow 2014.

That was two-time Olympian Adcock's second Commonwealth Games appearance and he also marked it with team silver to add to the team bronze from Delhi 2010.

The Adcocks have continued to star on the global stage, with European gold and World bronze coming last year.

[@ChrisAdcock1](#) [@adcock_chris](#)

GABRIELLE ADCOCK

Events: Mixed doubles, team event
D.O.B: 27 (30.09.1990)
Born: Leeds
Lives: Milton Keynes
Games attended: Two (Glasgow 2014, Delhi 2010)



Major achievements: **CG:** Gold (mixed doubles), Silver (team), Bronze (women's doubles) 2014; Bronze (team) 2010 **WCh:** Bronze (mixed doubles) 2017 **ECh:** Gold (mixed doubles) 2017

Gabby Adcock has come a long way since making her Commonwealth Games debut at Delhi 2010, where she picked up a bronze in the team event.

Now a world-leading mixed doubles player alongside husband Chris, Adcock has added to her Commonwealth Games collection with gold at Glasgow 2014 as well as team silver and women's doubles bronze.

The Rio 2016 Olympian has also had a successful last 12 months, winning European gold and World bronze in the mixed doubles.

[@gabbyadcock](#) [@gabbyadcock1](#)

CHLOE BIRCH

Events: Women's singles and doubles, team event
D.O.B: 22 (16.09.1995)
Born: Preston
Lives: Milton Keynes
Games attended: None



Major achievements: **ECh:** Bronze (team) 2017 **EngCh:** Champion (singles) 2017

Chloe Birch won 11 national junior titles before moving on to the senior circuit and continued her success there by taking the 2017 national women's singles title.

A year later Birch was celebrating her first major Championship medal after helping England to team bronze at the European Mixed Team Championships in Lubin.

The 2018 Gold Coast Commonwealth Games will represent her Team England debut.

[@ChloeBirch95](#) [@chloebirch95](#)

MARCUS ELLIS

Events: Men's and mixed doubles, team event
D.O.B: 28 (14.09.1989)
Born: Huddersfield
Lives: Milton Keynes
Games attended: None



Major achievements: **OG:** Bronze (men's doubles) 2016 **ECh:** Bronze (men's doubles) 2016

Marcus Ellis makes his Commonwealth Games debut having already bagged himself an Olympic medal, with bronze alongside men's doubles partner Chris Langridge at Rio 2016.

That same year he won European bronze and helped England to bronze at the European Mixed Team Championships.

A multiple national champion, Ellis will once again look to forge a successful partnership with Langridge on the Gold Coast.

[@ellis_marcus111](#) [@marcusellis89](#)

BEN LANE

Events: Men's and mixed doubles, team event
D.O.B: 20 (13.07.1997)
Born: Kingston, Surrey
Lives: Milton Keynes
Games attended: None



Major achievements: **EJCh:** Silver (boys doubles), Silver (team), Bronze (mixed doubles) 2015

Ben Lane starting playing badminton at just two years old and was representing England by the age of nine.

A double junior European medallist and junior national champion, Lane regularly plays men's and mixed doubles.

The Commonwealth Games debutant is the youngest Team England badminton player on the Gold Coast.

[@BenLane012](#) [@benlane012](#)

CHRIS LANGRIDGE

Events: Men's doubles, team event
D.O.B: 32 (02.05.1985)
Born: Epsom
Lives: Milton Keynes
Games attended: One (Glasgow 2014)



Major achievements: **OG:** Bronze (men's doubles) 2016 **CG:** Silver (mixed doubles), Silver (team), Bronze (men's doubles) **ECh:** Bronze (men's doubles) 2016

Chris Langridge wrote his name into the history books when he won Olympic bronze alongside Marcus Ellis in the men's doubles at Rio 2016.

A multiple European medallist, it also added to an impressive collection accrued on his Commonwealth Games debut four years ago in Glasgow.

There Langridge, now a father to twins, won mixed doubles silver with Heather Olver, team silver and men's doubles bronze, the latter alongside Peter Mills.

[@C_Langridge](#) [@chrislangridge.gb](#)

RAJIV OUSEPH

Events: Men's singles, team event
D.O.B: 31 (30.08.1986)
Born: Hounslow
Lives: Milton Keynes
Games attended: Two (Glasgow 2014, Delhi 2010)



Major achievements: **CG:** Silver (team) 2014; Silver (men's singles), Bronze (team) 2010 **ECh:** Gold (men's singles) 2017; Bronze (men's singles) 2016; Silver (men's singles) 2014; Bronze (men's singles) 2010

Singles specialist Rajiv Ouseph won the English national title seven years in a row from 2008 to 2014, while in 2017 he became the first English player in 27 years to become European singles champion.

His other major achievements include finishing fifth at the Rio 2016 Olympic Games and reaching the podium at successive Commonwealth Games.

The latter started with men's singles silver and team bronze at Delhi 2010, followed by team silver in Glasgow four years later.

[@rajivouseph](#) [@rajivouseph](#)

JESS PUGH

Events: Women's and mixed doubles, team event
D.O.B: 21 (17.03.1997)
Born: Telford
Lives: Milton Keynes
Games attended: None



Major achievements: **EJCh:** Silver (team), Bronze (mixed doubles) 2015; U17 gold (mixed doubles) 2014

Fast emerging as a rising star of English badminton, Jess Pugh predominantly plays mixed doubles alongside Gold Coast 2018 teammate Ben Lane.

A multiple European junior medallist, Pugh has started to pick up titles on the BWF International Challenge circuit, including winning the Spanish International and Italian International alongside Lane in 2016 and 2017, respectively.

[@jessRpugh](#) [@jessxpugh](#)

LAUREN SMITH

Events: Women's and mixed doubles, team event
D.O.B: 26 (26.09.1991)
Born: Carlisle
Lives: Milton Keynes
Games attended: One (Glasgow 2014)



Major achievements: **CG:** Silver (team), Bronze (women's doubles) **ECh:** Bronze (Women's doubles) 2017

Lauren Smith has two Commonwealth medals to her name already, having won team silver and women's doubles bronze with Gabby Adcock in Glasgow.

Since then, the Rio 2016 Olympian has pushed on, adding European mixed team silver and bronze medals to her collection in 2015 and 2017 while last year saw her pick up European women's doubles bronze with Sarah Walker in Kolding.

[@LaurenE_Smith](#) [@lozzaz123](#)

SARAH WALKER

Events: Women's doubles, team event
D.O.B: 28 (22.11.1989)
Born: Basildon
Lives: Milton Keynes
Games attended: One (Glasgow 2014)



Major achievements: **CG:** Silver (team) 2014 **ECh:** Bronze (women's doubles) 2017

Sarah Walker has gone from strength to strength on the international scene in recent years.

She picked up a second bronze at the European Mixed Team Championships in 2017 and, in the same year, claimed women's doubles bronze at the European Championships in Kolding in April.

[@WalkerSarahL](#)



MARIA GORIUP

Physiotherapist
D.O.B: 04.11.89
Born: Reading



GRAHAM HURRELL

Coach
D.O.B: 07.05.75
Born: Bournemouth



PETER JEFFREY

Coach
D.O.B: 28.07.75
Born: Ilford



JULIAN ROBERTSON

Coach
D.O.B: 09.10.69
Born: Stamford



NATHAN ROBERTSON

Coach
D.O.B: 30.05.77
Born: Nottingham



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BASKETBALL

BASKETBALL

INTRODUCTION

Basketball makes only its second appearance at the Commonwealth Games, 12 years after its debut at the 2006 event in Melbourne.

Hosts Australia won both the men's and women's event then and will be expected to strongly challenge this time around, having won both FIBA Oceania Championships to qualify for the Rio Olympics.

Indeed there was a look of symmetry about the two competitions in Melbourne, New Zealand winning men's and women's silver while Team England defeated Nigeria in both the men's and women's bronze medal matches.

At the Rio 2016 Olympic Games, Australia's men's team marched to the semi-finals before falling to a defeat to Serbia, which was followed by a heartbreaking single-point loss

in the bronze-medal match with Spain.

Australia's women went unbeaten through their group at the Rio Olympics to reach the quarter-finals with confidence brimming. But they suffered a narrow 73-71 defeat to Serbia in their last-eight match.

DID YOU KNOW?

Basketball was originally played by shooting a ball into a peach basket with no hole in the bottom – meaning the ball had to be retrieved every time a basket was made.

TEAM ENGLAND 2018

Team England will be represented on the Gold Coast by both a men's and women's basketball team.

The women's team includes a few familiar

faces from the London 2012 Olympic Games, including the experienced Stefanie Collins, who has more than 120 international caps to her name.

She is joined on the roster by Azania Stewart, Rachael Vanderwal and Dominique Allen, with all three also competing in London.

At the other end of the spectrum is Leicester Riders player Mollie Campbell who, at 23, is the youngest member of the squad.

All of the squad will be making their Commonwealth Games debut with the sport having only appeared once before at Melbourne 2006.

Twelve years ago it was bronze for the women and they start this campaign in Pool A alongside Australia, Canada and Mozambique.

The men's team also claimed bronze in



“ It's always a great honour to represent your country and this is the first time I will have represented England. It's such a great achievement. It's also fantastic that there has been a core group of us that have been playing together for so long. The majority of us play in the WBBL and it's great to see some of the homegrown girls going to a big tournament. ”

Stefanie Collins – Great Britain's most-capped female player

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FACT FILE

VENUE:

Cairns Convention Centre, Townsville Entertainment and Convention Centre, Gold Coast Convention and Exhibition Centre

GOLD MEDALS AVAILABLE:

2

DATES:

Thursday April 5 – Sunday April 15

NUMBER OF TEAM ENGLAND

ATHLETES:

Men: 12 Women: 12

WEBSITES:

www.teamengland.org/commonwealth-games-sports/basketball
www.basketballengland.co.uk
 Twitter: @bballengland



“ We have come a long way in our preparations within a short period of time. The October and February camps were valuable to the programme. ”
 Andreas Kapoulas - men's head coach

WORDS TO LEARN

SLAM DUNK:

A basket made by jumping, with ball-in-hand, so that the ball is above the height of the rim and then forcefully slammed through the basket

ALLEY-OOP:

When one player jumps and catches a pass from another player and simultaneously dunks the ball or shoots it in before landing

AND ONE:

When a player gets fouled while in the act of shooting and the ball goes in. The player then gets one free throw in addition to the points scored

DOUBLE DRIBBLE:

This penalty, which results in a turnover, occurs when a player dribbles the ball with both hands. It also occurs when a player dribbles, stops dribbling, and then begins to dribble again

Melbourne and have been drawn in Pool B alongside Cameroon, India and Scotland.

Led by head coach Andreas Kapoulas, the roster is made up of mostly domestic-based players with only Adam Thoseby, of Sydney Kings, and Jamell Anderson, of Spanish side Fundacion Globalcaja La Roda, the exceptions.

That includes Andrew Thomson and Shane Walker, who helped Leicester Riders win the 2018 BBL Trophy last month, beating Michael Tuck's DBL Sharks Sheffield 90-85.

DID YOU KNOW?

The rim of a basketball hoop is exactly ten feet above the ground and has a diameter of 18 inches

COMPETITION FORMAT

One men's and one women's gold medal are on offer at Gold Coast 2018, with eight teams contesting each event.

Both the men's and women's events follow the same format, with the top four world ranked teams all being placed in Pool A for the preliminary round. The next four teams go into Pool B.

Each team plays three matches in the pool phase, with the top two teams in Pool A then progressing automatically to the semi-finals.

The bottom two teams in Pool A play the top two teams from Pool B in the qualifying finals, with the winners of these two contests going through to make up the remaining two spots in the semi-finals.

Once in the semi-finals it is a straight knockout event, with the two winners contesting the the gold medal match and the two losers playing for the bronze medal.

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Preliminary rounds and the qualifying finals will take place in northern Queensland (Cairns Convention Centre and Townsville Entertainment and Convention Centre) with semi-finals and finals at the Gold Coast Convention and Exhibition Centre.

The matches will follow the FIBA sanctioned rules of basketball with matches consisting of four quarters of ten minutes each.

If the scores are tied at the end of a game, overtime periods of five minutes will be played until one team has more points than the other at the end of the five-minute period.

ENGLAND'S HISTORICAL MEDALS TABLE



A basket scored from near the basket – inside the three-point arc – is worth two points, while a basket scored from afar – beyond the three-point arc – is worth three points.

A basket scored from the free-throw line is worth one point.

MELBOURNE 2006 COMMONWEALTH GAMES MEDALLISTS

M = Men W = Women M/W = Mixed events

	GOLD	SILVER	BRONZE
Teams	M Australia	New Zealand	England
	W Australia	New Zealand	England

Good luck Team England

We've been inspired by the hard work and dedication you've displayed in your sport. You are now in the best position to come together with your fellow teammates and achieve your dreams.

Best of luck from every one of us here at Shakespeare Martineau.

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EVENTS SCHEDULE

M = Men's events W = Women's events P = Preliminary
Q = Qualifying finals S = Semi-finals G = Medal event

DATE	EVENT
Apr 5	17:30-22:00 P M England v Scotland, Cameroon v India
	18:30-23:00 P W Jamaica v India, New Zealand v Malaysia
Apr 6	17:30-22:00 P M Australia v Canada, Nigeria v New Zealand
	18:30-23:00 P W Canada v England , Australia v Mozambique
Apr 7	11:30-16:00 P W M New Zealand v Jamaica, Canada v Nigeria
	17:30-22:00 P M England v India, Scotland v Cameroon
	18:30-23:00 P W M Malaysia v India, New Zealand v Australia
Apr 8	11:30-16:00 P W M Mozambique v England , Cameroon v England
	17:30-22:00 P W India v New Zealand, Jamaica v Malaysia
	18:30-23:00 P W M Australia v Canada, India v Scotland
Apr 9	17:30-22:00 P W England v Australia, Canada v Mozambique
	18:30-23:00 P M Canada v New Zealand, Australia v Nigeria
Apr 10	17:30-22:00 Q M Two games
	18:30-23:00 Q W Two games
Apr 13	18:30-23:00 S W Two games
Apr 14	10:00-14:30 S M Two games
	18:30-23:05 G W Bronze and gold medal games
Apr 15	09:00-14:05 G M Bronze and gold medal games

MEN

JAMELL ANDERSON

Events: Men's team
D.O.B: 27 (06.07.1990)
Born: Nottingham
Lives: Queensland, Australia
Games attended: None
Major achievements: BBL Trophy: Champion (Leicester Riders) 2016 BBL Cup: Champion (Leicester Riders) 2014, 2013 BBL: Champion (Leicester Riders) 2013



Jamell Anderson's basketball success started from youth age, winning the regional schools competition three years in a row before signing for BBL side Essex Pirates.

From there he went on to play for the Leicester Riders, winning four major trophies in the Midlands, moving onto Chester Phoenix's books in 2016. Anderson now plies his trade for Spanish side Fundacion Globalcaja La Roda.

[@Jamell_A](#) [@Jamell_A](#)

DANIEL EDOZIE

Events: Men's team
D.O.B: 25 (11.10.1992)
Born: Greenwich
Lives: Bristol
Games attended: None
Major achievements: BBL: Lead rebounder 2016



Daniel Edozie's route into basketball is an inspiring journey. Having been subjected to homelessness following a move to the United States, the forward found a way to combat his adversity by making a conscious decision to find a new life.

From there he received an athletic scholarship with Iowa State University, plying his trade with the Cyclones.

His incredible journey will come to a peak at the 2018 Commonwealth Games, three seasons into his professional basketball career.

[@Diddyboi92](#) [@d_edozie42](#)

ROBERT GILCHRIST

Events: Men's team
D.O.B: 27 (14.10.1990)
Born: Chadwell Heath
Lives: Worcester
Games attended: None
Major achievements: BBL Cup: Runner-up 2018



Having grown up in Manor Park, east London, Robert Gilchrist attended Barking Abbey School but moved to America, where he attended Worcester Academy in Massachusetts.

He then went to Florida State University and started 24 games as a small forward and power forward for them.

After graduating he moved to Germany and played for BG Karlsruhe, before going to Peristeri, in Athens, Spanish side Araberri and now plays for Worcester Wolves in the British Basketball League.

[@Gilchristro](#) [@robgilchrist14](#)

JOSEPH IKHINMWIN

Events: Men's team
D.O.B: 30 (18.09.1987)
Born: London
Lives: London
Games attended: None
Major achievements: BBL All-Stars: Champion (London Lions) 2017 BBL Trophy Slam Dunk: Champion 2014



Joseph Ikhinmwin started playing basketball aged 14 before becoming part of the Great Britain U20 setup.

Playing college basketball in the United States, the small forward then began life in the BBL, finishing as runner-up in the regular season, play-offs and Cup for the Newcastle Eagles.

After one year in the North East a return home saw the Londoner play for the Lions.

[@jicanwin](#) [@jicanwin](#)

ORLAN JACKMAN

Events: Men's team
D.O.B: 29 (26.04.1988)
Born: London
Lives: London
Games attended: None
Major achievements: BBL Cup: Champion 2018, 2017



Orlan Jackman made a high-profile move from the Newcastle Eagles to British Basketball League rivals the Cheshire Phoenix at the start of the 2017-18 season.

Having won a third straight BBL Cup with Newcastle, the former Oklahoma City University student captained the Phoenix to the 2017-18 Cup title, their first piece of silverware in over a decade.

[@n4orlanj](#) [@n4orlanj](#)

CALLUM JONES

Events: Men's team
D.O.B: 32 (01.10.1985)
Born: Manchester
Lives: Manchester
Games attended: None
Major achievements: BBL: All-Star British Team of the Year 2016-17



Manchester-born Callum Jones has continued to make big strides with his home Giants side since signing in 2012, becoming both the MVP and captain prior to signing a new contract in 2017.

A strong array of performances also saw him named in the BBL All-Star British Team of the Year for the 2016-17 season.

And Jones will look to put those skills to the test on the big stage, named in the Team England squad for the first time at the Commonwealth Games.

[@40cal_jones](#) [@40cal_jones](#)

KOFI JOSEPHS

Events: Men's team
D.O.B: 26 (13.09.1991)
Born: Birmingham
Lives: Glasgow
Games attended: None
Major achievements: ECh: Squad 2017



In 2017, Kofi Josephs completed his first professional season with German outfit Hertener Loewen while also representing Great Britain at a major tournament.

Josephs was part of the British side that took part in EuroBasket 2017 in Istanbul, taking on the Serbia, Latvia, Russia, Turkey and Belgium.

Last October, the Fort Lewis College graduate linked up with GB head coach Tony Garbelotto on a full-time basis, signing for Glasgow Rocks in the British Basketball League.

[@Keezus4](#) [@dejkoaf](#)

ANDREW LASKER

Events: Men's team
D.O.B: 35 (20.11.1982)
Born: Katy, Texas, United States
Lives: Newcastle
Games attended: None
Major achievements: BBL Cup: Champion (Newcastle Eagles) 2017, 2016, 2015 BBLCh: Champion (Newcastle Eagles) 2015



Playing basketball for more than 15 years, Andrew Lasker is set to embark on his first Commonwealth Games on the Gold Coast.

Born in Texas, the point guard moved to the UK to first play for the Plymouth Raiders before making the long move north to ply his trade with the Newcastle Eagles - where he has won the BBL Cup on three consecutive occasions.

[@drew21pink](#) [@drewlasker21](#)

ANDREW THOMSON

Events: Men's team
D.O.B: 33 (29.05.1984)
Born: Crewe
Lives: Leicester
Games attended: None
Major achievements: BBL Trophy: Winner 2018, 2017, 2015, 2012, 2011 BBLCh: Winner 2017, 2015, 2012, 2011 BBLPlay-offs: Winner 2017, 2015, 2012, 2011, 2010 BBL Cup: Winner 2016, 2015, 2012



Basketball has been a global adventure for Andrew Thomson, playing in the United States, Spain and France between his numerous stints in the UK.

Thomson won the BBL Trophy title earlier this year, for Leicester Riders, and that followed his time with Newcastle Eagles, securing nine trophies in three seasons - all after beginning his basketball career in an after-school club aged 11.

[@andythomson1984](#) [@andythomson1984](#)

ADAM THOSEBY

Events: Men's team
D.O.B: 26 (25.11.1991)
Born: East Bentleigh, Australia
Lives: Sydney, Australia
Games attended: None
Major achievements: U20ECh: Great Britain 2011



Adam Thoseby started playing basketball as a junior in the British team, then going on to feature at college level in Maine.

With opportunities in Europe limited, he moved back to his native Australia to play for the Sydney Kings.

Set for his maiden Commonwealth Games with Team England, Thoseby will be more familiar with the surroundings than most of his teammates.

[@thosebaby](#) [@thosebaby](#)

MICHAEL TUCK

Events: Men's team
D.O.B: 35 (17.03.1983)
Born: Toronto, Canada
Lives: Sheffield
Games attended: None
Major achievements: BBL: Champion and MVP (Sheffield Sharks) 2016 BBL Trophy: Champion (Sheffield Sharks) 2013 BBL Cup: Champion (Sheffield Sharks) 2011, 2010



Mike Tuck began playing basketball at the age of ten.

Since then the game has taken the Toronto-born player all over the world, settling into BBL life with the Sheffield Sharks.

Now Sharks captain, Tuck has helped bring four titles to the club as well as enjoying England appearances.

[@MikeTuck15](#) [@miketuck15](#)

SHANE WALKER

Events: Men's basketball
D.O.B: 30 (02.11.1987)
Born: Northampton
Lives: Leicester
Games attended: None
Major achievements: BBLCh: Winner (Leicester Riders) 2017 BBL Trophy: Winner (Leicester Riders) 2018, 2017



Studying at Loyola University in Maryland, Shane Walker was part of the side that made the first round of the NCAA Division One tournament in 2012 in his senior year.

The Northampton native Walker also faced off against NBA stars such as Anthony Davis and Michael Kidd-Gilchrist during his college career before going on play in Greece, Cyprus, Morocco and France.

Now settled at the Leicester Riders, he has won the British Basketball League title, as well as the play-offs and the BBL Trophy in the 2016-17 season.

[@shanethoughts1](#) [@showtime_shane07](#)



WOMEN

DOMINIQUE ALLEN

Events: Women's team
D.O.B: 28 (10.09.1989)
Born: Wordsley
Lives: Manchester
Games attended: None

Major achievements: OG: Selection 2012

Dominique Allen, born and raised in Dudley and daughter of England international Clive Allen, first represented Great Britain at Under-20 level in 2008.

After graduation from Oral Roberts University Allen made her debut for the GB senior women's team at the London 2012 Olympics. Most recently Allen was part of the EuroBasket qualifying window adding to her 70 international caps.

[@dom_allen12](#) [@dom_allen12](#)



MELITA EMANUEL-CARR

Events: Women's team
D.O.B: 23 (06.11.1994)
Born: London
Lives: London
Games attended: None

Major achievements: GBU20: Selection
 EngU18: Selection GB: Selection

Born and raised in London, Emanuel-Carr's first club was Westminster Warriors and she has gone on to represent her country throughout the youth ranks.

She starred in the Under-20 championship in Bulgaria and enjoyed a four-year spell with University of Illinois-Chicago Flames from 2013 to 2017, making her senior Great Britain debut in the last year.

[@melita1994](#) [@melita1994](#)



GEORGIA JONES

Events: Women's team
D.O.B: 28 (03.04.1990)
Born: Manchester
Lives: Manchester
Games attended: None

Major achievements: WBBL Cup: Champion (Manchester Mystics) 2017

Georgia Jones is another of the squad born into a basketball family – father Jeff is a former England international and coach of her current team, Manchester Mystics.

Jones made her international debut back in 2006 against Norway at the age of 16 and remains the youngest player to represent the senior team.

After graduating from Oral Roberts University with fellow team member Dominique Allen, she competed in the 2013 EuroBasket. She received her 50th international cap for Great Britain during the recent EuroBasket qualifying window in November 2017.

[@gjones4](#) [@gjones4](#)



NICOLETTE FONG LYEW QUEE

Events: Women's team
D.O.B: 26 (14.04.1992)
Born: Manchester
Lives: Manchester
Games attended: None

Major achievements: WBBL: Champion (Team Northumbria) 2016

Nicolette Fong Lyew Quee received her first call-up for Great Britain in 2016 and penned terms with Durham Palatinates the following year.

She, like every other member of the squad, will be making her Commonwealth Games bow on the Gold Coast.

She claimed WBBL play-off victory as part of Team Northumbria in 2016 and celebrates her birthday during the Games.

[@CHINYANKA](#)



MOLLIE CAMPBELL

Events: Women's team
D.O.B: 23 (28.02.1995)
Born: Rochdale
Lives: Leicester
Games attended: None

Major achievements: Betty Codona Trophy: Winner (with Leicester Riders) 2017

Campbell started her career with Manchester Mystics in her hometown before transferring to the United States for University of Arkansas-Pine. As a youngster, she helped England Under-16s gain a silver medal resulting in promotion to Division A. She also helped Leicester Riders to success in the 2016-17 Betty Codona Trophy and a runner-up spot in the WBBL Championship the same year.

[@mollie_e13](#) [@mollie_e13](#)



STEFANIE COLLINS

Events: Women's team
D.O.B: 35 (30.12.1982)
Born: Upper Heyford
Lives: Cardiff
Games attended: None

Major achievements: OG: Selection (women's basketball) 2012 Great Britain's most capped female player

Stefanie Collins' basketball journey began in New York aged 12, sent to a camp by her parents so she could meet other people her age having just moved to the small town of Montour Falls.

She carried that forward into the college system before returning to the UK where she has exclusively played as a professional, notably for the Cardiff Met Archers, for whom she became player-coach.

Representing Team England for the first time on the Gold Coast, Collins was part of the Team GB side that took to the Olympic courts at London 2012, on her way to becoming the most-capped international of the modern era.

[@stefcollins6](#) [@stefcollins6](#)



CHANTELLE PRESSLEY

Events: Women's team
D.O.B: 27 (25.05.1990)
Born: Ipswich
Lives: Ipswich
Games attended: None

Major achievements: CG: Selection (women's basketball) 2018

Sevenoaks Sun's forward Chantelle Pressley is making her debut at the Commonwealth Games.

A much-travelled player, she has competed in France, England and Germany throughout her club career.

The former Eastern Illinois University player also played for the Nottingham Wildcats before moving to the Suns.

[@telley44](#) [@telleylovesyou](#)



SIOBHAN PRIOR

Events: Women's team
D.O.B: 31 (27.02.1987)
Born: Nottingham
Lives: Nottingham
Games attended: None

Major achievements: WBBL Cup: Champion (Nottingham Wildcats) 2018

Siobhan Prior's 2018 has already yielded plenty of success, helping her Nottingham Wildcats side to the WBBL Cup title after a tense victory over Caledonia Pride in the final.

It's results like this that have seen her selected for Team England for the first time, preparing for her maiden Commonwealth Games on the Gold Coast.

Prior gave up her job in order to take up basketball full-time, having made her England senior debut at the age of just 16.

[@Shevy_P](#) [@shevy_speaks](#)



HANNAH SHAW

Events: Women's team
D.O.B: 27 (22.09.1990)
Born: Stockport
Lives: Nottingham
Games attended: None

Major achievements: U20ECh: Gold 2010 WBBL: Winners (Nottingham Wildcats) 2017, 2016

A teenage Shaw helped Great Britain to claim the FIBA Europe U20 Championship Division B title in Macedonia in 2010 – meaning they were promoted to Division A for the following competition.

Britain defeated Slovakia 47-46 in a tense final. She enjoyed a prolonged period of success with Nottingham Wildcats, during which they claimed the WBBL Championship in 2016 and 2017.

[@hchshaw13](#) [@hchshaw13](#)



EILIDH SIMPSON

Events: Women's team
D.O.B: 25 (11.09.1992)
Born: Waverley, Australia
Lives: Cardiff
Games attended: None

Major achievements: ECh: Selection (Great Britain) 2015

Australia-born Simpson broke onto the international scene in 2014 when she made her debut for Great Britain ahead of the 2015 EuroBasket finals. She has enjoyed spells in the United States, representing St. Francis in Brooklyn in the college system, before moving to Spanish outfits Deportivo Zamart in 2014 and then Sant Andria two years later. She left Andria for Cardiff Met Archers in 2017.

[@Eilidhsimpson41](#) [@Eilidh41](#)



AZANIA STEWART

Events: Women's team
D.O.B: 29 (13.03.1989)
Born: London
Lives: Dudley
Games attended: None

Major achievements: OG: Selection (women's basketball) 2012

Stewart was part of the Great Britain team which finished sixth at the 2009 World University Games, topping the team performance tables with an average of 9.3 rebounds per game. She also made her senior GB debut that year and appeared in all six matches at the EuroBasket Finals in 2011, before following this up with another call-up for the London 2012 Olympic Games.

[@azania13](#) [@azania13](#)



RACHAEL VANDERWAL

Events: Women's team
D.O.B: 34 (27.06.1983)
Born: Burlington, Canada
Lives: Hamilton, Ontario
Games attended: None

Major achievements: OG: Selection (women's basketball) 2012

Rachael Vanderwal was a relatively late bloomer into the Great Britain basketball team, making her senior debut in 2010 having previously played for Boston University.

Canadian-born, Vanderwal was a keen figure skater from an early age before switching sports aged 12, going on to become a point guard for the national side.

By 2012 she was an Olympian in London, an event where she won her 50th international cap, also plying her trade in both Ireland and Spain ahead of her Commonwealth debut on the Gold Coast.

[@rachvanderwal](#) [@rachvanderwal](#)



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JOSE BUCETA FERNANDEZ

Women's head coach
D.O.B: 15.09.56
Born: Madrid, Spain



ALAN KEANE

Men's assistant coach
D.O.B: 30.05.78
Born: Kerry



CHRISTOPHER BUNTEN

Women's assistant coach
D.O.B: 08.11.84
Born: Northampton



MARK LLOYD

Men's manager
D.O.B: 18.02.67
Born: Reigate



VLADAN DRAGOSAVAC

Performance director
D.O.B: 19.06.72
Born: Novi Sad, Serbia



PETER THAIN

Men's physiotherapist
D.O.B: 24.04.88
Born: Barking



VANESSA ELLIS

Women's assistant coach
D.O.B: 11.06.64
Born: Sheffield



JAMES VEAR

Men's assistant coach
D.O.B: 05.05.81
Born: Portsmouth



PAUL FISHER

Sports scientist
D.O.B: 27.10.71
Born: Benfleet



SARAH WAGSTAFF

Women's manager
D.O.B: 20.04.86
Born: Thurrock



ANDREW HOWSE

Women's physiotherapist
D.O.B: 26.10.82
Born: Watford



ANDREAS KAPOULAS

Men's head coach
D.O.B: 05.03.81
Born: Cholargos



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BEACH VOLLEYBALL

BEACH VOLLEYBALL

INTRODUCTION

History will be made at Gold Coast 2018, with beach volleyball to feature at the Commonwealth Games for the very first time.

A sport played by two teams of two players, the object of the game is to hit the ball over the net and into the sand on the opponents' side of the court – all while preventing the other team from doing the same to you.

But a team can only do so with a maximum of three touches of the ball on each play, with the two players in the team having to alternate their touches.

Play continues until the ball hits the sand, is hit out, or is not returned properly – though players can touch the ball many yards off the court.

The inconsistent sand surface can make it difficult for players to find their footing but watch out for some awesome blocks, unlikely

FACT FILE

VENUE:

Coolangatta Beachfront

GOLD MEDALS AVAILABLE:

2

DATES:

Friday April 6 – Thursday April 12

NUMBER OF TEAM ENGLAND

ATHLETES:

Men: 2 Women: 2

WEBSITE:

teamengland.org/commonwealth-games-sports/volleyball
www.volleyballengland.org/beach
 Twitter: @VballEngland

returns and impressive spikes from both the men's and women's pairs.



Despite Gold Coast 2018 being its Commonwealth debut, beach volleyball's origins date back more than 100 years, first played at a canoe club in Waikiki, Hawaii, in 1915.

The early days saw as many as six players take to a court, similar to indoor volleyball, though it wasn't until 1930 when the sport began making its waves in Europe.

An increase in popularity over the next 50 years saw the sport eventually make its Olympic debut at Atlanta 1996.

The scene has already been set for English success in Australia with Javier and Joaquin Bello winning gold at the Bahamas 2017 Commonwealth Youth Games.

DID YOU KNOW?

The fastest serve ever recorded on the World Tour was a 114km/h bullet from Russia's Igor Kolodinsky.

TEAM ENGLAND 2018

Team England will have four beach volleyball athletes in Australia – two men and two women – with all having earned selection through their standing in the world rankings.

Given the sport is making its Games debut, a chance to make history is therefore on the minds of all competing, looking to become the first gold medallists in the format.

Flying the flag for England in the men's competition will be Chris Gregory and Jake Sheaf, standing at 6'10" and 6'5" respectively.

These two have already enjoyed success, winning the British title in their first three years together, while also representing Team GB at the 2015 European Games in Baku.



“It's been a long time in the making, reaching a major Games like this. Starting out in the sport a long time ago, I had no idea what the journey was going to be like and what experiences I would have. So to get to this point now, I feel a lot of pride putting on a Team England shirt and representing my country. Feeling like you're part of a bigger picture is very inspiring and powerful.”

Christopher Gregory, Team England ambassador

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They will face off against New Zealand, Cyprus and Mozambique in Pool C of the men's competition.

Meanwhile the women's pair consists of Victoria Palmer and Jess Grimson who have already made strides in various competitions in the build-up to Gold Coast 2018.

With multiple English Championships to their name, the duo also play indoors but narrowed their focus to the sand with the Commonwealth Games on their mind.

They will take on Canada, Fiji and Trinidad and Tobago in Pool B of the women's draw.

COMPETITION FORMAT

A total of 12 men's and 12 women's teams will compete in beach volleyball at Gold Coast 2018.

They will all begin with a preliminary round

WORDS TO LEARN

ACE:

A serve that is unreturnable and earns an immediate point

SPIKE:

An attack that is driven hard to the opponent's side of the net

BLOCK:

A combination of one or both players in front of their opponent's spike, stopping or slowing down the attack with their hands

SERVICE ERROR:

An unsuccessful serve that lands in the net, out of bounds, and not legally in the opponent's half of the court. A foot fault is also a service error

DID YOU KNOW?

Life's not necessarily a beach for these athletes! Exercising on sand is said to be up to 30% more strenuous than on firmer surfaces!

stage, with teams set to be compete in round-robin matches to determine who takes their place in the knockout stages. Both men and women follow the same format.

Eight teams make it to the quarter-finals, with semi-finals following and then the remaining two pairs facing off to decide who is crowned the champion in the gold-medal match.

There will also be bronze-medal contests between the losing semi-finalists to determine who takes the last spot on the podium.

The competition is run under the rules of the International Volleyball Federation (FIVB). Each match is played in a best-of-three sets format, with the first team to 21 points winning the set. If a decider is required, the first to 15 gets the glory.

Teams also switch ends after every seven points though this changes to five if the game goes to a third and final set.

The ball may touch any part of the body (except during the serve, when only the hand or arm may make contact), but must be hit, not caught or thrown. During a hit, a player may only make contact with the ball once.

There are only two players on the roster, meaning no substitutions will occur, with coaching during matches also not allowed.

COSY.

Settle into a studio just for two.



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EVENTS SCHEDULE

M = Men's events W = Women's events P = Preliminary
 Q = Quarter-finals S = Semi-finals G = Medal event

DATE	EVENT
Apr 6	10:30-13:30 P M New Zealand v Cyprus, Scotland v Sri Lanka
	P W Scotland v Grenada
	15:30-18:00 P M England v Mozambique, Canada v Sierra Leone
	P W Australia v Cyprus
Apr 7	10:30-13:30 P M Australia v Fiji
	P W Canada v Fiji, England v Trinidad and Tobago
	10:30-13:30 P M Trinidad and Tobago v St Kitts and Nevis
	P W Vanuatu v Singapore, New Zealand v Rwanda
Apr 8	15:30-18:00 P M New Zealand v Mozambique, England v Cyprus
	P W Australia v Grenada
	19:30-22:30 P M Canada v Sri Lanka, Scotland v Sierra Leone
	P W Scotland v Cyprus
Apr 9	10:30-13:30 P M Australia v St Kitts and Nevis
	P W Canada v Trinidad and Tobago, England v Fiji
	15:30-18:00 P M Trinidad and Tobago v Fiji
	P W New Zealand v Singapore, Vanuatu v Rwanda
Apr 10	19:30-22:30 P M Cyprus v Mozambique, England v New Zealand
	P W Australia v Scotland
	10:30-13:30 P M Sri Lanka v Sierra Leone, Canada v Scotland
	P W Grenada v Cyprus
Apr 10	15:30-18:00 P M St Kitts and Nevis v Fiji
	P W Singapore v Rwanda, New Zealand v Vanuatu
	11:00-13:00 Q M Quarter-final
	Q M Quarter-final
	Q W Quarter-final
	Q W Quarter-final
	Q M Quarter-final
	Q M Quarter-final
Q W Quarter-final	
Q W Quarter-final	

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EVENTS SCHEDULE continued

P = Preliminary Q = Quarter-finals S = Semi-finals G = Medal event
 M = Men's events W = Women's events

DATE	EVENT
Apr 11	16:00-18:00 S M Semi-final
	S M Semi-final
	19:30-21:30 S W Semi-final
Apr 12	S W Semi-final
	15:30-18:00 G M Gold and bronze matches
	19:30-22:00 G W Gold and bronze matches



CHRISTOPHER GREGORY

Event: Men's
D.O.B: 28 (25.08.1989)
Born: Frimley
Lives: Fleet
Games attended: None



Major achievements: EG: preliminaries (2015)

Christopher Gregory's involvement with beach volleyball came through the talent identification programme 'Sporting Giants' prior to the London 2012 Olympic Games.



He succeeded in a trial of almost 4,000 people to become one of four athletes selected to join the GB development programme with his career going from strength to strength since.

He and partner Jake Sheaf teamed up in 2012 and three years later represented Team GB at the inaugural European Games in Baku. They are also multiple British champions and compete together on the World Tour.

[@GBRChrisGregory](#) [@gbrchrisgregory](#)

JESS GRIMSON

Event: Women's
D.O.B: 27 (16.03.1991)
Born: Leeds
Lives: Bournemouth
Games attended: None



Major achievements: England's number one ranked women's beach volleyball pair (with Victoria Palmer)

Originally from Leeds, Jess Grimson will be making her Team England debut alongside regular partner Victoria Palmer.

They are currently England's number one ranked pair and train together at the UK's only indoor beach volleyball centre in Bournemouth.

She also plays indoor volleyball but focused her attention on beach volleyball to strengthen her chances of representing England on the Gold Coast.

[@Jess_Grimson](#) [@jgrim02](#)

VICTORIA PALMER

Event: Women's
D.O.B: 31 (24.06.1986)
Born: Poole
Lives: Poole
Games attended: None



Major achievements: England's number one ranked women's beach volleyball pair (with Jess Grimson)

Vicky Palmer is a multiple time Volleyball England Beach Tour champion and regular competitor at NEVZA and CEV beach events.

Along with partner Jess Grimson, she also trains and plays indoor volleyball for Wessex in the Super 8's having previously played professionally in Belgium.

