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TEAM GB



MEDIA GUIDE

Rio 2016 Olympic Games
5th - 21st August

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#BRINGONTHEGREAT

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CEO Foreword



There is no greater sporting spectacle than the Olympic Games and the British Olympic Association is incredibly proud to taking such a talented group of athletes to Rio 2016.

Team GB has a great opportunity to make history in Brazil as we target our best ever away Games and there's no doubt that this team has the potential to once again inspire the nation through the power of Olympic sport.

Here at the BOA we've left no stone unturned in our ambition to be the best prepared team travelling to Brazil this summer. Working in close collaboration with our partners and stakeholders is fundamental to this process and has allowed our athletes a range of opportunities, from the our largest ever Pre-Games Preparation Camp in Belo Horizonte, dedicated and exclusive high performance training centres in Rio, and the small personal touches of our home-from-home programme. We hope this work can add that small but

critical difference to an athletes' performance to help them deliver personal bests when it matters most.

Rio de Janeiro and it's people is a truly special place and the organisers have done an incredible job in the face of very challenging circumstances. In a time when the eyes of the world on are Olympic sport more than ever before, we hope this city and this group of Team GB athletes can light up the venues and televisions to make the nation proud once again.

Making history has been a hallmark of Team GB in recent years and, as we travel to Brazil with more sports, more female athletes and more medal potential than ever before at an away Games, I'm confident Rio 2016 will continue this trend of success.

At London 2012 the British public inspired us as much as we inspired them by packing the streets, stadiums and arenas to give their support. This time around their presence might not be as readily apparent but we know they will be watching in the FanZones, living rooms, parks, pubs, bars and offices. They might be 6000 miles away but we look to your support to keep us in touch and keep them informed every step of the way.

Bill Sweeney,
CEO of the British
Olympic Association

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Chef de Mission Foreword



Four years on from the iconic moments and great memories of London 2012, it's fantastic to once again be on the eve of an Olympic Games and the 17 days of the world's best competition.

We may be 6,000 miles away from the home advantage that London offered but Rio 2016 is set to be a spectacular festival of Olympic sport that will no doubt be an unforgettable experience for the Team GB athletes in action.

This the largest team we've taken to an Olympic Games outside of Britain in a quarter of a century, and I'm confident that it is also the most talented group of athletes, capable of returning home with our best ever medal haul from an away Games.

There isn't sport on the team that hasn't enjoyed success at World or European level during the qualification period and to be taking athletes in 23 of the 28 sports is a fantastic achievement.

Rio 2016 is an incredible opportunity for our athletes from all our sports to showcase their disciplines while competing at the highest level and doing their friends, family and the nation proud in the process.

To match our athletes' ambitions, we're supporting them with the most experienced backroom team we've ever assembled, and the team at the British Olympic Association have tirelessly to build a world-class set up for Team GB in Brazil.

Whether that's at our pre-Games preparation camp in Belo Horizonte or down in the epicentre of the Games in Rio, Team GB will be as best prepared as possible when the flame is lit on August 5th.

As Chef de Mission I'm incredibly proud to lead this delegation and am confident this 'class of 2016' can once again showcase Olympic sport in Britain in the best possible light, and create a new generation of heroes to cherish for the years to come.

Mark England
Team GB Chef de Mission
Rio 2016 Olympic Games

Team GB's Delegation Leadership

MARK ENGLAND

Game role: Chef de Mission
Title: BOA Director of Games Services



As Chef de Mission, Mark England will oversee the entire Team GB delegation for the Rio 2016 Olympic Games including the 366 athletes set to compete across 23 sports.

England comes into the Games having amassed a wealth of experience as Team GB Deputy Chef de Mission at six Olympic, and Olympic Winter Games from Salt Lake City 2002 through to London 2012.

As Chef de Mission, England has led Team GB at 13 Youth Olympic Festivals as well as last summer's inaugural European Games in Baku.

In addition to his role for Rio 2016, England is responsible for driving the operational planning, financial management, and strategic overview of Team GB's participation at all Olympic sanctioned events.

Given his many years working within the Olympic movement, England has an extensive knowledge of the environment and teams involved in organising a major multi-sport Games where he has a first class track record of supporting athletes and support staff, having seen impressive and increasingly improved performances throughout his tenure.

MIKE HAY

Games role: Deputy Chef de Mission - Sport
Title: BOA Head of Sport Engagement



A former World Championship medal winning curler, Mike Hay will lead on all sport engagement for Team GB at Rio 2016.

Hay headed up Team GB as Chef de Mission at the Sochi 2014 Olympic Winter Games, leading the team to a joint best ever medal haul, and was also director of Team GB's preparation camps at Vancouver 2010 and London 2012.

Prior to joining the BOA in 2007, Hay was a five-time European Champion before taking the role as GB Curling Performance Director, overseeing the famous 'Stone of Destiny' gold medal success of Rhona Martin and the team at Salt Lake City 2002.

GEORGINA HARLAND

Games role: Deputy Chef de Mission - Athlete Services
Title: BOA Sport Engagement Manager



Olympic medallist Georgina Harland is set to support Mark England as Deputy Chef de Mission for athlete services at Rio 2016. She is responsible for every athlete's journey as part of Team GB, helping to maximise their experience in order to support their performance.

The former modern pentathlete and five-time World Championship medallist retired in 2008 and went on to take up athlete-centred roles with UK Sport, the British Athletes Commission and the International Federation of Modern Pentathlon.

Harland took bronze at Athens 2004, the same year she ranked number one in the world for the third time. She joined the BOA in 2010 as a Sport Engagement Manager and has specific responsibility for hockey, fencing, shooting, equestrian, triathlon and modern pentathlon.

JAMES MOORE

Games role: Deputy Chef de Mission - Performance Services
Title: BOA Intensive Rehabilitation Unit Manager



Leading on performance services at Rio 2016, Deputy Chef de Mission James Moore and his team of 35 doctors, physiotherapists and sports scientists will deliver all sports medicine and sports science services for Team GB at Rio 2016.

Prior to Rio 2016, Moore has worked in performance services roles at the RFU, UK Athletics, the EIS and Saracens RFC and also headed up Team GB's operations for the Baku 2015 European Games.

In conjunction with his role for Rio 2016, Moore also manages the BOA's Intensive Rehabilitation Unit at the Bisham Abbey National Sports Centre.

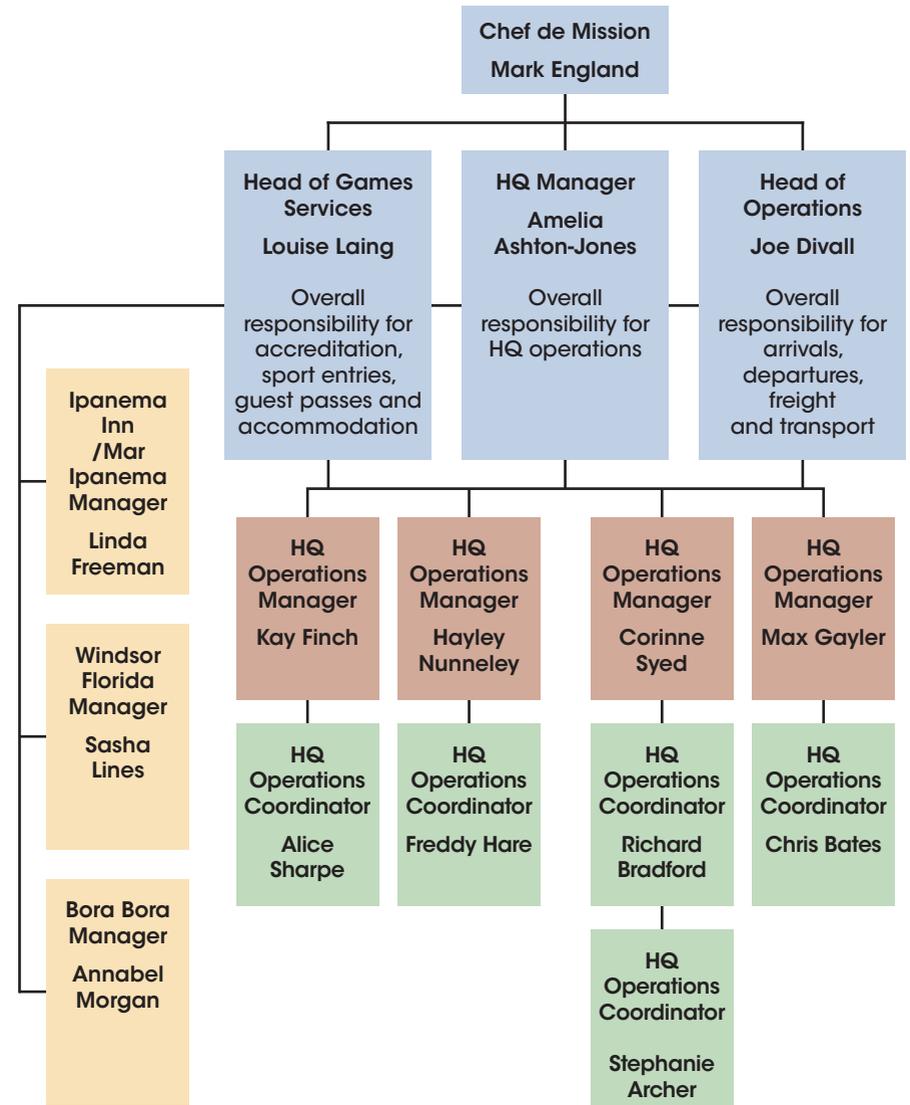
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HEW CHALMERS
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Chief Executive of Kitbag

DAVID ROSS
Chairman of the David Ross
Foundation

TERRY MILLY
Trustee of the Invictus Games
Foundation

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SIR CRAIG REEDIE CBE
Member of the IOC Executive Board

ADAM PENGILLY
IOC Athletes' Commission

OBSERVERS

JOHN JAMES OBE
Chairman of the British Olympic
Foundation

DICK PALMER CBE
Executive Vice President

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NOC MEMBERS

Archery GB

UK Athletics

British Swimming

Badminton GB Ltd

British Basketball Federation

British Amateur Boxing Association

British Canoe Union

British Cycling

British Equestrian Federation

British Fencing Association

The Football Association

British Golf Association Ltd

British Gymnastics

British Handball Association

Great Britain Hockey Ltd

British Judo Association

Pentathlon GB

British Rowing

Great Britain Rugby Sevens

British Table Tennis Federation

British Taekwondo Control Board

British Shooting

The Lawn Tennis Association

British Triathlon Federation

British Volleyball Federation

British Weight Lifters' Association

British Wrestling Association Ltd

Royal Yachting Association

British Biathlon Union

British Bobsleigh Association

British Curling

Great Britain Luge Association

Ice Hockey UK

National Ice Skating Association (UK)
Ltd

Snowsport GB

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President and IOC Member

Lord Sebastian Coe
Chairman

Sir Hugh Robertson
Vice Chairman

Sir Philip Craven
IOC Member

Sir Craig Reedie
IOC Member

Adam Pengilly
IOC Athletes' Commission

Ben Hawes
Chair of BOA Athletes' Commission

Heather Fell
Athlete Representative

John James OBE
Observer

Dick Palmer CBE
Observer

The Athletes' Commission

The British Olympic Association (BOA) Athletes' Commission is a Committee of the BOA Board created specifically to bring the perspective and expertise of our athletes to the many initiatives and programmes operated by the BOA.

The Commission ensures that the athletes' voice is at the heart of everything the BOA does.

It was formed in 2010 and meets every two months. As Chair, Ben Hawes is responsible for feeding the views of the Commission back to the BOA Board.

ATHLETES' COMMISSION

- Chair:** Ben Hawes (Hockey)
- IOC Athletes' Commission:**
Adam Pengilly (Skeleton)
- Eric Boateng (Basketball)
- James Cracknell (Rowing)
- Jon Eley (Short Track Speed Skating)
- Heather Fell (Modern Pentathlon)
- Sarah Gosling (Sailing)
- Katherine Grainger (Rowing)
- Claire Hamilton (Curling)
- Christian Malcolm (Athletics)
- Kate Richardson-Walsh (Hockey)
- Nathan Robertson (Badminton)
- Goldie Sayers (Athletics)
- Leon Taylor (Diving)

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The National Lottery

Investment into UK Sport's World Class Programme

The difference between winning gold and finishing fourth for three of Team GB's Olympic Champions at London 2012 was less than half a second. Less than the time it's taken for you to read this sentence.

With absolutely no room for error, sporting success at the highest level leaves nothing to chance, and thanks to National Lottery players, the UK's top Olympic and Paralympic athletes know that where winning margins are there for the taking, a team of experts is on hand leaving no stone unturned to help find them.

Over the past 20 years, sustained and strategic investment has transformed the prospects of British athletes, and helped take Team GB from 36th place on the medal table in Atlanta to an incredible third at the home Games at London 2012.

So how has this turnaround occurred and how is National Lottery funding making the difference? There are no shortcuts to achieving world class success, and in most cases developing the necessary levels of skill to produce world beating performances takes around eight years of dedication by an athlete to their sport.

To ensure that the UK's most talented athletes have every chance of realising their full potential, UK Sport created the World Class Programme. It works by ensuring that athletes get the expert

support that they need at every stage of their development. It also allows them to commit to their sport full time without needing to juggle work on top of their training.

The development of UK Sport's World Class Programme since 1997 has enabled British sport to attract and retain some of the world's best coaches. Coaches are the backbone of any athlete's sporting success, crucial to developing a thriving sporting infrastructure, and National Lottery funding has also allowed UK Sport to invest in people development programmes to take the coaching workforce from world class to world leading.

Every coach and athlete partnership works closely to perfect performance with an army of specialist practitioners from the home country sports institutes, who ensure the athlete arrives at the start line physically at their peak, mentally prepared and feared by the opposition in terms of their kit and equipment. UK Sport's science, medicine and technology arm, the English Institute of Sport, deliver 4,000 hours of support to over 1,300 athletes every week.

The talent pool from which athletes can be selected has been boosted thanks to a proactive effort by UK Sport to seek out athletes with potential. Scientific testing can identify an individual's promise in different sports and increase the likelihood of an athlete being matched with a sport they will succeed in. Projects like this



have uncovered athletes like London 2012 rowing gold medallist Helen Glover and Sochi 2014 skeleton champion Lizzy Yarnold. UK Sport is currently helping seek out future champions through the latest campaign, Discover Your Gold.

Opportunities for British fans to see their sporting heroes have never been greater. Thanks to the National Lottery, a series of major international sporting events were bought to the UK as part of UK Sport's #EveryRoadtoRio campaign in an effort to recapture the spirit of London 2012 and help athletes prepare for Rio.

Athletes have also been giving back to help inspire the next generation, through over 17,000 visits they have made to schools and in their local communities since London 2012.

National Lottery funding hasn't just raised standards of performance, it's also raised expectations. With Rio 2016 fast approaching, hopes are high that British athletes will once again inspire us with their performances. And when they do the nation should quite rightly feel proud; if you've bought a National Lottery ticket, you are part of the team too.

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Rio 2016

Welcome to Rio 2016

Introduction

Welcome to the Rio 2016 Olympic Games, where the outstretched stone arms of Christ the Redeemer, standing guard above the city, are ready to welcome the world to the tune of samba drums.

Whether it's sailing under the shadow of Sugarloaf mountain or beach volleyball on the Copacabana, Rio 2016 is set to be a Games where carnival and sport come together for an all-action 17 days of competition.

The Olympic Games finally pitches its tent in South America and organisers are promising us a Games

with a distinctly Latin feel, and we can't wait for it to start.

At Beijing 2008 we expected, and we got, lots of fireworks while London 2012 treated us to pomp and circumstance, humour and the Royal family. Rio will be all about carnival and a kaleidoscope of colours across a rainbow of nations.

Rio 2016

Whatever happens between August 5-21, Rio 2016 will see record numbers of countries participating in a record number of sports in the first Summer Olympic Games under the IOC presidency of Thomas Bach.

DID YOU KNOW?

For the first time in Olympic Games history, the Opening and Closing Ceremonies will not be held in the athletics venue. They will be held at the Maracanã Stadium, which holds the world record of the highest attendance in a football match, with 173,850 paid spectators attending the 1950 World Cup final

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Facts & Stats

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First Team GB athlete in action: Patrick Huston, Archery - Ranking Round

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SPORTS

WILL FEATURE TEAM GB ATHLETES AT RIO 2016



16 YEARS Youngest athlete:
283 DAYS Amy Tinkler, Gymnastics

4

1

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Most decorated athlete:
Sir Bradley Wiggins, Cycling



61 YEARS Oldest athlete:
0 DAYS John Whitaker, Equestrian

TEAM GB SIBLINGS AT RIO 2016:

Alistair & Jonathan Brownlee
Peter & Richard Chambers
Becky & Ellie Downie
Callum & Derek Hawkins
Andy & Jamie Murray
John & Michael Whitaker

AUG 19

Final sport to begin competition:
Modern Pentathlon

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MEDALLISTS
RETURNING FROM
LONDON 2012

MOST OLYMPIC GAMES APPEARANCES:

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Nick Skelton,
Equestrian

Rio 2016
London 2012
Beijing 2008
Athens 2004
Atlanta 1996
Barcelona 1992
Seoul 1988

New sports on the
Olympic programme
from London 2012:

Golf
Rugby Sevens

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TEAM GB RIO 2016 BIRTHDAY CELEBRATIONS:

John Whitaker, Equestrian - Aug 5 (61)
Cindy Ofilii, Athletics - Aug 5 (22)
Adam Yates, Cycling - Aug 7 (24)
David Florence, Canoeing - Aug 8 (34)
Hannah Miley, Swimming - Aug 8 (27)
Nick Dempsey, Sailing - Aug 13 (36)
Colin Fleming, Tennis - Aug 13 (32)
Charlotte Taylor, Rowing - Aug 14 (31)
Mahama Cho, Taekwondo - Aug 16 (27)
Liam Heath, Canoeing - Aug 17 (32)
Steph Twell, Athletics - Aug 17 (27)
Rebecca Gallantree, Diving - Aug 19 (32)
Callum Skinner, Cycling - Aug 20 (24)
Crista Cullen, Hockey - Aug 20 (31)
Amber Hill, Shooting - Aug 21 (19)

Historical medal table and flagbearers

Year	City	T	M	W	Chef de Mission	G	S	B	T	Medal Table		Sport
										Position	Flagbearer	
1896	Athens	10	10	0		3	3	1	7	5th		
1900	Paris	103	100	1		17	8	12	37	3rd		
1904	St. Louis	6	1	0		1	1	0	2	7th		
1906*	Athens	52	52	0		8	11	0	19	4th		
1908	London	736	697	39		56	51	39	146	1st	Kynaston Studd	Water polo
1912	Stockholm	293	283	10	E.A. Hunter	10	15	16	41	3rd	Charles Smith	Tug of war
1920	Antwerp	204	189	18		15	12	12	39	4th	Ernest Thorne	Water polo
1924	Paris	307	279	28		9	13	12	34	4th	Arthur Hunt	Athletics
1928	Amsterdam	234	207	27	E.A. Hunter	3	10	7	20	11th	Malcolm Nokes	Athletics
1932	Los Angeles	74	59	15	E.A. Hunter	4	7	5	16	8th	Lord Burghley	Athletics
1936	Berlin	225	188	37	E.A. Hunter	4	7	3	14	10th	Jack Beresford	Rowing
1948	London	375	324	51	E.A. Hunter	3	14	6	23	12th	Emrys Lloyd	Fencing
1952	Helsinki	293	238	45	E.A. Hunter	1	2	8	11	18th	Harold Whitlock	Athletics
1956	Melbourne**	200	174	26	K.S. Duncan	6	7	11	24	8th	George MacKenzie***	Wrestling
1960	Rome	252	209	43	K.S. Duncan	2	6	12	20	12th	Richard McTaggart	Boxing
1964	Tokyo	199	166	45	K.S. Duncan	4	12	2	18	10th	Anita Lonsbrough Allan Jay	Swimming Fencing
1968	Mexico City	237	185	52	K.S. Duncan	5	5	3	13	10th	Lynn Davies David Hemery	Athletics Athletics
1972	Munich	310	232	78	K.S. Duncan	4	5	9	18	12th	David Broome Richard Meade	Equestrian Equestrian

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1976	Montreal	234	184	50	C.G.V. Davidge	3	5	5	13	13th	Rodney Pattison	Yachting
1980	Moscow	222	147	75	R.W. Palmer	5	7	9	21	9th	Richard Palmer****	Chef de Mission
1984	Los Angeles	355	240	115	R.W. Palmer	5	11	21	37	11th	Lucinda Green Sebastian Coe	Equestrian Athletics
1988	Seoul	382	229	123	R.W. Palmer	5	10	9	24	12th	Ian Taylor Malcolm Cooper	Hockey Shooting
1992	Barcelona	389	245	144	R.W. Palmer	5	3	12	20	13th	Steve Redgrave Linford Christie	Rowing Athletics
1996	Atlanta	304	184	120	R.W. Palmer	1	8	6	15	36th	Steve Redgrave Roger Black	Rowing Athletics
2000	Sydney	320	188	132	S.P. Clegg	11	10	7	28	10th	Matthew Pinsent Steven Redgrave	Rowing Rowing
2004	Athens	270	164	106	S.P. Clegg	9	9	12	30	10th	Kate Howey Kelly Holmes	Judo Athletics
2008	Beijing	311	168	143	S.P. Clegg	19	13	15	47	4th	Mark Foster Chris Hoy	Swimming Cycling
2012	London	541	279	262	A. Hunt	29	17	19	65	3rd	Chris Hoy Ben Ainslie	Cycling Sailing

*The 1906 Games, known as the Intercalated Games, are not considered official by the IOC.

** Includes the equestrian events which were held in Stockholm.

*** George MacKenzie competed at five Olympics up to 1928 and carried the flag in 1956.

****Richard Palmer was GB's flag bearer at Moscow 1980 but he carried the Olympic flag.

T = Total GB Competitors M = GB Competitors - Men
W = GB Competitors - Women G = Gold medals
S = Silver medals B = Bronze medals
T = Total medals won

Team GB Delegation

M = Men W = Women T = Total

SPORT	ATHLETES OFFICIALS					SPORT	ATHLETES OFFICIALS				
	M	W	M	W	T		M	W	M	W	T
Aquatics	21	20	15	6	66	Fencing	3	0	2	1	6
Diving	5	6	5	1	-	Golf	2	2	6	0	10
Swimming	16	12	12	5	-	Gymnastics	6	7	6	4	23
Synchro	0	2	0	2	-	Artistic	5	5	-	-	-
Archery	1	1	2	0	4	Trampoline	1	2	-	-	-
Athletics	41	39	28	3	111	Hockey	16	16	9	5	46
Badminton	4	4	4	0	12	Judo	3	4	4	1	12
Boxing	10	2	7	1	20	Modern Pen	2	2	5	1	10
Canoeing	5	7	9	2	23	Rowing	28	15	17	2	62
Slalom	3	1	-	-	-	Rugby Sevens	12	12	10	2	36
Sprint	2	6	-	-	-	Sailing	8	7	15	3	33
Cycling	16	10	18	5	49	Shooting	3	3	4	0	10
BMX	2	0	-	-	-	Table Tennis	3	0	2	0	5
Mountain	1	0	-	-	-	Taekwondo	2	2	5	2	11
Road	5	3	-	-	-	Tennis	5	2	4	0	11
Track	9	7	-	-	-	Triathlon	3	3	5	1	12
Equestrian	7	5	10	8	30	Weightlifting	1	1	3	0	5
Dressage	2	2	-	-	-	Total	202	164	192	49	607
Eventing	1	3	-	-	-						
Jumping	4	0	-	-	-						

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Team GB History

Beijing 2008

Surpassing their previous best-ever away Games of 41 at Stockholm 1912, Team collected 47 medals at Beijing 2008 with 19 gold, 13 silver and 15 bronze across 11 sports returning home from China.

Sir Chris Hoy starred in the velodrome, becoming the first Team GB athlete to win three gold medals in the same Olympic Games since 1908 after topping the podium in the individual and team sprints, as well as the keirin.

Rebecca Romero made history on the track as she became the first British woman to win medals in two different summer sports. Having won a rowing silver medal four years previously in Athens, she followed up with cycling gold in Beijing.

Elsewhere, Rebecca Adlington became Team GB's most successful Olympic Games' swimmer of the previous 100 years with two gold medals in the pool while Louis Smith won Team GB's first-ever individual gymnastics medal after taking bronze in the pommel horse. Tim Brabants collected canoeing gold for the first time and Sarah Stevenon became the first Brit to step on the taekwondo podium after winning bronze in the +67kg category.

Team GB's boxers achieved their best haul since 1956, winning three medals including gold for middleweight James DeGale and Sir Bradley Wiggins was also a multiple gold medal winner in Beijing, as Team GB's cyclists won 14 medals in all.

London 2012

Team GB recorded its best medal haul for over 100 years with 65 visits to the podium at London 2012.

Flyweight Nicola Adams became the first female Olympic boxing Champion, while Team GB also triumphed in taekwondo, triathlon and slalom canoeing for the first time. Also, despite never previously winning a dressage medal, Team GB riders dominated the event, winning team and individual gold, as well as a bronze medal. Charlotte Dujardin became one of five double gold medal winners at the Games.

Andy Murray managed to win two medals on one day, adding mixed doubles silver won alongside Laura Robson to his men's singles triumph over Roger Federer earlier that afternoon.

Sir Chris Hoy became Team GB's most successful athlete in Olympic history, taking his tally to seven medals overall with six of them gold. And Victoria Pendleton became Team GB's most successful female athlete, adding gold and silver to the sprint title won at Beijing 2008.

On the eighth day Team GB enjoyed their most successful 24 hours since 1908. On 'Super Saturday' six gold medals were won, with rowing success for the men's coxless four and women's lightweight double sculls. There was women's team pursuit gold followed by a haul of three gold medals in 44 minutes attained by Jessica Ennis- Hill, Greg Rutherford and Mo Farah.

Team GB medallists at London 2012

GOLD MEDALS - 29

Helen Glover	Rowing, coxless pair	Joanna Rowsell	Cycling, team pursuit
Heather Stanning	Rowing, coxless pair	Laura Trott	Cycling, team pursuit & omnium
Sir Bradley Wiggins	Cycling, time trial	Jessica Ennis-Hill	Athletics, heptathlon
Timothy Baillie	Canoeing, slalom C-2	Greg Rutherford	Athletics, long jump
Etienne Stott	Canoeing, slalom C-2	Mo Farah	Athletics, 10,000m & 5,000m
Peter Wilson	Shooting, double trap	Sir Ben Ainslie	Sailing, finn class
Philip Hindes	Cycling, team sprint	Andy Murray	Tennis, singles
Sir Chris Hoy	Cycling, team sprint & keirin	Scott Brash	Equestrian, team jumping
Jason Kenny	Cycling, team sprint & individual sprint	Peter Charles	Equestrian, team jumping
Katherine Grainger	Rowing, double sculls	Ben Maher	Equestrian, team jumping
Anna Watkins	Rowing, double sculls	Nick Skelton	Equestrian, team jumping
Steven Burke	Cycling, team pursuit	Alistair Brownlee	Triathlon
Ed Clancy	Cycling, team pursuit	Laura Bechtolsheimer	Equestrian, team dressage
Peter Kenneough	Cycling, team pursuit	Charlotte Dujardin	Equestrian, team dressage & individual dressage
Geraint Thomas	Cycling, team pursuit	Carl Hester	Equestrian, team dressage
Victoria Pendleton	Cycling, keirin	Nicola Adams	Boxing, flyweight
Alex Gregory	Rowing, coxless four	Jade Jones	Taekwondo, -57kg
Tom James	Rowing, coxless four	Ed McKeever	Canoeing, K-1 200m
Pete Reed	Rowing, coxless four	Luke Campbell	Boxing, bantamweight
Andrew Triggs-Hodge	Rowing, coxless four	Anthony Joshua	Boxing, super heavyweight
Katherine Copeland	Rowing, lightweight double sculls		
Sophie Hosking	Rowing, lightweight double sculls		
Danielle King	Cycling, team pursuit		

Team GB medallists at London 2012 cont.

SILVER MEDALS - 17

Lizzie Armitstead	Cycling, road race	Gemma Gibbons	Judo, -78kg
Mark King	Equestrian, team eventing	Mark Hunter	Rowing, lightweight double sculls
Tina Cook	Equestrian, team eventing	Zac Purchase	Rowing, lightweight double sculls
Zara Phillips	Equestrian, team eventing	Iain Percy	Sailing, star class
Nicola Wilson	Equestrian, team eventing	Andrew Simpson	Sailing, star class
William Fox-Pitt	Equestrian, team eventing	Louis Smith	Gymnastics, pommel horse
Michael Jamieson	Swimming, 200m breaststroke	Andy Murray	Tennis, mixed doubles
Chris Bartley	Rowing, lightweight coxless four	Laura Robson	Tennis, mixed doubles
Peter Chambers	Rowing, lightweight coxless four	Christine Ohuruogu	Athletics, 400m
Richard Chambers	Rowing, lightweight coxless four	Nick Dempsey	Sailing, sailboard
Rob Williams	Rowing, lightweight coxless four	Victoria Pendleton	Cycling, sprint
David Florence	Canoeing, slalom C-2	Luke Patience	Sailing, 470 class
Richard Hounslow	Canoeing, slalom C-2	Stuart Bithell	Sailing, 470 class
		Hannah Mills	Sailing, 470 class
		Saskia Clark	Sailing, 470 class
		Fred Evans	Boxing, welterweight
		Samantha Murray	Modern pentathlon

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Team GB medallists at London 2012 cont.

BRONZE MEDALS - 19			
Rebecca Adlington	Swimming, 400m freestyle & 800m freestyle	Ed Clancy	Cycling, omnium
Sam Oldham	Gymnastics, artistic team all-around	Beth Tweddle	Gymnastics, uneven bars
Daniel Purvis	Gymnastics, artistic team all-around	Jonathan Brownlee	Triathlon
Louis Smith	Gymnastics, artistic team all-around	Robbie Grabarz	Athletics, high jump
Kristian Thomas	Gymnastics, artistic team all-around	Laura Bechtolsheimer	Equestrian, individual dressage
Max Whitlock	Gymnastics, artistic team all-around & pommel horse	Anthony Ogogo	Boxing, middleweight
Alex Partridge	Rowing, eight	Beth Storry	Hockey
James Foad	Rowing, eight	Emily Maguire	Hockey
Tom Ransley	Rowing, eight	Laura Unsworth	Hockey
Richard Egington	Rowing, eight	Crista Cullen	Hockey
Mohamed Sbihi	Rowing, eight	Anne Panter	Hockey
Greg Searle	Rowing, eight	Hannah Macleod	Hockey
Matthew Langridge	Rowing, eight	Helen Richardson-Walsh	Hockey
Constantine Louloudis	Rowing, eight	Kate Richardson-Walsh	Hockey
Phelan Hill	Rowing, eight	Chloe Rogers	Hockey
Chris Froome	Cycling, time trial	Laura Bartlett	Hockey
George Nash	Rowing, coxless pair	Alex Danson	Hockey
Will Satch	Rowing, coxless pair	Georgie Twigg	Hockey
Alan Campbell	Rowing, single sculls	Ashleigh Ball	Hockey
Karina Bryant	Judo, +78kg	Sally Walton	Hockey
		Nicola White	Hockey
		Sarah Thomas	Hockey
		Lutalo Muhammad	Taekwondo, 80kg
		Liam Heath	Canoeing, K-2 200m
		Jon Schofield	Canoeing, K-2 200m
		Tom Daley	Diving, 10m platform

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Beijing 2008 medal table

	GOLD	SILVER	BRONZE	TOTAL
China	51	21	28	100
USA	36	38	36	110
Russia	23	21	29	73
Team GB	19	13	15	47
Germany	16	10	15	41

London 2012 medal table

	GOLD	SILVER	BRONZE	TOTAL
USA	46	28	29	103
China	38	28	22	88
Team GB	29	17	19	65
Russia	24	25	32	81
South Korea	13	8	7	28

Team GB medal count at London 2012

	GOLD	SILVER	BRONZE	TOTAL
Athletics	4	1	1	6
Boxing	3	1	1	5
Canoeing	2	1	1	4
Cycling	8	2	2	12
Diving	0	0	1	1
Equestrian	3	1	1	5
Gymnastics (artistic)	0	1	3	4
Hockey	0	0	1	1
Judo	0	1	1	2
Modern Pentathlon	0	1	0	1
Rowing	4	2	3	9
Sailing	1	4	0	5
Shooting	1	0	0	1
Swimming	0	1	2	3
Taekwondo	1	0	1	2
Tennis	1	1	0	2
Triathlon	1	0	1	2
TOTAL	29	17	19	65

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Sports & Biographies

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Badminton	107	253	Rugby Sevens
Boxing	115	265	Sailing
Canoeing	127	275	Shooting
Cycling	141	285	Table Tennis
Equestrian	159	291	Taekwondo
Fencing	171	301	Tennis
Golf	179	309	Triathlon
Gymnastics	185	315	Weightlifting
Hockey	197	325	HQ Support Staff

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BIOGRAPHIES KEY

100mh – 100m hurdles
400mh – 400m hurdles
60mh – 60m hurdles
7sWC – Sevens World Cup
7sWS – Sevens World Series
ANAI – ANA Inspiration
AOp – Australian Open
BCh – British Championships
BICh – British Indoor Championships
BUCSCh – British Universities & Colleges Sport Championships
CCh – Commonwealth Championships
CG – Commonwealth Games
CT – Champions Trophy
CYG – Commonwealth Youth Games
DC – Davis Cup
ECh – European Championships
EG – European Games
EinCh – European Indoor Championships
EJCh – European Junior Championships
EOQT – European Olympic Qualification Tournament
EU23Ch – European Under-23 Championships
EXCCh – European Cross-Country Championships
FOp – French Open
hep – heptathlon
HJ – high jump
IM – individual medley
JECh – Junior European Championships
Le Mans CDI3* – Le Mans International Dressage
Lier CDI3* – Lier Dressage Masters
LJ – long jump
LM – London Marathon
LM2x – men's lightweight double scull
LM4- – men's lightweight four
LW2x – women's lightweight double scull
LW4x – women's lightweight women's quad
M1x – men's single scull
M2- – men's pair

M2x – men's double scull
M4- – men's four
M4x – men's quad
M8+ – men's eight
mar – marathon
MRWCh – Mixed Relay World Championships
MT – Masters Tournament
NCh – National Championships
NTCh – National Track Championships
OG – Olympic Games
OQT – Olympic Qualifying Tournament
pent – pentathlon
PV – pole vault
REGP – Rugby Europe Grand Prix
Rnd – round
R-up – runner-up
sc – steeplechase
sf – semi-final
T – tied
TJ – triple jump
TOC – The Open Championship
USOp – US Open
W1x – women's single scull
W2- – women's pair
W2x – women's double scull
W4x – women's quad
W8+ – women's eight
WBO – Women's British Open
WC7s – World Cup Sevens
WC – World Cup
WCh – World Championships
WG – World Games
Wim – Wimbledon
WPGAch – Women's PGA Championship
WinCh – World Indoor Championships
WJCh – World Junior Championships
WR – World Relays
W7sWS – Women's Sevens World Series
WXCCCh – World Cross-Country Championships
WYCh – World Youth Championships



AQUATICS – DIVING, SWIMMING & SYNCHRONISED SWIMMING

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Aquatics - Diving

Introduction

Diving made its Olympic Games debut at St Louis 1904 when the two events contested, by men only, were the 10m platform and the plunge for distance. American William Dickey remains the Olympic Champion in the latter with a distance of 62 feet and six inches.

At Rio 2016, men and women compete in four events, individually or in synchronised pairs, across the 3m springboard and 10m platform. The action will take place at the Maria Lenk Aquatics Centre which, in contrast to London's Aquatics Centre four years ago, is an outdoor venue.



WORDS TO LEARN

Rip entry:

Entry into the water with little, or no, splash

Twist:

When the diver rotates around an axis that runs from their head to their toes

Tuck:

A position adopted by the diver that resembles a ball with the knees bent and legs pulled as close to the body as possible

Pike:

A position where the diver bends their body at the hips, but keeps their legs straight

China is the sport's undisputed powerhouse and they comfortably topped the medal table four years ago in London, winning six of the eight golds on offer.

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Team GB, meanwhile, came away with a bronze medal after Tom Daley finished third in the 10m platform on his second Olympic Games appearance, while he was also fourth in the 10m synchro alongside Peter Waterfield. That was Team GB's first Olympic Games diving medal in eight years after Waterfield and Leon Taylor claimed silver in the same event at Athens 2004.

Team GB at Rio 2016

London 2012 bronze medallist Tom Daley heads an 11-strong Team GB diving contingent at Rio 2016. Daley, fresh from winning 10m platform and mixed 3m synchro gold with Grace Reid at the 2016 European Aquatic Championships in London in May, will be making his third Games appearance, as will Rebecca Gallantree and Tonia Couch, the latter claiming a European silver in the capital.

Of the 11, seven have previous Olympic Games experience with Chris Mears, Jack Laugher, Alicia Blagg and Sarah Barrow all having also competed at London 2012. Since the Games, Laugher has been an almost-ever present on the international podium, winning the overall 3m springboard World Series title in 2015 before claiming a European gold and silver as well as two World Championship bronze medals.

Two of those medals came in the 3m synchro alongside Mears, with the pair teaming up once more at Rio 2016.

Gallantree competes in the 3m springboard and will once again join



“ I’ve really loved competing through the last two years and got really promising results at the World Championships and the European Championships. Working with Jane [Figueiredo] has changed the way I dive and I really can’t wait to be in the Olympic environment again. ”

Tom Daley

DID YOU KNOW?

In 1936 American Marjorie Gestring became the youngest ever Olympic Champion, aged 13 years and nine months

“It’s really exciting. This will be my third Olympics and I feel I have learned so much from both Beijing and London that I can use to my advantage in Rio. The Olympics makes everyone step up their game which will be exciting to see.”

Tonia Couch

forces with Blagg in the synchronised event with the pair having finished seventh at London 2012, while Barrow goes in the 10m platform. Completing the team are Daniel Goodfellow, Lois Toulson, Reid and Freddie Woodward who are all making their Games debuts, with the former winning 10m synchronised gold alongside Daley at the 2016 British Championships.

Competition format

There are eight gold medals up for grabs and athletes compete individually and in pairs, known as synchronised diving or synchro.

The men’s and women’s 3m springboard and 10m platform are divided into three phases. In the preliminary round the men have six dives, the women have five and the top 18 progress to the semi-final.

The best 12 divers in the semi-final then progress to the final, where they dive in reverse order of their semi-final finishing position to decide the medals. A panel of seven judges assess each dive, giving a score out of ten.

The men’s and women’s 3m springboard and 10m platform synchronised events are decided by straight finals with eight teams competing – again six dives for men and five for women. A panel of 11 judges assess each dive, giving a score out of ten.

Athletes’ scores are based on: starting position, approach, height, flight and entry into the water, along with synchronisation in the synchronised competitions.

Scores range from zero to ten, but the highest and lowest scores are discarded. The remaining scores are added together and multiplied by the degree of difficulty of the dive.

In advance of the competition divers submit the dives they will perform. The more difficult the dive, the higher the potential score.

DID YOU KNOW?
China have won 25 of the last 31 medals awarded, dating back to Atlanta 1996

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FACT FILE

Venue:
Maria Lenk Aquatics Centre

Gold medals available:
8

Dates:
August 7-20

Number of Team GB athletes:
Men: 5 Women: 6

Team GB at the Olympic Games

	GOLD	SILVER	BRONZE	TOTAL
Athens 2004	0	1	0	1
Beijing 2008	0	0	0	0
London 2012	0	0	1	1
Total	0	2	5	7

Recent major championship winners

M = Men W = Women

	LONDON 2012	WORLD CHAMPIONSHIPS 2015
3m springboard	M Ilya Zakharov (RUS) W Wu Minxia (CHN)	He Chao (CHN) Shi Tingmao (CHN)
10m platform	M David Boudia (USA) W Chen Ruolin (CHN)	Qiu Bo (CHN) Kim Kuk-hyang (PRK)
Synchro 3m springboard	M Luo Yutong/Qin Kai (CHN) W He Zi/Wu Minxia (CHN)	Cao Yuan/Qin Kai (CHN) Shi Tingmao/Wu Minxia (CHN)
Synchro 10m platform	M Cao Yuan/Zhang Yanquan (CHN) W Chen Ruolin/Wang Hao (CHN)	Chen Aisen/Lin Yue (CHN) Chen Ruolin/Liu Huixia (CHN)

Events schedule

M = Men's events W = Women's events 🏆 = Medal event

DATE	EVENT
7 Aug	16:00-17:15 W 🏆 synchronised 3m springboard: final
8 Aug	16:00-17:15 M 🏆 synchronised 10m platform: final
9 Aug	16:00-17:15 W 🏆 synchronised 10m platform: final
10 Aug	16:00-17:15 M 🏆 synchronised 3m springboard: final
12 Aug	15:30-18:30 W 3m springboard: preliminaries
13 Aug	16:00-17:40 W 3m springboard: semi-final
14 Aug	16:00-17:30 W 🏆 3m springboard: final
15 Aug	15:15-18:45 M 3m springboard: preliminaries
16 Aug	10:00-11:50 M 3m springboard: semi-final 18:00-20:00 M 🏆 3m springboard: final
17 Aug	15:00-18:10 W 10m platform: preliminaries
18 Aug	10:00-11:30 W 10m platform: semi-final 16:00-17:30 W 🏆 10m platform: final
19 Aug	16:00-19:10 M 10m platform: preliminaries
20 Aug	11:00-12:50 M 10m platform: semi-final 16:30-18:10 M 🏆 10m platform: final

Team GB will compete in all events

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SARAH BARROW

Event: 10m platform
Age: 27 (22.10.1988)
Born: Plymouth
Hometown: Plymouth
Club: Plymouth Diving Club
Previous Games attended:
London 2012



Major achievements: Ech: gold (10m platform) 2014; silver (10m synchro) 2013; gold (10m synchro) 2012. CG: silver (10m synchro) 2014.

Sarah Barrow is back for her second Games having finished fifth at London 2012 alongside Tonia Couch. Since London 2012 she has won European and Commonwealth medals.

This year she won 10m synchro bronze at the Rio test event with Couch before winning the 10m platform domestic title.

@SarahBarrow

ALICIA BLAGG

Event: 3m springboard synchronised
Age: 19 (21.10.1996)
Born: Wakefield
Hometown: Wakefield
Club: City of Leeds
Previous Games attended:
London 2012



Major achievements: Ech: silver (3m synchro) 2016; bronze (3m synchro) 2013. CG: gold (3m synchro) 2014.

Alicia Blagg will once again partner Rebecca Gallantree in the 3m synchro event at an Olympic Games, with the pair finishing seventh at London 2012.

In 2013 the duo won bronze at the European Championships in Rostock before going on to claim Commonwealth Games gold the following year. In May of this year Blagg and Gallantree won European Championship silver in London.

@AliciaBlagg

TONIA COUCH

Event: 10m platform, 10m synchronised
Age: 27 (20.05.1989)
Born: Plymouth
Hometown: Plymouth
Club: Plymouth Diving Club
Previous Games attended:
London 2012, Beijing 2008



Major achievements: Ech: silver (10m platform) 2016; silver (10m synchro) 2013; gold (10m synchro) 2012. CG: silver (10m synchro) 2014.

Tonia Couch finished fifth in the 10m synchro event at London 2012 alongside Sarah Barrow, but teams up with Lois Toulson at Rio 2016. The pair joined forces for May's European Aquatic Championships in London and went on to finish fifth.

Couch also goes in the individual 10m event at Rio 2016, having claimed a 2016 European silver medal.

@toniacouch

TOM DALEY

Event: 10m platform, 10m synchronised
Age: 22 (21.05.1994)
Born: Plymouth
Hometown: Plymouth
Club: Dive London
Previous Games attended:
London 2012, Beijing 2008



Major achievements: OG: bronze (10m platform) 2012. WCh: gold (mixed team event), bronze (10m platform) 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. CG: gold (10m platform), silver (10m synchro) 2014; gold (10m platform), gold (10m synchro) 2010.

After finishing seventh in the 10m platform on his Olympic Games bow at Beijing 2008, Tom Daley went on to claim a sensational bronze at London 2012.

Two years later he won European 10m platform silver, improving to gold in May this year while at the same competition in London he claimed the mixed 3m synchro title alongside Grace Reid and won 3m synchro silver with Daniel Goodfellow.

In 2015 he added mixed team event World Championship gold to his 2009 10m platform title, while also finishing with a bronze in the latter last year as well.

@TomDaley1994

REBECCA GALLANTREE

Event: 3m springboard, 3m synchronised
Age: 32 (19.08.1984)
Born: Chelmsford
Hometown: Chelmsford
Club: City of Leeds
Previous Games attended:
London 2012, Beijing 2008



Major achievements: WCh: gold (mixed team event) 2015. Ech: silver (3m synchro) 2016; bronze (3m synchro) 2013. CG: gold (3m synchro) 2014.

Rio 2016 will be Rebecca Gallantree's third Olympic Games, having finished 25th in the 3m synchro at Beijing 2008 before improving seven places at London 2012.

At London 2012 she also finished seventh in the 3m synchro alongside Alicia Blagg, with the pair once again joining forces at Rio 2016 having won European silver in London in May.

The duo were crowned Commonwealth Champions at Glasgow 2014 while the following year Gallantree and Tom Daley won mixed team event gold at the World Championships in Kazan.

@RGallantree

DANIEL GOODFELLOW

Event: 10m synchronised
Age: 19 (19.10.1996)
Born: Cambridge
Hometown: Cambridge
Club: Plymouth Diving Club
Previous Games attended: None
Major achievements: ECh: silver (10m synchro) 2016.

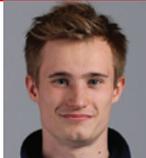


Daniel Goodfellow will make his Games bow at Rio 2016 alongside Tom Daley in the 10m synchronised event, with the pair winning bronze at the Rio test event. This year also saw the pair win silver at the European Championships in London in May, just losing out on gold to Germans Sascha Klein and Patrick Hausding. Before teaming up with Daley and winning gold at the 2016 British Championships, Goodfellow competed alongside Matty Lee with the pair winning bronze in the opening two World Series legs in 2014.

@dangoodfellow

JACK LAUGHER

Event: 3m springboard, 3m synchronised
Age: 21 (30.01.1995)
Born: Harrogate
Hometown: Harrogate
Club: City of Leeds
Previous Games attended: London 2012



Major achievements: WCh: bronze (3m springboard), bronze (3m synchro) 2015. ECh: gold (3m synchro), silver (3m springboard) 2016. CG: gold (1m springboard), gold (3m synchro), silver (3m springboard) 2014.

Jack Laugher had a 2015 to savour as he won two bronze medals at the World Championships and also won the overall 3m springboard World Series title.

These gongs came after winning three medals at Glasgow 2014, while earlier this year he won gold and silver at the European Aquatic Championships.

@JackLaugher

CHRIS MEARS

Event: 3m synchronised
Age: 23 (07.02.1993)
Born: Reading
Hometown: Leeds
Club: City of Leeds
Previous Games attended: London 2012



Major achievements: WCh: bronze (3m synchro) 2015. ECh: gold (3m synchro) 2016. CG: gold (3m synchro) 2014.

Chris Mears will compete alongside Jack Laugher at an Olympic Games for the first time, having finished fifth in the 3m synchronised event with Nick Robinson-Baker at London 2012.

Alongside Laugher, Mears has won gold medals at Glasgow 2014 and the 2016 European Championships in London, while last year they also claimed World bronze.

@ChrisMears93

GRACE REID

Event: 3m springboard
Age: 20 (09.05.1996)
Born: Edinburgh
Hometown: Edinburgh
Club: Edinburgh
Previous Games attended: None
Major achievements: ECh: gold (mixed 3m synchro), bronze (3m springboard) 2016.



Grace Reid will make her Olympic Games bow at Rio 2016 having won individual bronze at this year's European Championships, as well as mixed 3m synchronised gold alongside Tom Daley.

In winning bronze Reid became the first Scot to win an individual European Championships diving medal since 1954.

She also arrives at Rio 2016 having competed in two Commonwealth Games - Delhi 2010 and Glasgow 2014.



LOIS TOULSON

Event: 10m synchronised
Age: 16 (26.09.1999)
Born: Huddersfield
Hometown: Huddersfield
Club: City of Leeds
Previous Games attended: None
Major achievements: EG: gold (10m platform) 2015.



Lois Toulson is the youngest member of Team GB's diving team for Rio 2016 as she prepares to make her Olympic Games debut.

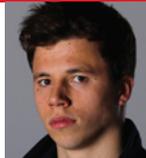
She does have experience of representing Team GB however, as she claimed 10m platform gold at the inaugural European Games in Baku.

She joined forces with Tonia Couch in the 10m synchronised event earlier this year and the pair won gold at the British Championships in June.

@LoisToulson

FREDDIE WOODWARD

Event: 3m springboard
Age: 21 (23.06.1995)
Born: Sheffield
Hometown: Sheffield
Club: City of Sheffield
Previous Games attended: None
Major achievements: CG: bronze (3m synchro) 2014.



Rio 2016 will see Freddie Woodward make his Olympic Games debut having claimed 3m springboard silver at June's British Championships.

He and London 2012 Olympian Nick Robinson-Baker won 3m synchronised bronze at Glasgow 2014.

Early in his career Woodward teamed up with Jack Haslam for 3m synchro silver at the 2013 European Junior Championships in Poznan before making his senior breakthrough the following year.

@freddiebevis

ALEXEI EVANGULOV

Title: Performance Director
Games role: Team Leader



ANDREW BANKS

Title: Coach
Games role: Coach



JANE FIGUEIREDO

Title: Coach
Games role: Coach



ADRIAN HINCHCLIFFE

Title: Coach
Games role: Coach



EDWIN JONGEJANS

Title: Coach
Games role: Coach



PENG LI

Title: Coach
Games role: Coach



Aquatics - Swimming

Introduction

Like London 2012, almost 1,000 athletes will compete in swimming events at Rio 2016, with medals being offered out in 34 separate events.

The Olympic Aquatics Stadium will host the majority of the events, while the male and female marathon swimming events will take place at Fort Copacabana.

At London 2012, Team GB claimed three medals, with Michael Jamieson collecting 200m breaststroke

silver while Rebecca Adlington took bronze in the 400m and 800m freestyle events.

Four years earlier at Beijing 2008, Adlington won two golds in the same events to become Team GB's first Olympic swimming Champion since 1988, and the first to win two titles in 100 years.

In total, Team GB have taken home 68 medals from Olympic swimming events – 15 of which are gold – to sit seventh on the all-time list, with the sport having featured at every modern summer Games.

Team GB at Rio 2016

World Champions Adam Peaty and James Guy headline a 28-strong Team

DID YOU KNOW?
Underwater swimming featured at Paris 1900. Competitors earned points for the length of time and distance they were underwater

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WORDS TO LEARN

Long course:
A 50m pool of the type used in Olympic competition, as opposed to a short course measuring 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 half.

Tapering:
The 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.

GB Olympic swimming squad for Rio 2016.

Peaty burst on the scene at the 2014 Commonwealth Games in Glasgow where he won three medals, before going on to pick up four titles at the European Championships in Berlin that same year, setting a new 50m breaststroke world record in the process.

And last year Peaty set a new global best in the 100m breaststroke at the British Swimming Championships before picking up three titles at the World Championships in Kazan, Russia, once again breaking the 50m world record.

Guy was another to shine in Kazan as he took home 200m freestyle gold, silver in the 400m equivalent and helped the 4x200m freestyle relay team to the top step of the podium.



“I don't want to be a team-maker in Rio, that's the most important definition for me. I want to make my country proud and give it the best shot I can really and wear that Team GB tracksuit with pride.”

Adam Peaty





“What we have is a focused, well-balanced team with some very exciting young prospects. Athletes have done a good job to make the team but our primary focus is to improve performances in Rio and we will leave no stone unturned in pursuit of this.”

Chris Spice, Swimming Team Leader

Two more of the quartet from that 4x200m final team will join Guy in Rio – Daniel Wallace and Robbie Renwick – while Duncan Scott, who swam in the heat in Kazan, also made the team.

Great Britain enjoyed a record-breaking 2015 World Championships and Ross Murdoch – who claimed 100m breaststroke bronze in Russia – is also in the Rio squad.

Craig Benson, Chris Walker-Hebborn, Andrew Willis and Ieuan Lloyd are back in the squad having competed at London 2012, while the male contingent is completed by Olympic debutants Max Litchfield, Ben Proud, Stephen Milne, Cameron Kurle and Tim Shuttleworth.

Of the 11 female swimmers, Jazz Carlin and Siobhan-Marie O'Connor are included, having won 800m freestyle and 200m individual medley bronze medals respectively in Kazan last year.

They are joined in the squad by familiar faces Hannah Miley, Fran Halsall, Aimee Willmott, Eleanor Faulkner and Georgia Davies – all of whom competed at London 2012.

Meanwhile, Rio 2016 will see Molly Renshaw, Georgia Coates, Camilla Hattersley and Chloe Tutton make their Olympic bows, the latter having set a new national record while claiming 200m breaststroke gold at this year's British Championships.

DID YOU KNOW?

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

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In the marathon swimming events, Kerianne Payne returns for her third Games having won silver at Beijing 2008 and finishing fifth at London 2012. She claimed her spot after finishing second in the 10km Marathon Swimming Olympic Games Qualification Tournament in Portugal, while Jack Burnell will make his Games bow after finishing fifth at the 2015 World Championships and winning European silver in July.

Competition format

There are 34 swimming events at Rio 2016 – 32 of which will take place in the pool and two – the men's and women's 10km marathon swim – at Fort Copacabana.

Swimming is split into five disciplines – freestyle, backstroke, breaststroke, butterfly and individual medley – with distances in the pool ranging from 50m to 1500m, with a maximum of two competitors allowed per nation per event.

Marathon swimming will return for the third successive Games and is unlike any event in the pool as, much like a road marathon in athletics, it begins with a mass start.

In the pool, heats, semi-finals and finals are conducted in every individual event apart from the 400m, 800m and 1500m freestyle and the 400m individual medley, which don't require a semi-final. The 16 fastest swimmers from their respective heats progress through to the semi-finals, where the next eight quickest reach the medal showdown.



FACT FILE

Venue: Olympic Aquatics Centre (pool events), Fort Copacabana (10km marathon swim)

Gold medals available: 34

Dates: August 6-13 (pool events), August 15-16 (10km marathon swim)

Number of Team GB athletes: Men: 16 Women: 12



Team GB at the Olympic Games

	GOLD	SILVER	BRONZE	TOTAL
Athens 2004	0	0	2	2
Beijing 2008	2	2	2	6
London 2012	0	1	2	3
Total	15	23	30	68

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Recent major championship winners

M = Men W = Women

	LONDON 2012	WORLD CHAMPIONSHIPS 2015
50m freestyle	Florent Manaudou (FRA) Ranomi Kromowidjojo (NED)	Florent Manaudou (FRA) Bronte Campbell (AUS)
100m freestyle	Nathan Adrian (USA) Ranomi Kromowidjojo (NED)	Ning Zetao (CHN) Bronte Campbell (AUS)
200m freestyle	Yannick Agnel (FRA) Allison Schmitt (USA)	James Guy (GBR) Katie Ledecky (USA)
400m freestyle	Sun Yang (CHN) Camille Muffat (FRA)	Sun Yang (CHN) Katie Ledecky (USA)
800m freestyle	Katie Ledecky (USA)	Katie Ledecky (USA)
1500m freestyle	Sun Yang (CHN)	Gregorio Paltrinieri (ITA)
100m backstroke	Matt Grevers (USA) Missy Franklin (USA)	Mitch Larkin (AUS) Emily Seebohm (AUS)
200m backstroke	Tyler Clary (USA) Missy Franklin (USA)	Mitch Larkin (AUS) Emily Seebohm (AUS)
100m breaststroke	Cameron van der Burgh (RSA) Ruta Meilutyte (LTU)	Adam Peaty (GBR) Yuliya Yefimova (RUS)
200m breaststroke	Daniel Gyurta (HUN) Rebecca Soni (USA)	Marco Koch (GER) Kanako Watanabe (JPN)
100m butterfly	Michael Phelps (USA) Dana Vollmer (USA)	Chad le Clos (RSA) Sarah Sjöström (SWE)
200m butterfly	Chad le Clos (RSA) Jiao Liuyang (CHN)	Laszlo Cseh (HUN) Natsumi Hoshi (JPN)
200m individual medley	Michael Phelps (USA) Ye Shiwen (CHN)	Ryan Lochte (USA) Katinka Hosszu (HUN)
400m individual medley	Ryan Lochte (USA) Ye Shiwen (CHN)	Daiya Seto (JPN) Katinka Hosszu (HUN)
4x100m freestyle relay	France Australia	France Australia
4x200m freestyle relay	United States United States	Great Britain United States
4x100m medley relay	United States United States	United States China
10km marathon	Oussama Mellouli (TUN) Eva Risztov (HUN)	Jordan Wilimovsky (USA) Aurelie Muller (FRA)

Record times

M = Men W = Women

		TIME	HOLDER	PLACE/DATE
50m freestyle	OG	M 21.30	César Cielo (BRA)	Beijing 2008
	WR	M 20.91	César Cielo (BRA)	Brazilian Championships 2009
	OG	W 24.05	Ranomi Kromowidjojo (NED)	London 2012
	WR	W 23.73	Britta Steffen (GER)	World Championships 2009
100m freestyle	OG	M 47.05	Eamon Sullivan (AUS)	Beijing 2008
	WR	M 46.91	César Cielo (BRA)	World Championships 2009
	OG	W 53.00	Ranomi Kromowidjojo (NED)	London 2012
	WR	W 52.06	Cate Campbell (AUS)	Brisbane Grand Prix 2016
200m freestyle	OG	M 1:42.96	Michael Phelps (USA)	Beijing 2008
	WR	M 1:42.00	Paul Biedermann (GER)	World Championships 2009
	OG	W 1:53.61	Allison Schmitt (USA)	London 2012
	WR	W 1:52.98	Federica Pellegrini (ITA)	World Championships 2009
400m freestyle	OG	M 3:40.14	Sun Yang (CHN)	London 2012
	WR	M 3:40.07	Paul Biedermann (GER)	World Championships 2009
	OG	W 4:01.45	Camille Muffat (FRA)	London 2012
	WR	W 3:58.37	Katie Ledecky (USA)	Pan Pacific Championships 2014
1500m freestyle	OG	M 14:31.02	Sun Yang (CHN)	London 2012
	WR	M 14:31.02	Sun Yang (CHN)	London 2012
800m freestyle	OG	W 8:14.10	Rebecca Adlington (GBR)	Beijing 2008
	WR	W 8:06.68	Katie Ledecky (USA)	Pro Swim Series 2016
100m backstroke	OG	M 52.16	Matt Grevers (USA)	London 2012
	WR	M 51.94	Aaron Peirsol (USA)	US Championships 2009
	OG	W 58.23	Emily Seebohm (AUS)	London 2012
	WR	W 58.12	Gemma Spofforth (GBR)	World Championships 2009
200m backstroke	OG	M 1:53.41	Tyler Clary (USA)	London 2012
	WR	M 1:51.92	Aaron Peirsol (USA)	World Championships 2009
	OG	W 2:04.06	Missy Franklin (USA)	London 2012
	WR	W 2:04.06	Missy Franklin (USA)	London 2012

Record times cont.

M = Men W = Women

		TIME	HOLDER	PLACE/DATE
100m breaststroke	OG	M 58.46	Cameron van der Burgh (RSA)	London 2012
	WR	M 57.92	Adam Peaty (GBR)	British Championships 2015
	OG	W 1:05.17	Leisel Jones (AUS)	Beijing 2008
	WR	W 1:04.35	Ruta Meilutyte (LTU)	World Championships 2013
200m breaststroke	OG	M 2:07.28	Dániel Gyurta (HUN)	London 2012
	WR	M 2:07.01	Akihiro Yamaguchi (JPN)	National Games 2012
	OG	W 2:19.59	Rebecca Soni (USA)	London 2012
	WR	W 2:19.11	Rikke Moeller Pedersen (DEN)	World Championships 2013
100m butterfly	OG	M 50.58	Michael Phelps (USA)	Beijing 2008
	WR	M 49.82	Michael Phelps (USA)	World Championships 2009
	OG	W 55.98	Dana Vollmer (USA)	London 2012
	WR	W 55.64	Sarah Sjöström (SWE)	World Championships 2015
200m butterfly	OG	M 1:52.03	Michael Phelps (USA)	Beijing 2008
	WR	M 1:51.51	Michael Phelps (USA)	World Championships 2009
	OG	W 2:04.06	Jiao Liuyang (CHN)	London 2012
	WR	W 2:01.81	Liu Zige (CHN)	Chinese National Games 2009
200m individual medley	OG	M 1:54.23	Michael Phelps (USA)	Beijing 2008
	WR	M 1:54.00	Ryan Lochte (USA)	World Championships 2011
	OG	W 2:07.57	Ye Shiwen (CHN)	London 2012
	WR	W 2:06.12	Katinka Hosszu (HUN)	World Championships 2015
400m individual medley	OG	M 4:03.84	Michael Phelps (USA)	Beijing 2008
	WR	M 4:03.84	Michael Phelps (USA)	Beijing 2008
	OG	W 4:28.43	Ye Shiwen (CHN)	London 2012
	WR	W 4:28.43	Ye Shiwen (CHN)	London 2012
4x100m freestyle relay	OG	M 3:08.24	USA	Beijing 2008
	WR	M 3:08.24	USA	Beijing 2008
	OG	W 3:33.15	Australia	London 2012
	WR	W 3:30.98	Australia	Glasgow 2014

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Record times cont.

M = Men W = Women

	TIME	HOLDER	PLACE/DATE
4x200m freestyle relay	OG M 6:58.56	USA	Beijing 2008
	WR M 6:58.55	USA	World Championships 2009
	OG W 7:42.92	USA	London 2012
	WR W 7:42.08	China	World Championships 2009
4x100m medley relay	OG M 3:29.34	USA	Beijing 2008
	WR M 3:28.28	USA	World Championships 2009
	OG W 3:52.05	USA	London 2012
	WR W 3:52.05	USA	London 2012

Events schedule

M = Men's events W = Women's events = Medal event

DATE	EVENT
6 Aug	13:00-15:20 M 400m freestyle heats, 100m breaststroke heats, 400m IM heats
	W 100m butterfly heats, 400m IM heats, 4x100m freestyle relay heats
	22:00-23:55 M 100m breaststroke semi-final, 400m final, 400m IM final
	W 100m butterfly semi-finals, 400m IM final, 4x100m freestyle relay final
7 Aug	13:00-15:30 M 200m freestyle heats, 100m backstroke heats, 4x100m freestyle relay heats
	W 400m freestyle heats, 100m backstroke heats, 100m breaststroke heats
	22:00-00:25 M 200m freestyle semi-finals, 100m backstroke semi-finals, 100m breaststroke final, 4x100m freestyle relay final
	W 100m backstroke semi-finals, 100m breaststroke semi-finals, 400m freestyle final, 100m butterfly final
8 Aug	13:00-14:25 M 200m butterfly heats
	W 200m freestyle heats, 200m IM heats
	22:00-00:00 M 200m butterfly semi-finals, 200m freestyle final, 100m backstroke final
	W 200m freestyle semi-finals, 200m IM semi-finals, 100m backstroke final, 100m breaststroke final

Events schedule cont.

M = Men's events W = Women's events = Medal event

DATE	EVENT
9 Aug	13:00-14:45 M 100m freestyle heats, 200m breaststroke heats, 4x200m freestyle relay heats
	W 200m butterfly heats
9 Aug	22:00-00:10 M 100m freestyle semi-finals, 200m breaststroke semi-finals, 200m butterfly final, 4x200m freestyle relay final
	W 200m butterfly semi-finals, 200m freestyle, 200m IM final
10 Aug	13:00-15:00 M 200m backstroke heats, 200m IM heats
	W 100m freestyle heats, 200m breaststroke, 4x200m freestyle relay heats
	22:00-00:30 M 200m back stroke semi-finals, 200m IM semi-finals, 100m freestyle final, 200m breaststroke final
	W 100m freestyle semi-finals, 200m breaststroke semi-finals, 200m butterfly final, 4x200m freestyle relay final
11 Aug	13:00-15:10 M 50m freestyle heats, 100m butterfly heats
	W 800m freestyle heats, 200m backstroke heats
11 Aug	22:00-23:55 M 50m freestyle semi-finals, 100m butterfly semi-finals, 200m backstroke final, 200m IM final
	W 200m backstroke semi-finals, 100m freestyle final, 200m breaststroke final
12 Aug	13:00-15:35 M 1500m freestyle heats, 4x100m medley relay heats
	W Women's 50m freestyle heats, 4x100m medley relay heats
12 Aug	22:00-23:30 M 50m freestyle final, 100m butterfly final
	W 50m freestyle semi-finals, 800m freestyle final, 200m backstroke final
13 Aug	22:00-23:40 M 1500m freestyle final, 4x100m medley relay final
	W 50m freestyle final, 4x100m medley relay final
15 Aug	09:00-11:40 W 10km marathon swim final
16 Aug	09:00-11:40 M 10km marathon swim final

Team GB will compete in all events



CRAIG BENSON

Event: 200m breaststroke
Age: 22 (30.04.1994)
Born: Livingston
Hometown: Livingston
Club: University of Stirling
Previous Games attended: London 2012

Major achievements: OG: 4th (4x100m medley relay) 2012. CG: 4th (100m breaststroke) 2014.

Craig Benson was the youngest member of the swimming squad at London 2012 where he finished sixth in the 100m breaststroke semi-final and also competed in the 4x100m medley relay.

He competed at the Commonwealth Games in Glasgow in 2014 and finished fourth in the 100m breaststroke and, at the 2015 World University Games, he won 100m and 200m breaststroke medals.

At the 2016 British Swimming Championships he finished fourth in the 100m breaststroke and second in the 200m breaststroke finals.

@CraigBenson94



GEORGIA COATES

Event: 200m freestyle
Age: 17 (19.02.1999)
Born: Leeds
Hometown: Leeds
Club: City of Leeds
Previous Games attended: None
Major achievements: EG: silver (4x100m mixed freestyle relay), silver (4x100m mixed medley relay), bronze (4x100m freestyle relay), bronze (4x200m freestyle relay).

Georgia Coates may have started swimming as a hobby but it has quickly taken over her life with the former Weetwood Primary School pupil demonstrating her clear talent for the sport.

She competed for Team GB at the 2013 European Youth Olympic Festival in Utrecht, Netherlands, while 2015 was one of her best years yet as she swam at the inaugural European Games followed by the World Junior Championships.

Georgia even had to do one of her further maths GCSE exams in Baku while she was competing at the European Games but still managed to come away from Azerbaijan with two silver and two bronze medals.

@GeorgiaCoates9



GEORGIA DAVIES

Event: 100m backstroke
Age: 25 (11.10.1990)
Born: London
Hometown: London
Club: National Centre Loughborough
Previous Games attended: London 2012

Major achievements: CG: gold (50m backstroke), silver (100m backstroke) 2014; bronze (50m backstroke) 2010. ECh: gold (4x100m medley relay), gold (4x100m mixed medley relay), bronze (50m backstroke) 2016; silver (50m backstroke), bronze (100m backstroke), bronze (4x100m medley relay) 2014.

Georgia Davies made her senior breakthrough as part of the Wales team at the 2010 Commonwealth Games where she landed 50m backstroke bronze and then finished 15th in the 100m discipline at London 2012.

At Glasgow 2014 she went even better and won gold in the 50m and silver in the 100m backstroke.

She then claimed 50m silver and bronze in the 100m and 4x100m medley relay on her European Championship debut in Berlin later that year, winning a bronze and two relay golds at this year's event.

@Ge0rgiaDavies90



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ELEANOR FAULKNER

Event: 200m freestyle
Age: 23 (05.01.1993)
Born: Sheffield
Hometown: Sheffield
Club: City of Sheffield
Previous Games attended: London 2012

Major achievements: CG: bronze (4x200m freestyle relay) 2014.

Eleanor Faulkner underlined her potential at the inaugural Youth Olympic Games in Singapore in 2010 - winning 400m freestyle bronze.

She was one of just two British swimmers in Singapore and competed over double the distance at London 2012 where she finished 22nd in the heats.

She made her Commonwealth Games debut for England at Glasgow 2014, finishing seventh in the 400m freestyle, 11th in 200m freestyle and helping the 4x200m freestyle relay quartet to bronze.

@elliefaulkner



JAMES GUY

Event: 200m & 400m freestyle, 100m butterfly
Age: 20 (26.11.1995)
Born: Bury
Hometown: Bury
Club: Millfield
Previous Games attended: None

Major achievements: WCh: gold (200m freestyle), gold (4x200m freestyle), silver (400m freestyle) 2015. ECh: gold (4x100m medley relay), bronze (200m freestyle) 2016. CG: gold (4x100m medley relay), bronze (400m freestyle) 2014.

James Guy established himself as one to watch at Rio 2016 when he came away from the 2015 World Championships with two gold medals and a silver to his name.

The Millfield swimmer had previously claimed bronze in the 400m freestyle at the 2014 Commonwealth Games as well as silver in the same event at the Short Course World Championships in Doha in the same year.

But in Kazan he really shone as he took the 200m freestyle title, silver in the 400m freestyle and helped the 4x200m freestyle relay team to the top step of the podium.

@Jimbob95goon



FRAN HALSALL

Event: 50m freestyle
Age: 26 (12.04.1990)
Born: Southport
Hometown: Southport
Club: National Centre Loughborough
Previous Games attended: London 2012, Beijing 2008

Major achievements: WCh: gold (4x100m mixed medley relay) 2015; bronze (50m freestyle) 2013; silver (100m freestyle) 2009. CG: gold (50m freestyle), gold (50m butterfly), silver (4x100m freestyle relay), silver (4x100m medley relay) 2014; gold (50m butterfly), silver (50m freestyle), silver (4x100m freestyle relay), silver (4x100m medley relay), bronze (100m freestyle) 2010; silver (4x100m freestyle relay), silver (4x100m medley relay) 2006. ECh: gold (50m backstroke), gold (4x100m medley relay), gold (4x100m mixed medley relay), silver (50m freestyle), bronze (50m butterfly) 2016; gold (50m freestyle), gold (50m backstroke), gold (4x100m mixed medley relay), bronze (50m butterfly), bronze (4x100m medley relay) 2014; gold (100m freestyle), gold (4x100m medley relay), silver (100m butterfly), silver (4x100m freestyle relay), bronze (50m freestyle) 2010; gold (4x100m medley relay) 2008; gold (4x100m medley relay) 2006.

Fran Halsall won 2014 Commonwealth gold in both the 50m freestyle and 50m butterfly races and was the youngest member of swimming squad at the 2006 Games in Melbourne, where she won two relay silvers.

She swam at Beijing 2008 and London 2012, while she claimed her first World title in 2015 as part of the 4x100m mixed relay team. She also won 100m silver in 2009 and 50m bronze in 2013.

@franhalsall



CAMILLA HATTERSLEY

Event: 800m freestyle
Age: 21 (24.02.1995)
Born: Edinburgh
Hometown: Edinburgh
Club: City of Glasgow
Previous Games attended: None
Major achievements: CG: 7th (800m freestyle) 2014.

Camilla Hattersley carried the Olympic torch for the London 2012 Olympic Games and four years later finds herself in the Rio 2016 squad for Team GB.

At the 2016 British Swimming Championships in Glasgow she took silver in the 800m freestyle, improving on the bronze she picked up the previous year.

In 2014 she competed for Scotland at the Commonwealth Games in Glasgow and finished sixth in the 800m freestyle final.

@_heycamilla



CAMERON KURLE

Event: 200m freestyle
Age: 19 (19.07.1997)
Born: Glastonbury
Hometown: Glastonbury
Club: Millfield
Previous Games attended: None
Major achievements: EG: gold (4x100m freestyle relay), silver (4x100m mixed freestyle relay), silver (4x200m freestyle relay), silver (200m freestyle) 2015.



At his first major international competition, Cameron Kurle returned from the inaugural European Games in Baku with four medals, including silver in the 200m freestyle.

From there he went on to compete at the 2015 World Junior Championships in Singapore and reached the final of both the 200m and 400m freestyle.

And at this year's British Championships Kurle finished fifth in the 400m freestyle final.

@KurleyRolandCam

MAX LITCHFIELD

Event: 400m IM
Age: 21 (04.03.1995)
Born: Pontefract
Hometown: Sheffield
Club: City of Sheffield
Previous Games attended: None
Major achievements: BCH: gold (400m IM) 2016.



Max Litchfield swam at Glasgow 2014 where he finished 12th in both the 400m individual medley and the 1500m freestyle. He also turned out at the European Championships in Berlin in the same year, finishing seventh in the final of the 400m IM.

At the 2016 British Swimming Championships he clinched victory in the 400m IM in a time of 4:12.05 minutes to dip under the Rio 2016 qualification time.

@maxlitch1995

IEUAN LLOYD

Event: 200m IM
Age: 23 (09.07.1993)
Born: Penarth
Hometown: Cardiff
Club: City of Cardiff
Previous Games attended: London 2012
Major achievements: OG: 19th (200m freestyle) 2012.



Ieuan Lloyd made a splash for Team GB at the European Youth Olympic Festival in 2009 where he claimed a gold medal in the 200m individual medley.

Two years later at the Commonwealth Youth Games he won three gold medals as well as a silver and bronze. He represented Team GB at the London 2012 Olympic Games in the 200m freestyle where he finished 19th.

@IeuanLloyd1

HANNAH MILEY

Event: 200m & 400m IM
Age: 26 (08.08.1989)
Born: Swindon
Hometown: Inverurie
Club: Garioch ASC
Previous Games attended: London 2012, Beijing 2008



Major achievements: WCh: silver (400m IM) 2011, ECh: silver (400m IM), bronze (200m IM) 2016; gold (400m IM), bronze (200m IM), bronze (4x200m freestyle relay) 2010, CG: gold (400m IM), bronze (200m IM) 2014; gold (400m IM) 2010.

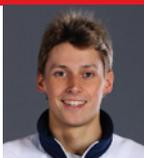
Hannah Miley swam at Beijing 2008 and London 2012 - finishing fifth in the 400m IM at the latter.

Born in Swindon, Miley moved to Scotland just a few months after her birth and is coached by her father Patrick. The Scot claimed her first major international long course title at the European Championships in 2010 in the 400m individual medley, following that up with Commonwealth gold the same year.

@HannahMiley89

STEPHEN MILNE

Event: 400m & 1500m freestyle
Age: 22 (29.04.1994)
Born: Inverness
Hometown: Inverness
Club: Perth City Swim Club
Previous Games attended: None



Major achievements: CG: silver (4x200m freestyle) 2014.

Stephen Milne showed his potential on the international stage when he reached the 800m and 1500m finals at the 2015 World Championships in Kazan, finishing seventh and fifth respectively.

The previous year he had shown glimpses of that talent after reaching the 400m and 1500m finals at the Commonwealth Games as well as helping Scotland to silver in the 4x200m freestyle.

The Perth City Swim Club star made his first big splash at the 2013 British Championships with 1500m freestyle bronze and upgraded that to gold in London two years later.

@mrStephenMilne

ROSS MURDOCH

Event: 100m breaststroke
Age: 22 (14.01.1994)
Born: Balloch
Hometown: Stirling
Club: University of Stirling
Previous Games attended: None



Major achievements: WCh: gold (4x100m medley relay), bronze (100m breaststroke) 2015, CG: gold (200m breaststroke), bronze (100m breaststroke) 2014, ECh: gold (200m breaststroke), gold (4x100m medley relay), silver (100m breaststroke), bronze (50m breaststroke) 2016; silver (100m breaststroke), silver (200m breaststroke) 2014.

Ross Murdoch's first taste of elite competition came at the 2013 World Championships in Barcelona where he raced in the 50m and 100m breaststroke, as well as the 4x100m medley relay.

His breakthrough came a year later when he took 100m breaststroke bronze and 200m breaststroke gold for Scotland at the Commonwealth Games in Glasgow.

Since then he has been crowned a World Champion after helping the British relay team to 4x100m mixed medley gold in Kazan as well as picking up an individual bronze in the 100m race.

@RossMurdoch_

SIOBHAN-MARIE O'CONNOR

Event: 200m IM
Age: 20 (29.11.1995)
Born: Bath
Hometown: Bath
Club: National Centre Bath
Previous Games attended: London 2012



Major achievements: WCh: gold (4x100m mixed medley relay), bronze (200m IM) 2015, ECh: gold (4x100m medley relay), gold (4x100m mixed medley relay), silver (200m IM) 2016, CG: gold (200m IM), silver (200m freestyle), silver (100m butterfly), silver (4x100m freestyle relay), silver (4x100m medley relay), bronze (4x200m freestyle relay).

After competing for Team GB at London 2012 and collecting a trio of European short course medals, Siobhan-Marie O'Connor enjoyed a breakthrough year in 2014. She claimed six medals at the Commonwealth Games in Glasgow, with gold in the 200m individual medley adding to four silvers and a bronze.

In the same year she picked up three World Championship short course medals before winning World long course bronze in the 200m individual medley in Kazan, as well as gold in the 4x100m mixed medley.

@SiobhanMOCConnor

ADAM PEATY

Event: 100m breaststroke
Age: 21 (28.12.1994)
Born: Uftoxeter
Hometown: Uftoxeter
Club: City of Derby
Previous Games attended: None



Major achievements: WCh: gold (50m breaststroke), gold (100m breaststroke), gold (4x100m mixed medley relay) 2015, CG: gold (100m breaststroke), gold (4x100m medley relay), silver (50m breaststroke) 2014, ECh: gold (50m breaststroke), gold (100m breaststroke), gold (4x100m medley relay), gold (4x100m mixed medley relay) 2016; gold (50m breaststroke), gold (100m breaststroke), gold (4x100m medley relay), gold (4x100m mixed medley relay) 2014.

Adam Peaty arrives at Rio 2016 as World, European and Commonwealth Champion, as well as having two world records to his name. He emerged as a star in 2014 when, after taking three medals at Glasgow 2014, he shone at the European Championships in Berlin to claim four golds and clinched the 50m breaststroke world record in the process.

The following year he swam a world record time in the 100m breaststroke at the British Swimming Championships in London before claiming three gold medals at the World Championships in Kazan, once again setting a world record pace over 50m.

@adam_peaty

BEN PROUD

Event: 50m & 100m freestyle
Age: 21 (21.09.1994)
Born: London
Hometown: London
Club: Plymouth Leander
Previous Games attended: None



Major achievements: CG: gold (50m freestyle), gold (50m butterfly), bronze (4x100m freestyle relay) 2014, ECh: bronze (50m freestyle), bronze (50m butterfly) 2016; gold (4x100m medley relay), bronze (50m butterfly) 2014.

Ben Proud burst onto the international scene with a set of stunning displays at the 2014 Commonwealth Games, where he came away with gold medals in the 50m freestyle and 50m butterfly.

A bronze in the 4x100m freestyle relay capped an impressive showing in Glasgow before Proud took 50m butterfly bronze at the European Championships in Berlin a month later, as well as gold in the 4x100m medley.

Proud swims at Plymouth Leander club and he was part of the World Championship teams in Barcelona in 2013 and Kazan in 2015, as well as taking double bronze home from this year's Europeans.

@BenProud



MOLLY RENSHAW

Event: 100m & 200m breaststroke
Age: 20 (06.05.1996)
Born: Mansfield
Hometown: Mansfield
Club: National Centre Loughborough



Previous Games attended: None
Major achievements: CG: silver (4x100m medley relay), bronze (200m breaststroke) 2014, ECh: gold (4x100m medley relay) 2016; silver (200m breaststroke) 2014.

Molly Renshaw is a breaststroke swimmer who specialises in the 200m.

In 2014 she won a bronze medal in 200m breaststroke at the Commonwealth Games in Glasgow and also took home silver in the 4x100m medley.

At the European Championships in the same year Renshaw claimed a silver medal in the 200m breaststroke and swam the heat in the 2016 event as Great Britain won 4x100m medley relay gold.

@MollyRenshaw

ROBBIE RENWICK

Event: 4x200m freestyle relay
Age: 28 (21.07.1988)
Born: Abu Dhabi
Hometown: Stirling
Club: University of Stirling
Previous Games attended: London 2012, Beijing 2008



Major achievements: WCh: gold (4x200m freestyle relay) 2015, CG: silver (4x200m freestyle relay) 2014; gold (200m freestyle), silver (4x200m freestyle relay) 2010; silver (4x200m freestyle relay) 2006.

Robbie Renwick first hit the headlines in 2005 when he won silver at the European Junior Championships, going on to win Commonwealth silver a year later in the 4x200m freestyle relay.

In 2010 he won gold and silver at the Commonwealth Games in Delhi, while he has represented Team GB at both the 2008 and 2012 Olympic Games.

In 2015, he became a World Champion after winning gold in the 4x200m freestyle relay in Kazan, Russia.

@RobbieRenwick

DUNCAN SCOTT

Event: 100m freestyle
Age: 19 (06.05.1997)
Born: Glasgow
Hometown: Stirling
Club: University of Stirling
Previous Games attended: None



Major achievements: WCh: gold (4x200m freestyle) 2015, EG: gold (100m freestyle), gold (200m freestyle), gold (4x100m freestyle relay), silver (4x100m mixed freestyle relay), silver (4x200m freestyle relay), silver (4x100m medley relay) 2015, ECh: gold (4x100m medley relay), gold (4x100m mixed medley relay) 2016, CG: silver (4x200m freestyle relay) 2014.

Duncan Scott showed his burgeoning talent during the 2014 Commonwealth Games where he helped Scotland to 4x200m freestyle silver before picking up gold with Team GB at the Youth Olympic Games in Nanjing.

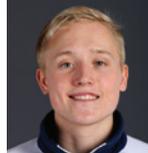
A year later Scott left the 2015 European Games in Baku with six medals, including gold in the 100m and 200m freestyle and in the 4x100m freestyle relay.

Those performances earned him the chance to make his bow at the World Championships in Kazan last year and he left with another medal to add to his collection with gold in the 4x200m freestyle relay.

@Dunks_Scott

TIM SHUTTLEWORTH

Event: 1500m freestyle
Age: 19 (24.04.1997)
Born: Hatfield
Hometown: Hatfield
Club: National Centre Loughborough
Previous Games attended: None



Major achievements: BCh: gold (1500m freestyle relay) 2016.

Tim Shuttleworth booked his spot to the Rio 2016 Olympic Games with a sensational swim at this year's British Swimming Championships where he was crowned 1500m freestyle champion.

That swim saw him shave 20 seconds off his personal best as he beat Stephen Milne and Daniel Fogg.

Shuttleworth grew up swimming at Hatfield Club in Hertfordshire before he moved to Loughborough University to continue his development.

@TimShuttle

CHLOE TUTTON

Event: 100m & 200m breaststroke
Age: 20 (17.07.1996)
Born: Pontypridd
Hometown: Pontypridd
Club: City of Cardiff
Previous Games attended: None



Major achievements: ECh: gold (4x100m medley relay), bronze (100m breaststroke) 2016.

Chloe Tutton burst onto the scene during the 2016 British Swimming Championships where she claimed the national 200m breaststroke title ahead of Molly Renshaw.

She set a new British record in the process with a time of 2:22.34 minutes before claiming two medals at the 2016 European Championships.

@ChloeMTutton

CHRIS WALKER-HEBBORN

Event: 100m backstroke
Age: 26 (01.07.1990)
Born: Enfield
Hometown: Enfield
Club: National Centre Bath
Previous Games attended: London 2012



Major achievements: WCh: gold (4x100m mixed medley relay) 2015, CG: gold (100m backstroke), gold (4x100m medley relay), bronze (4x100m freestyle relay) 2014; bronze (4x100m medley relay) 2010, ECh: gold (4x100m medley relay), gold (4x100m mixed medley relay) 2016; gold (100m backstroke), gold (4x100m medley relay), gold (4x100m mixed medley relay), bronze (50m backstroke) 2014.

Chris Walker-Hebborn competed for Team GB at London 2012 in the 100m and 200m backstroke events and has since gone from strength to strength.

Two years later he took double gold at the Commonwealth Games in Glasgow, in the 100m backstroke and 4x100m medley relay, before going on to win four medals at the European Championships in Berlin a month later.

He was part of the team for the 2009, 2011 and 2013 World Championships before he claimed his first world medal last year as part of the 4x100m mixed medley relay team that raced to gold while he also finished fifth in the 100m backstroke.

@WalkerHebborn

DAN WALLACE

Event: 200m IM
Age: 23 (14.04.1993)
Born: Edinburgh
Hometown: Edinburgh
Club: Warrander Baths/ University of Florida
Previous Games attended: None



Major achievements: WCh: gold (4x200m freestyle relay) 2015, CG: gold (400m IM), silver (200m IM), silver (4x200m freestyle relay) 2014.

Dan Wallace became a World Champion in 2015 when he swam as part of the 4x200m freestyle relay team that won gold in Kazan, Russia.

Two years earlier in Barcelona, Wallace had finished seventh in the final of the 400m individual medley and in Kazan he finished a place higher in the same event, as well as coming home fourth in the 200m individual medley.

At the 2014 Commonwealth Games in Glasgow, Wallace walked away with three medals to his name with 400m medley gold, 200m medley silver and silver in the 4x200m freestyle relay with Scotland.

@danwallace_

ANDREW WILLIS

Event: 200m breaststroke
Age: 25 (03.12.1990)
Born: Frimley
Hometown: Frimley
Club: National Centre Bath
Previous Games attended: London 2012



Major achievements: CG: bronze (200m breaststroke) 2014.

Andrew Willis first served notice of his talents in 2012 by winning British 200m breaststroke silver, and later went on to finish eighth in the same event at London 2012.

Andrew finished fourth at the 2013 and 2015 World Championships, and won a bronze medal at the 2014 Commonwealth Games in Glasgow, again in the 200m breaststroke.

The University of Bath graduate comes from a swimming family, with his father Nigel a swimming coach while his sister Kathryn reached the semi-finals of the 200m backstroke at the Olympic trials in 2012.

@AndrewSWillis

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AIMEE WILLMOTT

Event: 200m butterfly & 400m IM
Age: 23 (26.02.1993)
Born: Middlesbrough
Hometown: Middlesbrough
Club: London Aquatic Centre PP
Previous Games attended:
London 2012



Major achievements: CG: silver (200m butterfly), silver (400m IM) 2014. ECh: silver (200m IM), bronze (400m IM) 2014.

Aimee Willmott won individual medley bronze at the 2009 British Championships and silver in both individual medley events at the European Junior Championships in Prague in the same year.

She went on to compete in both the 2010 and 2014 Commonwealth Games, winning silver medals in the 400m individual medley and 200m butterfly in the latter, while in between she represented Team GB at London 2012.

She has since picked up silver and bronze at the 2014 European Championships, while her father Stuart Willmott is a former British swimmer and competed at the 1984 Olympic Games in Los Angeles.

@aimee_willmott

MARATHON

JACK BURNELL

Event: 10km Marathon
Age: 23 (13.06.1993)
Born: Scunthorpe
Hometown: Loughborough
Club: National Centre Loughborough
Games attended: None



Major achievements: WCh: 5th (10km) 2015. ECh: silver (10km) 2016; 6th (10km), 7th (5km) 2014.

Jack Burnell will make his Olympic Games bow at Rio 2016 after securing a spot on the team with a fifth-place finish at the 2015 World Championships.

At the 2014 European Championships he recorded two top-ten finishes, but blew that out of the water in July of this year as he claimed a silver medal.

He claimed two golds and a silver in the 2015 World Cup series, while in Abu Dhabi earlier this year he was runner-up.

@jackburnell

KERI-ANNE PAYNE

Event: 10km Marathon
Age: 28 (09.12.1987)
Born: Johannesburg
Hometown: Stockport
Club: Warrender Baths
Games attended: London 2012, Beijing 2008



Major achievements: OG: silver (10km) 2008. WCh: gold (10km) 2011; gold (10km) 2009. CG: bronze (400m IM) 2010.

After winning silver at Beijing 2008 and finishing fifth at London 2012, Keri-Anne Payne is back for her third Games outing.

She secured her spot on the team after finishing second in the 10km Marathon Swimming Olympic Games Qualification Tournament in Portugal in June.

As well as winning the marathon swim World title in 2009, and 2011 Payne also secured 400m IM bronze at Delhi 2010.

@KeriannePayne

CHRIS SPICE

Title: Performance Director
Games role: Team Leader



BILL FURNISS

Title: Head Coach
Games role: Head Coach



BERNIE DIETZIG

Title: Marathon Lead
Games role: Head Coach (Marathon)



LAUREL BAILEY

Title: Coach
Games role: Women's Coach (Marathon)



CARL BUTLER

Title: Physiotherapist
Games role: Physiotherapist



JANE CARRE

Title: Physiotherapist
Games role: Physiotherapist



JOL FINCK

Title: Coach
Games role: Coach



JAMES GIBSON

Title: Coach
Games role: Coach



JON GREENWELL

Title: Doctor
Games role: Doctor



BEN HIGSON

Title: Coach
Games role: Coach



BEN HOLLISS

Title: Performance Scientist
Games role: Performance Scientist



LOUISE IMRIE

Title: Physiotherapist
Games role: Physiotherapist



MEL MARSHALL

Title: Coach
Games role: Coach



DAVID McNULTY

Title: Coach
Games role: Coach



DAWN PEART

Title: Team Manager
Games role: Team Manager



KEVIN RENSHAW

Title: Coach
Games role: Men's Coach (Marathon)



JOHN WATSON

Title: Strength & Conditioning Coach
Games role: Strength & Conditioning Coach



Synchronised Swimming



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Introduction

Synchronised swimming is just one of two disciplines at the Olympic Games where only women take part – rhythmic gymnastics the one other.

A total of 104 athletes are set to compete across the duet and team events at Rio 2016, with teams being made up of eight athletes.

DID YOU KNOW?

Synchronised swimming was originally known as 'water ballet' and began as a sport for men, who aren't allowed to compete at the Olympic Games, in the 1800s

Russia have won every Olympic Games gold medal since Sydney 2000, which includes five for Anastasia Davydova, while Svetlana Romashina has three in her impressive collection.

Team GB at Rio 2016

Team GB will have two athletes competing in the duet event. Both Olivia Federici, 26, and 22-year-old Katie Clark had retired from the sport following the 2013 World

The Maria Lenk Aquatics Centre, which will host the synchro events at Rio 2016, was originally built in 2007 for the Pan American Games. In the build-up to Rio 2016 the venue has been revamped in order to stage synchronised swimming, as well as diving and water polo.

The sport made its debut at Los Angeles 1984, featuring at every Games since.

WORDS TO LEARN

Ballet leg:

A position in which the swimmer floats on her back with one leg raised perpendicular to the surface of the water

Cadence action:

Identical move made by each swimmer in sequence

Eggbeater:

A powerful way of treading water that allows the swimmer to perform arm movements while staying afloat

Scull:

Underwater hand movements designed to move and support the body in the pool

Championships in Barcelona seeking a new challenge. But they returned to the pool late last year and secured a quota place at the Olympic qualification event in Brazil in March thanks to finishing second overall.

Federici and Clark both have prior Olympic experience having competed in the team event at London 2012, in which they finished in sixth place.

Alongside Jenna Randall, Federici was also one half of the Team GB duet that competed at London 2012 as well as Beijing 2008 – the first British duet to do so in 16 years.

Clark and Federici scored 80.0333 points to top the duet free standings at the qualification event, their highest international score since coming out of retirement, en route to an overall second-place finish.

Competition format

With the aid of underwater speakers athletes perform short routines to music with three panels of judges marking



“It’s exciting to be part of Team GB again after being selected for Rio 2016 which will be my second Games. We’ve continued to work hard for the whole year and we know this isn’t the end point as we are going to strive to be even better in Rio.”

Katie Clark

FACT FILE

Venue:

Maria Lenk Aquatics Centre

Gold medals available:

2

Dates:

August 14-19

Number of Team GB athletes:

Women: 2



“It’s a huge honour to be selected for Team GB for the Rio 2016 Olympics which will be my third Games and I am relishing the opportunity to compete in that environment again. Having already competed in the pool in Rio we can’t wait to return and show how hard we have worked to improve our routines.”

Olivia Federici

DID YOU KNOW?

Hollywood star Esther Williams performed water ballet, or aqua-musicals as they were known, in several American movies in the 1940s and 1950s. She hoped to compete in the 1940 Olympic Games, which was cancelled because of World War II

them on a variety of components. In both the duet and team events technical and free routines are performed. The technical routine, based on a list of compulsory moves, can last two minutes and 20 seconds for a duet, with a further 30 seconds permissible for a team. The free routines are assessed on choreography, interpretation and skill. Duets have three minutes to perform, whereas teams have four.

The highest and lowest marks awarded by the judges are discarded and the remainder added together to arrive at the routine’s final score.

Adding together the marks for the two routines gives the final score.

Points can be deducted for taking too long to get into the pool, deliberately touching the bottom and not completing a compulsory element in the technical routine.

The top 12 pairs with the best combined scores progress to the final and perform another free routine.

Final placings are then decided by adding the score for the technical routine in the preliminary phase with that of the free routine in the final.

In the team event, each nation performs a technical and a free routine with the total of the two scores deciding the overall rankings.

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Team GB at the Olympic Games

Team GB are yet to win an Olympic synchronised swimming medal

Recent major championship winners

	LONDON 2012	WORLD CHAMPIONSHIPS 2015
Duet	Svetlana Romashina/ Natalia Ishchenko (RUS)	Svetlana Romashina/ Natalia Ishchenko (RUS)
Team	Russia	Russia

Events schedule

= Women’s events = Medal event

DATE	EVENT
14 Aug	Duet: Free Routine
15 Aug	Duet: Technical Routine
16 Aug	Duet: Free Routine final
18 Aug	Team: Technical Routine
19 Aug	Team: Free Routine final

Team GB will compete in the duet only

KATIE CLARK

Age: 22 (23.03.1994)
 Born: Reading
 Hometown: Reading
 Club: Reading Royals
 Previous Games attended:
 London 2012



Major achievements: OG: 6th (team) 2012, ECh: 8th (team) 2016.

Aged 18, Katie Clark was the youngest member of the Team GB synchronised swimming squad at London 2012.

She helped the team to a sixth place finish but, like Olivia Federici, opted to retire from the sport in 2013 before announcing her comeback late last year.

Clark is also a swimming teacher.

@KatieC_23

OLIVIA FEDERICI

Age: 26 (13.02.1990)
 Born: Plymouth
 Hometown: Farnborough
 Club: Rushmoor Synchro
 Previous Games attended:
 London 2012, Beijing 2008



Major achievements: OG: 9th (duet), 6th (team) 2012; 14th (duet) 2008, CG: silver (duet) 2010, ECh: 8th (team) 2016.

Set for her third Olympic Games, Olivia Federici has competed at elite level since 2006 when she partnered Jenna Randall at that year's Commonwealth Games. Competing then as Olivia Allison, she married Roberto Federici in 2011.

Federici made her World Championship debut in 2007 and then in 2008 joined Randall to become the first Team GB synchronised swimmers to compete at an Olympic Games in 16 years, the duet finishing 14th.

Following the 2013 World Championships Federici retired from the sport, but opted to return the water in 2015.

@Olivia_Federici

KAREN THORPE

Title: Coach
 Games role: Team Leader



KATIE CHAPMAN

Title: Coach
 Games role: Coach



ARCHERY

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Archery

Introduction

Archery fluttered on and off the Olympic programme in the years following its debut at Paris 1900 but became a regular feature from Munich 1972 onwards.

Recurve is the only archery discipline featured at Rio 2016 with 128 competitors, 64 men and 64 women, battling for medals in four events at the Sambadrome Marquês de Sapucaí. Podium positions are on offer in the men's and women's individual competitions and the men's and women's team events with each country limited to selecting three athletes per gender.

The London 2012 archery competition was held just off the square of the

world-famous Lord's Cricket Ground, with South Korea taking gold in three of the four events, with the Italy men's team also climbing the top step of the podium.

As for Team GB, London 2012 saw Alison Williamson – who won bronze at Athens 2004 – become just the third Brit to have competed at six straight Olympic Games.

DID YOU KNOW?
.....
At Los Angeles 1984 New Zealand archer Neroli Fairhall became the first paraplegic athlete to compete at an Olympic Games

Team GB at Rio 2016

Team GB's archers at Rio 2016 are at opposite ends of the spectrum, with one making her fourth Olympic Games outing while the other is making his debut.

It is Naomi Folkard who will compete in her fourth Olympic Games, having made her debut at Athens 2004 before competing at both Beijing 2008 and London 2012.

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Her best result to date saw her lose out on team bronze by just two points to France at Beijing 2008 alongside Charlotte Burgess and Alison Williamson.

But for 20-year-old Patrick Huston, Rio 2016 will be a first Olympic Games appearance after competing in the individual and team events at last year's World Championships in Copenhagen.

Huston secured a quota place at Rio 2016 for Team GB after recording a third place finish in the European Continental Qualifying Tournament, which was part of the European Archery Championship.

And both will compete in the individual recurve event in Rio after Huston's success in Nottingham was followed up by Folkard who earned a quota spot after finishing second at the World Cup in Antalya, Turkey.

Competition format

Athletes aim to shoot arrows as close as possible to the centre of a target which sits 70m away. The target in Olympic archery is 122cm in diameter and has ten concentric scoring zones.

The gold ring in the centre is worth ten points but measures just 12.2cm, while the white outer ring is worth one point. Arrows that fail to hit a scoring zone result in a score of zero.

At the start of the competition all athletes conduct a ranking round – shooting 72 arrows in 12 phases of six with an athlete allowed four minutes to complete each one – and will be seeded from one to 64 according to their score.

“ I’m very proud to be representing my country on the highest stage possible. I’ll be going to Rio aiming for gold, I’m not just a participant. Whatever the outcome, my first Olympic experience is going to be a memory of a lifetime. ”

Patrick Huston

WORDS TO LEARN

Boss:

The target, usually a square black block made of compacted foam, to which the target face is attached

Nock:

A notch at the end of an arrow that attaches to the bow string

Fish-tailing:

Visible swerve in an arrow's flight

Skirt:

The non-scoring area of the target





“This will be my fourth Games and competing in the Sambadromo arena will be a similar experience to my first Games in the Panathenaic Stadium in Athens. I’m looking forward to fighting for a medal.”

Naomi Folkard

FACT FILE

Venue:
Sambadrome Marquês de Sapucaí

Gold medals available:
4

Dates:
August 5-12

Number of Team GB athletes:
Men: 1 Women: 1

The ranking round is also used to seed the teams from one to 12, by aggregating the individual scores for the members of each team.

Each event will be played in a single-elimination tournament format, except for the semi-final losers, who will play off to decide the bronze medal winner.

In individual matches the archers shoot between nine and 16 arrows with the outcome decided on the number of sets won or, if level, a one-arrow shoot off. Each set is worth two points or one if the scores are tied with the first to six declared the winner. If the sets are locked at 5-5 a tie-break takes place. If both archers score the same with the tie-break arrow, the winner is the one whose arrow is closest to the centre of the target.

Team matches entail 24 arrows per nation – four ends of six arrows with cumulative scoring. Teams have only two minutes to shoot the six arrows with each member doing so twice per end, one at a time. Teams shoot alternatively after every three arrows.

DID YOU KNOW?

In the 14th Century archery was considered so important to the defence of the nation that an English law made it compulsory for every man aged between seven and 60

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Team GB at the Olympic Games

	GOLD	SILVER	BRONZE	TOTAL
Athens 2004	0	0	1	1
Beijing 2008	0	0	0	0
London 2012	0	0	0	0
Total	2	2	5	9

Recent major championship winners

M = Men W = Women

	LONDON 2012	WORLD CHAMPIONSHIPS 2015
Singles	M Oh Jin-hyek (KOR) W Ki Bo-Bae (KOR)	Kim Woo-jin (KOR) Ki Bo-Bae (KOR)
Team	M Italy W South Korea	South Korea Russia

Record scores

M = Men W = Women

	SCORE	HOLDER	PLACE/DATE
72 Arrow Ranking Round	OR M 699	Im Dong-Hyun (KOR)	London 2012
	OR W 682	Park Sung Hyun (KOR)	Athens 2004
18 Arrow Match	OR M 173	Park-Kyung-ho (KOR)	Athens 2004
	OR W 173	Yun Mi-Jin (KOR)	Sydney 2000 & Athens 2004
12 Arrow Match	OR M 117	Lee Chang Hwan (KOR)	Beijing 2008
	OR W 115	Park Sung Hyun (KOR)	Beijing 2008
36 Arrow Finals	OR M 340	Tim Cuddihu (AUS)	Athens 2004
	OR W 334	Kim Nam-soon (KOR)	Sydney 2000
Team Ranking Round	OR M 2087	South Korea	London 2012
	OR W 2030	South Korea	Athens 2004
27 Arrow Team Match	OR M 258	South Korea	Sydney 2000
	OR W 252	South Korea	Sydney 2000
54 Arrow Match:	OR M 502	USA	Atlanta 1996
	OR W 502	South Korea	Sydney 2000

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Events schedule

M = Men's events W = Women's events 🏅 = Medal event

DATE	EVENT
5 Aug	M Individual: ranking round
	W Individual: ranking round
6 Aug	M Team: 1/8 eliminations
	M Team: quarter-finals, semi-finals, 🏅 bronze medal match, 🏅 gold medal match
7 Aug	W Team: 1/8 eliminations
	W Team: quarter-finals, semi-finals, 🏅 bronze medal match, 🏅 gold medal match
8 Aug	M Individual: 1/32 & 1/16 eliminations
	W Individual: 1/32 & 1/16 eliminations
	M Individual: 1/32 & 1/16 eliminations
	W Individual: 1/32 & 1/16 eliminations
9 Aug	M Individual: 1/32 & 1/16 eliminations
	W Individual: 1/32 & 1/16 eliminations
	M Individual: 1/32 & 1/16 eliminations
	W Individual: 1/32 & 1/16 eliminations
10 Aug	M Individual: 1/32 & 1/16 eliminations
	W Individual: 1/32 & 1/16 eliminations
	M Individual: 1/32 & 1/16 eliminations
	W Individual: 1/32 & 1/16 eliminations
11 Aug	W Individual: 1/8 eliminations
	W Individual: quarter-finals, semi-finals, 🏅 bronze medal match, 🏅 gold medal match
12 Aug	M Individual: 1/8 eliminations
	M Individual: quarter-finals, semi-finals, 🏅 bronze medal match, 🏅 gold medal match

Team GB will compete in men's and women's individual events



NAOMI FOLKARD

Age: 32 (18.09.1983)
Born: Leamington Spa
Hometown: Kidderminster
Previous Games attended: London 2012, Beijing 2008, Athens 2004



Major achievements: WCh: bronze (individual), bronze (team) 2014; gold (team); bronze (individual) 2012; silver (individual) 2010; bronze (team) 2007; bronze (individual) 2006. WG: gold (individual) 2013. CG: silver (team) 2010. ECh: silver (individual) 2012; silver (individual) 2008; gold (team) 2006.

Rio 2016 will be Naomi Folkard's fourth consecutive Games, having made her debut at Athens 2004 and falling just shy of a team bronze at Beijing 2008.

Since London 2012 she has won individual gold at the 2013 World Games as well as individual and team bronze at the following year's World Field Archery Championships.

Folkard also represented Team GB at the inaugural European Games in Baku last year and earned a quota spot after finishing second at the World Cup in Antalya, Turkey, earlier this year.

@ArcherNames

PATRICK HUSTON

Age: 20 (05.01.1996)
Born: Belfast
Hometown: Telford
Previous Games attended: None



Major achievements: ECh: silver (team); bronze (individual) 2016.

Patrick Huston secured a quota place at Rio 2016 for Team GB after recording a third place finish in the European Continental Qualifying Tournament, which was part of the European Archery Championship.

At that same event he also won a silver medal in the team event, having won World Cup gold in Marrakesh the year before.

Huston, ranked 39 in the world, won double cadet gold at the 2013 World Championships before winning junior team gold the following year in Zagreb.

@SirHuckPatton

OLIVER LOGAN

Title: Archery GB Head of Performance Science and Medicine and Biomechanics Technical Lead
Games role: Team Leader



RICHARD PRIESTMAN

Title: Archery Senior Olympic Coach
Games role: Head Coach



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ATHLETICS

Athletics

Introduction

Athletics has always been an integral part of the Olympic programme, dating back to the inaugural ancient Games in 776BC and played a key role in the revival of the modern Games in Athens in 1896 when it was one of nine sports.

During the sport's long Olympic history, the United States of America have dominated the medal table and have won 320 gold medals, exactly five times more than second-place Soviet Union.

In total the United States of America have won 767 athletics medals at the Olympic Games, while Team GB sit third on the all-time list with 53 gold medals in their total haul of 194 – one more than the Soviet Union.

DID YOU KNOW?

Finland's Paavo Nurmi is the most decorated Olympic Games track and field athlete, with nine gold and three silver medals

Team GB claimed two medals at Athens 1896 – Grantley Goulding won 100m hurdles silver with Charles Gmelin clinching 400m bronze – while at London 2012, Team GB enjoyed its best-ever session on 'Super Saturday' winning three gold medals in 44 minutes.

Jessica Ennis-Hill finished the job she started in the morning to win the heptathlon title and Greg

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Rutherford topped the podium in the long jump. Mo Farah was Team GB's other gold medal winner on the track, storming to 10,000m glory with a deafening roar from the home crowd in London helping him over the line, before he added the 5000m title.

Team GB at Rio 2016

All three of Team GB's 'Super Saturday' gold medalists from London 2012 are back for Rio 2016 in a 80-strong athletics squad.

Jess Ennis-Hill has got married and given birth to her first son Reggie since London 2012, but she is ready to defend her Olympic title after collecting her second heptathlon World title last year.

Mo Farah will once again be looking for 5000m and 10,000m gold, having done so at the 2013 and 2015 World Championships since starring at London 2012.

And Greg Rutherford will also be looking to defend his gold medal from London 2012, the long jumper arriving in Brazil holding the World, European and Commonwealth titles as well as the Olympic crown, while he too also became a parent for the first time following the birth of his son Milo in 2014.

Jo Pavey will be the first British track athlete to compete in five Olympic Games after she was selected for the 10,000m, while Beijing 2008 gold medallist Christine Ohuruogu will go in the 400m.

At the other end of the spectrum in the women's contingent, Dina Asher-Smith

WORDS TO LEARN

Cage:

The area from which competitors throw a discus or hammer. The mouth of the cage is 6m wide, and sits 7m in front of the centre of the throwing circle

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

Wind assistance:

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

Fosbury Flop:

A method of high jumping where the jumper clears the bar by arching their back over it

will make her Olympic Games bow fresh from winning European 200m gold in July.

Among the men, high jumper Robbie Grabarz is in the squad having won bronze at London 2012, while Martyn Rooney will make his third Olympic Games having just won his second 400m European title.

DID YOU KNOW?

Athletics competitions were opened to women for the first time at Amsterdam 1928

Competition format

The athletics schedule of 47 events consists of 24 for men, 23 for women and they are divided into four categories – track, field, road and combined events.

Men and women compete on the track in 100m, 200m, 400m, 800m, 1500m, 5000m, 10,000m, 400m hurdles,



“London was an incredible experience and the two journeys to London and Rio have been completely different, which I’ve really enjoyed. If I was able to defend my title in Rio it will certainly be one of my greatest achievements.”

Jessica Ennis-Hill

FACT FILE

Venue:
Olympic Stadium, Pontal (race walk), Sambodromo (marathon)

Gold medals available:
47

Dates:
August 12-21

Number of Team GB athletes:
Men: 41 Women: 39

3000m steeplechase and finally the 4x100m and 4x400m relays.

The field events are high jump, long jump, triple jump, pole vault, shot put, discus, hammer and javelin.

Variations come in the sprint hurdles where men race over an additional 10m to the women’s 100m and also the combined events where men compete in the ten-event decathlon and women in the heptathlon, which comprises of seven. On the track, any competitor to false start will be immediately disqualified, with no second chance, although this is not the case for combined events.

The road events consist of the marathon as well as the 20km and the 50km race walk, with only men competing in the latter.

Athletes in the combined events compete to earn points with the amount of points depending on their performance in each event, not how they do in relation to their competitors.

On the road, marathon runners will complete a standard distance of 26 miles and 385 yards.

In the combined events the men, on day one, contest the 100m, long jump, shot put, high jump and 400m continuing with the 110m hurdles, discus, pole vault, javelin and 1500m on day two. The women tackle the 100m hurdles, high jump and shot put on day one with the 200m, long jump, javelin and 800m on day two.

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Team GB at the Olympic Games

	GOLD	SILVER	BRONZE	TOTAL
Athens 2004	3	0	1	4
Beijing 2008	1	2	1	4
London 2012	4	1	1	6
Total	53	79	62	194

Recent major championship winners

M = Men W = Women

	LONDON 2012	WORLD CHAMPIONSHIPS 2015
100m	M Usain Bolt (JAM) W Shelly-Ann Fraser-Pryce (JAM)	Usain Bolt (JAM) Shelly-Ann Fraser-Pryce (JAM)
200m	M Usain Bolt (JAM) W Allyson Felix (USA)	Usain Bolt (JAM) Dafne Schippers (NED)
400m	M Kirani James (GRN) W Sanya Richards-Ross (USA)	Wayde van Niekerk (RSA) Allyson Felix (USA)
800m	M David Rudisha (KEN) W Mariya Savinova (RUS)	David Rudisha (KEN) Maryna Arzamasava (BLR)
1500m	M Taoufik Makhoulfi (ALG) W Asli Cakir Alptekin (TUR)	Asbel Kiprop (KEN) Genzebe Dibaba (ETH)
5000m	M Mo Farah (GBR) W Meseret Defar (ETH)	Mo Farah (GBR) Almaz Ayana (ETH)
10000m	M Mo Farah (GBR) W Tirunesh Dibaba (ETH)	Mo Farah (GBR) Vivian Cheruiyot (KEN)
100m hurdles	W Sally Pearson (AUS)	Danielle Williams (JAM)
110m hurdles	M Aries Merritt (USA)	Sergey Shubenkov (RUS)
400m hurdles	M Felix Sanchez (DOM) W Natalya Antyukh (RUS)	Nicholas Bett (KEN) Zuzana Hejnova (CZE)
3000m steeplechase	M Ezekiel Kemboi (KEN) W Yuliya Zaripova (RUS)	Ezekiel Kemboi (KEN) Hyvin Jepkemoi (KEN)
4x100m relay	M Jamaica W USA	Jamaica Jamaica
4x400m relay	M Bahamas W USA	USA Jamaica
Marathon	M Stephen Kiprotich (UGA) W Tiki Gelana (ETH)	Ghirmay Ghebreslassie (ERI) Mare Dibaba (ETH)
20km race walk	M Chen Ding (CHN) W Elena Lashmanova (RUS)	Miguel Angel Lopez (ESP) Liu Hong (CHN)
50km race walk	M Jarred Tallent (AUS)	Matej Toth (SVK)
High jump	M Ivan Ukhov (RUS) W Anna Chicherova (RUS)	Derek Drouin (CAN) Mariya Kuchina (RUS)

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Recent major championship winners cont.

M = Men W = Women

	OLYMPIC GAMES 2012	WORLD CHAMPIONSHIPS 2015
Pole vault	M Renaud Lavillenie (FRA) W Jenn Suhr (USA)	Shawnacy Barber (CAN) Yarisley Silva (CUB)
Long jump	M Greg Rutherford (GBR) W Brittney Reese (USA)	Greg Rutherford (GBR) Tianna Bartoletta (USA)
Triple jump	M Christian Taylor (USA) W Olga Rypakova (KAZ)	Christian Taylor (USA) Caterine Ibarguen (COL)
Shot put	M Tomasz Majewski (POL) W Valerie Adams (NZL)	Joe Kovacs (USA) Christina Schwanitz (GER)
Discus throw	M Robert Harting (GER) W Sandra Perkovic (CRO)	Piotr Malachowski (POL) Denia Caballero (CUB)
Hammer throw	M Krisztian Pars (HUN) W Tatyana Lysenko (RUS)	Pawel Fajdek (POL) Anita Wlodarczyk (POL)
Javelin throw	M Keshorn Walcott (TTO) W Barbora Spotakova (CZE)	Julius Yego (KEN) Katharina Molitor (GER)
Decathlon	M Ashton Eaton (USA)	Ashton Eaton (USA)
Heptathlon	W Jessica Ennis-Hill (GBR)	Jessica Ennis-Hill (GBR)

Records

M = Men W = Women

	RECORD HOLDER	PLACE/DATE
100m	OR M 9.63 Usain Bolt (JAM)	London 2012
	WR M 9.58 Usain Bolt (JAM)	World Championships 2009
	OR W 10.62 Florence Griffith Joyner (USA)	Seoul 1988
	WR W 10.49 Florence Griffith Joyner (USA)	Olympic Trials 1988
200m	OR M 19.30 Usain Bolt (JAM)	Beijing 2008
	WR M 19.19 Usain Bolt (JAM)	World Championships 2009
	OR W 21.34 Florence Griffith Joyner (USA)	Seoul 1988
	WR W 21.34 Florence Griffith Joyner (USA)	Seoul 1988
400m	OR M 43.49 Michael Johnson (USA)	Atlanta 1996
	WR M 43.18 Michael Johnson (USA)	World Championships 1999
	OR W 48.25 Marie-Jose Perec (FRA)	Atlanta 1996
	WR W 47.60 Marita Koch (GDR)	World Cup 1985

Records cont.

M = Men W = Women

	RECORD HOLDER	PLACE/DATE
800m	OR M 1:40.91 David Rudisha (KEN)	London 2012
	WR M 1:40.91 David Rudisha (KEN)	London 2012
	OR W 1:53.43 Nadezhda Olizarenko (URS)	Moscow 1980
	WR W 1:53.28 Jarmila Kratochvilova (CZR)	Munich 1983
1500m	OR M 3:32.07 Noah Ngeny (KEN)	Sydney 2000
	WR M 3:26.00 Hicham El Guerrouj (MAR)	Golden Gala 1998
	OR W 3:53.96 Paula Ivan (ROU)	Seoul 1988
	WR W 3:50.07 Genzebe Dibaba (ETH)	Herculis 2015
5000m	OR M 12:57.82 Kenenisa Bekele (ETH)	Beijing 2008
	WR M 12:37.35 Kenenisa Bekele (ETH)	Fanny Blankers-Koen Games 2004
	OR W 14:40.79 Gabriela Szabo (ROU)	Sydney 2000
	WR W 14:11.15 Tirunesh Dibaba (ETH)	Bislett Games 2008
10000m	OR M 27:01.17 Kenenisa Bekele (ETH)	Beijing 2008
	WR M 26:17.53 Kenenisa Bekele (ETH)	Memorial Van Damme 2005
	OR W 29:54.66 Tirunesh Dibaba (ETH)	Beijing 2008
	WR W 29:31.78 Wang Junxia (CHN)	Chinese National Games 1993
Marathon	OR M 2:06.32 Samuel Wanjiru (KEN)	Beijing 2008
	WR M 2:02.57 Dennis Kipruto Kimetto (KEN)	Berlin Marathon 2014
	OR W 2:23.07 Tiki Gelana (ETH)	London 2012
	WR W 2:15:25 Paula Radcliffe (GBR)	London Marathon 2003
100m hurdles	OR W 12.35 Sally Pearson (AUS)	London 2012
	WR W 12:20 Kendra Harrison (USA)	Anniversary Games 2016
110m hurdles	OR M 12.91 Liu Xiang (CHN)	Athens 2004
	WR M 12.80 Aries Merritt (USA)	Memorial Van Damme 2012
400m hurdles	OR M 46.78 Kevin Young (USA)	Barcelona 1992
	WR M 46.78 Kevin Young (USA)	Barcelona 1992
	OR W 52.64 Melanie Walker (JAM)	Beijing 2008
	WR W 52.34 Yuliya Pechonkina (RUS)	Tula 2003



Records cont.