But in recent times she has moved her focus to qualification for Commonwealth Games in 2018 - a decision which proved fruitful.

[@VictoriacPalmer](#) [@vickypalmer08](#)

JAKE SHEAF

Event: Men's
D.O.B: 27 (02.10.1990)
Born: Sidcup
Lives: Bournemouth
Games attended: None



Major achievements: EG: preliminaries (2015)

Jake Sheaf first took up the sport at the age of 14 after he was inspired by his mother, Mandy, who was also involved in the British set-up during her career.

He has enjoyed a highly successful partnership with Christopher Gregory since the two paired up in 2012, winning multiple British titles.

In 2015 he and Gregory appeared in Team GB colours at the inaugural European Games in Baku, while the Gold Coast will represent the first time he has competed for Team England.

[@jsbeachvolley](#) [@jsbeachvolley](#)

ALEXANDRE CHEVAU

Coach
D.O.B: 06.12.78
Born: Paris, France



KIRK PITMAN

Coach
D.O.B: 13.12.81
Born: Whangarei, New Zealand



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BOXING

BOXING

INTRODUCTION

Boxing has always been part of the Commonwealth Games programme but the Games in Glasgow marked the first time women's events were included, with England's Nicola Adams taking gold to make history - two years after doing the same at London 2012.

Team England topped the medal table four years ago with seven podiums, including titles for Adams, Scott Fitzgerald, Antony Fowler, Joe Joyce and Savannah Marshall. Adams and Joyce went on to win gold and silver respectively at the 2016 Olympics in Rio.

The Commonwealth Games have helped to launch the careers of some of the world's

DID YOU KNOW?

A total of 37 countries have won boxing medals at the Commonwealth Games, with Cyprus, Mozambique and Singapore just having a solitary bronze medal each

best boxers. John Conteh, widely tipped to be a rival to Muhammad Ali, won gold at Edinburgh 1970 while David Haye earned selection for Team England for Manchester 2002.

Audley Harrison won super heavyweight gold at Kuala Lumpur 1998 before taking the Olympic title at Sydney 2000 and enjoying a long professional career.



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Richie Woodall is another English Commonwealth champion, as is Frankie Gavin, while James DeGale won bronze at Melbourne 2006 before starring at the Olympic Games. He became Britain's first Olympic boxing champion for eight years at Beijing 2008.

TEAM ENGLAND 2018

A total of eight men and four women will fight on behalf of Team England on the Gold Coast.

Welterweight Pat McCormack packs plenty of experience having twice won European Championship silver medals and also fought for Team GB at the Rio 2016 Olympic Games.

He is one of two boxers with previous Commonwealth Games experience - heavyweight Cheavon Clarke having competed for the country of his birth, Jamaica, four years ago.

It's also a family affair for Pat, who is joined



“Competing alongside my twin brother [Luke] will make the tournament event more exciting, and if we both come home with gold, it will definitely put us out there. We just need to make sure that we perform on the day.”

Pat McCormack

FACT FILE

- VENUE:**
Oxenford Studios
- GOLD MEDALS AVAILABLE:**
16
- DATES:**
Thursday April 5 - Saturday April 14
- NUMBER OF TEAM ENGLAND ATHLETES:**
Men: 8 Women: 4
- WEBSITES:**
teamengland.org/
commonwealth-games-sports/boxing
www.abae.co.uk/aba
Twitter: @England_Boxing

WORDS TO LEARN

BELOW THE BELT:

A punch that lands on an opponent's body in an illegal position, ie below the waistband of their shorts

JAB:

A punch thrown with a straight arm, using your front hand and delivered straight at your opponent

PULLING YOUR PUNCHES:

A technique of not throwing a punch with full force – commonly used in sparring but also to fool an opponent before throwing a blow with full power

CORNERMAN:

The coach, cutman or person responsible for tending to a fighter between rounds

NEUTRAL CORNER:

A fighter will be assigned a red or blue corner, with the two white corners being neutral territory – this is where a fighter stands when waiting for a knocked down opponent to rise



in the team by twin Luke who will compete in the light welterweight category on his Games debut.

Fellow Rio 2016 Olympian Galal Yafai makes the cut in the light flyweight division while at bantamweight, 2017 European champion and world bronze medallist Peter McGrail chases more silverware.

Lightweight Calum French will be aiming to build on last year's European bronze medal-winning feats with middleweight Ben Whittaker and super heavyweight Frazer Clarke looking to emulate the respective gold-medal achievements of Fowler and Joe

Joyce from Glasgow four years ago.

Meanwhile Lisa Whiteside, a world flyweight silver medallist in 2014 and European bronze medallist two years ago, leads the charge for the women.

She is joined by two-time national champion Natasha Gale, 2015 European Games bronze medallist Sandy Ryan and lightweight Paige Murney.

COMPETITION FORMAT

Sixteen gold medals are on offer, ten of those are in the men's divisions and six in women's – up from the three they fought for at Glasgow 2014.

The men's divisions range from 46-49kg, up to a heaviest of +91kg, while the women range from 45-48kg to +75kg.

DID YOU KNOW?

England has been the leading boxing nation at seven Commonwealth Games, more than any other nation

With amateur boxers only, the rules follow those of the world governing body AIBA meaning men's bouts are fought over three, three-minute rounds, with the women contesting four, two-minute rounds.

The standard 'ten point must' system is used to score bouts, meaning judges must award ten points, before deductions, to whomever they thought won the round – with the loser receiving a score of nine or lower, down to six.

Before a fight there are a shortlist of five judges selected, with three then chosen at random to score the contest.

If a judge's scores are equal at the end of a

ENGLAND'S HISTORICAL MEDALS TABLE

54	27	37	118
GOLD	SILVER	BRONZE	TOTAL

fight, they must indicate a winner on their electronic scoring pad.

While a winner will be declared unanimous if all three judges have the same winner and a split decision is called if two judges have the same winner declared, with the third calling it a tie.

A bout is judged on the number of quality blows landed on the target area, the dominance of a fighter, their competitiveness, technique and tactics, superiority and any infringement of the rules.

A knock-down is called if a fighter touches the canvas with anything other than their feet, or if they hang helplessly on the ropes or are outside, or partly outside, the ropes as a result of a blow, or series of blows.

A knock-down can also be called if the referee judges a fighter, who is still standing following a blow, to be semi-conscious and incapable of continuing the fight.

If a knock-down occurs, the referee will call 'stop' and give the fighter a count to eight to indicate they are ready to fight on.

If the referee deems they are unfit to continue they will receive a count to ten. If a referee reaches ten, the bout is declared over and victory is awarded by KO.

Any fighter may receive a maximum of three eight counts in a round but there is no maximum number for a fight in general.



“ It is absolutely fantastic to be selected for the Commonwealth Games, it will be my first multi-sport event and to represent England on the Gold Coast feels unreal. Boxing's major tournaments don't always get covered on TV, so to be competing and knowing that my friends and family back home will be able to watch is going to be out of this world. ”

Lisa Whiteside

The categories in the Commonwealth Games are fought on a knockout basis, with preliminary rounds for each weight division before they reach the quarter-finals, semi-finals and final.

Losers of the two semi-finals will each be awarded a bronze medal.

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GLASGOW 2014 COMMONWEALTH GAMES MEDALLISTS

M = Men **W** = Women

	GOLD	SILVER	BRONZE
Flyweight (48-51kg)	W Nicola Adams (ENG)	Michaela Walsh (NIR)	Pinki Rani (IND) Mandy Bujold (CAN)
Light flyweight (49kg)	M Paddy Barnes (NIR)	Devendro Laishram (IND)	Ashley Williams (WAL) Fazil Juma Kaggwa (UGA)
Flyweight (52kg)	M Andrew Moloney (AUS)	Muhammad Waseem (PAK)	Abdul Omar (GHA) Reece McFadden (SCO)
Bantamweight (56kg)	M Michael Conlan (NIR)	Qais Ashfaq (ENG)	Sean McGoldrick (WAL) Benson Gicharu Njangiru (KEN)
Lightweight (57-60kg)	W Shelley Watts (AUS)	Laishram Devi (IND)	Alanna Audley-Murphy (NIR) Maria Machongua (MOZ)
Lightweight (60kg)	M Charlie Flynn (SCO)	Joe Fitzpatrick (NIR)	Joseph Cordina (WAL) Michael Alexander (TTO)
Light welterweight (64kg)	M Josh Taylor (SCO)	Jonas Junias (NAM)	Samuel Maxwell (ENG) Sean Duffy (NIR)
Welterweight (69kg)	M Scott Fitzgerald (ENG)	Mandeep Jangra (IND)	Tulani Mbenge (RSA) Steven Donnelly (NIR)
Middleweight (69-75kg)	W Savannah Marshall (ENG)	Ariane Fortin (CAN)	Lauren Price (WAL) Edith Ogoke (NGA)
Middleweight (75kg)	M Antony Fowler (ENG)	Vijender Singh (IND)	Connor Coyle (NIR) Benny Muziyo (ZAM)
light heavyweight (81kg)	M David Nyika (NZL)	Kennedy St Pierre (MAU)	Nathan Thorley (WAL) Sean McGlinchy (NIR)
Heavyweight (91kg)	M Samir El-Mais (CAN)	David Light (NZL)	Efetobor Apochi (NGA) Stephen Lavelle (SCO)
Super heavyweight (+91kg)	M Joseph Joyce (ENG)	Joseph Goodall (AUS)	Mike Sekabembe (UGA) Efe Ajagba (NGA)



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EVENTS SCHEDULE

M = Men's events **W** = Women's events **P** = Preliminary
Q = Quarter-finals **S** = Semi-finals **G** = Medal event

DATE	EVENT
Apr 5	12:00-15:30 P M W Mixed weights
	18:30-22:00 P M W Mixed weights
Apr 6	12:00-15:30 P M W Mixed weights
	18:30-22:00 P M W Mixed weights
Apr 7	12:00-15:30 P M W Mixed weights
	18:30-22:00 P M W Mixed weights
Apr 8	12:00-15:30 P M W Mixed weights
	18:30-22:00 P M W Mixed weights
Apr 9	12:00-15:30 P M W Mixed weights
	18:30-22:00 P M W Mixed weights
Apr 10	12:00-16:00 Q M W Mixed weights
	18:30-22:00 Q M W Mixed weights
Apr 11	12:00-15:30 Q M W Mixed weights
	18:30-22:00 S W 45-48kg Q M W Mixed weights S W 69kg
Apr 13	12:00-15:30 S M 46-49kg, 52kg, 60kg, 64kg, 91kg
	18:30-22:00 S W 51kg, 60kg S M 56kg, 69kg, 75kg, 81kg, +91kg S W 57kg, 75kg
Apr 14	12:00-15:30 G M 46-49kg, 52kg, 60kg, 64kg, 91kg
	18:30-22:00 G W 45-48kg, 51kg, 60kg G M 56kg, 69kg, 75kg, 81kg, +91kg G W 57kg, 69kg, 75kg

CHEAVON CLARKE

Events: Heavyweight (91kg)
D.O.B.: 27 (14.12.1990)
Born: St James
Lives: Gravesham
Games attended: One (Glasgow 2014 - for Jamaica)
Major achievements: ECh: Silver (-91kg) 2017 GBBCh: Gold (-91kg) 2016



Cheavon Clarke started boxing at 18 years old and clinched his first major medal in 2016, winning the GB Boxing Championships in Sheffield.

One year on and Clarke was growing his reputation even further when he snatched the silver at the European Championships in Kharkiv, Ukraine.

A gold medal followed in 2017 in the England Boxing Elite National Championships and Clarke also boxed for Jamaica at the 2014 Commonwealth Games in Glasgow.

@CheavonClarke @c4chev

FRAZER CLARKE

Events: Super heavyweight (+91kg)
D.O.B.: 26 (07.08.1991)
Born: Burton upon Trent
Lives: Burton
Games attended: None
Major achievements: ECh: Silver (+91kg) 2017 EngCh: Gold (+91kg) 2015 OlyTEV: Gold (+91kg) 2016



Making his Commonwealth Games debut, Frazer Clarke's first major tournament was the Commonwealth Championships in 2010, losing to New Zealand's Joseph Parker in the semi-final.



The Burton boxer took gold in the Rio Olympic test event in 2015, beating Erik Pfeifer of Germany in the final.

In June 2017, Clarke sparred with 2012 Olympic gold medalist Anthony Joshua before the European Championships in Ukraine.

@BigFrazBoxer @bigfrazboxer

CALUM FRENCH

Events: Lightweight (60kg)
D.O.B.: 22 (25.08.1995)
Born: Gateshead
Lives: Gateshead
Games attended: None
Major achievements: ECh: Bronze (-60kg) 2017 GBBCh: Gold (-60kg) 2017



After a successful career at youth level, Calum French made the step up with assurance, medalling in his first ever European Championships, picking up bronze in 2017 in Ukraine.

French also picked up the gold medal at the 2017 GB Boxing Championships in Sheffield.

@calumfrench @calumfrench

NATASHA GALE

Events: Middleweight (75kg)
D.O.B.: 29 (13.05.1988)
Born: Leeds
Lives: Sheffield
Games attended: None
Major achievements: ECh: Gold 2016 EngCh: Gold 2015, 2016



Having only started boxing five years ago, Natasha Gale enjoyed a meteoric rise which saw her win the European Championship at middleweight.

At 24, she moved to Sheffield after realising a passion for the sport following a training session with Alwyn Belcher, Olympic gold-medallist Nicola Adams' coach.

Within three years Gale had won gold at the European Championships and successfully defended her title as a national champion.

@ngboxer2020gale @tazzzz4

LUKE McCORMACK

Events: Light welterweight (64kg)
D.O.B.: 22 (08.06.1995)
Born: Washington
Lives: Washington
Games attended: None
Major achievements: ECh: Silver (64kg) 2017 EngCh: Gold (60kg) 2015



A decorated boxer at youth level, Luke McCormack made the step up to senior level in 2015 and made an immediate impact.

That year McCormack and his brother Pat became only the second pair of twins to win England Boxing Elite national titles on the same day, equalling the achievement of Darran and Stewart Langley in 2005.

McCormack also had a successful test event for the Rio Olympic Games, collecting a bronze medal in the 60kg in 2015.

@luke_mc1 @luke_mccormack8

PAT McCORMACK

Events: Welterweight (69kg)
D.O.B.: 22 (08.06.1995)
Born: Washington
Lives: Washington
Games attended: One (Glasgow 2014)
Major achievements: ECh: Silver (69kg) 2017, 2015 EngCh: Gold 2014, 2015 OlyQE: Gold 2016



Pat McCormack started out at Birtley Boxing Club and was England Boxing Elite Champion by 2014, then successfully defended his title in 2015.

In the same year he also won silver at the European Championships in Bulgaria and secured his spot at the Rio 2016 Olympic Games with victory in the World Qualification Event in Baku.

@PatMcCormack14 @patmccormack14

PETER McGRAIL

Events: Bantamweight (56kg)
D.O.B.: 21 (31.05.1996)
Born: Liverpool
Lives: Liverpool
Games attended: None
Major achievements: ECh: Gold 2017. WCh: Bronze 2017. YOG: Bronze 2014 WYCh: Bronze 2014



As an 18-year-old Peter McGrail won a bronze medal at the AIBA Youth World Championships in Sofia.

He won Youth Olympic Games 56kg bronze in Nanjing and by 2015 he was a six-time national champion.

In 2017 McGrail collected silver at the U22 European Championships and gold at the European Championships. He also finished the year with a bronze medal at the World Championships.

@peter_mcgrail @peter_mcgrail

PAIGE MURNEY

Events: Lightweight (60kg)
D.O.B.: 23 (21.01.1995)
Born: Leicester
Lives: Leicester
Games attended: None
Major achievements: EngCh: Silver 2016 3NCh: Silver 2015



Paige Murney has a wealth of experience at such a young age and impressed in the early stages of her career.

At 19, she won the Haringey Box Cup, an amateur boxing event that world champions such as Anthony Joshua won at the start of their careers.

Murney has appeared in national finals in the last three years and was runner up in the England Boxing Elite National Championship and the GB Elite Three Nations Championships.

@paigemurney @paigemurney

SANDY RYAN

Events: Light middleweight (69kg)
D.O.B.: 24 (16.09.1993)
Born: Derby
Lives: Derby
Games attended: None
Major achievements: WCh: Silver, 2014 EG: Bronze, 2015



Sandy Ryan had her first bout aged 18 and it only took a year for her to win her first England Boxing National Elite title.

At the 2014 World Championships in Jeju City she won a light-welterweight silver.

A year later she secured bronze at the European Games in Baku then won her second England Boxing title the following year.

@sandyryan93 @sandyryan93

LISA WHITESIDE

Events: Flyweight (51kg)
D.O.B.: 32 (17.09.1985)
Born: Chorley
Lives: Preston
Games attended: None
Major achievements: WCh: Silver (51kg) 2014 Bronze (57kg) 2012 ECh: Bronze (51kg) 2015, Silver (57kg) 2011



Lisa Whiteside first represented England in the non-Olympic featherweight category at the European Championships in 2011, winning silver.

The Preston boxer won seven straight Elite National Championships between 2011 and 2017.

She claimed silver at the World Championships in 2014 in Korea, losing a tight contest to Marlen Esparza of the USA.

@LisaWhiteside @lisawhiteside1985

BENJAMIN WHITTAKER

Events: Middleweight (75kg)
D.O.B.: 20 (06.06.1997)
Born: West Bromwich
Lives: Wolverhampton
Games attended: None
Major achievements: YCG: Silver (middleweight) 2015 EngCh: Gold (middleweight) 2017, 2016



Making his debut at the Commonwealth Games in Gold Coast, Whittaker already has a Youth Commonwealth Games medal to his cv.

The West Bromwich-born boxer made the final of the 2015 competition before losing to Scotland's John Docherty.

The boxer has also won gold at the England Elite Championships, emerging triumphant in 2017 and 2016.

@BenGWhittaker @bengwhittaker

GALAL YAFAI

Events: Light flyweight (-49kg)
D.O.B.: 25 (11.12.1992)
Born: Edgbaston
Lives: Birmingham
Games attended: None
Major achievements: ECh: Silver (-49kg) 2017 OlyTEV: Bronze (-49kg) 2015 EngCh: Bronze (-49kg) 2015



He might be heading to his first Commonwealth Games but Galal Yafai represented Team GB at the Olympics Games in Rio, in 2016.

The Birmingham boxer defeated Simplicie Fotsala, of Cameroon, before going out to Cuba's Joahnys Argilagos.

His older brother, Khalid, represented Team GB at the 2008 Olympic Games in Beijing.

@galal_yafai @galalyafai

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DAVID ALLOWAY

Team official
D.O.B: 14.07.57
Born: London



CHRISTOPHER CONNELLY

Coach
D.O.B: 15.08.85
Born: Birkenhead



MARK ELLISON

Coach
D.O.B: 28.11.79
Born: Preston



IAN GATT

Physiotherapist
D.O.B: 14.09.78
Born: Attard, Malta



GARY HALE

Coach
D.O.B: 23.05.64
Born: Liverpool



LEE PULLEN

Coach
D.O.B: 14.01.59
Born: London



PAUL WALMSLEY

Coach
D.O.B: 11.09.58
Born: Liverpool



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CYCLING

CYCLING

INTRODUCTION

A part of the Commonwealth Games since the second event in London, 84 years ago, cycling has been a staple in the schedule ever since.

Gradually progressing from just a 1km time trial and ten-mile scratch race – both of which were for men – in 1934, there will now be 26 gold medals on offer in Australia, across three separate disciplines.

Road racing made its debut at the Commonwealth Games in 1938, with mountain biking being added to the schedule for the 2002 Games in Manchester.

Para-cycling events were first held on the Commonwealth stage four years ago, in Glasgow, with there now being 13 gold medals on offer for each sex – ten on the track, two on the road and one off-road.



DID YOU KNOW?

Team England cycling ambassador Evie Richards has won a medal at all three of the women's under-23 World Cyclo-Cross Championships that have ever been held – including two golds.

Australia are the most successful cycling nation in Commonwealth history having won a total of 209 medals over the years. England come next with 108, while New Zealand are not far behind on 97.

Some of the biggest names in English cycling history have appeared at the Commonwealth Games, with Sir Bradley Wiggins, Chris Boardman, Victoria Pendleton, Malcolm Elliott and Lizzie Deignan all having Commonwealth honours on their palmares.

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Four years ago it was Deignan, (nee Armitstead), Laura Kenny, (nee Trott) and Sophie Thornhill that starred as women won five of Team England's seven cycling gold medals.

England won a total of 14 medals in Glasgow, including four silver and three bronze, with Emma Pooley taking silver in both of the women's road events.

TEAM ENGLAND 2018

With three more medals available on the Gold Coast than four years ago, a mix of youthful and experienced riders will be hopeful of returning from Australia with medals.

Four newly-crowned world champions have been named in the team, with Emily Nelson, Ethan Hayter, Kian Emadi and Charlie Tanfield all having won gold at last month's World Championships in Apeldoorn – with none of them aged over 25.



“Winning gold medals in the tandem sprint and kilo events in Glasgow for Team England was one of my proudest achievements, and I'm pleased to have the opportunity to defend the titles with Helen Scott. We trained hard in Manchester ahead of our World Championships in Rio, and from there we aim to carry our racing form through to the Gold Coast.”

Sophie Thornhill – double Commonwealth Games champion

FACT FILE

VENUE:
Nerang Mountain Bike Trails, Currumbin Beachfront, Anna Meares Velodrome

GOLD MEDALS AVAILABLE:
26

DATES:
Thursday April 5 – Saturday April 14

NUMBER OF TEAM ENGLAND

ATHLETES:
Men: 14 Women: 13

WEBSITES:
teamengland.org/
commonwealth-games-sports/cycling
www.britishcycling.org.uk
Twitter: @BritishCycling



“ I love being able to represent my country and I’m looking forward to riding for Team England at Gold Coast 2018. We had our World Championships in Australia back in September, so we used that trip as an opportunity to recce the mountain bike course for the Commonwealth Games. I really enjoyed the course, and I think it will suit a lot of my strengths so I can’t wait to race there. ”

Evie Richards – Team England ambassador



WORDS TO LEARN

DRAFTING:

Riding behind a teammate or rival to gain an aerodynamic advantage and travel at the same speed while expending less energy – this is not allowed in the road time trial

LEADOUT TRAIN:

The process of a team forming a queue of riders who will each take their turn to ride on the front in the closing kilometres of a sprint finish in a road race – aiming for the penultimate rider to peel off and deliver their leader to sprint for the line in the last 250m

BERM:

Banked bend on a mountain bike trail that can be ridden faster than a flat corner

In addition, Sophie Thornhill and Helen Scott bring two Commonwealth titles, multiple world gold medals and a Paralympic honour to the para-cycling party.

Philip Hinds has two Olympic titles from two Games to boast of on his cycling CV and Katy Marchant has a bronze medal in her kitbag from the sprint in Rio.

Of the younger crop taking to two wheels in Australia, Eleanor Dickinson recently won a team pursuit silver medal at the World Championships, while Joe Truman and Ryan Owens took silver in the team sprint.

Tanfield is part of that younger group and has made an impact on the world scene in the past year with team and individual pursuit titles at the Minsk World Cup before impressing at the World Championships.

DID YOU KNOW?

Women’s cycling events were first held at the 1990 Commonwealth Games in Auckland, New Zealand – with just the individual pursuit and 1000m match sprint contested.

He looks set to ride the time trial, along with older brother Harry, who will also ride the road race with fellow youngsters Chris Latham and Oliver Wood – both of whom won races in British Cycling’s national road series last summer.

Adam Blythe is a potential candidate for team leader in the men’s road outfit, with the Aqua Blue Sport rider having previously won the London-Surrey Classic and the British title.

The women’s road team also has a youthful feel to it, with 29-year-old Hayley Simmonds being the exception in a squad where no-one else is older than 22.

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Away from the road and track, Evie Richards and Annie Last could form a potent pairing in the women’s mountain bike race.

Last, who finished fourth for England in Glasgow, became the first British woman in 20 years to win a cross-country World Cup race in 2017, while Richards added a second World under-23 cyclo-cross title to her growing trophy cabinet in 2018.

While in the men’s race Frazer Clacherty will be the sole representative but will be confident of doing well after steady improvement on the under-23 World Cup scene last year.

COMPETITION FORMAT

The addition of women’s keirin, team sprint and team pursuit races to the schedule means there are 26 gold medals on offer and now parity in 13 for men and 13 for women.

Both mountain bike gold medals will be won in one-off races for the line around the Nerang Mountain Bike Trails.

ENGLAND’S HISTORICAL MEDALS TABLE



Located around ten kilometres inland from Surfers Paradise, Nerang has had trails newly-laid in preparation for the arrival of the Commonwealth Games.

Featuring diverse track styles, including fast-flowing trails, steep ascents and technical descents, the course is sure to provide a test for every rider.

The road events will all start and finish on Currumbin Beachfront before the routes take riders away from the coast, into the city and then along Currumbin Creek.

Racing around an 18.7km loop, the women’s race will be a total of 112km, consisting of six laps, with the men racing a further three to total 168km.



The time trials will see riders taking on a slightly different course, with the men riding 37.8km while the women race over 24.5km.

On the track, located in Brisbane, 70km north of the Gold Coast, there will be ten events held, including both team and individual pursuits.

These races see competitors race against the clock in the first instance, before their times place them into medal rides where competitors start on opposite sides of the track and the fastest to complete the set distance, or the first to catch their opponent, wins.

The team pursuit adopts the same format, only with teams of four riders completing the distance and taking turns to ride at the front of their team – the finishing time is taken on the third rider to cross the line.

The individual and team sprints also begin with time trials against the clock, with those marks setting their place in the 1/8 finals.

The races then differ with team sprints – teams of three for men and two for women – seeing teams ride against each other from opposite sides of the track, with the fastest team winning.

But the individual sprint sees riders going head to head, with the first to cross the line the winner – the latter rounds are contested on a best-of-three basis.

Racing 500m for women and 1000m for men, time trials see riders race in turn to set the fastest time over the set distance.

The scratch race is a bunch race with all riders on the track at the same time, with the first person to complete the allotted number of laps declared the winner.

The points race is another bunch race, with intermediate sprints every ten laps offering five, three, two and one points for the first four across the line – double points are on offer in the final sprint and taking a lap on the field earns you 20 points.

The keirin sees riders race around the track behind a motor pacer – known as a derry – before the pacer pulls off the track, leaving a six-up sprint over the next three laps.

In the blind and visually impaired events riders compete on a tandem with a sighted pilot over 500m and 1000m time trials, as well as a sprint.

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GLASGOW 2014 COMMONWEALTH GAMES MEDALLISTS

M = Men W = Women

	GOLD	SILVER	BRONZE
MTB			
Mountain bike	M Anton Cooper (NZL) W Catharine Pendrel (CAN)	Samuel Gaze (NZL) Emily Batty (CAN)	Daniel McConnell (AUS) Rebecca Henderson (AUS)
ROAD			
Road race	M Geraint Thomas (WAL) W Lizzie Armitstead (ENG)	Jack Bauer (NZL) Emma Pooley (ENG)	Scott Thwaites (ENG) Ashleigh Moolman (RSA)
Time trial	M Alex Dowsett (ENG) W Linda Villumsen (NZL)	Rohan Dennis (AUS) Emma Pooley (ENG)	Geraint Thomas (WAL) Katrin Garfoot (AUS)
TRACK			
Individual pursuit	M Jack Bobridge (AUS) W Joanna Rowsell (ENG)	Alex Edmondson (AUS) Annette Edmondson (AUS)	Marc Ryan (NZL) Amy Cure (AUS)
Team pursuit	M Australia	England	New Zealand
Sprint	M Sam Webster (NZL) W Stephanie Morton (AUS)	Jason Kenny (ENG) Anna Meares (AUS)	Edward Dawkins (NZL) Jess Varnish (ENG)
Team sprint	M New Zealand	England	Australia
Points race	M Thomas Scully (NZL) W Laura Trott (ENG)	Peter Kennaugh (IOM) Elinor Barker (WAL)	Aaron Gate (NZL) Katie Archibald (SCO)
Keirin	M Matthew Glaetzer (AUS)	Sam Webster (NZL)	Mohd Azizulhasni Awang (MAS)
Scratch race	M Shane Archbold (NZL) W Annette Edmondson (AUS)	Glenn O'Shea (AUS) Amy Cure (AUS)	Remi Pelletier (CAN) Elinor Barker (WAL)
Time trial	M Scott Sunderland (AUS) W Anna Meares (AUS)	Simon van Velthoven (NZL) Stephanie Morton (AUS)	Matt Archibald (NZL) Jess Varnish (ENG)
Tandem sprint	M Neil Fachie (SCO) Craig Maclean (pilot) W Sophie Thornhill (ENG) Helen Scott (pilot)	Kieran Modra (AUS) Jason Niblett (pilot) Aileen McGlynn (SCO) Louise Haston (pilot)	Paul Kennedy (AUS) Thomas Clarke (pilot) Brandie O'Connor (AUS) Breanna Hargrave (pilot)



GLASGOW 2014 COMMONWEALTH GAMES MEDALLISTS continued

M = Men **W** = Women

	GOLD	SILVER	BRONZE
Tandem 1km	M Neil Fachie (SCO) Craig Maclean (pilot) W Sophie Thornhill (ENG) Helen Scott (pilot)	Kieron Modra (AUS) Jason Niblett (pilot) Aileen McGlynn (SCO) Louise Haston (pilot)	Matt Ellis (WAL) Ieuan Williams (pilot) Brandie O'Connor (AUS) Breanna Hargrave (pilot)



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EVENTS SCHEDULE

M = Men's events **W** = Women's events **P** = Preliminary
Q = Quarter-finals **S** = Semi-finals **G** = Medal event

DATE	EVENT
TRACK Apr 5	
14:30-17:10	P M 4000m team pursuit, team sprint P W Blind & Visually impaired sprint, 4000m team pursuit S W B&Vi sprint
19:00-22:00	P W team sprint G M B&Vi 1000m time trial, 4000m team pursuit, team sprint G W B&Vi sprint, 4000m team pursuit, team sprint

EVENTS SCHEDULE continued

M = Men's events **W** = Women's events
P = Preliminary **Q** = Quarter-finals **S** = Semi-finals **G** = Medal event

DATE	EVENT
Apr 6	13:00-17:10 P M 4000m individual pursuit P W sprint, 3000m individual pursuit Q W sprint 19:00-22:00 P M keirin S M keirin S W sprint G M 4000m individual pursuit, keirin G W sprint, 3000m individual pursuit
Apr 7	13:30-16:30 P M B&Vi sprint, sprint, 15km scratch race Q M sprint S M B&Vi sprint 18:30-22:40 S M sprint G M B&Vi sprint, sprint, 15km scratch race G W B&Vi 1000m time trial, 500m time trial, 25km points race
Apr 8	17:30-22:00 P M 40km points race P W keirin G M 1000m time trial, 40km points race G M 10km scratch race, keirin
ROAD Apr 10	10:00-13:30 G M individual time trial 14:45-16:30 G W individual time trial
Apr 14	07:45-11:15 G W Road race 12:30-16:45 G M Road race
MTB Apr 12	10:30-15:35 G M Mountain bike cross country G W Mountain bike cross country

LAUREN BATE

Events: Team and individual sprint, keirin, 500m time trial
D.O.B: 18 (24.10.1999)
Born: Billinge
Lives: Haydock
Games attended: None
Major achievements: WJCh: Silver (individual sprint), Bronze (team sprint) 2017



Lauren Bate only took up the sport in January 2013, inspired by the London Olympics. At the Junior Track World Championships last year, she scooped a silver and bronze, and managed to break the national junior 500m time trial record twice in one day. She made her senior World Championships debut in Apeldoorn this year, finishing sixth in the women's team sprint alongside Katy Marchant.

[@laurenbatee](#) [@laurenbatee](#)

IAN BIBBY

Events: Road race and time trial
D.O.B: 31 (20.12.1986)
Born: Preston
Lives: Preston
Games attended: None
Major achievements: BrCh: Gold (Cyclo-Cross 2010, Circuit Race 2015); Bronze (Road Race 2017)



Ian Bibby burst onto the road scene in 2015, triumphing in the Circuit Race Championship, Chorley GP and Ryedale GP. The following year, he won the Manx GP solo and the Wiltshire GP, as well as Ryedale again. The JLT-Condor rider secured a bronze medal in the British National Road Race Championships last year.

[@IanBibby86](#) [@ianbibs](#)

DANIEL BIGHAM

Events: Individual and team pursuit, kilometre time trial, road time trial
D.O.B: 26 (02.10.1991)
Born: Newcastle-under-Lyme
Lives: Derby
Games attended: None
Major achievements: BrCh: Gold (individual pursuit, kilometre time trial, team pursuit) 2017



Three-time national track champion Daniel Biggam has enjoyed a whirlwind year. He and Charlie Tanfield were invited to train with the British Cycling squad after an impressive fourth-place finish at last year's World Cup in Manchester. Biggam and Tanfield were then included in this year's World Championships squad in the individual pursuit event.

[@DanBiggles22](#) [@RaptorBiggles](#)

ADAM BLYTHE

Events: Road race
D.O.B: 28 (01.10.1989)
Born: Sheffield
Lives: Alderley Edge
Games attended: None
Major achievements: BrCh: Gold (road) 2016; London-Surrey Classic winner 2014



Aqua Blue Sport rider Adam Blythe was the British champion in 2016 when he claimed the National Road Championships title. In a long list of achievements, other standouts are a silver medal in the 2014 team pursuit event at the National Track Championships and a third-place finish at the 2015 Tour de Korea.

[@adamblythe89](#) [@adamblythe89](#)

FRAZER CLACHERTY

Events: Mountain bike
D.O.B: 20 (10.08.1997)
Born: Middlesbrough
Lives: Whitby
Games attended: None
Major achievements: U23BrCh: Gold (cross country) 2017



Frazer Clacherty claimed his first national title last year at the British National Championships in Cannock Chase, where he finished more than a minute ahead of his nearest rival. At the 2017 UCI World Cup, he finished sixth in the second round of the under-23 cross country event in a career-best performance in Germany.

[@frazerclacherty](#) [@frazerclacherty](#)

ELEANOR DICKINSON

Events: Team and individual pursuit, scratch race, points race, road race
D.O.B: 19 (04.06.1998)
Born: Carlisle
Lives: Canonbie
Games attended: None
Major achievements: WCh: Silver (team pursuit) 2018 ECh: Gold (Madison) 2017



Eleanor Dickinson claimed a team pursuit gold medal at the first round of the 2016-2017 Track Cycling World Cup in Glasgow. A breakthrough year in 2017 saw her build on this success, as she was part of the team which claimed the team pursuit title at the National Track Championships.

She also claimed three silver medals at the UEC European Under-23 Track Championships as well as a senior gold medal in the Madison and this year won team pursuit silver at the World Championships.

[@elliemae_333](#) [@elliedickinson3](#)

KIAN EMADI

Events: Team pursuit, kilometre time trial
D.O.B: 25 (29.07.1992)
Born: Stoke-on-Trent
Lives: Manchester
Games attended: One (Glasgow 2014)



Major achievements: CG: Silver (team sprint) 2014 WCh: Gold (team pursuit) 2018 ECh: Bronze (team pursuit) 2016
 Kian Emadi won silver at his last Commonwealth Games in the team sprint alongside Philip Hindes and Jason Kenny.

In 2015, he switched disciplines from sprint to endurance and in the final round of the World Cup series in January 2016, he was part of the bronze-winning pursuit team.

He upped this to a gold that November at the World Cup event in Glasgow, and then again last year in Manchester. He became a world champion at the 2018 Track Cycling World Championships in Apeldoorn as part of the team pursuit quartet.

[@kianemadi](#) [@kianemadi1](#)

ETHAN HAYTER

Events: Individual and team pursuit, points race, scratch race, road race
D.O.B: 19 (18.09.1998)
Born: London
Lives: London
Games attended: None
Major achievements: WCh: Gold (team pursuit) 2018



Ethan Hayter is being touted as the next Bradley Wiggins – he is that good. He was part of the men's pursuit quartet that rode to gold at the 2018 Track Cycling World Championships, after which teammate Ed Clancy said he was the strongest man on their team, at just 19 years old.

[@Ethan_Hayter](#) [@EthanHayter](#)

PHILIP HINDES MBE

Events: Individual and team sprint, keirin
D.O.B: 25 (22.09.1992)
Born: Krefeld, Germany
Lives: Wilmslow
Games attended: One (Glasgow 2014)



Major achievements: CG: Silver (team sprint) 2014 OG: Gold (team sprint) 2016; Gold (team sprint) 2012
 Philip Hindes is a double gold-winning Olympian, and is attending his second Commonwealth Games on the Gold Coast after claiming team sprint silver in 2014.

Originally a rower, he converted to cycling in 2008. He specialised in the lead position in the three-rider team sprint, but since Rio 2016 has switched to second and started to ride the individual sprint and keirin events too.

[@Phiilip_hindes](#) [@phindes](#)

EMILY KAY

Events: Team and individual pursuit, scratch race, points race, road race
D.O.B: 22 (07.09.1995)
Born: Coventry
Lives: Newport
Games attended: None
Major achievements: ECh: Silver (team pursuit) 2017 WJCh: Gold (team pursuit), Bronze (omnium) 2013



Emily Kay was inspired to ride a bike aged eight by a photo of double Olympic mountain bike champion Paola Pezzo in her dad's cycling magazine. At 22 years of age, she has been a national champion more than ten times and claimed a junior world gold in 2013. Last year, she helped Great Britain to a silver medal in the team pursuit at the European Track Championships in Berlin.

[@emilykay95](#) [@emilykay9](#)

ANNIE LAST

Events: Mountain bike
D.O.B: 27 (07.09.1990)
Born: Bakewell
Lives: Sheffield
Games attended: One (Glasgow 2014)
Major achievements: OG: 8th 2012



Annie Last deferred a university place to study medicine, to become a professional mountain biker. The risk was worth it as she managed an impressive eighth-place finish at the London Olympics in 2012.

In 2017 she became the first British woman in 20 years to win at the UCI Mountain Bike Cross-Country World Cup in Lenzerheide.

[@annielast1](#) [@annielast1](#)

CHRISTOPHER LATHAM

Events: Team pursuit, points race, scratch race, road race
D.O.B: 24 (06.02.1994)
Born: Bolton
Lives: Manchester
Games attended: None
Major achievements: WCh: Bronze (scratch race) 2017 ECh: Bronze (elimination) 2015



Chris Latham's bulging medal cabinet includes silverware from his impressive second-place finish in the omnium at the second round of the 2015/16 UCI Track Cycling World Cup in New Zealand.

In the final round of the same series, he claimed bronze in the team pursuit alongside Germain Burton, Ollie Wood and Kian Emadi.

Last year, Latham took silver in the scratch in the second round of the World Cup in Apeldoorn, a result which earned him selection for the World Championships – where he took bronze in the scratch, his first senior Worlds medal.

[@chrislatham9](#) [@Chrislatham20](#)

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MELISSA LOWTHER

Events: Road race, time trial
D.O.B: 21 (15.05.1996)
Born: Wakefield
Lives: Manchester
Games attended: None
Major achievements: U23BrCh: Gold (road race) 2017



Melissa Lowther rode for Team Breeze before joining Matrix Fitness in 2016.