M = Men W = Women

	RECORD HOLDER	PLACE/DATE
3000m steeplechase	OR M 8:05.51 Julius Kariuki (KEN)	Seoul 1988
	WR M 7:53.63 Saif Saaeed Shaheen (QAT)	Memorial Van Damme 2004
	OR W 8:58.81 Gulnara Galkina-Samitova (RUS)	Beijing 2008
	WR W 8:58.81 Gulnara Galkina-Samitova (RUS)	Beijing 2008
4x100m relay	OR M 36.84 Jamaica	London 2012
	WR M 36.84 Jamaica	London 2012
	OR W 40.82 USA	London 2012
	WR W 40.82 USA	London 2012
4x400m relay	OR M 2:55.39 USA	Beijing 2008
	WR M 2:54.29 USA	World Championships 1993
	OR W 3:15.17 Soviet Union	Seoul 1988
	WR W 3:15.17 Soviet Union	Seoul 1988
20km race walk	OR M 1:18:46 Chen Ding (CHN)	London 2012
	WR M 1:16.36 Yusuke Suzuki (JAP)	Asian Race Walking Championships 2015
	OR W 1:25:02 Elena Lashmanova (RUS)	London 2012
	WR W 1:24:38 Liu Hong (CHN)	Gran Premio Cantones 2015
50km race walk	OR M 3:37:09 Alex Schwazer (ITA)	Beijing 2008
	WR M 3:32.33 Yohann Diniz (FRA)	European Championships 2014
High jump	OR M 2.39m Charles Austin (USA)	Atlanta 1996
	WR M 2.45m Javier Sotomayor (CUB)	Salamanca Invitational 2003
	OR W 2.06m Yelena Slesarenko (RUS)	Athens 2004
	WR W 2.09m Stefka Kostadinova (BUL)	Rome 1987
Long jump	OR M 8.90m Bob Beamon (USA)	Mexico City 1968
	WR M 8.95m Mike Powell (USA)	World Championships 1991
	OR W 7.40m Jackie Joyner-Kersey (USA)	Seoul 1988
	WR W 7.52m Galina Chistyakova (URS)	Brothers Znamensky Memorial 1988



Record cont.

M = Men W = Women

	RECORD HOLDER	PLACE/DATE
Pole vault	OR M 5.97m Renaud Lavillenie (FRA)	London 2012
	WR M 6.16m Renaud Lavillenie (FRA)	Pole Vault Stars 2014
	OR W 5.05m Yelena Isinbayeva (RUS)	Beijing 2008
	WR W 5.06m Yelena Isinbayeva (RUS)	Weltklasse 2009
Triple jump	OR M 18.09m Kenny Harrison (USA)	Atlanta 1996
	WR M 18.29m Jonathan Edwards (GBR)	World Championships 1995
	OR W 15.39m Francoise Mbango Etone (CMR)	Beijing 2008
	WR W 15.50m Inessa Kravets (UKR)	World Championships 1995
Shot put	OR M 22.47m Ulf Timmermann (GDR)	Seoul 1988
	WR M 23.12m Randy Barnes (USA)	Jack in the Box Invitational 1990
	OR W 22.41m Ilona Slupianek (GDR)	Moscow 1980
	WR W 22.63m Natalya Lisovskaya (URS)	Moscow 1987
Discus throw	OR M 69.89m Virgilijus Alekna (LTU)	Athens 2004
	WR M 74.08m Jurgen Schult (GDR)	Neubrandenburg 1986
	OR W 72.30m Martina Hellmann (GDR)	Seoul 1988
	WR W 76.80m Gabriele Reinsch (GDR)	Neubrandenburg 1988
Hammer throw	OR M 84.40m Sergey Litvinov (URS)	Seoul 1988
	WR M 86.74m Yuriy Sedykh (URS)	European Championships 1986
	OR W 78.18m Tatyana Lysenko (RUS)	London 2012
	WR W 81.08m Anita Wlodarczyk (POL)	Kamila Skolimowska Memorial Throws Festival 2015
Javelin throw	OR M 90.57m Andreas Thorkildsen (NOR)	Beijing 2008
	WR M 98.48m Jan Zelezny (CZE)	Jena 1996
	OR W 71.53m Osleidys Menendez (CUB)	Athens 2004
	WR W 72.28m Barbora Spotakova (CZE)	World Athletics Final 2008
Decathlon	OR M 8893pts Roman Sebrle (CZE)	Athens 2004
	WR M 9045pts Ashton Eaton (USA)	World Championships 2015
Heptathlon	OR W 7291pts Jackie Joyner-Kersey (USA)	Seoul 1988
	WR W 7291pts Jackie Joyner-Kersey (USA)	Seoul 1988

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Events schedule

M = Men's events W = Women's events 🏅 = Medal event

DATE	EVENT					
12 Aug	09:30-13:10	M Discus qualifying W Heptathlon: 100m hurdles, high jump W Shot put qualifying M 800m round one W 🏅 10,000m final W 100m preliminary round M 🏅 20km race walk final W 1500m round one W Heptathlon: Shot put, 200m W Hammer qualifying M 400m round one M Long jump qualifying W 🏅 Shot put: final W 100m round one				
	20:20-23:25	M 100m preliminary round W Triple jump qualifying W 3,000m steeplechase round one M 🏅 Discus final W 400m round one W Heptathlon: long jump M 100m round one W Heptathlon javelin, 800m (medals) M Pole vault qualifying M 400m semi-finals M 🏅 Long jump final W 🏅 100m semi-finals, final M 🏅 10,000m final M 800m semi-finals				
		13 Aug	09:30-12:50	M 100m preliminary round W Triple jump qualifying W 3,000m steeplechase round one M 🏅 Discus final W 400m round one W Heptathlon: long jump M 100m round one W Heptathlon javelin, 800m (medals) M Pole vault qualifying M 400m semi-finals M 🏅 Long jump final W 🏅 100m semi-finals, final M 🏅 10,000m final M 800m semi-finals		
			20:00-23:15	M 100m preliminary round W Triple jump qualifying W 3,000m steeplechase round one M 🏅 Discus final W 400m round one W Heptathlon: long jump M 100m round one W Heptathlon javelin, 800m (medals) M Pole vault qualifying M 400m semi-finals M 🏅 Long jump final W 🏅 100m semi-finals, final M 🏅 10,000m final M 800m semi-finals		
				14 Aug	09.30-12:45	W 🏅 Marathon final
					20:20-22.30	M High jump qualifying W 400m semi-final W 🏅 Triple jump final M 🏅 100m semi-final, final W 1500m semi-final M 🏅 400m final

Events schedule cont. M = Men's events W = Women's events 🏅 = Medal event

DATE	EVENT			
15 Aug	09:30-12:10	M Triple jump qualifying W 200m round one M 3000m steeplechase round one W 🏅 Hammer final W 🏅 3000m steeplechase final M 400m hurdles round one		
	20:15-22:50	W Discus qualifying M 🏅 Pole vault final M 110m hurdles round one W 400m hurdles round one W Discus qualifying M 🏅 800m final		
	16 Aug	09:30-12:40	W 5000m round one W Pole vault qualifying M 🏅 Triple jump final M 1500m round one W 100m hurdles round one W 🏅 Discus final M 200m round one	
		20:15-22:50	M 🏅 High jump final W Javelin qualifying M 🏅 110m hurdles semi-finals, final W Long jump qualifying W 400m hurdles semi-final M 400m hurdles semi-final W 200m semi-final W 🏅 1500m final	
		17 Aug	09:30-13:05	M Decathlon: 100m, long jump, shot put M Hammer qualifying M 5000m round one W 800m round one M 🏅 3000m steeplechase final
			17:45-23:05	M Decathlon: high jump, 400m M Javelin qualifying W 100m hurdles semi-finals W 🏅 Long jump final M 200m semi-final W 🏅 200m final W 🏅 100m hurdles final

Events schedule cont. M = Men's events W = Women's events 🏅 = Medal event

DATE	EVENT				
18 Aug	09:30-16:25	M Decathlon: 110m hurdles, discus, pole vault M Shot put qualifying W High jump qualifying W 4x100m relay round one M 4x100m relay round one M 🏅 400m hurdles final			
	18:35-22:35	M 🏅 Decathlon: javelin, 1500m (medals) M 🏅 Shot put final M 1500m semi-final W 🏅 Javelin final W 800m semi-final W 🏅 400m hurdles final M 🏅 200m final			
	19 Aug	08:00-16:30	M 🏅 50km race walk final W 🏅 20km race walk final		
		20:10-22:45	W 🏅 Pole vault final W 4x400m relay round one M 🏅 Hammer final M 4x400m relay round one W 🏅 5000m final W 🏅 4x100m relay final M 🏅 4x100m relay final		
		20 Aug	20:10-23:00	W 🏅 High jump final M 🏅 Javelin final M 🏅 1500m final W 🏅 800m final M 🏅 5000m final W 🏅 4x400m relay final M 🏅 4x400m relay final	
			21 Aug	09:30-12:15	M 🏅 Marathon final



Team GB will compete in all events barring the men's and women's shot put, men's and women's javelin, men's and women's triple jump, men's discus, decathlon and women's 20km walk

MARGARET ADEOYE

Event: 4x400m relay
Age: 31 (22.04.1985)
Born: Lagos, Nigeria
Hometown: London
Club: Enfield & Haringey
Previous Games attended: London 2012



Major achievements: WCh: bronze (4x400m) 2013. WiCh: bronze (4x400m) 2014. ECh: bronze (4x400m) 2014.

Margaret Adeoye after she made the semi-finals of the 200m at London 2012. She returns in the 4x400m relay this time around having picked up a handful of international medals since London.

A World Championship 4x400m bronze arrived in 2013 before a year later she added World Indoor and European bronze to her collection.

@MargaretAdeoye

HARRY AIKINES-ARYEETEY

Event: 4x100m relay
Age: 27 (29.08.1988)
Born: Carshalton
Hometown: Carshalton
Club: Sutton & District
Previous Games attended: Beijing 2008



Major achievements: WCh: bronze (4x100m) 2009. ECh: gold (4x100m), bronze (100m) 2014. CG: silver (4x100m) 2014. WR: bronze (4x100m) 2014.

Harry Aikines-Aryeetey's first major medal came at the 2004 Commonwealth Youth Games where he won silver in the 100m, while a year later he was crowned World Youth Champion over 100m and 200m.

He helped win 4x100m bronze at the 2009 World Championships while in 2014 he won his first senior international individual medal with 100m bronze at the European Championships.

@HarryAA100m

JESSICA ANDREWS

Event: 10,000m
Age: 23 (01.10.1992)
Born: Isle of Wight
Hometown: Girona, Spain
Club: Aldershot, Farnham & District



Previous Games attended: None
Major achievements: EXCCh: gold (U23 team) 2013.

Jessica Andrews qualified for Rio 2016 when she ran 31:58.00 minutes in May to win the British Championships. The 23-year-old won team gold at the European Cross-Country Championships in Serbia in 2013, but she has recently changed her focus and improved on her 10,000m personal best by 83 seconds to win the British trials at Parliament Hill.

Andrews has a sport, health and exercise sciences degree from Brunel University.

@JessAndrews_

DINA ASHER-SMITH

Event: 200m, 4x100m
Age: 20 (04.12.1995)
Born: Orpington
Hometown: Orpington
Club: Blackheath & Bromley Harriers
Previous Games attended: None



Major achievements: WCh: bronze (4x100m relay) 2013. ECh: gold (200m), silver (4x100m) 2016. EICH: silver (60m) 2015.

Dina Asher-Smith is fastest woman in British history over 60m, 100m and 200m, the latter when she finished fifth at last year's World Championships in Beijing with a time of 22.07 seconds.

In 2015 she also claimed 60m silver at the European Indoor Championships, while at the 2013 World Championships she helped win 4x100m relay bronze in Moscow.

Asher-Smith won 200m gold at the 2013 European Junior Championships and the 100m title at the 2014 World Junior Championships, while she won this year's British Championships 200m in June and in July took the European 200m crown.

@dinaashersmith

CHRIS BAKER

Event: High jump
Age: 25 (02.02.1991)
Born: Dereham
Hometown: Sale
Club: Sale Harriers
Previous Games attended: None



Major achievements: ECh: bronze (HJ) 2016.

Chris Baker cleared 2.36m at the Hustopece Indoor Championship in February of this year - the fourth highest jump by a Team GB athlete in history.

He missed out on a bronze medal at Glasgow 2014 on count back after clearing the same height, 2.25m, as third-placed Michael Mason in two attempts as opposed to one.

He was crowned British Indoor Champion in February ahead of London 2012 bronze medal winner Robbie Grabarz and went on to claim a bronze medal at the European Championships in July.

@ChrisBakerHJ

CHRIS BENNETT

Event: Hammer
Age: 26 (17.12.1989)
Born: Glasgow
Hometown: London
Club: Shaftesbury Barnet Harriers
Previous Games attended: None



Major achievements: ECh: 10th (hammer) 2016.

Chris Bennett will be making his Olympic Games debut fresh from reaching the final of the European Championships in July and finishing tenth.

The Glaswegian also appeared for Scotland at the 2014 Commonwealth Games where he finished 12th.

Bennett arrives in Rio as the reigning British Champion.

@ChrisBennett89

LOUISE BLOOR

Event: 4x100m relay
Age: 30 (21.09.1985)
Born: Rotherham
Hometown: Rotherham
Club: Trafford
Previous Games attended: None



Major achievements: BiCh: gold (200m) 2016.

Louise Bloor kickstarted her 2016 in style as she claimed 200m gold at the British Indoor Championships in February.

In recent years she has established herself as a member of the relay squads, gaining selection for Commonwealth, European and World teams.

Bloor combines her training with her work as a nutritionist.

@louise_bloor

TOM BOSWORTH

Event: 20km Race Walk
Age: 26 (17.01.1990)
Born: Sevenoaks
Hometown: Leeds
Club: Leeds Beckett University
Previous Games attended: None



Major achievements: WCh: 24th (20km race walk) 2015.

Since making his junior Great Britain debut in 2009, Tom Bosworth has gone from strength to strength, appearing at the 2014 European Championships and then the World Championships a year later.

He is Great Britains fastest walker at all distances from three to 20kms, with the nat record for latter sitting at 1:20.41 hours.

Bosworth has a degree in sports performance and is a qualified trampolene coach and sports masseur.

@TomBosworth

HOLLY BRADSHAW

Event: Pole vault
Age: 24 (02.11.1991)
Born: Preston
Hometown: Cardiff
Club: Blackburn
Previous Games attended: London 2012



Major achievements: WiCh: bronze (pole vault) 2012. ECh: gold (pole vault) 2013.

Rio 2016 will be Holly Bradshaw's second Olympic Games after finishing sixth at London 2012. Then she was competing with the surname Bleasdale before Paul Bradshaw asked to marry her on the same day as the Olympic pole vault final four years ago.

The following year she claimed European Indoor Championships gold to add to her World Indoor bronze from 2012 while Bradshaw won the 2016 British Championships.

@HollyBleasdale

SEREN BUNDY-DAVIES

Event: 400m, 4x400m relay
Age: 21 (30.12.1994)
Born: Manchester
Hometown: Manchester
Club: Trafford
Previous Games attended: None



Major achievements: WCh: bronze (4x400m relay) 2015. ECh: gold (4x400m) 2016. EICH: silver (4x400m), bronze (400m) 2015.

Just 15 months after shooting to prominence by being crowned Welsh national champion, Seren Bundy-Davies was part of the 4x400m relay team that won bronze at the 2015 World Championships. Prior to that competition Bundy-Davies won individual 400m bronze at the European Indoor Championships in Prague, also helping to claim 4x400m relay silver.

The 21-year-old twice clocked new personal best times in June and in July won 4x400m European gold.

@serenbdavies

ANDY BUTCHART

Event: 5000m
Age: 24 (14.10.91)
Born: Auchterarder
Hometown: Dunblane
Club: Central
Previous Games attended: None



Major achievements: WXCC: 86th 2015. EXCC: 35th 2014.

Andy Butchart was crowned British 5000m champion in June, finishing in 13.44.00 minutes - more than three seconds clear of the field.

The 24-year-old broke the Scottish record in May, running 13.13.30 to eclipse Nat Muir's time that had stood for 36 years, while in June he also set a national record over 3000m after finishing fourth at a Diamond League meeting in Birmingham.

Butchart's girlfriend Caitlin Watson is the step-sister of tennis stars Andy and Jamie Murray.

@andybutchart91

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LAWRENCE CLARKE

Event: 110m hurdles
Age: 26 (12.03.1990)
Born: Westminster
Hometown: Paris
Club: Windsor, Slough, Eton and Hounslow
Previous Games attended: London 2012
Major achievements: CG: bronze (110mh) 2010.



Lawrence Clarke was part of the English trio that claimed every step on the podium at Delhi 2010 – taking bronze. He was the only European athlete to qualify for the London 2012 110m hurdles final, placing fourth and was the Team GB captain at the 2015 European Indoor Championships.

Clarke is the son of businessman Sir Toby Clarke, sixth baronet, and is the heir to the baronetcy. He is also a descendant of US president Theodore Roosevelt.

@lawrence_clarke

LUKE CUTTS

Event: Pole vault
Age: 28 (13.02.1988)
Born: Sheffield
Hometown: Barnsley
Club: Sheffield & Dearne
Previous Games attended: None
Major achievements: CG: silver (PV) 2014



In January 2014 Luke Cutts broke the British record, previously set by Steve Lewis, with a clearance of 5.83m.

Later that year he won a silver medal at the Commonwealth Games in Glasgow, finishing behind Lewis.

Cutts has won both the British indoor and outdoor titles this year.

@lukepolejump

JAMES DASAOLU

Event: 100m, 4x100m relay
Age: 28 (05.09.1987)
Born: Croydon
Hometown: Loughborough
Club: Croydon
Previous Games attended: London 2012



Major achievements: ECh: gold (4x100m) 2016; gold (100m) 2014.

James Dasaolu will be making his second Olympic Games appearance in Rio after making the semi-finals of the 100m at London 2012.

He has continued his upward curve since, becoming the second fastest Briton of all-time when he clocked 9.91 seconds at the 2013 British Championships.

A first major title arrived a year later with gold at the 2014 European Championships while so far in 2016, Dasaolu has picked up 100m gold at the British Championships and helped the 4x100m relay team to the European title in Amsterdam.

@JamesDasaolu

EMILY DIAMOND

Event: 400m, 4x400m relay
Age: 25 (11.06.1991)
Born: Bristol
Hometown: Bristol
Club: Bristol and West
Previous Games attended: London 2012
Major achievements: ECh: gold (4x400m) 2016; bronze (4x400m) 2014.



Emily Diamond was included in the 4x400m relay team at London 2012 although she didn't appear on the track. This time around she has earned selection in the relay squad – and also the individual 400m – after a promising season on the track which includes winning the British title in June.

A month later she added to her 2014 European relay bronze as she helped Great Britain to gold in Amsterdam in a world lead time of 3:25.05 minutes.

@EmilyDiamond11

ALYSON DIXON

Event: Marathon
Age: 37 (24.09.1978)
Born: Coventry
Hometown: Sunderland
Club: Sunderland Strollers
Previous Games attended: None
Major achievements: LM: 13th 2016.



Alyson Dixon started to take her athletics career to the elite level while at the University of Sunderland and got her first international call-up aged 29.

In 2011 she won the Brighton Marathon while in 2014 she raced for England at Glasgow 2014 but was forced to withdraw during the race with a calf injury.

@alydixon262

EILIDH DOYLE

Event: 400m hurdles, 4x400m relay
Age: 29 (20.02.1987)
Born: Perth
Hometown: Bath
Club: University of Bath
Previous Games attended: London 2012



Major achievements: WCh: bronze (4x400m) 2015; bronze (4x400m) 2013. ECh: gold (4x400m) 2016; gold (400mh), bronze (4x400m) 2014. WlnCh: bronze (4x400) 2014. ElnCh: gold (4x400m) 2013, silver (400m) 2013. CG: silver (400mh) 2014; silver (400mh) 2010.

Eilidh Doyle began her sporting career as a swimmer before choosing athletics – where she first caught the eye with European Under-23 400m hurdles silver in 2009.

She has since gone on to win multiple World, European and Commonwealth Games medals, including most recently helping Great Britain to 4x400m relay gold at the 2016 European Championships. Doyle, then competing under her maiden name Child, made the semi-finals of the 400m hurdles at London 2012.

@EilidhChild

MARK DRY

Event: Hammer
Age: 28 (11.10.1987)
Born: Milton Keynes
Hometown: Loughborough
Club: Woodford Green & Essex Ladies
Previous Games attended: None
Major achievements: CG: bronze (hammer) 2014.



Mark Dry has been one of Britain's leading hammer throwers in recent years, including finishing on the podium at the last three British Championships.

In 2014 he won bronze for Scotland at the Commonwealth Games in Glasgow, four years after finishing sixth at Delhi 2010.

Rio 2016 will represent Dry's first Olympic Games outing.

@Markdry

JARRYD DUNN

Event: 4x400m relay
Age: 24 (30.01.1992)
Born: Birmingham
Hometown: Walsall
Club: Birchfield Harriers
Previous Games attended: None
Major achievements: WCh: bronze (4x400m) 2015.



Jarryd Dunn began his sporting career as a middle distance runner before switching to the shorter 400m.

In 2015 he made his World Championships debut in the 400m before then helping the team clinch a bronze in the 4x400m relay.

Dunn has a personal best time of 45.09 seconds which he achieved at the 2015 European Team Championships.

@jarryd_dunn

OJIE EDOBURUN

Event: 4x100m relay
Age: 20 (02.06.1996)
Born: London
Hometown: London
Club: Shaftesbury Barnet
Previous Games attended: None
Major achievements: ECh: gold (100m) 2015.



Sprinter Ojie Edoburun signalled his intent on the world stage in 2013 when he won a 100m silver medal at the World Youth Championships in Donetsk.

Two years later he upgraded to gold at the European Junior Championships while he continued his rise with a promising fourth-place finish at the British Championships in June.

That led to a call up to July's European Championships where he made the semi-finals.

@Ojie_Edoburun

JAMES ELLINGTON

Event: 100m, 4x100m relay
Age: (06.09.1985)
Born: Lewisham
Hometown: Croydon
Club: Newham & Essex Beagles
Previous Games attended: London 2012



Major achievements: ECh: gold (4x100m) 2016; gold (4x100m) 2014. CG: silver (4x100m) 2014.

James Ellington made his World Championship debut at the 2011 event in Daegu, while his Olympic debut came a year later in the 200m, where he was sixth in his heat.

2014 proved to be a successful year as he scooped gold, silver and bronze 4x100m relay medals at the European Championships, Commonwealth Games and IAAF World Relays respectively.

Ellington earned his spot for Rio by finishing second in the 100m at the 2016 British Championships while in July he helped Great Britain successfully defend their 4x100m European relay crown.

@Jellington100m

JESSICA ENNIS-HILL

Event: Heptathlon
Age: 30 (28.01.1986)
Born: Sheffield
Hometown: Sheffield
Club: City of Sheffield & Dearne
Previous Games attended: London 2012



Major achievements: OG: gold (hep) 2012. WCh: gold (hep) 2015; silver (hep) 2011; gold (hep) 2009. ECh: gold (hep) 2010. WlnCh: silver (pent) 2012; gold (pent) 2010. CG: bronze (hep) 2006.

Jessica Ennis-Hill became the World and European Champion in 2009 and 2010 respectively before her moment in the spotlight at London 2012.

On 'Super Saturday' Ennis-Hill joined Mo Farah and Greg Rutherford on the top step of the podium for Team GB.

After taking a break from the sport for the birth of her first son Reggie, Ennis-Hill returned to win heptathlon gold at the 2015 World Championships in Beijing.

@J_Ennis



MO FARAH

Event: 5000m, 10,000m
Age: 33 (23.03.1983)
Born: Mogadishu, Somalia
Hometown: Portland, USA
Club: Newham & Essex Beagles
Previous Games attended: London 2012, Beijing 2008

Major achievements: OG: gold (10,000m), gold (5000m) 2012. WCh: gold (10,000m), gold (5000m) 2015; gold (10,000m), gold (5000m) 2013; gold (5000m), silver (10,000m) 2011. ECh: gold (10,000m), gold (5000m) 2014; gold (5000m) 2012; gold (10,000m), gold (5000m) 2010; silver (5000m) 2006. ElnCh: gold (3000m) 2011; gold (3000m) 2009.

Mo Farah is a two-time Olympic champion having won gold in the 5000m and 10,000m at London 2012 – the latter on what is fondly remembered as ‘Super Saturday’.

In 2015, he won the 5000m and 10,000m double again at the World Championships – repeating the feat he managed two years earlier.

Farah is also a six-time European medalist – five of which are gold – putting him down as the most decorated person in British Athletics history.

 @Mo_Farah



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TOM FARRELL

Event: 5,000m
Age: 25 (23.03.1991)
Born: Carlisle
Hometown: Eugene, USA
Club: Border Harriers
Previous Games attended: None

Major achievements: CG: 7th (5000m) 2014.

Tom Farrell comes from an athletics background with his father formerly a steeplechaser and his mother a high jumper.

He continued in his family's footsteps and in 2013 claimed 5000m silver at the European Under-23 Championships.

Since then Farrell has gone on to appear at World, European and Commonwealth level while he earned his spot on the team for Rio by finishing second at the British Championships in June.

 @TomFarrellGB



ADAM GEMILI

Event: 200m, 4x100m relay
Age: 22 (06.10.1993)
Born: London
Hometown: Loughborough
Club: Blackheath & Bromley
Previous Games attended: London 2012

Major achievements: ECh: gold (4x100m) 2016; gold (200m), gold (4x100m) 2014. CG: silver (100m), silver (4x100m) 2014.

Adam Gemili played football for Thurrock as well as spending time in the youth academy of Chelsea. He switched to sprinting and won World Junior 100m gold and then made the semi-finals at London 2012.

He took 100m silver at Glasgow 2014 and then 200m gold at the European Championships, while this year he won the British 200m title in June and 4x100m European gold the following month.

 @Adam_Gemili



ELLIOT GILES

Event: 800m
Age: 22 (26.05.1994)
Born: Birmingham
Hometown: London
Club: Birchfield Harriers
Previous Games attended: None

Major achievements: ECh: bronze (800m) 2016.

2016 has been kind to Elliot Giles as he became British Champion before then winning a bronze medal at the European Championships – his first senior international appearance.

During those Championships in Amsterdam he also smashed his personal best time, stopping the clock at 1:45.54 minutes to dip under the Olympic qualifying standard.

 @ElliotLeviGiles



ROBBIE GRABARZ

Event: High jump
Age: 28 (03.10.1987)
Born: Enfield
Hometown: Sutton Coldfield
Club: Newham & Essex Beagles
Previous Games attended: London 2012

Major achievements: OG: bronze (HJ) 2012. ECh: silver (HJ) 2016; gold (HJ) 2012.

Robbie Grabarz won high jump bronze at London 2012, that same year also becoming the first British high jumper to win the European Championship title since 1950 with victory in Helsinki.

A serious knee injury struck after that year, but he signalled his return to form with silver at the 2016 World Indoor Championships and then the recent European Championships.

 @RobbieGrabarz



JACK GREEN

Event: 400m hurdles, 4x400m relay
Age: 24 (06.10.1991)
Born: Maidstone
Hometown: Bradenton, Florida
Club: Kent Athletics
Previous Games attended: London 2012

Major achievements: ECh: bronze (4x400m) 2016.

Jack Green competed at the World Championships in 2011 before competing for Team GB in both the 400m hurdles and the 4x400m relay at London 2012.

The Kent athlete made the semi-finals of the hurdles before helping the relay squad to a fourth-place finish, just 0.13 seconds outside of a medal.

This year Green helped the 4x400m relay team to European bronze.

 @jackgreen



CHARLIE GRICE

Event: 1500m
Age: 22 (07.11.1993)
Born: Brighton
Hometown: Brighton
Club: Brighton Phoenix
Previous Games attended: None

Major achievements: CG: 7th (1500m) 2014.

Grice started out as both a footballer, playing at county level, and an athlete, but decided to solely focus on athletics, going on to win 1000m bronze at the 2010 Summer Youth Olympics.

Since then he won a silver medal at the European Under-23 Championships in 2013 before competing at both the Commonwealth Games and European Championships in 2014. Grice booked his place on the team for Rio by winning the 1500m at the 2016 British Championships.

 @CharlieGrice1



CALLUM HAWKINS

Event: Marathon
Age: 24 (22.06.1992)
Born: Elderslie
Hometown: Kilbarchan
Club: Kilbarchan/West of Scotland Uni
Previous Games attended: None

Major achievements: LM: 8th 2016.

In 2015 Callum Hawkins made his marathon debut in Frankfurt where he finished 12th and achieved the Rio 2016 Olympic Games qualifying time when he clocked 2:12.17 hours.

Hawkins ran in the 10,000m at Glasgow 2014 where he finished 20th with a time of 29:12.52 minutes while in 2009 he won 3000m gold at the European Youth Olympic Festival in Tampere, Finland. His older brother Derek is also a marathon runner for Team GB at Rio 2016.

 @Callhawk



DEREK HAWKINS

Event: Marathon
Age: 27 (29.04.1989)
Born: Kilbarchan
Hometown: Leeds
Club: Leeds City
Previous Games attended: None

Major achievements: LM: 14th 2016.

Derek Hawkins qualified for Rio 2016 after clocking a time of 2:12.57 hours in the 2016 London Marathon.

He was the third Briton over the line behind Tsegai Twelide and his younger brother Callum who both qualified to represent Team GB.

Hawkins competed at Glasgow 2014 where he finished ninth and was the first Brit to cross the line.

 @delh1989



DESIREE HENRY

Event: 100m, 4x100m relay
Age: 20 (26.08.1995)
Born: Enfield
Hometown: Arnhem, Netherlands
Club: Enfield & Haringey
Previous Games attended: None

Major achievements: ECh: gold (4x100m) 2014.

Desiree Henry was one of seven who lit the Olympic cauldron at the London 2012 Opening Ceremony – after being nominated by decathlete Daley Thompson – and four years on she will compete at her first Games in Rio.

She was part of the gold medal-winning 4x100m British quartet at the 2014 European Championship and was also part of the quartet that finished fourth at the World Championships in Beijing a year later.

 @DesireeLHenry



SOPHIE HITCHON

Event: Hammer
Age: 25 (11.07.1991)
Born: Burnley
Hometown: Loughborough
Club: Blackburn Harriers
Previous Games attended: London 2012

Major achievements: CG: bronze (hammer) 2014.

Having had plenty of success at junior and U23 level, including winning gold at the Commonwealth Youth Games in 2008, Sophie Hitchon qualified for London 2012, where she finished 12th in the hammer throw.

Hitchon then won bronze at Glasgow 2014 and at the 2015 World Championships in Beijing she broke the British record with a throw of 73.86m to finish fourth.

This season she won the British Championships and subsequently came fourth at the European Championships in Amsterdam.

 @SophieHitchon



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MATTHEW HUDSON-SMITH

Event: 400m, 4x400m relay
Age: 21 (26.10.1994)
Born: Wolverhampton
Hometown: Wolverhampton
Club: Birchfield Harriers
Previous Games attended: None
Major achievements: CG: gold (4x400m) 2014. ECh: bronze (4x400m) 2016; gold (4x400m), silver (400m) 2014.



Matthew Hudson-Smith won bronze medals in the 200m and 4x400m relay at the 2013 European Junior Championships in Rieti, Italy.

In 2014 he won 4x400m gold at Glasgow 2014 before repeating the trick at the European Championships in Zurich a fortnight later and also adding 400m silver.

This year he won the 400m at the British Championships in a time of 44.88 seconds.

@mattonthefloor

KATARINA JOHNSON-THOMPSON

Event: Heptathlon
Age: 23 (09.01.1993)
Born: Woolton
Hometown: Liverpool
Club: Liverpool Harriers
Previous Games attended: London 2012



Major achievements: WInCh: silver (LJ) 2014. EInCh: gold (pent) 2015.

In 2012 Katarina Johnson-Thompson broke Jessica Ennis-Hill's British junior heptathlon record, finished 15th at London 2012 and added World Junior long jump gold to her 2009 World Youth heptathlon title.

The following year she was fifth at the World Championships – just 28 points off bronze – before setting new British high and long jump records in 2015, while she also claimed pentathlon gold at the European Indoor Championships.

@JohnsonThompson

RICHARD KILTY

Event: 4x100m relay
Age: 26 (02.09.1989)
Born: Stockton-on-Tees
Hometown: Stockton-on-Tees
Club: Middlesbrough & Cleveland Harriers
Previous Games attended: None



Major achievements: ECh: gold (4x100m) 2014. WInCh: gold (60m) 2014. EInCh: gold (60m) 2015. CG: silver (4x100m) 2014.

Richard Kilty marked his Great Britain debut in a major individual competition by storming to 60m gold at the World Indoor Championships in Poland in 2014. That same year he won 4x100m gold at the European Championships and Commonwealth Games, before adding the European Indoor 60m title in 2015.

This year he reached the final of the 100m at the European Championships.

@RKilty1

DOMINIC KING

Event: 50km race walk
Age: 32 (30.05.1983)
Born: Colchester
Hometown: Colchester
Club: Colchester Harrier
Previous Games attended: London 2012
Major achievements: CG: 6th (20km) 2006.



Dominic King competed at the 50km race walk at London 2012 – finishing 51st.

In doing so King was the first 50km walker to compete at an Olympic Games for Team GB since Chris Maddocks at Sydney 2000.

He made his Commonwealth Games debut aged 19 at Manchester 2002 before also appearing at Melbourne 2006.

@DomKingOlympian

MORGAN LAKE

Event: High jump
Age: 19 (12.05.1997)
Born: Reading
Hometown: Reading
Club: Windsor Slough Eton & Hounslow
Previous Games attended: None
Major achievements: WJCh: gold (hep), gold (HJ) 2014. EJC: gold (HJ) 2015.



Morgan Lake broke the UK under-13 and under-15 pentathlon records, before setting a new under-17 high jump record of 1.90m at the 2013 World Junior Championships.

She withdraw from that competition on day two but the following year claimed heptathlon and high-jump gold, adding the European Junior title in the latter in 2015.

This year she competed in both the World Indoor and European Championships.

@morgan_a_lake

JADE LALLY

Event: Discus
Age: 29 (30.03.1987)
Born: Tooting
Hometown: Horsham
Club: Shaftesbury Barnet
Previous Games attended: None
Major achievements: CG: bronze (discus) 2014.



Winner of five British Championships, discus-thrower Jade Lally will make her Olympic Games debut at Rio 2016.

She does so as the British indoor record holder, having thrown 58.97m back in March 2012.

Lally won bronze at Glasgow 2014, having finished sixth at Delhi 2010.

@JadeLallyT69

NIGEL LEVINE

Event: 4x400m relay
Age: 27 (30.04.1989)
Born: Trinidad & Tobago
Hometown: Bedford
Club: Windsor Slough Eton & Hounslow
Previous Games attended: London 2012



Major achievements: ECh: gold (4x400m) 2014; silver (4x400m) 2012. WCh: silver (4x400m) 2014; silver (4x400m) 2012; bronze (4x400m) 2010. ECh: gold (4x400m), silver (400m) 2013; silver (4x400m) 2011; silver (4x400m) 2009.

Nigel Levine will make his second Olympic Games appearance at Rio 2016, having reached the semi-finals of the 400m at London 2012 as well as helping the 4x400m team to a fourth-place finish.

Levine has two European Championship 4x400m medals to his name, including gold in 2014.

@NigelLevine

KELLY MASSEY

Event: 4x400m relay
Age: 31 (11.01.1985)
Born: Coventry
Hometown: Manchester
Club: Sale Harriers
Previous Games attended: None
Major achievements: ECh: bronze (4x400m) 2014. ECh: silver (4x400m) 2015. CG: bronze (4x400m) 2014; silver (4x400m) 2010.



Kelly Massey will travel to her first Olympic Games having helped Great Britain claim 4x400m silver at last year's European Indoor Championships.

Silver was also the colour she helped England collect at Delhi 2010, going on to win bronze four years later in Glasgow.

And her medal collection is complete with 4x400m bronze at 2014's European Championships in Zurich.

@kellymassey400

EILISH MCCOLGAN

Event: 5000m
Age: 25 (25/11/1990)
Born: Dundee
Hometown: Manchester
Club: Dundee Hawkhill Harriers
Previous Games attended: London 2012



Major achievements: ECh: 6th (5000m) 2015.

This will be Eilish McColgan's second Olympic Games after she came ninth in her 3000m steeplechase heat at London 2012.

Running is in her blood with international athletes Liz and Peter McColgan as her parents and she secured a sixth-place finish at her home Commonwealth Games in 2014. But the 25-year-old missed the whole of 2015 due to an ankle injury and only changed discipline in the final year of the Olympic cycle, coming sixth in the 5000m at the European Championships in July.

@EilishMcColgan

NICK MILLER

Event: Hammer throw
Age: 23 (01/05/1993)
Born: Carlisle
Hometown: California
Club: Border Harriers
Previous Games attended: None
Major achievements: CG: silver (hammer) 2014.



Nick Miller is the reigning British record holder after throwing 77.55m at the Folsam Grand Prix in July 2015 and won the British title in 2014 and 2015, but had to settle for third this year.

Born and raised in Carlisle, Miller has been based in the US in recent years and won silver at the 2014 Commonwealth Games in Glasgow.

His debut World Championships in 2015 saw him finish 11th, he took part in his first Europeans in July and also claimed the 2016 NCAA title.

@NickMillerhamer

ROSS MILLINGTON

Event: 10,000m
Age: 26 (19/09/1989)
Born: Stockport
Hometown: Stockport
Club: Stockport
Previous Games attended: None
Major achievements: EXCh: 5th 2014



Ross Millington is the reigning British Cross Country Champion and secured his place in Rio by setting a new 10,000m PB of 27:55.06 in June.

Millington had won the British trials the month before but not in the required qualification time and has also shown he is a talented 5,000m runner, coming second and sixth at the British Championships in 2014 and 2015 respectively.

@ross_millington

NETHANEEL MITCHELL-BLAKE

Event: 200m
Age: 22 (02/04/1994)
Born: Newham
Hometown: Baton Rouge, Louisiana
Club: Louisiana State University
Previous Games attended: None
Major achievements: EJC: gold (200m) 2013.



Nethaneel Mitchell-Blake burst on to the international scene in May when he ran what was at that point the fourth fastest 200m time in the world so far this year – becoming the second quickest Briton ever in the process.

Mitchell-Blake's talent resulted in a scholarship at Louisiana State University and in 2013 he won the European Junior Championships 200m title.

@WurdOfBlake

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LAURA MUIR

Event: 1500m
Age: 23 (09.05.1993)
Born: Milnathort
Hometown: Dundee
Club: Dundee Hawkhill
Previous Games attended: None
Major achievements: EU23Ch: bronze (1500m) 2013.



Laura Muir burst onto the scene in 2013 when she claimed 1500m bronze at the European Under-23 Championships in Tampere, Finland.

This year she successfully defended her British 1500m title before going on to break Dame Kelly Holmes' 12-year-old national record when she won the Anniversary Games in 3 minutes 57.49 seconds.

@lauramuirns

ROB MULLETT

Event: 3000m steeplechase
Age: 29 (31.07.1987)
Born: Brighton
Hometown: Newham
Club: Lewes
Previous Games attended: None
Major achievements: ECh: 6th (3000m sc) 2016.



In June this year Rob Mullett successfully defended the 3000m steeplechase British title he won for the first time in 2015.

That was followed by an appearance at the 2016 European Championships following month where he finished sixth.

@mullett_rob

DARYLL NEITA

Event: 100m, 4x100m relay
Age: 19 (29.08.1996)
Born: London
Hometown: London
Club: Shaffesbury Barnet
Previous Games attended: None
Major achievements: EJCh: 4th (100m) 2015.



Daryll Neita competed in her maiden British Championships in June of this year, going on to finish second in the 100m to earn her Rio 2016 spot.

She set a new personal best of 11.23 seconds in winning her semi-final, while in 2015 she was just one place off a medal at the European Junior Championships.

@daryllneita

ASHLEIGH NELSON

Event: 4x100m relay
Age: 25 (20.02.1991)
Born: Stoke-on-Trent
Hometown: London
Club: City of Stoke
Previous Games attended: None
Major achievements: WCh: bronze (4x100m) 2013. ECh: gold (4x100m), bronze (100m) 2014. CG: bronze (4x100m) 2014. WJCh: silver (100m) 2008. WYCh: bronze (100m) 2007.



Ashleigh Nelson won World Youth Championships bronze in 2007, upgrading to silver at the Junior version the following year.

She has since gone on to claim 4x100m medals at European, World and Commonwealth level - adding individual 100m bronze at the former in 2014.

She is the cousin of Oxford United footballer Curtis Nelson and her brother Alex competed at Beijing 2008.

@ashleighnelson

CINDY OFILI

Event: 100m hurdles
Age: 21 (05.08.1994)
Born: Michigan, USA
Hometown: Michigan, USA
Club: Woodford Green Essex Ladies
Previous Games attended: None
Major achievements: BCh: 2nd (100mh) 2016.



In June this year Cindy Ofili finished second in the 100m hurdles at the British Championships, 0.02 seconds behind older sister Tiffany Porter.

Ofili competed at the 2015 World Championships, reaching the semi-finals in Beijing, while she is was also second at that year's British Championships.

@cindyofili

CHRIS O'HARE

Event: 1500m
Age: 25 (23.11.1990)
Born: West Linton
Hometown: Edinburgh
Club: Edinburgh Athletics
Previous Games attended: None
Major achievements: ECh: bronze (1500m) 2014. ECh: bronze (1500m) 2015.



In 2013 Chris O'Hare became the first British athlete to qualify for the 1500m World final in six years, going on to finish 12th.

The following year he won European Championship bronze, before adding an indoor bronze in 2015.

In June this year he finished second at the British Championships behind Rio 2016 teammate Charlie Grice.

@chrisohare1500

CHRISTINE OHURUOGU

Event: 400m, 4x400m relay
Age: 32 (17.05.1984)
Born: London
Hometown: London
Club: Newham and Essex Beagles
Previous Games attended: London 2012, Beijing 2008, Athens 2004



Major achievements: OG: silver (400m) 2012; gold (400m) 2008. CG: bronze (4x400m) 2014; gold (400m) 2006. WCh: bronze (4x400m) 2015; gold (400m) 2013; bronze (4x400m) 2013; gold (400m) 2007; bronze (4x400m) 2007; bronze (4x400m) 2005. WinCh: bronze (4x400m) 2014; gold (4x400m) 2012. ElnCh: gold (4x400m) 2013.

Christine Ohuruogu burst onto the athletics scene at Melbourne 2006 when she won a gold medal for England in the 400m, before adding bronze at Glasgow 2014.

She made her Games debut at Athens 2004, reaching the semi-final in the 400m, and four years later became the first ever British female 400m Olympic Champion before winning silver in the same event at London 2012.

In 2013, she became the first British female to win two World Championship titles and the first British female to win three global titles.

@chrisyohuruogu

ANYIKA ONUORA

Event: 4x400m relay
Age: 31 (28.10.1984)
Born: Liverpool
Hometown: Loughborough
Club: Liverpool Harriers
Previous Games attended: London 2012
Major achievements: WCh: bronze (4x400m) 2015. ECh: gold (4x100m), bronze (400m) 2016; 2014; silver (4x100m) 2006. CG: bronze (4x400m, 4x100m) 2014; silver (4x100m) 2006.



Melbourne 2006 saw Anyika Onuora make her senior bow on the world athletics stage, reaching the semi-finals of the 100m and winning a silver medal in the 4x100m relay, before achieving the same feat five months later at the European Championships.

Two years later, Onuora was chosen to represent Team GB at Beijing 2008 but did not compete, before competing in both the 100m and 200m at London 2012.

In 2014 she won her first European title in the 4x100m relay, as well as winning double bronze at the Commonwealth Games in Glasgow.

@annyonuora

SHELAYNA OSKAN-CLARKE

Event: 800m
Age: 26 (20.01.1990)
Born: London
Hometown: London
Club: Windsor Slough Eton and Hounslow
Previous Games attended: None
Major achievements: WCh: 5th (800m) 2015.



Shelayna Oskan-Clarke will make her Olympic Games debut at Rio 2016 having enjoyed a breakthrough 2015 in which she finished fifth at the World Championships in Beijing.

She got her first taste of international championship competition in 2008, when she finished fifth in the 400m at the Commonwealth Youth Games. In 2013 she won bronze at the British Championships, before moving up one step of the podium at both the 2014 and 2015 championships and claiming gold in June of this year.

@soskanclarke

JO PAVEY

Event: 10,000m
Age: 42 (20.09.1973)
Born: Honiton
Hometown: Exeter
Club: Exeter Harriers
Previous Games attended: London 2012, Beijing 2008, Athens 2004, Sydney 2000



Major achievements: CG: bronze (5000m) 2014; silver (5000m) 2006. ECh: gold (10,000m) 2014; silver (10,000m) 2012.

Jo Pavey will be the first British track athlete to compete in five Olympic Games after being selected for Rio 2016 - her best finish being fifth at Athens 2004.

In 2014 she became the oldest female European Champion in history at the age of 40 years and 325 days, winning 10,000m gold just ten months after giving birth to her second child. Pavey ran the qualification time for Rio 2016 at this year's Europeans.

@jopavey

ASHA PHILIP

Event: 100m, 4x100m relay
Age: 25 (25.10.1990)
Born: Leytonstone
Hometown: Loughborough
Club: Newham and Essex Beagles
Previous Games attended: None
Major achievements: ECh: silver (4x100m) 2016; gold (4x100m) 2014. CG: bronze (4x100m) 2014.



A former world junior trampolining champion, Asha Philip became the first British woman to achieve a global 100m title when she won gold at the 2007 World Youth Championships.

She formed part of the Great Britain sprint relay team that won gold in the 4x100m at the 2014 European Championships. In the same year she won Commonwealth Games bronze as part of the 4x100m relay team, and finished fourth in the individual 100m.

@MissAshaPhilip

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TIFFANY PORTER

Event: 100m hurdles
Age: 28 (13.11.1987)
Born: Michigan, USA
Hometown: Michigan, USA
Club: Woodford Green Essex
Previous Games attended:
London 2012



Major achievements: WCh: bronze (100mh) 2013. ECh: bronze (100mh) 2016; gold (100mh) 2014. WinCh: bronze (60mh) 2016; bronze (60mh) 2014; silver (60mh) 2012. EinCh: silver (60mh) 2011. CG: silver (100mh) 2014.

Tiffany Porter made her Games debut at London 2012, reaching the semi-finals of the 100m hurdles. Two years later, after winning silver at Glasgow 2014, Porter took her first major title and became the first British woman to win a European title in the 100m hurdles. She is also a three-time medalist over 60m hurdles at the World Indoor Championships.

@tiffofil

BETH POTTER

Event: 10,000m
Age: 24 (27.12.1991)
Born: Glasgow
Hometown: London
Club: Shafesbury Barnet
Previous Games attended: None
Major achievements: CG: 5th (10,000m) 2014.



Beth Potter will make her Olympic Games debut at Rio 2016, after finishing with 10,000m silver at May's trials. The reigning Scottish Champion, she finished fifth at last year's British Championships, one year after placing ninth in the 5000m and fifth in the 10,000m at the Commonwealth Games in Glasgow.

As a junior, Potter placed fifth in the 1500m at the 2008 Commonwealth Youth Games, and finished in the same position in the 3000m at the European Junior Championships the following year.

@beth_potter

ANDREW POZZI

Event: 110m hurdles
Age: 24 (15.05.1992)
Born: Stratford-upon-Avon
Hometown: Bath
Club: Stratford-upon-Avon
Previous Games attended:
London 2012



Major achievements: EJCh: silver (110mh) 2011.

Andrew Pozzi was crowned British 60m hurdles Champion in 2014, and two years later regained his crown while also winning the 110m hurdles title to qualify for Rio 2016.

He was selected to compete at London 2012 after winning the British trials, but after suffering a hamstring injury the month before the Games, Pozzi was unable to finish his first race. Two years later, he finished just outside the medal spots in fourth at the World Indoor Championships, as he had in 2012.

@andrew_pozzi

SHARA PROCTOR

Event: Long jump
Age: 27 (16.09.1988)
Born: US Virgin Islands
Hometown: Arnhem, Netherlands
Club: Birchfield Harriers
Previous Games attended:
London 2012



Major achievements: WCh: silver (LJ) 2015. WinCh: bronze (LJ) 2012.

After representing Anguilla at the 2006 Commonwealth Games, Shara Proctor won her first senior medal in Great Britain colours at the World Indoor Championships in 2012, leaping to a British national indoor record of 6.89m.

In 2015 she won World Championship silver, becoming the first British female long jumper to jump over seven metres. Proctor made her Olympic Games debut at London 2012, finishing ninth.

@SharaProctor

MICHAEL RIMMER

Event: 800m
Age: 30 (03.02.1986)
Born: Southport
Hometown: Manchester
Club: Liverpool Pembroke Sefton
Previous Games attended:
London 2012, Beijing 2008



Major achievements: ECh: silver (800m) 2010. CG: 7th (800m) 2014.

Michael Rimmer made his Olympic Games debut at Beijing 2008, having won that year's British Championships.

Two years later, he won his first major championship medal, a silver at the European Championships in Barcelona, the same year in which he became the first male 800m runner in history to win five consecutive national senior titles.

Rimmer competed at London 2012 and finished seventh in the 800m final at the 2014 Commonwealth Games in Glasgow.

@MichaelRimmer8

SEBASTIAN RODGER

Event: 400m hurdles
Age: 25 (29.06.1991)
Born: Brighton
Hometown: Brighton
Club: Shafesbury Barnet
Previous Games attended: None



Major achievements: WJCh: bronze (4x400m) 2010. EU23Ch: silver (400mh) 2013.

A former decathlete, Sebastian Rodger won World Junior relay bronze in 2010 before moving one step up the podium at the European U23 Championships three years later.

He made his World Championship debut in 2013, and the following year made his Commonwealth Games bow in Glasgow.

@SebRodger

MARTYN ROONEY

Event: 400m, 4x400m relay
Age: 29 (03.04.1987)
Born: Croydon
Hometown: Loughborough
Club: Croydon
Previous Games attended:
London 2012, Beijing 2008



Major achievements: WCh: bronze (4x400m) 2015; silver (4x400m) 2009. ECh: gold (400m) 2016; gold (400m), gold (4x400m) 2014; silver (4x400m) 2010; bronze (400m) 2010.

Rio 2016 will be Martyn Rooney's third Olympic Games, and he reaches that milestone fresh from winning his second European 400m gold medal in July.

A mainstay on the anchor leg of the Great Britain 4x400m relay team, Rooney won silver at the World Championships in 2009 and then bronze at the 2015 edition.

After an eight-year break, Rooney made his Commonwealth Games return in 2014, finishing fourth in the final, and in the same year, won his first individual European title.

@MartynRooney

GREG RUTHERFORD

Event: Long jump
Age: 29 (17.11.1986)
Born: Milton Keynes
Hometown: Milton Keynes
Club: Marshall Milton Keynes
Previous Games attended:
London 2012, Beijing 2008



Major achievements: OG: gold (LJ) 2012. WCh: gold (LJ) 2015. ECh: gold (LJ) 2016; gold (LJ) 2014; silver (LJ) 2006. CG: gold (LJ) 2014; silver (LJ) 2010.

After first making his Games debut at Beijing 2008, Greg Rutherford won gold at London 2012 on 'Super Saturday', becoming only the second British man win Olympic gold in the long jump.

The current British outdoor and indoor record holder, in 2015 Rutherford became the first British athlete ever to hold all available outdoor titles - British, European, Commonwealth, World and Olympic - at the same time.

In 2013, he was appointed Member of the Order of the British Empire (MBE) for services to athletics, while he won his second European title in July this year.

@GregJRutherford

SONIA SAMUELS

Event: Marathon
Age: 37 (16.05.1979)
Born: South Shields
Hometown: Loughborough
Club: Sale Harriers Manchester
Previous Games attended: None
Major achievements: WCh: 16th (mar) 2013. LM: 14th 2016.



In 2011 Sonia Samuels stepped away from a full-time career in teaching to dedicate herself to her running. That year she finished third in the Berlin Half Marathon and a year later made her London Marathon debut where she finished 19th in a time of 2:33.41 hours.

In 2013 she represented Great Britain at the World Athletics Championships in Moscow, finishing 16th in the marathon - a feat she repeated in the 2015 London Marathon, while in this years event she went two places better.

@SoniaSamuels

JAZMIN SAWYERS

Event: Long jump
Age: 22 (21.05.1994)
Born: Stoke-on-Trent
Hometown: Stoke-on-Trent
Club: City of Stoke
Previous Games attended: None



Major achievements: ECh: silver (LJ) 2016. CG: silver (LJ) 2014. WJCh: bronze (LJ) 2012.

A former gymnast, bobsledder and heptathlete, Jazmin Sawyers will make her Olympic Games debut at Rio 2016.

In 2012 she won bobsleigh silver at the Winter Youth Olympic Games, the same year in which she won World Junior long jump bronze, having become the Commonwealth Youth Games long jump champion in 2011. Sawyers won silver at Glasgow 2014 before claiming silver once more at this year's European Championships in Amsterdam.

@JazminJayne

LYNSEY SHARP

Event: 800m
Age: 26 (11.07.1990)
Born: Dumfries
Hometown: Edinburgh
Club: Edinburgh
Previous Games attended:
London 2012



Major achievements: ECh: silver (800m) 2014; gold (800m) 2012. CG: silver (800m) 2014.

Lynsey Sharp made her Olympic Games bow at London 2012, coming off the back of a European Championship gold medal she claimed in Helsinki earlier that year.

In 2014 she won silver at Glasgow 2014 and she is the daughter of 1980 Olympian Cameron Sharp - who also won 200m European silver in 1982 - and Carol Sharp, who competed at the 1982 Commonwealth Games.

@LynseySharp

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DANNY TALBOT

Event: 200m, 4x100m relay
Age: 25 (01.05.1991)
Born: Salisbury
Hometown: Loughborough
Club: Birchfield Harriers
Previous Games attended: London 2012
Major achievements: ECh: bronze (200m) 2016; gold (4x100m) 2014; bronze (200m) 2012. CG: silver (4x100m) 2014.



Danny Talbot won 200m bronze at the 2012 European Championships in Helsinki before forming part of the Team GB 4x100m relay squad for London 2012.

He has enjoyed his best success in the relay team since, winning 4x100m Commonwealth Games silver and 4x100m European gold.

In July this year Talbot won European bronze in the 200m, crossing the line in 20.56 seconds.

@DannyRakeTalbot

TSEGAJ TEWELDE

Event: Marathon
Age: 26 (08.12.1989)
Born: Eritrea
Hometown: Glasgow
Club: Glasgow City
Previous Games attended: None
Major achievements: LM: 12th 2016



Originally from Eritrea, Tsegaj Tewelde arrived in Great Britain in 2008 to compete in the World Cross-Country Championships and sought political asylum.

He qualified for Rio 2016 eight years later after finishing 12th in the London Marathon in 2:12.23 hours.



STEPH TWELL

Event: 5000m
Age: 26 (17.08.1989)
Born: Colchester
Hometown: London
Club: Aldershot, Farnham & District
Previous Games attended: Beijing 2008
Major achievements: ECh: bronze (5000m) 2016. CG: bronze (1500m) 2010.



Steph Twell will make her second Olympic Games appearance fresh from claiming 5000m bronze at the European Championships in Amsterdam in July.

Her first Olympic Games saw Twell compete in the 1500m at Beijing 2008, exiting in the heats, while a foot injury saw her ruled out of London 2012 contention.

She holds the Scottish 5000m record with a personal best of 14:54.08 minutes and also won 1500m Commonwealth Games bronze at Delhi 2010.

@StefApril

LORRAINE UGEN

Event: Long jump
Age: 24 (22.08.1991)
Born: London
Hometown: Dallas, USA
Club: Thames Valley
Previous Games attended: None
Major achievements: WCh: bronze (long jump) 2016.



Lorraine Ugen won World Indoor Championships bronze in March this year, setting a new indoor personal best and matching Katarina Johnson-Thompson's British record of 6.93m in the process. Following that she exited July's European Championships in qualifying, while she finished an impressive fifth at the 2015 Worlds in Beijing.

That was the same position she ended up at Glasgow 2014, while she failed to record a mark at her senior international major championships bow - the 2013 Worlds.

@loralski

CHIJINDU UJAH

Event: 100, 4x100m
Age: 22 (05.03.1994)
Born: London
Hometown: London
Club: Enfield & Haringey
Previous Games attended: None
Major achievements: ECh: gold (4x100m) 2016.



Chijindu Ujah picked up double silver in the 100m and 4x100m relay at the 2011 Commonwealth Youth Games before being crowned European Junior Champion over 100m two years later.

In June 2014 he became the youngest British sprinter to break ten seconds for the 100m when he clocked 9.96 seconds. And Ujah has continued to impress this year, finishing third in the 100m at the British Championships while also helping Great Britain men to 4x100m gold at the European Championships in July.

@Chijindu_Ujah

ANDY VERNON

Event: 10,000m
Age: 30 (07.01.1986)
Born: Fareham
Hometown: Fareham
Club: Aldershot, Farnham & District
Previous Games attended: None
Major achievements: ECh: silver (10,000m), bronze (5000m) 2014.



Andy Vernon will be making his Olympic Games debut in Rio after injury ruled him out of London 2012.

He is already a triple European medalist at 5000m, 10,000, and cross country level, with his two track medals coming at the 2014 European Championships in Zurich, where he picked up 10,000m silver and 5000m bronze.

@AndyVernonGB

LENNIE WAITE

Event: 3000m steeplechase
Age: 30 (04.02.1986)
Born: Paisley
Hometown: Paisley
Club: East Kilbride
Previous Games attended: None
Major achievements: CG: 6th (3000m steeplechase) 2010.



Lennie Waite holds the British record for the 2000m steeplechase - a time of 6:27.33 minutes achieved back in May 2010. That same year saw her compete in her first major competition - the Commonwealth Games in Delhi - where she finished sixth for Scotland, while four years later she was tenth on home soil.

Waite set a new 3000m steeplechase personal best of 9:35.91 to dip under the Rio qualification standard in Portland in June this year, shortly before she was second at the British Championships.

@lenniew8

LAURA WIGHTMAN

Event: 1500m
Age: 22 (01.07.1991)
Born: Alnwick
Hometown: Leeds
Club: Morpeth
Previous Games attended: London 2012
Major achievements: ECh: bronze (1500m) 2014. CG: silver (1500m) 2014.