She came third in the scratch race at the London round of the Revolution Series Race in 2015, and repeated this placing at the points race in Manchester the following year.

Last year she came first in the British Under-23 Road Championships.

[@mellowther](#) [@mellowther](#)

KATY MARCHANT

Events: Team and individual sprint, keirin, 500m time trial
D.O.B: 25 (30.01.1993)
Born: Leeds
Lives: Manchester
Games attended: None



Major achievements: OG: Bronze (individual sprint) 2016 BrCh: Gold (individual sprint, keirin, team sprint, 500m time trial) 2015; Silver (individual sprint), Bronze (keirin, 500m time trial) 2014

Initially a heptathlete, who represented Britain at the 2012 World Junior Championships, Katy Marchant switched to track cycling in 2013 after a coach observed her power output on a Wattbike test.

Her breakthrough came at the 2015 National Track Championships, where she claimed an astounding four gold medals. Her scintillating form continued in 2016 as she competed individually at the Rio Olympics, claiming a bronze medal.

Last year, she won her maiden individual World Cup medal as she came second in the keirin in Milton, Canada.

[@katymarch](#) [@katymarchant](#)

EMILY NELSON

Events: Team and individual pursuit, scratch race, points race, road race
D.O.B: 21 (10.11.1996)
Born: Burton-upon-Trent
Lives: Manchester
Games attended: None



Major achievements: WCh: Gold (Madison) 2018; Silver (team pursuit) 2018; Silver (Madison) 2017 ECh: Silver (Madison) 2016

Emily Nelson made her international debut at the final round of the 2015/16 UCI World Cup Series in Hong Kong, where she helped GB win a team pursuit silver as well as enjoying international glory, with a bronze in the points race.

Following this success, she was selected for the World Championships in London, where she finished fifth in the points race.

Her most recent success was at the 2018 UCI Track Cycling World Championships in Apeldoorn, where she won Madison gold and team pursuit silver.

[@emilynelson21](#) [@emilynelson21](#)

RYAN OWENS

Events: Individual and team sprint, keirin
D.O.B: 22 (20.09.1995)
Born: Milton Keynes
Lives: Manchester
Games attended: None



Major achievements: WCh: Silver (team sprint) 2018 ECh: Silver (team sprint) 2016

Ryan Owens was a Rio 2016 reserve behind the champion trio of Jason Kenny, Callum Skinner and Philip Hindes.

In the last two years he has won two senior international team sprint silver medals, one at the European Championships and the other at this year's global event.

[@ryanowens0](#) [@ryan_owens1995](#)

REBECCA RAYBOULD

Events: Team and individual pursuit, scratch race, points race, road race
D.O.B: 19 (14.04.1998)
Born: Nuneaton
Lives: Walsall
Games attended: None



Major achievements: BrCh: Gold (team pursuit) 2018 WJCh: Gold (scratch race) 2016

Rebecca Raybould was part of the Team Breeze quartet that became team pursuit national champions at the British Track Cycling Championships in Manchester in January.

The former junior scratch world champion is in her second year on British Cycling's senior academy.

[@Becky_Raybould](#) [@bex_raybould](#)

EVIE RICHARDS

Events: Mountain bike
D.O.B: 21 (11.03.1997)
Born: Worcester
Lives: Malvern
Games attended: None



Major achievements: U23WCh: Gold (cyclo-cross) 2018; Gold (cyclo-cross) 2016; Bronze (cyclo-cross) 2017

Prior to 2016, Evie Richards competed in the elite category as under-23 racing was then only open to men. She rose to the challenge, coming seventh in the 2015 National Championships.

In 2016, she won the inaugural world under-23 competition in Belgium by a margin of 35 seconds, her first competition outside the UK, and repeated the trick in 2018.

[@evie_alicee](#) [@evie_alicee](#)



HELEN SCOTT MBE

Events: B&Vi sprint and time trial
D.O.B: 27 (25.07.1990)
Born: Birmingham
Lives: Manchester
Games attended: One (Glasgow 2014)



Major achievements: CG: Gold (sprint & Kilo) 2014 PG: Gold (time trial) 2016 WCh: Gold (time trial and sprint) 2015

Helen Scott joined the British cycling team in 2010 as a pilot to Aileen McGlynn, with whom she won silver and bronze at the London 2012 Paralympic Games. 'Scottie' then joined Sophie Thornhill and won Paralympic gold in 2016, and two Commonwealth titles in 2014. The following year Scott won gold in the sprint and kilo at the UCI Para-cycling Track World Championships.

With Thornhill, they warmed up for the Gold Coast with their World Championships in Rio, clocking a world record and donning the rainbow jersey.

[@scottie2507](#) [@scottie2507](#)

HAYLEY SIMMONDS

Events: Road race and time trial
D.O.B: 29 (22.07.1988)
Born: Redditch
Lives: Cambridge
Games attended: None



Major achievements: BrCh: Gold (time trial) 2016; Gold (time trial) 2015

Not many people can combine professional cycling with completing a PhD, but Hayley Simmonds managed the two. The Cambridge University academic is studying experimental chemistry and balancing it with her bike. The former rower switched sports in 2011, after a year away from sport, and 2012 was her breakthrough year. She won her first national time trial title in 2015 and earned a place in Great Britain's World Championship squad.

[@hayleysimmonds](#) [@hayleysimmonds](#)

THOMAS STEWART

Events: Road race
D.O.B: 28 (09.01.1990)
Born: Doncaster
Lives: Sheffield
Games attended: None



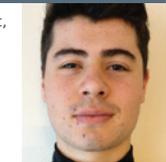
Major achievements: Tour of the Reservoir: Winner (general classification) 2017 GPoWales: Winner 2016

Thomas Stewart is an experienced road racer and has performed consistently on the domestic and world stage for several years. This is his first Commonwealth appearance for Team England and he will be looking to replicate the form which won him the general classification at the 2017 Tour of the Reservoir.

[@mtb_tom](#) [@mtb_tom](#)

CHARLES TANFIELD

Events: Individual and team pursuit, road time trial
D.O.B: 21 (17.11.1996)
Born: Middlesbrough
Lives: Derby
Games attended: None



Major achievements: WCh: Gold (team pursuit) 2018 U23BrCh: Bronze (time trial) 2017

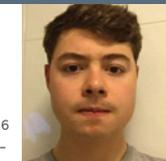
Rising star Charlie Tanfield burst onto the track cycling scene at this year's World Championships as he, Kian Emadi, Ethan Hayter and Ed Clancy stormed to gold in the team pursuit in Apeldoorn.

Tanfield, whose brother Harry is also a cyclist for Team England, put his university studies on hold and rides professionally on the road with Canyon-Eisberg.

[@charlie_tanfield](#) [@charlie_tanfield](#)

HARRY TANFIELD

Events: Road race and time trial
D.O.B: 23 (17.11.1994)
Born: Middlesbrough
Lives: Great Ayton
Games attended: None



Major achievements: BrCh: Fifth 2017; No. 1 in British Cycling road rankings 2016

Harry Tanfield rides for the Canyon-Eisberg cycling.

Known as the Wizard by his teammates, he got into his sport first by messing about on mountain bikes, then starting in his local youth league aged 11.

His younger brother Charlie is a cyclist too, and the Gold Coast marks the siblings' first Commonwealth Games after they were part of the quartet which stormed to a superb team pursuit gold at the UCI Track Cycling World Cup in January.

[@Harrytanfield94](#) [@harrytanfield.94](#)



SOPHIE THORNHILL MBE

Events: B&Vi sprint and time trial
D.O.B: 22 (09.02.1996)
Born: Stockport
Lives: Stockport
Games attended: One (Glasgow 2014)



Major achievements: CG: Gold (tandem B sprint and time trial) 2014 PG: Gold (tandem time trial); Bronze (tandem pursuit) 2016 WCh: Gold (tandem sprint and time trial) 2015; Gold (tandem sprint and time trial) 2014

Competing as a visually impaired athlete, Sophie Thornhill has racked up Commonwealth, Paralympic and World titles despite being just 22 years old.

She scooped two golds at her first international competition – the 2014 Para-cycling Track World Championships in Aguascalientes – breaking the world record en route to both titles.

She was the youngest Team England cycling squad member at Glasgow 2014 and crowned this with sprint and kilo titles. Two more medals followed at Rio 2016 as well as more podium finishes on the world stage. Thornhill and Scott prepared for the Commonwealth Games with record-setting performances at the World Championships in Rio.

[@SophieThornhill](#) [@sophiethornhill](#)

JOSEPH TRUMAN

Events: Individual and team sprint, keirin, kilometre time trial
D.O.B: 21 (14.02.1997)
Born: Portsmouth
Lives: Manchester
Games attended: None



Major achievements: WCh: Silver (Team Sprint) 2018; WC: Gold (Team Sprint) 2016, Bronze (Team Sprint) 2017

Joe Truman is a track sprint cyclist on the GB Olympic Podium Programme.

He made an impact in 2016 when he won gold in the team sprint at the Track Cycling World Cup in Glasgow, following up a silver in the European Championships.

In 2017 he debuted at the World Championships in Hong Kong, and this year returned to win team sprint silver in Apeldoorn.

[@JoeTruman97](#) [@joetruman1](#)

ABIGAIL VAN TWISK

Events: Road race
D.O.B: 21 (01.03.1997)
Born: London
Lives: London
Games attended: None



Major achievements: WTDU: Fourth on stage four, 2018

Abi van Twisk, who rides for the Trek-Drops Cycling Team, cycled to school as soon as she was big enough to reach the pedals.

The Peckham native first visited Herne Hill Velodrome when she was six and enjoys cycling any mountains with switchbacks and long descents. She finished fourth on stage four of the 2018 World Tour Down Under.

[@abi_VT](#) [@abivantwisk](#)

OLIVER WOOD

Events: Team pursuit, points race, scratch race, road race
D.O.B: 22 (26.11.1995)
Born: Wakefield
Lives: Manchester
Games attended:



Major achievements: WC: Gold (team pursuit), Manchester 2017; Gold (team pursuit) Glasgow 2016 ECh: Bronze (team pursuit) 2016

Ollie Wood was accepted onto British Cycling's Olympic Development Programme in 2011.

The JLT-Condor rider enjoyed substantial junior success and was part of the gold-winning pursuit team at the 2015 European Under-23 Track Championships, also taking silver in the omnium event.

His first senior gold came at the 2016/17 UCI Track Cycling World Cup in Glasgow in the team pursuit.

He ended 2017 with a team pursuit gold in another home round of the World Cup, before taking an omnium silver and Madison bronze in the Canada round afterwards.

[@olliewood95](#) [@olliewood95](#)

EMMA BARTON

Mountain bike, road, track – Assistant team manager
D.O.B: 29.08.89
Born: Elgin



JORDAN COLLEDGE

Track – Mechanic
D.O.B: 10.04.89
Born: Dudley



EAMONN DEANE

Road, Track – Carer
D.O.B: 23.10.58
Born: Abingdon



IAN DYER

Mountain bike, road, track – Coach
D.O.B: 01.12.71
Born: Tallow



ANOUSKA EDWARDS

Track – Carer
D.O.B: 18.01.79
Born: Penrith



ERNEST FEARGRIEVE

Track – Mechanic
D.O.B: 18.05.65
Born: Braintree



JUSTIN GRACE

Track – Coach
D.O.B: 09.09.70
Born: Calgary, Canada



PAUL MANNING

Track – Coach
D.O.B: 06.11.74
Born: Sutton Coldfield



LEWIS MARSDEN

Track – Analyst
D.O.B: 09.05.91
Born: Burnley



LUCY MAUDE

Mountain bike – Carer
D.O.B: 19.01.88
Born: Keighley



CHRISTOPHER NEWTON

Road, track – Coach
D.O.B: 29.09.73
Born: Middlesbrough



STEPHEN PARK

Mountain bike, Road, Track – Performance director
D.O.B: 24.02.68
Born: Glasgow



MICHAEL RAWSON

Road – Mechanic
D.O.B: 10.11.92
Born: Manchester



ANGELA RICKARD

Road – Carer
D.O.B: 07.06.81
Born: Palmerston North



JAN VAN EIJDEN

Track – Coach
D.O.B: 10.08.76
Born: Bad Neuenahr-Ahrweiler, Germany



SIMON WATTS

Mountain bike – Coach
D.O.B: 07.06.78
Born: Nottingham



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ALAN WILLIAMS

Mountain bike, road - Mechanic
D.O.B: 19.10.82
Born: Stockport



JULIAN WINN

Road - Coach
D.O.B: 23.09.73
Born: Abergavenny



MARC YATES

Mountain bike - Mechanic
D.O.B: 29.09.82
Born: Stoke-on-Trent



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GYMNASTICS

GYMNASTICS

INTRODUCTION

Gymnastics makes its ninth Commonwealth Games appearance at Gold Coast 2018.

England are currently third in the sport's all-time medals table behind Canada and Australia – amassing 28 golds, 28 silvers and 26 bronzes.

Glasgow 2014 marked the first time Team England have ever topped the medal table in the sport with a haul of nine golds, five silvers and five bronze medals – 19 podium places in total.

Claudia Fragapane, absent from the Gold Coast due to injury, won a remarkable four

DID YOU KNOW?

Rhythmic gymnastics is one of just two sports in the Commonwealth Games that only women can compete in – the other being netball

golds while Max Whitlock claimed three – and, of course, went on to win double gold at the Olympic Games in Rio two years later.

Whitlock is now the most medalled English gymnast in Commonwealth Games history, with three golds, three silvers and two bronze medals from his appearances in Delhi and Glasgow.



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Team England won both all-around team events for the first time four years ago and will have high hopes of doing so again, having finished fourth (men) and fifth (women) at the Olympics, the top Commonwealth nation.

Canada remain the dominant force in rhythmic gymnastics, winning all but one of the titles in Glasgow and will be expected to strongly challenge again on the Gold Coast.

TEAM ENGLAND 2018

Four years ago Team England topped the gymnastics medal table with a total of 19 podium finishes – and they will be looking for more of the same in Australia.

Chief among those will be Whitlock and Nile Wilson, who have tasted success at Olympic level in Rio in the years since Glasgow.

For Whitlock, Olympic champion on floor and pommel, it will be a third Commonwealth Games appearance with an impressive eight medals already under his belt at that level.

FACT FILE

VENUE:
Coomera Indoor Sports Centre

GOLD MEDALS AVAILABLE:
12

DATES:
Thursday April 5 – Friday April 13

NUMBER OF TEAM ENGLAND ATHLETES:
Men: 5 Women: 8

WEBSITES:
teamengland.org/commonwealth-games-sports/gymnastics
www.englishgymnastics.org.uk

“My Commonwealth Games experiences so far have been incredible and I’m looking forward to being a part of Team England again, aiming to win medals for my nation. The gymnastics competition, particularly between the Home Nations, is going to be intense and I know the whole team are working hard to be in the best shape to produce medal winning routines.”

Max Whitlock – eight-time Commonwealth Games medallist

WORDS TO LEARN

CODE OF POINTS:

The document governing the scoring of each discipline

ELEMENT GROUP REQUIREMENTS:

The specific required skills, or skill families, that the gymnast must show at some point in his or her routine on each apparatus – eg a release move on the uneven bars

TWEDDLE:

A specific move on the uneven bars named after England's Beth Tweddle – the move consists of a toe-on Tkatchev with a half turn

GIANT:

A move performed on the high bar, circling the bar with a straight body from a handstand position



That included five podium visits in 2014, with gold in the team, all-around and floor.

Wilson was also part of that team which claimed gold, along with high bar gold, parallel bar silver and all-around bronze – and he will be hopeful of more, especially after Olympic high bar bronze in 2016.

The two are joined in the men's team by 2017 European all-around bronze medallist James Hall, 2017 European rings silver medallist Courtney Tulloch and Dominick Cunningham – all of whom will be making their senior Commonwealth Games debut.

In the absence of the injured Claudia Fragapane and Amy Tinkler, Kelly Simm leads the team with the recently-crowned British all-around champion the only remaining gymnast from the gold-medal winning team

four years ago in Glasgow. Simm is joined by Georgia-Mae Fenton, Taeja James, Alice Kinsella and Lucy Stanhope, with all having demonstrated their talents at youth and junior level.

Team England also boast a three-strong rhythmic gymnastics team in Mimi Cesar, Stephani Sherlock and Hannah Martin.

The former two return to the Commonwealth Games stage after competing at Glasgow 2014, while Martin pulls on the Team England colours for the first time.

COMPETITION FORMAT

In artistic gymnastics men compete on six apparatus – high bar, vault, floor, rings, parallel bars and pommel horse – while women compete on four – beam, vault, floor and uneven bars.

Gold medals are available on each individual apparatus, as well as both men's and women's all-around – for the gymnast with the best aggregate score across all apparatus – and team.

The team event sees a maximum of four gymnasts, out of a possible team of five, per country compete on an apparatus, with the best three marks counting to their score.

The country with the best overall score across all apparatus is declared the winner. These scores are set during qualifying for the individual apparatus finals.

The individual all-around competition sees the 18 gymnasts with the best aggregate scores across all apparatus from the team event, compete in the final - with the highest total score across all six apparatus in the final, declared the winner.

While the individual apparatus finals see the

top eight gymnasts from qualifying compete on each apparatus. A gymnast's score is judged by a panel on the difficulty of their routine, its execution and its artistry.

The competition is presided over by a chair of the apparatus jury and eight judges.

A gymnast's final score is calculated by discarding the highest and lowest marks and an average then being taken from the remaining six scores.

In rhythmic gymnastics athletes compete in team, individual all-around, hoop, ball, ribbon and clubs events.

In much the same way as the artistic events,

DID YOU KNOW?

Max Whitlock is England's most decorated gymnast in Commonwealth Games history with three gold medals, three silver and two bronze

the team event also acts as the qualifiers for the individual all-around and the hand apparatus finals.

The team event sees three gymnasts per nation compete with three of the four hand apparatus, accumulating 12 scores and the team with the highest aggregate score is the winner.

The individual finals take the same format as artistic gymnastics, with the best performers from qualifying going on to compete in the finals - with the highest score winning the gold medal.

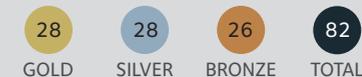


It's so exciting to be able to tell everyone I have made the Gold Coast team and I can't wait to get out there and compete for Team England. I've been training really hard over the last 18 months with Gold Coast completely in the focus. I know that my time is now in my gymnastics career, it's been the best it's ever been and I know that I have the potential to bring home that medal.

Mimi Cesar - Team England ambassador



ENGLAND'S HISTORICAL MEDALS TABLE



GLASGOW 2014 COMMONWEALTH GAMES MEDALLISTS

M = Men **W** = Women

	GOLD	SILVER	BRONZE
ARTISTIC			
All around	M Max Whitlock (ENG) W Claudia Fragapane (ENG)	Daniel Keatings (SCO) Ruby Harrold (ENG)	Nile Wilson (ENG) Hannah Whelan (ENG)
Floor	M Max Whitlock (ENG) W Claudia Fragapane (ENG)	Scott Morgan (CAN) Lauren Mitchell (AUS)	David Bishop (NZL) Elisabeth Black (CAN)
Uneven bars	W Rebecca Downie (ENG)	Larissa Miller (AUS)	Ruby Harrold (ENG)
Horizontal Bar	M Nile Wilson (ENG)	Kristian Thomas (ENG)	Kevin Lytwyn (CAN)
Parallel Bar	M Daniel Purvis (SCO)	Nile Wilson (ENG)	Max Whitlock (ENG)
Pommel horse	M Daniel Keatings (SCO)	Max Whitlock (ENG)	Louis Smith (ENG)
Rings	M Scott Morgan (CAN)	Kevin Lytwyn (CAN)	Daniel Purvis (SCO)
Vault	M Scott Morgan (CAN) W Claudia Fragapane (ENG)	Kristian Thomas (ENG) Elisabeth Black (CAN)	Hoe Wah Toon (SIN) Dipa Karmakar (IND)
Balance Beam	W Elisabeth Black (CAN)	Marry Anne Monckton (AUS)	Georgina Hockenhull (WAL)
Team All around	M England: Sam Oldham Louis Smith Kristian Thomas Max Whitlock Nile Wilson W England: Ruby Harrold Kelly Sim Hannah Whelan Claudia Fragapane Rebecca Downie	Scotland: Frank Baines Adam Cox Liam Davie Daniel Keatings Daniel Purvis	Canada: Zachary Clay Nathan Gafuik Anderson Loran Kevin Lytwyn Scott Morgan
		Australia: Georgia Rose Brown Larissa Miller Lauren Mitchell Mary Anne Monckton Olivia Vivian	Wales: Elizabeth Bedoe Georgina Hockenhull Jessica Hogg Angel Romaeo Raer Theaker
RHYTHMIC			
All around	W Patricia Bezzoubenko (CAN)	Francesca Jones (WAL)	Laura Halford (WAL)
Ball	W Patricia Bezzoubenko (CAN)	Francesca Jones (WAL)	Laura Halford (WAL)

GLASGOW 2014 COMMONWEALTH GAMES MEDALLISTS continued

M = Men **W** = Women

	GOLD	SILVER	BRONZE
Clubs	W Patricia Bezzoubenko (CAN)	Francesca Jones (WAL)	Themida Christodoulidou (CYP)
Hoop	W Patricia Bezzoubenko (CAN)	Francesca Jones (WAL)	Wong Poh San (MYS)
Ribbon	W Francesca Jones (WAL)	Wong Poh San (MYS)	Patricia Bezzoubenko (CAN)
Team All around	W Canada: Annabelle Kovacs Maria Kitkarska Patricia Bezzoubenko	Wales: Nikara Jenkins Francesca Jones Laura Halford	Malaysia: Fatin Zakirah Zain Jalany Wong Poh San Amy Kwan Dict Weng

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EVENTS SCHEDULE

M = Men's events **W** = Women's events **P** = Preliminary **G** = Medal event

DATE	EVENT
Apr 5	09:00-15:00 G M Artistic team P M Artistic individual qualification
	17:00-20:15 G M Artistic team, individual qualification
Apr 6	09:00-14:00 G W Artistic team P W Artistic individual qualification
	16:00-21:00 G W Artistic team, individual qualification
Apr 7	09:00-11:45 G M Artistic individual all-around 16:30-19:30 G W Artistic individual all-around
	Apr 8
Apr 9	14:30-18:00 G M Artistic vault, parallel bars, horizontal bar G W Artistic beam, floor
Apr 11	11:00-14:15 G W Rhythmic team final P W Rhythmic individual qualification
	17:00-20:30 G W Rhythmic team final, individual qualification
Apr 12	14:00-18:00 G W Rhythmic individual all-around
Apr 13	10:00-12:45 G W Rhythmic hoop, ball, clubs, ribbon

MIMI-ISABELLA CESAR

Events: Rhythmic
D.O.B: 23 (28.01.1995)
Born: Birmingham
Lives: Birmingham
Games attended: One (Glasgow 2014)



Major achievements: BrCh: Silver (clubs, ribbon), Bronze (all-around, hoop) 2017; Bronze (ribbon) 2016; Bronze (all-around, ball) 2014; Silver (ribbon), Bronze (all-around, ball, clubs) 2012; Bronze (all-around, hoop, ball, clubs, ribbon) 2011



Mimi-Isabella Cesar arrives at her second Commonwealth Games as a Team England ambassador.

The four-time British all-around medallist was inspired to become an athlete watching the Melbourne 2006 Games, and is hoping a strong performance on the Gold Coast could set her up for success at Birmingham 2022 – her hometown.

[@mimi_cesar](#) [@mimi_cesar](#)

DOMINICK CUNNINGHAM

Events: Men's artistic
D.O.B: 22 (09.05.1995)
Born: Birmingham
Lives: Birmingham
Games attended: None
Major achievements: BrCh: Gold (vault), Silver (all-around, floor, masters vault), Bronze (high bar) 2017 **EngCh:** Gold (floor, vault) 2016



Dominick Cunningham's first taste of Commonwealth action was at the 2011 Youth Games on the Isle of Man, where he won gold in the team, all-around and high bar disciplines, as well as a vault silver and pommel horse bronze.

Last year, at the European Championships, he reached finals on both the floor and the vault.

[@domcunningham](#) [@domcunn](#)

GEORGIA-MAE FENTON

Events: Women's artistic
D.O.B: 17 (02.11.2000)
Born: Gravesend
Lives: Gravesend
Games attended: None
Major achievements: BrCh: Silver (bars) 2017 **BjCh:** Gold (bars), Bronze (all-around) 2015



Georgia-Mae Fenton represented Great Britain at the 2017 World Artistic Gymnastic Championships in Montreal, the same year she made her senior breakthrough as she won a silver medal on the beam at the World Challenge Cup.

She has her own skill on uneven bars, called the Fenton.

[@GeorgiaMaeFent](#) [@_gmfenton](#)

JAMES HALL

Events: Men's artistic
D.O.B: 22 (06.10.1995)
Born: Bankstown, Australia
Lives: Maidstone
Games attended: None
Major achievements: ECh: Bronze (all-around) 2017 **BrCh:** Gold (pommel horse, masters parallel bars), Silver (all-around, parallel bars) 2017, Bronze (all-around, masters pommel) 2015



James Hall has been a member of the British senior team since 2014, but makes his Team England debut on the Gold Coast.

He arrives in Australia fresh from his success at last year's European Championships, where he made the podium in the all-around event.

[@_JamesrHall](#) [@_jamesrhall](#)

TAEJA JAMES

Events: Women's artistic
D.O.B: 15 (15.10.2002)
Born: Nottingham
Lives: Nottingham
Games attended: None
Major achievements: EjCh: Silver (team) 2016



Taeja is making her Commonwealth Games debut in Australia but she already has international experience under her belt.

In 2016 she helped Great Britain to junior European team silver while last July, she represented Team GB at the European Youth Olympic Festival in Győr, Hungary.

Last year's junior British all-around champion, James has moved up to the senior circuit in 2018 and won vault bronze and floor silver at the British Championships in Liverpool last month.

[@taeja2002taeja](#) [@taejajames](#)

ALICE KINSELLA

Events: Women's artistic
D.O.B: 17 (13.03.2001)
Born: Basildon
Lives: Sutton Coldfield
Games attended: None
Major achievements: BrCh: Silver (all-around) 2017 **EjCh:** Silver (beam, floor, team) 2016 **BjCh:** Gold (beam) 2016



Alice Kinsella's junior career peaked at the 2016 Junior European Championships, where her silver success marked Great Britain's first ever beam medal at the event.

In 2017 she made her senior debut at the British Championships, where a sensational beam routine won her the all-around silver.

Following this success, she qualified for the all-around final at the World Championships.

[@alicekinsella12](#)

HANNAH MARTIN

Events: Rhythmic
D.O.B: 15 (23.05.2002)
Born: Hove
Lives: West Sussex
Games attended: None
Major achievements: BjCh: Gold (hoop, ball, clubs), Silver (rope, all-around) 2016 **EjCh:** Gold (clubs, ball), Silver (rope, hoop, all-around) 2016



Hannah Martin, who is just 15 years old, is a three-time British all-around medallist.

The teenager won gold at the A&V Cup, English Junior Championships, British Junior Championships and AGN Cup in 2016.

STEPHANI SHERLOCK

Events: Rhythmic
D.O.B: 21 (02.09.1996)
Born: Moscow, Russia
Lives: Swindon
Games attended: One (Glasgow 2014)



Major achievements: BrCh: Silver (hoop), Bronze (clubs, ball) 2017; Gold (all-around, ball), Bronze (hoop, clubs) 2016; Gold (ribbon), Silver (all-around), Bronze (ball) 2015; Silver (hoop, ball) 2014

Russian-British gymnast Stephani Sherlock is a multiple British champion and medallist. She arrives at her second Commonwealth Games fresh from her success at the 2017 British Championships, where she claimed silver in the hoop and bronze in the clubs and ball disciplines.

[@Stephani_Sher](#) [@stephani_sherlock](#)

KELLY SIMM

Events: Women's artistic
D.O.B: 22 (23.04.1995)
Born: Southampton
Games attended: One (Glasgow 2014)
Major achievements: CG: Gold (team) 2014 **BrCh:** Silver (vault) 2015 **WCh:** Bronze (team) 2015 **BrCh:** Gold (all-around) 2018



Kelly Simm returns to competition at her second Commonwealth Games after a difficult couple of years struggling with injury.

Nevertheless, her previous track record is promising, with podium performances at the English, British and World Championships – not to mention becoming British all-around champion just last month.

[@Kelly_Simm](#) [@kelly_simm](#)

LUCY STANHOPE

Events: Women's artistic
D.O.B: 16 (19.09.2001)
Born: Warrington
Lives: Warrington
Games attended: None
Major achievements: EjCh: Silver (team) 2016 **EngCh:** Silver (beam) 2017



Lucy Stanhope heads to the Gold Coast in form.

A fourth position in the all-around at the recent British Gymnastics Championships shows her potential.

The teenager has already helped Britain to silver on the junior European stage. She will now be hoping to make a successful step up to senior competition.

[@LucyStanhope](#) [@lucystanhope](#)

COURTNEY TULLOCH

Events: Men's artistic
D.O.B: 22 (06.10.1995)
Born: Lewisham
Lives: Maidstone
Games attended: None
Major achievements: ECh: Silver 2017, Silver (team) 2016 **BrCh:** Gold (rings, masters rings) 2017, 2016



Rings specialist Courtney Tulloch is a junior European champion in the discipline.

He claimed his first major senior individual medal at last year's European Championships, where he won rings silver.

His past international competition experience includes the 2011 European Youth Olympics Festival and 2013 Australian Youth Olympics Festival – he won rings gold at both events.

[@TullochCourtney](#) [@courtneytulloch](#)

MAX WHITLOCK MBE

Events: Men's artistic
D.O.B: 25 (13.01.1993)
Born: Hemel Hempstead
Lives: Basildon
Games attended: Two (Delhi 2010, Glasgow 2014)



Major achievements: CG: Gold (all-around, floor, team), Silver (pommel), 2014 **OG:** Gold (pommel, floor) 2016; Bronze (team, pommel) 2012 **WCh:** Gold 2017, 2015, Silver 2015



Max Whitlock is the most successful gymnast in British history.

He is the reigning Commonwealth all-around champion and, since his Glasgow triumph, claimed two gold medals and a bronze at the Rio Olympics, where he became Britain's first ever Olympic champion in artistic gymnastics.

His most recent success was at last year's World Championships, where he added yet another gold medal to his impressive tally.

[@maxwhitlock1](#) [@maxwhitlock](#)

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NILE WILSON

Events: Men's artistic
D.O.B: 22 (17.01.1996)
Born: Leeds
Lives: Leeds
Games attended: One (Glasgow 2014)



Major achievements: CG: Gold (team, high bar), Silver (parallel bars), Bronze (all-around) 2014 OG: Bronze (high bar) 2016 WCh: Silver (team) 2015

Nile Wilson made history in 2014 when he became the first British gymnast to win five golds at the European Junior Gymnastics Championships.

He has made a similar impact in the senior ranks, winning four medals at Glasgow 2014 and a bronze medal on the high bar at the Rio Olympics.

[@NileMW](#) [@nilemw](#)

LORRAINE ATKINSON

Artistic – Team official
D.O.B: 21.02.57
Born: London



JONATHAN BUCKE

Artistic – Physiotherapist
D.O.B: 28.11.90
Born: Cape Town, South Africa



BARRY COLLIE

Artistic – Coach
D.O.B: 10.01.79
Born: Aberdeen



BRETT INCE

Artistic – Coach
D.O.B: 23.05.88
Born: West Bromwich



JASON LAIRD

Artistic – Physiotherapist
D.O.B: 16.09.83
Born: Dover



IONUT TRANDABURU

Artistic – Coach
D.O.B: 29.03.77
Born: Brasov, Romania



HELEN WILSON

Rhythmic – Coach
D.O.B: 12.04.61
Born: Kilwinning



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HOCKEY

HOCKEY

INTRODUCTION

Hockey was a late addition to the sports programme when it joined in time for the 1998 Commonwealth Games in Kuala Lumpur as team sports made their debut.

However, after a 68-year wait, hockey is now a core sport and is guaranteed involvement.

England have a strong history, bringing home a medal at every Games since its introduction. But it is Australia who are the real heavyweights of the sport, laying claim to all but one of the ten gold medals that have been on offer. The only exception was at Manchester 2002, where India's women won gold after defeating England 3-2 after extra-time and Australia took bronze.

Four years ago in Glasgow, England's women lost in a penalty shoot-out to Australia in the gold-medal match - two years later many of that team were part of the Great Britain side

FACT FILE

VENUE:

Gold Coast Hockey Centre

GOLD MEDALS AVAILABLE:

2

DATES:

Thursday April 5 - Saturday April 14

NUMBER OF TEAM ENGLAND

ATHLETES:

Men: 18 Women: 18

WEBSITES:

teamengland.org/commonwealth-games-sports/hockey

www.englishockey.co.uk

Twitter: @EnglandHockey

that won Olympic gold in another penalty shoot-out in Rio.

In five editions of Commonwealth Games



hockey, England's women have never failed to medal, winning three silvers and two bronzes.

Team England's men were bronze medallists in Glasgow, their first podium finish since Kuala Lumpur 16 years previously.

TEAM ENGLAND 2018

A blend of experience and youthfulness is sprinkled across both the men's and women's hockey teams on the Gold Coast.

When it comes to role models then the men's team need look no further than former captain Barry Middleton, who will be competing at his fourth Games having made his debut back at Melbourne 20006.

After two fourth-place finishes, he finally got his hands on a Commonwealth Games medal in Glasgow when England beat New Zealand in a penalty shoot-out in the bronze-medal match.

DID YOU KNOW?

The Australian men's side have won every Commonwealth hockey title since its introduction in 1998, with their women's side only failing to make the final once - winning it four times.

Half of that squad are included this time around with nine players making their Commonwealth Games debut, while goalkeeper George Pinner and outfield players Ian Sloan and Phil Roper will share captaincy duties.

The team warmed up for the Games by winning silver at the Sultan Azlan Shah Cup in Malaysia last month.

They have been drawn in Pool B against India, Malaysia, Pakistan and Wales with the top two sides qualifying for the semi-finals.



“ We couldn't be more excited for the Commonwealth Games in Australia, where there is a lot of interest in the sport, and to be joining up with Team England. As a squad we have been training very hard and very well and we are very much looking forward to building on what we achieved in 2017. We start with a tough opening match against Malaysia and we are very much focused on that and making the semi-finals and ultimately looking to win a medal. ”

Bobby Crutchley - men's head coach

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WORDS TO LEARN

REVERSE HIT:

A technique used to strike the ball with the top edge of the stick, with the ball being struck when it is on the left side of a player's body

PENALTY SHOOTOUT:

The method of determining the outcome of a game if scores are level after 60 minutes. Five players from each team take it in turns and have eight seconds each to score, starting from the 23m line

3-D SKILLS:

The art of legally lifting the ball slightly off the turf, with your stick, so as to avoid being tackled by an opponent

VIDEO REFERRAL:

Each team is allowed one video referral throughout a game, with the referral being kept if the team challenging is shown to be correct

The women's team meanwhile will follow a similar format and will play India, South Africa, Malaysia and Wales in Group A.

They will be led by the experienced Alex Danson, who took over skippering the side after Kate Richardson-Walsh retired following Great Britain's historic Olympic gold at Rio 2016.

She has been part of the teams which won bronze in 2006 and 2010 before coming agonisingly short of gold four years ago when they lost on penalties to Australia.

Seven other members of that team return this time around for the Gold Coast - Giselle Ansley, Hollie Pearne-Webb, Laura Unsworth, Maddie Hinch, Sophie Bray, Susannah Townsend and Ellie Watton.

DID YOU KNOW?

England's women have reached three of the five Commonwealth Games hockey finals, while the men have featured in four bronze medal matches

COMPETITION FORMAT

For both the men's and women's competitions the ten teams are split into two pools of five, based on world rankings on November 1, 2017.

The top two teams from each pool will progress to the semi-finals, with the top side in Pool A playing the second side in Pool B in the first semi-final, and vice versa in the second semi-final.

The two winners go on to contest the gold medal final, while the two losers contest the bronze medal match.

Teams placing third to fifth in the pool stage will play classification matches to determine

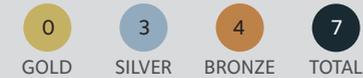
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ENGLAND'S HISTORICAL MEDALS TABLE



the final tournament ranking from fifth downwards.

A match is split into four, 15-minute quarters. Any pool stage match may end in a draw but classification or knockout matches are played to a result, with a penalty shoot-out used to determine the winner.

In the pool phase a team receives three points for a win, one for a draw and none for a loss, with teams ranked according to the number of points accrued during this phase of the competition.

A penalty shoot-out takes the form of five players from each side taking it in turns to have eight seconds to score a goal, starting from the 23m line.

If the scores are still tied at the end of the five attempts on goal, the same five shooters return with the contest now becoming sudden death.

GLASGOW 2014 COMMONWEALTH GAMES MEDALLISTS

M = Men W = Women

	GOLD	SILVER	BRONZE
Team	M Australia	India	England
	W Australia	England	New Zealand

EVENTS SCHEDULE

M = Men's events W = Women's events P = Preliminary
 C = Classification S = Semi-finals G = Medal event

DATE	EVENT
Apr 5	09:30-13:00 P W India v Wales, Scotland v New Zealand
	14:30-18:00 P W England v South Africa, Australia v Canada
	19:30-23:00 P M Pakistan v Wales, South Africa v Scotland
Apr 6	09:30-13:00 P M England v Malaysia, New Zealand v Canada
	14:30-18:00 P W India v Malaysia, New Zealand v Ghana
	19:30-23:00 P W England v Wales, Canada v Scotland
Apr 7	09:30-13:00 P M Malaysia v Wales, Canada v Scotland
	14:30-18:00 P M India v Pakistan, Australia v South Africa
	19:30-23:00 P W South Africa v Malaysia, Australia v Ghana
Apr 8	09:30-13:00 P W England v India, New Zealand v Canada
	14:30-18:00 P M England v Pakistan, New Zealand v South Africa
	19:30-23:00 P M India v Wales, Australia v Scotland
Apr 9	14:30-18:00 P W South Africa v Wales, Scotland v Ghana
	19:30-23:00 P W England v Malaysia, Australia v New Zealand
Apr 10	09:30-13:00 P M India v Malaysia, New Zealand v Scotland
	14:30-18:00 P M England v Wales, Australia v Canada
	19:30-23:00 P W India v South Africa, Australia v Scotland
Apr 11	09:30-13:00 P W Malaysia v Wales, Canada v Ghana
	14:30-18:00 P M Malaysia v Pakistan, Australia v New Zealand
	19:30-23:00 P M India v England, Canada v South Africa
Apr 12	13:30-17:30 C W 5th Pool A v 5th Pool B, 4th Pool A v 4th Pool B
	19:00-23:00 S W 1st Pool A v 2nd Pool B, 1st Pool B v 2nd Pool A
Apr 13	08:30-12:30 C M 5th Pool A v 5th Pool B, 4th Pool A v 4th Pool B
	14:00-18:00 C M 3rd Pool A v 3rd Pool B
	19:30-23:30 C W 3rd Pool A v 3rd Pool B
Apr 14	10:30-14:50 S M 1st Pool A v 2nd Pool B, 1st Pool B v 2nd Pool A
	19:00-23:20 G W Bronze medal match, Gold medal match
	19:00-23:20 G M Bronze medal match, Gold medal match



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MEN

LIAM ANSELL

Events: Men's team
D.O.B: 24 (12.11.1993)
Born: High Wycombe
Lives: Stokenchurch
Games attended: None
Major achievements: HWL: Eighth 2017
 Liam Ansell was called up to the England central programme in 2017 but a hamstring injury hampered some of his progress in the early part of the year. He has played for Richmond, Wycombe, Sheffield Hallam and Dutch side HGC, but now plies his trade at East Grinstead. He was called up to his first senior tournament for the Men's Hockey World League Final in India, where England finished eighth.



@Liam_Ansell21 @liam_ansell21

DAVID CONDON

Events: Men's team
D.O.B: 26 (06.07.1991)
Born: Leicester
Lives: Sussex
Games attended: One (Glasgow 2014)
Major achievements: CG: Bronze 2014
 ECh: Bronze 2017
 Midfielder David Condon is a Loughborough University graduate and made his international debut at the Champions Trophy in 2009, having now won over 100 caps for England and Great Britain.



He helped England to bronze at the 2014 Commonwealth Games in Glasgow before going on to represent Great Britain at the 2016 Olympic Games in Rio De Janeiro. Condon also competed at the 2017 European Championships in Amsterdam, winning bronze.

@david_c91 @davidjc22

BRENDAN CREED

Events: Men's team
D.O.B: 25 (03.01.1993)
Born: Solihull
Lives: Surbiton
Games attended: None
Major achievements: ECh: Bronze 2017 (Amsterdam)
 Brendan Creed plays as a defender or midfielder for England and Great Britain and has represented Surbiton, Sheffield Hallam and Harvesthuder in club colours. Representing Great Britain, he came fifth as part of the Under-21s team at the 2011 and 2012 European Championships, before going on to make his full international debut and helping England to bronze at the European Championships in 2017.



@BrendanCreed18 @BrendanCreed18

ADAM DIXON

Events: Men's team
D.O.B: 31 (11.09.1986)
Born: Nottingham
Lives: Nottingham
Games attended: Two (Glasgow 2014, Delhi 2010)
Major achievements: CG: Bronze 2014
 ECh: Gold 2009, Bronze 2011, Bronze 2017
 Midfielder Adam Dixon made his full international debut in May 2009 and won his 200th cap in the summer of 2017. He won a bronze medal with England at the 2014 Commonwealth Games and also competed with Great Britain at the 2016 Olympic Games in Rio de Janeiro. In club colours Dixon represented Beeston from 2002-2016, played at HC Rotterdam for one season and returned to Beeston in 2017.



@AdamDixon16 @adamdxn

JAMES GALL

Events: Men's team
D.O.B: 22 (20.05.1995)
Born: Frimley
Lives: Frimley
Games attended: None
Major achievements: U21 ECh: Bronze, 2014 Sultan Azlan Shah Cup: Champion, 2017
 James Gall returned to his home club Surbiton in May 2017 after playing for Beeston while at university in Nottingham. He made his debut for the senior side against South Africa in March 2017 after representing his country at Under-16, Under-18 and Under-21 level - notably winning bronze with England at the Under-21 European Championships in 2014.



Playing for Great Britain, Gall was part of the side that won the 2017 edition of the Sultan Azlan Shah Cup.

@jamesgall26 @jamesgall26

HARRY GIBSON

Events: Men's team
D.O.B: 25 (25.03.1993)
Born: Plymouth
Lives: Plymouth
Games attended: None
Major achievements: U21 ECh: Bronze, 2014. ECh: Bronze, 2017.
 Goalkeeper Harry Gibson impressed with a string of excellent performances in the Under-21 side before making the step up to the senior squad. At Under-21 level, Gibson won a silver medal at the 2014 Sultnderan of Johor Cup in Malaysia and a bronze at the Under-21 European Championships. Gibson was instrumental as England beat hosts Belgium in a penalty shootout. He was named the best goalkeeper in both tournaments to cap off a memorable season.



@harryjgk @harryjgk



MARK GLEGHORNE

Events: Men's team
D.O.B.: 32 (19.05.1985)
Born: Ballymena
Lives: Nottingham
Games attended: One (Glasgow 2014)
Major achievements: CG: Bronze 2014
HWL: Bronze 2014 **ECh:** Bronze 2017



One of the most fearsome drag-flickers in the sport, Mark Gleghorne has been a regular in the England side since 2011, although he narrowly missed out on selection for Team GB at the 2012 Olympic Games. He was part of the team that won bronze at the Commonwealth Games in Glasgow and then played at the 2016 Olympics. He scored the third and decisive goal in England's defeat of Germany in the EuroHockey Championships bronze-medal match in 2017.

@MarkGleghorne

DAVID GOODFIELD

Events: Men's team
D.O.B.: 25 (15.06.1993)
Born: Shrewsbury
Lives: London
Games attended: None
Major achievements: U21 **ECh:** Bronze 2014



David Goodfield has 32 England caps at senior level, but enjoyed success playing for the Under-21 side before his step up to the senior squad. He played in the 2013 Junior World Cup in India for the England Under-21s and won bronze with them at the Under-21 European Championships the following year.

In 2014, he won silver at the Sultan of Johor Cup in Malaysia for Great Britain Under-21s, before winning England Under-23 selection in 2015.

He plays for Surbiton but was previously at Sheffield Hallam and then German side Harvestehuder, where he played in the EuroHockey League and the Bundesliga.

@dgoodfield1 @dgoodfield1

CHRIS GRIFFITHS

Events: Men's team
D.O.B.: 27 (03.09.1990)
Born: Birmingham
Lives: Sussex
Games attended: None
Major achievements: ECh: Bronze 2017



Forward Chris Griffiths is a former captain of Loughborough Students and has since gone on to graduate through the England youth set up to be a key member of the international side, making his debut in October 2014.

He has won several honours for his country, most notably helping England to bronze at the European Championships in Amsterdam in 2017 after battling back from almost a year out due to a knee injury.

@C_griffiths12 @chris_griff

HARRY MARTIN

Events: Men's team
D.O.B.: 25 (23.10.1992)
Born: Ipswich
Lives: London
Games attended: Two (Glasgow 2014, Delhi 2010)
Major achievements: CG: Bronze 2014
HWL: Bronze 2014 **ECh:** Bronze 2017



Harry Martin is an experienced head when it comes to the Commonwealth Games, with two under his belt, despite being just 25. He won bronze in 2014 and has a string of Champions Trophy appearances to his name, alongside medals at the World League Final and at the EuroHockey Championships.

He plays for Hampstead & Westminster but has played for Beeston and Old Loughtonians in the past, as well as Dutch outfit Rotterdam.

Martin competed at the Olympic Games in 2012 and 2016 and is looking for more success on the Gold Coast.

@harrymartin_9 @harrymartin9

BARRY MIDDLETON

Events: Men's team
D.O.B.: 34 (12.01.1984)
Born: Doncaster
Lives: Kent
Games attended: Three (Glasgow 2014, Delhi 2010, Melbourne 2006)
Major achievements: CG: Bronze 2014
ECh: Bronze 2003, Gold 2009, Bronze 2011



Barry Middleton is one of the most experienced men in hockey and has over 400 caps for England and Great Britain.

He made his international debut in 2003 and has gone on to represent Great Britain at four Olympic Games, although he counts his greatest achievement as captaining the England side to glory in the 2009 EuroHockey Championships in Amstelveen.

GEORGE PINNER

Events: Men's team
D.O.B.: 31 (18.01.1987)
Born: Ipswich
Lives: Ipswich
Games attended: One (Glasgow 2014)
Major achievements: CG: Bronze 2014
ECh: Bronze 2017



George Pinner is one of the most experienced members of England's Commonwealth Games team.

He was reserve goalkeeper for Team GB at London 2012 but after that he became England and Britain's number one choice, wearing the number one jersey at the Rio 2016 Olympics. He then helped England to European bronze in 2017.

@GCP01

PHIL ROPER

Events: Men's team
D.O.B.: 26 (24.01.1992)
Born: Chester
Lives: Wimbledon
Games attended: One (Glasgow 2014, Delhi 2010)
Major achievements: CG: Bronze 2014
ECh: Bronze 2017



Roper made his international debut in 2013 for England before being selected for the Commonwealth Games in 2014.

The midfielder got on the scoresheet in England's opening 6-1 victory over Trinidad and Tobago before repeating the trick against Malaysia.

Roper started as England picked up the bronze medal and was also part of the three-man captaincy which steered England to bronze at the 2017 European Championships in 2017.

@proper15 @proper15

IAN SLOAN

Events: Men's team
D.O.B.: 24 (19.11.1993)
Born: Magherafelt
Lives: London
Games attended: None
Major achievements: ECh: Bronze 2017



Ian Sloan was the youngest member of Team GB's hockey squad at the Rio 2016 Olympic Games, having previously been playing in the Ireland set up.

The Wimbledon forward scored in England's 4-2 win over Germany in the bronze medal match at the EuroHockey Championships in 2017.

Last month he made his international return after recovering from ankle ligament damage sustained in October.

@iansloan_11 @iansloan_11

LIAM SANFORD

Events: Men's team
D.O.B.: 22 (14.03.1996)
Born: Wegberg, Germany
Lives: Ruislip
Games attended: None
Major achievements: ECh: Bronze 2017
ECh: Bronze 2014



Liam Sanford started his career at Wycombe Hockey Club but now plays for Reading following a stint with Bath Buccaneers.

The defender was a key part of the side that won bronze at the EuroHockey Championships in 2017.

He previously represented England and Great Britain at Under-21 level, playing at the 2016 Junior World Cup.

Sanford joined the RAF when he moved to play for Bath and is given leave to train as a world class athlete as part of the Armed Services Elite Athlete scheme.

@liam_sanford @liam_jordan143

SAM WARD

Events: Men's team
D.O.B.: 27 (24.12.1990)
Born: Leicester
Lives: Nottingham
Games attended: None
Major achievements: ECh: Bronze 2017



Samuel Ward has been an England and Great Britain regular since making his international debut in 2014.

The forward notched up three goals at the 2016 Olympics Games in Rio for Great Britain and scored 17 international goals in 2017.

And Ward followed his impressive display in Rio with three more goals at the 2017 European Champions in Amsterdam, helping England collect the bronze medal.

@Samuel_Ward13 @samuel_ward13



HENRY WEIR

Events: Men's team
D.O.B.: 28 (13.02.1990)
Born: Croydon
Lives: Croydon
Games attended: One (Glasgow)
Major achievements: CG: Bronze 2014
ECh: Bronze 2017



The defender has been in and around the England team after making his debut in December 2012 against India at the Melbourne Champions Trophy.

Weir started England's opening match of the 2014 Commonwealth Games in Glasgow as they beat Trinidad and Tobago en route to a bronze medal.

Weir also started England's successful bronze-medal winning match over Germany in the 2017 EuroHockey Championships in Amsterdam.

@HENRYweir_ @henryweir_

OLLIE WILLARS

Events: Men's team
D.O.B.: 27 (25.06.1990)
Born: Leicester
Lives: Leicester
Games attended: One (Glasgow 2014)
Major achievements: CG: Bronze 2014
ECh: Bronze 2017



The defender made his international debut at the 2012 Champions Trophy in Melbourne having played junior hockey at Loughborough Town Hockey Club little more than ten years earlier.

He moved to Nottingham side Beeston and has enjoyed success there, winning the English Premier Division in 2013. Internationally Willars has won bronze medals at the Commonwealth Games and EuroHockey Championships. In 2017 he racked up his 100th international appearance.

@OllieWillars @olliewillars

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WOMEN

GISELLE ANSLEY MBE

Events: Women's team
D.O.B: 26 (31.03.1992)
Born: Plymouth
Lives: Kingsbridge
Games attended: One (Glasgow 2014)



Major achievements: CG: Silver 2014 **OG:** Gold 2016 **ECh:** Gold 2015, Silver 2013, Bronze 2017 **HWL:** Bronze 2013

With more than 100 international caps to her name, Giselle Ansley has claimed plenty of silverware and is a key cog in England and Great Britain's backbone.

She was part of the Team GB squad that claimed a historic gold medal at the Rio 2016 Olympic Games, triumphed at the EuroHockey Championships a year prior and clinched silver at the Commonwealth Games in Glasgow in 2014.

Giselle also played cricket to a regional level before deciding to focus on hockey.

[@giselleansley](#) [@giselleansley](#)

GRACE BALSODN

Events: Women's team
D.O.B: 24 (13.04.1993)
Born: Canterbury
Lives: Canterbury
Games attended: None



Major achievements: **HWL S-F:** Bronze 2017 **U18ECh:** Bronze 2012

Grace Balsdon came through the ranks at Canterbury HC and back in 2012 she was part of the England Under-18 team who won a European bronze medal.

The full-back has captained Canterbury and England Under-21s with distinction and helped England to bronze at the World League Semi Finals in 2017.

[@Balsdon_Grace](#) [@graceb13](#)

SOPHIE BRAY MBE

Events: Women's team
D.O.B: 27 (12.05.1990)
Born: Grasse, France
Lives: Claygate
Games attended: One (Glasgow 2014)



Major achievements: CG: Silver 2014 **OG:** Gold 2016 **ECh:** Gold 2015, Bronze 2017 **HWL:** Bronze 2013

With more than 100 international appearances to her name, forward Sophie Bray has played a big part in England and Great Britain's recent successes.

This is her second Commonwealth Games appearance after winning silver in Glasgow 2014 while she scored England's first goal in their 2015 EuroHockey Championship final victory against the Netherlands.

Bray was also part of the Team GB squad that won an historic gold medal in the Rio 2016 Olympic Games.

[@sophiebray19](#) [@sophiebray19](#)

ALEX DANSON MBE

Events: Women's team
D.O.B: 32 (21.05.1985)
Born: Southampton
Lives: Odiham
Games attended: Three (Glasgow 2014, Delhi 2010, Melbourne 2006)



Major achievements: CG: Silver 2014 Bronze 2010, 2006 **OG:** Gold 2016, Bronze 2012 **WC:** Bronze 2010 **ECh:** Gold 2015; Silver 2013; Bronze 2017, 2011, 2009, 2007, 2005

Great Britain and England captain Alex Danson's storied international career – that began as a 16-year-old – reached its peak as she notched five goals en route to winning an historic gold medal with Team GB at Rio 2016.

Danson helped England defeat Germany to win bronze at the 2010 World Cup and to Olympic bronze on home soil.

Also a European champion in 2015, Danson is just five goals from the all-time England and Great Britain scoring record.

[@alexandanson15](#) [@alexandanson15](#)

EMILY DEFROAND

Events: Women's team
D.O.B: 23 (27.07.1994)
Born: Hornchurch
Lives: Hornchurch
Games attended: None



Major achievements: **ECh:** Bronze 2017 **EU21Ch:** Bronze 2014

Inspired by watching her heroes win bronze at London 2012, Emily Defroand made her senior international debut in 2017.

Another of Surbiton's current crop of England internationals, Defroand won EuroHockey Championship and Hockey World League Semi-Final bronze medals in her first year of international hockey.

Defroand has been picked out for success from a young age, winning the Hockey Writers' Club Young Player of the Year award in 2012.

[@EmilyDefroand](#) [@emilydefroand](#)

SARAH HAYCROFT

Events: Women's team
D.O.B: 26 (12.04.1991)
Born: Wandsworth
Lives: Surbiton
Games attended: None



Major achievements: **ECh:** Silver 2013, Bronze 2017

Sarah Haycroft has become an increasingly influential part of England's midfield since making her debut against South Africa in February 2013.

Later in the year, she was part of the England side that claimed silver in the EuroHockey Championships in Belgium.

Haycroft has since gone on to captain her club, Surbiton, and won her second EuroHockey medal in 2017 – a bronze.

[@SarahHaycroft](#) [@sarahhaycroft5](#)

MADDIE HINCH MBE

Events: Women's team
D.O.B: 29 (08.10.1988)
Born: West Chiltoning
Lives: Utrecht, Netherlands
Games attended: One (Glasgow 2014)



Major achievements: CG: Silver 2014 **OG:** Gold 2016 **ECh:** Gold 2015, Silver 2013, Bronze 2017, 2011 **HWL:** Silver 2013

FIH female goalkeeper of the year two years in a row, Madeleine Hinch's most famous accomplishment came when she saved all four Netherlands penalties as Team GB won Olympic gold at Rio 2016.

Hinch was also the hero in the 2015 EuroHockey Championship final for England, with the Dutch being denied three times by her in another shoot-out.

[@MaddieHinch](#) [@maddiehinch](#)

JO HUNTER

Events: Women's team
D.O.B: 26 (27.05.1991)
Born: Aylesbury
Lives: London
Games attended: None



Major achievements: **ECh:** Bronze 2017 **EU21Ch:** Silver 2010, Bronze 2012

Formerly of Leicester and Beeston, Jo Hunter now plies her trade for the all-conquering English champions Surbiton.

Hunter, who is married to England men's goalkeeper George Pinner, made an immediate impact on international hockey, winning bronze on her debut with five appearances during the Investec Challenge in South Africa.

She has gone on to represent England at the 2017 World League Semi-Final and the EuroHockey Championship of the same year – winning bronze in both.

[@JoHunter9](#)

KATHRYN LANE

Events: Women's team
D.O.B: 23 (27.02.1995)
Born: Derby
Lives: Leicester
Games attended: None



Major achievements: **EiCh II:** Bronze 2018 **JWC:** 7th 2016

Kathryn Lane captained the England Under-21s to seventh place at the Junior World Cup in 2016, before making the transition to the senior squad.

The defender made her senior international debut during a 3-0 win over South Africa in February 2017 and in January of this year helped England secure bronze at the EuroHockey Indoor Championships II. She graduated from Exeter University with a 2:1 in Business Management and Advanced Proficiency in Spanish.

[@kathrynlane_](#) [@kathrynlane_](#)

HANNAH MARTIN

Events: Women's team
D.O.B: 23 (30.12.1994)
Born: Ipswich
Lives: London
Games attended: None



Major achievements: **ECh:** Bronze 2017 **HWL S-F:** Bronze 2017

Older brother Harry represented Team GB at the London 2012 and Rio 2016 Olympic Games but Hannah Martin has quickly made her own impression in international hockey.

The midfielder or forward helped England to EuroHockey bronze by scoring in their 2-0 win over Germany and she went on to impress again during the World League Final.

In her youth career, Hannah won a European Under-18 bronze.

[@hkmartin7](#) [@hkmartin7](#)

HOLLIE PEARNE-WEBB MBE

Events: Women's team
D.O.B: 27 (19.09.1990)
Born: Derby
Lives: Belper
Games attended: One (Glasgow 2014)



Major achievements: CG: Silver 2014 **OG:** Gold 2016 **ECh:** Gold 2015, Silver 2013, Bronze 2017 **HWL:** Bronze 2013

Hollie Pearne-Webb ensured her place in history by netting the decisive penalty for Team GB in their dramatic shoot-out win over the Netherlands to secure gold at Rio 2016.

She won Commonwealth Games silver in Glasgow in 2014 and was part of the gold-medal winning side at the EuroHockey Championships in 2015, after claiming silver two years prior, and again in 2017.

[@Holliewebb1](#) [@Holliewebb11](#)

SUZY PETTY

Events: Women's team
D.O.B: 25 (09.04.1992)
Born: London
Lives: London
Games attended: None



Major achievements: **HWL:** Fourth 2017 **EU21Ch:** Bronze 2012

From working for the London Sock Company to making her Commonwealth Games debut, Suzy Petty has come a long way in a few years.

She gave up the sock business to become a full-time hockey player and made her senior international debut back in 2013.

Her first major tournament came at November's Hockey World League Final, with the Londoner – who turns 26 during the Games – hoping to go at least one better than that fourth place in New Zealand.

[@suzypetty92](#) [@suzypetty92](#)

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ELLIE RAYER

Events: Women's team
D.O.B: 21 (22.11.1996)
Born: Slough
Lives: East Grinstead
Games attended: None
Major achievements: ECh: Bronze 2017



Elena Rayer shone at a number of sports as a youngster, including as a junior pentathlete and 400m runner, before fully switching her attentions to hockey.

She competed at the Junior World Cup in 2016 and has played for Maidenhead, Loughborough Students, while studying Sports Technology, and now East Grinstead.

The forward was also part of the squad that claimed bronze at the 2017 EuroHockey Championships.

[@ellie_rayer](#) [@ellierayer](#)

AMY TENNANT

Events: Women's team
D.O.B: 23 (28.08.1994)
Born: Davyhulme
Lives: East Grinstead
Games attended: None
Major achievements: ECh: Bronze 2017 ECh II: Bronze 2018



After coming through the youth ranks, Amy Tennant made her England debut in South Africa in early 2017 and was added to the central training programme that April.

A few months later the goalkeeper was part of the England squad that finished third at the EuroHockey Championships in Amsterdam, although she was an unused substitute in the bronze-medal match against Germany.

[@Amy10ant](#) [@tennant.amy](#)

ANNA TOMAN

Events: Women's team
D.O.B: 24 (29.04.1993)
Born: Derby
Lives: Wimbledon
Games attended: None
Major achievements: ECh: Bronze 2017 HWL S-F: Bronze 2017 U-21 ECh: Bronze 2012, 2014



Anna-Frances Toman enjoyed considerable success at youth level and transferred that on to the senior stage by winning EuroHockey Championships and World League Semi Final bronzes with England in 2017.

She won a bronze medal at the European Under-21s in 2012 and two years later picked up the same colour at another Under-21 European event.

In between those two achievements, she was chosen to represent Team GB at the 2013 Australian Youth Olympic Games, where she again picked up a bronze medal.

[@anna_toman](#) [@annaftoman](#)

SUSANNAH TOWNSEND MBE

Events: Women's team
D.O.B: 28 (28.07.1989)
Born: London
Lives: Egerton
Games attended: One (Glasgow 2014)



Major achievements: CG: Silver 2014 OG: Gold 2016 ECh: Gold 2015, Silver 2013, Bronze 2017, 2011 HWL: Bronze 2013

Susannah Townsend made her international debut in 2008 and is making her second Commonwealth Games appearance, having won silver at Glasgow 2014.

She has an ability to break through defensive lines in midfield, a trait she showed during the 2015 EuroHockey Championship, when England won gold in London.

Her habit of turning defence into attack also played a key role during Great Britain's historic gold medal at the Rio 2016 Olympic Games.

[@stownsend7](#) [@stownsend7](#)

LAURA UNSWORTH MBE

Events: Women's team
D.O.B: 30 (08.03.1988)
Born: Sutton Coldfield
Lives: Fulham
Games attended: Two (Glasgow 2014, Delhi 2010)



Major achievements: CG: Silver 2014, Bronze 2010 OG: Gold 2016, Bronze 2012 WC: Bronze 2010 ECh: Gold 2015, Silver 2013, Bronze 2017, 2011, 2009 ChTr: Silver 2012, Bronze 2010

With more than 100 caps to her name, Laura Unsworth has become a mainstay in defence for England since 2008.

Her first Commonwealth Games experience involved winning bronze at Delhi 2010, before taking silver in Glasgow.

She helped Great Britain to a historic gold medal at the Rio 2016 Olympics, four years after winning bronze in London.

[@LauraUnsworth4](#)

ELLIE WATTON

Events: Women's team
D.O.B: 28 (10.06.1989)
Born: Chesterfield
Lives: Maidenhead
Games attended: One (Glasgow 2014)



Major achievements: CG: Silver 2014 ECh: Bronze 2017

Ellie Watton already knows what it feels like to stand on the Commonwealth Games podium, having won silver with England at Glasgow 2014.

She made her international debut in February 2013, in the Investec Challenge Cup and she netted her first goal for Great Britain against Germany, in November of that year.

Watton was a PE teacher at Oakham School before leaving to pursue hockey on a full-time basis.

[@ewatton1](#) [@ewatton1](#)

EMMA BATCHELOR

Physiotherapist
D.O.B: 07.05.74
Born: Worcester



JON BLEBY

Coach
D.O.B: 11.09.79
Born: Torquay



BOBBY CRUTCHLEY

Coach
D.O.B: 24.05.70
Born: Bebbington



ANDREA FURST

Sports psychologist
D.O.B: 25.02.77
Born: Keith



RUSSELL GARCIA

Coach
D.O.B: 20.06.70
Born: Portsmouth



ANDY HALLIDAY

Manager
D.O.B: 22.02.62
Born: Harpenden



DANNY KERRY

Coach
D.O.B: 02.12.70
Born: Kings Lynn



AMBER LUZAR

Analyst
D.O.B: 12.07.88
Born: High Wycombe



MOIZ MOGHAL

Doctor
D.O.B: 15.07.76
Born: Dagenham



PETER MULFORD

Analyst
D.O.B: 31.03.82
Born: Beckenham



DAVID RALPH

Coach
D.O.B: 17.08.72
Born: Glasgow



PAUL REVINGTON

Assistant coach
D.O.B: 07.09.73
Born: Cape Town, South Africa



MARGARET SOUYAVE

Team leader
D.O.B: 26.04.53
Born: Barnsley



KATIE WARRINER

Sports psychologist
D.O.B: 13.03.82
Born: Kingston-upon-Thames



SOPHIE WEAVER

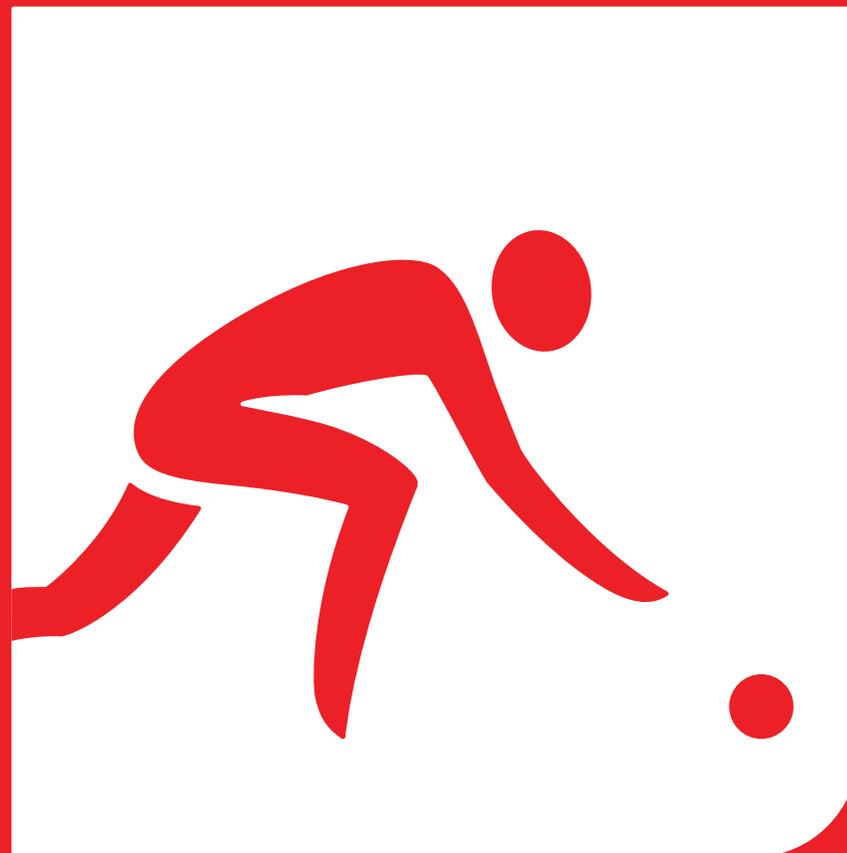
Physiotherapist
D.O.B: 18.12.80
Born: Harpenden



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LAWN BOWLS

LAWN BOWLS

INTRODUCTION

Lawn bowls is making its 20th Commonwealth Games appearance on the Gold Coast, having appeared at every single edition with the exception of Kingston 1966.

While not an Olympic sport, it is a sport rich in diversity with competitors from an array of different nations, age groups and backgrounds.

After the success of Glasgow 2014 which saw ten titles up for grabs – the biggest lawn bowls programme ever to have been staged at a Commonwealth Games – the number has stayed the same for the Gold Coast.

The golds will be split across the men's and women's singles, pairs, triples and fours events while there will be two para-sport events for bowlers who are visually impaired or have a physical disability – amounting to a mixed pairs event and an open triples event.

FACT FILE

VENUE:

Broadbeach Bowls Club

GOLD MEDALS AVAILABLE:

10

DATES:

Thursday April 5 – Friday April 13

NUMBER OF TEAM ENGLAND

ATHLETES:

Men: 10 Women: 7

WEBSITE:

teamengland.org/commonwealth-games-sports/lawn-bowls
www.bowlsengland.com
Twitter: @BowlsEng

England boasts a strong lawn bowls pedigree, with nine-time indoor and four-time outdoor world champion David Bryant CBE having

won five gold medals from Perth 1962 to Edmonton 1978.

Glasgow 2014 saw six medals claimed by England – one gold, three silver and two bronze – to place third on the lawn bowls medal table behind South Africa and Scotland.

TEAM ENGLAND 2017

England will be represented in lawn bowls by 17 athletes – ten able-bodied men and women, five para-sport competitors and two directors featuring across all ten disciplines.

This is the same number as four years ago and there are some familiar faces, not least in the form of Sophie Tolchard, Ellen Falkner and Sian Honnor (nee Gordon) who won the women's triples title together in Glasgow.

For Falkner, the Gold Coast represents a fifth Games having also previously won gold in the fours and pairs at Manchester 2002 and Delhi 2010, respectively.

DID YOU KNOW?

Lawn bowls was not in the Commonwealth Games in 1966 due to there not being sufficient bowling greens in Kingston, Jamaica

They are three of eight members returning to the Commonwealth Games stage following Glasgow, with husband and wife duo Jamie and Natalie Chestney (nee Melmore) among those selected.

Natalie will be looking to medal again following her singles gold at Delhi 2010 and singles and pairs silver in 2014.

Jamie will also be aiming to add to his medal collection, as will Sam Tolchard – older brother of Sophie – while fellow male



“ I have been fortunate to have been to four previous Commonwealth Games and I can honestly say that participating in the Commonwealth Games has been without question some of the most amazing moments of my life. For me, the Games encapsulate what sport is about; highs, lows, friendship and camaraderie. The experience bonds you and your team mates together for life and for a lucky few, they are connected through their place in history. ”

Ellen Falkner – Team England ambassador

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WORDS TO LEARN

HEAD:

The jack and any bowls which have come to rest within the boundaries of the rink of play and are not dead

SKIP:

The player who is in charge of the team and plays their bowls last

DRAW SHOT:

Where the bowl is rolled to a specific location without causing too much disturbance of bowls already at the head

END:

The playing of the jack and all of the bowls of all of the players, or teams, once in a single direction

LEAD:

The person who starts off the play. They also place the mat and roll the jack if they have it

MAT:

Placed by the team winning the previous end, to start the next. The team with the mat always casts the jack

athletes David Bolt, Robert Paxton and Louis Ridout will be making their Commonwealth Games debuts.

Paxton is no stranger to success overseas having skipped England to the gold medal in the November 2016 World Triples Championship in New Zealand.

On the women's side, there is also a first call-up at elite level for Katherine Rednall, who will follow in the footsteps of her father John, who represented England at the 1994 Commonwealth Games in Victoria, Canada.

Kieran Rollings is the youngest member of the lawn bowls team – he will be just 18 years old when he teams up with Mike Robertson and Glasgow 2014 bronze medallist Paul Brown in the Para-Triples event.

Steve Simmons will partner debutant Alison Yearling in the Visually Impaired Mixed Pairs, with Mark and Sue Wherry as their directors.

DID YOU KNOW?

Disability lawn bowls events were introduced in the Commonwealth Games in Manchester in 2002

COMPETITION FORMAT

The object of the game is to get one or more bowls closer to a smaller ball, called the jack, than your opponent – with events taking place on a green divided into rinks.

Bowls are not perfectly round, which gives them a bias so they run in a curved line. As the bowl slows, it begins to roll in the direction of the bias.

The number of bowls determined by the number of players per team. In singles each player has four, in pairs each player has three, while it's two for triples and fours.

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After a coin toss, the first bowler places the mat and rolls the jack to the other end of the green as a target. Turns are then taken to bowl.

All bowls are marked with coloured discs – one for each team – with the bowl nearest to the jack at the conclusion of an end scoring a point.

Further points are then scored for each bowl that is nearer to the jack than any of the opponent's. After all the bowls have been delivered, the direction of play is reversed.

It is permissible to deliver a bowl so that it knocks away an opponent's, or knocks a jack closer to one of your own bowls.

Matches are played over a set number of ends or to a pre-determined number of shots.

ENGLAND'S HISTORICAL MEDALS TABLE

19	9	17	45
GOLD	SILVER	BRONZE	TOTAL

Singles are played to 21 shots, while pairs and triples contested over 18 ends and fours over 15. The visually impaired bowlers have three bowls per player in pairs and two for triples, with both events played over 15 ends. If scores remain level ends will continue to be played until a winner is found.

Each event at Gold Coast 2018 will begin with preliminary round matches, which are played in groups, or sections, before a knockout stage, involving semi-finals and finals, determines the medal winners.

GLASGOW 2014 COMMONWEALTH GAMES MEDALLISTS

M = Men **W** = Women

	GOLD	SILVER	BRONZE
Singles	M Darren Burnett (SCO)	Ryan Bester (CAN)	Aron Sherriff (AUS)
	W Jo Edwards (NZL)	Natalie Melmore (ENG)	Colleen Piketh (RSA)
Pairs	M Paul Foster & Alex Marshall (SCO)	Muhammad Hizlee Abdul Rais & Fairul Izwan Abd Muin (MAS)	Andrew Knapper & Sam Tolchard (ENG)
	W Tracy-Lee Botha & Colleen Piketh (RSA)	Jamie-Lea Winch & Natalie Melmore (ENG)	Mandy Cunningham & Barbara Cameron (NIR)
Triples	M Prince Neluonde, Petrus Breitenbach & Bobby Donnelly (RSA)	Paul Daly, Neil Mulholland & Neil Booth (NIR)	Paul Taylor, Jonathan Tomlinson & Marc Wyatt (WAL)
	W Sophie Tolchard, Ellen Falkner & Sian Gordon (ENG)	Lynsey Clarke, Karen Murphy & Kelsey Cottrell (AUS)	Esme Steyn, Santjie Steyn & Susan Nel (RSA)
Fours	M David Peacock, Neil Speirs, Paul Foster & Alex Marshall (SCO)	John McGuinness, Andrew Knapper, Stuart Airey & Jamie Chestney (ENG)	Wayne Ruediger, Brett Wilkie, Nathan Rice & Matt Flapper (AUS)
	W Esme Steyn, Santjie Steyn, Tracy-Lee Botha & Susan Nell (RSA)	Emma Firyana Saroji, Nur Fidrah Noh, Nor Hashimah Ismail & Azlina Arshad (MAS)	Selina Goddard, Amy McIlroy, Val Smith & Mandy Boyd (NZL)
PARA-SPORT			
B2/B3 Mixed pairs	M/W Gwen Nel & Annatjie van Rooyen (RSA)	David Thomas & Ron McArthur (SCO)	Tony Scott & Bruce Jones (AUS)
	Geoff Newcombe & Herman Scholtz (dir*)	Robert Conway & Irene Edgar (dir*)	Joy Forster & Peter Scott (dir*)
B6/B7/B8 Open triples	M/W Deon van de Vyver, Roger Hagerty & Lobban Derrick (RSA)	Lynda Bennett, Barry Wynks & Mark Noble (NZL)	Bob Love, David Fisher & Paul Brown (ENG)

*dir = director

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EVENTS SCHEDULE

M = Men's events **W** = Women's events **M/W** = Mixed events
O = Open event **P** = Preliminary **Q** = Quarter-finals **S** = Semi-finals **G** = Medal event

DATE	EVENT
Apr 5	09:00-14:15 P M Pairs
	P W Singles
	16:00-21:15 P M Pairs
	P O B6/B7/B8 Triples
	P W Fours
	P M/W B2/B3 Pairs
Apr 6	09:00-14:15 P M Triples
	P W Singles
	16:00-21:15 P M Pairs
	P O B6/B7/B8 Triples
	P W Fours
	P M/W B2/B3 Pairs
Apr 7	09:00-14:15 P M Pairs, Triples
	P W Fours, Singles
	16:00-21:45 P O B6/B7/B8 Triples
	P M/W B2/B3 Pairs
	Q M Pairs, Triples
	Q W Fours, Singles
Apr 8	09:00-15:45 P M/W B2/B3 Pairs
	S M Pairs, Triples
	S W Fours, Singles
	G M Triples Gold and Bronze Medal Matches
	17:30-20:30 P O B6/B7/B8 Triples
	G W Triples Gold and Bronze Medal Matches
Apr 9	09:00-15:30 P M Singles
	P W Pairs
	P M/W B2/B3 Pairs
	G M Pairs Gold and Bronze Medal Matches
	G W Fours Gold and Bronze Medal Matches
	17:00-22:15 P M Fours round
	P O B6/B7/B8 Triples
	P W Triples

EVENTS SCHEDULE continued

M = Men's events
 W = Women's events
 M/W = Mixed events
O = Open event
 P = Preliminary
 Q = Quarter-finals
 S = Semi-finals
 G = Medal event

DATE	EVENT	
Apr 10	09:00-14:15 P M Singles	
	16:00-21:15 P W Pairs	
	P M Fours P W Triples	
Apr 11	09:00-14:15 P M Singles	
	P W Pairs	
	P M Fours	
	P W Triples	
	Q W Triples S O B6/B7/B8 Triples G M / W Pairs Gold and Bronze Medal Matches	
Apr 12	09:00-15:45 Q M Fours, Singles Q W Pairs S W Pairs, Triples G O B6/B7/B8 Triples Gold and Bronze Medal Matches	
	17:30-20:40 S M Fours G W Triples Gold and Bronze Medal Matches	
	Apr 13	09:00-15:45 S M Singles G M Fours Gold and Bronze Medal Matches G W Pairs Gold and Bronze Medal Matches
		17:30-20:30 G M Singles Gold and Bronze Medal Matches

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DAVID BOLT

Events: Men's triples and fours
D.O.B: 39 (23.12.1978)
Born: Sunderland
Lives: Sunderland
Games attended: None



Major achievements: EngCh: Gold (fours) 2014; Gold (singles) 2011

David Bolt became the first Wearsider in more than 100 years to become an outdoor English national singles bowls champion when lifting the title in 2011.

That prompted him to take the plunge in turning pleasure into business, leaving his long-term job as a postman to pursue his sporting passion.

A member of Silksworth Bowling Club, Bolt has been playing the sport since he was ten years old.

[@DavieB23](#)

PAUL BROWN

Event: Para-triples
D.O.B: 39 (29.12.1978)
Born: Bristol
Lives: Aberdare
Games attended: One (Glasgow 2014)



Major achievements: CG: Bronze (para-triples) 2014 WCh: Silver (singles); Bronze (pairs) bronze 2015

Paul Brown will be making his second Commonwealth Games appearance on the Gold Coast, four years after pulling on the England colours for the first time in Glasgow.

He marked that occasion by claiming bronze in the para-sport triples alongside Bob Love and David Fisher, while in 2015 Brown picked up silver and bronze at the World Championships.