Laura Wightman is coached by Olympic silver medalist Steve Cram and secured her Rio 2016 spot with a second-place finish at the 2016 British Championships. Rio will be Wightman's second Olympic Games outing after she competed on home soil in 2012.

Since then she has gone on to claim medals on the international stage, with Commonwealth Games silver followed by a European bronze in 2014.

@LauraWightman

LAURA WHITTLE

Event: 5000m
Age: 30 (28.11.1985)
Born: Glasgow
Hometown: Loughborough
Club: Royal Sutton Coldfield
Previous Games attended: None
Major achievements: ECh: 5th (5000m) 2016.



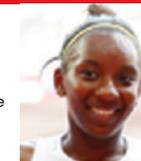
A former swimmer and capable player of both the trombone and the piano, Laura Whittle will be making her Olympic Games debut in Rio.

It comes after an impressive season which saw her finish third at the British Championships before recording a top five finish at July's European Championships in Amsterdam. A former European Under-23 Champion, Whittle has previously competed at the 2014 Commonwealth Games for Scotland where she finished sixth.

@laura_whittle6

BIANCA WILLIAMS

Event: 4x100m relay
Age: 22 (18.12.1993)
Born: London
Hometown: Walthamstow
Club: Enfield & Haringey
Previous Games attended: None
Major achievements: ECh: silver (4x100m) 2016. CG: bronze (200m), bronze (4x100m) 2014.



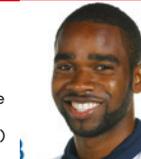
Sprinter Bianca Williams enjoyed a breakthrough season in 2014, winning 200m and 4x100m relay bronze at the Commonwealth Games in Glasgow - and clocking a new 200m personal best of 22.58 seconds in the process.

Since then she has gone on to appear at last year's World Championships in Beijing, reaching the 200m semi-final, while in July she helped Great Britain to 4x100m silver at the European Championships.

@BiancaWills

DELANO WILLIAMS

Event: 4x400m relay
Age: 22 (23.12.1993)
Born: Turks and Caicos Islands
Hometown: Jamaica
Club: Enfield & Haringey
Previous Games attended: None
Major achievements: WCh: bronze (4x400m) 2015. ECh: bronze (4x400m) 2016.



Originally from the British Overseas Territory of the Turks and Caicos Islands, Delano Williams started to compete for Great Britain from June 2013.

He helped Great Britain to bronze in the 4x400m relay at last year's World Championships while this July he added to his medal collection with 4x400m bronze at the European Championships in Amsterdam.

@Delano_Delly

JODIE WILLIAMS

Event: 200m
Age: 22 (28.09.1993)
Born: Welwyn Garden City
Hometown: Welwyn Garden City
Club: Herts Phoenix
Previous Games attended: None
Major achievements: ECh: gold (4x100m), silver (200m) 2014. CG: silver (200m), bronze (4x100m) 2014. WJCh: gold (100m), silver (200m) 2010. WYCh: gold (100m), gold (200m) 2009.



Jodie Williams will be making her Olympic Games debut in Rio, four years after a hamstring injury saw her miss out on London 2012, recorded podium finishes at the Commonwealth Games and European Championships in 2014, including 4x100m relay gold at the latter. A four-time World Youth and Junior medalist over the 100m and 200m, Williams finished sixth at this July's European Championships.

@Jodiealicia27

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RABAH YOUSIF

Event: 400m, 4x400m relay
 Age: 29 (11.12.1986)
 Born: Omdurman, Sudan
 Hometown: Middlesbrough
 Club: Newham & Essex Beagles
 Previous Games attended:
 London 2012



Major achievements: WCh: bronze (4x400m) 2015, ECh: bronze (4x400m) 2016; gold (4x400m) 2014.

One-lap specialist Rabah Youisif already has previous Olympic Games experience having represented Sudan at London 2012, where he set a then-personal best of 45.13 seconds in the semi-finals.

Youisif likes to rise to the big occasions, and set his current personal best of 44.54 at last year's World Championships where he placed sixth in the 400m and helped Great Britain to 4x400m bronze.

He booked his spot at Rio 2016 with a second-placed finish at the British Championships in June, while a month later he added a European 4x400m bronze medal to his collection.

@RYousif400GBR

NEIL BLACK

Title: Performance Director
 Games role: Team Leader



MALCOLM ARNOLD

Title: Coach
 Games role: Coach



JONATHAN BIGG

Title: Coach
 Games role: Coach



BENKE BLOMKVSIT

Title: Coach
 Games role: Coach



ANDY BURKE

Title: Physiotherapist
 Games role: Physiotherapist



FUZZ CAAN

Title: Coach
 Games role: Coach



MIKE CAVENDISH

Title: Performance Programme Manager
 Games role: Team Manager



ROB CHAKRAVERTY

Title: Doctor
 Games role: Doctor



JENNY CLOSE

Title: Project Leader
 Games role: Team Manager



NICK DAKIN

Title: Coach
 Games role: Coach



JAMES DAVIES

Title: Therapist
 Games role: Therapist



ROBERT DENMARK

Title: Coach
 Games role: Coach



BARRY FUDGE

Title: Coach
 Games role: Coach (Endurance)



STEVEN FUDGE

Title: Coach
 Games role: Coach



TORE GUSTAFSSON

Title: Coach
 Games role: Coach (Heavy Throws)



MIKE HOLMES

Title: Coach
 Games role: Coach



SHANE KELLY

Title: Therapist
 Games role: Therapist



ROBERT LOGAN

Title: Events Manager
 Games role: Administrative Personnel



STEPHEN MAGUIRE

Title: Coach
 Games role: Coach (Sprints)



CHRISTIAN MALCOLM

Title: Coach
 Games role: Coach



EDUARD MIAS-MORRELL

Title: Therapist
 Games role: Therapist



TONI MINICHELLO

Title: Coach
 Games role: Coach



NOEL POLLOCK

Title: Doctor
 Games role: Doctor



ALISON ROSE

Title: Therapist
 Games role: Therapist



SCOTT SIMPSON

Title: Coach
 Games role: Coach



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POORA SOHAL

Title: Physiotherapist
Games role: Physiotherapist



PETER STANLEY

Title: Coach
Games role: Coach



DERRY SUTER

Title: Therapist
Games role: Therapist



ROSS TUGWOOD

Title: Sport Science
Games role: Sport Science



MARTIN WILSON

Title: Physiotherapist
Games role: Physiotherapist



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BADMINTON

Badminton

Introduction

Badminton was invented in 1863 in the Great Hall of Badminton House, evolving from the older games of battledore and shuttlecock. The new game was played with the shuttlecock being hit over string rigged up across the middle of the Great Hall, which is the same size as today's badminton courts – 13.4m by 6.1m. The sport of badminton was then taken to India by army officers where the game and the rules were improved and developed.

Asian nations have dominated the sport in its Olympic history with China having won more than half the medals on offer since badminton's inclusion at Barcelona 1992.

At Rio 2016, there are set to be 172 players who will contest five events: men's/women's singles and doubles and mixed doubles.

At London 2012 it was China who were the stars, taking home all five gold medals on offer. In fact, they were so dominant that the women's singles and mixed doubles finals were contested solely between Chinese players.

DID YOU KNOW?
.....
A shuttlecock can travel at speeds up to 400km/h

Team GB at Rio 2016

Husband and wife duo Chris and Gabby Adcock headline an eight-strong Team GB badminton squad heading to Rio 2016.

At London 2012 Chris Adcock competed in the mixed doubles alongside Imogen Bankier, but this time he will go for glory alongside wife Gabby. And the pair arrive in Brazil full

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of confidence as they were ranked seventh in the world at the time of the team announcement, having claimed victory at the World Superseries Finals in Dubai to finish 2015 on a high.

Of the seven players to join them, Rajiv Ouseph will once again compete in the men's singles event having made his Olympic Games bow at London 2012.

The remaining five players will be making their Olympic Games debuts at Rio 2016, with Kirsty Gilmour going in the women's singles competition. In the women's doubles Heather Olver and Lauren Smith are the Team GB representatives, with Chris Langridge and Marcus Ellis rounding off the team in the men's doubles.

Competition format

As in London 2012 there will be a combination of group and knock-out stages across all events. However, a change means in the doubles tournaments those pairs that finish second in their groups will be placed in a fresh draw to determine who they will face in the next round. Group winners will have a fixed position for the knockout phase, matched to its designated seed.

Matches are played over the best of three games, and each game is won by the first player or doubles pairing to reach 21 points by a margin of two clear points.

If the score reaches 29-29, the winner of the next point takes the game.

“ I'm very happy to be selected for Team GB. I'm very excited to qualify for my second Olympics having been to London 2012 and had a taste of it there. ”

Rajiv Ouseph

WORDS TO LEARN

Lift:
A shot played from beneath the height of the net, normally played high to the back of the court

DID YOU KNOW?
.....
In one match a player makes an average of 2,000 strokes and, within 20 seconds, a shuttlecock is hit approximately 40-50 times

Clear:
When the shuttlecock is hit high over an opponent so that it drops vertically downwards at the back of the court

Alley:
The extension of the court by one-and-a-half feet on either side. Only used during doubles play

Carry:
When a player scoops the shuttle rather than hitting it. This is also known as a 'throw'





“The Olympics is the biggest thing in badminton. I started playing at the age of ten so to be selected for Team GB is what I’ve been working towards for 21 years.”

Chris Langridge

Team GB at the Olympic Games

	GOLD	SILVER	BRONZE	TOTAL
Athens 2004	0	1	0	1
Beijing 2008	0	0	0	0
London 2012	0	0	0	0
Total	0	1	1	2

To start a point, the server and receiver stand diagonally opposite each other. The shuttle must be hit underarm by the server and is adjudged out if it lands outside the service court.

The court is 6.1m wide and 13.4m long with different markings for singles and doubles matches. Doubles matches use the width of the court but have a smaller service area while singles courts are the same length but 5.18m wide.

FACT FILE

Venue:

Riocentro - Pavilion 4

Gold medals available:

5

Dates:

August 11-20

Number of Team GB athletes:

Men 4 Women 4

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Recent major championship winners

M = Men W = Women M/W = Mixed event

	LONDON 2012	WORLD CHAMPIONSHIPS 2015
Singles	M Lin Dan (CHN)	Chen Long (CHN)
	W Li Xuerui (CHN)	Carolina Marin (ESP)
Doubles	M Cai Yun and Fu Haifeng (CHN)	Mohammad Ahsan and Hendra Setiawan (INA)
	W Tian Qing and Zhao Yunlei (CHN)	Tian Qing and Zhao Yunlei (CHN)
	M/W Zhang Nan and Zhao Yunlei (CHN)	Zhang Nan and Zhao Yunlei (CHN)

Events schedule

M = Men's events W = Women's events M/W = Mixed event 🏅 = Medal event

DATE	EVENT
11 Aug	08.00-14.00 M Singles & doubles group stage
	W Singles & doubles group stage
	M/W Mixed doubles group stage
	15.30-18.00 M Singles & doubles group stage
	W Singles & doubles group stage
	M/W Mixed doubles group stage
	19.30-23.00 M Singles & doubles group stage
	W Singles & doubles group stage
	M/W Mixed doubles group stage
12 Aug	08.00-14.00 M Singles & doubles group stage
	W Singles & doubles group stage
	M/W Mixed doubles group stage
	15.30-18.00 M Singles & doubles group stage
	W Singles & doubles group stage
	M/W Mixed doubles group stage
	19.30-23.00 M Singles & doubles group stage
	W Singles & doubles group stage
	M/W Mixed doubles group stage

Events schedule cont.

M = Men's events **W** = Women's events **M/W** = Mixed event = Medal event

DATE	EVENT	
13 Aug	08.00-14.00 M Singles & doubles group stage	
	W Singles & doubles group stage	
	M/W Mixed doubles group stage	
	15.30-18.00	M Singles & doubles group stage
		W Singles & doubles group stage
		M/W Mixed doubles group stage
	19.30-23.00	M Singles & doubles group stage
		W Singles & doubles group stage
		M/W Mixed doubles group stage
14 Aug	08.00-13.00 M Singles group stage	
	W Singles group stage	
	15.30-18.00 M Singles group stage	
	W Singles group stage	
	19.30-22.30 M Singles group stage	
	W Doubles quarter-finals	
15 Aug	08.30-13.30 M Singles round of 16, doubles quarter-finals	
	W Doubles quarter-finals	
	17.30-23.00 M Singles round of 16	
	W Singles round of 16	
	M/W Mixed doubles semi-finals	
16 Aug	08.30-12.00 M Doubles semi-finals	
	W Doubles semi-finals	
	17.30-23.00 M Singles quarter-finals	
	W Doubles bronze medal match	
17 Aug	08.30-13.30 M Singles quarter-finals	
	M/W Mixed doubles gold medal match	
18 Aug	08.30-13.30 W Singles semi-finals, doubles medal matches	
	M Doubles bronze medal match	
19 Aug	08.30-13.30 M Singles semi-finals	
	W Singles medal matches	
	M Doubles gold medal match	
20 Aug	08.30-11.00 M Singles medal matches	

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CHRIS ADCOCK

Event: Mixed doubles
Age: 27 (27.04.1989)
Born: Leicester
Hometown: Nottingham
Games attended: London 2012

Major achievements: WCh: silver (mixed doubles) 2011. ECh: bronze (men's doubles) 2014; bronze (men's doubles), bronze (mixed doubles) 2012. CG: gold (mixed doubles), silver (team) 2014; bronze (mixed team) 2010.

Chris Adcock competed in the mixed doubles alongside Imogen Bankier at London 2012 - the duo winning World Championship silver the previous year.

This time around he will be playing alongside wife Gabby with the pair having won gold at Glasgow 2014.

They were ranked seventh in the world at the time of the team announcement and claimed victory at the World Superseries Finals in Dubai in December 2015.

@ChrisAdcock1



GABBY ADCOCK

Event: Mixed doubles
Age: 25 (30.09.1990)
Born: Leeds
Hometown: Milton Keynes
Games attended: None

Major achievements: CG: gold (mixed doubles), silver (mixed team), bronze (women's doubles) 2014.

Gabby Adcock will make her Olympic Games bow at Rio 2016 in the mixed doubles event, playing alongside her husband Chris whom she married three years ago.

The pair finished 2015 in style with victory at the World Superseries Finals, while they were ranked seventh in the world at the time of the team announcement.

Gabby and Chris won mixed doubles gold at Glasgow 2014, with the former also winning bronze in the women's doubles alongside Lauren Smith.

@gabbywhite011



MARCUS ELLIS

Event: Men's doubles
Age: 26 (14.09.1989)
Born: Huddersfield
Hometown: Huddersfield
Games attended: None

Major achievements: ECh: bronze (men's doubles) 2016.

Marcus Ellis will make his Olympic Games debut at Rio 2016 alongside Chris Langridge, with the pair having won the men's doubles English title in 2015 and 2016.

He won the 2013 Denmark International with Paul van Rietvelde before teaming up with Langridge and climbing into the top 20 of the world rankings at the time of the team announcement. The pair reached the quarter-finals at last year's World Championships while earlier this year they won bronze at the European Championships.

@ellis_marcus111



KIRSTY GILMOUR

Event: Women's singles
Age: 22 (21.09.1993)
Born: Bellshill
Hometown: Bellshill
Games attended: None

Major achievements: ECh: silver (singles) 2016. CG: silver (singles) 2014.

Kirsty Gilmour will make her Olympic Games bow at Rio 2016 fresh from winning a silver medal at this year's European Championships in March.

That was Scotland's first-ever European Championship medal, while Gilmour also won a silver medal for her country in the singles event at Glasgow 2014.

At the time of the team announcement for Rio 2016 she had risen 22 places in the world rankings this year to climb up to 15th.

@KirstyGilmour



CHRIS LANGRIDGE

Event: Men's doubles
Age: 31 (02.05.1985)
Born: Epsom
Hometown: Epsom
Games attended: None

Major achievements: ECh: bronze (men's doubles) 2016. CG: silver (mixed doubles), silver (mixed team), bronze (men's doubles) 2014.

Chris Langridge won three medals at Glasgow 2014, helping England to silver in the team event while also winning the same colour medal in the mixed doubles alongside Rio 2016 teammate Heather Olver. He also won men's doubles with Peter Mills, before partnering up with Marcus Ellis and winning back-to-back English titles.

The duo also reached the quarter-finals at last year's World Championships while earlier this year they won bronze at the Europeans.

@C_Langridge



LAUREN SMITH

Event: Women's doubles
Age: 24 (26.09.1991)
Born: Carlisle
Hometown: Carlisle
Games attended: None

Major achievements: CG: silver (mixed team), bronze (women's doubles) 2014.

Lauren Smith makes her Olympic Games bow at Rio 2016 having won both the 2015 and 2016 English women's doubles title alongside Heather Olver.

The pair team up at Rio 2016 having first joined forces in 2014 after Smith won a bronze medal at that year's Commonwealth Games alongside Gabby Adcock.

Smith also helped England win mixed team silver at Glasgow 2014 and she competed in netball and athletics while at William Howard School in Carlisle.

@LaurenE_Smith



Team GB will compete in all events

HEATHER OLVER

Event: Women's doubles
Age: 30 (15.03.1986)
Born: Eastbourne
Hometown: Eastbourne
Games attended: None
Major achievements: ECh: bronze (women's doubles) 2010. CG: silver (mixed team) 2014; bronze (mixed team) 2010.



Rio 2016 will be Heather Olver's first Olympic Games experience, having helped England to mixed team silver at Glasgow 2014.

She will compete in the women's doubles alongside Lauren Smith, with the pair winning back-to-back English titles in 2015 and 2016.

Olver has a degree in Coach Education and Sports Development from the University of Bath while she was a triple jumper and 200m sprinter at Heathfield Community College.

@olver_heather

RAJIV OUSEPH

Event: Men's singles
Age: 29 (30.08.1986)
Born: Hounslow
Hometown: Hounslow
Games attended: London 2012
Major achievements: ECh: bronze (singles) 2016; silver (singles) 2014; bronze (singles) 2010. CG: silver (mixed team) 2014; silver (singles), bronze (mixed team) 2010.



Having made his Olympic Games debut at London 2012, Rajiv Ouseph is back to compete in the men's singles in Rio.

Ouseph has won the English title eight times, including seven consecutive years between 2008 and 2014 before reclaiming his crown earlier this year after losing out to Sam Parsons in 2015.

On the international stage he has won a silver and two bronze medals at the European Championships, while in 2010 he won men's silver and mixed team bronze at Delhi 2010.

@rajivouseph

JON AUSTIN

Title: Badminton England Performance Director
Games role: Team Leader



JAKOB HOEI

Title: Badminton England Head Coach
Games role: Head Coach



PETER JEFFREY

Title: Badminton England Coach
Games role: Coach



JULIAN ROBERTSON

Title: Badminton England Coach
Games role: Coach



BOXING

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Boxing

Introduction

Men's boxing has been a part of every Olympic Games since its introduction at St Louis 1904, except for Stockholm 1912 as Swedish law banned the sport at the time.

In contrast, women's boxing will be making its second appearance with London 2012 having seen females in the ring for the first time in Olympic history.

Team GB have a proud Olympic boxing tradition, claiming 17 gold medals, 12 silver and 24 bronze – including a clean sweep of all but one of the weight categories at London 1908.

Four years ago, Team GB boxers topped the medal table in London, just ahead of Ukraine by virtue of claiming three gold medals. Flyweight Nicola Adams kicked the gold rush off as she beat three-time World Champion Ren Cancan to become the first-ever woman to win an Olympic boxing title.

Anthony Joshua and Luke Campbell also won gold medals, while there was a silver for welterweight Fred Evans and bronze for middleweight Anthony Ogogo to cap off Team GB's best performance in an Olympic boxing tournament since 1920.

Other high-profile Team GB medal winners include Amir Khan, who won lightweight silver at Athens

DID YOU KNOW?
.....
Bronze medals are awarded to both semi-final losers

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2004, Audley Harrison, who claimed super heavyweight gold at Sydney 2000, and James DeGale, who took home middleweight gold at Beijing 2008.

Team GB at Rio 2016

Twelve boxers will represent Team GB at Rio 2016 as they bid to build on the five medals claimed at London 2012.

One of those medallists is back to defend her title, with Nicola Adams returning having won the flyweight crown at London 2012 to become the first-ever female Olympic boxing champion.

Since that success she hasn't slowed down and arrives in Rio having added the World, Commonwealth and European Games titles to her impressive CV.

World Championship bronze medallist and Commonwealth Champion Savannah Marshall is the other female representative and will compete at middleweight as she too returns having competed at London 2012.

For the men, Commonwealth and European Games Champion Joe Joyce will fight at super heavyweight as he bids to follow in Anthony Joshua's shoes, while Lawrence Okolie is named in the heavyweight division.

Joshua Buatsi is selected at light heavyweight with Commonwealth Games Champion Antony Fowler at middleweight.

Josh Kelly and Pat McCormack will fight in the welterweight and light welterweight divisions respectively, with European Champion Joe Cordina set



“ I love representing Great Britain and being part of Team GB at major multi-sport events. Great Britain has never had a two-time Olympic champion so I am really looking forward to defending my title in Rio and having the opportunity to make history for a second time.”

Nicola Adams



“ I watched the last Olympics as a spectator and saw how brilliantly Team GB performed so now to be part of it is an amazing feeling. It is great that we have such a strong team of boxers going to the Games and we aim to build on the success that Great Britain achieved last time round. ”

Joe Joyce

WORDS TO LEARN

Southpaw:

A left-handed boxer who leads with the right hand

Standing eight count:

A precaution taken by the referee to allow a boxer to recover after heavy blows

Jab:

A light, straight-arm blow, used to keep the opponent at bay and to set up a bigger shot

Throw in the towel:

A cornerman can concede defeat when he feels his boxer cannot continue by throwing a towel into the ring

to compete at lightweight. European silver medallist Qais Ashfaq will fight at bantamweight and Muhammad Ali and Galal Yafai round off the team in the flyweight and light flyweight divisions respectively.

Competition format

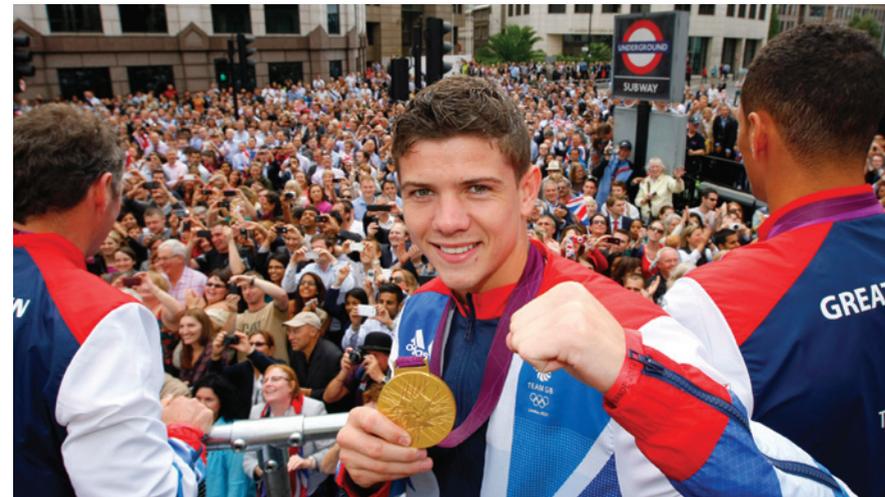
Male boxers compete over three three-minute rounds across ten weight categories from light flyweight to super heavyweight, while female boxers will contest four two-minute rounds across three weight divisions – flyweight, lightweight, middleweight.

Five judges score both fighters after each round, but scores are not revealed until the end of the bout.

A boxer receives ten points for winning a round, while the loser gets between six and nine. Athletes are scored on successfully landed blows, domination, competitiveness, technique, tactics and adherence to the rules.

DID YOU KNOW?
.....
Women fought at the Olympic Games for the first time at London 2012

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A computer selects the scores of three of the five judges at the end of the bout – and the final score is an average of these judges' scores.

Unless one is knocked out, stopped for their own protection or disqualified, the fighter with the most points wins.

A knockout occurs when a boxer is unable to get up after ten seconds, having been knocked to the ground.

In the event of a tie, the lowest and highest scores awarded by the five judges for each boxer are removed.

The boxer with the highest total score from the remaining three judges is determined the winner. If it is still a tie, all five judges vote and the boxer with the majority vote wins.

Each boxer is given a corner, labelled red or blue. This is also the colour of the clothing they wear to fight. All fighters must also wear gloves and

mouthguards although only the women now wear protective headguards.

The women's and men's categories – excluding heavyweight and super heavyweight – contest preliminary rounds before all 13 weights enter rounds of 16, progressing to a final. Both losing semi-finalists receive bronze medals. r rounds of 16, progressing to a final. Both losing semi-finalists receive bronze medals.

FACT FILE

Venue:

Riocentro Pavilion 6

Gold medals available:

13

Dates:

August 6-21

Number of Team GB athletes:

Men: 10 Women: 2



Team GB at the Olympic Games

	GOLD	SILVER	BRONZE	TOTAL
Athens 2004	0	1	0	1
Beijing 2008	1	0	2	3
London 2012	3	1	1	5
Total	17	12	24	53

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Recent major championship winners

= Men = Women

	LONDON 2012	WORLD CHAMPIONSHIPS*
Light flyweight	(49kg) Zou Shiming (CHN) N/A	Joahnys Argilagos (CUB) (45-48kg) Nazym Kyzaiabay (KAZ)
Flyweight	(52kg) Robeisy Ramirez (CUB) (51 kg) Nicola Adams (GBR)	Elvin Mamishzada (AZE) Nicola Adams (GBR)
Bantamweight	(56kg) Luke Campbell (GBR) N/A	Michael Conlan (IRE) (54kg) Dina Zholaman (KAZ)
Lightweight	(60kg) Vasyl Lomachenko (UKR) (60kg) Katie Taylor (IRE)	Lazaro Alvarez (CUB) Estelle Mossely (FRA)
Light welterweight	(64kg) Roniel Iglesias (CUB) N/A	Vitaly Dunaytsev (RUS) (64kg) Yang Wenlu (CHN)
Welterweight	(69kg) Serik Sapiyev (KAZ) N/A	Mohammed Rabii (MOR) (69 kg) Valentina Khalzova (KAZ)
Middleweight	(75kg) Ryota Murata (JAP) (75kg) Claressa Shields (USA)	Arlen Lopez (CUB) Claressa Shields (USA)
Light heavyweight	(81kg) Egor Mekhontsev (RUS) N/A	Julio Cesar La Cruz (CUB) (81 kg) Yang Xiaoli (CHN)
Heavyweight	(91kg) Oleksandr Usyk (UKR) N/A	Evgeny Tishchenko (RUS) (+81kg) Lazzat Kungeibayeva (KAZ)
Super heavyweight	(+91kg) Anthony Joshua (GBR)	Tony Yoka (FRA)

*2015 for men, 2016 for women

Events schedule

= Men's events = Women's events = Medal event

DATE	EVENT
6 Aug	11:00-13:15 Lightweight (60kg), light heavyweight (81kg), heavyweight (91kg) preliminaries
	17:00-19:15 Lightweight (60kg), light heavyweight (81kg), heavyweight (91kg) preliminaries
7 Aug	11:00-13:30 Light flyweight (49kg), light heavyweight (81kg), heavyweight (91kg) preliminaries
	17:00-19:30 Light flyweight (49kg), light heavyweight (81kg), heavyweight (91kg) preliminaries

Events schedule cont. M = Men's events W = Women's events 🏆 = Medal event

DATE	EVENT
8 Aug	11:00-14:00 M Welterweight (69kg) & middleweight (75kg) preliminaries
	17:00-20:00 M Welterweight (69kg) & middleweight (75kg) preliminaries
9 Aug	11:00-13:15 M Lightweight (60kg), middleweight (75kg), super heavyweight (+91kg) preliminaries
	17:00-19:15 M Lightweight (60kg), middleweight (75kg), super heavyweight (+91kg) preliminaries
10 Aug	11:00-14:00 M Light flyweight (49kg) quarter-finals, bantamweight (56kg), light welterweight (64kg), light heavyweight (81kg) preliminaries, heavyweight (91kg) quarter-finals
	17:00-20:00 M Light flyweight (49kg) quarter-finals, bantamweight (56kg), light welterweight (64kg), light heavyweight (81kg) preliminaries, heavyweight (91kg) quarter-finals
11 Aug	11:00-14:00 M Bantamweight (56kg), light welterweight (64kg), welterweight (69kg), light heavyweight (81kg) preliminaries
	17:00-20:00 M Bantamweight (56kg), light welterweight (64kg), welterweight (69kg), light heavyweight (81kg) preliminaries
12 Aug	11:00-13:45 W Flyweight (51kg) & lightweight (60kg) preliminaries
	17:00-19:45 W Flyweight (51kg) & lightweight (60kg) preliminaries, light heavyweight (81kg) quarter-finals, middleweight (75kg) preliminaries
13 Aug	11:00-14:00 M Flyweight (52kg) preliminaries, welterweight (69kg) quarter-finals, heavyweight (91kg) semi-finals, super heavyweight (+91kg) preliminaries
	17:00-20:00 M Flyweight (52kg) preliminaries, welterweight (69kg) quarter-finals, heavyweight (91kg) semi-finals, super heavyweight (+91kg) preliminaries
14 Aug	11:00-14:45 W Middleweight (75kg) preliminaries
	17:00-20:15 W Middleweight (75kg) preliminaries

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Events schedule cont. M = Men's events W = Women's events 🏆 = Medal event

DATE	EVENT
15 Aug	11:00-13:15 W Lightweight (60kg) quarter-finals
	17:00-19:45 W Lightweight (60kg) quarter-finals
16 Aug	11:00-13:15 W Flyweight (51kg) quarter-finals
	17:00-19:45 W Flyweight (51kg) quarter-finals
17 Aug	14:00-17:00 W Lightweight (60kg) semi-finals, middleweight (75kg) quarter-finals
	14:00-16:00 W Flyweight (52kg) quarter-finals, 🏆 welterweight (69kg) final
18 Aug	14:00-16:00 W Flyweight (51kg) semi-finals
	14:00-16:30 W 🏆 Lightweight (60kg) final, middleweight (75kg) semi-finals
19 Aug	14:00-15:30 W 🏆 Flyweight (51kg) final
	14:00-16:00 W 🏆 Bantamweight (56kg), middleweight (75kg) final
20 Aug	14:00-15:30 W 🏆 Middleweight (75kg) final
	14:00-16:00 W 🏆 Flyweight (52kg), light welterweight (64kg), super heavyweight (+91kg) final

Team GB will compete in all men's divisions as well as the women's flyweight and middleweight events

NICOLA ADAMS

Event: Flyweight (-51kg)
Age: 33 (26.10.1982)
Born: Leeds
Hometown: Leeds
Previous Games attended:
London 2012



1

Major achievements: OG: gold (flyweight) 2012. WCh: gold (51kg) 2016; silver (51kg) 2012; silver (51kg) 2010; silver (54kg) 2008. ECh: gold (51kg) 2011; silver (54kg) 2007. EG: gold (51kg) 2015. CG: gold (flyweight) 2014.

Nicola Adams arrives at Rio 2016 as the defending women's flyweight champion, having become the first-ever female Olympic boxing gold medalist at London 2012.

Since those Games she has added the Commonwealth Games, European Games and World Championships titles to her collection, the latter coming in May of this year.

Back in 2011 Adams also became the first British woman to win a major boxing title with European Championships victory.

@NicolaAdams2012

MUHAMMAD ALI

Event: Flyweight (-52kg)
Age: 20 (20.06.1996)
Born: Bury
Hometown: Bury
Previous Games attended: None (flyweight) 2015.



Muhammad Ali won gold at the 2016 European Boxing Olympic Qualification Tournament in Samsun in April to book himself a spot at Rio 2016.

Although this will be his first Olympic Games, Ali is no stranger to representing Team GB having won bronze at the 2014 Youth Olympic Games in Nanjing as well as competing at Baku 2015.

In 2015 Ali won a European Championships silver medal and won the British Amateur Championships.

@maljnr1996

QAIS ASHFAQ

Event: Bantamweight (-56kg)
Age: 23 (10.03.1993)
Born: Leeds
Hometown: Leeds
Previous Games attended: None
Major achievements: ECh: silver (bantamweight) 2015. EG: bronze (bantamweight) 2015. CG: silver (bantamweight) 2014.



Qais Ashfaq's silver medal at the 2016 European Boxing Olympic Qualification Tournament in Samsun in April earned him a spot on the Team GB squad for Rio.

The previous year he won Team GB a bronze medal at the inaugural European Games before claiming silver at the European Championships in Samokov.

Ashfaq first burst on the scene with bantamweight gold at the 2011 Commonwealth Youth Games, going on to win silver at Glasgow 2014.

@Qais_Ashfaq

JOSHUA BUATSI

Event: Light heavyweight (-81kg)
Age: 23 (14.03.1993)
Born: Accra, Ghana
Hometown: London
Previous Games attended: None
Major achievements: ECh: bronze (heavyweight) 2015.



Light heavyweight gold at the 2016 European Boxing Olympic Qualification Tournament in Samsun in April earned Joshua Buatsi his first Olympic Games selection.

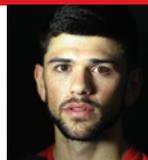
The previous year he won a bronze medal at the European Championships in Samokov, having lost his opening bout for Team GB at Baku 2015.

On the domestic scene Buatsi won back-to-back England Boxing Elite National Championships in 2014 and 2015.

@boxingbuatsi

JOE CORDINA

Event: Lightweight (-60kg)
Age: 24 (01.12.1991)
Born: Cardiff
Hometown: Cardiff
Previous Games attended: None
Major achievements: ECh: gold (lightweight) 2015. CG: bronze (lightweight) 2014.



Victory over Ireland's David Joyce, the man who eliminated him from the 2012 Olympic qualification tournament, in the semi-finals of the 2016 European Boxing Olympic Qualification Tournament saw Joe Cordina earn his Rio 2016 spot. Cordina would go on to lose the final, but it was a different story in 2015 when he claimed European gold in Samokov - the only Brit to do so.

Representing Wales, he won a bronze medal at Glasgow 2014 while in 2012 Cordina won a bronze medal at the European Under-22 Boxing Championships.

@JoeCordina_91

ANTONY FOWLER

Event: Middleweight (-75kg)
Age: 25 (10.03.1991)
Born: Liverpool
Hometown: Liverpool
Previous Games attended: None
Major achievements: WCh: bronze (middleweight) 2013. CG: gold (middleweight) 2014.



Antony Fowler won a box-off against German Xhek Paskali of the 2016 European Boxing Olympic Qualification Tournament to book his spot at Rio 2016.

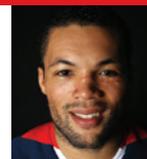
At Glasgow 2014 he won middleweight gold, having won a bronze medal the previous year at the World Championships in Almaty.

He is the cousin of former Liverpool and England striker Robbie Fowler.

@afowler06

JOE JOYCE

Event: Super heavyweight (+91kg)
Age: 30 (19.09.1985)
Born: London
Hometown: London
Previous Games attended: None
Major achievements: WCh: bronze (super heavyweight) 2015. ECh: bronze (super heavyweight) 2013. EG: gold (super heavyweight) 2015. CG: gold (super heavyweight) 2014.



Joe Joyce won super heavyweight gold at the 2016 European Boxing Olympic Qualification Tournament in Samsun in April to book his spot at Rio 2016.

It continued a fine run of form for Joyce, who won European Games gold and World Championships bronze in 2015, as well as Commonwealth Games gold the previous year.

Joyce only took up boxing aged 22 after injuries curtailed his interest in athletics, while he graduated from Middlesex University with a 2:1 degree in fine arts.

@JoeJoyce_1

JOSH KELLY

Event: Welterweight (-69kg)
Age: 22 (07.03.1994)
Born: Sunderland
Hometown: Sunderland
Previous Games attended: None
Major achievements: EG: bronze (welterweight) 2015.



Rio 2016 will be Josh Kelly's first Olympic Games, but he does have experience of representing Team GB as he won welterweight bronze at Baku 2015.

And Baku holds more happy memories as it was there in June that he reached the semi-finals of the World Olympic Qualifier to earn a bronze medal and book himself a spot for Rio 2016.

At the 2012 World Youth Championships in Armenia Kelly won a bronze medal and went on to be crowned England Champion the following year.

@SpecialK7394

SAVANNAH MARSHALL

Event: Middleweight (-60kg)
Age: 25 (19.05.1991)
Born: Hartlepool
Hometown: Hartlepool
Previous Games attended:
London 2012



Major achievements: WCh: bronze (75kg) 2016; gold (75kg) 2012; silver (69kg) 2010. CG: gold (middleweight) 2014.

Rio 2016 is Savannah Marshall's second Olympic Games after she was defeated in her opening, quarter-final bout by Marina Volnova of Kazakhstan at London 2012.

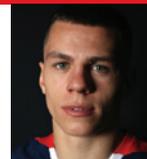
Heading into those Games she was the reigning World Champion at 75kg, while earlier this year she won a bronze medal in the same competition.

That medal saw Marshall qualify for Rio 2016, while two years ago she became Commonwealth Games champion with victory over Canadian Ariane Fortin in Glasgow.

@Smarshall1991

PAT McCORMACK

Event: Light welterweight (-64kg)
Age: 21 (08.06.1995)
Born: Birtley
Hometown: Birtley
Previous Games attended: None
Major achievements: ECh: silver (light welterweight) 2015.



Pat McCormack won gold at June's World Olympic Qualifier in Baku to book himself a spot at Rio 2016.

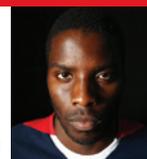
That result came hot on the heels of his European Championships light welterweight bronze in Samokov, Bulgaria, in 2015.

McCormack won the England title in 2014 and 2015 and was crowned World Junior Champion in 2011.

@PatMcCormack14

LAWRENCE OKOLIE

Event: Heavyweight (-91kg)
Age: 23 (16.12.1992)
Born: London
Hometown: London
Previous Games attended: None
Major achievements: EOQT: gold (heavyweight) 2016.



Lawrence Okolie won a gold medal at the 2016 European Boxing Olympic Qualification Tournament in Samsun in April which earned him a spot on the Team GB squad for Rio.

Only taking up boxing aged 17, Okolie is a two-time English University National Champion after winning the 2014 and 2015 titles.

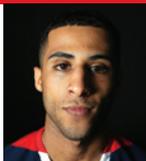
He originally took up boxing as a way to lose weight and did so at Repton Boxing Club.

@Lawrence_tko



GALAL YAFAI

Event: Light flyweight (-49kg)
Age: 23 (11.12.1992)
Born: Birmingham
Hometown: Birmingham
Previous Games attended: None
Major achievements: EOGF: gold (light flyweight) 2016.



Galal Yafai became the first Team GB male boxer to qualify for Rio 2016 when he won gold at the 2016 European Boxing Olympic Qualification Tournament in Samsun in April.

An international newcomer, the Birmingham southpaw beat Spaniard Samuel Carmona in his semi-final to earn his Olympic Games debut, going on to claim gold against Artur Hovhannissyan of Armenia.

He is the youngest brother of boxers Khalid and Gamal Yafai who won silver and bronze respectively at the 2010 European Championships.

@galal_yafai

ROB McCracken

Title: Performance Director
Games role: Team Leader



DAVE ALLOWAY

Title: Coach
Games role: Coach



REBECCA EDGINTON

Title: Senior Performance Analyst
Games role: Team Leader Support / Lead Analyst



MARK ELLISON

Title: Nutritionist
Games role: Nutritionist



IAN GATT

Title: Physiotherapist
Games role: Physiotherapist



GARY HALE

Title: Coach
Games role: Coach



LEE PULLEN

Title: Coach
Games role: Coach



PAUL WALMSLEY

Title: Coach
Games role: Coach



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CANOEING

Canoe - Slalom

Introduction

Canoeing is split into two disciplines – canoe slalom and canoe sprint – with the former set to be held at the Olympic Whitewater Stadium and the latter at Lagoa Rodrigo de Freitas.

There are four canoe slalom gold medals up for grabs at Rio 2016, with men competing in both canoe, in which competitors kneel and use a single-bladed paddle to propel themselves, and kayak, in which competitors are seated in the boat and use a double-bladed paddle,

events – while women contest just one kayak event.

At London 2012 Team GB set the men's C2 competition alight as Tim Baillie and Etienne Stott claimed gold ahead of teammates David Florence and Richard Hounslow.

In claiming Team GB's first-ever canoe slalom C2 gold, Baillie and Stott forced Slovakian brothers Peter and Pavol Hochschorner – winners of the three previous Olympic titles – to settle for bronze.

France won two gold medals at London 2012, in the men's C1 and women's K1, while Italian Daniele Molmenti took home the men's K1 title.

DID YOU KNOW?
Canoe slalom first appeared at Munich 1972 but was excluded from the next four Games before returning at Barcelona 1992

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Team GB at Rio 2016

Team GB will be represented by four athletes in the canoe slalom events at Rio 2016.

Of the quartet, David Florence is the most experienced having appeared at two previous Olympic Games, bringing home C1 silver from Beijing 2008 and C2 silver four years ago in London.

He also has no fewer than nine World Championship medals to his name – the most recent of which were C1 gold and C2 team bronze on home water as the Lee Valley White Water Centre played host to the Championships last September.

He will again partner up with Richard Hounslow in the C2 with the pair looking to add to the silver won four years ago, and also competes in the C1 event.

One name making a return to the Olympic stage after an eight-year absence is kayaker Fiona Pennie.

The 33-year-old is a four-time World medallist and six-time European medallist and earned her place after winning last autumn's selection races – edging out London 2012 Olympian Lizzie Neave.

Completing the slalom line-up is Joe Clarke who also won the kayak selection race to put himself in the frame for his first ever Olympic Games experience. It came after a successful 2015 season which saw him take K1 team silver at the European Championships followed by World K1 team bronze.

“I feel super proud to be selected to represent Team GB in Rio. It was incredibly special to win silver in my home town at my first Olympics and I'm now 100 per cent focused on going one better in Brazil.”

Richard Hounslow

FACT FILE

Venue:
Olympic Whitewater Stadium

Gold medals available:
4

Dates:
August 7-11

Number of Team GB athletes:
Men: 3 Women: 1



“Our athletes have been tested throughout a long and challenging season and I am confident we have selected one of our strongest teams ever, with a huge depth of experience of competing and winning medals at the highest level.”

Team GB Canoeing Team Leader
John Anderson

WORDS TO LEARN

Eddy:
A small whirlpool created behind an obstacle or rock

Drop:
A fall of water creating fast current and tough eddies

Spraydeck:
A cover worn around the paddler's waist and stretched over the cockpit entrance to keep water out of the boat

Upstream gate:
A slalom gate with red poles that has to be negotiated against the water's flow

Competition format
Athletes take part in heats, semi-finals and finals, consisting of timed runs down a 250m whitewater course with up to 25 gates. Gates, two hanging poles across the course, are coloured as either green, which must be negotiated downstream, or red, for upstream.

A two-second time penalty is given for touching a gate. Missing a gate, going through it upside down or in the wrong order accrues a 50-second penalty. The time taken to run the course in seconds is added to any penalties to give the overall score.

In the heats each canoeist completes two runs with the best time out of the two counting, with the start order the reverse order of the world rankings. The top boats advance to the semi-finals, with both comprising of one run. The start order of the semi-final will be the reverse order of the results of the heats, while the final will be the reverse order of the semi-final results.

DID YOU KNOW?
At Beijing 2008 Benjamin Boukpeti became the first athlete from Togo to win an Olympic medal as he claimed men's K1 bronze

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Team GB at the Olympic Games

	GOLD	SILVER	BRONZE	TOTAL
Athens 2004	0	1	1	2
Beijing 2008	0	1	0	1
London 2012	1	1	0	2
Total	1	5	1	7

Recent major championship winners

M = Men W = Women

	LONDON 2012	WORLD CHAMPIONSHIPS 2015
Slalom: C1	M Tony Estanguet (FRA)	David Florence (GBR)
Slalom: C2	M Timothy Baillie/ Etienne Stott (GBR)	Franz Anton/Jan Benzien (GER)
Slalom: K1	M Daniele Molmenti (ITA) W Émilie Fer (FRA)	Jirí Prskavec (CZE) Katerina Kudejová (CZE)

Events schedule

M = Men's events W = Women's events 🏆 = Medal event

DATE	EVENT
7 Aug	12:30-16:20 M C1: heats, K1: heats
8 Aug	12:30-16:00 M C2: heats W K1: heats
9 Aug	13:30-16:05 M 🏆 C1: semi-finals & final
10 Aug	13:30-16:10 M 🏆 K1: semi-finals & final
11 Aug	12:30-16:15 M 🏆 C2: semi-finals & final W 🏆 K1: semi-finals & final

Team GB will compete in all events

JOE CLARKE

Event: Men's K1
Age: 23 (03.11.1992)
Born: Stone, Staffordshire
Hometown: Waltham Abbey
Games attended: None



Major achievements: WCh: bronze (K1 team) 2015; bronze (K1 team) 2014; ECh: silver (K1 team) 2015; silver (K1 team) 2014

Joe Clarke has risen through the ranks and regularly challenged for the podium throughout the 2015 season after just three years as part of the senior British team.

His first senior individual medal came in 2014 when he won a K1 silver medal at the Augsburg World Cup – the same year in which he also won World K1 team bronze and European K1 team silver.

Clarke repeated those major medal successes the following year before triumphing at the Olympic selection races to book his place on the team for Rio 2016.

@joeclarkek1

DAVID FLORENCE

Event: Men's C1 & C2
Age: 33 (08.08.1982)
Born: Aberdeen
Hometown: Edinburgh
Games attended: London 2012, Beijing 2008



Major achievements: OG: silver (C2) 2012; silver (C1) 2008. WCh: gold (C1) 2015; bronze (C2 team) 2015; gold (C1) 2013; gold (C2) 2013; bronze (C2 team) 2013; bronze (C2 team) 2011; bronze (C2) 2010; silver (C2 team) 2009; bronze (C1 team) 2006. ECh: bronze (C1 team) 2016; bronze (C2) 2015; bronze (C1 team) 2015; gold (C2 team) 2012; bronze (C2) 2010; bronze (C2 team) 2010; silver (C2 team) 2009

David Florence is the only one of the four Team GB athletes selected to compete in canoe slalom to have multiple Olympic Games experience.

He marked his debut with individual C1 silver at Beijing 2008 before adding C2 silver four years later in London alongside Richard Hounslow – teammates Tim Baillie and Etienne Stott taking the gold.

At the 2013 World Championships in Prague Florence became the first paddler in 60 years to win both the C1 and C2 titles in the same year – while he added a third world title on home soil last year in the C1 event.

@David_Florence

RICHARD HOUNSLOW

Event: Men's C2
Age: 34 (19.12.1981)
Born: Harrow
Hometown: Harrow
Games attended: London 2012



Major achievements: OG: silver (C2) 2012. WCh: bronze (C2 team) 2015; bronze (K1 team) 2015; bronze (K1 team) 2014; gold (C2) 2013; bronze (C2 team) 2013; bronze (C2 team) 2011; bronze (C2) 2010; silver (K1 team) 2009; bronze (C2 team) 2009. ECh: silver (K1 team) 2015; bronze (C2) 2015; silver (K1 team) 2014; gold (C2 team) 2012; bronze (C2) 2010; bronze (C2 team) 2010; gold (K1 team) 2009; silver (C2 team) 2009; bronze (K1 team) 2007

Richard Hounslow is one half of the London 2012 Olympic silver medal winning C2 pair alongside David Florence.

The pair have been competing together since 2009 and have won multiple World and European Championship medals – including becoming the first Britons to win a C2 world title in 2013.

A Tottenham Hotspur FC fan, Hounslow graduated from Nottingham Trent University with a degree in sports science and management.

@RichHounslow

FIONA PENNIE

Event: Women's K1
Age: 33 (09.11.1982)
Born: Alexandria, Dumbarfonsshire
Hometown: Waltham Abbey
Games attended: Beijing 2008



Major achievements: WCh: silver (K1 team) 2015; silver (K1) 2014; bronze (K1 team) 2007; silver (K1) 2006. ECh: gold (K1 team) 2016; gold (K1) 2013; silver (K1 team) 2013; bronze (K1) 2012; bronze (K1 team) 2007.

An international slalom canoeist since 1997, Fiona Pennie's Games debut came at Beijing 2008, although she failed to progress past the qualifying stage.

Despite missing out to Lizzie Neave when it came to London 2012 selection, Pennie has continued to show her strength on the international scene with individual K1 gold and team silver at the 2013 European Championships and K1 silver at the 2014 World Championships.

Last September she once again climbed the world medal rostrum after helping the team to K1 silver – a few weeks before securing her place for Rio 2016 with victory in the selection races.

@FionaPennie

JOHN ANDERSON

Title: Performance Director
Games role: Team Leader



PAUL RATCLIFFE

Title: Canoe Slalom Head Coach
Games role: Canoe Slalom Head Coach



MARK DELANEY

Title: Canoe Slalom Senior Coach
Games role: Coach



KATHRYN EDWARDS

Title: Physiotherapist
Games role: Physiotherapist



IOANNIS KONSTANTONIS

Title: Performance Analyst
Games role: Performance Analyst



MARK RATCLIFFE

Title: Canoe Slalom Technical Coach
Games role: Coach



Canoe - Sprint

Introduction

Whereas the canoe slalom events will take place in Rio de Janeiro, the sprint discipline will be held at Lagoa Rodrigo de Freitas in Copacabana.

There are 12 canoe sprint gold medals up for grabs at Rio 2016, three times the number on offer in canoe slalom, with men's canoe and kayak events, while women go for glory only in the latter.

Heading into London 2012 Team GB's only previous gold medal in canoe sprint came courtesy of Tim Brabants in the men's K1 1000m at Beijing 2008.

But Ed McKeever ensured he had company as he stormed to gold in the men's K1 200m at London 2012, living up to his 'Usain Bolt of the water' moniker.

There was another medal for Team GB to celebrate too four years ago as Liam Heath and Jon Schofield claimed K2 200m bronze.

DID YOU KNOW?

Before its introduction to the Olympic programme at Berlin 1936, canoe sprint was a demonstration sport at Paris 1924

Germany and Hungary topped the canoe sprint medal table at London 2012 with three gold medals each.

Team GB at Rio 2016

Following the announcement of four canoe slalom athletes, eight canoe sprint athletes were selected to Team GB for Rio 2016.

London 2012 bronze medallists Liam Heath and Jon Schofield make their return to Team GB in the men's K2

200m, with the former doubling up in the K1 200m.

They are the sole male representatives for Team GB in the canoe sprint ranks, but there are plenty more familiar faces as London 2012 Olympian Rachel Cawthorn is back to once again compete in the women's K1 500m.

Cawthorn will also race as part of the women's K4 500m team alongside fellow London 2012 Olympians Louisa Gurski and Jessica Walker, as well as Games debutant Rebeka Simon.

Six of the eight sprinters raced as part of Team GB at the inaugural European Games last year, including Angela Hannah and Lani Belcher, with the latter winning K1 5000m silver. The pair will join forces at Rio 2016 and compete in the women's K500m event.

Competition format

In canoe sprint the format of the competition depends on how many boats are competing in each event, with the entrants across all 12 Olympic Games events being at a minimum of ten.

In events with ten boats, the men's K2 1000m, K2 200m and K4 100m and women's K2 500m and K4 500m, the competition starts with two heats with the winners progressing straight to the final. The remaining eight boats compete in one semi-final with the best six progressing to the final.

Events with 11 to 16 boats also start with two heats but differ from then on in.

“ I am extremely excited to be announced as part of the canoe sprint team heading to Rio 2016. It's my second Olympic Games but my first Games without the home advantage leading to unique challenges. ”

Liam Heath

WORDS TO LEARN

Start gate:

The 'boof' in which the bow of the boat sits before the start of a race

Stroke rate:

The number of paddle strokes per minute

DID YOU KNOW?

Four-person kayaks can reach speeds quick enough to pull along a water skier

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“ Being selected to be a part of Team GB is a tough process, the standards are very high, so I’m really proud and excited to be selected to compete at my second Olympic Games. I can’t wait to get out to Rio and start competing. ”

Rachel Cawthorn

FACT FILE

Venue:

Lagoa Rodrigo de Freitas

Gold medals available:

12

Dates:

August 15-20

Number of Team GB athletes:

Men: 2 Women: 6

The heat winners progress to the final while the remaining boats take part in semi-finals with the top three from each reaching the final.

The number of boats that progress from the heats to the semi-finals in events with more boats will vary depending on the number taking part. However, there are always eight boats to contest a final.



Recent major championship winners

M = Men W = Women

	LONDON 2012	WORLD CHAMPIONSHIPS 2015
Sprint: C1 200m	M Yuriy Cheban (UKR) W N/A	Artsem Kozyr (BEL) Staniliya Stamenova (BUL)
Sprint: C1 500m	M N/A	Martin Fuksa (CZE)
Sprint: C2 500m	M N/A W N/A	Pavel Petrov/Mikhail Pavlov (RUS) Daryna Kastsiuchenka/Kamila Bobr (BUL)
Sprint: C1 1000m	M Sebastian Brendel (GER)	Sebastian Brendel (GER)
Sprint: C2 1000m	M Peter Kretschmer/ Kurt Kuschela (GER)	Erlon Silva/Isaquias Queiroz (BRA)
Sprint: K1 200m	M Ed McKeever (GBR) W Lisa Carrington (NZL)	Mark De Jonge (CAN) Lisa Carrington (NZL)
Sprint: K1 500m	M N/A W Danuta Kozák (HUN)	René Holten Poulsen (DEN) Lisa Carrington (NZL)
Sprint: K1 1000m	M Eirik Verås Larsen (NOR) W N/A	René Holten Poulsen (DEN) Erika Medveczky (HUN)
Sprint: K2 200m	M Alexander Dyachenko/ Yury Postrigay (RUS) W N/A	Sándor Tótká/ Péter Molnár (HUN) Marharyta Tsishkevich/ Maryna Litvinchuk (BEL)
Sprint: K2 500m	M N/A W Franziska Weber/ Tina Dietze (GER)	Ken Wallace/Lachlan Tame (AUS) Gabriella Szabó/ Danuta Kozák (HUN)
Sprint: K2 1000m	M Rudolf Dombi/ Roland Kókényi (HUN) W N/A	Max Rendschmidt/ Marcus Gross (GER) Sabrina Hering/ Steffi Kriegerstein (GER)
Sprint: K4 500m	W Hungary	Belarus
Sprint: K4 1000m	M Australia	Slovakia

Team GB at the Olympic Games

	GOLD	SILVER	BRONZE	TOTAL
Athens 2004	0	0	1	1
Beijing 2008	1	0	1	2
London 2012	1	0	1	2
Total	2	0	4	6

Events schedule

M = Men's events **W** = Women's events = Medal event

DATE	EVENT
15 Aug 09:00-11:30	M C1 1000m: heats, semi-finals K1 1000m: heats, semi-finals
	W K1 200m: heats, semi-finals K2 500m: heats, semi-finals
16 Aug 09:00-10:40	M C1 1000m: final, K1 1000m: final
	W K1 200m: final, K2 500m: final
17 Aug 09:00-11:05	M C1 200m: heats, semi-finals, K2 200m: heats, semi-finals, K2 1000m: heats, semi-finals
	W K1 500m: heats, semi-finals
18 Aug 09:00-10:25	M C1 200m: final, K2 200m: final, K2 1000m: final
	W K1 500m: final
19 Aug 09:00-10:45	M C2 1000m: heats, semi-finals, K1 200m: heats, semi-finals, K4 1000m: heats, semi-finals
	W K4 500m: heats, semi-finals
20 Aug 09:00-10:30	M C2 1000m: final, K1 200m: final, K4 1000m: final,
	W K4 500m: final

Team GB will compete in the men's K1 and K2 200m events, and the women's K1 200m, K1 500m and K4 500m events.

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LANI BELCHER

Event: Women's K2 500m
Age: 27 (10.06.1989)
Born: Cobram, Victoria, Australia
Hometown: Maidenhead, Berkshire
Games attended: None
Major achievements: WCh: silver (K1 5000m) 2015; EG: silver (K1 5000m) 2015



Lani Belcher made her Team GB debut at last year's Baku 2015 European Games, winning silver in the women's K1 5000m. In the same event, the 27-year-old was also a silver medallist at the 2015 World Championships.

Belcher has also enjoyed success in the K2 200m and K1 1000m, claiming silver and bronze in the respective events in the 2014 World Cup Series.

At May's European Canoe Sprint Olympic Qualifier in Duisburg, Belcher finished third in K2 500m alongside Rio 2016 partner Angela Hannah.



RACHEL CAWTHORN

Event: Women's K1 500m & K4 500m
Age: 27 (03.11.1988)
Born: Guildford
Hometown: Guildford
Games attended: London 2012
Major achievements: WCh: bronze (K1 500m) 2010; ECh: gold (K1 1000m), bronze (K1 500m) 2010; bronze (K1 500m), bronze (K4 200m) 2009.



Rachel Cawthorn finished sixth in the K1 500m and one place higher in the K4 500m at London 2012.

In 2010 she became the first British woman to medal at both the European and World Championships, winning K1 1000m gold and 500m bronze respectively.

In 2014 she won a gold and two bronze medals in the World Cup series and in 2015 qualified the GB Olympic quota places in the K1 500m and K4 500m.



@RachelCawthorn

LOUISA GURSKI

Event: Women's K4 500m
Age: 28 (26.05.1988)
Born: Chertsey
Hometown: Walton-on-Thames
Games attended: London 2012
Major achievements: WCh: gold (K1 5000m) 2014; ECh: silver (K1 5000m) 2013; bronze (K4 200m) 2009.



Louisa Gurski represented Team GB at London 2012 where - competing as Louisa Sawers - she finished fifth in the K4 500m and 11th in the K2 500m.

She also represented Team GB at the inaugural European Games in Baku where she was eighth in the K4 500m.

Gurski was part of the women's K4 500m team that was fifth at the 2015 World Championships and thus booked Team GB an Olympic quota place for Rio 2016.



@louisagurski

ANGELA HANNAH

Event: Women's K2 500m
Age: 30 (24.03.1986)
Born: Harare, Zimbabwe
Hometown: Banbury
Games attended: London 2012
Major achievements: OG: 5th (K4 500m) 2012; WCh: 5th (K2 200m) 2014; ECh: bronze (K2 200m) 2014



Rio 2016 will be Angela Hannah's second Olympic Games after competing as part of the women's K4 500m quartet at London 2012, finishing fifth.