[@ipaulsbrown](#)



JAMIE CHESTNEY

Events: Men's triples and fours
D.O.B: 31 (15.11.1986)
Born: King's Lynn
Lives: Exeter
Games attended: One (Glasgow 2014)



Major Achievements: CG: Silver (fours) 2014 WCh: Bronze (pairs) 2012

Jamie Chestney made his Commonwealth Games debut at Glasgow 2014, winning silver in the fours alongside Andrew Knapper, John McGuinness and Stuart Airey.

That was not his first medal won for Team England, though, having also claimed silver at the 2004 Commonwealth Youth Games.

Chestney has since gone on to establish him in the world of lawn bowls, including winning a world bronze medal in the pairs in 2012, while in January this year he claimed the 2018 JUST World Professional indoor bowls mixed pairs and pairs titles.

He will be joined in Australia by his wife and fellow lawn bowls player Natalie.

[@JamieChestney](#)

NATALIE CHESTNEY

Events: Women's pairs and fours
D.O.B: 28 (28.07.1989)
Born: Torquay
Lives: Exeter
Games attended: Two (Glasgow 2014, Delhi 2010)



Major achievements: CG: Silver (singles), Silver (pairs) 2014; Gold (singles) 2010 WCh: Bronze (singles) 2012

One of the experienced heads among the team, Natalie Chestney began playing bowls aged nine and represented England at under-25 level when she was just 14.

She became one of the youngest women to win a Commonwealth gold medal in lawn bowls at Delhi 2010, aged just 21.

Four years later Chestney – married to fellow lawn bowls Commonwealth athlete Jamie – added two more medals to her collection with singles and pairs silver at Glasgow 2014.

[@NMelmore](#) [@nataliechestney](#)



ELLEN FALKNER

Event: Women's triples and fours
D.O.B: 38 (12.06.1979)
Born: Wisbech
Lives: Cambridgeshire
Games attended: Four (Glasgow 2014, Delhi 2010, Melbourne 2006, Manchester 2002)
Major achievements: CG: Gold (triples) 2014; Gold (pairs) 2010; Gold (fours) 2002 WCh: Silver (fours), Bronze (pairs) 2016; Silver (singles), Silver (pairs) 2008; Gold (fours, overall team) 2004



A three-time Commonwealth Games gold medalist, Ellen Falkner makes her fifth Games appearance on the Gold Coast in 2018. The Team England ambassador has an array of medals to her name and has so far only dealt in gold at Commonwealth Games level – fours in 2002, pairs in 2010 and triples success in 2014.

A multiple National and British Isles champion, Falkner has also claimed five podium finishes at the World Outdoor Championships as well as three World Indoor singles titles.

[@FalknerEllen](#)

SIAN HONNOR

Event: Women's triples and fours
D.O.B: 30 (14.01.1988)
Born: Canterbury
Lives: Kent
Games attended: Two (Glasgow 2014, Delhi 2010)
Major achievements: CG: Gold (triples) 2014, Bronze (triples) 2010



Listing an appearance at the Commonwealth Games as among her best achievements in sport, Sian Honor took that further with triples gold at Glasgow 2014, alongside Sophie Tolchard and Ellen Falkner. That followed her bronze at Delhi 2010, again in the triples, with medals coming in both the Games she has attended. She also claimed bronze at the 2004 Commonwealth Youth Games.

An editor by occupation, it comes as no surprise that Honor's interests outside of sport are writing and photography.

[@gordonsian](#) [@bowlsinternational](#)

ROBERT PAXTON

Events: Men's singles and triples
D.O.B: 39 (1.06.1978)
Born: Exeter
Lives: North Tawton
Games attended: None
Major Achievements: WCh: Gold (triples) 2016 WIBC: Gold (men's pairs) 2016; Gold (mixed pairs) 2016



Robert Paxton skipped England to gold in the World Triples Championships in New Zealand in 2016, their first win in the event for 26 years.

Paxton has also enjoyed success indoors, winning the men's pairs and mixed pairs world titles in 2015, men's singles silver in 2016 and then the same again this year.

[@Paxton_Robert](#)

KATHERINE REDNALL

Events: Women's singles and triples
D.O.B: 22 (07.01.1996)
Born: Ipswich
Lives: Ipswich
Games attended: None
Major Achievements: WIBC: Gold (singles) 2018; Gold (singles) 2017; Gold (mixed pairs) 2016; Gold (singles) 2014.



The daughter of England international and 1994 Commonwealth Games competitor John, Katherine Rednall is no stranger to success herself, becoming the youngest winner of a World Indoor Bowls title aged just 18.

Two years later she was on the top step of the podium again, this time in the mixed pairs, while further singles titles came in 2017 and 2018. She will be hoping that indoor success transfers outside for the Gold Coast.

In her spare time, Rednall has been studying for a degree in fashion and textiles.

[@KRednall](#)

LOUIS RIDOUT

Events: Men's pairs and fours
D.O.B: 28 (24.01.1990)
Born: Taunton
Lives: Newton Abbot
Games attended: None
Major achievements: EngCh: Gold (pairs) 2016



Gold Coast 2018 will mark Louis Ridout's debut at Commonwealth Games level having already represented England at national level.

That included the 2016 World Championships, the same year he won the national pairs title with Sam Tolchard.

Ridout is one of six Devon-based bowlers in the team, and is a member of Kings Bowling Club Torquay.

MIKE ROBERTSON

Event: Para-triples
D.O.B: 52 (24.11.1965)
Born: Perth
Lives: Peterborough
Games attended: None
Major achievements: EngCh: Gold (triples and para-singles) 2017



Mike Robertson was selected for his first Commonwealth Games just over a year after first being involved with Disability Bowls England.

Born without a left arm, he won the national singles title last summer as well as winning the national open triples title at the same Leamington venue in August.

Robertson is a member of Parkway BC Peterborough and Peterborough IBC.

[@dtptpunts](#)

KIERAN ROLLINGS

Event: Para-triples
D.O.B: 18 (02.12.1999)
Born: Kettering
Lives: Kettering
Games attended: None
Major achievements: EngCh: Winner (Sutton Winson Plate) 2015, Gold (para-singles) 2017



Aged just 18, Kieran Rollings will be the youngest member of Team England lawn bowls squad to make the trip to Gold Coast.

His first international cap came in 2015, the same year he won the Sutton Winson Plate at the Bowls England National Championships.

He cites his grandad as his biggest influence and is a member of Kettering Lodge Bowls Club.

[@Rollings_Kieran](#) [@rollings_kieran](#)

STEVE SIMMONS

Event: Visually impaired mixed pairs
D.O.B: 50 (19.12.1967)
Born: London
Lives: London
Games attended: One (Glasgow 2014)



Major achievements: WCh: Bronze (singles) 2013; Bronze (singles) 2009

Steve Simmons will partner Alison Yearling in the visually impaired mixed pairs, with Mark and Sue Wherry as their directors.

Simmons made his Commonwealth Games debut at Glasgow 2014, again in the mixed pairs, and will be aiming to progress past the preliminary stage this time around.

He has already medalled on the international stage, winning bronze at the 2009 and 2013 World Championships.

SAM TOLCHARD

Event: Men's pairs and fours
D.O.B: 28 (27.05.1989)
Born: Torquay
Lives: Paignton
Games attended: Two (Glasgow 2014, Delhi 2010)
Major achievements: CG: Bronze (pairs) 2014



For the second successive Commonwealth Games, Sam Tolchard will be joined on Team England by his younger sister, Sophie, having both competed at Glasgow 2014.

That Games saw Sam secure pairs bronze, alongside Andrew Knapper, four years after falling just short of a singles medal at Delhi 2010, when he finished fourth after tie-break losses in the semi-finals and bronze-medal match.

[@SamTolchard](#) [@tolch89](#)

SOPHIE TOLCHARD

Event: Women's pairs and fours
D.O.B: 26 (02.10.1991)
Born: Torquay
Lives: Paignton
Games attended: One (Glasgow 2014)
Major achievements: CG: Gold (triples) 2014 WCh: Bronze (pairs) 2016



Sophie Tolchard was the youngest lawn bowls player in the Team England squad for Glasgow 2014 but that didn't stop her hitting the medal trail.

Alongside Ellen Falkner and Sian Honor, she stood atop the podium in the women's triples on her Games debut. Her elder brother, Sam, was also competing and will do likewise on the Gold Coast.

Two years later Sophie – whose grandparents both represented England at bowls – joined up with Falkner again to become world bronze medallists in Christchurch.

[@tolch888](#)

ALISON YEARLING

Event: Visually impaired mixed pairs
D.O.B: 38 (14.03.1980)
Born: Plymouth
Lives: Plymouth
Games attended: None



Major achievements: EngCh: Gold (Vi mixed pairs) 2018, Gold (Vi singles) 2016

Alison Yearling will be competing in the para-lawn bowls visually impaired mixed pairs alongside Steven Simmons, with this her first Commonwealth Games.

Yearling is one of six bowls players in the squad from Devon, with the proud county sure to be cheering them on from the UK.

When back on home soil, she plays for Plymouth Visually Impaired Bowling Club and Plymouth Hoe Ladies.

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MARK WHERRY

Event: Vi Pairs – director
D.O.B: 22 (10.09.1995)
Born: Truro
Lives: St Austell
Games attended: None

Major achievements: CG: Selection (Vi mixed pairs) 2018

Mark Wherry will make his Commonwealth Games debut on the Gold Coast, as a director for the visually impaired pairs competition.

The St Austell Bowls Club member, who won the Cornwall Men's Under-25's Pairs in 2017, will be a vital aid in what Steve Simmons and Alison Yearling hope will be a successful campaign.

 @markwherry95



GAIL GILKES

Manager
D.O.B: 28.11.62
Born: Aberdeen



MAUREN MONKTON

Manager
D.O.B: 08.11.55
Born: Edinburgh



SUE WHERRY

Event: Vi pairs – director
D.O.B: 60 (20.05.1957)
Born: Redruth
Lives: St Austell
Games attended: None

Major achievements: CG: Selection (Vi mixed pairs) 2018

Joining Mark Wherry, Sue will also act as a director for the visually impaired pairs event.

A fellow member of the St Austell Bowls Club, Wherry will be a proud Cornish team member in a squad made up of primarily players from the South West.

At the 2013 World Blind Bowls Championships in Worthing, Wherry was a director for the VI singles player Terry Matthews who successfully won gold for England. She also directed Alison Yearling at the British VI Championships in 2013.



STUART AIREY

Coach
D.O.B: 04.10.71
Born: Sunderland



PHILIP BRANFIELD

Manager
D.O.B: 31.05.52
Born: Bristol



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NETBALL

NETBALL

INTRODUCTION

Netball made its Commonwealth Games debut at Kuala Lumpur 1998 and has appeared in every edition since, having been made a core sport for women only.

During that time both the gold and silver medals have belonged to a southern hemisphere side with Australia taking the first two titles over New Zealand, before the roles were reversed at Melbourne 2006 and Delhi 2010. Australia then beat New Zealand to take a 3-2 head-to-head lead in Glasgow.

England have won bronze at three out of the five Games - both times they have missed out they've lost to Jamaica in the bronze medal match.

DID YOU KNOW?

Only four nations have ever won a netball medal at the Commonwealth Games, with Australia and New Zealand sharing the gold and silvers, while Jamaica and England have both won bronze

The first bronze medal in 1998, courtesy of victory over South Africa, was particularly significant for the team, who had suffered the pain of finishing fourth at every single world event they had competed in since 1979.

Team England will be hoping for a return to the podium on the Gold Coast, which would be a perfect statement of intent ahead of



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the 2019 World Cup, which is being staged in Liverpool.

TEAM ENGLAND 2018

If it's experience you are after, then Team England's netball squad for the Gold Coast has it by the bucket-load.

Geva Mentor makes her fifth Commonwealth Games appearance, Jade Clarke competes at her fourth Games while captain Ama Agbeze, Eboni Beckford-Chambers and Jo Harten all compete at their third Games, respectively.

Four years ago in Glasgow, the England Roses finished in fourth place after losing out to Jamaica 52-48 in the bronze-medal match after a narrow one-point semi-final defeat to eventual silver medallists New Zealand.

Since then the team has continued to push on with victories over South Africa and New Zealand helping them to second in January's prestigious Quad Series - their best-ever finish.

Eight of the 12-strong squad remain from Glasgow with Natalie Haythornthwaite, Beth Cobden, Jodie Gibson and former Australian player Chelsea Pitman making their Games debut for the England Roses Down Under.

Additionally, Tracey Neville, winner of bronze at Kuala Lumpur 1998, is making her first appearance as head coach at this level having been appointed full-time in September 2015.

The team has been drawn in Pool B alongside

I think over the current international calendar all players stepped up in performance and there were some tough decisions made in selection. The 12 athletes selected offer us versatility, strength in particular court areas and units, and a wealth of experience with players who can lead the team from the front

Tracey Neville - Team England head coach

FACT FILE

VENUE:

Gold Coast Convention and Exhibition Centre, Coomera Indoor Sports Centre (semi-finals onwards)

GOLD MEDALS AVAILABLE:

One

DATES:

Thursday April 5 to Sunday April 15

NUMBER OF TEAM ENGLAND

ATHLETES:

Women: 12

WEBSITES:

teamengland.org/
commonwealth-games-sports/Netball
www.englandnetball.co.uk
Twitter: @EnglandNetball

ENGLAND'S HISTORICAL MEDALS TABLE



DID YOU KNOW?
The first international netball tournament was held in 1963 and named the 'World Tournament' – this event would evolve into the modern World Netball Championship

WORDS TO LEARN

- STACK:**
A set up at a centre pass where one player from the same team stands behind another
- BOX OUT:**
The art of keeping a player behind you, once a shot has been taken, so that you have space to gather any possible rebound
- SCISSORS:**
A player clearing away from the ball to allow another player the space to drive to the ball
- PENALTY SHOT:**
Awarded for the same reason as a penalty pass, when the foul has occurred in the shooting circle. The player is allowed to either shoot or pass
- CONTACT:**
Rule stating that no player may contact an opponent, either accidentally or deliberately, in such a way that interferes with the play of that opponent or causes contact to occur

New Zealand, Malawi, Wales, Scotland and Uganda.

COMPETITION FORMAT
With 12 teams competing, the competition is split into groups of six with the top two teams from each group playing in the semi-finals.

Each team will play five group matches consisting of four quarters of 15 minutes, with a 12-minute break between the second and third quarters.

The number of goals scored is used to determine the winner of each contest, with a team receiving two points for a win, one for a draw and none for a loss.

In the group stage, pools will be ranked by points accrued for wins, draws or losses, however if there is a tie then they will first be split by goal average (goals for divided by goals against), then the result between the two teams in question.

If their game was drawn then goal difference is the next deciding factor, should there still be a tie, then goals scored will be used.

A team must name at least ten players for each match, with a maximum of 12 allowed.

The winner of Pool A will play the second-placed team in Pool B in the first semi-final, with the winner of Pool B playing the runner-up in Pool A in the second semi-final.

The winners will play for the gold and silver medals, with the two losers playing off for the bronze medal.

Teams ranked third to sixth in the groups will contest classification games to determine the final ranking of teams.



GLASGOW 2014 COMMONWEALTH GAMES MEDALLISTS

M = Men W = Women M/W = Mixed events

	GOLD	SILVER	BRONZE
Team	W Australia	New Zealand	Jamaica

EVENTS SCHEDULE

M = Men's events W = Women's events M/W = Mixed events
P = Preliminary C = Classification S = Semi-finals G = Medal event

DATE	EVENT
Apr 5	13:00-16:30 P W Jamaica v Fiji, England v Scotland
	18:30-22:00 P W New Zealand v Uganda, Australia v N Ireland
Apr 6	13:00-16:30 P W Wales v New Zealand, South Africa v Jamaica
	18:30-22:00 P W Malawi v England , Barbados v Australia
Apr 7	13:00-16:30 P W Uganda v Malawi, N Ireland v South Africa
	18:30-22:00 P W Scotland v Wales, Fiji v Barbados
Apr 8	13:00-16:30 P W Jamaica v N Ireland, England v Uganda
	18:30-22:00 P W Malawi v New Zealand, Australia v South Africa
Apr 9	13:00-16:30 P W England v Wales, Fiji v Australia
	18:30-22:00 P W Jamaica v Barbados, New Zealand v Scotland
Apr 10	13:00-16:30 P W Barbados v N Ireland, Scotland v Malawi
	18:30-22:00 P W South Africa v Fiji, Wales v Uganda
Apr 11	09:00-12:30 P W New Zealand v England , South Africa v Barbados
	14:00-17:30 P W N Ireland v Fiji, Uganda v Scotland
	19:00-22:30 P W Malawi v Wales, Australia v Jamaica
Apr 12	09:00-12:30 C W Two matches
	14:00-17:30 C W Two matches
Apr 14	15:00-17:00 S W 1st Pool A v 2nd Pool B, 1st Pool B v 2nd Pool A
Apr 15	G W Bronze medal match
	G W Gold medal match

AMA AGBEZE

Events: Netball
D.O.B: 35 (12.11.1982)
Born: Selly Oak
Lives: Auckland, New Zealand
Games attended: Two (Glasgow 2014, Melbourne 2006)
Major achievements: CG: Bronze 2006
WCh: Fourth 2007 **WYCh:** Fourth 2000



Captain of the England netball team, Ama Agbeze heads to her third Commonwealth Games in 2018.

The defensive veteran, who has played for the likes of Loughborough Lightning and Leeds Carnegie in the Superleague, and also in Australia, last year signed for the Northern Stars in New Zealand and will play in the 2018 ANZ Premiership.

Agbeze is also a qualified lawyer.

[@amaagbeze](#) [@AmaAgbeze](#)

EBONI BECKFORD-CHAMBERS

Events: Netball
D.O.B: 30 (04.02.1988)
Born: Solihull
Lives: Westbury
Games attended: Two (Glasgow 2014, Delhi 2010)
Major achievements: CG: Bronze 2010
WCh: Bronze 2011



Eboni Beckford-Chambers will represent England at a third Commonwealth Games in 2018.

An experienced defender, Beckford-Chambers was part of the England sides that won bronze at Delhi 2010 and narrowly missed out on a medal at Glasgow 2014.

In her first five-year stint with Team Bath, she won four Superleague titles, while away from the court, Beckford-Chambers is also a trainee solicitor.

[@EboniBChambers](#) [@EboniBChambers](#)

JADE CLARKE

Events: Netball
D.O.B: 34 (17.10.1983)
Born: Partington
Lives: Manchester
Games attended: Three (Glasgow 2014, Delhi 2010, Melbourne 2006)
Major achievements: CG: Bronze 2010; Bronze 2006



Jade Clarke has a wealth of experience with the England Roses, having made her international bow in 2003.

A former England captain, she was inducted into the England Netball Hall of Fame in 2014 and has played in Australia and New Zealand.

She is now at defending Superleague champions Wasps, after spells at Loughborough Lightning and Northern Thunder.

[@jadeclarke](#) [@jadeclarke](#)

BETH COBDEN

Events: Netball
D.O.B: 25 (03.02.1993)
Born: Heath Hayes
Lives: Lichfield
Games attended: None
Major achievements: **WUNCh:** Fourth 2012 **WYCh:** Fourth 2013 **Superleague:** Winner 2014, 2012



Beth Cobden heads to her first-ever Commonwealth Games with the England Roses in 2018.

The former University of Manchester student represented Great Britain at the 2012 World University Netball Championships in South Africa, the same year she helped Northern Thunder win the Superleague title.

The Staffordshire native, who plays wing defence, now plays for Loughborough Lightning but missed her team's 2017 Superleague Grand Final defeat to Wasps with a knee injury.

However, she was named in the All Star VII.

[@BethCobs1](#) [@bethcobs1](#)

KADEEN CORBIN

Events: Netball
D.O.B: 26 (27.11.1991)
Born: London
Lives: London
Games attended: One (Glasgow 2014)



Major achievements: CG: Fourth 2014

Kadeen Corbin plays as an attacker for Team Bath Netball in the Vitality Netball Superleague and has more than 50 caps for England.

She has also played for New Zealand's Silvermoon Tactix and helped England to a fourth-place finish at the 2014 Commonwealth Games in Glasgow.

[@kadeen_corbin](#) [@Kadburyz](#)

JODIE GIBSON

Events: Netball
D.O.B: 25 (30.10.1992)
Born: Bury
Lives: Worcester
Games attended: None
Major achievements: **Superleague:** Winner 2014



Jodie Gibson grew up in Bury and was inspired to take up netball as a child having watched the game played at the 2002 Commonwealth Games in Manchester.

She won the Superleague title with Manchester Thunder in 2014 but now plays for Severn Stars and made her international debut against Malawi in November 2017.

[@Missgibsonx](#) [@jcgibsonx](#)

SERENA GUTHRIE

Events: Netball
D.O.B: 28 (05.01.1990)
Born: Peterborough
Lives: Sydney, Australia
Games attended: One (Glasgow 2014)
Major achievements: CG: Fourth 2014
WCh: Bronze 2011



Centre Serena Guthrie played for Team Bath Netball from 2007-2014 and made her international debut in 2008, going on to help England secure a bronze medal at the 2011 Netball World Championships in Singapore.

She was also part of the England Roses side that whitewashed Australia in January 2013 and finished fourth at the 2014 Commonwealth Games in Glasgow.

She now has more than 50 caps for her country and plays for Giants Netball in Sydney, Australia.

[@serenabob](#) [@serenabob](#)

JOANNE HARTEN

Events: Netball
D.O.B: 29 (21.03.1989)
Born: Harlow
Lives: Sydney
Games attended: Two (Glasgow 2014, Delhi 2010)
Major achievements: CG: Bronze 2010



Joanne Harten made her debut for the England netball team in 2007, taking part in the 2007 Netball World Championships.

She plays as a goal shooter and goal attack and has represented Canterbury Tactix, Waikato Magic and Sydney's Giants Netball.

Joanne has attended two previous Commonwealth Games, picking up a bronze medal at Delhi 2010 and finishing fourth with Team England at Glasgow 2014.

[@jarten](#) [@joharten](#)

NATALIE HAYTHORNTHWAITE

Events: Netball
D.O.B: 25 (09.12.1992)
Born: Keighley
Lives: Doncaster
Games attended: None
Major achievements: **Superleague:** Winner 2017 **ECh:** Gold (U21) 2013



Wasps attacker Natalie Haythornthwaite has been part of England Netball's training programme at Loughborough University since 2016 and helped her club to the Vitality Netball Superleague title a year later.

She also helped England to win the Fast5 Netball World Series in 2017 and to achieve their best-ever finish in a Quad Series – second in 2018.

[@nataliesymone](#) [@natsymone](#)

HELEN HOUSBY

Events: Netball
D.O.B: 23 (19.01.1995)
Born: Carlisle
Lives: Sydney
Games attended: One (Glasgow 2014)
Major achievements: **Superleague:** winner 2014



Helen Housby's England career has been synonymous with the Commonwealth Games, with her international debut arriving against Wales at Glasgow 2014.

Formerly of the Manchester Thunder, the attacker helped them win the 2014 Superleague title with victory over Surrey Storm in the Grand Final.

Housby, who has a degree in Zoology, moved to Sydney in 2017 and is currently playing for New South Wales Swifts.

[@HelenHousby1](#) [@helenhousby1](#)

GEVA MENTOR

Events: Netball
D.O.B: 33 (17.09.1984)
Born: Bournemouth
Lives: Sunshine Coast, Australia
Games attended: Four (Glasgow 2014, Delhi 2010, Melbourne 2006, Manchester 2002)
Major achievements: CG: Bronze 2010; Bronze 2006 **WCh:** Bronze 2015; Bronze 2011; World Player of the Year 2014



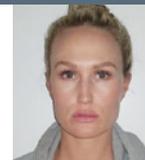
Having begun her England Roses career as a 16-year-old back in 2000, Geva Mentor will mark her 18th year as an international by competing at a fifth Commonwealth Games.

Having won two Superleague titles with Team Bath, goalkeeper Mentor has played for the Adelaide Thunderbirds, Melbourne Vixens and Sunshine Coast Lightning, her performances for the latter seeing her named the 2017 Super Netball Player of the Year.

[@GevaMentor](#) [@GevaMentor](#)

CHELSEA PITMAN

Events: Netball
D.O.B: 29 (08.06.1988)
Born: Sydney, Australia
Lives: Adelaide, Australia
Games attended: None
Major achievements: **WCh:** Gold 2011 **NQS:** Third 2017



Chelsea Pitman made her England debut in 2017 and chases international success in the country of her birth at the 2018 Commonwealth Games.

Wing attack Pitman was born in the Sydney suburb of Paddington and won World Championship gold with Australia in 2011 but qualifies for England through her Yorkshire-born father.

[@chelseapitman](#) [@ChelseaPitman](#)



CATHERINE FORREST

Physiotherapist
D.O.B: 24.09.85
Born: Edinburgh



RICHARD HANDYSIDE

Analyst
D.O.B: 01.06.87
Born: Sheffield



JULIA MURRAY

Coach
D.O.B: 17.05.84
Born: Ottawa, Canada



TRACEY NEVILLE

Head coach
D.O.B: 21.01.77
Born: Bury



TANIA OBST

Assistant coach
D.O.B: 06.07.70
Born: Adelaide, Australia



SARA SYMINGTON

Performance director
D.O.B: 25.09.69
Born: Maracaibo, Venezuela



COLETTE THOMSON

Coach
D.O.B: 22.07.53
Born: London



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PARA-POWERLIFTING

PARA-POWERLIFTING

INTRODUCTION

The sister sport to weightlifting, para-powerlifting has been a part of the Commonwealth Games programme since Manchester 2002 when men first competed.

The women's competition featured eight years later, at Delhi 2010, with Gold Coast 2018 marking the third time that both have been contested at the same Games.

Para-powerlifting evolved from "odd lifts", which followed the same three-attempt format but used a wider variety of events, akin to a strongman competition.

Para-powerlifting is now seen as the ultimate test of upper body strength with athletes attempting a maximal bench press.

Delhi 2010 saw just two para-powerlifting events competed in, with the men's open bench press and women's bench press on the agenda, doubling the medal haul of the previous two Games.

FACT FILE

VENUE:
Carrara Sports and Leisure Centre

GOLD MEDALS AVAILABLE:
4

DATES:
Tuesday April 10

NUMBER OF TEAM ENGLAND ATHLETES:
Men: 3 Women: 3

WEBSITES:
teamengland.org/
commonwealth-games-sports/
powerlifting
www.britishweightlifting.org
Twitter: @GBWeightLifting

Six medals were therefore lifted for with all six going the way of Nigeria, maintaining their perfect record of golds after victories for

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Solomon Amarakuo and Ruel Ishaku in 2002 and 2006, respectively.

Yakunu Adesokan was the man atop the podium in India however, with Anthony Ulonnam and Ikechukwu Obichukwu also in the medals.

History was made in the women's competition as Esther Oyema took home the first gold medal, while Ganiyatu Onaolapo and Osamwenyobor Arasomwan took silver and bronze respectively.

Fast forward four years and the number of events doubled again, with the men's 72kg and +72kg taking place alongside the women's 61kg and +61kg.

Once again it was Nigeria who were dominant, taking all four gold medals on offer as Paul Kehinde, Abdulazeez Ibrahim and Loveline Obiji stood atop the podium as did Oyema, securing her second Commonwealth title two years after becoming Paralympic champion.

There was also plenty of English interest at Glasgow 2014 as Natalie Blake secured silver in the women's 61kg, while the men's 72kg bronze medal went to compatriot Ali Jawad.

DID YOU KNOW?

Athletes compete lying on an official World Para Powerlifting approved bench which is 2.1m long. The width of the bench is 61cm wide, and narrows to 30cm where the head is placed

TEAM ENGLAND 2018

Team England will take six para-powerlifters to the Gold Coast, with three men and three women looking to show what they've got at the Commonwealth Games.



“After a tough 2017 battling Crohn’s Disease, I am delighted that I get to compete on the world stage again. I have some special memories representing Team England and I cannot wait to do it all over again.”

Ali Jawad – Glasgow 2014 bronze medallist

Among them are two Commonwealth medallists including Blake, who secured silver in Glasgow four years ago.

But a trip Down Under will mark her para-powerlifting swansong, set to retire following the Games after more than 20 years in the sport – starting out by making her mark at the Sydney 2000 Paralympic Games.



“ We are most grateful to both Team England and Sport England for their continued support in providing a great opportunity for all our squad to be well prepared and in great shape for the Games. It is hugely exciting and a great opportunity for all the squad to showcase their talents, all ahead of a home Games in 2022. ”

Ashley Metcalfe - British Weightlifting Chief Executive Officer



WORDS TO LEARN

OPENERS:

Your first lift of the event. Choosing your weights for openers is strategic and challenging. Open too light and you might risk having to jump up by too much weight in your subsequent lifts. Open too heavy and you risk failing the lift

PLATE:

The name for the large weights that go on the bar

SUICIDE GRIP:

A thumb-less bench press grip. The alternative being a hook grip, in which the last joint of the thumb is covered by the other fingers of the same hand

Joining her with previous medal experience is Jawad, lifting his way to bronze in Glasgow in the 72kg category, the same year in which he became world champion in his sport.

He's one of two men who are in the light competition, alongside Oliver Brown, while Nathaniel Wilding will go in the heavy event after becoming a World Cup gold medallist.

Meanwhile, joining Blake in the women's light category is Zoe Newson, who narrowly missed out on the bronze medal at Delhi 2010.

She wasn't to be denied on the Paralympic stage however, securing a spot on the podium at both the London 2012 and Rio 2016 Games.

DID YOU KNOW?

A para-powerlifting barbell differs from an Olympic barbell in that it is stiffer, in order to better accommodate heavier weights, and without the flex found in an Olympic bar

And finally Louise Sugden's sporting career will go full circle when enters the competition arena on the Gold Coast.

A former wheelchair basketball player at the highest level, she had actually retired from sport before finding a passion in para-powerlifting, turning the hobby into competition ready for the Gold Coast.

COMPETITION FORMAT

Para-powerlifting involves athletes having to press weights of increasing heaviness into the air from a stationary position, lying back on a bench.

Participants with a lower leg or hip impairment compete together with no

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specific classification.

Medals are determined by using an International Paralympic Committee formula that takes account of bodyweight and weight lifted.

Each athlete's body weight is equated to a

ENGLAND'S HISTORICAL MEDALS TABLE			
0	1	1	2
GOLD	SILVER	BRONZE	TOTAL

co-efficient that is multiplied by their best lift of the competition to give a final result.

Each competitor is allowed three attempts at the bench press, with their heaviest lift counting towards the results.

A panel of three referees decide whether a lift has been completed successfully. They press a white button to indicate a good lift or a red if they are not happy with it. Two or three white lights signify a good lift.

Just two weight categories will be contested at Gold Coast 2018, with men's 72kg and +72kg and women's 61kg and +61kg.

GLASGOW 2014 COMMONWEALTH GAMES MEDALLISTS

M = Men W = Women

	GOLD	SILVER	BRONZE
61kg	W Esther Oyema (NGR)	Natalie Blake (ENG)	Sakina Khatun (IND)
+61kg	W Loveline Obiji (NGR)	Bose Omolayo (NGR)	Joyce Wambui Njuguna (KEN)
72kg	M Paul Kehinde (NGR)	Rolland Ezuruike (NGR)	Ali Jawad (ENG)
+72kg	M Abdulazeez Ibrahim (HGR)	Rajinder Rahelu (IND)	Jong Yee Khie (MAS)

EVENTS SCHEDULE

M = Men's events W = Women's events G = Medal event

DATE	EVENT
Apr 10	10:30-12:30 G M Lightweight
	14:30-17:45 G W Lightweight and heavyweight finals
	19:30-21:30 G M Heavyweight final



NATALIE BLAKE

Events: Women's lightweight (61kg)
D.O.B: 35 (04.12.1982)
Born: Manchester
Lives: Nottingham
Games attended: One (Glasgow 2014)



Major achievements: CG: Silver (61kg) 2014

Natalie Blake's para-powerlifting career has spanned nearly 20 years, starting out as the youngest athlete to compete at the Sydney 2000 Paralympic games when just 17.

Since then Blake has gone on to huge success, including silver at the 2014 Commonwealth Games in Glasgow.

But it's all set to come for an end for Blake, with the Gold Coast marking the end of an esteemed career as she goes for one final attempt at Commonwealth gold.

OLIVER BROWN

Events: Men's lightweight (72kg)
D.O.B: 32 (24.03.1986)
Born: Wimbledon
Lives: Weybridge
Games attended: None



Major achievements: Ech: Sixth (65kg) 2015 WCh: 12th (65kg) 2017

Oliver Brown will arrive on the Gold Coast in form this April, less than a year since becoming a silver medallist at the British Championships.

That was part of a successful 2017 in which he finished 12th at the World Championships in the 65kg category.

In 2015 Brown, who has a short stature, secured a top-six finish at the European Championships thanks to a score of 143.

ALI JAWAD

Events: Men's lightweight (72kg)
D.O.B: 29 (12.01.1989)
Born: Beirut, Lebanon
Lives: Loughborough
Games attended: One (Glasgow 2014)



Major achievements: CG: Bronze (72kg) 2014 Ech: Gold (-65kg) 2015 PG: Silver (-59kg) 2016 WCh: Gold (-59kg) 2014

An international judoka before switching sports, Ali Jawad lifted the second biggest weight in British history when aged 19.

Jawad continued in his stride, becoming world champion in 2014 as well as Commonwealth bronze medallist at Glasgow 2014.

The Lebanon-born lifter became a European champion and then Paralympic silver medallist in 2015 and 2016 respectively, despite having Crohn's disease - an illness he suffered severely from in 2017.

@AliJawad12 @aljawadpowerlifter



ZOE NEWSON

Events: Women's lightweight (61kg)
D.O.B: 26 (24.03.1992)
Born: Ipswich
Lives: Colchester
Games attended: One (Delhi 2010)



Major achievements: PG: Bronze (-45kg) 2016, Bronze (-40kg) 2012
WCh: Bronze (-45kg)

Zoe Newson broke European records and became junior world champion on her way to a first Commonwealth appearance at Delhi 2010, where she finished fourth.

She won bronze at London 2012 and four years later it was the same result, this time in Rio, while bronze was also the order of the day at the 2017 Para Powerlifting World Championships.

@zoenewson92 @zoenewson7

LOUISE SUGDEN

Events: Women's heavyweight (+61kg)
D.O.B: 33 (20.07.1984)
Born: Reading
Lives: High Wycombe
Games attended: None



Major achievements: PWC: Champion (wheelchair basketball) 2011, double Paralympian

Louise Sugden's para-sport life started more with the ball than the bar, a keen wheelchair basketball player since first trying the game aged 13.

Qualifying for every major team over an 11-year period, two Paralympic Games came Sugden's way before retiring from the sport in 2017.

But in para-powerlifting she found a new passion, taking her all the way to the Gold Coast for her first Commonwealth Games.

@louisesugden13 @loulousuggers

NATHANIEL WILDING

Events: Men's heavyweight (+72kg)
D.O.B: 25 (20.10.1992)
Born: Ipswich
Lives: Woodbridge
Games attended: None



Major achievements: PWC: Gold 2017

Nathaniel Wilding has spina bifida and was first introduced to para-powerlifting by coach Jon Amos.

From there he has gone from strength to strength in more ways than one, finishing sixth at the European Championships in 2015 and seventh in the world two years later.

Now Wilding is preparing to embark on his first Commonwealth Games on the Gold Coast.



ANDREW CALLARD

Coach
D.O.B: 04.01.68
Born: Crayford



BEN RICHENS

Coach
D.O.B: 28.08.81
Born: Enfield



DAVID SAWYER

Coach
D.O.B: 14.10.63
Born: Pinxton



ARUN SINGH

Coach
D.O.B: 04.06.66
Born: Lichfield



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RUGBY SEVENS

RUGBY SEVENS

INTRODUCTION

Women's rugby sevens will make its debut on the Gold Coast, two decades after the sport was first included on the Commonwealth Games programme in Kuala Lumpur.

Sevens has become one of the most popular sports at the Games and is now a part of the core programme, indeed the success of sevens at the Games was cited as a reason for its debut at the last Olympics in Rio.

New Zealand has dominated every Games since its inception – failing to lose a single match as they won every gold between 1998 and 2010. The Kuala Lumpur 1998 final saw man-of-the-match Jonah Lomu lead New Zealand to victory over Fiji in the final.

However, the rugby powerhouse lost out in a dramatic gold-medal match against South

DID YOU KNOW?

Scrumm are contested by just three players – the forwards – leaving four backs to receive the ball and attack

Africa at Glasgow 2014.

Team England have won one medal since the sport's introduction – claiming silver when the Games were last held in Australia at Melbourne 2006.

However, rugby sevens results at the Olympics mean this year's tournament is wide open. Olympic men's champions Fiji, who won two silvers and a bronze in the first three editions of the sport at the Games, have high hopes. And Team England include several members of the Great Britain team that were beaten by Fiji in the Olympic final –



a tournament in which New Zealand's men's team failed to medal.

All three Olympic women's medallists in Brazil were from the Commonwealth, Australia taking gold in a close final with New Zealand and Canada beating Great Britain in the bronze medal match.

TEAM ENGLAND 2018

Abbie Brown will have the honour of leading England as women's rugby sevens appears on the Commonwealth Games programme for the first time.

She first captained England aged 20 and was part of the Team GB squad for the Rio 2016 Olympic Games, scoring twice as Great Britain reached the semi-finals.

Brown is in fact one of seven players who formed part of that squad, along with Claire Allan, Heather Fisher, Natasha Hunt, Emily Scarratt, Emily Scott and Amy Wilson Hardy.



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FACT FILE

VENUE:

Robina Stadium

GOLD MEDALS AVAILABLE:

2

DATES:

Friday April 13 – Sunday April 15

NUMBER OF TEAM ENGLAND

ATHLETES:

Men: 13 Women: 13

WEBSITES:

teamengland.org/
commonwealth-games-sports/rugby-sevens
www.gc2018.com/sport/rugby-sevens
www.englandrugby.com
Twitter: @EnglandRugby

Heading out to the Gold Coast with this amazing group of people is really exciting and with the quality of players in the squad we are confident of performing well. The Commonwealth Games is an opportunity to grow the game of sevens whilst representing our country alongside the other members of Team England.

Tom Mitchell – men's captain and Team England ambassador

“It’s a huge honour to be selected to go out to the Gold Coast with such a special group of girls. Not only do we get the chance to showcase women’s rugby sevens for the first time at a Commonwealth Games, but we get to be part of Team England with some incredible athletes. We’re really looking forward to performing against some really strong teams and making Team England proud.”

Abbie Brown

WORDS TO LEARN

KICK-OFF:

The method of restarting the game after a try has been scored that, unlike the 15-man code, is performed by the side to have just scored

ADVANTAGE:

Because of the rapid nature of rugby sevens, a team’s advantage may often last just one phase of play, unlike the 15-man code, when an advantage can be rolled over several phases

THE 22:

The pitch marking denoting a distance of 22 metres from a team’s try line

England have endured a mixed start to the 2017–2018 World Rugby Women’s Sevens series and lie ninth after two rounds in Dubai and Sydney.

But with plenty of experience throughout the squad, including 15s World Cup winner Scarratt, the team will be aiming to shine on the Gold Coast.

Meanwhile there are plenty of familiar faces in the 13-strong men’s team chosen to represent Team England, with over half of the team which reached the quarter-finals in Glasgow returning to the Commonwealth Games stage.