Following London 2012, Hannah won a K2 200m bronze medal at the 2014 European Championships as well as five top three finishes in World Cup events.

At May's European Canoe Sprint Olympic Qualifier in Duisburg, the 30-year-old finished third in K2 500m alongside Rio 2016 partner Lani Belcher.



LIAM HEATH

Event: Men's K1 200m & K2 200m
Age: 31 (17.08.1984)
Born: Guildford
Hometown: Guildford
Games attended: London 2012
Major achievements: OG: bronze (K2 200m) 2012; WCh: bronze (K1 200m relay) 2014; silver (K2 200m) 2013; silver (K2 200m) 2011; silver (K2 200m relay), bronze (K2 200m) 2010; ECh: gold (K1 200m) 2016; gold (K2 200m) 2012; gold (K2 200m) 2011; gold (K2 200m) 2010.



Rio 2016 will be Liam Heath's second Games after he won K2 200m bronze at London 2012 alongside Jon Schofield.

Heath has medalled five times at World Championship level, while he won the K1 200m European title for the first time in June of this year.



@Liam_heath

JON SCHOFIELD

Event: Men's K2 200m
Age: 31 (10.05.1985)
Born: Petersfield
Hometown: Clitheroe
Games attended: London 2012
Major achievements: OG: bronze (K2 200m) 2012; WCh: bronze (K1 200m relay) 2014; silver (K2 200m) 2013; silver (K2 200m) 2011; silver (K2 200m relay), bronze (K2 200m) 2010; ECh: gold (K2 200m) 2012; gold (K2 200m) 2011; gold (K2 200m) 2010.



Jon Schofield rejoins Liam Heath in the men's K2 200m event for Rio 2016 having won bronze at London 2012.

As a wild water canoeing athlete he won the Junior World Championships in 2002 and the Senior European title in 2007. Since changing disciplines he is a three-time European Champion.



@Jonscho

REBEKA SIMON

Event: Women's K4 500m
Age: 20 (06.07.1996)
Born: Budapest
Hometown: Walton-on-Thames
Games attended: None
Major achievements: WCh: 5th (K4 500m) 2015; 5th (K1 1000m) 2014. ECh: 4th (K1 1000m), 10th (K1 500m) 2015.



Rebeka Simon will make her Games bow at Rio 2016, fresh from achieving her first-ever World Cup podium finish earlier this year in Racice.

Simon burst onto the scene in 2014, taking silver in the K1 1000m and 500m events at the Junior European Championships and silver in the K1 500m at the World equivalent. She was then fifth in the K1 1000m at the senior World Championships in Moscow and was nominated for that year's BBC Young Sports Personality of the Year.

@itsrebii

JESSICA WALKER

Event: Women's K1 200m & K4 500m
Age: 25 (24.06.1990)
Born: Brighton
Hometown: Hampton Hill, London
Games attended: London 2012, Beijing 2008



Major achievements: WCh: 5th (K4 500m) 2015. ECh: silver (K1 200m) 2016; bronze (K2 200m) 2014.

Rio 2016 will be Jessica Walker's third Games for Team GB, having finished 17th at Beijing 2008 in the K2 500m before recorded a fifth and seventh in the K4 500m and K1 200m respectively at London 2012.

In June this year she won K1 200m silver at the European Championships, while she was part of the K4 500m team that finished fifth at last year's World Championships to book Team GB a quota place for Rio 2016.

@JessicaWalker10

JOHN ANDERSON

Title: Performance Director
Games role: Team Leader



ALEX NIKONOROV

Title: Canoe Sprint Technical Coach
Games role: Head Coach



ROBI DE

Title: Performance Scientist - Canoe Sprint
Games role: Performance Analyst



PATRICK HARDING

Title: Physiotherapist
Games role: Physiotherapist



MIKLOS SIMON

Title: Coach
Games role: Coach



JUSTINE WILLMOTT

Title: Performance Operations Manager
Games role: Performance Operations Manager



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CYCLING - BMX, ROAD, TRACK & MOUNTAIN BIKE

Cycling

Introduction

Cycling is among the few sports to have featured at every modern Olympic Games and at Rio 2016 there will be four disciplines – BMX, mountain biking, road and track.

The ten track events, five for men and five for women, will be held at the Rio Olympic Velodrome in Barra and, in the same area, Pontal will host the men's and women's road and time trial events.

The mountain bike and BMX events are both taking place in the Deodoro Cluster, with the Mountain Bike Centre hosting the former and the Olympic BMX Centre the latter.

The road races will begin at Fort

Copacabana, head through Ipanema, Barra and Reserva Maripendi before embarking on two separate circuits in Grumari and Gavéa eventually finishing back at Fort Copacabana after 241.6km for the men, and 141km for the women.

Men's track cycling has been part of the Olympic programme since 1896 but did not feature at Stockholm 1912 while women took to the track for the first time in 1988.

There was one men's road race at Athens 1896 but the event did not feature again until 1912, while women made their debut at Los Angeles 1984.

For men and women, mountain biking appeared first at Atlanta 1996 while BMX made its Olympic debut at Beijing 2008.

DID YOU KNOW?
Track cycling was held indoors at the Olympic Games for the first time at Montreal 1976

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France have won the most Olympic medals – 89 – but Team GB are not far behind with 75. That number is significantly boosted by Sir Chris Hoy and Sir Bradley Wiggins, who have each won seven Olympic medals, with six golds for Sir Chris and four for Sir Bradley.

Team GB at Rio 2016

Seven-time Olympic Games medallist Sir Bradley Wiggins returns to the track after claiming time trial gold at London 2012 to lead a 26-strong Team GB cycling squad at Rio 2016.

The 36-year-old's first Olympic Games medal arrived with a bronze at Sydney 2000 and since he has added a further five medals on the track, including three gold medals, before claiming the time trial title four years ago.

Wiggins joined forces with multiple Tour de France stage winner Mark Cavendish at this year's World Championships in London and claimed the gold medal, with the Manx Missile returning to the track for Rio 2016 after competing on the road in London.

Four more Olympic Games medallists are included for the men with Jason Kenny, Ed Clancy, Phillip Hindes and Steven Burke returning while Owain Doull and Callum Skinner are set to make their Games bows. Ryan Owens will also travel to Rio as the team's P accredited rider for the team sprint.

Olympic Champions Laura Trott and Joanna Rowsell Shand head up the women's track team alongside former World Champions Becky James, Katie Archibald and Elinor Barker, with Katy Marchant and Ciara Horne completing the squad.

“ I’ve made no secret that my aim is to win an Olympic medal and I’m so pleased to have been given this opportunity. It’s always a proud moment to be able to pull on a GB jersey and to be able to do so at the Olympic Games is extra special. ”

Mark Cavendish

WORDS TO LEARN

Derny:
The pacing motorcycle used in keirin races.

Peloton:
The main group of riders in the road race; also called the pack, bunch or field. Riders will try to break away from the peloton.

Holeshot:
Referring to being in the lead in BMX races from the start gate because of a fast start.

Snakebite:
The most common type of flat tyre in mountain biking, caused by hitting an obstacle so hard that the inner tube is pinched against the rim.





“ I’m so excited to be selected for Rio. London 2012 was amazing, it was life-changing for me, and I’m excited to see what me and my team mates can achieve this time around. ”

Laura Trott

DID YOU KNOW?
.....
Team GB won seven of the ten gold medals awarded on the track at London 2012

2013 World Champion and London 2012 finalist Liam Phillips is one of two BMX riders set to compete for Team GB in Rio, with Kyle Evans set for his first Olympic appearance.

Grant Ferguson is the sole Team GB mountain bike athlete, fresh from a career-best World Cup finish of 15th in Albstadt in May.

On the road, three-time Tour de France king and Olympic time trial bronze medallist Chris Froome will be well supported by Olympic Champion Geraint Thomas, London 2012 Olympian Ian Stannard as well as Steve Cummings and Adam Yates, who both enjoyed success at this year's Tour de France.

And World Road Champion Lizzie Armitstead leads the women's squad with Beijing 2008 time trial silver medallist Emma Pooley and first-time Olympian Nikki Harris.

Competition format

There are 18 events on the Olympic cycling schedule, spread across the track, road, mountain biking and BMX events.

BMX: Competitors start on an 8m high ramp and cover a course that features, bumps, jumps and tightly banked corners. The event will start with an individual time trial run, with each rider racing the track once to determine the seeding for the next phase of competition. From the quarter-finals onwards, heats of eight riders will set off in a bid to get to the finish line first.

These are held over five runs, with points

for places on each run. After three runs the best two riders from each quarter-final progress to the semi-finals. The remaining riders compete in the final two quarter-final runs and the best two from each quarter-final also progress to the semi-finals.

From here, the semi-finals in both the men's and women's events follow a three-run format. The top four riders from each semi-final advance to the final, where the medals are decided over one run.

Mountain Bike: In the mountain biking, there is a men's and women's cross-country competition with 50 men and 30 women taking part – nations are limited to a maximum of three men and two women. Both are mass start events and riders are seeded into a starting grid, according to their world ranking. The first to cross the finish line is the winner

Road Race: All competitors start together; the first rider to cross the finish line wins gold. For the shorter time trial, the riders start at 90-second intervals and the winner is the rider with the fastest time over the course.

Track: There are ten track events, five for the men and five for the women, as was the case at London 2012, however there has been a change to the women's team pursuit. Rather than three riders racing 3000 metres, there will be four riders racing 4000 metres, guaranteeing an Olympic record in the event.

The other track events are the individual and team sprints, the keirin and the omnium.

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FACT FILE

Venue:
Fort Copacabana (Road Race), Mountain Bike Centre (Mountain Bike), Olympic BMX Centre (BMX), Pontal (Time Trial), Rio Olympic Velodrome (Track)

Gold medals available:
18

Dates:
August 6-7 (Road Race), 10 (Time Trial), 11-16 (Track), 17-19 (BMX), 20-21 (Mountain Bike)

Number of Team GB athletes:
Men: 16 Women: 10

Team GB at the Olympic Games

	GOLD	SILVER	BRONZE	TOTAL
Athens 2004	2	1	1	4
Beijing 2008	8	4	2	14
London 2012	8	2	2	12
Total	26	26	23	75

Recent major championship winners

M = Men W = Women

	LONDON 2012	WORLD CHAMPIONSHIPS*
BMX	M Maris Strombergs (LAT) W Mariana Pajón (COL)	Joris Daudet (FRA) Mariana Pajón (COL)
ROAD		
Road race	M Alexander Vinokourov (KAZ) W Marianne Vos (NED)	Peter Sagan (SVK) Lizzie Armitstead (GBR)
Time trial	M Sir Bradley Wiggins (GBR) W Kristin Armstrong (USA)	Vasil Kiryienka (BLR) Linda Villumsen (NZL)
MOUNTAIN BIKE		
Cross-country	M Jaroslav Kulhavy (CZE)	Nino Schurter (SUI)
Cross-country	W Julie Bresset (FRA)	Anna Langvad (DEN)
TRACK		
Individual sprint	M Jason Kenny (GBR) W Anna Meares (AUS)	Jason Kenny (GBR) Zhong Tianshi (CHN)
Team sprint	M Philip Hindes, Jason Kenny, & Chris Hoy (GBR) W Kristina Vogel & Miriam Welte (GER)	Ethan Mitchell, Sam Webster & Eddie Dawkins (NZL) Daria Shmeleva & Anastasia Voynova (RUS)
Keirin	M Chris Hoy (GBR) W Victoria Pendleton (GBR)	Joachim Eilers (GER) Kristina Vogel (GER)

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Recent major championship winners cont.

M = Men W = Women

	LONDON 2012	WORLD CHAMPIONSHIPS*
Team pursuit	M Ed Clancy, Steven Burke, Geraint Thomas & Peter Kennaugh (GBR) W Danielle King, Laura Trott & Joanne Rowsell Shand (GBR)	Sam Welsford, Michael Hepburn, Callum Scotson & Miles Scotson (AUS) Sarah Hammer, Kelly Catlin, Chloe Dygert & Jennifer Valente (USA)
Omnium	M Lasse Norman Hansen (DEN) W Laura Trott (GBR)	Fernando Gaviria (COL) Laura Trott (GBR)

*World Championships (2016 for BMX, mountain bike and track, 2015 for road)

Record times

M = Men W = Women

	TIME	HOLDER	PLACE/DATE
Individual sprint	OR M 9.713	Jason Kenny (GBR)	London 2012
	WR M 9.347	François Pervis (FRA)	World Cup Aguascalientes 2013
	OR W 10.724	Victoria Pendleton (GBR)	London 2012
	WR W 10.384	Kristina Vogel (GER)	World Cup Aguascalientes 2013
Team sprint	OR M 42.600	Philip Hindes, Jason Kenny & Chris Hoy (GBR)	London 2012
	WR M 41.871	Rene Enders, Robert Forstemann & Joachim Eilers (GER)	World Cup Aguascalientes 2013
	OR W 32.422	Gong Jinjie, Guo Shuang (CHN)	London 2012
	WR W 32.034	Gong Jinjie, Zhong Tianshi (CHN)	World Championships 2015
Keirin	OR M N/A		
	WR M N/A		
	OR W N/A		
	WR W N/A		
Team pursuit	OR M 3:51.659	Ed Clancy, Steven Burke, Geraint Thomas & Peter Kennaugh (GBR)	London 2012
	WR M 3:51.659	Ed Clancy, Steven Burke, Geraint Thomas & Peter Kennaugh (GBR)	London 2012

Record times cont.

M = Men W = Women

	TIME	HOLDER	PLACE/DATE
Team pursuit	OR N/A		
	WR 4:13.683	Annette Edmondson, Melissa Hoskins, Amy Cure & Ashlee Ankudinoff (AUS)	World Championships 2015
Omnium	OR N/A		
	WR N/A		
	OR N/A		
	WR N/A		

Events schedule

M = Men's events W = Women's events = Medal event

DATE	EVENT
ROAD CYCLING	
6 Aug	09:30-16:15 Road race
7 Aug	12:15-16:35 Road race
10 Aug	08:30-13:20 Time trial
	Time trial
TRACK CYCLING	
11 Aug	16:00-18:45 Team sprint qualifying; team sprint first round; team sprint finals
	Team pursuit qualifying
	Team pursuit qualifying
12 Aug	16:00-19:10 Team sprint qualifying; team sprint first round; team sprint finals
	Sprint 200m TT qualifying; sprint 1/16; sprint 1/16 repechages
	Team pursuit first round; team pursuit finals
13 Aug	10:00-11:40 Keirin first round; keirin first round repechages
	Sprint 1/8; sprint 1/8 repechages
	16:00-18:25 Sprint quarter-finals; sprint semi-finals; sprint places 5-12
	Keirin second round; keirin places 7-12; keirin final,
	team pursuit finals
14 Aug	16:00-19:35 Sprint 200 TT qualifying; sprint 1/16; sprint 1/16 repechages
	Omnium scratch 15km; individual pursuit 4km; elimination race Sprint finals

Events schedule cont.

M = Men's events W = Women's events = Medal event

DATE	EVENT
15 Aug	10:00-11:20 Sprint 1/8 final; women's sprint 1/8 repechages
	Omnium kilometre TT
16 Aug	16:00-18:45 Omnium scratch 10km
	Omnium flying lap 250m; final points race 40km
	Sprint places 9-12, omnium individual pursuit 3km; elimination race
	10:00-11:50 Sprint quarter-finals; sprint places 5-8
17 Aug	16:00-18:50 Sprint semi-finals; sprint finals, omnium flying lap 250m TT; final points race 25km
	Keirin second round; men's keirin places 7-12; keirin final
	BMX
17 Aug	13:30-15:25 Seeding run
	Seeding run
18 Aug	13:30-14:35 Quarter-finals
19 Aug	13:30-15:45 Semi-finals
	Semi-finals
	Final
	Final
MOUNTAIN BIKE	
20 Aug	12:30-14:30 Mountain bike
21 Aug	12:30-14:30 Mountain bike

Team GB will compete in the all events barring women's mountain bike and women's BMX

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BMX

KYLE EVANS

Age: 22 (26.09.1993)
Born: Wigan
Hometown: Manchester
Previous Games attended: None
Major achievements: WC: silver (Manchester) 2016.



After being selected as reserve BMX rider for Team GB at London 2012, Kyle Evans will make his Olympic Games bow at Rio 2016.

And he arrives in good form having made his first World Cup podium earlier this year when he won silver in Manchester behind compatriot Liam Phillips.

At the 2014 BMX SuperCross World Cup in Manchester Evans finished fifth overall, while that same year he won rounds nine and ten of the European BMX League in Birmingham.

@KEvans26

LIAM PHILLIPS

Age: 27 (11.03.1989)
Born: Taunton
Hometown: Manchester
Previous Games attended: London 2012, Beijing 2008



Major achievements: WCh: gold (elite men) 2013; silver (time trial) 2012.

Rio 2016 will be Liam Phillips' third Olympic Games, reaching the quarter-final at Beijing 2008 and making the final at London 2012, the latter despite breaking his collarbone ten weeks prior.

In 2012 he also won his first World Championship medal as he claimed silver in the time trial, before improving to men's elite gold the following year.

Phillips' World Cup medal count is into double figures, including winning gold earlier this year in Manchester, the fourth year in a row he has triumphed on his home track.

@liamPHILLIPS65

ROAD

LIZZIE ARMITSTEAD

Age: 27 (18.12.1988)
Born: Otley
Hometown: Otley
Previous Games attended: London 2012



Major achievements: OG: silver (road race) 2012. WCh: gold (road race) 2015; silver (team pursuit), silver (omnium) 2010; gold (team pursuit), silver (scratch), bronze (points race) 2009. CG: gold (road race) 2014; silver (road race) 2010.

Lizzie Armitstead won Team GB's first medal of London 2012 when she claimed silver in the road race, and the 27-year-old returns for her second Olympic Games.

She does so wearing the rainbow jersey after winning gold at the 2015 Road World Championships in the United States of America, while in June she won the Aviva Women's Tour for the first time.

Armitstead started as a track cyclist and has five World Championship medals to her name - including team pursuit gold in 2009 - as well as road race gold and silver from Glasgow 2014 and Delhi 2010 respectively.

@L_Armitstead

STEVE CUMMINGS

Age: 35 (19.03.1981)
Born: Clatterbridge
Hometown: Quarrata, Italy
Previous Games attended: Beijing 2008, Athens 2004



Major achievements: OG: silver (team pursuit) 2004; WCh: gold (team pursuit) 2005; CG: gold (team pursuit) 2006; TaF: Stage 7 2016, Stage 14 2015

Steve Cummings makes a return to Team GB 12 years after taking team pursuit silver at Athens 2004 and eight years after his last appearance at Beijing 2008. In more recent years, the Commonwealth Games gold medalist has turned his focus to the road and has enjoyed a successful career with the likes of Team Sky, BMC and currently Dimension Data.

The 35-year-old comes into Rio 2016 having won Stage 7 of this year's Tour de France, his second ever win after claiming his first stage 12 months ago.



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CHRIS FROOME

Age: 31 (20.05.1985)
Born: Nairobi
Hometown: Monaco
Previous Games attended: London 2012



Major achievements: OG: bronze (time trial) 2012. WCh: bronze (team time trial) 2013.

Chris Froome won time trial bronze at London 2012 and has since gone on to win a hat-trick of Tour de France crowns in 2013, 2015 and 2016.

Earlier this year he won the Critérium du Dauphiné for a third time, while since London 2012 he has also recorded two victories apiece in the Tour de Romandie and Tour of Oman.

Born in Kenya, Froome won road race bronze at the 2007 All-Africa Games as well as helping the country of his birth to team time trial bronze at the 2013 World Championships.

@chrisfroome

NIKKI HARRIS

Age: 29 (30.12.1986)
Born: Draycott
Hometown: Draycott
Previous Games attended: None



Major achievements: CG: eighth (points race), 13th (road race) 2006.

Nikki Harris will make her Olympic Games debut at Rio 2016 having won the British National Cyclo-cross Championships in January of this year.

That was the second time she had claimed the national title, while in 2004 and 2012 she won the Mountain Bike equivalents.

In 2006 she finished eighth and 13th respectively in the Commonwealth Games points and road races, while the following year she won the Under-23 road race title at the British Championships.

@Nikkiharris86

EMMA POOLEY

Age: 33 (03.10.1982)
Born: Wandsworth
Hometown: Wandsworth
Previous Games attended: London 2012, Beijing 2008



Major achievements: OG: silver (time trial) 2008. WCh: bronze (team time trial) 2012; bronze (time trial) 2011; gold (time trial) 2010. CG: silver (time trial), silver (road race) 2014.

This will be Emma Pooley's third Games, having won time trial silver at Beijing 2008 and coming sixth at London 2012.

After winning two silver medals at Glasgow 2014, Pooley retired from cycling to concentrate on triathlon, winning back-to-back Duathlon World Championships. Since returning to cycling she finished in 45th place at this year's Aviva Women's Tour.

@PooleyEmma

IAN STANNARD

Age: 29 (25.05.1987)
Born: Chelmsford
Hometown: Milton Keynes
Previous Games attended: London 2012



Major achievements: ECh: gold (under-23 team pursuit) 2006. CYG: gold (time trial), bronze (individual pursuit), bronze (scratch race) 2004.

Ian Stannard is back for his second Olympic Games appearance, having finished 92nd in the road race at London 2012 having ridden in support of Mark Cavendish.

He burst on the scene at the 2004 Commonwealth Youth Games where he won a gold and two bronze medals for England, claiming the under-23 team pursuit European title two years later.

He finished third in this year's Paris-Roubaix, while he was fourth overall in the 2015 Tour of Qatar having won gold at the 2012 National Road Race Championships.

@IStannard

GERAINT THOMAS

Age: 30 (25.05.1986)
Born: Cardiff
Hometown: Cardiff
Previous Games attended: London 2012, Beijing 2008



Major achievements: OG: gold (team pursuit) 2012; gold (team pursuit) 2008. WCh: bronze (team time trial) 2013; gold (team pursuit), silver (Madison) 2012; gold (team pursuit) 2008; gold (team pursuit) 2007; silver (team pursuit) 2006. CG: gold (road race), bronze (time trial) 2014; bronze (points race) 2006.

Geraint Thomas has won back-to-back team pursuit gold medals at the last two Olympic Games, but is named in the road team for Rio 2016.

His achievements on the track also extend to having won three team pursuit World titles, as well as two silver medals.

But he is no slouch on the road, winning road race gold and time trial bronze at Glasgow 2014 while earlier this year he finished first overall in both the Paris-Nice and the Volta ao Algarve, the latter for the second year in a row.

@GeraintThomas86

ADAM YATES

Age: 23 (07.08.1992)
Born: Bury
Hometown: Bury
Previous Games attended: None
Major achievements: NTCh: bronze (scratch race) 2012; bronze (scratch race), bronze (omnium) 2011.



Adam Yates will make his Olympic Games bow at Rio 2016 having finished seventh at this year's Critérium du Dauphiné, one place off his best finish from 2014.

This year he also finished fourth overall in the Tour de Yorkshire, sixth in La Drome Classic and one place further back in the Classic Sud-Ardeche.

Yates burst on the scene with two bronze medals at the 2011 National Track Championships while in 2014 he came home sixth in the National Road Race Championships.

@AdamYates7

TRACK

KATIE ARCHIBALD

Age: 22 (12.03.1994)
Born: Chertsey
Hometown: Milngavie
Previous Games attended: None



Major achievements: WCh: silver (team pursuit) 2015; gold (team pursuit) 2014. ECh: gold (team pursuit), gold (individual pursuit), gold (elimination race) 2015; gold (team pursuit), gold (individual pursuit) 2014; gold (team pursuit) 2013. CG: bronze (points race) 2014.

After helping Great Britain to team pursuit silver and gold medals at the 2015 and 2014 World Championships respectively, Katie Archibald will make her Olympic Games bow at Rio 2016.

She does so having also won six European Championship gold medals since 2013, as well as claiming points race bronze at Glasgow 2014, while she missed this year's Worlds through injury.

Archibald burst on the scene in 2012 when she was first and second in the junior pursuit and points race events respectively at the British National Track Championships.

@_katiearchibald

ELINOR BARKER

Age: 21 (07.09.1994)
Born: Cardiff
Hometown: Cardiff
Previous Games attended: None
Major achievements: WCh: bronze (team pursuit) 2016; silver (team pursuit) 2015; gold (team pursuit) 2014; gold (team pursuit) 2013. ECh: gold (team pursuit) 2014; gold (team pursuit) 2013. CG: silver (points race), bronze (scratch race) 2014.



Team pursuit bronze in this year's World Championships in London completed the sweep of medals for Elinor Barker after winning silver in 2015 and gold in the previous two years.

She also won team pursuit gold at the 2013 and 2014 European Championships and will make her Olympic Games bow at Rio 2016 having won a silver and bronze at Glasgow 2014.

Her achievements are made all the more impressive when you consider she took up cycling with the Mandy Flyers at the age of ten as a way of getting out of swimming classes.

@elinorbarker

STEVEN BURKE

Age: 28 (04.03.1988)
Born: Burnley
Hometown: Colne
Previous Games attended: London 2012, Beijing 2008



Major achievements: OG: gold (team pursuit) 2012; bronze (individual pursuit) 2008. WCh: silver (team pursuit) 2016; silver (team pursuit) 2015; silver (team pursuit) 2013; gold (team pursuit) 2012; bronze (team pursuit) 2011; silver (team pursuit) 2010. ECh: gold (team pursuit) 2013; gold (team pursuit) 2011; gold (team pursuit) 2010. CG: silver (team pursuit) 2014.

Having won individual pursuit bronze at Beijing 2008 and team pursuit gold at London 2012, Steven Burke is hoping to complete the hat-trick in Rio.

He arrives in Brazil having also won six team pursuit World Championship medals - including gold in 2012 - and three European titles.

Burke also won silver at Glasgow 2014 and his grandfather Brian Wesson and his mother Sharon also both competed at a national level in cycling.

@StevenBurke88

MARK CAVENDISH

Age: 31 (21.05.1985)
Born: Douglas
Hometown: Douglas
Previous Games attended: London 2012, Beijing 2008



Major achievements: gold (Madison) 2016; gold (road race) 2011; gold (Madison) 2008; gold (Madison) 2005. CG: gold (scratch race) 2006.

Mark Cavendish returns to the boards having competed on the track in Beijing 2008 before switching to the road for London 2012.

The 'Manx Missile' won the Madison world title in 2005 and 2008 before switching and claiming World Championship road race gold in 2011.

At this year's Tour de France he leapfrogged Bernard Hinault in stage wins after adding a third Madison world title to his CV when triumphing in London alongside Sir Bradley Wiggins.

@MarkCavendish

ED CLANCY

Age: 31 (12.03.1985)
Born: Barnsley
Hometown: Newton-le-Willows
Previous Games attended: London 2012, Beijing 2008



Major achievements: OG: gold (team pursuit), bronze (omnium) 2012; gold (team pursuit) 2008. WCh: silver (team pursuit) 2016; silver (team pursuit) 2015; silver (team pursuit) 2013; gold (team pursuit) 2012; bronze (team pursuit) 2011; gold (omnium), silver (team pursuit) 2010; gold (team pursuit) 2008; gold (team pursuit) 2007; gold (team pursuit) 2005. ECh: gold (team pursuit), bronze (scratch race) 2014; gold (team pursuit) 2013; gold (omnium), gold (team pursuit) 2011; gold (team pursuit) 2010. CG: silver (team pursuit) 2014.

Ed Clancy arrives for his third Olympic Games having won team pursuit gold at Beijing 2008 and London 2012, adding omnium bronze in the latter.

He is also a ten-time World Championship medallist - winning five golds - and has won five European Championship titles.

Clancy claimed team pursuit silver for England at Glasgow 2014 and is a lifelong supporter of Huddersfield Football Club.

@Ed_Clancy

OWAIN DOULL

Age: 23 (02.05.1993)
Born: Cardiff
Hometown: Cardiff
Previous Games attended: None
Major achievements: WCh: silver (team pursuit) 2016; silver (team pursuit) 2015. ECh: gold (team pursuit) 2015; gold (team pursuit) 2014; gold (team pursuit) 2013.



Since 2013 Owain Doull has helped Great Britain win three European team pursuit titles, as well as back-to-back silver medals at the World Championships.

He makes his Olympic Games debut at Rio 2016 on the track, having last year claimed victory in the National Under-23 Road Race Championships.

As a child Doull was a keen sportsman and played rugby as a schoolboy, before taking up cycling for the Mandy Flyers and joining British Cycling in 2010.

@owaindoull

PHILIP HINDES

Age: 23 (22.09.1992)
Born: Germany
Hometown: Manchester
Previous Games attended: London 2012



Major achievements: OG: gold (team pursuit) 2012. CG: silver (team sprint) 2014.

Philip Hinds will compete in his second Olympic Games this year, helping Team GB claim team sprint gold at London 2012.

Hinds has also helped England win team sprint silver at Glasgow 2014 while earlier this year he helped win team sprint at the World Cup event in Hong Kong.

Representing Germany, he placed third in the team sprint and fourth in the individual event at the 2010 Junior World Track Championships before moving to Britain, the home nation of his father, later that year.

@Philip_hinds

CIARA HORNE

Age: 26 (17.09.1989)
Born: Harrow
Hometown: Kenilworth
Previous Games attended: None



Major achievements: WCh: bronze (team pursuit) 2016. ECh: gold (team pursuit) 2015; gold (team sprint) 2014.

Ciara Horne helped Great Britain to team pursuit bronze at this year's World Championships.

She was also part of the quartet that won European Championship gold in 2014, representing Wales that same year at Glasgow 2014.

Horne began her sporting life at the age of seven as a swimmer and competed at national level, suffering a shoulder injury at 16 which prompted her to switch to triathlon before joining a cycling team in 2009.

@CiaraHorne1



BECKY JAMES

Age: 24 (29.11.1991)
Born: Abergavenny
Hometown: Abergavenny
Previous Games attended: None

Major achievements: WCh: bronze (keirin) 2016; bronze (keirin), bronze (team sprint) 2014; gold (keirin), gold (sprint), bronze (team sprint), bronze (500m time trial). ECh: bronze (team sprint) 2013. CG: silver (sprint), bronze (time trial) 2010.

Becky James shone at the World Championships earlier this year in London when she claimed a bronze medal in the keirin.

The medal came after injury ruled her out of London 2012 and will make her debut at an Olympic Games following a cervical smear test uncovering abnormal cells that required a minor operation in 2014.

That ruled her out of Glasgow 2014 while a knee injury kept her off her bike for four-and-a-half months after that.

@BecksJames



JASON KENNY

Age: 28 (23.03.1988)
Born: Bolton
Hometown: Bolton
Previous Games attended: London 2012, Beijing 2008

Major achievements: OG: gold (individual sprint), gold (team sprint) 2012; gold (team sprint), silver (individual sprint) 2008. WCh: gold (sprint) 2016; gold (keirin) 2013, silver (sprint), bronze (keirin) 2012; gold (sprint), silver (team sprint) 2011; bronze (team sprint) 2010; silver (team sprint) 2009. ECh: silver (keirin), bronze (sprint) 2013; gold (keirin), bronze (sprint), bronze (team sprint) 2010. CG: silver (sprint), silver (team sprint) 2014.

Jason Kenny reclaimed his World sprint title earlier this year in London and will now appear at his third Olympic Games.

At Beijing 2008 he won team sprint gold and individual sprint silver, before improving to double gold across those same events at London 2012.

Kenny has also won World and European Championship gold in the keirin, while at Glasgow 2014 he won two silver medals for England before getting engaged to Laura Trott in December of that year.

@JasonKenny107



KATY MARCHANT

Age: 23 (30.01.1993)
Born: Leeds
Hometown: Manchester
Previous Games attended: None

Major achievements: EU23Ch: gold (keirin), silver (team sprint) 2015; bronze (keirin), bronze (team sprint) 2014.

A former heptathlete who trained under the guidance of Jessica Ennis-Hill's coach Toni Minichiello, Katy Marchant will now make her Olympic Games debut in the sport of cycling.

She switched to cycling full-time in 2013 and the next year won two bronze medals at the European Under-23 Track Cycling Championships in Portugal.

In 2015 Marchant went even better at those same Championships, winning keirin gold and team sprint silver, the latter alongside Vicky Williamson.

@katymarch



RYAN OWENS

Age: 20 (29.09.1995)
Born: Aspley Guise
Hometown: Aspley Guise
Previous Games attended: None

Major achievements: BUCSCh: gold (sprint), gold (1km time trial), gold (team sprint) 2015.

Ryan Owens is the youngest member of the 27-strong Team GB contingent heading to Rio 2016 and is the squad's 'P accredited' rider, meaning he can step in should a teammate pick up an injury.

His call up arrives just nine months after joining British Cycling's Senior Academy Sprint Programme having previously been studying Product Design Engineering at Loughborough University.

Owens, whose father and grandfather both raced competitively on the road, earned three gold medals in last year's BUCS Track Championships, winning the sprint and 1km time trial as well as being part of the men's team sprint.

@ryanowens0



JOANNA ROWSELL SHAND

Age: 27 (05.12.1988)
Born: Carshalton
Hometown: Carshalton
Previous Games attended: London 2012

Major achievements: OG: gold (team pursuit) 2012. WCh: bronze (team pursuit) 2016; silver (team pursuit) 2015; gold (team pursuit), gold (individual pursuit) 2014; gold (team pursuit) 2012; silver (team pursuit) 2010; gold (team pursuit) 2009; gold (team pursuit) 2008. ECh: gold (team pursuit) 2015; gold (team pursuit) 2014; gold (team pursuit) 2013; gold (team pursuit) 2011. CG: gold (individual pursuit) 2014.

Joanna Rowsell Shand marked her Olympic Games debut at London 2012 by helping win team pursuit gold in a new world record time of 3:14.051 in the final.

As she gears up for her second Games she can rest safe in the knowledge that she has increased her tally of World Championship medals to eight – including five golds as well as a bronze from earlier this year in London.

Rowsell Shand is also a four-time European champion and has alopecia areata, a condition resulting in hair loss.

@JoRowsellShand



CALLUM SKINNER

Age: 23 (20.08.1992)
Born: Glasgow
Hometown: Glasgow
Previous Games attended: None

Major achievements: ECh: gold (kilo) 2014; bronze (team sprint) 2012.

Having represented Scotland at both the 2010 and 2014 Commonwealth Games, Callum Skinner will now make his Olympic Games bow for Team GB in Rio.

He does so having won kilo gold at the 2014 European Championships, adding to the team sprint bronze he secured two years earlier.

Earlier this year at the World Championships in London Skinner anchored the team sprint squad to fifth on the opening night and reached the quarter-finals of the individual sprint.

@CallumSkinner



LAURA TROTT

Age: 24 (24.04.1992)
Born: Harlow
Hometown: Harlow
Previous Games attended: London 2012

Major achievements: OG: gold (team pursuit), gold (omnium) 2012. WCh: gold (omnium), gold (scratch), bronze (team pursuit) 2016; silver (team pursuit), silver (omnium) 2015; gold (team pursuit), silver (omnium) 2014; gold (team pursuit), silver (omnium) 2013; gold (team pursuit), gold (omnium) 2012; gold (team pursuit) 2011. ECh: gold (team pursuit), gold (omnium), gold (scratch race) 2015; gold (team pursuit), gold (omnium) 2014; gold (team pursuit), gold (omnium) 2013; gold (team pursuit), gold (omnium) 2011; gold (team pursuit) 2010. CG: gold (points race) 2014.

Laura Trott shone at London 2012, winning gold in both the omnium and the team pursuit on her Olympic Games debut.

She has ten European titles to her name, won points race gold at Glasgow 2014 and has picked up 12 World Championship medals – including seven titles.

Earlier this year Trott won omnium and scratch race gold at the World Championships in London, as well as a bronze in the team pursuit, while in December 2014 she became engaged to teammate Jason Kenny.

@LauraTrott31



SIR BRADLEY WIGGINS

Age: 36 (28.04.1980)
Born: Ghent
Hometown: London
Previous Games attended: London 2012, Beijing 2008, Athens 2004, Sydney 2000

Major achievements: OG: gold (time trial) 2012; gold (team pursuit), gold (individual pursuit) 2008; gold (individual pursuit), silver (team pursuit), bronze (Madison) 2004; bronze (team pursuit) 2000. WCh: gold (Madison), silver (team pursuit) 2016; gold (time trial) 2014; silver (time trial) 2013; silver (time trial) 2011; gold (team pursuit), gold (individual pursuit), gold (Madison) 2008; gold (team pursuit), gold (individual pursuit) 2007; gold (individual pursuit), silver (team pursuit) 2003; bronze (team pursuit) 2002; silver (team pursuit) 2001; silver (team pursuit) 2000. ECh: gold (team pursuit) 2015. CG: silver (team pursuit) 2014; silver (team pursuit), silver (individual pursuit) 2002; silver (team pursuit) 1998.

Sir Bradley Wiggins is a seven-time Olympic Games medallist and returns to the track for Rio 2016 having won time trial gold at London 2012.

He won time trial gold at the 2014 World Championships, having won silver in 2013 and 2011, and on the road won the 2012 Tour de France, winning the BBC Sports Personality of the Year Award that same season.

On the track Wiggins has won 12 World Championship medals – including seven golds – one European title and four Commonwealth Games silver medals.

After setting a new hour record in June 2015 with a distance of 54.526km he returned to the Track World Championships earlier this year, winning Madison gold with Mark Cavendish and team pursuit silver in London.

@OfficialWIGGINS



MOUNTAIN BIKE

GRANT FERGUSON

Age: 22 (15.11.1993)
Born: Peebles
Hometown: Sheffield
Games attended: None

Major achievements: WCh: bronze (U23) 2015; ECh: silver (U23) 2015.

Grant Ferguson will make his Olympic Games bow at Rio 2016 as Team GB's mountain bike representative.

He does so off the back of a fine 2015 that saw him win under-23 World Championship silver before following that up with a under-23 win at the World Cup in Val di Sole, Italy.

Ferguson capped off the year under-23 bronze at the European Championships while he also finished fifth at Glasgow 2014 for Scotland.

@GranFerguson1



KEITH REYNOLDS

Title: Team Manager
Games role: Team Leader



IAIN DYER

Title: Head Coach
Games role: Head Coach



RUTH ANDERSON

Title: Sport Psychologist
Games role: Sport Psychologist



EMMA BARTON

Title: Performance Support Project Coordinator
Games role: Performance Support



CHARLOTTE BOND

Title: Assistant Team Leader
Games role: Assistant Team Leader



ADAM BONSER

Title: Mechanic
Games role: Mechanic



LUC DE WILDE

Title: Carer
Games role: Carer (Track & Mountain Bike)



RODNEY ELLINGWORTH

Title: Coach
Games role: Men's Road Coach



ERNIE FEARGRIEVE

Title: Lead Mechanic
Games role: Lead Mechanic



WILLIAM FORBES

Title: Personal Assistant
Games role: Personal Assistant



ADRIANA FOUCHE

Title: Carer
Games role: Carer



RICHARD FREEMAN

Title: Doctor
Games role: Doctor



JUSTIN GRACE

Title: Head Sprint Coach
Games role: Sprint Coach



PAUL MANNING

Title: Coach
Games role: Women's Endurance Coach



CALVIN MORRIS

Title: Performance Scientist
Games role: Performance Scientist



DAVID ROZMAN

Title: Carer
Games role: Carer (Road)



HEIKO SALZWEDEL

Title: Men's Endurance Coach
Games role: Men's Endurance Coach



DEBORAH SIDES

Title: Personal Assistant
Games role: Personal Assistant



BRIAN STEPHENS

Title: Coach
Games role: Women's Road Coach
Born: xx
Lives: xx



JAN VAN EIJDEN

Title: Sprint Coach
Games role: Sprint Coach



SIMON WATTS

Title: Coach
Games role: Coach (Mountain Bike)



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GRANT WHITE

Title: Coach
Games role: Coach (BMX)



ALAN WILLIAMS

Title: Lead Mechanic
Games role: Lead Mechanic



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Equestrian

Introduction

Equestrian is broken down into dressage, jumping and eventing and is the only sport on the Olympic programme where men and women compete together in every single event on equal terms.

The sport made its debut at Paris 1900 but it wasn't until Stockholm 1912 that the three disciplines we see today properly took their place on the schedule. Team dressage was introduced at Amsterdam 1928 and has featured at every Games since, barring Rome 1960.

Dressage entails demonstrating a horse's responsiveness to rider

commands through a series of prearranged movements while jumping consists of tackling a course of obstacles.

Eventing consists of three phases – dressage, jumping and cross country – the latter whereby competitors try to master a course consisting of 45 jumps.

Competitors must be more than 18 years old to enter, while the horses themselves must be of a certain age, at least seven, and have an official passport approved by the International Equestrian Federation. Horses must be the same nationality as the riders.

While Germany are the most successful equestrian nation, Team GB topped

DID YOU KNOW?
.....
Dressage originated in ancient Greece when competing horses were required to move in a natural and disciplined manner

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the medal table at London 2012 with three golds and one silver and bronze each.

Team GB at Rio 2016

Team GB will field a 12-strong equestrian team at Rio 2016 across the three disciplines of eventing, dressage and jumping.

It is a team packed with experience, especially in the jumping discipline with London 2012 gold medallist Nick Skelton, 58, making his seventh Olympic Games appearance, closely followed by brothers John, 60, and Michael Whitaker, 56, who will be competing at their sixth and fifth Games respectively.

Both were absent at London 2012 although Skelton's fellow gold medal winning teammate from four years ago, Ben Maher is also included.

For Maher – who is the youngest of the jumping team at 33 – Rio 2016 will represent his third Olympic Games.

The eventing quartet meanwhile is led by Team GB stalwart William Fox-Pitt who has recovered from a serious fall last year to make his fifth Olympic Games. The triple Olympic eventing medallist suffered a serious head trauma when he fell from his horse at the World Young Horse Championships in France last October, causing him to be put in an induced coma, but is back to headline a team which includes Olympic debutants Gemma Tattersall and Kitty King, as well as three-time Olympic Games medallist Pippa Funnell who came in as a replacement for Izzy Taylor.

Meanwhile there are some familiar faces among the dressage team with

“It's still a very exciting time for British dressage as a sport; to take the success of London forward to Rio is going to be a huge undertaking but I'm really looking forward to the challenge with what is a fantastic team.”

Carl Hester

FACT FILE

Venue:
National Equestrian Center

Gold medals available:
6

Dates:
August 6-9 (Eventing), 10-12 & 15 (Dressage), 14, 16-17 & 19 (Jumping)

Number of Team GB athletes:
Men: 7 Women: 5

reigning World, European and Olympic Champion Charlotte Dujardin and horse Valegro returning to the Olympic stage four years after her double gold on home soil.

Fellow London 2012 Olympic team gold medallist Carl Hester is also back for his fifth Games while the team is completed by 2015 European team silver medallist Fiona Bigwood and Spencer Wilton – both of whom make their Olympic Games debuts.





“Five of our 12 riders will be competing at an Olympic Games for the first time, whilst some will be competing at their fifth, sixth and even seventh Olympic Games. There is a robust team spirit amongst our athletes, staff, grooms and our all-important owners that underpins the strongest desire to win medals in Rio.”

Equestrian Team Leader,
Dan Hughes

Competition format

Dressage: The series of movements made by horse and rider, known as tests, are performed in front of a judging panel who award scores for the individual elements and overall routine. Taking place in a 60m by 20m sand-based area there are three rounds – Grand Prix, Grand Prix Special and Grand Prix Freestyle.

In the first two, movements are set in compulsory order while in the third the rider chooses an individual programme set to their own music. The team, made up of four combinations, and individual events are run concurrently with a rider's score from both the Grand Prix and Grand Prix Special counting towards the team total.

The Grand Prix and Grand Prix Special events take place first with team medals decided by the total of the scores in both, averaged out between three riders, while individual podium places are decided after the Grand Prix Freestyle.

After the Grand Prix phase the best six teams, including any tied for sixth, and best eight individuals, including any tied for eighth, not part of a team, progress to the Grand Prix Special. While team medals are decided upon its completion, the best 18 individuals, including any tied for 18th, based solely on the Grand Prix Special advance to the Grand Prix Freestyle. Performances in the Grand Prix Freestyle determine the gold, silver and bronze individual medals. The average score of the final two rounds decides the final placings.

DID YOU KNOW?
.....
At Stockholm 1912, the sport was still known as Cheval D'Arms due to its origins in the French military

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Jumping: Riders are timed as they tackle obstacles with penalties awarded for those not cleared properly. The winner is the competitor that finishes with the fewest penalties in the fastest time.

There are five rounds in total and all five determine the individual medallists, while just two of them are used to establish the winners in the team event. Each team consists of four riders.

The second day of jumping sees the first round of the team competition, with only the top eight teams (and any tied for eighth place) and the highest placed 45 individual athletes qualifying to compete in the second and final team round; the team medals are decided by adding together the scores from both rounds together for the best three placed athletes.

The individual competition is split into two rounds – A and B. Round A sees the best 35 athletes, and any tied and any tied for 35th, limited to a maximum of three per country, progressing to the penultimate round. In round B, the best 20 athletes, including any tied for 20th place, contest this round. Scores from individual final round B are then added to those in round A to decide the medallists. If two or more riders are tied within the top three a jump-off takes place.

Eventing: The competition takes place over four days with scores cumulative across all three phases and the lowest total of penalty points determines the winner.

It starts with the dressage element, which covers the first two days, whereby the total percentage is converted into penalty points and carried onto the

WORDS TO LEARN

DRESSAGE Aid:

A prompt that a rider gives to a horse to change gait or turn. This can be done using the hands, legs or through a shift in body weight

Half-pass:

When a horse moves forwards and sideways at the same time, bent in the direction of movement

Piaffe:

A trotting movement, performed almost on the spot

JUMPING Refusal:

When a horse stops at a jump, incurring faults

Triple combination:

Three fences in close proximity, with just a few steps between them

EVENTING Run-out:

When a horse runs around a fence instead of jumping over it

Optimum time:

The target time in the cross-country element; each second above the optimum time carries a penalty of 0.4 faults

cross-country. Eventing concludes with the jumping; in both the cross-country and jumping phases, penalty points can be accrued for errors on course.

There are two jumping tests, one to decide team medallists and the other to decide the individuals. Teams can be made up of four, however only three contribute to the overall team score. After the first jumping test, which decides the team medallists, the best 25 and any tied on 25th advance to the second round, with the final individual placings decided after the second jumping round.

Team GB at the Olympic Games

	GOLD	SILVER	BRONZE	TOTAL
Athens 2004	1	1	1	3
Beijing 2008	0	0	2	2
London 2012	3	1	1	5
Total	9	10	13	32

Recent major championship winners

	LONDON 2012	WORLD CHAMPIONSHIPS 2014
Individual dressage	Charlotte Dujardin (GBR)	Charlotte Dujardin (GBR)
Team dressage	Team GB	Germany
Individual eventing	Michael Jung (GER)	Sandra Auffarth (GER)
Team eventing	Germany	Germany
Individual jumping	Steve Guerdat (SUI)	Jeroen Dubbeldam (NED)
Team jumping	Team GB	Netherlands

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Events schedule

M / W = Mixed event 🏆 = Medal event

DATE	EVENT
DRESSAGE	
10 Aug	10:00-16:00 M / W Team Dressage: Grand Prix Day 1
11 Aug	10:00-16:00 M / W Team Dressage: Grand Prix Day 2
12 Aug	10:00-16:30 M / W 🏆 Team Dressage: Grand Prix Special
15 Aug	10:00-13:50 M / W 🏆 Individual Dressage: Grand Prix Freestyle
EVENTING	
6 Aug	10:00-16:05 M / W Individual & Team Dressage day one
7 Aug	10:00-15:55 M / W Individual & Team Dressage day two
8 Aug	10:00-15:00 M / W Individual & Team Eventing: cross-country
9 Aug	10:00-15:25 M / W 🏆 Individual & Team Jumping
JUMPING	
14 Aug	10:00-13:40 M / W Individual Jumping: qualification
16 Aug	10:00-13:30 M / W Team Jumping: qualification
17 Aug	10:00-12:45 M / W 🏆 Team Jumping: finals
19 Aug	10:00-14:40 M / W 🏆 Individual Jumping final round A & B

Team GB will compete in all three disciplines

DRESSAGE

FIONA BIGWOOD

Event: Individual & team riding
Aftersgards Orthilia
Age: 40 (24.04.1976)
Born: Horsham
Hometown: Horsham
Previous Games attended: None
Major achievements: WCh: silver (team) 2010. Ech: silver (team) 2015.



Aged 21, Fiona Bigwood was the youngest British rider ever to be selected for a senior European Championships in 1997. Since then she has gone on to taste success at international level, helping the team to World silver in Kentucky in 2010 and then European silver last year in Aachen.

Sussex-based Bigwood rides with a patch over her eye to mitigate the double vision she now suffers as the result of a fall in April 2014.



CHARLOTTE DUJARDIN

Event: Individual & team riding
Valegro
Age: 31 (13.07.1985)
Born: Enfield
Hometown: Newent
Previous Games attended: London 2012



Major achievements: OG: gold (individual) gold (team) 2012. WCh: gold (special), gold (freestyle), silver (team) 2014. Ech: gold (freestyle), gold (special), silver (team) 2015; gold (special), gold (freestyle), bronze (team) 2013; gold (team) 2011.

The youngest member of the dressage team at London 2012, Charlotte Dujardin OBE marked her Olympic Games debut with team and individual gold riding Valegro.

The pair have continued to enjoy considerable success since, with no fewer than four European titles since London as well as special dressage and freestyle dressage gold and team dressage silver at the 2014 World Equestrian Games.

Dujardin is the first rider to hold the complete set of dressage titles available: the individual Olympic freestyle, World freestyle and Special, World Cup individual and European freestyle and Special titles, while, along with Valegro, she holds world records in the Grand Prix, Grand Prix Special and Grand Prix Freestyle tests.

@CSJDujardin

CARL HESTER

Event: Individual & team riding
Nip Tuck
Age: 49 (29.06.1967)
Born: Isle of Sark, Channel Islands
Hometown: Newent
Previous Games attended: London 2012, Athens 2004, Sydney 2000, Barcelona 1992



Major achievements: OG: gold (team) 2012. WCh: silver (team) 2014; silver (team) 2010. Ech: silver (team) 2015; bronze (team) 2013; gold (team), silver (special), silver (freestyle) 2011; silver (team) 2009.

Raised on the Channel Island of Sark, Carl Hester MBE first competed in equestrian after taking up a job at the Fortune Centre in Hampshire before he joined Dr Wilfried Bechtolsheimer's yard as a rider.

He was named as the BOA Olympic Athlete of the Year for equestrian in 2011 while at London 2012, he won gold in team dressage with partners Laura Bechtolsheimer and Charlotte Dujardin.

@HesterDressage

SPENCER WILTON

Event: Individual & team riding
Super Nova II
Age: 43 (01.02.1973)
Born: Reading
Hometown: Suffolk
Previous Games attended: None
Major achievements: Liec CDI3*: 1st Grand Prix and Grand Prix Special, 2016.



Raised in Suffolk where he was a keen member of the Essex and Suffolk Pony Club, Spencer Wilton first represented Great Britain as an individual at the Pony European Eventing Championships.

He then switched to dressage, winning his first national title in 1999 before making his international debut in 2006.

Wilton will be making his Olympic Games debut at Rio 2016.



LARA GRIFFITH

Event: Dressage reserve riding
Rubin Al Asad
Age: 27 (14.11.1988)
Born: Cirencester
Hometown: Cirencester
Previous Games attended: None
Major achievements: Le Mans CDI3*: 1st Grand Prix and Grand Prix Special, 2015.



After graduating from university in 2010, Lara Griffith decided to concentrate entirely on her competitive career, achieving her first international Big Tour win riding Rubin Al Asad in Wellington, Florida at the start of 2015.

@LaraGriffith

EVENTING

WILLIAM FOX-PITT

Event: Individual & team riding
Chilli Morning
Age: 47 (02.01.1969)
Born: London
Hometown: Sturminster Newton
Previous Games attended: London 2012, Beijing 2008, Athens 2004, Atlanta 1996



Major achievements: OG: silver (team) 2012; bronze (team) 2008; silver (team) 2004. WCh: silver (team), bronze (individual) 2014; gold (team), silver (individual) 2010; silver (team) 2006; bronze (team) 2002. Ech: silver (team) 2015; bronze (individual) 2013; bronze (team) 2011; gold (team) 2009; gold (team), silver (individual) 2005; gold (team) 2003; gold (team) 2001; gold (team), silver (individual) 1997; gold (team) 1995.

A winner of 20 Championship medals and one of Britain's most successful eventers ever, William Fox-Pitt was the first British rider to become world number one in eventing in 2002.

He was a member of the silver-medal winning team at London 2012 and picked up team silver at Athens 2004 and bronze at Beijing 2008.

Fox-Pitt suffered a serious head injury in a fall last October but recovered to be selected for his fifth Olympic Games.

@foxpittventing

PIPPA FUNNELL

Event: Eventing riding Billy The Biz
Age: 47 (07.10.1968)
Born: Crowborough
Hometown: Forest Green
Previous Games attended: Athens 2004, Sydney 2000



Major achievements: OG: silver (team), bronze (individual) 2004; silver (team) 2000. WCh: bronze (team) 2002. Ech: silver (team) 2015; gold (team), bronze (individual) 2003; gold (individual), gold (team) 2001; gold (individual), gold (team) 1999.

Pippa Funnell MBE won team silver at Sydney 2000 and Athens 2004, also winning individual bronze at the latter. In 2003 she became the first person in history to win the Rolex Grand Slam of Eventing.

She also has five European titles to her name.

@pippafunnellTPT

KITTY KING

Event: Individual & team riding
Ceylor L A N
Age: 33 (10.09.1982)
Born: Oxford
Hometown: Stanton St Quintin
Previous Games attended: None
Major achievements: Ech: silver (team) 2015.



Kitty King will be making her Olympic Games debut in Rio a year after finishing fourth as the best British rider at the 2015 European Championships in Blair Castle and also leading the home side to team silver.

She was the first British rider to represent Great Britain at all levels – pony, junior, young rider and senior.

King comes from a sporting family with younger sister Lucy having competed in heptathlon and appearing as Tempest in the Gladiators TV show, while Charlotte represented England A at rugby.

@kittyventing

GEMMA TATTERSALL

Event: Individual & team riding
Quicklook V
Age: 31 (12.03.1985)
Born: Horsham
Hometown: Horsham
Previous Games attended: None
Major achievements: Ech: 9th (individual) 2015.



Gemma Tattersall made her senior squad debut at last year's European Championships, finishing ninth with Arctic Soul.

Tattersall has continued that form this year, taking third at Badminton on board Arctic Soul once again and then winning the three star at Bramham with Chico Bella P.

@GTventing

KRISTINA COOK

Event: Eventing reserve riding
Billy The Red
Age: 45 (31.08.1970)
Born: Rustington
Hometown: Rustington
Previous Games attended: London 2012, Beijing 2008



Major achievements: OG: silver (team) 2012; bronze (individual), bronze (team) 2008. WCh: silver (team) 2014; gold (team) 2010; gold (team) 1994. Ech: gold (individual), gold (team) 2009; gold (team) 1999; bronze (individual) 1997; gold (team) 1995; silver (individual) 1993.

Reserve rider Kristina Cook travels to her third Olympic Games with a hat-trick of medals already to her name on board Miners Frolic. At Beijing 2008, the duo won individual and team bronze before upgrading to team silver four years later in London.



JUMPING

BEN MAHER

Event: Individual & team riding
Tic Tac
Age: 33 (30.01.1983)
Born: Enfield
Hometown: Bishop's Stortford
Previous Games attended:
London 2012, Beijing 2008

Major achievements: OG: gold (team) 2012. ECh: gold (team), silver (individual) 2013.

Ben Maher returns to the Olympic stage for his third Games having first appeared for Team GB at Beijing 2008 before helping the team to gold on home soil four years later. The following year he was picking up European medals after yet again winning team gold as well as claiming individual silver.

Maher only started riding his Olympic Games mount Tic Tac in January this year, but they seem to have formed a solid partnership already and have performed well during their Nations Cup appearances.

@BenMaher1



NICK SKELTON

Event: Individual & team riding
Big Star
Age: 58 (30.12.1957)
Born: Bedworth
Hometown: Alcester
Previous Games attended:
London 2012, Beijing 2008,
Athens 2004, Atlanta 1996,
Barcelona 1992, Seoul 1988

Major achievements: OG: gold (team) 2012. WCh: bronze (team) 1998; bronze (team) 1990; silver (team), bronze (individual) 1986; bronze (team) 1982. ECh: bronze (individual), bronze (team) 2011; silver (team) 1995; silver (team) 1993; silver (team) 1991; gold (team) 1989; gold (team), bronze (individual) 1987; gold (team) 1985.

Nick Skelton OBE was part of the team that won the team jumping gold at London 2012, and he is back on Big Star for his seventh Olympic Games.

After a serious neck injury forced him into retirement in 2000, Skelton returned to equestrianism in 2002 and has since received an OBE for services to the sport.

He also broke the British record for highest fence jumped when he conquered a 7ft 7ins obstacle at Olympia in 1978.



JOHN WHITAKER

Event: Individual & team riding
Ornellaia
Age: 60 (05.08.1955)
Born: Huddersfield
Hometown: Huddersfield
Previous Games attended:
Beijing 2008, Sydney 2000,
Atlanta 1996, Barcelona 1992, Los
Angeles 1984

Major achievements: OG: silver (team) 1984. WCh: bronze (team) 1998; silver (individual), bronze (team) 1990; silver (team) 1986; bronze (team) 1982. ECh: bronze (team) 2007; bronze (team) 1997; silver (team) 1995; silver (team) 1993; silver (team) 1991; gold (individual), gold (team) 1989; gold (team), silver (individual) 1987; gold (team) 1985; silver (individual), silver (team) 1983.

One of the most decorated show jumping riders of all-time, Huddersfield's John Whitaker has won multiple medals at Olympic, World and European Championships over the course of his career.

In 1984 Whitaker won Olympic silver in the team competition in Los Angeles and went on to appear at the 1992, 1996, 2000 and 2008 Olympic Games.