The team will be led by captain Tom Mitchell, winner of Olympic silver in Rio, alongside former Team GB colleagues Phil Burgess, Dan Norton, James Rodwell, Dan Bibby, Ollie Lindsay-Hague and Ruaridh McConnochie.

Norton, the all-time leading try scorer in rugby sevens, and England’s most capped sevens player Rodwell, also bring up a hat-trick of Commonwealth Games appearances.

DID YOU KNOW?

A conversion must be attempted within 30 seconds of a try being scored

COMPETITION FORMAT

Played over just three days, the rugby sevens competition is one of the most intense of the whole Games.

Gold Coast marks the first time rugby sevens will feature a women’s competition, meaning there are two gold medals to be fought for in Australia.

The teams in each event are split into pools – four for the men and two for the women.

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Each team will play three pool matches, with three points on offer for a win, two for a draw and one for a loss.

Each match consists of two seven-minute halves, with a two-minute half-time break.

At the end of the pool phase the top two sides from the women’s pools, and the top side from each of the men’s pools, progress to the semi-finals.

The remainder of the teams play classification matches to determine the final ranking of the event.

The winners of the semi-finals go through to play in the gold-medal match, while the two

ENGLAND’S HISTORICAL MEDALS TABLE



losers play for the bronze.

The scoring system remains the same as rugby union, however all conversion attempts must be drop-kicked.

During the pool phase, drawn matches will be allowed but in the knockout phase a tied match at the end of regular time results in a five-minute period of extra time.

GLASGOW 2014 COMMONWEALTH GAMES MEDALLISTS

M = Men **W** = Women

	GOLD	SILVER	BRONZE
Team	M South Africa	New Zealand	Australia

EVENTS SCHEDULE

M = Men's events **W** = Women's events **P** = Preliminary
C = Classification **Q** = Quarter-finals **S** = Semi-finals **G** = Medal event

DATE	EVENT
Apr 13	16:30-20:30 P W Canada v South Africa, New Zealand v Kenya, Fiji v England . Australia v Wales, Canada v Kenya, New Zealand v South Africa, Fiji v Wales, Australia v England
Apr 14	09:30-14:30 P M Australia v Samoa, England v Jamaica , Canada v Kenya, New Zealand v Zambia, Wales v Uganda, Fiji v Sri Lanka, Scotland v Papua New Guinea, South Africa v Malaysia P W South Africa v Kenya, New Zealand v Kenya P M Australia v Jamaica, England v Samoa , Canada v Zambia, New Zealand v Kenya 17:30-22:30 P M Wales v Sri Lanka, Fiji v Uganda, Scotland v Malaysia, South Africa v Papua New Guinea P W England v Wales , Australia v Fiji P M Australia v Fiji, England v Australia , Kenya v Zambia, New Zealand v Canada, Uganda v Sri Lanka, Fiji v Wales, Papua New Guinea v Malaysia, South Africa v Scotland
Apr 15	09:30-16:00 C W Classification C M Classification S W Semi-finals S M Semi-finals C W Classification C M Classification G W Bronze medal match G M Bronze medal match G W Gold medal match G M Gold medal match

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MEN

DAN BIBBY

Events: Men's team
D.O.B: 27 (06.02.1991)
Born: Aspull
Lives: London
Games attended: One (Glasgow 2014)



Major achievements: **OG:** Silver 2016
CG: Plate winner (fifth) 2014

A key member of Team GB's first-ever Olympic Rugby Sevens squad in 2016, Dan Bibby scored the decisive try in extra-time of the quarter-final to see off Argentina.

Team GB went on to claim second place, earning Bibby a silver medal to take home from Rio.

Bibby holds fond memories of the Gold Coast. Back in 2012-13 in the Australian leg of the World Rugby Sevens Series, the former Cardiff Metropolitan University student scored five tries, including a hat-trick against Spain, as England secured third place.

[@dbibby15](#) [@dbibby15](#)

PHIL BURGESS

Events: Men's team
D.O.B: 29 (01.07.1988)
Born: Frimley
Lives: London
Games attended: One (Glasgow 2014)



Major achievements: **OG:** Silver 2016, **WRSS:** Silver 2016-17

Phil Burgess' darting pace and power have become a mainstay in the sevens side in recent years and not without success.

He helped England to a runner-up position in the 2016-17 World Rugby Sevens Series and was an integral member of the Team GB squad which claimed silver at Rio 2016.

[@Philip_Burgess](#) [@burgessphilip1988](#)

ALEX DAVIS

Events: Men's team
D.O.B: 25 (03.10.1992)
Born: Gloucester
Lives: London
Games attended: None



Major achievements: **WRSS:** Silver 2016-17

Heartbreakingly Alex Davis had to withdraw from the 2016 Olympic squad with an ankle injury suffered in a pre-Games training camp.

The centre signed his first England Sevens contract in 2014 and made his World Rugby Sevens Series debut on the Gold Coast later that year.

In August 2014, the former Loughborough University student helped Great Britain Students win the World University Sevens Championship in Brazil.

[@ajldavis03](#) [@ajldavis](#)

RICHARD DE CARPENTIER

Events: Men's team
D.O.B: 27 (30.04.1990)
Born: Preston
Lives: Kingston-Upon-Thames
Games attended: None



Major achievements: **WRSS:** Silver 2016-17

Richard De Carpentier made his England Sevens debut in 2011 and has recently established himself as an integral cog in the England machine.

One of many in the squad to be making his Commonwealth Games debut, he claimed the 2017 RPA England Sevens Player of the Year award for his performances at prop.

He was included in the preliminary squad for Rio 2016 but did not make the final party.

[@RichDC08](#) [@richdc08](#)

MIKE ELLERY

Events: Men's team
D.O.B: 28 (08.09.1989)
Born: Penrith
Lives: London
Games attended: One (Glasgow 2014)



Major achievements: **CG:** Plate winner (fifth) 2014

Flying Saracens wing Mike Ellery caught the eye of the club's selectors after impressing with England at the Commonwealth Games in Glasgow in 2014.

His performances helped England to a fifth-place finish, winning the plate with the rest of his team-mates in the process. He also helped England to second place in the World Rugby Sevens Series 2016-17.

[@Mikeellery89](#) [@mjellery](#)

HARRY GLOVER

Events: Men's team
D.O.B: 22 (31.12.1995)
Born: London
Lives: London
Games attended: None



Major achievements: **CG:** Selection (men's team) 2018

A member of the Wasps academy from the age of 14, Harry Glover joined the England Sevens squad before his teenage years were out.

The centre made his international debut in March 2016 at the Las Vegas edition of the World Rugby Sevens Series.

His younger brother Will has also been capped by England. Glover is a keen golfer and reads politics and economics at Newcastle University.

[@HarryALGlover](#) [@harryglover1](#)

CHARLIE HAYTER

Events: Men's team
D.O.B: 29 (10.12.1988)
Born: Bath
Lives: London
Games attended: One (Glasgow 2014)
Major achievements: CG: Plate winner (fifth) 2014



Charlie Hayter played 15s rugby for Worcester Warriors and Wasps before becoming a member of Engad Sevens centrally-contracted group in 2014. Later that year he went on to represent his country at the Commonwealth Games in Glasgow, where England finished fifth - winning the plate.

Hayter was named in the 25-man Great Britain squad for the Summer Olympics in 2016, eventually being named reserve for the Games.

[@hayter88](#) [@chayter88](#)

OLLIE LINDSAY-HAGUE

Events: Men's team
D.O.B: 27 (08.10.1990)
Born: London
Lives: London
Games attended: None
Major achievements: OG: Silver 2016



The versatile Ollie Lindsay-Hague's first dalliance with rugby sevens came at Millfield School, where he latterly became captain.

He graduated to feature for London Welsh, while he has represented Harlequins in Premiership Rugby. The 27-year-old made his England debut in February 2010 against Argentina in Las Vegas.

Lindsay-Hague represented Great Britain at the 2016 Olympics, setting up their only try in defeat to Fiji in the final.

[@O_LindsayHague](#) [@olindsayhague](#)

TOM MITCHELL

Events: Men's team
D.O.B: 28 (22.07.1989)
Born: Cuckfield
Lives: London
Games attended: One (Glasgow 2014)
Major achievements: OG: Silver 2016, WRSS: Silver 2016-17



England's captain is entering his second Commonwealth Games having been in the squad for the plate-winning 2014 side, however he picked up an injury against Australia, ruling him out for the rest of the tournament.

Another Team GB Olympic silver medallist, Mitchell made his debut for England at the 2012 Wellington Series and was the leading scorer in the 2013-14 World Rugby Sevens Series, where England finished fourth.

[@TBobbyMitchell](#) [@trtmitchell](#)

RUARIDH McCONNOCHIE

Events: Men's team
D.O.B: 26 (23.10.1991)
Born: Tenterden
Lives: London
Games attended: None
Major achievements: OG: Silver 2016



A late replacement for the injured Alex Davis, Ruaridh McConnochie was part of Team GB's silver-medal winning squad at the 2016 Olympic Games in Rio. That year he was named by Rugby World magazine in their '50 most influential people' list.

The 26-year-old helped Great Britain students triumph at the World University Games in 2014.

In January, McConnochie agreed to a return to 15s rugby with Premiership club Bath.

[@ruaridhmcc](#) [@ruaridhmcc](#)

DAN NORTON

Events: Men's team
D.O.B: 30 (22.03.1988)
Born: Gloucester
Lives: London
Games attended: Two (Glasgow 2014, Delhi 2010)
Major achievements: OG: Silver 2016, WRSS: Silver 2016-17



Dan Norton is a try machine with pace to burn. He is the all-time leading try scorer in international rugby sevens, surpassing Kenyan Collins Injera's record of 244 in 2017.

He represented the silver-medal winning Team GB side at Rio 2016, and scored the team's only try in the final, which they lost to Fiji.

He was a key part of the England side which finished second in the 2016-17 World Rugby Sevens Series as Simon Amor's side finished behind only South Africa.

[@Dan_Norton4](#) [@dan_norton4](#)

JAMES RODWELL

Events: Men's team
D.O.B: 33 (23.08.1984)
Born: Wendover
Lives: London
Games attended: Two (Glasgow 2014, Delhi 2010)
Major achievements: OG: Silver 2016, WRSS: Silver 2016-17



James Rodwell is an experienced head in the England dressing room and has been part of the furniture of the national team in recent times.

He is one of the squad to be competing in his third Commonwealth Games after helping England to fourth and fifth-place finishes in 2010 and 2014, respectively.

He also tasted Olympic podium glory as part of the silver-medal winning Team GB side at Rio 2016.

[@James_Rodwell](#) [@James_Rodwell5](#)

ETHAN WADDLETON

Events: Men's team
D.O.B: 21 (23.11.1996)
Born: Ipswich
Lives: London
Games attended: None
Major achievements: CG: Selection (men's team) 2018



An academy player with both Northampton Saints and Saracens, Ethan Waddleton's career ignited when he became a member of the England sevens squad, making his debut in January 2016 in Wellington.

In his junior years, Waddleton captained St Joseph's College to the Rosslyn Park U16 title and triumphed at the National Schools Festival.

[@ethan_waddleton](#)

WOMEN

CLAIRE ALLAN

Events: Women's team
D.O.B: 32 (07.05.1985)
Born: Birmingham
Lives: London
Games attended: None
Major achievements: OG: Fourth 2016, WRWC: Champion (15s) 2014



Claire Allan helped England to Women's Rugby World Cup glory in 2014, when she came off the bench to play in the last ten minutes of the 21-9 victory over Canada in the final.

She signed up to a full-time sevens contract for the 2017/18 season after returning from a long-term injury, having previously been part of the Great Britain squad at the Rio 2016 Olympic Games.

Allan also played in the Women's Rugby World Cup Sevens in 2013 and 2009 and combines her rugby with her job as a Metropolitan Police officer.

[@claireallan13](#) [@crallan13](#)

JESS BREACH

Events: Women's team
D.O.B: 20 (04.11.1997)
Born: Chichester
Lives: West Sussex
Games attended: None
Major achievements: U18ECh7: Gold 2015, 2014



Youngster Jess Breach made a sensational start to her international career when she scored six tries on her England 15s debut against Canada in November 2017.

Her stunning form led to her being added to England's sevens programme in January 2018.

[@jessbreach](#) [@jessbreach97](#)

ABBIE BROWN

Events: Women's team
D.O.B: 21 (10.04.1996)
Born: Exeter
Lives: London
Games attended: None
Major achievements: OG: Fourth 2016



Named as captain after her brilliant performances in the last few years, Abbie Brown will lead England into the Gold Coast 2018 Commonwealth Games in what is the first women's competition in rugby sevens.

Brown was previously part of the Great Britain side that finished fourth at the Rio 2016 Olympic Games, where she scored two tries in the quarter-final victory over Fiji.

After playing basketball and netball in her youth, Brown captained England for the first time, aged just 20, during the 2017 World Rugby Sevens Series.

[@abbiebrown10](#) [@abbiebrown13](#)

HEATHER FISHER

Events: Women's team
D.O.B: 33 (13.06.1984)
Born: Birmingham
Lives: Birmingham
Games attended: None
Major achievements: OG: Fourth 2016, WRWC: Champion (15s) 2014, Runner-up (15s) 2010



After representing Great Britain in bobsleigh, Heather Fisher switched to rugby and made her England debut against USA in 2009.

Since then, Fisher has been part of the England squad that won the 2014 Women's Rugby World Cup in France, while also being a runner-up in the 2010 tournament staged on home soil.

She also helped Team GB sevens finish fourth at Rio 2016.

[@Hfisher2012](#) [@heatherfish29](#)

VICKY FLEETWOOD

Events: Women's team
D.O.B: 27 (13.04.1990)
Born: Nuneaton
Lives: London
Games attended: None
Major achievements: WRWC: Champion (15s) 2014, Runner-up (15s) 2017



Formerly a top junior hurdler, Vicky Fleetwood has more than 60 caps to her name with England since making her international debut against the USA in 2011.

She made six appearances as England won the 2014 Women's Rugby World Cup and was a losing finalist in the 2017 edition.

A hooker in the 15-a-side game, Fleetwood became the first front-row forward to score a hat-trick in the Women's Six Nations when she bagged a treble against Italy in February 2017.

[@vickyfleetwood](#) [@vickyfleetwood_](#)

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DEBORAH FLEMING

Events: Women's team
D.O.B: 26 (10.06.1991)
Born: Penzance
Lives: Oxford
Games attended: None

Major achievements: WRSS: Selection (women's) 2017, 2016

Cornish-born Deborah Fleming competed in the 2006 English and UK Schools Athletics Championships a teenager, reaching the final of the 100 metres in both.

After also playing netball she switched to rugby and was Premiership runner-up with Saracens in 2016.

Fleming's pace on the wing grabbed the attention of the England set-up and she has become a sevens regular since making her debut in Dubai during the 2016-17 World Rugby Sevens Series.

[@DeborahF91](#) [@deborahgfleming](#)



ALEX MATTHEWS

Events: Women's team
D.O.B: 24 (03.08.1993)
Born: Camberley
Lives: Surrey
Games attended: None

Major achievements: WRWC: Champion (15s) 2014, Runner-up (15s) 2017

As one of the most promising young talents in the women's game, Alex certainly lived up to expectations and was a World Cup winner at the age of 21.

She made her England debut at 18 and was one of the first female rugby players in England to be awarded a professional central contract from the RFU.

On her 25th cap for the Red Roses, she was the Old Mutual Wealth Player of the Match when England beat France 10-5 at the Twickenham Stoop.

[@AlexMatthews03](#) [@a.matthews06](#)



LYDIA THOMPSON

Events: Women's team
D.O.B: 26 (10.02.1992)
Born: Stourbridge
Lives: Wolverhampton
Games attended: None

Major achievements: WRWC: Champion (15s) 2014, Runner-up (15s) 2017
W6N: Grand Slam winner (15s) 2017

After an amazing 2017 in which she helped England to a Grand Slam Six Nations triumph and a World Cup runners-up medal with 12 tries in ten matches, Lydia Thompson was nominated for World Rugby's Player of the Year Award.

She ran in England's 35th and final 2017 Women's Six Nations try against Ireland to help clinch the Grand Slam.

Thompson has always been an attacking threat, scoring a hat-trick on her England debut in the 2012 European Cup.

[@Lbthom1](#) [@lbthompson1](#)



SIMON AMOR

Men's head coach
D.O.B: 25.04.79
Born: Kingston-upon-Thames



JAMES BAILEY

Women's head coach
D.O.B: 05.08.83
Born: London



NATASHA HUNT

Events: Women's team
D.O.B: 29 (21.03.1989)
Born: Gloucester
Lives: London
Games attended: None

Major achievements: OG: Fourth 2016
WRWC: Champion (15s) 2014, Runner-up (15s) 2017

Natasha Hunt took up rugby as a 17-year-old on the suggestion of her PE teacher and made her senior England debut against the USA in 2011.

Hunt was part of the England team that defeated Canada 21-9 in the final to win the 2014 Women's Rugby World Cup before switching to Sevens to represent Great Britain at the Rio 2016 Olympic Games - finishing fourth at Rio 2016.

Back in the 15s game and she helped England to a runners-up spot at the 2017 Women's Rugby World Cup.

[@NHunt09](#) [@huntie_1](#)



EMILY SCARRATT

Events: Women's team
D.O.B: 28 (08.02.1990)
Born: Leicester
Lives: London
Games attended: None

Major achievements: OG: Fourth 2016
WRWC: Champion (15s) 2014, Runner-up (15s) 2017
W6N: Grand Slam winner (15s) 2012, 2017

As the player who secured England's 2014 Women's Rugby World Cup triumph with a try six minutes from the end to beat Canada 21-9 in the final, Emily Scarratt has already etched her name in the rugby history books. She also scored 56 points at the 2017 World Cup as England reached the final and became the country's all-time leading points scorer.

Scarratt captained Team GB at the Rio Olympics, finishing fourth.

[@EmilyScarratt](#) [@scaz13](#)



AMY WILSON HARDY

Events: Women's team
D.O.B: 26 (13.09.1991)
Born: Poole
Lives: London
Games attended: None

Major achievements: WRWC: Champion (15s) 2014, Runner-up (15s) 2017
OG: Fourth 2016

Originally a prop, Amy Wilson Hardy made a surprising switch to the wing early in her career at the age of 15, after her try-scoring ability blossomed for Worthing RFC.

Having helped England to Women's Rugby World Cup victory in 2014, she was selected for Team GB for the sevens squad for the Rio 2016 Olympic Games, going on to score two impressive tries as they finished fourth.

In 2017 she picked up a runners-up medal at the Women's Rugby World Cup.

[@amywilsonhardy](#) [@amywilsonhardy](#)



DANIEL HOWELLS

Coach
D.O.B: 08.09.82
Born: Leamington Spa



KATIE JAMES

Coach
D.O.B: 03.03.87
Born: Derby



THOMAS LANGFORD

Analyst
D.O.B: 12.10.89
Born: Milton Keynes



JACK LAWRENSON

Analyst
D.O.B: 12.03.88
Born: Worcester



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MEGAN JONES

Events: Women's team
D.O.B: 21 (23.10.1996)
Born: Cardiff
Lives: London
Games attended: None

Major achievements: WRWC: Runner-up (15s) 2017
OG: Fourth 2016

Having started playing rugby at just six years old, Megan Jones travelled to the Olympic Games in Rio by the time she was 19.

Jones made her XV's debut against New Zealand in the Rugby Super Series of July 2015.

She scored her first international try in England's opening match of the 2017 Women's Rugby World Cup, when she crossed against Spain, and won the game with a score in the semi-final against France, before starting in the final.

[@thanksmeg](#) [@thanksmeg](#)



EMILY SCOTT

Events: Women's team
D.O.B: 25 (30.06.1992)
Born: London
Lives: Essex
Games attended: None

Major achievements: WRWC: Runner-up (15s) 2017
W6N: Grand Slam winner (15s) 2017
OG: Fourth 2016

Emily Scott first caught the eye in the 2016 Rio Olympics after she scored two tries and two conversions during the tournament in which England narrowly lost out on a bronze medal.

After impressing in England's Grand Slam-winning campaign in the 2017 Women's Six Nations, Scott was then added to England's World Cup squad, where she finished second.

[@scottie9269](#) [@scottie9269](#)



GRUFFYD PARSONS

Physiotherapist
D.O.B: 10.11.86
Born: Caerphilly



SARAH RONALD

Team leader
D.O.B: 01.07.88
Born: Tooting



ANTHONY ROQUES

Coach
D.O.B: 07.09.78
Born: Bromley



JULIE SNOW

Physiotherapist
D.O.B: 01.08.84
Born: Coventry



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SHOOTING

SHOOTING

INTRODUCTION

Shooting brings together accuracy, speed and consistency in a sport where the medal winners are those that can handle pressure the best.

Held at the the Belmont Shooting Centre in Brisbane, the Gold Coast 2018 shooting programme will feature four disciplines – full bore, pistol, rifle and shotgun.

Competitions will be split into nine individual events for men and eight for women while there will also be a team battle in the full bore pairs where both sexes shoot side by side in the Queen's Prize Individual and Queen's Prize Pairs.

The sport has been contested at the Commonwealth Games at every edition since 1966, with the exception of 1970.

Events were open until they were separated by gender in 1994 for pistol and most rifle events, and in 2002 for trap and skeet events.



FACT FILE

VENUE:

Belmont Shooting Centre

GOLD MEDALS AVAILABLE:

19

DATES:

Sunday April 8 – Sunday April 14

NUMBER OF TEAM ENGLAND

ATHLETES:

Men: 12 Women: 8

WEBSITES:

teamengland.org/
commonwealth-games-sports/Shooting
www.essu.org.uk
www.cpsa.co.uk
nra.org.uk

Hosts Australia are the most successful shooting nation with 163 podium finishes, including 67 golds, while England sit third in the all-time medal table. They have, in fact,

collected three more medals overall than Australia – the most of any country – but have 20 fewer gold medals.

Team England will be aiming to build on their success of four years ago in Glasgow, where they won five gold, two silver and eight bronze medals.

TEAM ENGLAND 2018

Team England's shooting squad is certainly not short on experience, with a number of returning faces heading to the Gold Coast.

In total, 20 rifle, pistol, shotgun and full bore shooters will compete for England at the Belmont Shooting Centre, with 12 of those having experienced a Games previously.

Chief among those is three-time champion Parag Patel, who will be making his fourth appearance and looking to continue his record of medalling twice at every Games he has appeared in across Melbourne 2006, Delhi 2010 and Glasgow 2014.

DID YOU KNOW?

Twelve of the 20 Team England shooters on the Gold Coast have experienced a Commonwealth Games previously with 22 medals between them

David Luckman will also be competing in the full bore discipline and, like Patel, has a reputation to live up to after marking his debut with double gold four years ago.

Patel is not the only Melbourne 2006 veteran making a return Down Under with Rachel Parish set for her third Games after completing her medal set with double trap bronze in Glasgow, eight years after double trap pairs gold and double trap silver in Australia.



“ It’s always an honour to represent England and on a personal level, to be attending my third Commonwealth Games is something I am very proud of. The aim will definitely be to try and win another gold medal, but I know it will be tough as the level of competition increases at every Games. ”

Steven Scott - double Commonwealth Games champion

Fellow shotgun shooter and Rio 2016 Olympic bronze medallist Ed Ling returns after appearing in Melbourne and he is joined by wife Abbey, who won silver while then known as Abbey Burton at Delhi 2010.

Double Commonwealth champion Steven

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Scott has a perfect record to maintain after winning gold at each Games he has appeared at, first in the double trap pairs in 2010 and then in the double trap in Glasgow.

Matthew French finished second to Scott four years ago and returns to the team, as does three-time medallist Aaron Heading and Baku European Games 2015 and Rio 2016 Olympian Amber Hill.

Freddie Killander, Jack Fairclough, Emily Hibbs and Ellie Seward take their Games bow in the shotgun discipline.

There are also four debutants in rifle shooting in the form of David Binney, Dean Bale and Katie Gleeson.

Although in Ken Parr, a triple medallist appearing at his third Games, they have someone to look up to for advice, while Lina Jones also competed in Glasgow.

And finally, England will be represented in

WORDS TO LEARN

TRAP:

The device used for launching clay targets into the air. Also the name of the event

DOUBLE TRAP:

The event in which two clay targets are launched simultaneously into the air, in front of the shooter

THREE POSITIONS:

Rifle events in which competitors shoot in standing, kneeling and prone positions

FIRING LINE:

The line from which the competitors position themselves to shoot their targets

pistol shooting by Kristian Callaghan, winner of bronze four years ago and fellow Glasgow 2014 shooter Victoria Mullin.

DID YOU KNOW?

With the exception of 1970, shooting has been contested at every Games since 1966

COMPETITION FORMAT

In total there are 19 medal events and the rules vary according to the discipline, distance and the types of targets, firing position, number of shots and the time within which the shots have to be fired. Special rules are applied to determine ranking in the event of a tie. Split up, there are 11 rifle and pistol, six clay target and two full bore rifle events. Each country may enter up to two athletes per event up to a maximum of 30 athletes in total.

Clay target shooting involves athletes firing at moving clay targets with a double-barrelled shotgun, with a point awarded for every target they hit. Trap is named after the device that fires the clay targets into the air. There are banks of three traps which are set at different heights and angles. The shooter is allowed two shots as each target is released. In qualifying for men's trap, competitors shoot in five series of 25 targets each – spread across two days. The women shoot in three series of 25 targets in one day. In the final, the top six shooters from qualifying are allowed one shot at each target. After a series of 25 targets, the lowest scoring finalist is eliminated with the process continuing until the gold and silver medals are decided after the final series.

Double trap is similar to trap but two targets are released simultaneously from traps left and right of the central station. In men's double trap, competitors shoot at 150 clay



targets in series of 30 targets, with women shooting 120 targets, again in series of 30 targets. A final is held for the top six competitors.

Similar to trap, the qualification stage for men's skeet is five series of 25 targets, spread across two days, while the women shoot three series of 25 targets in one day. Finals are held in both the men's and women's skeet events for the top six competitors in the qualification round, with only one shot allowed at each target.

Pistol events see athletes shoot at circular targets with concentric scoring rings and are awarded points based on how close to the target their pellet or bullet strikes. In the 10m air pistol, a single-shot air pistol is used to fire at a target 10m away. Finals are held for both men and women and consist of an additional 24 shots for the top eight competitors in the qualification round, with the lowest ranked shooter being eliminated after the first 12 shots, and then every two shots until the final two shots decide the gold and silver medals. The 25m rapid fire pistol and 50m pistol is just for men, while the 25m pistol is open to women with qualification rounds and then finals and the highest score winning.

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ENGLAND'S HISTORICAL MEDALS TABLE

47	58	63	168
GOLD	SILVER	BRONZE	TOTAL

The small bore and air rifle events also see athletes shoot at circular targets to score points. Differing scoring regimes come into play to split ties and during finals. Men and women contest the 10m air rifle, 50m rifle three positions – involving shots fired in each of the kneeling, prone and standing positions at a target 50m away – and 50m rifle prone, all shooting a set amount of shots during a pre-determined time period. In the full bore pairs event, the individual scores of the team members are added together to determine the team score. The highest score for each shot is five. The individual competition consists of three stages, scoring shots from distances of 300, 500 and 600 yards, while the pairs involves just two stages.

The full bore event is unique within the Commonwealth Games in that men and women compete against each other in the same event.

GLASGOW 2014 COMMONWEALTH GAMES MEDALLISTS

M = Men W = Women M/W = Mixed event

	GOLD	SILVER	BRONZE
10m air pistol	M Daniel Repacholi (AUS)	Prakash Nanjappa (IND)	Mick Gault (ENG)
	W Teo Shun Xie (SGP)	Malaika Goel (IND)	Dorothy Ludwig (CAN)
10m air rifle	M Abhinav Bindra (IND)	Abdullah Baki (BAN)	Daniel Rivers (ENG)
	W Apurvi Chandela (IND)	Ayonika Paul (IND)	Nur Suryani Taibi (MAS)
25m rapid fire pistol	M David Chapman (AUS)	Harpreet Singh (IND)	Kristian Callaghan (ENG)
25m pistol	W Rahi Sarnobat (IND)	Anisa Sayyed (IND)	Lalita Yauhleuskaya (AUS)
50m pistol	M Jitu Rai (IND)	Gurpal Singh (IND)	Daniel Repacholi (AUS)
	W Warren Potent (AUS)	Gagan Narang (IND)	Kenneth Parr (ENG)
50m rifle prone	M Sally Johnston (NZL)	Esmari van Reenen (RSA)	Jennifer McIntosh (SCO)
	M Daniel Rivers (ENG)	Sanjeev Rajput (IND)	Gagan Narang (IND)
50m rifle three positions	W Jasmine Ser (SGP)	Jennifer McIntosh (SCO)	Lajja Gauswami (IND)
	M Georgios Achilleos (CYP)	Drew Christie (SCO)	Rory Warlow (ENG)
Skeet	W Laura Coles (AUS)	Elena Allen (WAL)	Andri Eleftheriou (CYP)
	M Adam Vella (AUS)	Aaron Heading (ENG)	Manavjit Singh Sandhu (IND)
Trap	W Laetisha Scanlan (AUS)	Georgia Konstantinidou (CYP)	Caroline Povey (ENG)
	M Steven Scott (ENG)	Matthew French (ENG)	Mohammed Asab (IND)
Double trap	W Charlotte Kerwood (ENG)	Shreyashi Singh (IND)	Rachel Parish (ENG)
	M/W David Luckman (ENG)	James Paton (CAN)	Parag Patel (ENG)
Queen's Prize individual	M/W David Luckman & Parag Patel (ENG)	James Paton & Desmond Vamplew (CAN)	Angus McLeod & Ian Shaw (SCO)



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EVENTS SCHEDULE

M = Men's events W = Women's events O = Open event Q = Qualification G = Medal event

DATE	EVENT			
Apr 8	09:00-17:00	Q M 10m air rifle, skeet G M 10m air rifle Q W 10m air pistol, skeet G W 10m air pistol, skeet		
	Apr 9	09:00-17:00	Q M 10m air pistol, skeet Q O Queen's prize pairs Q W 10m air rifle G M 10m air pistol, skeet G W 10m air rifle	
		Apr 10	09:00-17:00	Q M 50m rifle prone Q W 25m pistol G M 50m rifle prone G O Queen's prize pairs G W 25m pistol
			Apr 11	09:00-17:00
Apr 12				09:00-17:00
	Apr 13			08:30-17:00
		Apr 14		09:00-17:00



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DEAN BALE

Events: 10m rifle, 50m air rifle 3 positions
Age: 21 (19.03.1997)
Born: Barnstaple
Lives: Barnstaple
Games attended: None
Major achievements: BrCh: Winner (3P smallbore) 2016



Devonian Dean Bale gets his first taste of Commonwealth Games action on the Gold Coast. He has been shooting since he was nine years old, first trying out the sport with his brother Jack in the 1st North Devon Scouts.

Bale reached the final of the Junior World Cup in the 50m 3 position in 2015, before also securing a final spot in the World University Championships the following year, that time in the 50m prone.

[@DeanBale](#) [@deanbale](#)

DAVID BINNEY

Events: 50m rifle prone
Age: 51 (20.12.1966)
Born: Sheffield
Lives: Sheffield
Games attended: None
Major achievements: CCh (European Division): Gold (50m rifle prone) 2016; Silver (50m rifle prone) 2016



The wait has been worth it for 51-year-old David Binney as he takes his Team England bow at the 2018 Commonwealth Games.

A member of Staveley Rifle and Pistol Club, Binney was first selected to shoot for Great Britain in 2016 and won bronze at the IWK Berlin International that year and in 2017.

A sports science principal lecturer at Sheffield Hallam University, Binney was inspired to compete at an elite level in 2012 when fellow shooter and triple Olympic gold medalist Nicco Campriani lived with him and his family while the Italian was studying for a sport engineering degree at the university.

KRISTIAN CALLAGHAN

Events: 10m air pistol, men's 50m pistol, men's 25m rapid fire pistol
Age: 24 (01.07.1993)
Born: Reading
Lives: Reading
Games attended: One (Glasgow 2014)



Major achievements: CG: Bronze (25 metre rapid fire pistol) 2014

Kristian Callaghan swapped horse riding for shooting at a young age and won Team GB's first gold at the Australian Youth Olympic festival in 2013.

The Reading-born shooter followed this up the following year by winning bronze in the 25-metre rapid fire pistol at his first Commonwealth Games appearance in Glasgow.

[@KMSCallaghan](#)

JACK FAIRCLOUGH

Events: Skeet
Age: 21 (11.03.1997)
Born: Manchester
Lives: Manchester
Games attended: None
Major achievements: CCh: Silver (skeet) 2017



Commonwealth Games debutant Jack Fairclough may be new to the competition but he has already tasted success Down Under after winning a silver medal at 2017 Commonwealth Shooting Championships, in Brisbane.

A member of the Great Britain World Class Programme, Fairclough is a multiple British Open champion and was ranked number two for seniors in 2017.

After numerous successes on the junior and Under-21 circuits, the Manchester shooter is looking to establish himself in the senior ranks.

[@team_fairclough](#)

MATT FRENCH

Events: Double trap
Age: 36 (08.07.1981)
Born: Oxford
Lives: Aylesbury
Games attended: One (Glasgow 2014)



Major achievements: CG: Silver (double trap) 2014 WTCh: Gold (double trap) 2015 CCh: Silver (double trap) 2017

Matt French took his Commonwealth Games bow in 2014, winning silver for Team England in the double trap.

A year later he picked up double trap World Team gold, while in 2016 he equalled the world record and set a new British best at the 2016 British Open Double Trap Championships.

French also has a 2008 European Grand Prix gold to his name and was British champion in 2013.

KATIE GLEESON

Events: 10m air rifle, 50m rifle prone, 50m rifle 3 positions
Age: 22 (07.04.1995)
Born: Chichester
Lives: Goring-By-Sea
Games attended: None



Major achievements: CCh: Silver (50m rifle 3 positions) 2017

Another promising young shooter in this talented Team England side, Katie Gleeson reached the top of the British rankings in 2017, competing in her first World Cup in Munich the previous year.

She placed 17th at the Munich World Cup in 2017 in the 3-positions rifle and also won silver at the 2017 Commonwealth Shooting Championships in Brisbane.

AARON HEADING

Events: Trap
Age: 30 (21.05.1987)
Born: King's Lynn
Lives: Spalding
Games attended: Two (Glasgow 2014, Delhi 2010)
Major achievements: CG: Silver (trap) 2014; Gold (trap) 2010; Bronze (trap pairs) 2010



A former European junior champion, Aaron Heading was first introduced to clay pigeon shooting by his father John and brother Martin. Heading showcased his talents at Delhi 2010 when he won gold in the trap singles and bronze in the trap pairs, with partner David Kirk. He won silver in Glasgow four years later, and claimed gold in the 2017 Commonwealth Shooting Championships, in Brisbane.

EMILY HIBBS

Events: Skeet
Age: 19 (01.06.1998)
Born: Poole
Lives: Poole
Games attended: None
Major achievements: CG: Selection (skeet) 2018



Emily Hibbs is another highly-rated youngster in England's ranks and has enjoyed a meteoric rise in the sport since starting out. The South Coast starlet progressed to senior ladies team status in 2016 after just two-and-a-half years of shooting experience and is set to make her Commonwealth bow in shotgun. She is coached by Graham Brown at Purbeck Shooting School.

@emjanehibbs @emjanehibbs

AMBER HILL

Events: Skeet
Age: 20 (21.08.1997)
Born: Windsor
Lives: Bracknell
Games attended: One (Glasgow 2014)
Major achievements: EG: Gold (skeet) 2015, CCh: Gold (skeet) 2017



Amber Hill enjoyed a remarkable year in 2013, which started by becoming the youngest winner of senior World Cup in skeet shooting as a 15-year-old debutant in Acapulco. She followed that up by making her Commonwealth Games debut at Glasgow 2014, the same year she won World Championship gold in the skeet team event. She has then gone on to win gold at the 2015 European Games in Baku, taken her Olympic bow at Rio 2016 and won gold at the 2017 Commonwealth Shooting Championships in Brisbane.

@Amberjohill @amberjohill

LINA JONES

Events: 50m rifle prone
Age: 50 (13.01.1968)
Born: Kaunas, Lithuania
Lives: Redhill
Games attended: One (Glasgow 2014)
Major achievements: CG: Fifth (women's 50m rifle prone) 2014



Born in Lithuania, Lina Jones retained the English women's 50m prone rifle championships title in May 2013. She arrived in the United Kingdom in 1992 and lists French biathlon superstar Martin Fourcade as one of her sporting heroes. Gold Coast 2018 is her second Commonwealth Games appearance after placing fifth in the 50m rifle prone final in Glasgow.

FREDDIE KILLANDER

Events: Skeet
Age: 26 (06.03.1992)
Born: Cambridge
Lives: Cambridgeshire
Games attended: None
Major achievements: BSGF: Silver (skeet) 2017



Cambridge-shooter Freddie Killander will be making his Commonwealth Games debut on the Gold Coast. He comes into the competition high on confidence after promising performances in recent years. This included taking the Olympic Skeet English Open and English Grand Prix titles with a pair of 94s last May and also skeet silver at the inaugural British Shooting Grand Final, in October.

EDWARD LING

Events: Trap
Age: 35 (07.03.1983)
Born: Taunton
Lives: Wellington
Games attended: Two (Glasgow 2014, Melbourne 2006)
Major achievements: OG: bronze (trap) 2016 WCh: Silver (trap) 2017; Silver (trap) 2014 WC: Silver (trap) 2017; Silver (trap) 2014; Bronze (team trap) 2011



Ed Ling is a three-time Olympian, representing Great Britain at the 2004, 2012 and 2016 Games and winning trap bronze at the latter. He has also tasted considerable success on the world stage, winning silver medals at the 2014 and 2017 World Championships in Grenada and Moscow, respectively, following on from team trap bronze in 2011 in Belgrade. Gold Coast 2018 will be his second Commonwealth Games appearance and he will be competing alongside wife Abbey.

@Edwardling2016 @edwardling1

ABBEY LING

Events: Trap
Age: 31 (03.03.1987)
Born: High Wycombe
Lives: Wellington
Games attended: One (Delhi 2010)
Major achievements: CG: Silver (trap pairs) 2010



Abbey Ling is a multiple world, European and British medalist. She claimed silver with Anita North in the trap pairs at the Delhi Commonwealth Games in 2010 and is making her second Games appearance on the Gold Coast, this time alongside husband Ed. Outside of competition, she is the head female coach at the Ling Shooting school in Somerset.

@abbeyburton2016 @lingabbey

DAVID LUCKMAN

Events: Individual and pairs Queen's Prize
Age: 41 (21.04.1976)
Born: Taunton
Lives: Bristol
Games attended: One (Glasgow 2014)
Major achievements: CG: gold (full bore individual) 2014; Gold (full bore pairs) 2014



David Luckman took his Commonwealth Games bow in 2014 and it was a competition to remember for the Taunton-born marksman. He claimed gold in both the Queen's Prize Individual – setting a Games record in the process – and the Queen's Prize Paris, an accolade he won with teammate Parag Patel. Luckman repeated those wins at the Gold Coast test event.