Whitaker comes from a successful show jumping family with son Robert, niece Ellen, nephews William and George and younger brother Michael also show jumpers, while he is the oldest Team GB athlete at Rio 2016.

@JohnWhitakerInt



MICHAEL WHITAKER

Event: Individual & team riding
Cassionato
Age: 56 (17.03.1960)
Born: Huddersfield
Hometown: Wharton,
Nottinghamshire
Previous Games attended:
Sydney 2000, Atlanta 1996,
Barcelona 1992, Los Angeles
1984

Major achievements: OG: silver (team) 1984. WCh: bronze (team) 1990; silver (team) 1986. ECh: gold (team) 2013; bronze (team) 2007; bronze (team) 1997; silver (individual), silver (team) 1995; silver (team), bronze (individual) 1993; silver (team) 1991; gold (team), silver (individual) 1989; gold (team) 1987; gold (team) 1985.

Younger brother of teammate John, Michael Whitaker will be making his fifth Olympic Games appearance and already has one podium finish to his name having picked up team silver at Los Angeles 1984.

Whitaker has also picked up medals at World and European level during an international career spanning over three decades.

The 56-year-old and Cassionato were part of the British team at last summer's European Championships, where the team's fourth place secured the Brits an Olympic qualification.



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JESSICA MENDOZA

Event: Jumping reserve riding
Spirit
Age: 20 (09.04.1996)
Born: Cheiltenham
Hometown: Chippenham
Previous Games attended: None

Major achievements: JECh: gold (team), bronze (individual) 2014; silver (team) 2013.

The youngest member of the Team GB squad, travelling reserve Jessica Mendoza broke into the world's top 100 riders in spring last year.

Brought up in Chippenham, Wiltshire, Mendoza started her international showjumping career on the international pony and junior riders circuit, winning team gold and individual bronze at the Junior European Championships in 2014.

In autumn 2015, she was announced as the winner of The Longines Rising Star of the Year award.

@jessicamendoza



DAN HUGHES

Title: Performance Director
Games role: Team Leader



YOGI BREISNER

Title: Performance Manager
Games role: Head Coach



DI LAMPARD

Title: Performance Manager
Games role: Head Coach



RICHARD WAYGOOD

Title: World Class Programme
Dressage Performance Manager
Games role: Head Coach



SARAH ARMSTRONG

Title: World Class Programme
Manager
Games role: Team Leader Support



LIZ BROWN

Title: Veterinarian
Games role: Veterinarian



ANDRE BUTHE

Title: Veterinarian
Games role: Veterinarian



IAN CAST

Title: Coach
Games role: Assistant Coach



ROBRECHT CNOCKAERT

Title: Veterinarian
Games role: Veterinarian



ANDERS DAHL

Title: Coach
Games role: Coach



KATE DAVIS

Title: Physiotherapist
Games role: Physiotherapist



RACHAEL GREEN

Title: Equine Physiotherapist
Games role: Equine Physiotherapist



CAROLINE GRIFFITH

Title: World Class Programme Podium
Potential Lead
Games role: Team Admin Support



DEBBIE LEE

Title: World Class Programme Support
& Logistics Coordinator
Games role: Team Admin Support



PETER MURPHY

Title: World Class Programme Eventing
Performance Showjumping Coach
Games role: Assistant Coach



BRENDAN MURRAY

Title: Farrier
Games role: Farrier



HAYDN PRICE

Title: Farrier
Games role: Farrier



TRACIE ROBINSON

Title: World Class Programme Eventing
Performance Dressage Coach
Games role: Assistant Coach



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FENCING

Fencing

Introduction

Fencing is broken down into three disciplines named after the blade weapon used in each – foil, épée and sabre – with Team GB competing in the men's foil events in Rio.

Four years ago Team GB competed in the men's and women's individual foil and individual sabre competitions with Corinna Lawrence the only British individual épée competitor.

While no individual progressed past the last 32 stage, in the team foil events Team GB recorded sixth and eighth-place finishes in the

men's and women's competitions respectively. Team GB's last Olympic fencing medal came in 1964 when Bill Hoskyns won individual épée silver. Gillian Sheen remains Team GB's only ever fencing Olympic gold medallist, winning the individual foil title in 1956, while Judy Guinness' honesty in 1932 cost her becoming the first. She twice acknowledged a hit made by her opponent not seen by the judges and settled for silver.

Italy have won the most medals in total since Athens 1896 with 121, including 48 golds.

Team GB at Rio 2016

Team GB will have a team of three foil fencers, plus one reserve, in Rio after a quota spot was secured back in February when a

DID YOU KNOW?
.....
Fencing has been included in every Olympic Games since 1896

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ninth-placed finish at the World Cup in Bonn ensured that Great Britain were the highest European world-ranked team outside the top four.

Richard Kruse, Laurence Halsted and James Davis will compete in the team and individual events with Marcus Mepstead named as the team reserve. This is the same quartet that claimed men's team foil bronze at the European Championships this June.

Of the four, Kruse, Halsted and Davis all competed at London 2012 where the team achieved a sixth-placed finish.

For Kruse, Rio will represent his fourth Olympic Games appearance after previous outings at London 2012, Beijing 2008 and Athens 2004 – an eighth-place finish on his debut 12 years ago representing the best individual performance by a British fencer for 40 years.

Kruse and Mepstead were also part of the Team GB quartet that shocked Olympic Champions Italy to win the first European Games gold in team foil last year – a result that marked the first British gold medal in a team fencing event at World or European level for 50 years.

In the four years since making his first Olympic Games appearance in London, Davis has picked up four European medals, with team and individual bronze in 2013 followed by individual gold a year later in Strasbourg. While fellow four-time European medallist Halsted is also set for his second Olympic Games in Rio after appearing in London.

“I learned a great deal at London 2012 and going into Rio we have a great team. It's the first time we've ever qualified a team so I'm looking forward to it. We've worked really hard over the last four years and luckily, for us, it has paid off and we can't wait.”

James Davis

WORDS TO LEARN

En garde:

A fencer's stance when preparing to start

Parry:

A defensive move where the defender uses their own blade to block their opponent's attack

Mal-parry:

A parry that fails to prevent an attack from landing

Riposte:

Scoring a hit after you've successfully executed a parry. If a fencer parries their opponent's riposte and then lands a hit that is called a counter-riposte

Flèche:

An attack made on the run where a fencer leaps off their leading foot and tries to make the hit as they pass their opponent. Flèche is the French word for arrow and is used as a fencer resembles an arrow when performing this move





“ I haven't managed to bag myself an Olympic medal yet, but there's no reason I can't do it this time so I'm really going to go for it. We do have a really good chance and we're up there with the best. ”

Richard Kruse

Competition format

In the foil and épée, points are scored by hitting an opponent with the tip of the weapon, while in sabre, the cutting weapon, hits can be scored with both the point and the side of the blade. Foil and sabre have rules of right of way and timing such that only one fencer can score at a time.

Individual contests in épée and foil are decided over three three-minute periods or until one fencer has scored 15 points. Sabre is so fast that there is a one-minute break when one fencer reaches eight hits. Team contests consist of nine three-minute bouts with 45 hits needed to win.

Aided by a video referee, a referee oversees each bout, and in the latter stages by two further assistants who look for infringements. Hits are recorded electronically using wireless technology.

In foil the valid target area for hitting is the trunk of the body. In the sabre it is everything above the waist, barring hands, and in the épée it is the entire body.

Infringements include using the unarmed hand to cover the target, barging into your opponent, or foot faults whereby a fencer steps off the side or the end of the piste. Minor offences are penalised with a yellow card. Receiving two yellow cards in the same fight results in a penalty hit awarded against a fencer in the form of a red card. A black card, for severe infractions, results in exclusion.

DID YOU KNOW?
Fencing suits are white because originally touching was recorded with a piece of cotton at the tip of the weapon dripped in ink

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FACT FILE

Venue:

Carioca Arena 3

Gold medals available:

10

Dates:

August 6–14

Number of Team GB athletes:

Men: 3

All ten events are based on a head-to-head knockout format with a round of 64 for the individual men's foil and sabre and individual women's foil and épée. When there are less than 64 athletes participating in these events byes are handed out. The individual men's épée and individual women's sabre begin with a round of 32 with a maximum of two athletes receiving byes.

Team events involve eight nations. In the event of a tie in any of the events, athletes fence for a further priority minute.

The first to score is then declared the winner but if no-one does the athlete randomly assigned priority before the extra-time takes the tie. All the draws are based on the existing International Fencing Federation (FIE) rankings.



Team GB at the Olympic Games

Team GB's last Olympic fencing medal was Bill Hoskyns' épée bronze at Tokyo 1964



Total

Recent major championship winners

M = Men W = Women

	LONDON 2012	WORLD CHAMPIONSHIPS 2015
Individual Epée	M Rubén Limardo (VEN)	Géz Imre (HUN)
	W Yana Shemyakina (UKR)	Rossella Fiamingo (ITA)
Team Epée	M N/A	Ukraine
	W China	China
Individual Foil	M Lei Sheng (CHN)	Yuki Ota (JPN)
	W Elisa Di Francisca (ITA)	Inna Deriglazova (RUS)
Team Foil	M Italy	Italy
	W Italy	Russia (2016)*
Individual Sabre	M Áron Szilágyi (HUN)	Aleksey Yakimenko (RUS)
	W Kim Ji-yeon	Sofiya Velikaya (RUS)
Team Sabre	M South Korea	Russia (2016)*
	W N/A	Russia

*Only two disciplines that are not on the 2016 Olympic programme were held at the 2016 World Championships

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Events schedule

M = Men's events W = Women's events 🏅 = Medal event

DATE	EVENT
Aug 6	09:00-14:15 W Individual épée round of 64, 32, 16 & quarter-finals
	16:00-18:30 W 🏅 Individual épée semi-finals & medal matches
Aug 7	09:00-14:15 M Individual foil round of 64, 32, 16 & quarter-finals
	16:00-18:30 M 🏅 Individual foil semi-finals & medal matches
Aug 8	09:00-13:00 W Individual sabre round of 64, 32, 16 & quarter-finals
	16:00-18:30 W 🏅 Individual sabre semi-finals & medal matches
Aug 9	09:00-14:15 M Individual épée round of 64, 32, 16 & quarter-finals
	16:00-18:30 M 🏅 Individual épée semi-finals & medal matches
Aug 10	08:30-16:00 M Individual sabre round of 64, 32, 16 & quarter-finals
	W Individual foil round of 64, 32, 16 & quarter-finals
	17:30-21:35 M 🏅 Individual sabre semi-finals & medal matches
	W 🏅 Individual foil semi-finals & medal matches
Aug 11	09:00-15:30 W Team épée round of 16, quarter-finals, classifications & semi-finals
	17:00-19:50 W 🏅 Team épée medal matches
Aug 12	09:00-15:30 M Team foil round of 16, quarter-finals, classifications & semi-finals
	17:00-19:50 M 🏅 Team foil medal matches
Aug 13	09:00-14:30 W Team sabre round of 16, quarter-finals, classifications & semi-finals
	17:00-19:35 W 🏅 Team sabre medal matches
Aug 14	09:00-15:30 M Team épée round of 16, quarter-finals, classifications & semi-finals
	17:00-19:50 M 🏅 Team épée medal matches

Team GB will compete in the men's individual and team foil events



JAMES DAVIS

Age: 25 (03.07.1991)
Born: Edgware
Hometown: Barnet
Previous Games attended:
London 2012
Major achievements: ECh: bronze (team foil) 2016; gold (individual foil) 2014; bronze (individual foil), bronze (team foil) 2013.



James Davis was the youngest member of the British fencing team when he made his Olympic Games debut four years ago in London.

A year later he won individual and team foil bronze at the European Championships before clinching individual gold a year later in Strasbourg.

Davis helped win men's team foil bronze at June's European Championships with his fellow Rio fencers.

@JAA_DAVIS

RICHARD KRUSE

Age: 33 (30.07.1983)
Born: London
Hometown: London
Previous Games attended:
London 2012, Beijing 2008,
Athens 2004
Major achievements: ECh: bronze (team foil) 2016; bronze (team foil) 2013; bronze (individual foil) 2012; bronze (team foil) 2010; bronze (individual foil) 2010; silver (individual foil) 2009; silver (individual foil) 2006 EG: gold (team foil) 2015.



Richard Kruse was the first British fencer to qualify outright for London 2012 and part of the men's foil team that finished sixth. He finished eighth on his Olympic debut at Athens 2004 having won European junior silver in 2001 and then gold a year later.

Kruse was also part of the group that won team foil gold at the 2015 European Games in Baku and bronze at the European Championships in June of this year.



LAURENCE HALSTED

Age: 32 (22.05.1984)
Born: London
Hometown: London
Previous Games attended:
London 2012
Major achievements: ECh: bronze (team foil) 2016; bronze (team foil) 2010; bronze (individual foil) 2009; silver (individual foil) 2008.



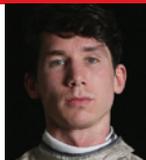
Laurence Halsted's father Nick competed for Team GB at Mexico City 1968 and his mother Clare competed at Montreal 1976. Halsted followed in his parents' footsteps and turned out for Team GB at London 2012 in the men's team foil event - where they lost to Italy in the quarter-final.

He has four European Championship medals to his name with an individual silver and bronze in 2008 and 2009 respectively, as well as team bronze in 2010 and 2016 - the latter coming in June.

@LaurenceHalsted

MARCUS MEPSTEAD

Age: 26 (11.05.1990)
Born: London
Hometown: London
Previous Games attended: None
Major achievements: ECh: bronze (team foil) 2016; bronze (team foil) 2013; bronze (team foil) 2010 EG: gold (team foil) 2015.



Selected as a reserve, Marcus Mepstead started fencing as an after-school activity and in 2010 he was a part of the team that won bronze at the European Championships in Leipzig - the first British medal at a major event since 1965.

Three years later and the team repeated the trick in Zagreb and in 2014 Mepstead was brought into the British World Class Programme.

At the inaugural European Games in Baku he helped Team GB claim the gold medal in the team foil event, while he also helped win bronze at the 2016 European Championships in June.

@MarcusMepstead

ALEX NEWTON

Title: Performance Director
Games role: Team Leader



ANDREY KLYUSHIN

Title: Head Coach
Games role: Head Coach



DAVID FULCHER

Title: Performance Analyst
Games role: Performance Analyst



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GOLF

Golf

Introduction

Having featured at both Paris 1900 and St Louis 1904, golf is back on the programme for Rio 2016 after the International Olympic Committee reinstated the sport at a 2009 session in Copenhagen.

Both the men's and women's competitions will take the form of a 72-hole individual stroke play tournament, played to the official rules of golf.

At Paris 1900 Team GB won men's silver and bronze through Walter Rutherford and David Robertson respectively, while American Charles Sands took gold. Four years later Canadian George Lyon climbed the top step

of the podium and claimed the last Olympic gold medal.

A women's competition didn't take place at St Louis 1904, meaning Margaret Abbott of the United States of America is the sole gold medallist ahead of Rio 2016. Abbott pipped two compatriots to the title, with the USA picking up all medals on offer in the men's team event at St Louis 1904.

DID YOU KNOW?
Golf began in Scotland in the Middle Ages, but the game was initially banned by King James III for interfering with archery practice

Team GB at Rio 2016

Fresh from winning his first major championship at the 2016 Masters Tournament, Danny Willett is one of four golfers that will represent Team GB in Rio. That Masters victory saw Willett enter the world's top-ten for the first time since he turned professional in 2008.

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Earlier this year Willett won the Dubai Desert Classic, while he also finished top of the pile in the 2015 European Masters.

And Willett is joined in the men's competition by Justin Rose, who tied for second place at the 2015 Masters Tournament before the former went on to win the crown the following year. But Rose has won silverware himself, becoming the first English player to win a major since Nick Faldo in 1996 and the first to win the U.S. Open since Tony Jacklin in 1970 when he did so in 2013.

Team GB will be represented in the women's competition by Charley Hull and Catriona Matthew, the latter having won the 2009 Women's British Open.

Hull is still waiting for her first major victory but the 20-year-old came close at this year's ANA Inspiration when she was tied for second, one shot behind victor Lydia Ko of New Zealand.

Competition format

Players use a selection of clubs to get their ball from the teeing ground into a hole in the fewest number of shots possible. Both the men's and women's competitions see the athletes complete 18 holes on four consecutive days.

The player who completes the 72-hole individual stroke play tournament, played to the official rules of golf, with the lowest shot total wins. In the event of a tie for any of the first three positions, a three-hole play-off will determine the medal winners.

“It will be a huge honour to represent Team GB at the Olympics. I'm very proud but it's also going to be great fun. It's the first time golf has been in since 1904 and it will be such a different experience.”

Danny Willett

WORDS TO LEARN

DID YOU KNOW?
In February 1971 golf was played on the moon when American astronaut Alan Shepherd exited Apollo 14 and hit a six-iron shot

- Par:** The score a player is expected to make on a hole, either a three, four or five
- Birdie:** A score of one under par on a hole
- Eagle:** A score of two under par on a hole
- Bogey:** A score of one over par on a hole

FACT FILE

- Venue:** Olympic Golf Course
- Gold medals available:** 2
- Dates:** August 11-14 (men), 17-20 (women)
- Number of Team GB athletes:** Men: 2 Women: 2



Team GB at the Olympic Games

	GOLD	SILVER	BRONZE	TOTAL
Paris 1900	0	1	1	2
St Louis 1904	0	0	0	0
Total	0	1	1	2

Events schedule

M = Men's events W = Women's events 🏅 = Medal event

DATE	EVENT
11 Aug	07:30-16:00 M Round one
12 Aug	07:30-16:00 M Round two
13 Aug	07:30-16:00 M Round three
14 Aug	07:00-15:50 M 🏅 Final round
17 Aug	07:30-16:00 W Round one
18 Aug	07:30-16:00 W Round two
19 Aug	07:30-16:00 W Round three
20 Aug	07:00-15:50 W 🏅 Final round

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Team GB will compete in the men's and women's events

CHARLEY HULL

Age: 20 (20.03.1996)
Born: Kettering
Hometown: Kettering
Previous Games attended: None
Major achievements: ANAI: T2nd 2016. WPGACh: 16th 2016.



Charley Hull was named Ladies European Tour Rookie of the Year in 2013 and that same year became the youngest ever competitor to participate in the Solheim Cup, contributing two points as the squad became the first European team one to win on American soil.

The following year she won the Ladies European Tour Order of Merit while already in 2016 she was tied second in the ANA Inspiration, finishing one shot behind winner Lydia Ko of New Zealand, before finishing 16th in the Women's PGA Championship in June.

@HullCharley

CATRIONA MATTHEW

Age: 46 (25.08.1969)
Born: Edinburgh
Hometown: North Berwick
Previous Games attended: None
Major achievements: WBO: winner 2009. WPGACh: 2nd 2013. ANAI: T2nd 2007.



Catriona Matthew's sole major victory came at the 2009 Women's British Open and that same year she was crowned Ladies European Tour Player of the Year.

With over 100 career top-ten finishes to her name, Matthew was tied 12th in June's Women's PGA Championship, a competition she finished second in back in 2013 after losing a play-off to South Korean Inbee Park.

She captured the Scottish Amateur title in 1991, 1993 and 1994, and the British Amateur title in 1993 before turning professional in 1995.

@Beany25

JUSTIN ROSE

Age: 36 (30.07.1980)
Born: Johannesburg, South Africa
Hometown: London
Previous Games attended: None
Major achievements: USOp: winner 2013. MT: T2nd 2015.



Justin Rose came to prominence as an amateur at the 1998 Open Championship where he finished in a tie for fourth place. In 2007 he won the European Tour Order of Merit while in 2013 he became the first English player to win a major since Nick Faldo in 1996 and the first to win the U.S. Open since Tony Jacklin in 1970.

Rose reached a career-high world ranking of third in 2013 while earlier this year he was tied for tenth at the Masters, having finished joint second in 2015.

@JustinRose99

DANNY WILLETT

Age: 28 (03.10.1987)
Born: Sheffield
Hometown: Rotherham
Previous Games attended: None
Major achievements: MT: winner 2016. TOC: 16th 2015.



Danny Willett arrives at Rio 2016 fresh from picking up his first major with success at the 2016 Masters Tournament in April, a win that moved him into the top ten for the first time since he turned professional in 2008.

In triumph he became only the second Englishman to achieve the feat and the first European in 17 years to win at Augusta National.

In 2007 Willett won the English Amateur Championship and the following year was the number one ranked amateur in the world.

@Danny_Willett

JAMIE SPENCE

Title: Team Leader
Games role: Team Leader



MARK FULCHER

Title: Caddy
Games role: Justin Rose Caddy



GRAEME MATTHEW

Title: Caddy
Games role: Catriona Matthew Caddy



JONATHAN SMART

Title: Caddy
Games role: Danny Willett Caddy



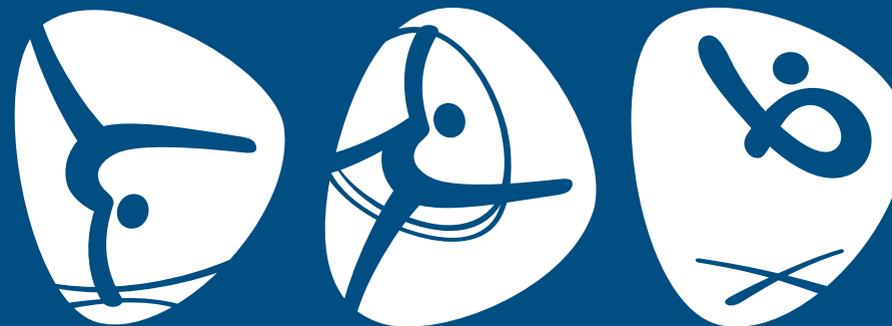
NIGEL TILLEY

Title: Physiotherapist
Games role: Physiotherapist



ADAM WOODWARD

Title: Caddy
Games role: Charley Hull Caddy



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GYMNASTICS - ARTISTIC, RHYTHMIC & TRAMPOLINE



Gymnastics

Introduction

Gymnastics is split into three disciplines at the Olympic Games – artistic, rhythmic and trampoline – and is one of five sports to feature at every edition since Athens 1896.

At Rio 2016 Team GB are set to compete in artistic and trampoline with all gymnastics events staged at the Arena Olimpica do Rio.

Rhythmic gymnastics is one of just two women-only disciplines at the Olympic Games – synchronised swimming the other – and is split up into individual all-around, individual apparatus and group all-around events. The Group all-around

features one routine with five ribbons and one routine with two hoops and six clubs, while the individual all-around has routines with hoops, balls, clubs and ribbon. Trampolining and artistic gymnastics, meanwhile, features both men and women.

Walter Tysall was Team GB's first Olympic Games gymnastics medallist, taking all around silver at London 1908, and was Team GB's only individual medallist for 100 years until Louis Smith won pommel horse bronze at Beijing 2008.

Four years ago in London, Team GB men won their first team medal for 100 years when they took bronze – repeating the third-place finish by the team at Stockholm 1912.

DID YOU KNOW?
.....
The word gymnastics come from the Greek adjective *gymnos*, meaning naked. Early gymnasts used to perform without wearing clothes

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It was one of four artistic medals picked up by Team GB at London 2012, with Smith adding to his Beijing 2008 bronze with silver in the pommel, while teammate Max Whitlock picked up bronze.

And Beth Tweddle – the most decorated British gymnast – finally got her hands on an elusive Olympic Games medal with bronze in the uneven bars, in what would be her final ever competitive outing before retiring a year later.

Team GB at Rio 2016

Louis Smith will compete in his third Olympic Games after being named in a 13-strong gymnastics squad for Rio 2016. Smith won pommel horse bronze at Beijing 2008 before upgrading to silver at London 2012, as well as adding a team bronze. He retired in 2013 only to return to win pommel bronze and team gold at Glasgow 2014 with England, before winning pommel gold at the 2015 European Championships.

He is joined in the men's artistic team by World pommel horse Champion Max Whitlock and 2015 European floor Champion Kristian Thomas, both fellow London 2012 team bronze medal winners. Nile Wilson and Brinn Bevan were both part of the historic 2015 World Championships team that took silver and make their Olympic debuts.

The Downie sisters, Becky and Ellie, become the first British gymnastics sisters to compete together in an Olympic Games. Older sister Becky, the 2016 European bars Champion, competed at Beijing 2008, while Ellie, who won three silver medals at this year's Europeans, is making her Games bow.

“ For me personally it was a big decision to carry on for this Olympic cycle but I knew I had more to give and feel like I’ve proved that. Being part of Team GB is amazing, we’re so excited to get our kit, to be in Rio, to see all the other athletes and be on that Olympic stage.”

Becky Downie

WORDS TO LEARN

- All-around:** Competitions that feature all of the different apparatus – six for men and four for women – within artistic gymnastics
- Barani:** A forward somersault in trampolining which also incorporates a half twist
- Salto:** Referring to artistic gymnastics, a flip or somersault where the gymnast rotates around the axis of their hips



“It was an honour to compete at my first Olympic Games and I can't believe I'm back here being selected for my second one! I have learned a lot in the last four years and I'm relishing the opportunity to get out there on the big stage again and represent my country the best I possibly can.”

Kat Driscoll

British all-around Champion Claudia Fragapane and World Championships team bronze medal winners Ruby Harrold and Amy Tinkler complete the line-up.

In the trampoline contingent, Kat Driscoll placed a Team GB best-ever ninth in the preliminaries at London 2012 and returns to action in Rio alongside 2016 British Champion Nathan Bailey and three-time British Champion Bryony Page.

Competition format

Artistic gymnastics: The discipline features a men's and women's all-around competition, two team events, and ten different individual events – six male and four female.

The men compete in the floor, pommel horse, rings, vault, parallel bars and horizontal bar apparatus while the women compete in the vault, uneven bars, balance beam and the floor.

The men's and women's competitions have four phases: qualification, team final, individual all-around final and individual apparatus finals. The best eight teams in qualification then go through to the team final, where each apparatus is contested by three members of each five-strong team. Teams are ranked on their total score.

The top 24 overall gymnasts advance to the all-around final, while the top eight scorers on each apparatus qualify for the individual apparatus finals. No more than two gymnasts per nation can compete in either the all-

FACT FILE



Venue:

Arena Olimpica de Rio

Gold medals available:

18

Dates:

August 6-16 (artistic), August 19-21 (rhythmic) August 12-13 (trampoline)

Number of Team GB athletes:

Men: 6 Women: 7

around or apparatus finals. Gymnasts' performances are rated by two judging panels. One group of judges scores the degree of difficulty, or 'start value', of the routine and the other scores its execution, composition and artistry. Instead of maximum 10s, the medal-winning scores tend to be in the high 15s and 16s.

Rhythmic gymnastics: A combination of gymnastics and dance in which individual female competitors perform short routines to music using hand apparatus – a hoop, a ball, clubs and a ribbon – and are marked out of 30 by three panels of judges of technical ability, artistic interpretation and execution.

In the individual competition, ten gymnasts progress from the preliminary round to the final, where they begin with a clean slate.

In the group competition, teams perform two exercises, the first with the team members using identical pieces of apparatus while in the second a combination of two different pieces of apparatus are used. The top eight teams progress to the final.

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DID YOU KNOW?

Before it became a sport in its own right, trampolines were used for training astronauts and preparing athletes for other disciplines



Trampoline: Men and women compete individually in trampolining, beginning with a qualification round that consists of both compulsory and optional routines.

Athletes produce short routines, containing a variety of twists, bounces and somersaults. Marks are awarded for difficulty, execution and flight time from a panel of nine judges.

Five award points for execution, two score the degree of difficulty and two oversee the contest. The highest and lowest execution scores are dropped and the three remaining scores are added to the single difficulty rating.

The top eight scorers from the male and female qualification round advance to the finals and perform another optional routine with the highest score winning overall.

Team GB at the Olympic Games



Recent major championship winners

M = Men W = Women

	LONDON 2012	WORLD CHAMPIONSHIPS 2015
Artistic: Team	M China W USA	Japan USA
Artistic: Individual all-around	M Kohei Uchimura (JPN) W Gabby Douglas (USA)	Kohei Uchimura (JPN) Simone Biles (USA)
Artistic: Floor	M Zhou Kai (CHN) W Aly Raisman (USA)	Kenzo Shirai (JPN) Simone Biles (USA)
Artistic: Pommel horse	M Krisztian Berki (HUN)	Max Whitlock (GBR)
Artistic: Uneven bars	W Aliya Mustafina (RUS)	Fan Yilin (CHN), Viktoria Komova (RUS), Daria Spiridonova (RUS), Madison Kocian (USA)
Artistic: Rings	M Arthur Zanetti (BRA)	Eleftherios Petrounias (GRE)
Artistic: Vault	M Yang Hak-seon (KOR) W Sandra Izbasca (ROM)	Ri Se-gwang (PRK) Maria Paseka (RUS)
Artistic: Parallel bars	M Feng Zhe (CHN)	You Hao (CHN)
Artistic: Balance beam	W Deng Linlin (CHN)	Simone Biles (USA)
Artistic: Horizontal bar	M Epke Zonderland (NED)	Kohei Uchimura (JPN)
Rhythmic: Group all-around	W Russia	Russia

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Recent major championship winners cont.

M = Men W = Women

	LONDON 2012	WORLD CHAMPIONSHIPS 2015
Rhythmic: Individual all-around	W Yevgeniya Kanayeva (RUS)	Yana Kudryavtseva (RUS)
Trampolining	M Dong Dong (CHN) W Rosannagh MacLennan (CAN)	Gao Lei (CHN) Li Dan (CHN)

Events schedule

M = Men's events W = Women's events 🏅 = Medal event

DATE	EVENT
ARTISTIC	
6 Aug	10:30-13:00 M Qualification
	14:30-17:00 M Qualification
	18:30-21:00 M Qualification
7 Aug	09:45-13:00 W Qualification
	14:30-16:00 W Qualification
	17:30-19:00 W Qualification
	20.30-22:00 W Qualification
8 Aug	16:00-18:55 M 🏅 Team final, victory ceremony
9 Aug	16:00-18:10 W 🏅 Team final, victory ceremony
10 Aug	16:00-18:45 M 🏅 Individual all-around final, victory ceremony
11 Aug	16:00-18:10 W 🏅 Individual all-around final, victory ceremony
14 Aug	14:00-16:25 M 🏅 Floor exercise: final, victory ceremony
	W 🏅 Vault: final, victory ceremony
	M 🏅 Pommel horse: final, victory ceremony
	W 🏅 Uneven bars: final, victory ceremony
15 Aug	14:00-16:15 M 🏅 Rings: final, victory ceremony
	W 🏅 Balance beam: final, victory ceremony
	M 🏅 Vault: final, victory ceremony
16 Aug	14:00-16:15 M 🏅 Parallel bars: final, victory ceremony
	W 🏅 Floor exercise: final, victory ceremony
	M 🏅 Horizontal bar: final, victory ceremony

Events schedule cont. M = Men's events W = Women's events 🏅 = Medal event

DATE	EVENT	
RHYTHMIC		
19 Aug	10:20-13:20	W Individual all-around qualification, rotations 1&2
	14:50-17:50	W Individual all-around qualification, rotations 3&4
20 Aug	10:00-11:10	W Group all-around qualification, rotation 1
	12:40-13:50	W Group all-around qualification, rotation 2
	15:20-17:45	W 🏅 Individual all-around: final, victory ceremony
21 Aug	11:00-12:45	W 🏅 Group all-around: final, victory ceremony
TRAMPOLINE		
12 Aug	14:00-16:30	W 🏅 Trampoline: qualification, final, victory ceremony
13 Aug	14:00-16:30	M 🏅 Trampoline: qualification, final, victory ceremony

Team GB will compete in all events barring individual and group rhythmic gymnastics

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ARTISTIC

BRINN BEVAN

Age: 19 (16.06.1997)
Born: Southend
Hometown: South Benfleet
Club: South Essex
Previous Games attended: None
Major achievements: WCh: silver (team) 2015. EG: bronze (pommel horse) 2015.



Brinn Bevan made his senior international debut at the inaugural Olympic Games, in 2015 winning pommel horse bronze before helping the men's team win World Championship silver.

As a junior he was part of the gold-medal winning team at the 2012 European Championships while two years later repeated the feat and won silver medals on the parallel bars and rings and an all-around bronze.

Rio 2016 will be Bevan's first Olympic Games while he is a member of South Essex Gymnastics Club.

@brinnbevan

BECKY DOWNIE

Age: 24 (24.01.1992)
Born: Nottingham
Hometown: Nottingham
Club: Notts
Previous Games attended: Beijing 2008



Major achievements: WCh: bronze (team) 2015. ECh: gold (uneven bars), silver (team) 2016; silver (uneven bars), silver (balance beam) 2015; gold (uneven bars), silver (team) 2014; silver (team) 2010. CG: gold (uneven bars), gold (team) 2014; silver (team), bronze (balance beam) 2006.

Rio 2016 will be Becky Downie's second Olympic Games, having finished 12th in the all-around final and helped Team GB to ninth in the team event at Beijing 2008 and been reserve for London 2012.

Earlier this year she won her second uneven bars European title, also adding a silver medal in the team event.

She was also part of the Great Britain women's team that won the nation's first-ever global team medal, a bronze at the 2015 World Championships.

@Bdownie

ELLIE DOWNIE

Age: 16 (20.07.1999)
Born: Nottingham
Hometown: Nottingham
Club: Notts
Previous Games attended: None
Major achievements: WCh: bronze (team) 2015. ECh: silver (vault), silver (floor), silver (team) 2016; bronze (all-around) 2015.



The younger sister of teammate Becky Downie, Ellie will make her Olympic Games debut at Rio 2016 having represented Team GB at the 2014 Youth Olympic Games, winning a silver and three bronze medals.

The following year she became the first female gymnast ever to win an individual all-around medal for Great Britain at the European Championships, with a bronze.

Later in the same year, Ellie was part of the Great Britain women's team that won the nation's first-ever global team medal, a bronze at the 2015 World Championships.

@elliedownie

CLAUDIA FRAGAPANE

Age: 18 (24.10.1997)
Born: Bristol
Hometown: Bristol
Club: Bristol Hawks
Previous Games attended: None



Major achievements: WCh: bronze (team) 2015. ECh: silver (team) 2016; silver (floor) 2015; silver (team) 2014. CG: gold (all-around), gold (vault), gold (floor), gold (team) 2014.

With four gold medals at Glasgow 2014, Claudia Fragapane became England's most successful Commonwealth Games competitor for 84 years.

Later that year she was named BBC Young Sports Personality of the Year while in 2015 she was part of the Great Britain women's team that won bronze at the World Championships.

Already in 2016 Fragapane has claimed a third European silver medal while in March she won the all-around title, as well as three apparatus gold medals, at the 2016 English Championships.

@claudia_frag

RUBY HARROLD

Age: 20 (04.06.1996)
Born: Stevenage
Hometown: Bristol
Club: The Academy
Previous Games attended: None
Major achievements: WCh: bronze (team) 2015. ECh: silver (team) 2016; silver (team) 2014. CG: gold (team), silver (all-around), bronze (uneven bars) 2014.



After being a reserve for London 2012, Ruby Harrold will make her Olympic Games debut at Rio 2016 fresh from winning team silver at this year's European Championships.

That success followed the bronze medal she helped Great Britain claim at last year's World Championships. Harrold won three medals at Glasgow 2014, including all-around silver behind fellow England teammate Claudia Fragapane.

@RubyHarrold

LOUIS SMITH

Age: 27 (22.04.1989)
Born: Peterborough
Hometown: Peterborough
Club: Huntingdon
Previous Games attended: London 2012, Beijing 2008
Major achievements: OG: silver (pommel horse), bronze (team) 2012; bronze (pommel horse) 2008. WCh: silver (pommel horse), silver (team) 2015; bronze (pommel horse) 2011; silver (pommel horse) 2010; bronze (pommel horse) 2007. ECh: silver (team) 2016; gold (pommel horse) 2015; gold (team), silver (pommel horse) 2012; silver (pommel horse), silver (team) 2010; silver (pommel horse) 2009. CG: gold (team), bronze (pommel horse) 2014; gold (pommel horse), bronze (team) 2006.



Rio 2016 will be Louis Smith's third Olympic Games, having won pommel horse bronze at Beijing 2008 before upgrading to silver and adding team bronze at London 2012.

Smith was appointed Member of the Order of the British Empire (MBE) in the 2013 New Year Honours for services to gymnastics before retiring from the sport.

He returned the following year and won two medals at Glasgow 2014 before claiming two silver medals at the 2015 World Championships and team silver at this year's Europeans.

@louissmith1989

AMY TINKLER

Age: 16 (27.10.1999)
Born: Durham
Hometown: Bishop Auckland
Club: South Durham
Previous Games attended: None
Major achievements: WCh: bronze (team) 2015.



Earlier this year Amy Tinkler finished second in the all-around at the English Championships behind Rio 2016 teammate Claudia Fragapane.

The previous year she won the British all-around title as well as helping the Great Britain women's team collect bronze at the World Championships in Glasgow.

Tinkler has represented Team GB before, helping win team silver at the 2013 European Youth Olympic Festival in Utrecht.

@amytinkler2

KRISTIAN THOMAS

Age: 27 (14.02.1989)
Born: Wolverhampton
Hometown: Wolverhampton
Club: Earls
Previous Games attended: London 2012



Major achievements: OG: bronze (team) 2012. WCh: silver (team) 2015; bronze (vault) 2013. ECh: silver (horizontal bar), silver (team) 2016; gold (floor) 2015; silver (team), bronze (horizontal bar) 2014; gold (team) 2012; silver (team) 2010. CG: gold (team), silver (vault), silver (horizontal bar) 2014; bronze (team) 2006.

Kristian Thomas is back for his second Olympic Games having helped Team GB men win team bronze at London 2012, contributing a huge vault score of 16.550.

The following year he claimed vault bronze at the World Championships, while at last year's global gathering he helped secure men's team silver.

The former was the first World medal won by a male gymnast, while Thomas also won three medals at Glasgow 2014.

@Kristian_Thomas

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MAX WHITLOCK

Age: 23 (13.01.1993)
Born: Hemel Hempstead
Hometown: Hemel Hempstead
Club: South Essex
Previous Games attended: London 2012



Major achievements: OG: bronze (pommel horse), bronze (team) 2012. WCh: gold (pommel horse), silver (floor), silver (team) 2015; silver (all-around) 2014; silver (pommel horse) 2013. ECh: gold (pommel horse), silver (team) 2014; gold (floor); silver (all-around), bronze (pommel horse) 2013; gold (team) 2012. CG: gold (all-around), gold (floor), gold (team), silver (pommel horse), bronze (parallel bars) 2014; silver (pommel horse), silver (team), bronze (horizontal bars) 2010.

In 2015 Whitlock became the first British man ever to win a World Championship gold medal, with a score of 16.133 on the pommel horse.

That same competition he won silver in the floor and team events, while the previous year he won all-around World Championship silver.

Rio 2016 will be Whitlock's second Olympic Games having helped Team GB to team bronze at London 2012, picking up the same colour in the pommel horse final.

@maxwhitlock1

NILE WILSON

Age: 20 (17.01.1996)
Born: Leeds
Hometown: Pudsey
Club: Leeds
Previous Games attended: None



Major achievements: WCh: silver (team) 2015. ECh: gold (horizontal bar), silver (team) 2016. CG: gold (horizontal bar), gold (team), silver (parallel bars), bronze (all-around) 2014.

In 2014 Nile Wilson became the first British gymnast to win five gold medals at the European Junior Gymnastics Championships.

Later that year he won four medals at Glasgow 2014 on his senior England debut, while last year he helped Great Britain to team silver at the World Championships.

Earlier this year Wilson won horizontal bars gold at the European Championships in Bern, adding team silver as well.

@NileMW

TRAMPOLINE

NATHAN BAILEY

Age: 22 (24.07.1993)
Born: Bournemouth
Hometown: Bournemouth
Club: OLGA
Previous Games attended: None
Major achievements: ECh: bronze (individual) 2016.



Nathan Bailey will make his Olympic Games bow fresh from winning the 2016 British Championships title in July.

Already this year Bailey has also won European Championships bronze, while he reached the synchronised final at the 2011 World Championships.

His first British title came in 2012 and he secured Team GB a male trampoline place at Rio 2016 by reaching the final of April's test event, going on to finish fourth.

@NathanBailey93

KAT DRISCOLL

Age: 30 (13.03.1986)
Born: Chatham
Hometown: Houghton-le-Spring
Club: Apollo
Previous Games attended: London 2012



Major achievements: WCh: gold (synchro), gold (team) 2013; silver (team), bronze (synchro) 2011. EG: silver (individual) 2015. ECh: gold (team), bronze (individual) 2016; gold (team), silver (individual) 2014; gold (team), silver (synchro) 2012. WG: gold (synchro) 2013.

Kat Driscoll recorded a Team GB best-ever ninth in the preliminaries at London 2012.

Since London 2012 she has brought her European Championships medal tally to six - including three team golds - while she also won the synchro and team title at the 2013 World Championships. At the inaugural European Games Driscoll won individual silver while she was third at this year's British Championships.

@driscoll86

BRYONY PAGE

Age: 25 (10.12.1990)
Born: Crewe
Lives: Sheffield
Club: ATFC Sheffield
Previous Games attended: None
Major achievements: WCh: gold (team) 2013; ECh: gold (team) 2016; gold (team) 2014.



Having won three consecutive British titles between 2013 and 2015, in July of this year Bryony Page had to settle for runner-up. But this year she did win team gold at the European Championships, adding to the same colour medal she won in 2014.

Page also won team gold at the 2013 World Championships, while Rio 2016 will be her maiden Olympic Games.

@BryonyPage1

ALAN EDGE

Title: Senior Performance Manager
 Games role: Team Leader



AMANDA REDDIN

Title: Head National Coach for Women's Gymnastics
 Games role: Head National Coach WAG



EDMUND VAN HOOF

Title: Men's Artistic Head Coach
 Games role: Head National Coach MAG



TRACY WHITTAKER-SMITH

Title: Trampoline Head Coach
 Games role: Head National Coach Trampoline



EVELYN FAWCETT

Title: Physiotherapist
 Games role: Physiotherapist



SCOTT HANN

Title: Coach
 Games role: MAG Coach



ELIZABETH KINCAID

Title: Coach
 Games role: WAG Coach



ANDREI POPOV

Title: Coach
 Games role: MAG Coach



NATHAN RING

Title: Physiotherapist
 Games role: Physiotherapist



COLIN STILL

Title: Coach
 Games role: WAG Coach



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HOCKEY

Hockey

Introduction

Hockey has been on the Olympic Games programme since London 1908, with the exceptions of Stockholm 1912 and Paris 1924.

At Rio 2016 the action will take place at the Olympic Hockey Centre, which was used in the 2007 Pan American Games and was renovated in time for Rio 2016. The facility has two artificial turf pitches.

India are the most successful men's team in Olympic Games history with eight gold medals, while

of the nine women's tournaments so far, Australia have been crowned champions three times. Team GB lie sixth in the medal table with 11 medals in total, three golds, two silver and six bronzes.

The men's team were victorious on the first two occasions in which hockey was hosted at London 1908 and Antwerp 1920 – while the third and last Team GB gold medal came back at Seoul 1988 following a 3-1 win over West Germany.

Four years ago at London 2012, it was the women who claimed a Team GB podium finish with a 3-1 win

DID YOU KNOW?
.....
Pakistan's men defeated India 1-0 in the final of Rome 1960, ending the latter's 32-year run as Olympic Games champions

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FACT FILE

Venue:
Olympic Hockey Centre
Gold medals available:
2
Dates:
August 6-19
Number of Team GB athletes:
Men: 16 Women: 16

over New Zealand in the bronze medal match. The men, meanwhile, lost their equivalent match to Australia 3-1.

Team GB at Rio 2016

Both the men's and women's Team GB hockey squads have a mixture of experience and youth as they go in search of the medals at Rio 2016.

In the women's squad, Kate and Helen Richardson-Walsh will both compete at their fourth Olympic Games, while Crista Cullen and Alex Danson will appear at their third.

In total, eight of the women's team who won bronze at London 2012 return with Hannah MacLeod, Georgie Twigg, Laura Unsworth and Nicola White also named.

That means that the other half of the 16-strong squad will be making their Olympic bows. However, they will arrive at Rio 2016 with plenty of pedigree having helped England claim EuroHockey Championship gold in London last year, their first European title since 1991.

In the men's squad, Barry Middleton is also set for his fourth Olympic Games, while Ashley Jackson will be bringing



“ I look back to 1999 when I got my first cap. I was amazed to get that and now I'm standing here about to go to my fourth Olympics and I'm just amazed it's going to happen. It won't sink in until I finish and I can look back at how special it was. ”

Kate Richardson-Walsh





“The first couple of Olympic Games were great experiences but we didn't deep down think we could win it. London we went with a hope of winning it and this one we want to go there and achieve something. We aren't just there to enjoy the food and the village; we are there to play hockey and to succeed like any other hockey tournament.”

Barry Middleton

up the hat-trick having appeared at Beijing 2008 and London 2012.

The Team GB men's team finished fourth at London 2012 and Nick Catlin, Dan Fox, Iain Lewers and Harry Martin are back for another crack, while ten players will be making their Olympic debuts.

The travelling reserves for the men's team are Simon Mantell and Dan Shingles, while for the women's squad Joanna Leigh and Eleanor Watton do the honours.

Competition format

The hockey competition will feature 12 men's and 12 women's international hockey teams who qualified through the Hockey World League and Continental Championships.

DID YOU KNOW?

The term hockey derives from the French word 'hocquet', which means shepherd's crook

Two pitches will host both events and, for the first time in an Olympic hockey competition, quarter-finals will be played. With no classification games taking place, only the top four teams from each pool will qualify for the knockout stages.

Each team plays every other team in their pool with three points on offer for a win and one for a draw.

The winners of the quarter-finals will qualify for the semi-finals which will determine who will play in the gold and bronze medal matches.

The length of matches is also different to London four years ago with games divided into four 15-minute quarters.

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To take a shot on goal players must be inside their opponents' shooting circle. Any games ending in ties in knockout rounds will also be decided by a shootout with extra time no longer being played.

A shootout sees the attacker start on the 23m-line with the ball and have eight seconds to dribble towards the goal and score. If the scores are still tied after five efforts the shootout becomes sudden death.

Two umpires, one in each half, control the match and look for infringements. For certain fouls, usually in the shooting circle, a penalty corner is awarded, while a penalty stroke can also be awarded.

WORDS TO LEARN

Obstruction:

A foul in which the player uses their stick or body to shield the ball from their opponent

Penalty corner:

Awarded for a variety of different infringements, usually within the shooting circle. They are taken from the back line, 10m either side of the nearest goalpost. Only five defenders are allowed to defend them. Also known as short corners.

Shootout:

The method is similar to penalty shots in ice hockey and consists of one-on-ones between an attacking player and a goalkeeper.

Green card:

An official warning that results in an automatic two-minute suspension. The umpire may also issue yellow cards which result in at least a five-minute suspension and red cards for complete removal from the game

Team GB at the Olympic Games

	GOLD	SILVER	BRONZE	TOTAL
Beijing 2008	0	0	0	0
London 2012	0	0	1	1
Total	3	2	6	11

Recent major championship winners

= Men = Women

	LONDON 2012	WORLD CUP 2014
Hockey	Germany Netherlands	Australia Netherlands

Groups

Group A	Group B	Group A	Group B
Australia	Argentina	China	Argentina
Belgium	Canada	Germany	Australia
Brazil	Germany	Netherlands	India
New Zealand	India	New Zealand	Japan
Spain	Ireland	South Korea	Team GB
Team GB	Netherlands	Spain	United States

Events schedule

= Men's events = Women's events = Medal event

DATE	EVENT
6 Aug	10:00 Pitch 1 Pool B Argentina v Netherlands
	11:00 Pitch 2 Pool B India v Ireland
	12:30 Pitch 1 Pool A Belgium v Great Britain
	13:30 Pitch 2 Pool A Australia v New Zealand
	17:00 Pitch 2 Pool B Argentina v USA
	18:00 Pitch 1 Pool B Canada v Germany
	19:30 Pitch 2 Pool A Spain v Brazil
	20:30 Pitch 1 Pool B Great Britain v Australia

Events schedule cont.

= Men's events = Women's events = Medal event

DATE	EVENT
7 Aug	10:00 Pitch 1 Pool A New Zealand v South Korea
	11:00 Pitch 2 Pool B Japan v India
	12:30 Pitch 1 Pool A Netherlands v Spain
	13:30 Pitch 2 Pool A China v Germany
	17:00 Pitch 2 Pool A Great Britain v New Zealand
	18:00 Pitch 1 Pool B Netherlands v Ireland
	19:30 Pitch 2 Pool A Brazil v Belgium
	20:30 Pitch 1 Pool A Australia v Spain
	8 Aug
11:00 Pitch 2 Pool B Germany v India	
12:30 Pitch 2 Pool B Canada v Argentina	
13:30 Pitch 2 Pool A New Zealand v Germany	
17:00 Pitch 2 Pool A Netherlands v South Korea	
18:00 Pitch 1 Pool B India v Great Britain	
19:30 Pitch 2 Pool A Spain v China	
20:30 Pitch 1 Pool B Argentina v Japan	
9 Aug	
	11:00 Pitch 2 Pool B Argentina v India
	12:30 Pitch 1 Pool B Germany v Ireland
	13:30 Pitch 2 Pool B Netherlands v Canada
	18:00 Pitch 1 Pool A Brazil v Great Britain
	20:30 Pitch 1 Pool A Belgium v Australia
10 Aug	10:00 Pitch A Pool A Spain v New Zealand
	11:00 Pitch 2 Pool B India v Australia
	12:30 Pitch 1 Pool A Germany v South Korea
	13:30 Pitch 2 Pool B Great Britain v Argentina
	17:00 Pitch 2 Pool B USA v Japan
	18:00 Pitch 1 Pool A China v Netherlands
	19:30 Pitch 2 Pool A New Zealand v Brazil
20:30 Pitch 1 Pool A Great Britain v Australia	
11 Aug	10:00 Pitch 1 Pool B Netherlands v India
	11:00 Pitch 2 Pool B Ireland v Canada
	12:30 Pitch 1 Pool B Argentina v Germany
	13:30 Pitch 2 Pool A Spain v Belgium
	17:00 Pitch 2 Pool A Germany v Spain
	18:00 Pitch 1 Pool B Australia v Argentina
	19:30 Pitch 2 Pool B USA v India
	20:30 Pitch 1 Pool B Japan v Great Britain

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Events schedule cont. M = Men's events W = Women's events 🏅 = Medal event

DATE	EVENT
12 Aug	10:00 Pitch 1 W Pool A South Korea v China
	11:00 Pitch 2 W Pool A New Zealand v Netherlands
	12:30 Pitch 1 M Pool B India v Canada
	13:30 Pitch 2 M Pool B Germany v Netherlands
	17:00 Pitch 2 M Pool A Great Britain v Spain
	18:00 Pitch 1 M Pool A Belgium v New Zealand
	19:30 Pitch 2 M Pool B Ireland v Argentina
	20:30 Pitch 1 M Pool A Australia v Brazil
13 Aug	10:00 Pitch 1 W Pool B Argentina v India
	12:30 Pitch 1 W Pool A Netherlands v Germany
	17:00 Pitch 2 W Pool A South Korea v Spain
	18:00 Pitch 1 W Pool B Great Britain v USA
	19:30 Pitch 2 W Pool B Australia v Japan
	20:30 Pitch 1 W Pool A China v New Zealand
14 Aug	10:00 Pitch 1 M Quarter-final
	12:30 Pitch 1 M Quarter-final
	18:00 Pitch 1 M Quarter-final
	20:30 Pitch 1 M Quarter-final
15 Aug	10:00 Pitch 1 W Quarter-final
	12:30 Pitch 1 W Quarter-final
	18:00 Pitch 1 W Quarter-final
	20:30 Pitch 1 W Quarter-final
16 Aug	12:00 Pitch 1 M Semi-final
	17:00 Pitch 1 M Semi-final
17 Aug	12:00 Pitch 1 W Semi-final
	17:00 Pitch 1 W Semi-final
18 Aug	12:00 Pitch 1 M 🏅 Bronze medal match
	17:00 Pitch 1 M 🏅 Gold medal match
19 Aug	12:00 Pitch 1 W 🏅 Bronze medal match
	17:00 Pitch 1 W 🏅 Gold medal match

Team GB will compete in the men's and women's events

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MEN

DAVID AMES

Age: 27 (25.06.1989)
Born: Cookstown
Hometown: Cookstown
Club: Beeston
Position: Midfielder
Previous Games attended: None
Major achievements: ECh: 4th 2015. CT: 4th 2016.



David Ames will make his Olympic Games debut at Rio 2016 and made his Great Britain bow last year having previously represented Ireland. In the year of his debut Ames helped Great Britain claim a bronze medal in the World League Semi Final in July before finishing fourth at the EuroHockey Championships the following month.

Earlier this year he was a member of the squad who just missed out on a medal at the Champions Trophy.

@DavidAmes5

ALASTAIR BROGDON

Age: 28 (10.11.1987)
Born: Hale
Hometown: Hale
Club: Wimbleton
Position: Forward
Previous Games attended: None
Major achievements: ECh: gold 2009. CG: bronze 2014. CT: silver 2010.



Alastair Brogdon made his international debut in June 2009 and later that year was celebrating a gold medal at the EuroHockey Championships.

The following year he picked up a silver medal at the Champions Trophy while also helping England claim bronze at Glasgow 2014.

Brogdon celebrated his 100th England cap against Argentina at the 2014 Champions Trophy and started his career at Bowdon Hockey Club.

@ABrogdon11

NICK CATLIN

Age: 27 (08.04.1989)
Born: Marlow
Hometown: Marlow
Club: Holcombe
Position: Midfielder
Previous Games attended: London 2012



Major achievements: ECh: bronze 2011. CG: bronze 2014. CT: silver 2010.

Nick Catlin was part of the British Olympic Association's 'Britain's Olympic Ambition' programme for Beijing 2008 before making his Games debut at London 2012, finishing fourth.

The year before his Olympic Games bow Catlin helped win EuroHockey bronze while it was the same colour medal for him and England at Glasgow 2014.

Since his debut in 2009 Catlin has racked up more than 100 caps for England and Great Britain.

@nickcatlin8

DAVID CONDON

Age: 25 (06.07.1991)
Born: Leicester
Hometown: Leicester
Club: East Grinstead
Position: Midfielder
Previous Games attended: None
Major achievements: CG: bronze 2014.



David Condon made his international debut at the 2009 Champions Trophy and is now set to make his Olympic Games bow.

He was a member of the England squad that secured bronze at Glasgow 2014, while the year before he also helped the team finish third at the World League Final.

Condon is a graduate of Loughborough University, studying human biology between 2009 and 2013.

@david_c91

ADAM DIXON

Age: 29 (11.09.1986)
Born: Nottingham
Hometown: Nottingham
Club: Beeston
Position: Midfielder
Previous Games attended: None
Major achievements: ECh: bronze 2011, gold 2009. CG: bronze 2014. CT: silver 2010.



With more than 100 England caps to his name, Adam Dixon will make his Olympic Games debut at Rio 2016.

Dixon's first appearance at a tournament saw him help claim Indoor EuroHockey Nations Championship silver, while the following year it was European gold.

Next came a Champions Trophy silver medal before winning bronze at the 2011 EuroHockey Championships, while at Glasgow 2014 he helped secure bronze for England.

@AdamDixon16

DANIEL FOX

Age: 33 (03.03.1983)
Born: Birmingham
Hometown: Godalming
Club: Holcombe
Position: Defender
Previous Games attended: London 2012



Major achievements: CG: bronze 2014. CT: silver 2010.

Daniel Fox was a member of the London 2012 men's hockey team, scoring in Team GB's opener against Argentina as they finished fourth.

Since his debut in 2009 Fox has appeared more than 150 times for England and Great Britain, winning Champions Trophy silver in 2010 and helping England to bronze at Glasgow 2014.

He is also a keen cricketer and while at Oxford University hit 104 in a varsity match back in 2004.

@danfox450

MARK GLEGHORNE

Age: 31 (19.05.1985)
Born: Antrim
Hometown: Antrim
Club: Beeston
Position: Forward
Previous Games attended: None
Major achievements: CG: bronze 2014.



A former Ireland player between 1998 and 2008, Mark Gleghorne has been a part of the England set up since 2011. A qualified PE teacher, Gleghorne has been involved in hockey since he was six years old and now plies his trade for Beeston Hockey Club.

At Glasgow 2014 he was a member of the England men's team that won bronze, while that same year he also helped secure a third-place finish at the World League Final.

@MarkGleghorne

MICHAEL HOARE

Age: 30 (14.11.1985)
Born: Liverpool
Hometown: Formby
Club: Wimbledon
Position: Defender
Previous Games attended: None
Major achievements: CG: bronze 2014.



Michael Hoare made his England debut against India in the 2012 Champions Trophy.

At Glasgow 2014 he was a member of the England men's team that won bronze, while that same year he also helped secure a third-place finish at the World League Final.

Hoare is also a qualified PE teacher and hockey coach, while he now plays his domestic hockey with Wimbledon.

@HoareMikey

ASHLEY JACKSON

Age: 28 (27.08.1987)
Born: Chatham
Hometown: Tunbridge Wells
Club: Holcombe
Position: Midfielder
Previous Games attended: London 2012, Beijing 2008
Major achievements: Ech: bronze 2011, gold 2009, CG: bronze 2014, CT: silver 2010.



Ashley Jackson has two Olympic Games appearances under his belt, as well as more than 200 international caps. He has twice been named in the FIH World All Stars Team in 2009 and 2010 and was named the FIH World Young Player of the Year in 2009.

After winning EuroHockey Championship gold in 2009 he has gone on to win bronze at the same event two years later, as well as Champions Trophy silver in 2010 and bronze at Glasgow 2014.

@ashleyjackson7

IAIN LEWERS

Age: 32 (05.01.1984)
Born: Belfast
Hometown: Belfast
Club: Holcombe
Position: Defender
Previous Games attended: London 2012
Major achievements: Ech: bronze 2011, CG: bronze 2014.



Iain Lewers will make his second Olympic Games outing at Rio 2016 after helping Team GB finish fourth at London 2012. During those Games he picked up a knee injury but returned to be named the 2013 EuroHockey Championships player of the tournament, winning the UK player of the year award in 2014.

In 2014 Lewers also helped England win Commonwealth Games bronze, adding to the same colour European medal he won in 2011.