VICTORIA MULLIN

Events: 10m air pistol
Age: 27 (22.04.1990)
Born: Aldershot
Lives: Woking
Games attended: One (Glasgow 2014)
Major achievements: CG: 12th (women's 25m pistol) 2014; 18th (women's 10m air pistol) 2014



Victoria Mullin made her Commonwealth Games debut in 2014, competing in the 10m and 25m air pistol. As a junior, she won the 10m air pistol bronze for Team GB at the Australian Youth Olympic Festival in 2009. She graduated from St Mary's University in 2011 with first-class honours in biology.

@victoriaEmullin

PARAG PATEL

Events: Individual and pairs Queen's Prize
Age: 42 (27.12.1975)
Born: Kingston-upon-Thames
Lives: Cobham
Games attended: Three (Glasgow 2014, Delhi 2010, Melbourne 2006)
Major achievements: CG: Gold (full bore pairs) 2014; Bronze (full bore individual) 2014; Gold (full bore individual) 2010; Bronze (full bore pairs) 2010; Gold (full bore pairs) 2006; Silver (full bore individual) 2006



Parag Patel has a healthy pedigree at the Commonwealth Games, having topped the podium at each of the three games he has attended. Gold in fullbore pairs and individual silver in Melbourne 2006 were followed in 2010 by individual gold and pairs bronze in Delhi.

In 2014, he won bronze in the Queen's prize individual, with teammate David Luckman taking gold, while the duo sealed gold in the pairs. He goes into the competition having won Commonwealth Shooting Championships gold in the fullbore pairs at Brisbane 2017.

@paraguk

RACHEL PARISH

Events: Double trap
Age: 36 (21.05.1981)
Born: Worcester
Lives: Nottingham
Games attended: Two (Glasgow 2014, Melbourne 2006)
Major achievements: CG: Bronze (double trap) 2014; Gold (double trap pairs) 2006; Silver (double trap) 2006 ECh: Gold (double trap) 2016; Gold (double trap mixed) 2016



A qualified doctor, Rachel Parish has a long list of podium appearances for England and Great Britain. She claimed Commonwealth gold in the double trap pairs and silver in the double trap at Melbourne 2006, and followed this up with bronze at Glasgow 2014. She won double trap bronze at the 2017 Commonwealth Shooting Championships for England. In Great Britain colours, she won two European golds at the 2016 championships in Lonato del Garda (double trap and double trap mixed).

@Dr_Rach_P @rach_p_shooting



KEN PARR

Events: 50m rifle prone, 50m rifle 3 positions
Age: 29 (03.10.1988)
Born: Westminster
Lives: Croydon
Games attended: Two (Glasgow 2014, Delhi 2010)



Major achievements: CG: Bronze (50m rifle air prone) 2014; Silver (10m air rifle pairs), Silver (50m rifle three positions pairs) 2010

Ken Parr won two silver medals at Delhi 2010 – the 10m air rifle pairs and 50m rifle three positions pairs – with James Huckle.

He followed this up with a bronze in the 50m rifle air prone at Glasgow 2014.

The English literature graduate is the son of two-time Commonwealth bronze medallist Kenneth Parr senior.

[@KenParr_Shooter](#) [@kennyparr](#)

STEVEN SCOTT

Events: Double trap
Age: 33 (10.01.1985)
Born: London
Lives: Battle
Games attended: Three (Glasgow 2014, Delhi 2010, Melbourne 2006)



Major achievements: CG: Gold (double trap) 2014; Gold (double trap pairs) 2010
OG: Bronze (double trap) 2016
WC: Bronze (double trap) 2014

Steven Scott made his Olympic debut at Beijing 2008 and two years later teamed up with Stevan Walton to win double trap pairs gold at Delhi 2010.

He followed this in 2014 with double trap gold, while in Great Britain colours, he claimed Olympic bronze at Rio 2016, adding to the world bronze he secured two years previously in Granada.

[@ssshooting](#)

ELLIE SEWARD

Events: Trap
Age: 20 (14.12.1997)
Born: Honiton
Lives: Chard
Games attended: None



Major achievements: UKCh: Gold (ladies trap) 2017

Ellie Seward is an up and coming shooting star and claimed both the UK senior and junior championships in 2017.

The gold in juniors was a successful defence of the title she won the previous year, while the senior title was a step up from the 2016 silver.

Seward, who is coached by Kevin Gill, also came fourth in the final of the Junior World Cup in Italy, in 2017.

[@EllieRoseSeward](#) [@_ellieseward_](#)

NICHOLAS CLARK

Coach
D.O.B: 03.06.60
Born: Worcester



JEREMY LANGLEY

Coach
D.O.B: 24.10.67
Born: Exeter



JOHN ROBINSON

Coach
D.O.B: 18.01.59
Born: Yelverton



PAUL TAYLOR

Coach
D.O.B: 28.08.65
Born: Croydon



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SQUASH

SQUASH

INTRODUCTION

Squash has proved a big hit at the Commonwealth Games since making its debut at Kuala Lumpur 1998 and will make a sixth successive appearance at Gold Coast 2018.

Squash is a highly energetic racket sport that requires outstanding levels of fitness, combined with a deft touch for precise ball placement within the enclosed field of play.

Played by two or four players in a four-walled court with a small, hollow, rubber ball, England have won at least one gold at every single Commonwealth Games in which squash has been played.

Since its inclusion at the Games in 1998, England and Australia have battled for top honours - winning 64 of the 85 medals on offer.

Australia narrowly top the all-time medal table with 30 medals, including nine golds,

FACT FILE

VENUE:

Oxford Studios

GOLD MEDALS AVAILABLE:

5

DATES:

Thursday April 5 - Sunday April 15

NUMBER OF TEAM ENGLAND

ATHLETES:

Men: 5 Women: 4

WEBSITES:

teamengland.org/
commonwealth-games-sports/squash
www.englishsquash.com
Twitter: @englandsr

but Team England are just behind with eight golds and 34 medals in total.

This year's hosts topped the medal table four

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years ago in Glasgow, where Nick Matthew defended his men's singles title from Delhi 2010 in a dramatic final with England teammate James Willstrop. Indeed the men's singles event was a medal sweep for Team England, with Peter Barker claiming bronze.

TEAM ENGLAND 2018

Team England will once again be chasing podium finishes in squash with a squad packed with experience on the Gold Coast.

Chief among that will be Matthew who will be looking to sign off the final season of his career in style with another medal at his fourth Games.

The former world number one already has three gold medals to his name - back-to-back singles titles from the last two Games as well as doubles gold in 2010 - while he also picked up doubles silver four years ago in Glasgow.

DID YOU KNOW?

Squash was invented by students at the Harrow School, in London, in around 1830

While Matthew will lead the charge for the men, it will be Laura Massaro looking to do likewise for the women at her third Games.

Also a former world number one, Massaro will be aiming to finally get her hands on that elusive gold after women's singles and doubles silver in Glasgow and the same colour in the doubles in Delhi.

Massaro was partnered by Jenny Duncalf in the doubles four years ago and the latter also returns, like Matthew, for her fourth Games after making her debut at Melbourne 2006.



It's such an honour to be selected to represent Team England at the 2018 Commonwealth Games and I'm really excited about heading to the Gold Coast. The Commonwealth Games for squash players is our biggest event and it's always great to meet fellow sportspeople and enjoy being a part of Team England. I'm hoping to turn my 2014 silver into 2018 gold.

Laura Massaro - Team England ambassador



“The Commonwealth Games is an incredible experience and different to any tournament that we play on the professional tour. I have played in a few Commonwealth Games now and they are wonderful occasions. I have won Commonwealth medals before and I would love to win them again. I feel very happy and proud to be part of it.”

James Willstrop – four-time Commonwealth Games squash medallist

WORDS TO LEARN

BOAST:

A shot played into the near-side wall before it hits the front wall

NICK:

The point where the side wall meets the floor. Also a shot played into the nick, which dies and wins the point

THE TIN:

The barrier between the lower and upper part of the front wall. Every shot must strike the front wall above the tin – which makes a distinctive noise when hit

THE T:

The point in the court denoted by the juncture of the halfcourt line and the short line. If a player is standing at the T, they are usually in control of a point

Likewise Alison Waters, winner of doubles bronze behind Massaro and Duncalf, and mixed team silver in Glasgow, brings up a quartet of appearances at Commonwealth level.

Another on his fourth Games is Willstrop, winner of singles and doubles silver and bronze in Glasgow, and owner of four Commonwealth medals.

Willstrop won doubles bronze with Daryl Selby – another back in the team for the Gold Coast – but will this time partner Games debutant Declan James.

James is not the only first-timer though with Adrian Waller and Sarah-Jane Perry also pulling on Team England colours for the first time.

DID YOU KNOW?

A squash court at the University of Chicago provided the venue for the first controlled, self-sustaining nuclear chain reaction

COMPETITION FORMAT

The five gold medals on offer comprise of men's and women's singles, men's and women's doubles, and mixed doubles.

The singles competitions take place over the first five days of the Games, with a knockout format being used until the final eight are known.

On the third day of competition the quarter-finals will be played, with the semi-finals and final in the following two days.

The winner of the final will receive the gold medal, with the loser receiving the silver medal, while the losers of the two semi-finals will play for the right to win the bronze medal.

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ENGLAND'S HISTORICAL MEDALS TABLE



A match is played as either best of five, or best of three games with a game being won by the first player to reach 11 – each game must be won by two clear points.

A point can be scored on every rally, meaning both the server and the receiver can score on any given rally.

If the server wins the point they will continue to serve, however if they lost the point then the serve switches to the opposing player.

A server may choose to serve from either box at the start of each game, with the serve then alternating between boxes from then on.

The serve itself must impact the front wall between the service line and the top of the wall, while a point is won if the ball bounces twice before an opponent strikes it against the front wall.



The ball may be struck off any vertical wall before it hits the front wall and a player must be allowed to complete their stroke unimpeded.

Should a player deemed to have been impeded by their opponent, the referee will award a let and the point is replayed.

GLASGOW 2014 COMMONWEALTH GAMES MEDALLISTS

M = Men W = Women M/W = Mixed events

	GOLD	SILVER	BRONZE
Singles	M W Nick Matthew (ENG) Nicol David (MYS)	James Willstrop (ENG) Laura Massaro (ENG)	Peter Barker (ENG) Joelle King (NZL)
Doubles	M W M/W Cameron Pilley David Palmer (AUS) Dipika Pallikal Joshna Chinappa (IND) Rachael Grinham David Palmer (AUS)	Nick Matthew Adrian Grant (ENG) Laura Massaro Jenny Duncalf (ENG) Alison Waters Peter Barker (ENG)	James Willstrop Daryl Selby (ENG) Alison Waters Emma Beddoes (ENG) Kasey Cameron Pilley (AUS)

EVENTS SCHEDULE

M = Men's events W = Women's events M/W = Mixed events
 P = Preliminary Q = Quarter-finals S = Semi-finals G = Medal event

DATE	EVENT	
Apr 5	12:30-16:30	P M W Singles
	18:00-21:30	P M W Singles
Apr 6	12:30-16:30	P M W Singles
	18:00-21:30	P M W Singles
Apr 7	12:30-16:30	Q M W Singles
	18:00-21:30	Q M W Singles
Apr 8	12:30-16:30	S M W Singles
	18:00-21:30	S M W Singles
Apr 9	12:30-16:30	G M W Singles bronze medal matches
	18:00-21:30	G M W Singles gold medal matches
Apr 10	11:00-14:30	P M W M/W Doubles
	18:00-21:30	P M W M/W Doubles
Apr 11	11:00-14:30	P M W M/W Doubles
	18:00-21:30	P M W M/W Doubles
Apr 12	11:00-14:30	P M M/W Doubles
	18:00-21:30	P M Doubles
		Q M/W Doubles
Apr 13	11:00-14:30	Q M W Doubles
	18:00-21:30	Q M W Doubles
Apr 14	11:00-14:30	S M W Doubles
	18:00-21:30	G M/W Doubles
Apr 15	10:00-14:30	G M W Doubles

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JENNY DUNCALF

Events: Women's doubles, mixed doubles
D.O.B: 35 (10.11.1982)
Born: Haarlem, Netherlands
Lives: Melbourne
Games attended: Three (Melbourne 2006, Delhi 2010, Glasgow 2014)



Major achievements: CG: Silver (women's doubles) 2014; Silver (singles)

From Haarlem to Harrogate, Jennifer Duncalf is a two-time Commonwealth Games silver medalist and is preparing for her fourth Games on the Gold Coast.

The 35-year-old reached a career high of two in the world in December 2009 and less than a year later she won Commonwealth silver in Delhi.

Duncalf appeared on BBC2 TV show Eggheads along with four other sportsman but they were unable to win the prize.

@JennyDuncalf @JennyDuncalf

DECLAN JAMES

Events: Men's doubles
D.O.B: 24 (19.04.1993)
Born: Nottingham
Lives: Nottingham
Games attended: None



Major achievements: PSA: 11 tour titles

Nottingham's Declan James will be full of confidence ahead of the Commonwealth Games after winning three tour titles in 2017.

James won the Irish Open, Tring Open and the London Open last season, taking his career total to 11.

He has the rare distinction of winning his first PSA World Tour title in his hometown and is interested in music, cars and fashion.

@declanjames1 @declanjames1

LAURA MASSARO

Events: Singles, women's doubles
D.O.B: 34 (02.11.1983)
Born: Great Yarmouth
Lives: Preston
Games attended: Two (Delhi 2010, Glasgow 2014)



Major achievements: CG: Silver (women's singles and doubles) 2014; Silver (women's doubles) 2010

A veteran of 21 tour titles, Laura Massaro is gearing up for her third Commonwealth Games.

She became the first English woman to win the British Open in 22 years when she lifted the title in 2013 – and the first English woman to win it for a second time in 66 years when she repeated her win three years later.

In 2011, she was named World Squash Association Player of the Year.

@ljmassaro

NICK MATTHEW OBE

Events: Singles
D.O.B: 37 (25.07.1980)
Born: Sheffield
Lives: Sheffield
Games attended: Three (Glasgow 2014, Delhi 2010, Melbourne 2006)



Major achievements: CG: Gold (singles) 2014; Gold (singles) Gold (men's doubles) 2010

The only Englishman to win a World Championship title, the 37-year-old is the two-time defending champion in the men's singles.

His talent was obvious from an early age when he was crowned British Junior champion in 1999 and he has not looked back since – going on to win 33 career titles and reach the number one ranking.

@nickmatthew @nickmatthewsquash

SARAH-JANE PERRY

Events: Singles, women's doubles
D.O.B: 27 (15.05.1990)
Born: Birmingham
Lives: Warwickshire
Games attended: None



Major achievements: BrOp: Runner-up 2017, Former world number seven

Birmingham-born Sarah-Jane Perry made her breakthrough in 2011 and since then has steadily been on the rise, making a first World Tour final appearance in 2017.

She lost in the British Open final to compatriot Laura Massaro in the first all-English final since 1991.

A proficient doubles and singles player, Perry helped England become European Team champions last year, beating France's world number three Camille Serme for the second time in her career.

@SJPerry15 @SJPerry15

DARYL SELBY

Events: Singles, men's doubles, mixed doubles
D.O.B: 35 (03.11.1982)
Born: Harlow
Lives: Colchester
Games attended: Two (Glasgow 2014, Delhi 2010)



Major achievements: CG: Bronze (men's doubles) 2014

A Commonwealth Games medalist and former British National champion, Daryl Selby has high hopes in Australia.

The 35-year-old, whose sister Lauren Selby has also played for England, first competed at the Commonwealth Games in Delhi before claiming men's doubles bronze alongside James Willstrop in 2014.

Selby has won 12 titles in his career and is a keen golf and football fan.

@darylseyby @BobbytheDazzle

ADRIAN WALLER

Events: Men's doubles, mixed doubles

D.O.B: 28 (26.12.1989)

Born: Enfield

Lives: Enfield

Games attended: None

Major achievements: First Englishman to win British Junior National titles at U13, U15, U17 and U19 level

Adrian Waller enjoyed plenty of success as a junior, winning the British title at four different age-levels.

In 2013 he narrowly lost the Squash Revolution National Capital Open final, in what was the longest recorded match for 30 years - lasting two hours and 37 minutes.

[@Adiewaller](#) [@adiewaller](#)



JADE LEEDER

Physiotherapist

D.O.B: 08.11.81

Born: Clatterbridge



DAVID CAMPION

Team leader

D.O.B: 12.08.71

Born: Mexborough



PAUL CARTER

Coach

D.O.B: 23.09.63

Born: Medway Towns



ALISON WATERS

Events: Singles, women's doubles, mixed doubles

D.O.B: 34 (19.03.1984)

Born: London

Lives: Welwyn Garden City

Games attended: Three (Glasgow 2014, Delhi 2010, Melbourne 2006)

Major achievements: CG: Silver (mixed doubles) 2014; Bronze (women's doubles) 2014

One of England's greatest ever players, Alison Waters is hoping to add a third medal to her collection.

The 33-year-old has a silver and bronze from Glasgow 2014, while she also reached the semi-finals in Delhi 2010.

Waters has also won ten PSA tour titles and is a four-time British National champion.

[@aliwat1](#)



JAMES WILLSTROP

Events: Singles, men's doubles

D.O.B: 34 (15.08.1983)

Born: North Walsham

Lives: Harrogate

Games attended: Three (Melbourne 2006, Delhi 2010, Glasgow 2014)

Major achievements: CG: Silver (singles) 2014, Bronze (men's doubles) 2014; Silver (singles) 2010; Silver (mixed doubles) 2006

James Willstrop is one of England's greatest ever squash players with four Commonwealth Games medals and three World Team Championship golds.

The 34-year-old became world number one in January 2012 and reached the men's Commonwealth singles finals in Delhi and Glasgow - losing both times to Nick Matthew.

Not just a singles expert, Willstrop also secured a Commonwealth Games mixed doubles silver medal in 2006, and men's doubles bronze in Glasgow.

[@james_willstrop](#)



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TABLE TENNIS

TABLE TENNIS

INTRODUCTION

A fast-paced sport which can see the ball travel up to 70 miles per hour, table tennis has been part of the Commonwealth Games since Manchester in 2002 and Singapore have topped the medal table in every edition.

Team England are their nearest rivals with 15 medals and five golds, including one four years ago in Glasgow when husband and wife Paul and Joanna Drinkhall defeated fellow English pairing Liam Pitchford and Tin-Tin Ho in the mixed doubles. It was the only gold medal not won by Singapore.

England's men were silver medallists in the team event for the second straight games in Glasgow and will be looking to finally get the better of the all-powerful Singapore squad on the Gold Coast.

Singapore have won 86 medals since making their debut at the 1958 Games in Cardiff, 44 of these, including 18 golds, come in table tennis.

DID YOU KNOW?

Table tennis was banned in the Soviet Union between around 1930 and 1950 due to authorities fearing it was bad for someone's eyesight

TEAM ENGLAND 2018

Team England boast an 11-strong table tennis squad Down Under, spearheaded by reigning mixed doubles champion Drinkhall.

Then aged 24 and competing at this third Games, Drinkhall got his hands on gold in Glasgow when he teamed up with wife Joanna.



The mixed doubles final proved to be an all-English affair as the Drinkhalls defeated Pitchford and Ho – and the latter two also pull on Team England colours again this time around.

Pitchford will be competing at his third Commonwealths and already has an impressive five medals to his name from Delhi and Glasgow – although gold has so far evaded him.

Ho was the youngest table tennis member four years ago, aged 15, but returns with plenty more experience and will be an example to follow for female debutants Denise Payet and Maria Tsaptsinos.

The latter is coached by teammate and London 2012 Olympian Kelly Sibley, who will be looking to add to her mixed doubles bronze from 2014 on her fourth Games appearance.

Joining Drinkhall and Pitchford in the men's team is fellow Rio 2016 Olympian Sam

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FACT FILE

VENUE:
Oxenford Studios

GOLD MEDALS AVAILABLE:
9

DATES:
Thursday April 5 – Sunday April 15

NUMBER OF TEAM ENGLAND ATHLETES:
Men: 6 Women: 5

WEBSITES:
teamengland.org/commonwealth-games-sports/table-tennis
www.tabletennisengland.co.uk
Twitter: @TableTennisENG

“ The Commonwealth Games is a huge event. It's something I've grown up wanting to win and obviously I managed to do that in the mixed doubles last time. We want to win the team gold. That's the first event and the first priority. For us, we've got the experience even though we're a young team, and we're up there with the favourites. ”

Paul Drinkhall - reigning mixed doubles champion



“I’m really excited. It’s the first time para has had a standing event. To be part of the first one is going to be very exciting and to go to Australia will be a good trip. It will be nice to stand side by side with the able-bodied players and get the same coverage and the same recognition.”

Kim Daybell - Commonwealth Games debutant

WORDS TO LEARN

BLOCK:

A topspin shot played close to the table with the bat making contact with the ball just after it bounces

CHOP:

A defensive return of a topspin shot played with backspin, usually well away from the table

DEAD BALL:

A stroke played which returns the ball with very little, or no spin

Walker and debutant David McBeath – with the quartet recently having won a Team World Cup bronze medal together in London.

England will also have three para-table tennis athletes as the sport makes its return to the Commonwealth Games programme.

DID YOU KNOW?

Many think table tennis and ping pong are interchangeable terms, however ping pong is a separate sport with its own World Championships. Ping pong is played with bats covered in sand paper, not rubber, reducing the friction

Kim Daybell and Ross Wilson are both two-time Paralympians while debutant Felicity Pickard competes makes up the team.

COMPETITION FORMAT

Four men’s, four women’s and one mixed event mean there are a total of nine table tennis gold medals on offer at Gold Coast 2018.

Singles, doubles and team events, as well as a mixed doubles competition, comprise the able bodied schedule, with there also being para-sport singles events for both men and women.

In the men’s and women’s singles events, the top 16 players are seeded straight through to the knockout phase, with the remaining players split into groups of three or four with either the top player or the top two players from each group progressing to a round of 64 knockout phase.

All matches will be the best of seven games. All doubles events for men and women, as well as the mixed doubles event, will follow a straight knockout format with each match played as a best-of-five game encounter.

The team events will be played in a three-or-four team group stage format, before progressing to a knockout phase. The top two teams from each group qualify for the knockout phase.

A special team ranking list, taking into consideration only the top three athletes from each team, will be produced in order to establish the seeding for the team events.

Each team consists of three players, with each match consisting of a maximum of four singles and one doubles match. Each athlete will compete in a maximum of two individual matches.

The para-sport competitions are standing

ENGLAND’S HISTORICAL MEDALS TABLE



events and for athletes in classes TT6-TT10.

Both the men’s and women’s events will see eight players split into two groups, with the top two from each group progressing through to the semi-finals.

Each match will be a best-of-five encounter, with the semi-final winners playing for the gold medal, and the losers playing for bronze.



GLASGOW 2014 COMMONWEALTH GAMES MEDALLISTS

M = Men W = Women M/W = Mixed events

	GOLD	SILVER	BRONZE
Singles	M W Zhan Jian (SIN) Feng Tianwei (SIN)	Gao Ning (SIN) Yu Mengyu (SIN)	Liam Pitchford (ENG) Lin Ye (SIN)
Doubles	M W M/W Gao Ning Li Hu (SIN) Feng Tianwei Yu Mengyu (SIN) Paul Drinkhall Joanna Drinkhall (ENG)	Sharath Kamal Anthony Amalraj (IND) Miao Miao Jian Fang Lay (AUS) Liam Pitchford Tin-Tin Ho (ENG)	Yang Zi Zhan Jian (SIN) Anqi Luo Zhang Mo (CAN) Daniel Reed Kelly Sibley (ENG)
Team	M W Singapore: Chew Zheyu Clarence Gao Ning Li Hu Yang Zi Zhan Jian Singapore: Feng Tianwei Li Siyun Isabelle Lin Ye Yu Mengyu Zhou Yihan	England: Andrew Baggeley Paul Drinkhall Liam Pitchford Daniel Reed Sam Walker Malaysia: Beh Lee Wei Ho Ying Lee Rou You Ng Sock Khim	Nigeria: Bode Abiodun Quadri Aruna Jide Ogidiolu Ojo Onaolapo Segun Toriola Australia: Miao Miao Zhenhua Dederko Jian Fang Lay Melissa Tapper Ziyu Zhang

EVENTS SCHEDULE

M = Men's events W = Women's events G = Group stage
 K = Knockout stage Q = Quarter-finals S = Semi-finals G = Medal event

DATE	EVENT
Apr 5	09:30-14:30 G M W Team
	16:00-21:00 G M W Team
Apr 6	09:30-14:30 G M W Team
	16:00-21:00 G M Team
	K W Team
Apr 7	09:30-14:30 K M Team
	16:00-21:00 Q M W Team
Apr 8	09:30-14:30 Q M Team
	S W Team
	16:00-21:15 G W Team bronze medal and gold medal matches
Apr 9	09:30-14:30 S M Team
	16:00-21:15 G M Team bronze medal and gold medal matches
Apr 10	09:30-15:00 G M W Singles
	16:30-21:30 G M W TT6-10 singles
	G M W Singles
Apr 11	09:30-15:00 G M W TT6-10 singles
	K M W M/W Doubles
	16:30-21:30 K M W Doubles
	K M W Singles
Apr 12	09:30-15:00 G M W TT6-10 singles
	K W Doubles
	16:30-21:30 K W M/W Singles
	K M W Doubles
	K M W Singles
	Q W Doubles

EVENTS SCHEDULE continued

M = Men's events W = Women's events G = Group stage
 K = Knockout stage Q = Quarter-finals S = Semi-finals G = Medal event

DATE	EVENT
Apr 13	09:30-15:00 K M Singles
	Q M M/W Doubles
	S M W TT6-10 singles
	S W Doubles
	16:30-21:30 Q M W Singles
G W Singles bronze medal and gold medal matches	
Apr 14	09:30-15:00 S M Doubles
	S W Singles
	G M W TT6-10 singles bronze medal and gold medal matches
	16:30-22:00 S M Singles
	G M Doubles bronze medal and gold medal matches
G W Singles bronze medal and gold medal matches	
Apr 15	09:30-14:50 S M/W Doubles
	G M Singles bronze medal and gold medal matches
	G M/W Doubles bronze medal and gold medal matches

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KIM DAYBELL

Events: Men's TT6-TT10 singles
D.O.B: 25 (11.08.1992)
Born: Sheffield
Lives: Leeds
Games attended: None
Major achievements: ECh: Silver (team) 2017



Kim Daybell is a busy man – he balances table tennis with a medicine degree at the University of Leeds.

The double Paralympian, who competes in the class 10 category, represented Great Britain at both London 2012 and Rio 2016, where he reached the quarter finals in both the men's singles and men's team events.

Last year his success continued, as he claimed silver medals at the US Open and the European Championships.

[@KimDaybell](#) [@kim.daybell](#)

PAUL DRINKHALL

Events: Men's singles and doubles, team
D.O.B: 28 (16.01.1990)
Born: Middlesbrough
Lives: Adlestone
Games attended: Three (Glasgow 2014, Delhi 2010, Melbourne 2006)



Major achievements: CG: Bronze (mixed doubles), Silver (team) 2010; Gold (mixed doubles), Silver (team) 2014 WCh: Bronze (team) 2016

Paul Drinkhall is on the Gold Coast for his fourth Commonwealth Games. The two-time Olympian, who represented Great Britain at London and Rio, has improved his performance at every Commonwealth Games.

He came fourth in doubles in 2006, won a bronze and silver in 2010 and stormed to team silver and a gold medal at the Glasgow Games four years ago, alongside his wife Joanna.

[@pdrinkhall](#) [@paul_drinkhall](#)

TIN-TIN HO

Events: Women's singles and doubles, mixed doubles, team
D.O.B: 19 (03.09.1998)
Born: London
Lives: Paddington
Games attended: One (Glasgow 2014)



Major achievements: CG: Silver (mixed doubles) 2014

Tin-Tin Ho was the youngest member of England's table tennis team at Glasgow, competing when she was just 15.

Despite her age she fought her way to a mixed doubles silver medal, as well as reaching the quarter-finals of the women's team event.

In 2017, she triumphed at the National Championships, winning three gold medals and one silver – a feat she repeated at the recent 2018 event. She is currently enjoying a gap year and training at Linz AG Froschberg in Austria.

[@TinTinHo39](#) [@tintin.ho](#)

DAVID McBEATH

Events: Men's doubles, mixed doubles, team
D.O.B: 26 (15.03.1992)
Born: Southampton
Lives: Eslöv, Sweden
Games attended: None
Major achievements: EYCh: Bronze (team) 2010 BrCh: Gold (men's doubles) 2018



David McBeath has already enjoyed a successful 2018 even before stepping on the plane to go to his debut Commonwealth Games on the Gold Coast.

The former European Youth Championships team bronze medallist won a first national title in March, teaming up with Paul Drinkhall to take the men's doubles crown, having already knocked his partner out of the singles event.

He was also part of the England squad which claimed bronze at February's Team World Cup in London.

[@David_mcbeath](#) [@dmcbeath](#)

DENISE PAYET

Events: Women's singles and doubles, mixed doubles, team
D.O.B: 16 (06.07.2001)
Born: London
Lives: Enfield
Games attended: None
Major achievements: JECh: Fifth (singles) 2016



One of the youngest members of Team England at Gold Coast 2018, Denise Payet has a bright future ahead of her.

In 2018 she has already represented her country at the Team World Cup in London, as well as finishing runner-up alongside Tin-Tin Ho in the national women's doubles championship.

[@DenisePayet](#) [@denisepayet](#)

FELICITY PICKARD

Events: Women's TT6-TT10 singles
D.O.B: 23 (17.07.1994)
Born: Wordsley
Lives: Burnley
Games attended: None
Major achievements: BelOp: Gold (singles) 2015



Floss Pickard competes in the class 6 category of para-sport table tennis.

She defeated the former world champion Katarzyna Marszal on her way to winning the Belgian Open title in 2015.

Last season she also notched up victories against the world numbers three and four.

[@FlissPick](#)

LIAM PITCHFORD

Events: Men's singles and doubles, mixed doubles, team
D.O.B: 24 (12.07.1993)
Born: Chesterfield
Lives: Halmstad, Sweden
Games attended: Two (Glasgow 2014, Delhi 2010)



Major achievements: CG: Silver (team, mixed doubles) Bronze (singles) 2014; Silver (team), Bronze (men's doubles) 2010 WCh: Bronze (team) 2016

Liam Pitchford has enjoyed multiple successes on the global stage, with five Commonwealth medals and a Team World Cup bronze to his name, the latter coming in February.

At the Rio Olympics in 2016, he reached the last 32 in the singles and was part of the men's team which reached the quarter-finals.

[@liampitchford](#) [@liam_pitchford93](#)

KELLY SIBLEY

Events: Women's singles and doubles, mixed doubles, team
D.O.B: 29 (21.05.1988)
Born: Leamington Spa
Lives: Nottingham
Games attended: Three (Glasgow 2014, Delhi 2010, Melbourne 2006)



Major achievements: CG: Bronze (mixed doubles) 2014

Commonwealth Games veteran Kelly Sibley came fourth at the Delhi Games eight years ago before achieving a bronze medal in Glasgow.

Sibley, who represented Team GB at the London Olympics in 2012, will be hoping to go at least one better on the Gold Coast.

[@sible2109](#) [@kelsib88](#)

MARIA TSAPTSINOS

Events: Team
D.O.B: 20 (21.07.1997)
Born: Reading
Lives: Nottingham
Games attended: None
Major achievements: EngCh: Gold (women's doubles) 2017



Maria Tsaptinos, a geography student at the University of Nottingham, is coached by teammate Kelly Sibley.

A national champion in the U14, U15, U18 and U21 categories, she has represented England at three European Youth Championships and reached the quarter-finals of the World Junior Championships. Just last month she won women's doubles gold and two bronze medals at the National Championships.

[@MariaTsaptinos](#) [@mariatsptinos](#)

SAM WALKER

Events: Men's singles and doubles, mixed doubles, team
D.O.B: 22 (07.05.1995)
Born: Sutton-in-Ashfield
Lives: Ochsenhausen, Germany
Games attended: One (Glasgow 2014)



Major achievements: CG: Silver (team) 2014 WCh: Bronze (team) 2016

This is Sam Walker's second Commonwealth Games, after claiming a team silver in 2014, as well as reaching the quarter-finals in the men's doubles.

Walker represented Team GB at the Rio Olympics, just months after he was part of the team that won bronze at the World Team Championships in Malaysia.

It was England's first medal at such a level since 1983, and the first time a newly promoted team had reached the podium at the event.

He was also part of the England squad which claimed bronze at February's Team World Cup in London.

[@SamWalker_tt](#) [@samwalker_tt](#)

ROSS WILSON

Events: Men's TT6-TT10 singles
D.O.B: 22 (05.06.1995)
Born: Minster
Lives: Minster
Games attended: None
Major achievements: PG: Bronze (team) 2016, Bronze (team) 2012 ECh: Bronze (team) 2015, Silver 2011



Ross Wilson first found success in able-bodied tennis, after discovering a talent for the sport on holiday.

As a junior he was ranked in the top ten in the country, before being diagnosed with multiple epiphyseal dysplasia in 2011, a condition which affects the growing ends of the bones.

Unperturbed, he achieved a silver medal at the 2011 European Championships during his first international season.

The following year he was the youngest member of ParalympicsGB's table tennis team but managed a fourth-place singles finish and team bronze, a feat he repeated at Rio in 2016.

[@rosswilson](#)

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EVANGELINE COLLIER

Assistant coach
D.O.B: 16.09.94
Born: Chelmsford



ALAN COOKE

Head coach
D.O.B: 23.03.66
Born: Clay Cross



MARCUS GUSTAFSON

Coach
D.O.B: 03.02.70
Born: Råsunda, Sweden



SHAUN MARPLES

Coach
D.O.B: 22.07.86
Born: Chesterfield



MARCUS SJÖBERG

Coach
D.O.B: 09.09.81
Born: Mikael



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TRIATHLON

TRIATHLON

INTRODUCTION

Triathlon combines the three challenging disciplines of swimming, cycling and running, with Gold Coast 2018 being the sport's fourth appearance at the Commonwealth Games.

A relative newcomer to the Games, triathlon made its official debut at Manchester 2002 but was first included on the programme 12 years earlier at Auckland 1990 as a demonstration event.

Appearing at Melbourne 2006 after the success of four years earlier, triathlon was not part of the programme for Delhi 2010 but returned for Glasgow 2014 where the mixed team relay was contested for the first time.

And it was Team England who dominated the podium at Strathclyde Country Park as Alistair Brownlee took gold and his brother Jonathan secured silver in the men's competition.



FACT FILE

VENUE:

Southport Broadwater Parklands

GOLD MEDALS AVAILABLE:

5

DATES:

Thursday April 5 - Saturday April 7

NUMBER OF TEAM ENGLAND

ATHLETES:

Men: 5 Women: 5

WEBSITES:

teamengland.org/
commonwealth-games-sports/triathlon
www.triathlonengland.org
Twitter: @TriEngland

There was also plenty of success in the women's race as Jodie Stimpson took top spot on the podium, while Vicky Holland wasn't far behind her with the bronze medal.

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And it was those four that made history by becoming the first mixed team relay Commonwealth champions, with South Africa taking silver while the gold went to Australia.

Those medals, after previously failing to podium in the sport, saw England shoot to the top of the medal table ahead of Australia with three golds, one silver and one bronze.

After the first ever appearance of the mixed team relay at Glasgow 2014, further history will be made for the sport on the Gold Coast with the introduction of paratriathlon.

TEAM ENGLAND 2018

England will have a ten-strong triathlon squad in Australia with athletes represented in both triathlon and paratriathlon.

Double Olympic champion, two-time individual senior world champion and reigning Commonwealth champion Alistair Brownlee will again lead the England charge and he is joined once more by younger brother Jonathan, who has gone on to add an Olympic silver medal to his collection since winning gold and silver in Glasgow.

DID YOU KNOW?

The first modern event to include swimming, cycling and running - and to be called a triathlon - was held in Mission Bay, San Diego, in 1974

The men's team is completed by Tom Bishop, set for his maiden Commonwealth experience having impressed throughout the year on the world stage.

While the women's team will be led by Vicky Holland, part of the England squad that secured team relay gold while also securing an individual bronze medal four years ago.



It's a great honour to be representing Team England. I have had the chance to compete at the Commonwealth Games once before and it's a big deal for a niche sport like triathlon to compete in a global sporting competition like this. I am looking forward to getting out there on the start line.

Alistair Brownlee - double Glasgow 2014 gold medalist

She is also coming off the back of her maiden Olympic medal, taking individual bronze at Rio 2016.

She will be joined by Jess Learmonth, who has shot to prominence since winning her first major international title at the European

Championships last June, while Sophie Coldwell, like Learmonth, will also be making her Commonwealth Games debut.

England will be looking to transfer their success from the triathlon stage when paratriathlon makes its debut and in Jade Jones, they already have an individual who has triumphed on the big stage having won European gold in 2017.

She will also be a familiar face to Team England fans with the para-athlete having won a bronze medal in the T54 1500m event at Glasgow 2014.

Joining her will be 2017 Paratriathlon World Cup medallists Lizzie Tench, Mark Conway and Joe Townsend, the latter having finished sixth at the 2016 Paralympic Games.



WORDS TO LEARN

TRANSITION:

The changeovers between the three elements of the race

PENALTY BOX:

An area on the run course set aside for athletes who break the rules and have to serve a time penalty

MOUNT LINE:

A line at the exit of the transition area on to the bike course before which athletes must not have mounted their bikes coming out of the first transition. There is also a dismount line at the end of the bike course at the entrance to the transition area - riders must dismount before this

SPRINT DISTANCE:

Gold Coast races will be a 'sprint' distance - half that of the Olympic distance

DID YOU KNOW?

Transitions between stages of the race are often termed 'the fourth discipline'

COMPETITION FORMAT

Combining three challenging disciplines - swimming, cycling and running - triathlon demonstrates the overall fitness, skill and endurance of some of the world's most talented athletes.

For the first time in Commonwealth Games history however, the Gold Coast will see sprint courses utilised for the individual, mixed team relay and paratriathlon races.

The race is completed from start to finish with no breaks. The transitions between the swim, bike and run are part of the race - crucial seconds can be won or lost in the transition area.

The individual format comprises a 750m swim, 20km bike and 5km run while the paratriathlon events are also contested over the same course and distances.

The mixed team relay will feature teams of four (two women, two men) racing in alternate order of female, male, female, male.

Each team member will complete a 250m swim, 7km bike and 1.5km run and then tag their next team member into the race.

ENGLAND'S HISTORICAL MEDALS TABLE



GLASGOW 2014 COMMONWEALTH GAMES MEDALLISTS

M = Men W = Women M/W = Mixed event

	GOLD	SILVER	BRONZE
Individual	M Alistair Brownlee (ENG) W Jodie Stimpson (ENG)	Jonny Brownlee (ENG) Kirsten Sweetland (CAN)	Richard Murray (RSA) Vicky Holland (ENG)
Team Relay	M/W Vicky Holland, Jonny Brownlee, Jodie Stimpson, Alistair Brownlee (ENG)	Kate Roberts, Henri Schoeman, Gillian Sanders, Richard Murray (RSA)	Emma Moffat, Aaron Royle, Emma Jackson, Ryan Bailie (AUS)



EVENTS SCHEDULE

M = Men's events W = Women's events M/W = Mixed events G = Medal event

DATE	EVENT
Apr 5	09:30-15:10 G M Individual G W Individual
Apr 7	09:30-15:00 G M/W Paratriathlon G M/W Team relay

TOM BISHOP

Events: Men's, mixed team relay
D.O.B: 26 (09.07.1991)
Born: Derby
Lives: Leeds
Games attended: None

Major achievements: WTS: Silver (individual) Abu Dhabi 2017

The youngest male English triathlete heading to the Gold Coast, Tom Bishop's talents were recognised as early as 2010 when he won the British Triathlon Male Junior Triathlon of the Year award.

Reserve for the Rio 2016 Olympic Games, he has pushed on in the years since, including finishing fourth at the 2017 Triathlon Mixed Relay World Championships in Hamburg last July.

Just four months previously he had tasted individual success, finishing second at the ITU World Triathlon Series race in Abu Dhabi – one of what would turn out to be four top-ten finishes on the circuit that season.

[@tom_bishop](#) [@tomwbish](#)



JONATHAN BROWNLEE

Events: Men's, mixed team relay
D.O.B: 27 (30.04.1990)
Born: Leeds
Lives: Leeds
Games attended: One (Glasgow 2014)

Major achievements: CG: Gold (team), Silver (individual) 2014 OG: Silver (individual) 2016, Bronze (individual) 2012 WCh: Silver (overall) 2016; Gold (team) 2014, Silver (overall) 2013, Gold (overall) 2012, Gold (team) 2012, Gold (team) 2011, Silver (overall) 2011

Jonathan Brownlee won bronze at London 2012, despite incurring a 15-second penalty on his Olympic debut.

Four years later he added silver to his collection, finishing behind only older brother Alistair, but gold was not to elude him at Commonwealth level.

On his debut at Glasgow 2014, multiple world champion Brownlee helped England to team gold while also taking silver in the individual event.

[@Jonny_Brownlee](#) [@jonnybrownleetri](#)



ALISTAIR BROWNLEE MBE

Events: Men's, mixed team relay
D.O.B: 29 (23.04.1988)
Born: Dewsbury
Lives: Leeds
Games attended: One (Glasgow 2014)

Major achievements: CG: Gold (individual), Gold (team) 2014 OG: Gold (individual) 2016, Gold (individual) 2012 WCh: Gold (team) 2014, Gold (overall), Gold (team) 2011, Gold (overall) 2009

Already a world champion, Alistair Brownlee shot to further prominence in 2012 at his home Olympic Games when securing gold ahead of Spain's Javier Gomez.

Two years later he made his Commonwealth Games debut at Glasgow 2014, storming to individual gold just ahead of younger brother Jonny, while the two later teamed up for team gold for England.

Brownlee defended his Olympic crown at Rio 2016 before turning his attention to long distance triathlons in 2017, although those have been put on hold to compete on the Gold Coast.

[@AliBrownleeTri](#) [@alistair.brownlee](#)



MARK CONWAY

Events: Men's para-triathlon
D.O.B: 38 (04.07.1979)
Born: Leicester
Lives: Lincoln
Games attended: None

Major achievements: BrCh: Silver (men's PT1) 2016, Bronze (men's PT1) 2017

Mark Conway enjoyed a breakthrough 2016, winning his first World paratriathlon medal in Yokohama, Japan with bronze.

Last year he continued to prove himself, ending the season with silver at the World Triathlon Grand Final.

Conway lost a leg as a teenager when doctors said it was his last chance to beat bone cancer.



SOPHIE COLDWELL

Events: Women's, mixed team relay
D.O.B: 23 (25.02.1995)
Born: Gravesend
Lives: Loughborough
Games attended: None

Major achievements: Ech: Silver (individual) 2017

Sophie Coldwell burst to prominence when finishing second at the triathlon 2017 European Championships in Kitzbuhel, behind teammate Jess Learmonth.

She was to follow that up later in the year with a brave effort in the Under-23 World Championships, battling through a hip injury to take the bronze medal in Rotterdam.

Gold Coast 2018 will mark Coldwell's Commonwealth Games debut, looking to follow in the world medals she has already won in relays.

[@sophiecoldwell](#) [@sophiecoldwell](#)



JADE JONES

Events: Women's para-triathlon
D.O.B: 22 (04.01.1996)
Born: Middlesbrough
Lives: Middlesbrough
Games attended: One (Glasgow 2014)

Major achievements: CG: Bronze (T54 1500m) 2014 Ech: Gold (individual) 2017

Jade Jones comes from a track athletics background and decided to try triathlon having already competed at the London 2012 and Rio 2016 Paralympic Games for ParalympicsGB.

Indeed this may be her first Commonwealth Games appearance in paratriathlon but she has already medalled at this level, claiming T54 1500m bronze on the track four years ago in Glasgow.

She won the European paratriathlon title last year in Kitzbuhel before also claiming silver at the World Triathlon Grand Final in Rotterdam later that year, in September.

[@JadeJones11](#) [@jade_jones11](#)



VICKY HOLLAND

Events: Women's, mixed team relay
D.O.B: 32 (12.01.1986)
Born: Gloucester
Lives: Bath
Games attended: One (Glasgow 2014)

Major achievements: CG: Gold (team), Bronze (individual) 2014 OG: Bronze (individual) 2016

Vicky Holland discovered triathlon at Loughborough University in 2005, competing at that year's World Junior Championships.

She made her Olympic debut at London 2012, finishing 26th, with a sizeable improvement coming with her bronze medal in Rio four years later.

Between those Games, Holland made her Commonwealth debut and enjoyed double success, securing individual bronze behind England teammate and champion Jodie Stimpson before the two teamed up as part of the gold medal-winning team relay in Glasgow.

[@VixHolland](#) [@vixholland](#)



JESS LEARMONTH

Events: Women's, mixed team relay
D.O.B: 29 (18.04.1988)
Born: Leeds
Lives: Leeds
Games attended: None

Major achievements: Ech: Gold (individual) 2017

Jess Learmonth is based at Leeds Triathlon Centre and coached by Ray Butters.

She previously dabbled in golf and football, and competed to national level as a swimmer, but has gone on to make a name for herself in triathlon since first trying the sport via a charity mini-tri.

After a breakthrough 2016 she became 2017 European Champion and also finished third at the World Triathlon Grand Final race in Rotterdam.

[@Jess_Learmonth](#) [@jlllearmonth](#)



LIZZIE TENCH

Events: Women's para-triathlon
D.O.B: 43 (24.06.1974)
Born: Little Chalfont
Lives: Cheshire
Games attended: None

Major achievements: WCh: Silver (individual) 2016, Bronze (individual) 2015 Ech: Gold, 2016

Lizzie Tench sustained a spinal cord injury in 2012. While cycling, she was hit by a trailer from an overtaking car, resulting in a broken back and paralysis from the waist down.

She attended a Talent ID day with British Paratriathlon in March 2014 and was subsequently selected for the GB Paratriathlon Talent Squad.

Tench has won British titles in Paratriathlon and Paradauthlon, bronze and silver at World Championship level as well as the European title in 2016.

[@tench_lizzie](#)



JOE TOWNSEND

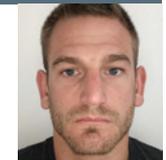
Events: Men's para-triathlon
D.O.B: 30 (27.03.1988)
Born: Eastbourne
Lives: Eastbourne
Games attended: None

Major achievements: PG: Sixth, (individual) 2016 Ironman WCh: Silver (individual) 2012, Bronze (PTWC) 2017

Former Royal Marine Commando Joe Townsend carried the Paralympic flame in the London 2012 stadium as part of the opening ceremony and competed for Paralympics GB in Rio four years later, finishing sixth.

Since then he has gone on to medal at world level, finishing second at the Edmonton leg of the World Series before adding bronze at the World Triathlon Grand Final last year.

[@Joetownsend1664](#)



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STEVEN CASSON

Coach
D.O.B: 19.06.67
Born: Nottingham



GAVIN SMITH

Assistant coach
D.O.B: 12.05.79
Born: London



ROBERT THOMPSON

Coach
D.O.B: 25.11.63
Born: Hull



RICHARD VELATI

Head coach
D.O.B: 04.01.79
Born: Chertsey



OLIVER WILLIAMSON

Physiotherapist
D.O.B: 12.12.81
Born: York



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WEIGHTLIFTING

WEIGHTLIFTING

INTRODUCTION

Weightlifting has been on the Commonwealth Games programme since 1950, with women's events forming part of the schedule from Manchester 2002 onwards.

England's weightlifters have a strong pedigree in the sport and have accumulated more than 100 medals in the 17 Commonwealth Games to feature the sport to date, a haul only bettered by Australia.

The medal tally stands at 42 gold, 44 silver and 22 bronze, including history-maker Zoe Smith – who became the first woman from England to win a Commonwealth Games weightlifting medal with bronze in the 58kg category at Delhi 2010.

Smith was to go better still four years later, proudly standing atop the podium as a Commonwealth champion at Glasgow 2014, securing gold in the same category.

Ben Watson was the other Team England medalist four years later, battling to bronze in the men's 105kg.

FACT FILE

VENUE:
Carrara Sports and Leisure Centre

GOLD MEDALS AVAILABLE:
16

DATES:
Thursday April 5 – Monday April 9

NUMBER OF TEAM ENGLAND ATHLETES:

Men: 5 Women: 7

WEBSITES:
teamengland.org/
commonwealth-games-sports/
weightlifting
www.britishweightlifting.org
Twitter: @GBWeightLifting

One of England's most successful weightlifters is Precious McKenzie, who won gold at three successive Games from Kingston 1966 to Christchurch 1974, adding a fourth for New Zealand at Edmonton 1978.

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Andy Callard, who was a member of England's coaching team for Glasgow 2014, won double gold at Victoria 1994 after a bronze at Auckland 1990, going on to secure two more silvers in Kuala Lumpur eight years later.

Between Auckland 1990 and Manchester 2002, medals were awarded for the snatch and the clean and jerk as well as the combined total of both before reverting back as of Melbourne 2006, with only combined medals being awarded.

At Gold Coast 2018, there are eight weightlifting categories for men and eight for women, the first time both have had an equal number of medals to be won.

That's a rise from seven female categories four years ago, with the +75kg category being replaced by two new competitions – the 90kg and +90kg.

DID YOU KNOW?

Zoe Smith was training as a gymnast when it was suggested she take up weightlifting to help her borough, Greenwich, compete in the London Youth Games

TEAM ENGLAND 2018

Team England will have a Commonwealth Games champion spearheading their squad as Smith takes her place in the team for the third time.

She has certainly enjoyed her fair share of success at the previous two Games, becoming the first Englishwoman to secure a medal when celebrating bronze on debut at Delhi 2010.

Four years later and new heights were to be reached for Smith, Commonwealth champion at Glasgow 2014 in the 58kg category,



“ I am so excited to be attending my third Commonwealth Games, with a team of great people. After a tough two years missing out on the 2016 Rio Olympics through injury, I am determined to come back stronger and hopefully retain my title as Commonwealth champion. ”

Zoe Smith

meaning she has a title to defend at Gold Coast 2018.

She is not the only returning medallist however as Watson – who won bronze in the 105kg category four years ago – also



“Our squad is a real blend of new and experienced lifters, highlighting the true breadth and depth of talent currently available in England. We are most grateful to both Team England and Sport England for their continued support in providing a great opportunity for all our squad to be well prepared and in great shape for the Games. It is hugely exciting and a great opportunity for all the squad.”

Ashley Metcalfe - British Weightlifting CEO

WORDS TO LEARN

NO LIFT:

A lift that is judged to be unsuccessful

PRESS OUT:

An illegal move where the lifter bends the arms while holding the bar overhead, then presses them out to straighten them

SQUAT:

To drop while bending the legs, with the feet to either side

HOOK:

A grip technique where the last joint of the thumb is covered by the other fingers of the same hand

returns looking for at least a spot higher on the podium.

Meanwhile Emily Godley is among those looking to make a mark on her third appearance at Commonwealth Games level having recorded a best of fifth, in Glasgow. Jack Oliver is the other member of the team who first competed at Delhi 2010, twice finishing in the top ten – including placing fourth in Glasgow in the 77kg category.

Meanwhile, a plethora of English weightlifters are set to make their Commonwealth Games debuts on the Gold Coast.

Among them is teenager Fraer Morrow, who was British champion last year as was Laura Hewitt, who will make her Games bow in Australia.

DID YOU KNOW?

The actor who played Oddjob in the James Bond film Goldfinger – Harold Sakata – won light heavyweight silver for the USA at the London 1948 Olympic Games.

Former thrower Emily Campbell has also shown the potential in her new-found sport while Alex Collier – a seven-time British champion – also gets the nod.

There will be a family feeling on the Gold Coast as Oliver's girlfriend, Sarah Davies, is also on the team having been a former gymnast. She was introduced to lifting by Oliver in 2011 and competes in the 69kg category.

Glasgow 2014 representative Owen Boxall – currently top of the Commonwealth rankings – and debutants Edmon Avetisyan and Kelly-Jo Robson make up the rest of the team.

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COMPETITION FORMAT

Athletes are weighed ahead of their competition and must have a bodyweight lower than the category in which they are competing.

Two different types of lifts take place in each weightlifting event, with athletes allowed up to three attempts at each one, the snatch and the clean and jerk.

The best lifts in each type are then added up and the final positions are determined by the combined total of both lifts, with the athlete with the heaviest total the winner.

Should the total weight lifted be a tied score, the winner is determined by which athlete has the lowest body weight.

If athletes have the same combined total and bodyweight, he or she who achieved their weight first is deemed the winner.

Competitors lift a barbell – a steel bar weighing 20kg for men's competitions and 15kg for the women's.

Weight discs of between 0.5kg and 25kg are then loaded onto the bar with collars, which weigh 2.5kg each. After each successful lift,

ENGLAND'S HISTORICAL MEDALS TABLE

42	44	22	108
GOLD	SILVER	BRONZE	TOTAL

the bar is automatically increased by 1kg for the next, unless a coach asks for it to be increased by more.

In the event of an unsuccessful lift, a higher weight can be attempted next time but not a lower one.

Competitors attempt the snatch lift first, where a wide grip is used to lift the barbell over the head in one continuous movement.

The clean and jerk is next and consists of two separate movements where a narrower grip is used to pull the barbell to the shoulders, before using the strength of the legs to lift above the head. Heavier weights are lifted in the clean and jerk than the snatch.

A panel of three referees decide whether a lift has been completed successfully, pressing a white button to indicate a good lift or a red for a bad lift. Two of three white lights signify a good lift.

GLASGOW 2014 COMMONWEALTH GAMES MEDALLISTS

M = Men W = Women

	GOLD	SILVER	BRONZE
48kg	W Sanjita Khumukchan (IND)	Mirabai Chanu Saikhom (IND)	Nkechi Opara (NGR)
53kg	W Dika Toua (PNG)	Santoshi Matsa (IND)	Swati Singh (IND)
56kg	M Sukhen Dey (IND)	Zulhelmi Md Pisol (MAS)	Ganesh Mali (IND)
58kg	W Zoe Smith (ENG)	Ndidi Winifred (NGR)	Michaela Breeze (WAL)
62kg	M Dimitris Minasidis (CYP)	Sudesh Peiris (SRI)	Vaipava Ioane (SAM)
63kg	W Olauwatoyin Adesanmi (NGR)	Obioma Okoli (NGR)	Punam Yadav (IND)
69kg	M Mohd Hafifi Mansor (MAS)	Yinka Ayenuwa (NGR)	Omkar Otari (IND)
69kg	W Marie Fegue (CAM)	Itohan Ebireguesele (NGR)	Marie-Josée Arès-Pilon (CAN)
75kg	W Marie-Ève Beauchemin-Nadeau (CAN)	Mary Opeloge (SAM)	Apolonia Vaivai (FIJ)
+75kg	W Maryam Usman (NGR)	Ele Opeloge (SAM)	Tracey Lambrechts (NZL)
77kg	M Sathish Sivalingam (IND)	Katulu Ravi Kumar (IND)	Francois Etoundi (AUS)
85kg	M Richie Patterson (NZL)	Vikas Thakur (IND)	Pascal Plamondon (CAN)
94kg	M Steven Kari (PNG)	Simplice Ribouem (AUS)	Chandrakant Mali (IND)
105kg	M David Katoatau (KIR)	Stanislav Chalaev (NZL)	Ben Watson (ENG)
+105kg	M George Kobaladze (CAN)	Itte Detenamo (NRU)	Damon Kelly (AUS)



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EVENTS SCHEDULE

M = Men's events W = Women's events G = Medal event

DATE	EVENT
Apr 5	09:30-12:00 G M 56kg
	14:00-16:30 G W 48kg
	18:30-21:00 G M 62kg
Apr 6	09:30-12:00 G W 53kg
	14:00-16:30 G M 69kg
	18:30-21:00 G W 58kg
Apr 7	09:30-12:00 G M 77kg
	14:00-16:30 G W 63kg
	18:30-21:00 G M 85kg
Apr 8	09:30-12:00 G W 69kg
	14:00-16:30 G M 94kg
	18:30-21:00 G W 75kg
Apr 9	09:30-12:00 G M 105kg
	14:00-16:30 G W 90kg and +90kg
	18:30-21:00 G M +105kg



EDMON AVETISYAN

Events: 94kg
D.O.B: 23 (06.10.1994)
Born: Dashkesan
Lives: Bristol
Games attended: None
Major achievements: ECh: Silver (94kg) 2017 BrCh: Silver (94kg) 2017



British-Armenian Edmon Avetisyan lifted his way to silver at the 2016 European Championships before earning the same accolade at the 2017 Olympic Lifting British Championships. He is coached by Dave Sawyer at Bristol Barbell Club, with a trip to the Gold Coast marking his first shot at the Commonwealth Games.

@edmond.av

OWEN BOXALL

Events: 105kg
D.O.B: 27 (03.07.1990)
Born: Sidcup
Lives: Dartford
Games attended: One (Glasgow 2014)
Major achievements: CG: Fourth (94kg) 2014 BrCh: Gold (105kg) CCh: Gold (94kg) 2016



Owen Boxall was nicknamed 'Ivor' on the second day at his gym, because his coach decided he should have a stronger sounding name.

He began lifting when he was 17, after seeing the sport at the Olympics and deciding to give it a go. His hard work paid off and he secured a fourth-place finish at Glasgow 2014, tantalisingly close to the podium.

@boxall_owen @owenboxall

EMILY CAMPBELL

Events: +90kg
D.O.B: 23 (05.05.1994)
Born: Nottingham
Lives: Nottingham
Games attended: None
Major achievements: BrCh: Gold (+90kg) 2017



Emily Campbell used to compete nationally in the athletic hammer and shot disciplines.

After a strength and conditioning coach suggested she learn the Olympic lifts to become stronger for athletics two years ago, she took the sport up full-time.

Emily trains at Atlas Weightlifting Club in Alfreton, the same club as teammate Laura Hewitt, becoming British champion in 2017.

@Brownskinjessie @brownskinjessie

ALEX COLLIER

Events: 85kg
D.O.B: 24 (29.03.1994)
Born: Ashton Under Lyne
Lives: Manchester
Games attended: None
Major achievements: BrCh: 7x winner



Alex Collier took up the sport at his local weightlifting club where offering trials when he was 13.

He became the Great Britain Schoolboy Champion in 2011, and went on to break two national records when he was 17 – his 128kg clean and jerk, and total of 228kg, won him the 69kg GB Youth Championships title.

A seven-time British champion, Collier has competed at European and World level.

@alexcolliergb @alexcolliergb

SARAH DAVIES

Events: 69kg
D.O.B: 25 (19.08.1992)
Born: Preston
Lives: Leeds
Games attended: One (Glasgow 2014)
Major achievements: CG: Seventh (63kg) 2014



Former Miss Leeds beauty queen Sarah Davies used to train as a gymnast until teammate, boyfriend and now coach Jack Oliver introduced her to lifting in 2011.

Just three years later and Davies attended her first Commonwealth Games, finishing an impressive fourth place at Glasgow 2014.

She tasted success the following year when she became the first British U23 European champion and last year finished sixth at the World Championships.

@sarahd Davies1908 @sarahd_gb

EMILY GODLEY

Events: 75kg
D.O.B: 28 (22.10.1989)
Born: Farnborough
Lives: Meopham
Games attended: Two (Glasgow 2014, Delhi 2010)
Major achievements: CG: Fifth (75kg) 2014



Emily Godley rose to prominence with a fifth-place finish at Glasgow in 2014 in what was her second Commonwealth Games.

She started weightlifting ten years ago as part of her strength and conditioning training for pole vaulting, before taking up lifting full-time.

She triumphed at the 2016 English Weightlifting Championships, and finished sixth at the European Championships later that year.

@EmilyGodley @emilygbwl

LAURA HEWITT

Events: 58kg
D.O.B: 23 (10.11.1994)
Born: Birmingham
Lives: Nottingham
Games attended: None
Major achievements: BrCh: Gold (58kg) 2017, Gold (58kg) 2016



Laura Hewitt has always been athletic but she was a gymnast before she took up weightlifting. Between the ages of four and 17 she competed in county championships and even attended national competitions on occasion.

British champion in both 2016 and 2017, she works as a personal trainer in Nottingham, and trains at the same gym as teammate Emily Campbell.

@LauraHewitt94 @laura_hewitt_94

FRAER MORROW

Events: 53kg
D.O.B: 19 (20.07.1998)
Born: Doncaster
Lives: Doncaster
Games attended: None
Major achievements: BrCh: Gold (53kg) 2017 BrCh: Gold (53kg) 2016



Fraer Morrow only took up weightlifting in 2015 but rose quickly to the elite ranks of the sport. She started lifting at Danum Crossfit, hoping to lose some weight and quickly realised her affinity with the weights.

From there, Morrow entered a weightlifting competition, where she was spotted by a scout who set up a session with her current coach at Loughborough.

Now a sport and exercise student at Loughborough University, she is still eligible for junior competitions, and finished ninth at last year's World Junior Championships.

@fraer53kg @fraer53kg

JACK OLIVER

Events: 77kg
D.O.B: 27 (04.01.1991)
Born: Bexleyheath
Lives: Leeds
Games attended: Two (Glasgow 2014, Delhi 2010)
Major achievements: CG: Fourth (77kg) 2014, Eighth (77kg) 2010 OG: Tenth (77kg) 2012



Jack Oliver began lifting the day after his 14th birthday in a bid to get bigger and stronger. After finishing fourth in 2014, four places higher than his Commonwealths debut in 2010, he is hoping to place on the podium on the Gold Coast.

The London 2012 Olympic is one half of England's weightlifting couple, set to be competing alongside girlfriend and teammate Sarah Davies, whom he introduced to the sport in 2014.

@jackolivergb @jackolivergb

KELLY-JO ROBSON

Events: 48kg
D.O.B: 29 (13.08.1988)
Born: Middlesbrough
Lives: Stockton
Games attended: None
Major achievements: EngCh: Gold (48kg) 2016



At just 4ft 11in, Kelly-Jo Robson is proof that good things come in small packages.

Her trip to the Gold Coast will be her first international competition, let alone her maiden Commonwealth Games. Robson became interested in the sport during an internship at Durham University, where she was studying strength and conditioning and teaching weightlifting was one of the programme requirements – she has never looked back.

@robson_kj @kellyjorobson

ZOE SMITH

Events: 63kg
D.O.B: 23 (26.04.1994)
Born: London
Lives: Loughborough
Games attended: Two (Glasgow 2014, Delhi 2010)
Major achievements: CG: Gold (58kg) 2014, Bronze (58kg) 2010 ECh: Bronze (58kg) 2014



Zoe Smith made history at Delhi 2010 when she became the first English woman to win a weightlifting medal at the Commonwealth Games, claiming bronze in the women's 58kg category.

The 2012 Olympian bettered that with a gold at Glasgow 2014, though a shoulder injury scuppered her chances of competing at the Rio 2016 Olympic Games.

After working at a coffee shop in 2017 to make ends meet, Smith is hoping to return to her former heights on the Gold Coast in April.

@zoepablosmith @zoepablosmith

BEN WATSON

Events: +105kg
D.O.B: 27 (20.03.1990)
Born: Oxford
Lives: Didcot
Games attended: One (Glasgow 2014)
Major achievements: CG: Bronze (105kg) 2014



Ben Watson started weightlifting in 2002 because his friends were trying it at school. He now represents his country and is a weightlifting coach and teaching assistant on the side.

That has taken him all the way to the Commonwealth Games, achieving a bronze medal at Glasgow 2014 – an achievement he is hopeful of bettering on the Gold Coast.

@benwatson20

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ANDREW CALLARD

Coach
D.O.B: 04.01.68
Born: Crayford



BEN RICHENS

Coach
D.O.B: 28.08.81
Born: Enfield



DAVID SAWYER

Coach
D.O.B: 14.10.63
Born: Pinxton



ARUN SINGH

Coach
D.O.B: 04.06.66
Born: Lichfield



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WRESTLING

WRESTLING

INTRODUCTION

Wrestling, recognised as one of the world's oldest sports, involves a classic contest between two athletes seeking ascendancy through a range of grapples, holds, throws and pins.

It was one of the seven events to feature at the very first Commonwealth Games in Hamilton in 1930 and has been absent only three times since – Auckland 1990, Kuala Lumpur 1998 and Melbourne 2006.

England have produced four freestyle champions and one Greco-Roman gold medalist in the history of the Commonwealth Games.

Myroslav Dykun ended a 24-year wait for an English Commonwealth Games wrestling gold medal after beating Canada's Jack Bond in the Greco-Roman 66kg final at Delhi 2010.

DID YOU KNOW?

With the possible exception of athletics, wrestling is recognised as the world's oldest competitive sport. Cave drawings of wrestlers have been found dating as far back as 3000 BC

Canada topped the medal table in Glasgow four years ago with 12 medals, including seven golds, while Team England claimed five podium spots.

Two-time European silver medallist Yana Rattigan won the same colour in the women's 48kg event while there were bronze medals for her partner Leon Rattigan plus Mike Grundy, Chinu and Louisa Porogovska (nee Salmon).

TEAM ENGLAND 2018

The experienced Leon Rattigan will spearhead

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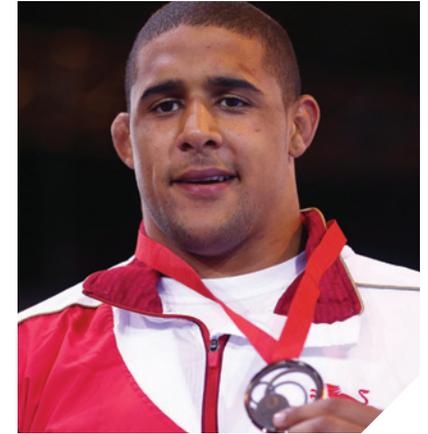
Team England's five-strong wrestling team on the Gold Coast in April.

The 30-year-old visited the podium on each of his last two Games appearances, winning bronze at both Delhi 2010 and Glasgow 2014, with his sights set on making it a hat-trick of podium visits Down Under.

He is joined by George Ramm, who reached the quarter-finals on his Games debut in Glasgow aged just 17.

The remaining three wrestlers give an indication of the future of English and British Wrestling with Charlie Bowling, Syerus Eslami and Georgina Nelthorpe all under the age of 23.

Last year's British champion Bowling was involved in Glasgow as a training partner for the Team England squad but makes the step up this time around to being a full team member.



“ It feels great to be selected, I'm really proud to be part of Team England once again. Back in Delhi I was one of the youngest on the team and now I'm more of a veteran, hopefully I can give the team some advice and use my experience to help everyone perform to their best. ”

Leon Rattigan - Double Commonwealth Games bronze medallist

FACT FILE

VENUE:
Carrara Sports and Leisure Centre

GOLD MEDALS AVAILABLE:
12

DATES:
Thursday April 12 - Saturday April 14

NUMBER OF TEAM ENGLAND ATHLETES:
Men: 4 Women: 1

WEBSITES:
teamengland.org/
commonwealth-games-sports/wrestling
www.britishwrestling.org
Twitter: @team_eng_wrest



“ It is unreal to be selected, I’m super proud to be on the team. I haven’t been to Australia before so it will be a unique experience for me and the competition will be of a really high standard. I can’t wait to be part of Team England and to get to know all of the other athletes and their sports. I definitely want to go for the gold and be the first English female ever to win a Commonwealth gold medal in wrestling. ”

Georgina Nelthorpe

WORDS TO LEARN

BRIDGE:

A defensive move in which a wrestler, while facing belly-up, attempts to avoid being pinned by supporting himself or herself with his or her head and feet.

PIN:

Forcing an opponent’s shoulders to the ground, with downward pressure, to win the match

REVERSAL:

When the wrestler on the bottom reverses positions with the wrestler on top and seizes control

Eslami, a British Championship silver medallist in 2017, continues a proud family history with his grandfather competing at Olympic level and his uncle representing Great Britain.

And Nelthorpe flies the flag for the women as she aims to become the first English female wrestling gold medallist.

COMPETITION FORMAT

Twelve gold medals are on offer – two fewer than four years ago in Glasgow – with six for men and six for women in varying weight categories. And where there are eight or more competitors in an event, there are two bronze medals available.

DID YOU KNOW?

Wrestling bouts are fought on an octagonal mat measuring 12m by 12m, with a 9m diameter combat circle inside the mat

For the second Games in a row only freestyle events will be contested, with Delhi 2010 the last time the Greco-Roman discipline was held.

Freestyle wrestling is now a compulsory sport in the Commonwealth Games programme and the female weight categories range from 50kg to 76kg, while the men’s events range from 57kg to 125kg.

The weigh-in for each category takes place the morning of competition, followed immediately by the preliminary rounds.

Two weight categories will be contested each day for both men and women, with an elimination format used with pairings based on a random draw conducted at the weigh-in.

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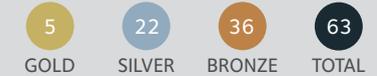
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Wrestlers who lose to the eventual finalists will go into repechage matches, split into two groups, with the winners of each wrestling for the bronze medal.

A bout lasts for two periods of three minutes, with a 30 second break in between. Scoring is cumulative, meaning that points scored in both periods will be added together to determine a winner.

A wrestler can win by technical fall by demonstrating superiority before time runs

ENGLAND’S HISTORICAL MEDALS TABLE



out. The threshold for a victory by technical fall is a ten-point lead.

A wrestler can also win the match automatically by pinning their opponent.

GLASGOW 2014 COMMONWEALTH GAMES MEDALLISTS

M = Men W = Women

	GOLD	SILVER	BRONZE
48kg	W Vinesh Phogat (IND)	Yana Rattigan (ENG)	Jasmine Mian (CAN) Rebecca Muambo (CAM)
53kg	W Odunayo Adekuroye (NGR)	Lalita Sehwat (IND)	Jill Gallays (CAN) Mpho Madi (RSA)
55kg	W Babita Kumari (IND)	Brittane Laverdure (CAN)	Ifeoma Nwoye (NGR) Louisa Porogovska (ENG)
57kg	M Amit Kumar (IND)	Ebikweminmo Welson (NGR)	Azhar Hussain (PAK) Craig Pilling (WAL)
58kg	W Aminat Adeniyi (NGR)	Sakshi Malik (IND)	Braxton Stone-Papadopoulos (CAN) Tayla Ford (NZL)
61kg	M David Tremblay (CAN)	Bajrang Kumar (IND)	Viorel Etko (SCO) Amas Daniel (NGR)
63kg	W Danielle Lappage (CAN)	Geetika Jakhar (IND)	Blessing Oborududu (NGR) Blandine Metala Epanga (CAM)
65kg	M Yogeshwar Dutt (IND)	Jevon Balfour (CAN)	Sampson Clarkson (NGR) Alex Gladkov (SCO)
69kg	W Dorothy Yeats (CAN)	Angele Tomo (CAM)	Navjot Kaur (IND) Hannah Rueben (NGR)

GLASGOW 2014 COMMONWEALTH GAMES MEDALLISTS continued

M = Men W = Women

	GOLD	SILVER	BRONZE
74kg	M Sushil Kumar (IND)	Qamar Abbas (PAK)	Mike Grundy (ENG) Melvin Bibo (NGR)
75kg	W Erica Wiebe (CAN)	Annabelle Ali (CAM)	Blessing Onyebuchi (NGR)
86kg	M Tamerlan Tagziev (CAN)	Andrew Dick (NGR)	Armando Hietbrink (RSA) Pawan Kumar (IND)
97kg	M Arjun Gill (CAN)	Satyawart Kadian (IND)	Sam Belkin (NZL) Leon Rattigan (ENG)
125kg	M Korey Jarvis (CAN)	Rajeev Tomar (IND)	Chinu Chinu (ENG) Sinivie Boltic (NGR)

EVENTS SCHEDULE

M = Men's events W = Women's events P = Preliminary G = Medal event

DATE	EVENT
Apr 12	10:30-13:30 P M 57kg, 74kg P W 53kg, 76kg
	17:00-20:00 G M 57kg, 74kg G W 53kg, 76kg
Apr 13	10:30-13:30 P M 65kg, 97kg P W 57kg, 68kg
	17:00-20:00 G M 65kg, 97kg G W 57kg, 68kg
Apr 14	10:30-13:30 P M 86kg, 125kg P W 50kg, 62kg
	17:00-20:00 G M 86kg, 125kg G W 50kg, 62kg

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CHARLIE BOWLING

Event: 65kg
D.O.B: 21 (01.07.1996)
Born: Wigan
Lives: Westhoughton
Games attended: None
Major achievements: BrCh: Gold 2017



Charlie Bowling will compete in the 65kg category on the Gold Coast. Bowling, who wrestles for Aspull Warriors, was a Team England training partner at Glasgow 2014 but is now ready to step up and compete after being crowned champion at the British Championships last year.

@charliebowling1 @charliebowling96

SYERUS ESLAMI

Event: 86kg
D.O.B: 21 (25.10.1996)
Born: Redhill
Lives: London
Games attended: None
Major achievements: BrCh: Silver 2017; EngCh: Gold 2017



For Syerus Esлами, wrestling is something of a family tradition – his grandfather was an Olympian and his uncle competed for Great Britain.

Esлами is making his own name for himself though with a British Championships silver to his name already, as well as a gold medal at a Swedish international.

@SidusEsлами @sidusesلامي

GEORGINA NELTHORPE

Event: 76kg
D.O.B: 21 (20.01.1997)
Born: Guildford
Lives: Burnley
Games attended: None
Major achievements: BrCh: Silver 2017



Georgina Nelthorpe made an immediate impact when she won a bronze medal in her first international outing last year, at the Sassari International in Sardinia – before going on to win bronze at the Austrian Flatz tournament in 2018.

Her success continued at the British Championships, where she claimed silver.

@GeorginaNellie @g_nelthorpe

GEORGE RAMM

Event: 57kg
D.O.B: 21 (01.08.1996)
Born: Bolton
Lives: Netherlands
Games attended: One (Glasgow 2014)



Major achievements: EjCh: Bronze 2016
Wrestling is in George Ramm's blood – his father Jason won a silver medal at the Wrestling European Schoolboy Championships.



Ramm rejoins Team England hoping to build on his selection for Glasgow 2014 at a young age.

He won silver at the Australian Youth Olympic Festival in 2013 and bronze at the Latvia Cup the same year, before claiming bronze at the 2016 European Junior Championships in Bucharest.

@georgeramm1 @georgeramm

LEON RATTIGAN

Event: 97kg
D.O.B: 30 (04.10.1987)
Born: Bristol
Lives: London
Games attended: Two (Glasgow 2014, Delhi 2010)
Major achievements: CG: Bronze 2010, 2014



Veteran Leon Rattigan is competing at his third Commonwealth Games with two bronze medals under his belt already.

Rattigan has won the English and British Championships multiple times throughout his wrestling career, which started at the age of ten in Bristol under the late coach Amir Esmaeli.

@LeonRwrestler @leon.rattigan

ANATOLII KHARYTONIUK

Coach
D.O.B: 22.07.51
Born: Ukraine



JATINDER RAKHRA

Assistant team manager
D.O.B: 07.04.89
Born: Slough





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Games Project Manager/Clubhouse Manager

DELIA BUTE

Event Operations Executive/Clubhouse Operations Executive

NEIL RANKIN

Operations Administrator/Clubhouse Operations Executive

TOM BEDKOWSKI

Clubhouse Operations Executive

HOLLIE ELLIOTT

Clubhouse Operations Executive

VILLAGE HQ OPERATIONS TEAM

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Operations Director/Deputy Chef de Mission (Operations)

DON PARKER

Sports Director/Deputy Chef de Mission (Sport)

ANDY THOMAS

Security Liaison Officer

GLYNN ALLCOCK

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ALICE CAMPBELL

HQ Operations Executive

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HQ Operations Executive

TRUDI ELSE

HQ Operations Executive

LINDA FREEMAN

HQ Operations Executive

HILDA GIBSON

HQ Operations Executive

CHARLES JOHNSTON

HQ Operations Executive

MAGGIE LYNES

HQ Operations Executive

MADLINE O'SHAUGHNESSY-HUNTER

HQ Operations Executive

THANK YOU

Commonwealth Games England would like to thank everyone who has supported us for the Gold Coast 2018 Games.

Without your support, sending 390 athletes and a total team size of around 650 half way across the world to Australia to compete would never have been possible. It is a genuine team effort.

The list of people and organisations who have supported us over the period is enormous and we apologise to any that we miss out, as the list is endless but we would specifically like to thank the following.

Our member sports and National Governing Bodies.

The 19 team leaders, coaches, support staff and of course the athletes from each sport.

Our Team England athlete ambassadors.

Our funding partner, Sport England and the National Lottery, with particular thanks to Phil Smith, Duncan Trusswell, Charles Johnston and Trudi Else.

Our sponsors, partners and supporters: CGI, Kukri, npower, Shakespeare Martineau, STA Travel, Arena, Etihad Airways, Grange Hotels, Millbrook Beds, Physio Lab and National Express.

Our PR team, Run Communications, with particular thanks to Steve Chisholm and Nick Rewcastle.

James Kerr for his work on our PRIDE values.

Team England's HQ team, medical team and volunteers for making the entire process as smooth as possible for our athletes.

Commonwealth Games England President, Chairman and Non Executive Board Members, in particular Hamish McInnes, David Ross and Martin Thomas who will be stepping down from the Board after the Games.

The Commonwealth Games Federation.

Our fellow Commonwealth Games Association, particularly our colleagues from the European region.

The Gold Coast Organising Committee and in particular Melissa Price and Ashwin Lokare from the Commonwealth Games Association relations team who have been brilliant throughout the process.

Rydges Southbank Hotel and their amazing staff.

Alexandra Hills Hotel.

Our preparation camp training venues in Brisbane.

Reg Roberts from Queensland Government.

Crest Apartments.

Southport Bowls Club.

The people of Queensland who have made us feel so welcome.

And last but not least, thank you to the friends and families of our athletes, volunteers and staff. Your support means everything and the team would not be here without you.

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**COMMONWEALTH GAMES ENGLAND WOULD
LIKE TO THANK THE FOLLOWING WHO HAVE
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Information in this handbook is correct at the time of going to print and liable to change. Sports schedules are subject to change and any updates can be found at www.gc2018.com. Any late athlete replacements will be communicated via press release by Team England.



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