@iainlewers

SIMON MANTELL

Age: 32 (24.04.1984)
Born: Street
Hometown: Street
Club: Reading
Position: Forward (reserve)
Previous Games attended: Beijing 2008
Major achievements: Ech: gold 2009, CG: bronze 2014, CT: silver 2010.



Simon Mantell is one of two men's reserves for Rio 2016, the same role his older brother Richard held for London 2012.

He made his international debut in 2005 and went on to win EuroHockey Championship gold four years later after helping Team GB finish fifth at Beijing 2008.

With over 200 international caps for England and Great Britain he began playing for Taunton Hale Hockey Club, although now plies his trade for Reading.

@SMantell8

HARRY MARTIN

Age: 25 (23.10.1992)
Born: Ipswich
Hometown: Ipswich
Club: Beeston
Position: Midfielder
Previous Games attended: London 2012
Major achievements: CG: bronze 2014.



Harry Martin is back for his second Olympic Games, having helped Team GB's men finish fourth at London 2012 as the youngest member of that squad.

Martin has more than 100 caps to his name and was the first player to be selected for an Olympic Games who had been involved in England Hockey's Single System. In 2012 he was shortlisted for the FIH World Young Player of the Year Award.

@HarryMartin_9

BARRY MIDDLETON

Age: 32 (12.01.1984)
Born: Doncaster
Hometown: Doncaster
Club: Holcombe
Position: Midfielder
Previous Games attended: London 2012, Beijing 2008, Athens 2004
Major achievements: Ech: bronze 2011, gold 2009, bronze 2003, CG: bronze 2014.



Rio 2016 will be Barry Middleton's fourth Games and he has amassed more international caps than any British player in history, with over 350 to his name.

He captained England to EuroHockey gold in 2009, while he also won bronze medals at the same competition in 2003 and 2011.

Middleton was named in the FIH All Stars team in 2008, 2009 and 2010.



GEORGE PINNER

Age: 29 (18.01.1987)
Born: Ipswich
Hometown: Ipswich
Club: Holcombe
Position: Goalkeeper
Previous Games attended: None
Major achievements: CG: bronze 2014.



After being named as reserve for London 2012, goalkeeper George Pinner will make his Olympic Games bow at Rio 2016.

Pinner guarded the net as England won bronze at Glasgow 2014 as well as securing the same colour medal later that year in the World League Final.

He has more than 100 England and Great Britain caps to his name and plays for Holcombe having previously been on the books at Beeston.

@GCP01

DAN SHINGLES

Age: 30 (05.07.1986)
Born: London
Hometown: Bromley
Club: Reading
Position: Midfielder (reserve)
Previous Games attended: None
Major achievements: Ech: 4th 2015.



Dan Shingles is one of two reserves for the men's hockey team at Rio 2016, along with Simon Mantell.

He made his senior international debut against India at the 2012 Champions Trophy in Melbourne, going on to feature in the EuroHockey Championships the year later.

Shingles was also a member of the squad that finished last year's EuroHockey Championships in London in fourth place.

@dannysingling10

IAN SLOAN

Age: 22 (19.11.1993)
Born: Cookstown
Hometown: Cookstown
Club: Wimbledon
Position: Midfielder/Forward
Previous Games attended: None
Major achievements: CT: 4th 2016.



Ian Sloan will make his Olympic Games debut at Rio 2016 having made his Great Britain debut last year having previously represented Ireland.

Earlier this year Sloan was a part of the Champions Trophy squad that recorded a fourth-place finish after losing the bronze medal match 1-0 to Germany.

Sloan is the youngest son of former Ireland captain Martin and Ireland women's international Adele, winning 21 Ireland caps of his own.

@ianSLOAN008

SAM WARD

Age: 25 (24.12.1990)
Born: Leicester
Hometown: Loughborough
Club: Holcombe
Position: Forward
Previous Games attended: None
Major achievements: Ech: 4th 2016, CT: 4th 2016.



Sam Ward announced himself in style on his England debut, scoring twice in a 3-1 win over Australia in the 2014 Champions Trophy.

His Great Britain debut arrived a few months before against France, and Ward will now represent Team GB at his first Olympic Games.

Ward began playing at Leicester Hockey Club but moved on to Beeston before now plying his trade with Holcombe.

@Samuel_Ward13

HENRY WEIR

Age: 26 (13.02.1990)
Born: Croydon
Hometown: Nantwich
Club: Wimbledon
Position: Defender
Previous Games attended: None
Major achievements: CG: bronze 2014.



Henry Weir will make his Olympic Games debut at Rio 2016, having helped England to bronze at Glasgow 2014.

He made his international debut against India in December 2012 at the Melbourne Champions Trophy, only 11 years after he first started playing hockey for the Crewe Vagrants.

Yet another graduate of Loughborough University who is part of the Great Britain and England centralised squad, Weir has a sports science degree.

@HENRYweir_



WOMEN

GISELLE ANSLEY

Age: 24 (31.03.1992)
Born: Kingsbridge
Hometown: Kingsbridge
Club: Surbiton
Position: Defender
Previous Games attended: None
Major achievements: ECh: gold 2015; silver 2013. CG: silver 2014.



Giselle Ansley will make her Olympic Games debut at Rio 2016 fresh from helping England win EuroHockey Championships gold in London last year.

This was her second EuroHockey Championships medal as she also helped secure silver in 2013, winning the same colour medal at Glasgow 2014.

Ansley made her international debut against South Africa in 2013.

@giselleansley

SOPHIE BRAY

Age: 26 (12.05.1990)
Born: Claygate
Hometown: Claygate
Club: East Grinstead
Position: Forward
Previous Games attended: None
Major achievements: ECh: gold 2015. CG: silver 2014.



Sophie Bray made her international debut in 2008 and went on to help secure a fourth-place finish at the Junior World Cup the following year.

She is now a key member of the senior squad and helped England win silver at Glasgow 2014 before claiming EuroHockey Championship gold the following year in London.

Rio 2016 will be Bray's first Olympic Games while she plies her trade for East Grinstead.

@sophiebray19

CRISTA CULLEN

Age: 30 (20.08.1985)
Born: Boston
Hometown: London
Club: Leicester
Position: Defender
Previous Games attended: London 2012, Beijing 2008
Major achievements: OG: bronze 2012. WC: bronze 2010. ECh: gold 2011; bronze 2009; bronze 2007; bronze 2005. CG: bronze 2010. CT: bronze 2010.



After claiming London 2012 bronze, Crista Cullen moved to Kenya, where she spent much of her childhood. She returned and was named in Great Britain's squad for the 2015 World League Final in December and will now appear at her third Olympic Games.

Cullen was Team GB's top scorer at Beijing 2008 and London 2012.

@cristacullen5

ALEX DANSON

Age: 31 (21.05.1985)
Born: Southampton
Hometown: Odiham
Club: Reading
Position: Forward
Previous Games attended: London 2012, Beijing 2008
Major achievements: OG: bronze 2012. WC: bronze 2010. ECh: gold 2015; silver 2013; bronze 2011; bronze 2009; bronze 2007; bronze 2005. CG: silver 2014; bronze 2010. CT: silver 2012; bronze 2010.



Alex Danson was just 16 when she made her senior international debut in 2001, the same year she was also runner-up in the BBC Young Sports Personality of the Year voting.

Now she is gearing up for her third Olympic Games having played at Beijing 2008 and winning bronze at London 2012, the latter despite injuring her shoulder in the test event beforehand.

A forward with more than 250 international caps to her name, Danson also scored the first goal as England beat Germany 2-0 to win bronze at the 2010 World Cup.

@AlexDanson15

MADDIE HINCH

Age: 27 (08.10.1988)
Born: West Chillington
Hometown: West Chillington
Club: Holcombe
Position: Goalkeeper
Previous Games attended: None
Major achievements: ECh: gold 2015; silver 2013; bronze 2011. CG: silver 2014.



Maddie Hinch enjoyed a stellar 2015 as she was named goalkeeper of the tournament at the World League Semi-Finals in Valencia before helping England claim European gold for the first time since 1991.

She certainly played her part in the shoot-out win against Olympic champions Netherlands and she is now heading for her maiden Olympic Games adventure.

Hinch starting out at Exmouth Hockey Club and is now England and Great Britain's number one following her debut against Germany in 2008.

@MaddieHinch

JOIE LEIGH

Age: 27 (22.02.1993)
Born: Huddersfield
Hometown: Huddersfield
Club: Clifton
Position: Midfielder (reserve)
Previous Games attended: None
Major achievements: CT: 5th 2016; 5th 2014.



Joanna Leigh is one of two reserves for the women's Team GB hockey team at Rio 2016 - the other being Ellie Watton.

Leigh made her international debut in Cape Town in 2013 and the following year helped England to a fifth-place finish in the Champions Trophy.

It was a similar result for Leigh and England at this year's Champions Trophy while she plies her trade for Clifton Hockey Club.

@joie_leigh

HANNAH MACLEOD

Age: 32 (09.06.1984)
Born: Boston
Hometown: Maidenhead
Club: St Albans
Position: Forward
Previous Games attended: London 2012



Major achievements: OG: bronze 2012. WC: bronze 2010. ECh: gold 2015; silver 2013; bronze 2011; bronze 2009; bronze 2007. CG: bronze 2010. CT: silver 2012.

Rio 2016 will be Hannah Macleod's second Olympic Games after she helped Team GB to bronze at London 2012.

She made her international debut in 2003 and has gone on to also win World Cup, Commonwealth Games, Champions Trophy and EuroHockey Championship medals.

@hannahmacleod6

SHONA MCCALLIN

Age: 24 (18.05.1992)
Born: Newark
Hometown: Newark
Club: Holcombe
Position: Midfielder
Previous Games attended: None
Major achievements: ECh: gold 2015.



Shona McCallin played football to an Academy standard level but at the age of 14 chose to concentrate on hockey and will now appear at her first Olympic Games.

She helped England to EuroHockey Championship gold last year and in 2013 captained England Under-21s to a fourth-place finish at the Junior World Cup in Germany.

Fluent in Dutch, McCallin lived in Holland for three-and-a-half years playing hockey for MOP and studying International Business at Tilburg University.

@SMcCallin

LILY OWSLEY

Age: 21 (10.12.1994)
Born: Bristol
Hometown: Bristol
Club: Birmingham University
Position: Forward
Previous Games attended: None
Major achievements: ECh: gold 2015; silver 2013. CG: silver 2014.



Lily Owsley started her sporting career as an athlete, finishing second in the 800m in the 2012 English Schools' Championships.

But the following year she helped England win EuroHockey Championship silver and she hasn't looked back since, turning that into gold last year in London.

In between those success Owsley also helped claim Glasgow 2014 silver, while she is the current FIH Rising Star of the Year.

@LilyOwsley

SAM QUEK

Age: 27 (18.10.1988)
Born: Wirral
Hometown: Wirral
Club: Holcombe
Position: Defender
Previous Games attended: None
Major achievements: ECh: gold 2015; silver 2013. CG: silver 2014. CT: silver 2012.



Having made her international debut in 2008 against Argentina, Sam Quek will feature at her first Olympic Games.

The defender does so with a wealth of experience, having won silver medals at the Champions Trophy, EuroHockey Championships and Commonwealth Games in three successive years.

Last year she got her hands on a EuroHockey Championships gold medal.

@SamanthaQuek

HELEN RICHARDSON-WALSH

Age: 34 (23.09.1981)
Born: Hitchin
Hometown: West Bridgford
Club: Reading
Position: Midfielder
Previous Games attended: London 2012, Beijing 2008, Sydney 2000
Major achievements: OG: bronze 2012. WC: bronze 2010. ECh: gold 2015; silver 2013; bronze 2011; bronze 2009; bronze 2007; bronze 2005; bronze 1999. CG: bronze 2010; bronze 2006; silver 2002. CT: silver 2012; bronze 2010.



Helen Richardson-Walsh was the youngest woman to represent Team GB in hockey at Sydney 2000, and now Rio 2016 will be her fourth Olympic Games outing.

She helped secure bronze at London 2012 and also triumphed in the capital last year as she pushed England to a first European title since 1991.

@h_richardson8



KATE RICHARDSON-WALSH

Age: 36 (09.05.1980)
Born: Manchester
Hometown: Stockport
Club: Reading
Position: Defender
Previous Games attended:
London 2012, Beijing 2008,
Sydney 2000



Major achievements: OG: bronze 2012; WC: bronze 2010; ECh: gold 2015; silver 2013; bronze 2011; bronze 2009; bronze 2007; bronze 2005; bronze 1999; CG: silver 2014; bronze 2010; bronze 2006; silver 2002; CT: silver 2012; bronze 2010.

Kate Richardson-Walsh became the most capped female British hockey player in February this year in a game against Australia, seeing her overtake Karen Brown who has 355 caps.

She captained Team GB at London 2012 and despite suffering a broken jaw in the team's opener against Japan, returned after sitting out two games to lead the squad to bronze.

Richardson-Walsh also has four Commonwealth Games medals to her name and was chosen as England's flag bearer for the closing ceremony at Glasgow 2014 after winning silver.

@katewalsh11

SUSANNAH TOWNSEND

Age: 26 (28.07.1989)
Born: Egerton
Hometown: Egerton
Club: Canterbury
Position: Midfielder
Previous Games attended: None



Major achievements: ECh: gold 2015; silver 2013; bronze 2011; CG: silver 2014.

In 2014 Susannah Townsend was named Hockey Writers' Club Women's Player of the Year, after helping England to a Commonwealth Games silver medal that same year.

This year she will make her Olympic Games debut fresh from helping England to their first European title since 1991 in London last year.

Townsend has also won European silver and bronze medals as she has gone on to win more than 100 caps for England and Great Britain.

@stownsend7

GEORGIE TWIGG

Age: 25 (21.11.1990)
Born: Lincoln
Hometown: Lincoln
Club: Surbiton
Position: Midfielder
Previous Games attended:
London 2012



Major achievements: OG: bronze 2012; WC: bronze 2010; ECh: gold 2015; silver 2013; bronze 2011; CG: silver 2014; bronze 2010; CT: silver 2012; bronze 2010.

Georgie Twigg was the youngest member of the Team GB women's hockey team at London 2012, going on to help the squad secure bronze.

She only made her debut in 2010 but that year was part of the team that won bronze medals at the World Cup, Commonwealth Games and Champions Trophy.

And last year Twigg was able to call herself a European champion as she was part of the England squad that triumphed in London.

@georgietwigg

LAURA UNSWORTH

Age: 28 (08.03.1988)
Born: Sutton Coldfield
Hometown: Sutton Coldfield
Club: East Grinstead
Position: Defender
Previous Games attended:
London 2012



Major achievements: OG: bronze 2012; WC: bronze 2010; ECh: gold 2015; silver 2013; bronze 2011; bronze 2009; CG: silver 2014; bronze 2010; CT: silver 2012; bronze 2010.

Laura Unsworth helped Team GB claim the bronze medal at London 2012. Since those Games she has helped win a silver medal at Glasgow 2014 while last year she was part of the England team that won EuroHockey Championship gold in London.

In 2010 she helped secure bronze medals at the World Cup, Commonwealth Games and Champions Trophy.

@LauraUnsworth4

ELLIE WATTON

Age: 27 (10.06.1989)
Born: Maidenhead
Hometown: Maidenhead
Club: St Albans
Position: Forward (reserve)
Previous Games attended: None



Major achievements: CG: silver 2014.

Ellie Watton has been named as a reserve for Rio 2016, having helped England claim a silver medal at Glasgow 2014.

She made her first England appearance against South Africa in 2013 and has gone on to rack up more than half a century of caps on the international stage.

First playing at Matlock Baileans Ladies Hockey Club, Watton now plies her trade domestically for St Albans.

@Ewatton1

HOLLIE WEBB

Age: 25 (19.09.1990)
Born: Belper
Hometown: Belper
Club: Surbiton
Position: Defender
Previous Games attended: None



Major achievements: ECh: gold 2015; silver 2013; CG: silver 2014.

Hollie Webb made her England debut against South Africa in 2013, shortly before finishing her degree in economics from the University of Sheffield.

That same year she helped England win EuroHockey Championship silver, improving to gold last year in London.

In between Webb was part of the England side that won silver at Glasgow 2014, while Rio 2016 is her maiden Olympic Games.

@Holliewebb1

NICOLA WHITE

Age: 28 (20.01.1988)
Born: Oldham
Hometown: Oldham
Club: Holcombe
Position: Forward
Previous Games attended:
London 2012



Major achievements: OG: bronze 2012; WC: bronze 2010; ECh: gold 2015; silver 2013; bronze 2011; bronze 2009; CG: silver 2014; bronze 2010; CT: silver 2012; bronze 2010.

Rio 2016 will be Nicola White's second Olympic Games after she was one of the youngest members of the squad in the London 2012 bronze medal-winning team.

She made her England debut against Germany in 2009 and has since gone on to medal at the Olympic Games, World Cup, Champions Trophy, European Championships and Commonwealth Games.

And last year White was a member of the squad that was victorious at the EuroHockey Championships in London.

@NicolaWhite28

MICHAELA SMITH

Title: Performance Operations Manager
Games role: Team Leader



BOBBY CRUTCHLEY

Title: Head Coach
Games role: Head Coach (Men)



DANNY KERRY

Title: Head Coach
Games role: Head Coach (Women)



EMMA BATCHELOR

Title: Physiotherapist
Games role: Physiotherapist (Women)



JON BLEBY

Title: Assistant Coach
Games role: Assistant Coach (Men)



KAREN BROWN

Title: Assistant Coach
Games role: Assistant Coach (Women)



SIMON CRAMPTON

Title: Performance Consultant
Games role: Team Manager (Men)



JOHN HURST

Title: Consultant
Games role: Team Manager (Women)



CRAIG KEENAN

Title: Assistant Coach
Games role: Assistant Coach (Women)



AMBER LUZAR

Title: Performance Analyst
Games role: Performance Analyst
(Women)



ALI PATTERSON

Title: Performance Analyst
Games role: Performance Analyst
(Men)



DAVID RALPH

Title: Assistant Coach
Games role: Assistant Coach (Men)



MIKE ROSSITER

Title: Doctor
Games role: Doctor



JULIA SAWKINGS

Title: Physiotherapist
Games role: Physiotherapist (Women)



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JUDO

“It’s amazing to be selected for my first Olympic Games and I honestly cannot wait to step on the mat in Rio. I’m really confident that with such a strong coach and team behind me I will be in the best shape possible to challenge the world’s best and stand at the top of the podium in Rio.”

Natalie Powell

Judo

Introduction

Judo, translated from Japanese, means ‘gentle way’ and first appeared on the Olympic Games schedule at Tokyo 1964 and, while it was removed in Mexico City four years later, it returned in Munich 1972 to become a regular fixture ever since. Women’s judo made its first appearance at Barcelona 1992 after it was trialled as a demonstration sport in Seoul 1988.

Japan have been the dominant force in Olympic Games judo, winning 36 gold medals – nearly three times more than any other nation – 18 silvers and 18 bronzes since Tokyo 1964. Team GB have won eight silver medals and ten bronzes but have never managed to win a gold medal.

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They did, however, end a 12-year wait for a medal since Kate Howey’s silver at Sydney 2000 when Team GB picked up two podium finishes at London 2012.

Then ranked number 33 in the world, Gemma Gibbons upset three top-ten judokas on the way to the -78kg final – including beating French World Champion Audrey Tcheumeo in a golden-score period to earn a place in the decider.

Gibbons would ultimately lose out to American Kayla Harrison but still walked away with an impressive and emotional silver medal.

Team GB’s other medal came courtesy of heavyweight Karina Bryant who marked her fourth Olympic Games appearance with a bronze in the +78kg category.

Team GB at Rio 2016

Four women and three men make up Team GB’s judo squad at Rio 2016, half of the maximum allocation that competed at London 2012.

There are also some familiar faces from the squad that competed four years ago, with Ashley McKenzie, Colin Oates and Sally Conway all returning to the fold.

Oates competed in the men’s -66kg category having been Team GB’s best male finisher from London 2012 when he placed seventh, while he arrives in Brazil full of confidence having won European Championships silver back in April.

WORDS TO LEARN

Hajime:

The referee’s command to start a contest

Judogi:

A judo uniform

Dojo:

A practice hall

Soremade:

The referee’s command to end a contest

McKenzie is another familiar face in the men’s ranks as he once again competed in the -60kg event. At London 2012 he lost his round of 32 bout but did win Commonwealth Games gold at Glasgow 2014.

And in the women’s ranks Conway competes in the women’s -70kg category having won bronze in that event at Glasgow 2014.

DID YOU KNOW?

Blue judogis were introduced in 1988 to clearly distinguish contestants and have been mandatory at all national and international events including the Olympic Games since

Of the four judokas making their Olympic Games debuts, Benjamin Fletcher goes in the -100kg division having represented Team GB at the inaugural European Games in Baku last year.

Two-time Masters medallist Natalie Powell will make her Olympic Games debut in the -78kg division while Alice Schlesinger (-63kg), who won Baku Grand Slam gold last month, and multiple Grand Prix medallist Nekoda Smythe-Davis (-57kg) round off the team.



“It’s always an honour to represent your country on the international stage and it doesn’t get any bigger than the Olympic Games. I’m feeling good going into Rio, I’ve picked up some big medals in the last few years including silver at the Europeans this year and I’m confident that I can put in my best possible performance on the day.”

Colin Oates

Competition format

Fighters compete in events determined by their weight, and at Rio 2016 there will be seven weight classes for men and seven for women, with 386 judokas taking part.

The tournament will follow a knock-out format. The winners of each contest will qualify for the next round, with the two finalists going head-to-head in the gold medal contest.

The defeated quarter-finalists will compete in two ‘repechage’ contests, the winners of which will then go up against the two defeated semi-finalists to determine the winners of the two bronze medals in each event.

Fights take place on a mat eight square metres in size, known as a tatami. Contests last five minutes for men and four for women and, if a judoka manages to throw their opponent onto his or her back; trap an opponent in an armhold or stranglehold that forces them to submit, or immobilises/pins an opponent on the floor for 20 seconds, they score ippon and immediately win the bout. Smaller scores are awarded for other kinds of throws and holds such as a waza-ari or a yuko.

A waza-ari is awarded when the referee and judges consider that one element of the ippon is missing from a throw, for instance, when an opponent does not fall on his or her back or the thrower has not demonstrated enough force. A waza-ari is also awarded when an opponent is held down for more than 15 seconds but less than 20.

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DID YOU KNOW?
Rules require judoka to bow when entering and leaving the mat, and at the start and end of a contest

A yuko is awarded when two elements of a throw are missing, for example, if the opponent falls on his or her side or if an opponent is able to escape from a hold between ten and 15 seconds.

If the scores are tied after five minutes for men or four for women, the contest enters a golden score period, when the first score of any sort wins.

Athletes are also given penalties in the form of a hansoku-make or a shido. A hansoku-make is of equivalent value to an ippon and leads to immediate disqualification. Shidos are cumulative and four equal a hansoku-make.

At the start of each contest, the athletes stand four metres apart, facing each other on the tatami. The referee gets the contest underway by shouting ‘hajime’ and stops it by shouting ‘matte’.



FACT FILE

Venue:
Carioca Arena 2

Gold medals available:
14

Dates:
August 6-12

Number of Team GB athletes:
Men: 3 Women: 4

Team GB at the Olympic Games

	GOLD	SILVER	BRONZE	TOTAL
Beijing 2008	0	0	0	0
London 2012	0	1	1	2
Total	0	8	10	18

Recent major championship winners

M = Men W = Women

	LONDON 2012	WORLD CHAMPIONSHIPS 2015
Extra-lightweight (-48kg)	W Sarah Menezes (BRA)	Paula Pareto (ARG)
Extra-lightweight (-60kg)	M Arsen Galstyan (RUS)	Yeldos Smetov (KAZ)
Half-lightweight (-52kg)	W An Kum-Ae (PKR)	Misato Nakamura (JPN)
Half-lightweight (-66kg)	M Lasha Shavdatuashvili (GEO)	An Ba-ul (KOR)
Lightweight (-57kg)	W Kaori Matsumoto (JPN)	Kaori Matsumoto (JPN)
Lightweight (-73kg)	M Mansur Isaev (RUS)	Shohei Ono (JPN)
Half-middleweight (-63kg)	W Urška Žolnir (SLO)	Tina Trstenjak (SLO)
Half-middleweight (-81kg)	M Kim Jae-Bum (KOR)	Takanori Nagase (JPN)
Middleweight (-70kg)	W Lucie Decosse (FRA)	Gévrise Émane (FRA)
Middleweight (-90kg)	M Song Dae-Nam (KOR)	Gwak Dong-han (KOR)
Half-heavyweight (-78kg)	W Kayla Harrison (USA)	Mami Umeki (JPN)
Half-heavyweight (-100kg)	M Tagir Khaibulaev (RUS)	Ryunosuke Haga (JPN)
Heavyweight (+78kg)	W Idalys Ortiz (CUB)	Yu Song (CHN)
Heavyweight (+100kg)	M Teddy Riner (FRA)	Teddy Riner (FRA)

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Events schedule

M = Men's events W = Women's events 🏅 = Medal event

DATE	EVENT	
6 Aug	10:00-13:00	W -48kg: elimination rounds, quarter-finals M -60kg: elimination rounds, quarter-finals
	15:30-18:10	W 🏅 -48kg: repechages, semi-finals contests, bronze medal contests, gold medal contests, victory ceremony M 🏅 -60kg: repechages, semi-finals contests, bronze medal contests, gold medal contests, victory ceremony
7 Aug	10:00-13:00	W -52kg: elimination rounds, quarter-finals M -66kg: elimination rounds, quarter-finals
	15:30-18:10	W 🏅 -52kg: repechages, semi-finals contests, bronze medal contests, gold medal contests, victory ceremony M 🏅 -66kg: repechages, semi-finals contests, bronze medal contests, gold medal contests, victory ceremony
8 Aug	10:00-13:00	W -57kg: elimination rounds, quarter-finals M -73kg: elimination rounds, quarter-finals
	15:30-18:10	W 🏅 -57kg: repechages, semi-finals contests, bronze medal contests, gold medal contests, victory ceremony M 🏅 -73kg: repechages, semi-finals contests, bronze medal contests, gold medal contests, victory ceremony
9 Aug	10:00-13:00	W -63kg: elimination rounds, quarter-finals M -81kg: elimination rounds, quarter-finals
	15:30-18:10	W 🏅 -63kg: repechages, semi-finals contests, bronze medal contests, gold medal contests, victory ceremony M 🏅 -81kg: repechages, semi-finals contests, bronze medal contests, gold medal contests, victory ceremony
10 Aug	10:00-13:00	W -70kg: elimination rounds, quarter-finals M -90kg: elimination rounds, quarter-finals
	15:30-18:10	W 🏅 -70kg: repechages, semi-finals contests, bronze medal contests, gold medal contests, victory ceremony M 🏅 -90kg: repechages, semi-finals contests, bronze medal contests, gold medal contests, victory ceremony
11 Aug	10:00-13:00	W -78kg: elimination rounds, quarter-finals M -100kg: elimination rounds, quarter-finals
	15:30-18:10	W 🏅 -78kg: repechages, semi-finals contests, bronze medal contests, gold medal contests, victory ceremony M 🏅 -100kg: repechages, semi-finals contests, bronze medal contests, gold medal contests, victory ceremony

Events schedule cont. M = Men's events W = Women's events 🏅 = Medal event

DATE	EVENT	
12 Aug	10:00-13:00	W +78kg: elimination rounds, quarter-finals
		M +100kg: elimination rounds, quarter-finals
	15:30-18:10	W 🏅 +78kg: repechages, semi-finals contests, bronze medal contests, gold medal contests, victory ceremony
		M 🏅 +100kg: repechages, semi-finals contests, bronze medal contests, gold medal contests, victory ceremony

Team GB will compete in the men's -60kg, -66kg and -100kg events, as well as the women's -57kg, -63kg, -70kg and -78kg categories

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SALLY CONWAY

Event: -70kg
Age: 29 (01.02.1987)
Born: Bristol
Hometown: Edinburgh
Previous Games attended: London 2012



Major achievements: CG: bronze (-70kg) 2014.

Sally Conway is back for her second Olympic Games outing for Team GB having lost in the round of 16 at London 2012.

Since those Games she wowed her home crowd at Glasgow 2014 by winning a bronze medal, while last year she won gold at the Baku Grand Slam.

April saw Conway finish fifth at the European Championships in Kazan, Russia, while she opened her year up with third place at the Paris Grand Slam.

@sconway70

BENJAMIN FLETCHER

Event: -100kg
Age: 24 (13.03.1992)
Born: Reading
Hometown: Bath
Previous Games attended: None



Major achievements: Ech: 7th (-100kg) 2016.

Benjamin Fletcher burst on the scene when he won bronze at the World Junior Championships in Cape Town in 2011, before winning the British -100kg title in 2013 and 2014.

Fletcher opened up his year with victory at the African Open in Casablanca on his 24th birthday, before going on to finish seventh at the European Championships the following month.

He is the younger brother of fellow British judoka Megan Fletcher who won women's -70kg gold at Glasgow 2014.

@bf130392

ASHLEY MCKENZIE

Event: -60kg
Born: Queen's Park
Age: 27 (17.07.1989)
Hometown: Camberley
Previous Games attended: London 2012



Major achievements: Ech: bronze (-60kg) 2013. CG: gold (-60kg) 2014.

Rio 2016 will be Ashley McKenzie's second Olympic Games after losing in the round of 32 at London 2012.

Since those Games he won European Championships bronze in 2013 and picked up the gold medal at Glasgow 2014.

McKenzie also arrives in Brazil full of confidence having finished third at the Olympic test event in Rio back in March, the same position he also recorded in May's Baku Grand Slam.

@Ashleymckenzi12

COLIN OATES

Event: -66kg
Age: 33 (07.06.1983)
Born: Harold Wood
Hometown: North Lopham
Previous Games attended: London 2012



Major achievements: Ech: silver (-66kg) 2016; bronze (-66kg) 2011. CG: gold (-66kg) 2014.

Colin Oates is the oldest member of Team GB's judo contingent at Rio 2016, having been the highest-placed male at London 2012 when he finished seventh.

He won European Championships silver earlier this year - adding to a bronze back in 2011 - while he also collected Commonwealth Games gold at Glasgow 2014. Last year Oates, along with his father Howard who runs Kumo Judo Club, wrote a book titled 'Colin Oates Judo: Getting Started'.

@Kumo49

NATALIE POWELL

Event: -78kg
Age: 25 (16.10.1990)
Born: Builth Wells
Hometown: Llanwrtyd Wells
Previous Games attended: None



Major achievements: Ech: bronze (-78kg) 2016. CG: gold (-78kg) 2014.

Natalie Powell will make her Olympic Games bow at Rio 2016 but did represent Team GB at the inaugural European Games in Baku, finishing fifth in the -78kg division.

She is no stranger to the international podium having won more than ten Grand Prix medals during her career, including one bronze in 2016.

At Glasgow 2014 Powell claimed the gold medal for Wales, while in April this year she picked up European Championships bronze.

@Nataliep_90

ALICE SCHLESINGER

Event: -63kg
Age: 28 (26.05.1988)
Born: Herzliya, Israel
Hometown: Walsall
Previous Games attended: London 2012, Beijing 2008



Major achievements: WCh: bronze (-63kg) 2009. Ech: bronze (-63kg) 2012; bronze (-63kg) 2009; bronze (-63kg) 2008.

Alice Schlesinger will make her Olympic Games bow for Team GB at Rio 2016, having represented Israel at Beijing 2008 and London 2012.

She has competed for Great Britain since 2014 having qualified for citizenship through her English-born mother and won gold at the Baku Grand Slam in May.

While representing Israel she won World Championship bronze in 2009 as well as the same colour medal at the 2008, 2009 and 2012 European Championships, and she is also a double sambo World Champion.

@aliceschles

NEKODA SMYTHE-DAVIS

Event: -57kg
Age: 23 (22.04.1993)
Born: London
Hometown: Walsall
Previous Games attended: None



Major achievements: ECh: 5th (-57kg) 2016, CG: gold (-57kg) 2014.

The youngest of Team GB's judoka squad at Rio 2016, Nekoda Smythe-Davis will be making her Olympic Games debut.

She won European Junior Championships bronze in 2013 and made an impression a year later when she won Commonwealth Games gold.

Smythe-Davis won her first Grand Prix in May 2015 while this year she recorded two third-place finishes as well as coming second in the Baku Grand Slam.

@nekodadavis_57

NIGEL DONOHUE

Title: Performance Director
Games role: Team Leader



KEITH BARROW

Title: Doctor
Games role: Doctor



JEAN-PAUL BELL

Title: Elite Performance Coach
Games role: Coach



KATE HOWEY

Title: Elite Performance Coach
Games role: Coach



JASON LAIRD

Title: Physiotherapist
Games role: Physiotherapist



MODERN PENTATHLON

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Modern Pentathlon

Introduction

Modern pentathlon features athletes competing in five disciplines. The name derives from the Greek 'penta' – meaning five – and 'athlon' – meaning contest – and the sport was close to the heart of the modern Olympic Games founder Baron Pierre de Coubertin.

The action will take place in three different venues at Rio 2016 – fencing at the Youth Arena, swimming at the Deodoro Aquatics Centre and the riding and combined running and pistol shooting event at the Deodoro Stadium – all are within approximately 300m of each other.

Russia and Hungary are the traditional powerhouses of the sport, although Team GB have also featured heavily in recent years.

Jim Fox, Danny Nightingale and Adrian Parker won men's team gold at Montreal 1976, while Richard Phelps, Dominic Mahony and Graham Brookhouse won bronze at Seoul 1988.

The men's team event was dropped after Barcelona 1992 but since the introduction of the women's modern pentathlon at Sydney 2000 Team GB athletes have climbed the podium at event opportunity.

Stephanie Cook won the inaugural women's title, with teammate Kate Allenby taking bronze, before Team GB's Deputy Chef de Mission for Rio 2016 Georgina Harland claimed

bronze at Athens 2004 and Heather Fell won silver at Beijing 2008.

Samantha Murray kept the run going four years ago at London 2012 with a silver medal.

Team GB at Rio 2016

Team GB will have a full quota of modern pentathletes at Rio 2016 after Joe Choong, Jamie Cooke, Kate French and Samantha Murray were named in the squad heading to Brazil.

While Choong, Cooke and French will all be making their Games debuts, Murray returns to the fold looking to become the first female pentathlete to win two Olympic medals.

And Murray was the first to qualify a quota spot for Team GB at Rio 2016 with her performance at the 2015 World Championships where she came home fifth.

Both French and Choong earned their ticket at the 2015 European Championships in Bath as they finished in eighth and seventh respectively.

Cooke was the last to join the ranks but made the cut after narrowly missing out on a spot at London 2012, securing his berth with a ninth-place finish at this year's World Championships in Moscow. This followed victories at World Cup 4 in Kecskemét, Hungary, and the World Cup Final in Sarasota, Florida, earlier in 2016.

“The Olympic Games has been a dream since I started the sport in Year 9 at school. I watched London 2012 and that definitely motivated me to try and get to the next Games. It's a big moment for me.”

Joe Choong

WORDS TO LEARN

Handicap start:

In the final event, the overall leader starts first and his/her rivals start afterwards, at intervals based on their point tallies.

Épée:

The type of weapon used in the fencing, competitors are allowed to hit any part of the opponent's body

Bonus round:

New part of the fencing competition that gives athletes the chance to win bonus points, after the round-robin ranking round

Combined event:

Also known as the run/shoot event

DID YOU KNOW?

Baron Pierre de Coubertin, the founder of the modern Olympic Games, created modern pentathlon, comprising the five events that continue until today

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“The Olympic Games means everything to me. Having competed at London I now know what it’s all about, I know what it’s like to compete at the Games, and I feel like I know what it takes to get on the podium again.”

Samantha Murray

Competition format

Modern pentathlon has been through many rule changes since making its Olympic debut over 100 years ago in Stockholm, including several since Beijing 2008. As was the case with London 2012, the competition in Rio will feature the combined event and also laser pistols. Each country is limited to two athletes per gender and the maximum field size for the men’s and women’s competition is 36 athletes.

The event was held over four or five days, until Atlanta 1996 which saw a switch to all the action taking place on a single day. The competition will take place over two days in Rio, however, due to the introduction of the fencing bonus round.

The first event is the fencing (ranking round), with each athlete facing every other athlete with the first to score a hit winning the bout. If neither scores within one minute, both athletes register a defeat.

Athletes return the following day and start with a 200m swim. Competitors are seeded in heats according to their personal best times and points are awarded depending on the time achieved.

Athletes then contest the fencing “bonus-round”, a knock-out system where extra points can be secured. Athletes are seeded from 1-36 following the ranking round and each additional hit adds an extra point to the athlete’s total.

DID YOU KNOW?
.....
American Sheila Taormina was the first female to compete in three different sports at Olympic Games: swimming (Atlanta 1996), triathlon (Sydney 2000 and Athens 2004) and modern pentathlon (Beijing 2008)

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Unlike Olympic equestrian events, where riders bring their own horse to the Games, modern pentathletes draw lots to decide which horse they will ride.

The athletes have just 20 minutes in the warm-up arena over five practice jumps to get to know their horse. They then must jump 12 show jumping obstacles - including one double and one triple - with points deducted for time and obstacle faults. A clear round is worth 300 points.

The athletes’ three scores from the previous events are then combined to determine their starting positions for the combined event. Athletes start in order at handicapped time intervals of one second per point.

FACT FILE

Venue:
Youth Arena (fencing), Deodoro Aquatics Centre (swimming), Deodoro Stadium (riding/combined event)

Gold medals available:
2

Dates:
August 18-20

Number of Team GB athletes:
Men: 2 Women: 2

They then must run to the shooting range, hit five targets in 50 seconds followed by an 800m run; four times over. The first athlete to cross the finish line wins gold.

Team GB at the Olympic Games

	GOLD	SILVER	BRONZE	TOTAL
Athens 2004	0	0	1	1
Beijing 2008	0	1	0	1
London 2012	0	1	0	1
Total	2	2	3	7

Recent major championship winners

M = Men W = Women

	LONDON 2012	WORLD CHAMPIONSHIPS 2016
Modern Pentathlon	<p>M David Svoboda (CZE)</p> <p>W Laura Asadauskaitė (LTU)</p>	<p>Valentin Belaud (FRA)</p> <p>Sarolta Kovacs (HUN)</p>

Events schedule

M = Men's events W = Women's events 🏅 = Medal event

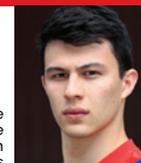
DATE	EVENT
18 Aug	10:00-13:00 W Fencing ranking round
	14:30-17:30 M Fencing ranking round
19 Aug	12:00-18:35 W 🏅 Swimming, bonus-round fencing, riding, combined event
20 Aug	12:00-18:35 M 🏅 Swimming, bonus-round fencing, riding, combined event

Team GB will compete in the men's and women's events

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JOE CHOONG

Age: 21 (23.05.1995)
Born: Orpington
Hometown: Bath
Previous Games attended: None
Major achievements: ECh: 7th 2015.



In 2010 Joe Choong became the first British athlete to win the European under-17 modern pentathlon title, while he was also part of the team that won a bronze medal in the relay event.

He qualified for the Games thanks to a seventh-place finish at the 2015 European Championships, while in March this year he was the highest placed British athlete in 13th at the Rio Test Event.

Choong's younger brother Henry is also a modern pentathlete and represented Team GB at the 2014 Summer Youth Olympic Games in Nanjing, China.

@JoeChoongy

JAMIE COOKE

Age: 25 (03.03.1991)
Born: Cheltenham
Hometown: Bath
Previous Games attended: None
Major achievements: WCh: 9th 2016; 5th 2013. ECh: bronze (relay) 2013.



After narrowly missing out on selection for London 2012, Jamie Cooke secured his berth for Rio 2016 with a ninth-place finish at this year's World Championships in Moscow.

This followed victories at World Cup 4 in Kecskemet, Hungary, and the World Cup Final in Sarasota, Florida, earlier in the year.

Cooke was born in Cheltenham but is now based with the rest of the squad in Bath.

@jamiemcooke_5

KATE FRENCH

Age: 25 (11.02.1991)
Born: Gravesend
Hometown: Bath
Previous Games attended: None



Major achievements: WCh: silver (team), silver (mixed relay) 2014; gold (team) 2013. ECh: gold (team) 2015; gold (team), gold (relay) 2013.

Kate French burst on the scene in 2013 when she won two gold medals at the European Championships before winning team gold at the World equivalent that same year alongside Samantha Murray and Mhairi Spence.

The following year she won two silver medals at the World Championships in Warsaw, Poland, before securing her spot at Rio 2016 with an eighth-place finish at the 2015 European Championships.

At the same European Championships she won a gold medal in the team event competing alongside Murray and Freyja Prentice, who finished tenth and 13th in the individual event.

@KateFrench3

SAMANTHA MURRAY

Age: 26 (25.09.1989)
Born: Clitheroe
Hometown: Bath
Previous Games attended: London 2012



Major achievements: OG: silver 2012; WCh: silver (relay) 2016; gold (individual), silver (team) 2014; gold (team) 2013; gold (team), bronze (individual) 2012; silver (team) 2010. ECh: gold (team) 2015; gold (team), gold (relay) 2013.

Samantha Murray was the youngest member of the Team GB modern pentathlon team at London 2012 but that didn't stop her from going on to win silver.

Since then she was crowned individual world champion in 2014, improving on the bronze she won in 2012, while she also won team and relay gold at the 2013 European Championships.

Murray was the first modern pentathlete to qualify a quota spot for Team GB at Rio 2016 with her fifth-place finish at the 2015 World Championships.

@samanthamurray

DOMINIC MAHONY

Title: Team Manager
Games role: Team Leader



JAN BARTU

Title: Performance Director
Games role: Head Coach



FRIDRICH FOLDES

Title: Fencing Coach
Games role: Coach



MARIAN GHEORGHE

Title: Head Coach
Games role: Coach



JABEENA MASLIN

Title: Coach
Games role: Coach



ISTVAN NEMETH

Title: Coach
Games role: Coach



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Rowing

Introduction

Rowing has been an Olympic sport since Paris 1900, although it was due to take place at Athens 1896 only for bad weather to render the course, which was on the sea, unsuitable for competition. Women's rowing was introduced at Montreal 1976, while at Barcelona 1992 the Olympic Games course was standardised at 2000m – prior to that women raced over 1000m.

Of the 14 events, eight are contested by men and six by women, and two types of rowing – sweeping, which uses one oar per rower, and sculling, which uses two – will feature.

Team GB have a strong history in Olympic Games rowing, having won 63 medals – the third most by any nation. It is also the only sport in which Team GB have won a gold medal at every Olympic Games since Los Angeles 1984.

Sir Steve Redgrave is a name undeniably linked with rowing, having won five consecutive gold medals between Los Angeles 1984 and Sydney 2000 to, at the time, become Team GB's most successful Olympian.

Four years ago another rower entered the record books as Katherine Grainger became Team GB's most decorated female Olympian alongside swimmer Rebecca Adlington when she won double sculls

DID YOU KNOW?
.....
An Olympic rower consumes an average of 6,000 calories per day during training, and rows about 10,000km per year

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gold with Anna Watkins – adding to the silver medals she had won at the previous three Olympic Games.

That gold was one of four won by Team GB on home waters at London 2012. Helen Glover and Heather Stanning took gold in the women's pair, Katherine Copeland and Sophie Hosking doing likewise in the lightweight doubles sculls while Alex Gregory, Tom James, Pete Reed and Andrew T Hodge defended the men's four title at won the three previous Games.

Team GB at Rio 2016

Team GB will be represented by 43 rowers and four reserves at Rio 2016. Olympic Champions Helen Glover and Heather Stanning return to defend their title in the women's pair while Alex Gregory will also do so with his men's four gold from London 2012 – this time alongside Mohamed Sbihi, George Nash and Constantine Louloudis who were all London 2012 bronze medallists in other boat classes.

Katherine Copeland races this time round with Games' debutant Charlotte Taylor instead of Sophie Hosking and is the defending champion in the lightweight women's double scull. The duo were World Championship silver medallists last year.

The equivalent lightweight men's double scull will feature London 2012 lightweight men's four silver medallist Richard Chambers with another first-time Olympian Will Fletcher. They also won World silver in 2015. Peter Chambers, Richard's younger brother, will race with his London 2012 silver-medal winning crew-mate Chris Bartley in a lightweight four which includes Jono Clegg and Mark Aldred.

“ I am confident that we have a very strong team for Rio. I am sure these will be a challenging but exceptional Games with a truly brilliant field of play for rowing at the Lagoa. ”

Sir David Tanner, British Rowing Performance Director and Team GB Rowing Team Leader

WORDS TO LEARN

Catch a crab:
To make a faulty or mistimed stroke

Spoon:
The end of the oar which enters the water. There are different shaped spoons; cleaver are shaped like meat cleavers and macon oars have the traditional tulip shaped spoon

Bow:
Front of the boat, or the name given to the rower nearest the front

Coxswain:
Or cox, sits at the stern and is responsible for steering the boat and directing the crew





“There is a great sense of pride that comes along with Olympic selection. We hope to put in a performance that reflects the hard work of the last four years since London 2012. I feel ready and excited that it is time to compete at the highest level.”

Helen Glover

Zoe de Toledo will cox the women's eight, who have already been crowned European Champions and world cup silver medallists in 2016. This crew features Frances Houghton, who's set for her fifth Olympic Games appearance, while 2013 World women's pair champion Polly Swann will enjoy her first Olympic outing after missing London 2012 due to injury.

Team GB will have a strong sculling squad in Rio with London 2012 bronze medallist Alan Campbell racing in the single scull at his fourth Olympic Games, while Jonathan Walton and John Collins will contest the men's double scull following their World Cup silver in Poland in June. Peter Lambert, Sam Townsend, Angus Groom and Graeme Thomas go in the quadruple sculls with GB having won World Cup men's quad silver in Lucerne at the end of May.

The men's eight contains London 2012 and Beijing 2008 men's four gold medallists Pete Reed and Andrew T Hodge, as well as London 2012 bronze medallists Tom Ransley, Will Satch, Matt Langridge and Phelan Hill. And Olympic Games Champion Katherine Grainger, 40, will team up with Vicky Thornley in the women's double.

Competition format

All races are conducted in six lanes, separated by buoys, over a straight 2000m course. The men's events are: the single scull, double scull, lightweight double scull, quadruple scull, pair, four, lightweight four and eight. For the women the events are: the single scull, double scull, lightweight double scull, quadruple scull, pair and eight. Both the men's and women's eights also feature a cox.

The format of the competition depends on how many boats are competing, but the format at the Games usually includes at least these stages with heats followed by semi-finals and finals. There are also repechages "or second chance" races to allow progression from earlier rounds for those boats which do not progress direct from the heats.

Events with 12 or fewer boats start with two heats. The best boats in heats one and two qualify for final A, which determines places one to six, including the medals.

Unsuccessful boats from the heats compete in the repechage round, which offers a second chance to qualify for final A. Unsuccessful boats from the repechage go forward to final B, which determines places seven to 12.

Events with 13 to 18 boats begin with heats, from which the best boats qualify directly for semi-finals A and B. All other boats progress to the repechage round, which offers a second chance to qualify for the semi-finals.

The best three boats in semi-finals A and B qualify for final A, which determines places one to six, including the medals. Unsuccessful boats from semi-finals A and B go forward to final B, which determines places seven to 12. Unsuccessful boats from the repechage go forward to final C, which determines places 13 to 18.

Events with 19 to 24 boats follow the same format however unsuccessful

FACT FILE

Venue:

Lagoa Rodrigo De Freitas

Gold medals available:

14

Dates:

August 6-13

Number of Team GB athletes:

Men: 28 Women: 15

boats from the repechage go to semi-finals C and D; from here, they go either to final C, places 13 to 18, or final D, places 19 to 24.

If there are more than 24 boats in an event, the four best boats from each heat go through to the quarter-finals, with the other boats competing in a repechage to fill the remaining quarter-final places.

The best three boats from each quarter-final progress to the semi-finals, with the top three from each advancing to final A. The other boats compete in finals B, C, D and E, which rank boats from seven downwards. Events with 25 or more boats follow the same format with a final F, if necessary.

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DID YOU KNOW?
.....
Rowing is the only Olympic Games sport in which competitors cross the finishing line backwards



Team GB at the Olympic Games

	GOLD	SILVER	BRONZE	TOTAL
Athens 2004	1	2	1	4
Beijing 2008	2	2	2	6
London 2012	4	2	3	9
Total	28	22	13	63

Recent major championship winners

M = Men W = Women

	LONDON 2012	WORLD CHAMPIONSHIPS 2015
Single scull	M Mahé Drysdale (NZL) W Miroslava Knapkova (CZE)	Ondrej Synek (CZE) Kim Crow (AUS)
Double scull	M Nathan Cohen/ Joseph Sullivan (NZL) W Anna Watkins/ Katherine Grainger (GBR)	Martin Sinkovic/ Valent Sinkovic (CRO) Eve MacFarlane/ Zoe Stevenson (NZL)
Lightweight double scull	M Mads Rasmussen/ Rasmus Quist Hansen (DEN) W Katherine Copeland/ Sophie Hosking (GBR)	Stany Delayre/ Jeremie Azou (FRA) Sophie Mackenzie/ Julia Edward (NZL)
Quadruple scull	M Germany W Ukraine	Germany USA
Pair	M Eric Murray/ Hamish Bond (NZL) W Helen Glover/ Heather Stanning (GBR)	Eric Murray/Hamish Bond (NZL) Helen Glover/ Heather Stanning (GBR)
Four	M Great Britain	USA
Lightweight four	M South Africa	Germany
Eight	M Germany W USA	Great Britain USA

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Record times

*WBT - World Best Times M = Men W = Women

	TIME	HOLDER	PLACE/DATE
Single scull	OR M 6:42.52	Tim Maeyens (BEL)	London 2012
	WBT M 6:33.35	Mahe Drysdale (NZL)	Poznan 2009
	OR W 7:18.12	Katrin Rutschow (GER)	Athens 2004
	WBT W 7:07.71	Rumyana Neykova (BUL)	Seville 2002
Double scull	OR M 6:11.30	Joseph Sullivan/ Nathan Cohen (NZL)	London 2012
	WBT M 5:59.72	Martin Sinkovic/ Valent Sinkovic (CRO)	Amsterdam 2014
	OR W 6:44.33	Katherine Grainger/ Anna Watkins (GBR)	London 2012
	WBT W 6:37.31	Olympia Aldersey/ Sally Kehoe (AUS)	Amsterdam 2014
Quadruple scull	OR M 5:36.20	Australia	Beijing 2008
	WBT M 5:32.26	Ukraine	Amsterdam 2014
	OR W 6:11.83	China	Beijing 2008
	WBT W 6:06.84	Germany	Amsterdam 2014
Pair	OR M 6:08.50	Eric Murray/ Hamish Bond (NZL)	London 2012
	WBT M 6:08.50	Eric Murray/ Hamish Bond (NZL)	London 2012
	OR W 6:57.29	Heather Stanning/ Helen Glover (GBR)	London 2012
	WBT W 6:50.61	Heather Stanning/ Helen Glover (GBR)	Amsterdam 2014
Four	OR M 5:47.06	Australia	London 2012
	WBT M 5:37.86	Great Britain	Lucerne 2012
Eight	OR M 5:19.85	USA	Athens 2004
	WBT M 5:19.35	Canada	Lucerne 2012
	OR W 5:56.55	USA	Athens 2004
	WBT W 5:54.16	USA	Lucerne 2013
Lightweight double scull	OR M 6:10.99	Mark Hunter/ Zac Purchase (GBR)	Beijing 2008
	WBT M 6:05.36	John Smith/ James Thompson (RSA)	Amsterdam 2014
	OR W 6:49.90	Sally Newmarch/ Amber Halliday (AUS)	Athens 2004
	WBT W 6:47.69	Maaike Head/ Ilse Paulis (NED)	Poznan 2016

Record times cont.

	TIME	HOLDER	PLACE/DATE
Lightweight four	OG M 5:47.76	Denmark	Beijing 2008
	WBT M 5:43.16	Denmark	Amsterdam 2014

Events schedule

M = Men's events **W** = Women's events = Medal event

DATE	EVENT
6 Aug	08:30-13:10 M Quadruple sculls, pair, double sculls, lightweight four, single sculls: heats
	W Quadruple sculls, double sculls, single sculls: heats
7 Aug	08:30-12:30 M Pair repechage
	W Double sculls: repechage
	M Double sculls: repechage
	M Lightweight four: repechage
	W Lightweight double sculls: heats
	M Lightweight double sculls: heats
	W Pairs: heats
	M Four: heats
	M Single sculls: repechage
W Single sculls: repechage	
8 Aug	08:30-11:10 M Quadruple sculls: repechage
	W Quadruple sculls: repechage
	W Lightweight double sculls: repechage
	M Lightweight double sculls: repechage
	W Pair: repechage
	M Four: repechage
	W Eight: heats
	M Single sculls: semi-finals
	W Single sculls: semi-finals
	M Eight: heats
9 Aug	08:30-11:50 M Pair: semi-finals
	W Double sculls: semi-finals
	M Double sculls: semi-finals
	M Lightweight four: semi-finals
	W Lightweight double sculls: semi-finals
	M Lightweight double sculls: semi-finals
	M Single sculls: quarter-finals
W Single sculls: quarter-finals	

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Events schedule cont.

M = Men's events **W** = Women's events = Medal event

DATE	EVENT
10 Aug	08:30-12:40 W Pairs: semi-finals
	W Lightweight double sculls: semi-finals
	M Lightweight double sculls: semi-finals
	M Fours: semi-finals
	W Eights: repechage
	M Eights: repechage
	M Quadruple sculls: classification, gold medal final, victory ceremony
	M Quadruple sculls: classification, gold medal final, victory ceremony
	M Lightweight double sculls: classification
	M Lightweight double sculls: classification
	M Pairs: classification
11 Aug	08:30-11:15 M Pairs: Classification
	M Lightweight fours: classification
	M Single sculls: semi-finals
	W Single sculls: semi-finals
	M Pairs: Gold medal final, victory ceremony
	W Double sculls: classification, gold medal final, victory ceremony
	M Double sculls: classification, gold medal final, victory ceremony
M Lightweight fours: gold medal final, victory ceremony	
12 Aug	08:30-11:15 M Single sculls: classification
	W Single sculls: classification
	W Lightweight double sculls: gold medal final, victory ceremony
	M Lightweight double sculls: gold medal final, victory ceremony
	W Pairs: Classification, gold medal final, victory ceremony
	M Fours: Classification, gold medal final, victory ceremony
13 Aug	09:30-12:00 M Single sculls: Classification, gold medal final, victory ceremony
	W Single sculls: Classification, gold medal final, victory ceremony
	W Eights: gold medal final, victory ceremony
	M Eights: gold medal final, victory ceremony

Team GB will compete in all events barring the women's singles and double sculls

WOMEN'S PAIR

HELEN GLOVER

Age: 29 (17.06.1986)
Born: Truro
Hometown: Penzance
Club: Minerva Bath
Previous Games attended:
London 2012



1

Major achievements: OG: gold (W2) 2012. WCh: gold (W2-) 2015; gold (W2) 2014; gold (W2) 2013; silver (W2) 2011; silver (W2) 2010. ECh: gold (W2-) 2016; gold (W2-) 2015; gold (W2-) 2014.

At London 2012 Helen Glover won gold in the women's pair with partner Heather Stanning.

She started the Rio 2016 Olympiad with a new partner in Polly Swann after Stanning took time out to fulfil her military commitments. Medals would follow including World gold in 2013 and European gold in 2014, with Glover becoming the first woman to hold the Olympic, World and European titles at the same time.

Glover and Stanning reunited later in 2014, securing their first World Championship gold together - and Glover's second World title - before they repeated the trick in 2015.

@Helenglovergb

HEATHER STANNING

Age: 31 (26.01.1985)
Born: Yeovil
Hometown: Lossiemouth
Club: Army
Previous Games attended:
London 2012



1

Major achievements: OG: gold (W2) 2012. WCh: gold (W2-) 2015; gold (W2) 2014; silver (W2) 2011; silver (W2) 2010. ECh: gold (W2-) 2016; gold (W2-) 2015.

Heather Stanning joined Helen Glover in the women's pair in 2010 and made history at London 2012 when they became the first British women ever to win an Olympic title.

Heather missed the first season of the Rio 2016 Olympiad after returning to active service with the 32nd Regiment Royal Artillery. She was posted to Helmand Province in Afghanistan, where she completed her tour of duty in the summer of 2013.

Since returning to rowing in 2014 and resuming her partnership with Helen, the pair have won back-to-back World and European titles, as well as multiple World Cup golds and are unbeaten since 2011.

Both Stanning and Glover were part of the GB Rowing Team's Start programme, a ground-breaking talent ID and development system.



WOMEN'S EIGHT

KAREN BENNETT

Age: 27 (05.02.1989)
Born: Perth, Australia
Hometown: Edinburgh
Club: Leander
Previous Games attended: None
Major achievements: WCh: silver (W4-) 2015. ECh: gold (W8+) 2016.



Karen Bennett was selected for the senior Great Britain Rowing Team for the first time in 2014 as part of the women's eight.

A year later she could claim to be a World medallist after winning silver in Aiguebelette in the women's four.

A switch to the eight then followed with European gold arriving in May this year, a perfect confidence booster for Bennett ahead of making her Olympic Games debut in Rio.

@KarenBennett89

OLIVIA CARNEGIE-BROWN

Age: 25 (28.04.1991)
Born: Westminster
Hometown: Oxford
Club: Oxford Brookes University
Previous Games attended: None
Major achievements: ECh: gold (W8+) 2016; silver (W8+) 2014; silver (W2-) 2012; bronze (W8+) 2012.



Olivia Carnegie-Brown won international medals at junior and under-23 level before stepping up to the seniors and picking up her first major medals with European women's pair silver and bronze in the eight in 2012.

Since then Carnegie-Brown has picked up two further European Championship medals - both in the eight - winning silver in 2014 followed by gold two years later.

She helped qualify the eight for Rio 2016 following a fourth-placed finish at the 2015 World Championships.

@Olivia_C_B

JESSICA EDDIE

Age: 31 (07.10.1984)
Born: Durham
Hometown: Isleworth
Club: London Rowing Club
Previous Games attended:
London 2012, Beijing 2008



Major achievements: WCh: bronze (W8+) 2011; bronze (W8+) 2007. ECh: gold (W8+) 2016; silver (W8+) 2014.

Jessica Eddie has already clocked up two previous Olympic Games appearances - finishing fifth on both occasions with the women's eight at Beijing 2008 and London 2012.

Eddie helped qualify the eight for the 2016 Rio Olympic Games with a fourth-placed finish at the 2015 World Championships in Aiguebelette while she also secured gold at this year's European Championships.

@jesseddie

KATIE GREVES

Age: 33 (02.09.1982)
Born: London
Hometown: Henley-on-Thames
Club: Leander
Previous Games attended:
London 2012, Beijing 2008



Major achievements: WCh: bronze (W8+) 2011; bronze (W8+) 2007. ECh: gold (W8+) 2016; silver (W8+) 2014.

After learning to row at Headington School, Katie Greves made her Olympic debut at the Beijing 2008, finishing fifth as part of the eight.

During the next three years, Greves spent time concentrating on her sculling before returning to the eight to win her second World Championship bronze in 2011 and again finish fifth at London 2012.

Further major medals have followed in this Olympiad with European silver in 2014 before a first international title with gold at this year's European Championships. She is one of the longest-serving members of the team having made her junior debut in 1999.



FRANCES HOUGHTON

Age: 35 (19.09.1980)
Born: Oxford
Hometown: Henley-on-Thames
Club: University of London Tyrant Club
Previous Games attended:
London 2012, Beijing 2008, Athens 2004, Sydney 2000



2

Major achievements: OG: silver (W4x) 2008; silver (W4x) 2004. WCh: gold (W4x) 2010; gold (W4x) 2007; gold (W4x) 2006; gold (W4x) 2005. ECh: gold (W8+) 2016.

Since first joining the junior GB Rowing Team in 1995, Frances Houghton has gone on to compete at four Olympic Games with Rio 2016 making it five consecutive appearances.

During that time she has picked up two Olympic medals - silver in the women's quad - at Athens 2004 and Beijing 2008 as well as finishing ninth in the double sculls at Sydney 2000 and sixth in the women's quad in London four years ago.

During the current Olympiad she has competed in a variety of boats from the women's single scull, double and quadruple scull and now the women's eight.

@HoughtonFrances

ZOE LEE

Age: 30 (15.12.1985)
Born: Richmond, North Yorkshire
Hometown: Putney
Club: Imperial College Boat Club
Previous Games attended: None



Major achievements: ECh: gold (W8+) 2016; silver (W8+) 2014; bronze (W8+) 2012.

An Oxford Blue and former World University champion, Zoe Lee stroked the women's eight to Olympic qualification in 2015 when they finished fourth at the World Championships in Aiguebelette.

She won European Championships silver in 2014 and gold in May of this year, two months after she had completed her PhD in geography at King's College London.

@Zoe_S_Lee

POLLY SWANN

Age: 28 (05.06.1988)
Born: Lancaster
Hometown: Edinburgh
Club: Leander
Previous Games attended: None



Major achievements: WCh: gold (W2-) 2013. ECh: gold (W8+) 2016; gold (W2-) 2014.

Polly Swann will be making her Olympic Games debut four years after an injury dashed her hopes of competing at London 2012.

Swann started this Olympiad in the women's pair with newly-crowned Olympic champion Helen Glover, going on to claim the World title in 2013 and European crown the following year.

She switched to the eight afterwards and aided her Rio preparations with European gold earlier this year.

@PollySwann

MELANIE WILSON

Age: 31 (25.06.1984)
Born: Southampton
Hometown: London
Club: Imperial College Boat Club
Previous Games attended:
London 2012



Major achievements: ECh: gold (W8+) 2016.

Melanie Wilson made her Great Britain rowing debut in 2009 and qualified as a doctor in 2015. In between she made her Olympic Games debut at London 2012 in the women's quadruple scull that finished sixth. She took a year out to focus on her studies before returning in 2015, and finishing fourth and eighth in the women's quadruple scull at the European Championships and World Championships respectively.

A switch to the eight has since followed with European gold arriving this year.



COX OF WOMEN'S EIGHT

ZOE DE TOLEDO

Age: 28 (17.07.1987)
Born: Oxford
Home town: Oxford
Club: Leander
Previous Games attended: None
Major achievements: Ech: gold (W8+) 2016; silver (W8+) 2014; bronze (W8+) 2012



A Masters graduate in psychological research, criminology and criminal justice, Zoe de Toledo has coxed the GB Rowing Team at junior, under-23 and senior level and will be making her Olympic Games debut in Rio. She has also coxed Oxford University in the 2012 Boat Race.

Formerly a singer and dancer before taking up rowing at school, de Toledo coxed the women's eight to a fourth-place finish at the 2015 World Championships in Aiguebelette, qualifying Team GB a boat for Rio in the process.

She can also boast to having the full set of European medals in her collection – bronze in 2012, silver in 2014 and then finally gold early this year in May.

@zoedetoledo

WOMEN'S DOUBLE

KATHERINE GRAINGER

Age: 40 (12.11.1975)
Born: Glasgow
Home town: Glasgow
Club: St Andrew Boat Club
Previous Games attended: London 2012, Beijing 2008, Athens 2004, Sydney 2000



Major achievements: OG: gold (W2x) 2012; silver (W4x) 2008; silver (W2-) 2004; silver (W4x) 2000. WCh: gold (W2x) 2011; gold (W2x) 2010; silver (W1x) 2009; gold (W4x) 2007; gold (W4x) 2006; gold (W4x) 2005; gold (W2-) 2003; bronze (W8+) 1997. Ech: bronze (W2x) 2015.

After three consecutive Olympic Games silver medals, Katherine Grainger got her hands on gold at London 2012 in the double scull alongside Anna Watkins.

And she is back for a fifth Olympic Games after returning in September 2014 following a two-year sabbatical before she and Vicky Thornley won bronze at last year's European Championships.

The duo then finished sixth at the 2015 World Championships to qualify the boat for Rio 2016.

Grainger is GB's most decorated female Olympian, alongside Rebecca Adlington of swimming. Since London 2012 she has completed a PhD in sentencing of homicide at King's College, London to follow on from her Law degree and previous MPhil in Medical Law and Medical Ethics.



VICTORIA THORNLEY

Age: 28 (30.11.1987)
Born: St Asaph
Home town: Wrexham
Club: Leander
Previous Games attended: London 2012



Major achievements: WCh: bronze (W8+) 2011. Ech: bronze (W2x) 2015.

Victoria Thornley is back for her second Olympic Games having been part of the Team GB women's eight that made the final of London 2012.

She was selected in the women's double alongside Olympic Champion Katherine Grainger in 2015 and they went on to win bronze at that year's European Championships.

The duo then finished sixth at the 2015 World Championships to qualify the boat for Rio 2016.



MEN'S PAIR

STEWART INNES

Age: 25 (20.05.1991)
Born: Oxford
Home town: Henley-on-Thames
Club: Leander
Previous Games attended: None



Major achievements: WCh: bronze (M4-) 2015. Ech: silver (M2-) 2016; silver (M8+) 2015.

Stewart Innes helped the men's eight take silver at the 2015 European Championships. That same year he won bronze in the men's four at the World Championships while earlier this year he won another European silver, this time in the pair.

Coming through the ranks, Innes won a silver medal at the World Junior Championships in the men's eight in 2009, while five years later he claimed single scull bronze at the World University Games.

@StewartInnes1

ALAN SINCLAIR

Born: Inverness
Home town: Inverness
Date of Birth: 30 (16.10.1985)
Club: Leander
Previous Games attended: None



Major achievements: WCh: bronze (M4-) 2015; silver (M2-) 2014. Ech: silver (M2-) 2016; gold (M4-) 2015.

A broken leg prevented Alan Sinclair from making his GB Rowing Team debut at the 2012 European Championships, but he has impressed ever since.

In 2014 he won a silver medal in the coxed pair at the World Championships, while the following year he won a World bronze and was crowned European Champion in the men's four. Earlier this year Sinclair won European Championships silver in the pair.

@alansinclair

MEN'S FOUR

ALEX GREGORY

Age: 32 (11.03.1984)
Born: Cheltenham
Hometown: Wormington
Club: Leander
Previous Games attended: London 2012



Major achievements: OG: gold (M4-) 2012. WCh: gold (M8+) 2015; gold (M4-) 2014; gold (M8+) 2013. gold (M4-) 2011; gold (M4-) 2009. Ech: gold (M4-) 2016; silver (M8+) 2015; gold (M4-) 2014.

Alex Gregory arrives at Rio 2016 looking to retain the men's four gold medal he won in style at London 2012 on 'Super Saturday'.

And since becoming Olympic champion Gregory has gone on to win three successive World Championship titles, as well as two golds and a silver at the European equivalent.

Thanks to his London 2012 heroics, Gregory – along with his crewmates – was awarded an MBE in the 2013 New Year's Honours list.

@AlexGregoryGB

CONSTANTINE LOULOUDIS

Age: 24 (15.09.1991)
Born: London
Hometown: London
Club: Oxford University
Previous Games attended: London 2012



Major achievements: OG: bronze (M8+) 2012. WCh: gold (M8+) 2015; gold (M8+) 2014. Ech: gold (M4-) 2016.

Constantine Louloudis made his senior debut at a World Cup in Lucerne in 2011, and a year later he won bronze in the men's eight at London 2012.

Since the Games he has won back-to-back world titles in the men's eight and earlier this year helped the men's four to European Championship gold.

Constantine missed the 2013 World Championships as he took a year out from international rowing to concentrate on his degree in Classics at Trinity College, Oxford.

@clouloudis

GEORGE NASH

Age: 26 (02.10.1989)
Born: Guildford
Hometown: Guildford
Club: Molesey
Previous Games attended: London 2012



Major achievements: OG: bronze (M2-) 2012. WCh: gold (M8+) 2015; gold (M4-) 2014; gold (M8+) 2013. Ech: gold (M4-) 2016; silver (M8+) 2015; gold (M4-) 2014.

George Nash formed a new-look pair with Will Satch in 2012 and they went on to win an unexpected bronze medal at London 2012.

Since those Games Nash has won three successive world titles – in either the men's eight or four – as well as two European titles and a silver in 2015.

He is following in the footsteps of his aunt, who represented Great Britain in rowing in the 1970s, while his grandfather was a rugby captain at Cambridge.

@gorgnash

MOHAMED SBIHI

Age: 28 (27.03.1988)
Born: Kingston-upon-Thames
Hometown: Surbiton
Club: Molesey
Previous Games attended: London 2012



Major achievements: OG: bronze (M8+) 2012. WCh: gold (M8+) 2015; gold (M4-) 2014; gold (M8+) 2013; silver (M8+) 2011; silver (M8+) 2010. Ech: gold (M4-) 2016; silver (M8+) 2015; gold (M4-) 2014.

After winning back-to-back World Championship silver medals in the men's eight, Mohammed Sbihi won bronze at London 2012 in the same boat.

Since those Games he has been crowned a World Champion in 2013, 2014 and 2015, as well as winning two European titles and one silver.

English born of Moroccan descent, Sbihi can speak a dialect of Arabic and regularly visits his family in Tangiers.

@moesbihi



MEN'S EIGHT

PAUL BENNETT

Age: 27 (16.12.1988)
Born: London
Hometown: Leeds
Club: University of London
Previous Games attended: None
Major achievements: WCh: gold (M8+) 2015; gold (M8+) 2014. ECh: bronze (M8+) 2016; silver (M8+) 2015.

Paul Bennett will make his Games bow at Rio 2016 having won back-to-back World Championship gold medals in the men's eight.

He also helped the boat to European bronze and silver in 2016 and 2015 respectively.

Bennett graduated from King's College London in 2012 with a first-class honours degree in Mathematics and studied a masters degree in Computer Science at Oxford University, helping the Dark Blues win the 2013 Boat Race.

@PMBennett_



SCOTT DURANT

Age: 28 (12.02.1988)
Born: Los Angeles
Hometown: Lancaster
Club: Oxford Brookes University
Previous Games attended: None
Major achievements: WCh: bronze (M4-) 2015; silver (M2+) 2014. ECh: bronze (M8+) 2016; gold (M4-) 2015; bronze (M8+) 2014.

In 2010 Scott Durant won World U23 Championships bronze and World University Games gold in the men's eight. His first senior appearance came in 2011 and three years later he won men's eight bronze at the European Championships and pairs silver at the World equivalent.

The following year Durant won European gold in the four as well as a World Championships bronze, while earlier this year he claimed a European bronze in the eight.

@scott_durant88



MATT GOTREL

Age: 27 (01.03.1989)
Born: Leamington Spa
Hometown: Chipping Campden
Club: Leander
Previous Games attended: None
Major achievements: WCh: gold (M8+) 2015; gold (M8+) 2014. ECh: bronze (M8+) 2016; silver (M8+) 2015; bronze (M8+) 2014.

Matt Gotrel made his GB Rowing Team debut at the 2012 European Championships in Varese as part of a men's eight that finished fifth.

Just two years later he was a World Champion as part of a victorious men's eight, with Gotrel also helping the boat defend the title in 2015.

Before he took up rowing Gotrel was a member of the British Sailing Team, finishing 29th in the 29er dinghy sailing class at the 2006 World Championships in Weymouth.

@MattGotrel



MATT LANGRIDGE

Age: 33 (20.05.1983)
Born: Crewe
Hometown: Northwich
Club: Leander
Previous Games attended: London 2012, Beijing 2008, Athens 2004

Major achievements: OG: bronze (M8+) 2012; silver (M8+) 2008. WCh: silver (M2-) 2015; silver (M2-) 2014; gold (M4-) 2011; gold (M4-) 2009; bronze (M2-) 2007. ECh: bronze (M8+) 2016; gold (M2-) 2015.

Rio 2016 will be Matt Langridge's fourth Games appearance, having finished seventh at Athens 2004 in the men's double sculls before winning a silver and bronze in the eight at Beijing 2008 and London 2012 respectively.

Away from the Games Langridge is a double World Champion in the four, while in 2015 he won European Championships gold in the men's pair alongside James Foad.

He learned to row at Northwich Rowing Club under Paul Rafferty and has been in the senior GB Rowing Team since 2003.

@matt_langridge8



WILLIAM SATCH

Age: 27 (09.06.1989)
Born: Oxford
Hometown: Henley-on-Thames
Club: Leander
Previous Games attended: London 2012

Major achievements: OG: bronze (M2-) 2012. WCh: gold (M8+) 2015; gold (M8+) 2014; gold (M8+) 2013. ECh: bronze (M8+) 2016; silver (M8+) 2015; bronze (M8+) 2014.

Will Satch's first full season in the GB Rowing Team senior ranks ended with him claiming men's pair bronze alongside George Nash at London 2012.

Since those Games he has gone on to win three successive World Championship gold medals as part of the men's eight, while he has also added two European bronze medals and a silver to his collection.

Satch's international debut came at the 2009 World Under-23 Championships, an event which in the following two years he won bronze medals in the men's eight.

@WilliamSatch



TOM RANSLEY

Age: 30 (06.09.1985)
Born: Ashford
Hometown: Ashford
Club: Leander
Previous Games attended: London 2012

Major achievements: OG: bronze (M8+) 2012. WCh: bronze (M4-) 2015; gold (M8+) 2014; gold (M8+) 2013; silver (M8+) 2011; silver (M8+) 2010. ECh: bronze (M8+) 2016; gold (M4-) 2015.

Rio 2016 will be Tom Ransley's second Games having been part of the Team GB men's eight that claimed a bronze medal from London 2012.

In the two years after London 2012 Ransley won back-to-back World Championship titles in the men's eight, before taking bronze in the men's four in 2015, a year in which he also won his first European title in the four.

He was also an Olympic Torchbearer in the build-up to London 2012, carrying the flame during the relay from Middlesbrough to Hull.



PETE REED

Age: 34 (27.07.1981)
Born: Seattle, USA
Hometown: Nailsworth
Club: Leander
Previous Games attended: London 2012, Beijing 2008

Major achievements: OG: gold (M4-) 2012; gold (M4-) 2008. WCh: gold (M8+) 2015; gold (M8+) 2014; gold (M8+) 2013; silver (M2-) 2011; silver (M2-) 2010; silver (M2-) 2009; gold (M4-) 2006; gold (M4-) 2005. ECh: bronze (M8+) 2016; silver (M8+) 2015; bronze (M8+) 2014.

Pete Reed is looking to win a third successive Olympic title at Rio 2016 having won men's four gold at both Beijing 2008 and London 2012.

The Royal Navy Lieutenant arrives in Brazil having won three successive World Championship gold medals in the men's eight.

Reed is also two-time World Champion in the four and won three successive silvers in the pair, while he also has three European medals to his name.

@PeteReed



ANDREW T HODGE

Age: 37 (03.03.1979)
Born: Aylesbury
Hometown: Hebden
Club: Molesey
Previous Games attended: London 2012, Beijing 2008, Athens 2004

Major achievements: OG: gold (M4-) 2012; gold (M4-) 2008. WCh: gold (M8+) 2014; gold (M8+) 2013; silver (M2-) 2011; silver (M2-) 2009; gold (M4-) 2006; gold (M4-) 2005; bronze (M8+) 2003. ECh: bronze (M8+) 2016; gold (M4-) 2014.

Andrew T Hodge is looking to win a third successive Olympic title at Rio 2016 having won men's four gold at both Beijing 2008 and London 2012.

His Olympic Games journey began with a ninth-place finish in the men's eight at Athens 2004, while he also arrives in Brazil as a four-time world champion.

He studied a Masters in Water Science, Policy & Management at Oxford University and stroked the Dark Blues to victory in the Boat Race in 2005 alongside fellow Rio 2016 bound rower Pete Reed.

@andrewhodge



MEN'S EIGHT COX

PHELAN HILL

Age: 36 (21.07.1979)
Born: Bedford
Hometown: Putney
Club: Leander
Previous Games attended:
London 2012

Major achievements: OG: bronze (M8+) 2012. WCh: gold (M8+) 2015; gold (M8+) 2014; gold (M8+) 2013; silver (M8+) 2011; silver (M8+) 2010. ECh: bronze (M8+) 2016; silver (M8+) 2015; bronze (M8+) 2014.

After coxing the men's eight to consecutive World silver medals in 2010 and 2011, Phelan Hill steered the boat to bronze at London 2012.

Since those Games he has coxed the boat to three straight World titles, as well as to two bronze and one silver medal at the European Championships.

Hill worked as a Senior Policy Advisor with HM Treasury before taking time out to focus on his rowing career.

@PhelanHill



MEN'S SINGLE

ALAN CAMPBELL

Age: 33 (09.05.1983)
Born: Coleraine
Hometown: Coleraine
Club: Tideway Scullers' School
Previous Games attended:
London 2012, Beijing 2008,
Athens 2004

Major achievements: OG: bronze (M1x) 2012. WCh: bronze (M1x) 2011; bronze (M1x) 2010; silver (M1x) 2009. ECh: silver (M1x) 2009.

Alan Campbell finished 12th at Athens 2004 before battling back from knee surgery to finish fifth at Beijing 2008 and finally getting his hands on a medal with bronze at London 2012.

The 2015 season saw him return to form to qualify the single scull for Rio 2016 with an eighth-place finish at the 2015 World Championships in Aiguebelette.

He is married to wife Juliet and was inspired to take up rowing after watching Sir Steve Redgrave and Sir Matthew Pinsent win pairs gold at Atlanta 1996.

@tidewaysculler



MEN'S DOUBLE

JOHN COLLINS

Age: 27 (24.01.1989)
Born: Twickenham
Hometown: Twickenham
Club: Leander
Previous Games attended: None

Major achievements: WCh: 8th (M2x) 2015; 7th (M2x) 2014. ECh: 6th (M2x) 2014.

John Collins had started the Olympiad in a double with Peter Lambert, finishing fourth at the Sydney World Cup. He then raced in a second GB eight at Eton Dorney and Lucerne, finishing fourth and eighth respectively.

He was first teamed up with Jonathan Walton at the 2014 European Championships and the duo qualified the men's double for Rio 2016 with an eighth-placed finish at the 2015 World Championships in Aiguebelette. They gained a World Cup silver this year in Poznan.

At age 17 Collins broke Sir Steve Redgrave's record as the youngest ever winner of the Pairs Head of the River.

@john_collins89



JONATHAN WALTON

Age: 25 (06.10.1990)
Born: Leicester
Hometown: Loughborough
Club: Leander
Previous Games attended: None

Major achievements: WCh: 8th (M2x) 2015; 7th (M2x) 2014. ECh: 6th (M2x) 2014.

Jonathan Walton qualified the men's double for Rio 2016 with an eighth-placed finish at the 2015 World Championships alongside John Collins. The duo were first teamed together at the 2014 European Championships, finishing sixth, before finishing one place further back at that year's World Championships, as well as winning World Cup silver in Poznan that year.

Walton started the Olympiad in the men's single scull before being named as the men's sculling spare at the 2013 World Championships in Chungju.

@JfiWalton



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MEN'S QUAD

ANGUS GROOM

Age: 24 (16.06.1992)
Born: Glasgow
Hometown: Henley-on-Thames
Club: Leander
Previous Games attended: None

Major achievements: ECh: 5th (M1x) 2016; 4th (M1x) 2015.

Angus Groom was a keen rugby player, swimmer and cross-country athlete before taking up rowing at the age of 14.

He made his GB Rowing Team debut at the 2010 World Junior Championships in Racice, finishing fourth in the men's quad, before winning bronze in the double scull in the Under-23 equivalent two years later.

Groom raced in the single scull at the 2015 European Championships, finishing fourth overall.

@angusgroom



PETER LAMBERT

Age: 29 (03.12.1986)
Born: Johannesburg
Hometown: Maidenhead
Club: Leander
Previous Games attended: None

Major achievements: WCh: silver (M4x) 2014; bronze (M4x) 2013. ECh: bronze (M4x) 2015; silver (M4x) 2014.

Peter Lambert learned to row at school in South Africa but then transferred to live in the UK as he held a British passport.

He moved to Great Britain in 2012 and has since won two silver and two bronze medals at the World and European Championships in the quadruple scull.

Lambert helped to qualify the men's quad for Rio 2016 with a fourth-placed finish at the 2015 World Championships in Aiguebelette. He was a World medalist in the quad in 2013 and 2014.

@Petesculler



GRAEME THOMAS

Age: 27 (08.11.1988)
Born: Preston
Hometown: Henley-on-Thames
Club: Agecroft
Previous Games attended: None

Major achievements: WCh: silver (M4x) 2014; bronze (M4x) 2013. ECh: bronze (M4x) 2015; silver (M4x) 2014.

Graeme Thomas helped to qualify the men's quad for Rio 2016 with a fourth-placed finish at the 2015 World Championships in Aiguebelette.

Although Rio 2016 will be his Games debut Thomas is no stranger to the international stage as he has won two silver and two bronze medals at the World and European Championships in the quadruple scull.

Prior to a career in rowing he excelled in rugby union, representing Lancashire from under-15 to under-20s.

@Graeme_Thomas



SAM TOWNSEND

Age: 30 (26.11.1985)
Born: Reading
Hometown: Reading
Club: Reading University
Previous Games attended:
London 2012

Major achievements: WCh: silver (M4x) 2014; bronze (M4x) 2013. ECh: bronze (M4x) 2015; silver (M4x) 2014.

Alongside Bill Lucas in the men's double scull, Sam Townsend finished fifth at London 2012. Since then he has been a fixture in the men's quad and has won two silver and two bronze medals from both the World and European Championships.

Townsend was a keen cricketer and footballer at school but was identified into rowing from his school as part of the ground-breaking and successful GB Rowing Team Start programme.

@samtownsend



WOMEN'S LIGHTWEIGHT DOUBLE SCULL

KATHERINE COPELAND

Age: 25 (01.12.1990)
Born: Ashington
Hometown: Stockton-on-Tees
Club: Tees Rowing Club
Previous Games attended:
London 2012

Major achievements: OG: gold (LW2x) 2012. WCh: silver (LW2x) 2015. ECh: gold (LW2x) 2015; bronze (LW2x) 2014.

Katherine Copeland won a famous lightweight double scull gold medal with Sophie Hosking at London 2012 on 'Super Saturday' just a year on from being crowned World Under-23 Champion.

Since the Games, Copeland has won a European bronze and gold in 2014 and 2015 respectively, while last year she raced to World Championship silver.

Copeland was 14 when she first learnt to row at Yarm School while she was only teamed up with London 2012 partner Hosking at the beginning of that season.

@kate_copeland



CHARLOTTE TAYLOR

Age: 30 (14.08.1985)
Born: Huntingdon
Hometown: Bedford
Club: Putney Town
Previous Games attended: None



Major achievements: WCh: silver (LM2x) 2015. ECh: gold (LM2x) 2015.

Charlotte Taylor began rowing at club level in 2010 and was paired with London 2012 lightweight double scull Champion Katherine Copeland in 2015. The pair enjoyed a successful debut season, winning gold at the European Championships in Poland and silver at the World equivalent.

Taylor's international debut arrived at the 2014 European Championships where she finished just outside the medals in the lightweight single.

@charlietaylor1x

MEN'S LIGHTWEIGHT FOUR

MARK ALDRED

Age: 29 (18.04.1987)
Born: Birmingham
Hometown: Putney
Club: London Rowing Club
Previous Games attended: None



Major achievements: WCh: bronze (LM4-) 2014; bronze (LM2-) 2013. ECh: silver (LM4-) 2016; silver (LM4-) 2014.

Mark Aldred took up sculling in late 2010 and improved under the London RC coaching team, with additional input from Beijing 2008 Lightweight Olympian James Lindsay-Fynn. Since those early days Aldred has won two World Championships bronze medals - in 2013 and 2014 - as well as two European silvers.

He graduated from Downing College, Cambridge and is a qualified UK and European patent attorney.

@mdaldred

CHRIS BARTLEY

Age: 32 (02.02.1984)
Born: Wrexham
Hometown: Chester
Club: Leander
Previous Games attended: London 2012



Major achievements: OG: silver (LM4-) 2012. WCh: bronze (LM4-) 2014; bronze (LM2-) 2013; bronze (LM4-) 2011; gold (LM4-) 2010; bronze (LM4x) 2007. ECh: silver (LM4-) 2016; silver (LM4-) 2014.

Rio 2016 will be Chris Bartley's second Games outing, having won lightweight men's four silver at London 2012.

Two years prior to London 2012 Bartley won his sole World title, while since the Games he has won two World Championship bronze medals as well as two European silvers.

@Chris_BartleyGB

PETER CHAMBERS

Age: 26 (14.03.1990)
Born: Ballymoney
Hometown: Coleraine
Club: Oxford Brookes University Boat Club
Previous Games attended: London 2012



Major achievements: OG: silver (LM4-) 2012. WCh: bronze (LM4-) 2014; bronze (LM2x) 2013; gold (LM2-) 2011. ECh: silver (LM4-) 2016; gold (LM2-) 2015; silver (LM4-) 2014.

Peter Chambers' silver at London 2012 came just a year after his first appearance in a senior Olympic-class boat. Since those Games he has added two World Championship bronze medals to his 2011 gold, while he has also won two European silvers as well as the lightweight pair title in 2015.

He is the younger brother of fellow Rio 2016 rower Richard Chambers.

@PeterChambersGB

JONO CLEGG

Age: 27 (14.07.1989)
Born: Maidenhead
Hometown: Maidenhead
Club: Leander
Previous Games attended: None



Major achievements: WCh: bronze (LM4-) 2014; bronze (LM2x) 2013. ECh: silver (LM4-) 2016; silver (LM2-) 2014; silver (LM2-) 2012.

Jono Clegg's first Team GB involvement came at the 2009 Australian Youth Olympic Festival where he won gold in the lightweight men's double scull and men's eight as well as a silver in the men's quadruple scull.

Since then he has won three European silver medals as well as two successive World Championship bronzes in the lightweight men's four.

When not rowing Clegg enjoys coaching at Sir William Borlase's Grammar School, where he originally learnt to row.

@jonoclegg

MEN'S LIGHTWEIGHT DOUBLE SCULL

RICHARD CHAMBERS

Age: 31 (10.06.1985)
Born: Coleraine
Hometown: Coleraine
Club: Leander
Previous Games attended: London 2012, Beijing 2008



Major achievements: OG: silver (LM4-) 2012. WCh: silver (LM2x) 2015; bronze (LM4-) 2014; bronze (LM2x) 2013; bronze (LM4-) 2011; gold (LM4-) 2010; gold (LM4-) 2007. ECh: silver (LM2x) 2015; silver (LM4-) 2014.

Rio 2016 will be Richard Chambers' third Olympic Games, having finished fifth in the lightweight men's four at Beijing 2008 before winning silver four years later.

The older brother of fellow Rio 2016 rower Peter Chambers, he is a double World Champion having lifted the lightweight men's four title in 2007 and 2010.

He attended Coleraine Academical Institution where he began rowing at the age of 15 under the watchful eye of Bobby Platt MBE.

@rschambers10GB

WILL FLETCHER

Age: 26 (24.12.1989)
Born: Chester-le-Street
Hometown: Chester-le-Street
Club: Leander
Previous Games attended: None



Major achievements: WCh: silver (LM2x) 2015; bronze (LM4-) 2013. ECh: silver (LM2x) 2015; silver (LM4-) 2012.

Will Fletcher will make his Olympic Games bow at Rio 2016 having won a silver and a bronze at World Championships level, as well as a European silver in 2015.

Fletcher's first Great Britain vest arrived in 2006 and in 2009 he won World Under-23 Championships lightweight quadruple scull bronze, before winning lightweight men's four gold the following year.

He took up rowing at Tyne Rowing Club having been inspired by his sister Frances, who was an Under-23 World silver medalist in 2005.

@WFletcher09

WOMEN'S OPEN-WEIGHT RESERVE

VICKI MEYER-LAKER

Age: 28 (18.03.1988)
Born: Barnstaple
Hometown: Premnay
Club: Leander
Previous Games attended: None



Major achievements: ECh: bronze (W2x) 2012.

Injury forced Vicki Meyer-Laker to sit out the 2015 GB Rowing Senior Trials and European Championships, but she returned to race in the eight for the rest of the season.

She helped to secure impressive bronze medals at the Varese and Lucerne World Cups, before finishing less than a second shy of the podium at the World Championships in Aiguebelette. That fourth-placed finish qualified the boat for the Rio 2016.

Meyer-Laker first took up rowing while studying at the University of Nottingham.

@meyerlaker

MEN'S SPARES

NATHANIEL REILLY-O'DONNELL

Age: 28 (13.04.1988)
Born: Ealing
Hometown: Durham
Club: University of London Boat Club
Previous Games attended: None



Major achievements: WCh: gold (M2-) 2015; gold (M8+) 2014; silver (M8+) 2011. ECh: gold (M4-) 2015.

Despite illnesses forcing Nathaniel Reilly-O'Donnell to miss testing and training for the 2015 World Championships, he still went on to win coxed pairs gold alongside Matt Tarrant.

That same year he won European gold in the men's four, while in 2014 he became a World Champion in the men's eight.

@nrodtweets

MATTHEW TARRANT

Age: 26 (11.07.1990)
Born: Ashford
Hometown: Shepperton
Club: Oxford Brookes University
Previous Games attended: None



Major achievements: WCh: gold (M2-) 2015; gold (M8+) 2014. ECh: bronze (M8+) 2014.

Matthew Tarrant made his senior GB Rowing Team debut at the 2011 European Championships and has since won two gold World Championships medals.

The first of these world titles arrived in 2014, while that same year Tarrant also claimed a men's eight bronze medal at the European Championships.

In 2009 he won gold in both the eight and four at the Australian Youth Olympic Festival, as well as pairs silver.

@matthewtarrant

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LIGHTWEIGHT MEN'S SPARE

SAM SCRIMGEOUR

Age: 28 (28.01.1988)
Born: Kirriemuir
Hometown: Kirriemuir
Club: Imperial College Boat Club
Previous Games attended: None



Major achievements: WCh: gold (LM2-) 2015; bronze (LM2-) 2014; bronze (LM2-) 2013. ECh: gold (LM2-) 2016; silver (LM2-) 2014; silver (LM4-) 2012.

Sam Scrimgeour raced in the men's pair for nearly all of the Rio Olympiad, winning medals at three successive World Championships.

He started 2015 as part of a new-look lightweight men's four with Jono Clegg, Mark Aldred and Chris Bartley, finishing fourth at the European Championships in Poznan.

Sam is the reigning World and European Champion in the lightweight men's pair with Joel Cassells.

@SamScrimgeour

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SIR DAVID TANNER

Title: Performance Director
Games role: Team Leader



JURGEN GROBLER

Title: Chief Coach
Games role: Chief Coach (Men)



PAUL THOMPSON

Title: Chief Coach
Games role: Chief Coach (Women & Lightweights)



MARK BANKS

Title: Coach
Games role: Coach



SALLY BROWN

Title: Physiotherapist
Games role: Physiotherapist



HAMISH BURRELL

Title: Coach
Games role: Coach



ROB DAUNCEY

Title: Coach
Games role: Coach



MARK EDGAR

Title: Physiotherapist
Games role: Lead Physiotherapist



CHRISTIAN FELKEL

Title: Coach
Games role: Coach



JAMES HARRIS

Title: Coach
Games role: Coach



MAURICE HAYES

Title: Equipment Manager
Games role: Equipment Manager



MARK HOMER

Title: Sports Scientist
Games role: Sports Scientist



ANN REDGRAVE

Title: Doctor
Games role: Doctor



PAUL REEDY

Title: Coach
Games role: Coach



PAUL STANNARD

Title: Coach
Games role: Coach



JAMIE THOMAS

Title: Performance Analyst
Games role: Performance Analyst



JOHN WEST

Title: Coach
Games role: Coach



DARREN WHITER

Title: Coach
Games role: Coach



ROBIN WILLIAMS

Title: Coach
Games role: Coach



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RUGBY SEVENS



Rugby Sevens

Introduction

Rugby union will make its return to the Olympic Games for the first time since Paris 1924, but it will be in the sevens format this time around.

Back at Paris 1924 it was the USA who claimed the gold medal in the XV's format, their second successive gold, beating France into silver on each occasion.

At Rio 2016 the action will take place in the Deodoro Stadium where men and women will compete in the team event, the first time rugby will be contested by women at the Olympic Games.

Fiji won the men's World Rugby Sevens Series in 2015/16, retaining the title they had claimed a year earlier with South Africa and New Zealand completing the podium. Under Englishman Ben Ryan they will be aiming to win a first ever Olympic medal for the country. In the women's equivalent Australia dethroned New Zealand for a first ever World Rugby Women's Sevens Series title.

Team GB's squads are made up of players from England, Wales and Scotland. As the three countries compete separately on the World Series, England, after finishing the highest of the three teams in the 2013/14 season, was nominated to contest qualification on behalf of Team GB.

DID YOU KNOW?
.....
Baron Pierre de Coubertin, the founder of the modern Olympic Games, was a keen rugby fan and refereed the first-ever French Championship final

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Team GB at Rio 2016

The four teams at the top of the World Series standings at the end of the 2014/15 season were guaranteed a place at the Olympics. The first Team GB rugby sevens squad to seal their spot at Rio 2016 were the men, after England secured the fourth and final qualification spot on day one of the London leg at Twickenham.

Going into the competition in May of last year, England knew a quarter-final appearance would confirm qualification – something they achieved after a 40-0 win over Kenya and a 56-7 victory over Brazil in their first two pool games.

With GB unable to compete on the World Series, its programme was only able to start once the Series was complete. Head Coach Simon Amor and Assistant Gareth Williams – also Wales Sevens Head Coach – selected a wider GB Sevens training squad of 27 who, over seven weeks this summer, have competed for the 12 Olympic places.

The squad includes the likes of England Sevens captain Tom Mitchell, Scotland centre Mark Bennett, who was nominated for Breakthrough Player of the Year following the 2015 Rugby World Cup, and Dan Norton, who topped the try and points scoring charts in the 2012/13 World Series.

England Women's Sevens team sealed Team GB's ticket to Rio 2016 thanks to a 15-14 victory over the USA at the World Series in Amsterdam.

DID YOU KNOW?
.....
At London 1908 Team GB were represented by Cornwall in the rugby union event. They won the silver medal, losing out on gold to Australasia

WORDS TO LEARN

Knock-on:

A knock-on occurs when a player loses possession of the ball and it goes forwards

Scrum:

A dead-ball situation where three players from each side lock together and, using their feet, attempt to 'hook' the ball back towards their own players while pushing their opponents backwards

Lineout:

A dead-ball situation after the ball has gone out of bounds. The ball is thrown in with two rows of players perpendicular to the touchline attempting to secure possession

Offload:

When the ball is passed by a player as he is being tackled, often creating extra space for the player receiving the ball

The third-place play-off at the final World Series event of the season had turned into an astonishing winner-takes-all contest – the victor claiming the all-important fourth automatic qualifying spot for the return of rugby at the Rio Games.

Emily Scarratt and Joanne Watmore got two of the tries against the USA, and they are included in Simon Middleton's 12-strong squad.

Competition format

There are two gold medals up for grabs, one for the men and one for the women, with 12 teams in each competition.

As host nation Brazil will compete in both events, while four teams qualified from the 2014/15 World Sevens series –

Fiji, Team GB, New Zealand and South Africa in the men's, and Australia, Canada, Team GB and New Zealand in the women's.

Seven further teams qualified through regional qualification tournaments, with the final spot coming through the world repechage tournament in June – with Spain's men and women taking that last spot.

The scoring system is the same as in XV's with five points for a try, three for a penalty and a drop goal and two for a conversion.

The pitch used is the same size as in XV's, however there are only seven players per team.

Each half lasts seven minutes, but the gold medal match will be ten minutes each way.

FACT FILE

Venue:

Deodoro Stadium

Gold medals available:

2

Dates:

August 6-11

Number of Team GB athletes:

Men: 12 Women: 12

A squad consists of 12 players and a maximum of five substitutions are allowed per match.

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Team GB at the Olympic Games*

	GOLD	SILVER	BRONZE	TOTAL
Paris 1900	0	1	0	1
London 1908	0	1	0	1
Total	0	2	0	2

*These medals were won in the XV's format

Pools

M Group A

Fiji
United States
Argentina
Brazil

M Pool B

South Africa
Australia
France
Spain

M Pool C

New Zealand
Team GB
Kenya
Japan

W Pool A

Australia
United States
Fiji
Colombia

W Pool B

New Zealand
France
Spain
Kenya

W Pool C

Canada
Team GB
Brazil
Japan

Events schedule

M = Men's events W = Women's events 🏆 = Medal event

DATE	EVENT
6 Aug	11:00 W Pool B France v Spain
	11:30 W Pool B New Zealand v Kenya
	12:00 W Pool C Team GB v Brazil
	12:30 W Pool C Canada v Japan
	13:00 W Pool A USA v Fiji
	13:30 W Pool A Australia v Colombia
	16:00 W Pool B France v Kenya
	16:30 W Pool B New Zealand v Spain
	17:00 W Pool C Team GB v Japan
7 Aug	17:30 W Pool C Canada v Brazil
	18:00 W Pool A USA v Colombia
	18:30 W Pool A Australia v Fiji
	11:00 W Pool B Spain v Kenya
	11:30 W Pool B New Zealand v France
	12:00 W Pool C Brazil v Japan
	12:30 W Pool C Canada v Team GB
	13:00 W Pool A Fiji v Colombia
	13:30 W Pool A Australia v USA
	16:00 W Match 19 3rd best 3rd place v 3rd best 4th place
	16:30 W Match 20 Best 4th place v 2nd best 4th place
17:00 W Quarter-Final 1 1st Pool A v 2nd best 3rd place team	
17:30 W Quarter-Final 2 2nd Pool C v 2nd Pool B	
18:00 W Quarter-Final 3 1st Pool C v 2nd Pool A	
18:30 W Quarter-Final 4 1st Pool B v best 3rd place	

Events schedule cont. M = Men's events W = Women's events 🏆 = Medal event

DATE	EVENT
8 Aug	12:30 W Loser of match 19 v Loser of match 20
	13:00 W Winner of match 19 v Winner of match 20
	13:30 W Match 27 Loser of QF1 v Loser QF2
	14:00 W Match 28 Loser of QF 3 v Loser of QF4
	14:30 W Semi Final 1 Winner QF1 v Winner QF2
	15:00 W Semi-Final 2 Winner QF3 v Winner QF4
	17:30 W Loser of match 27 v Loser of match 28
	18:00 W Winner of match 27 v Winner of Match 28
	18:30 W 🏆 Bronze medal match Loser of SF1 v Loser of SF2
19:00 W 🏆 Gold medal match Winner of SF 1 v Winner of SF2	
9 Aug	11:00 M Pool B Australia v France
	11:30 M Pool B South Africa v Spain
	12:00 M Pool C Team GB v Kenya
	12:30 M Pool C New Zealand v Japan
	13:00 M Pool A USA v Argentina
	13:30 M Pool A Fiji v Brazil
	16:00 M Pool B Australia v Spain
	16:30 M Pool B South Africa v France
	17:00 M Pool C Team GB v Japan
	17:30 M Pool C New Zealand v Kenya
	18:00 M Pool A USA v Brazil
18:30 M Pool A Fiji v Argentina	
10 Aug	11:00 M Pool B France v Spain
	11:30 M Pool B South Africa v Australia
	12:00 M Pool C Kenya v Japan
	12:30 M Pool C New Zealand v Team GB
	13:00 M Pool A Argentina v Brazil
	13:30 M Pool A Fiji v USA
	16:00 M Match 19 3rd best 3rd place v 3rd best 4th place
	16:30 M Match 20 Best 4th place v 2nd best 4th place
	17:00 M Quarter-Final 1 1st Pool A v 2nd best 3rd place team
	17:30 M Quarter-Final 2 2nd Pool C v 2nd Pool B
	18:00 M Quarter-Final 3 1st Pool C v 2nd Pool A
	18:30 M Quarter-Final 4 1st Pool B v best 3rd place

Events schedule cont. M = Men's events W = Women's events 🏆 = Medal event

DATE	EVENT
11 Aug	12:30 M Loser of match 19 v Loser of match 20
	13:00 M Winner of match 19 v Winner of match 20
	13:30 M Match 27 Loser of QF1 v Loser QF2
	14:00 M Match 28 Loser of QF 3 v Loser of QF4
	14:30 M Semi Final 1 Winner QF1 v Winner QF2
	15:00 M Semi-Final 2 Winner QF3 v Winner QF4
	17:30 M Loser of match 27 v Loser of match 28
	18:00 M Winner of match 27 v Winner of Match 28
	18:30 M 🏆 Bronze medal match Loser of SF1 v Loser of SF2
	19:00 M 🏆 Gold medal match Winner of SF1 v Winner of SF2

**The order in which knockout matches take place may change subject to broadcast requirements*

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MEN

MARK BENNETT

Age: 23 (03.02.1993)
Born: Irvine
Hometown: Glasgow
Club: Glasgow Warriors
Previous Games attended: None
Major achievements: CG: Plate semi-finals 2014.



Mark Bennett's first caps for Scotland 7s were won in Port Elizabeth in December 2013 and in the Bowl winning squad in Hong Kong in March 2014. He was Scotland's top scorer in Hong Kong with five tries and he helped himself to four tries at Glasgow 2014. In the XV's game he helped Glasgow Warriors to their first ever domestic title in the 2014/15 season before playing for Scotland at the Rugby World Cup where his performances earned him a nomination for Breakthrough Player of the Year.

@MarkSBBennett

DAN BIBBY

Age: 25 (06.02.1991)
Born: Wigan
Hometown: Putney
Club: England Sevens
Previous Games attended: None
Major achievements: CG: Plate winner 2014. ECh: winner 2012.



Dan Bibby helped Great Britain to win the 2012 World University Championships in Brive, scoring two tries and landing five conversions in the final victory over South Africa.

He signed full-time for England Sevens earlier in the summer of 2012 and scored two tries in the final of the Moscow tournament as England beat France 21-15, contributing to them becoming champions of the Rugby Europe Sevens Grand Prix Series. Bibby's overall points tally in the World Series currently sits at 321, including 73 successful kicks and 35 tries.

@dbibby15

PHIL BURGESS

Age: 28 (01.07.1988)
Born: Frimley
Hometown: Farnborough
Club: England Sevens
Previous Games attended: None
Major achievements: CG: Plate winner 2014.



A former Cornish Pirates captain, Phil Burgess joined England Sevens in 2013 and made his World Series debut on the Gold Coast in October of that year.

In 22 events, he has taken his overall total to 42 tries, including four that helped England to become runners-up in the 2015 Dubai tournament.

Burgess is the England Sevens vice-captain and led the side in the opening leg of the 2014/15 World Series on the Gold Coast.

@Philip_Burgess

SAM CROSS

Age: 23 (27.08.1992)
Born: Abergavenny
Hometown: Newport
Club: Newport Gwent Dragons
Previous Games attended: None
Major achievements: 7sWS: 12th 2016.



Sam Cross began his rugby career at Brynmawr Youth before joining Ebbw Vale as a back row.

A former county footballer with Gwent, Cross has also previously represented his country at rugby league where he was capped for Wales against England.

He reached his 100th match on the World Series during the 2016 Hong Kong tournament where Wales reached the Cup quarter-finals.

@SCrossy

ALEX DAVIS

Age: 23 (03.10.1992)
Born: Gloucester
Hometown: London
Club: England Sevens
Previous Games attended: None
Major achievements: 7sWS: 8th 2016.



Alex Davis has already tasted success in Brazil, helping Great Britain Students lift the sixth World University Sevens Championship title in São José dos Campos in August 2014.

He signed an England Sevens contract that same year and made his World Series bow in the Gold Coast that October.

Davis has 14 World Series tries to his name and he was England's top-scorer in Cape Town in December 2015 when he ran in five tries.

@ajldavis03

JAMES DAVIES

Age: 25 (25.10.1990)
Born: Carmarthen
Hometown: Carmarthen
Club: Scarlets
Previous Games attended: None
Major achievements: CG: Plate runners-up 2014.



James Davies has experience of captaining Wales Sevens and played at Glasgow 2014 where he helped his country to the Plate final before losing to England.

Davies made his debut for the Scarlets in 2014, making 23 appearances in his debut season and going on to score four tries and top the leader board as the most successful ball winner at the breakdown.

He is the younger brother of Jonathan Davies, who helped the British & Irish Lions to a 2-1 series victory over Australia in 2013.

@cubbyboi

OLLIE LINDSAY-HAGUE

Age: 25 (08.10.1990)
Born: London
Hometown: Putney
Club: Harlequins
Previous Games attended: None
Major achievements: 7sWS: 8th 2016.



Ollie Lindsay-Hague scored two tries in the Cup final of July's Exeter Sevens to help his Great Britain team turn around a 12-0 deficit to France to win 33-17.

He was sevens captain while at Millfield School and represented England at U16. Lindsay-Hague made his World Series debut for England in Hong Kong aged 19 and made his return to sevens there in 2016.

@O_LindsayHague

TOM MITCHELL

Age: 27 (22.07.1989)
Born: Cuckfield
Hometown: Wandsworth
Club: England Sevens
Previous Games attended: None
Major achievements: 7sWC: silver 2013. 7sWS: 3rd 2012. CG: Plate winner 2014.



England Sevens captain Tom Mitchell scored 358 points in the 2013/14 World Series to top the scoring charts, 98 ahead of his nearest challenger, earning him a nomination for World Series player of the year. The previous summer he earned a silver medal at the Sevens World Cup.

In 2013 Mitchell led England for the first time when they won the Plate in the Las Vegas World Series event in January 2014, where he was the tournament's second highest points scorer with 44.

@TBobbyMitchell

DAN NORTON

Age: 28 (22.03.1988)
Born: Gloucester
Hometown: Bristol
Club: England Sevens
Previous Games attended: None
Major achievements: 7sWC: silver 2013. 7sWS: 3rd 2012. CG: Plate winner 2014; 4th 2010.



Dan Norton is second on the all-time list of England Sevens try scorers in the World Series, behind only Ben Gollings.

That is largely down to the 52 tries he scored in the 2012/13 World Series, an England record, to finish top of the charts that campaign.

Norton grabbed five tries as England reached the final of the 2013 Sevens World Cup, while his overall World Series record has seen him score 210 tries - third most of all-time - as well as 1064 points.

@Dan_Norton4

JAMES RODWELL

Age: 31 (23.08.1984)
Born: Wendover
Hometown: Cotteridge
Club: England Sevens
Previous Games attended: None
Major achievements: 7sWC: silver 2013. 7sWS: 3rd 2012. CG: Plate winner 2014; 4th 2010.



James Rodwell set a new world record in Singapore this year when he played in his 69th consecutive World Series tournament, a run that came to an end in May due to injury.

Rodwell has amassed 89 World Series tries, while he has also featured at two Commonwealth Games for England. He played in the Sevens World Cup in Moscow in June 2013 where England finished as runners-up to New Zealand.

@James_Rodwell

MARK ROBERTSON

Age: 31 (30.12.1984)
Born: Galashiels
Hometown: Galashiels
Club: Scotland Sevens
Previous Games attended: None
Major achievements: 7sWS: 10th 2016.



Mark Robertson, son of 44-times capped Scotland international Keith, was part of the squad that triumphed at the London leg of the World Series this May, Scotland's first Cup victory on the Series since its inauguration.

Robertson achieved a masters of science in 2012 from the University of Edinburgh.

@marky_robertson

MARCUS WATSON

Age: 25 (27.06.1991)
Born: Hillingdon
Hometown: Weybridge
Club: Newcastle Falcons
Previous Games attended: None
Major achievements: 7sWC: silver 2013. CG: Plate winner 2014.



Marcus Watson signed for Newcastle Falcons in 2015 after helping England to silver in the 2013 Sevens World Cup and three World Series Cup final wins.

Playing in 26 World Series tournaments during his time with England Sevens, Watson scored 49 tries.

His younger brother Anthony plays for England in the XV format.

@MarcusWatson11



WOMEN

CLAIRE ALLAN

Age: 31 (07.05.1985)
Born: Isleworth
Hometown: Isleworth
Club: England Sevens
Previous Games attended: None
Major achievements: WC7s: plate runners-up 2013; plate winners 2009. WC: winner 2014.



Claire Allan helped England win the 2014 World Cup in France, coming off the bench for the final ten minutes of the final victory over Canada. Following that success Allan was rewarded with a full-time sevens contract, meaning she is now taking a career break from working as a police officer in the Acton Proactive Robbery Squad.

In the sevens format she played in both the 2009 and 2013 World Cups as well as four of the five tournaments in the 2015/16 World Series, scoring one of her two tries in the semi-final against New Zealand in Atlanta.

@claireallan13

ABBIE BROWN

Age: 20 (10.04.1996)
Born: Exeter
Hometown: Exeter
Club: England Sevens
Previous Games attended: None
Major achievements: W7sWS: 4th 2016.



Abbie Brown burst onto the scene in 2015 as she made her full England debut in the Six Nations before playing for England sevens in the Rugby Europe Grand Prix Series.

A try-scorer on her World Series debut in the 38-5 win over Japan, she also touched down against Fiji and added tries against Colombia and New Zealand when England finished third in Atlanta in April. Brown ended the 2015/16 series with seven tries in four events, including one in the Cup semi-final against Canada at Clermont-Ferrand.

@abbiebrown10

HEATHER FISHER

Age: 32 (13.06.1984)
Born: Rotherham
Hometown: Birmingham
Club: England Sevens
Previous Games attended: None
Major achievements: WC7s: plate runners-up 2013; plate winners 2009. WC: winner 2014.



Previously representing Great Britain in bobsleigh, Heather Fisher won the 2014 Rugby World Cup with England.

During the 2015/16 World Series the flanker scored 14 tries in five tournaments, taking her overall record to 20 tries in ten World Series events. Two of those tries came in the Cup final victory over New Zealand in the Canada leg, with Fisher - who suffers from alopecia - named as the player of the final.

@Hfisher2012

NATASHA HUNT

Age: 27 (21.03.1989)
Born: Gloucester
Hometown: London
Club: England Sevens
Previous Games attended: None
Major achievements: WC: winner 2014.



A PE teacher at Sir Graham Balfour School in Stafford before being rewarded with a full-time contract with the RFU, Natasha Hunt started in the 2014 World Cup final victory over Canada.

Her sevens exploits include scoring two tries against hosts Brazil in the World Series event in February this year and a try in England's opening match in the Langford tournament in April.

She has scored 112 points in 11 events, comprising 22 tries and a conversion.

@NHunt09

JASMINE JOYCE

Age: 20 (09.10.1995)
Born: Pembrokeshire
Hometown: Pembrokeshire
Club: Wales Sevens
Previous Games attended: None
Major achievements: REGP: 3rd 2016.



The sole Welsh representative in the squad, Jasmine Joyce burst onto the sevens scene as a teenager representing her country at the Dubai International Invitational tournament in 2014 where they took home the Plate.

The 20-year-old had been attending Cardiff Met University, but put her studies on hold for a year to fulfil her Olympic dream. Joyce, who was a promising 200m sprinter while at school, helped Wales claim seventh spot in the Women's Sevens World Series qualifiers in Dublin last August.

@jasminejoycee

KATY McLEAN

Age: 30 (19.12.1985)
Born: South Shields
Hometown: South Shields
Club: England Sevens
Previous Games attended: None
Major achievements: WC7s: plate runners-up 2013. WC: winner 2014.



Katy McLean, who captained England to World Cup victory in 2014, combined rugby with her job as a primary school teacher at Bexhill Academy in Sunderland before taking up a full-time contract with England.

She scored 82 points overall in the 2015/16 World Series, playing in all five tournaments. She is her country's record point-scorer at XV-a-side with 392 in 77 matches and has played in two World Cup finals. In sevens, she has scored 188 points in 55 World Series match appearances.

@katymc10

ALICE RICHARDSON

Age: 29 (28.11.1986)
Born: Birmingham
Hometown: Worcester
Club: England Sevens
Previous Games attended: None
Major achievements: WC7s: plate runners-up 2013; plate winners 2009. W7sWS: runner-up 2013. WC: runner-up 2010.



Alice Richardson was England's captain at the 2013 World Cup Sevens in which the team lost to Australia in the Plate final.

Richardson, a personal trainer and qualified massage therapist, has played in ten sevens events scoring 144 points, with 41 coming in the 2015/16 World Series.

Before taking up rugby at the age of 16 however, Richardson played tennis at senior county level and could boast an LTA ranking, while she also swam for the Midlands district.

@AliceRich10

EMILY SCARRATT

Age: 26 (08.02.1990)
Born: Leicester
Hometown: Leicester
Club: England Sevens
Previous Games attended: None
Major achievements: WC7s: plate runners-up 2013. WC: winner 2014; runner-up 2010.



Team GB captain Emily Scarratt finished the 2014 World Cup as the top points scorer with 70, including 16 in the final victory over Canada.

In 2013 she won the RPA England Women's Players' Player award in 2013 and was also nominated for the IRB Sevens Player of the Year.

Scarratt captained England in four of the five World Series events in 2015/16, finishing with 12 tries.

@EmilyScarratt

EMILY SCOTT

Age: 26 (27.03.1993)
Born: London
Hometown: Corringham
Club: England Sevens
Previous Games attended: None
Major achievements: W7sWS: 4th 2016.



London-born Emily Scott earned a BSc in Sports Science at Brunel University after being schooled at Gable Hall in Essex. She scored 54 points in her three 2015/16 World Series appearances and her aggregate in the tournament is 118 points, comprising 11 tries and 28 goals, in 10 events.

She first played at the age of seven in the boys' Under-8 team at Stanford-Le-Hope RFC, made her England debut in 2013 after rising through the age-grade ranks, and has 12 senior England XV caps.

@scottie9269

DANIELLE WATERMAN

Age: 31 (20.01.1985)
Born: Taunton
Hometown: Bristol
Club: England Sevens
Previous Games attended: None
Major achievements: WC7s: plate winners 2009. WC: winner 2014; runner-up 2010; runner-up 2006. ECh: winner 2012.



Danielle Waterman's father Jim played more than 450 games for Bath Rugby and she became England's youngest-ever female player when she made her Test debut in 2003 aged 18.

She is England's longest-serving current player and has appeared in three World Cup finals, scoring a try in the 2014 victory over Canada.

Waterman was vice captain as England won the 2012 European Championships while she returned to the sevens fold after a lengthy knee injury to help win the Cup at the Canada leg of this season's World Series.

@nolli15

JOANNE WATMORE

Age: 29 (25.09.1986)
Born: Chester
Hometown: London
Club: England Sevens
Previous Games attended: None
Major achievements: WC7s: plate runners-up 2013



Joanne Watmore is England's top try-scorer in the history of the World Sevens Series and each of her first eight tries in the 2015/16 tournament came against different countries.

She has also represented England at U18 and U19 levels as well as playing in the 2013 Rugby Sevens World Cup. She has now represented England in 58 World Series matches have started playing rugby at the age of five.

@Jo_Watmore

AMY WILSON HARDY

Age: 24 (13.09.1991)
Born: Poole
Hometown: Guildford
Club: England Sevens
Previous Games attended: None
Major achievements: W7sWS: 4th 2016.



Amy Wilson Hardy was educated at Worthing College where she benefited from the coaching of Ben Coulson before reading Integrated Mechanical and Electrical Engineering at the University of Bath. She played her first rugby match aged 11 and went on to represent England through the age grades.

Having made her senior England XV debut in 2013, Amy scored 12 tries in the 2015/16 World Series across the five tournaments, taking her to a career aggregate of 30 tries in 16 events.

@Amywilsonhardy



STEPHEN GEMMELL

Title: Head Coach of Scotland Sevens
 Games role: Men's Team Leader



NICKY PONSFORD

Title: RFU Head of Performance
 Games role: Women's Team Leader



SIMON AMOR

Title: Head Coach of England Sevens Men
 Games role: Men's Head Coach



SIMON MIDDLETON

Title: Head Coach of England Sevens Women
 Games role: Women's Head Coach



DANIEL COOPER

Title: England Sevens Performance Analyst
 Games role: Men's Analyst



ZOE EATON

Title: England Sevens Women Team Operations Manager
 Games role: Women's Team Manager



DAVID GARDNER

Title: RFU Performance Analyst
 Games role: Women's Performance Analyst



DANIEL HOWELLS

Title: England Sevens Men Strength & Conditioning Coach
 Games role: Men's Strength & Conditioning Coach



PAUL MCGINLEY

Title: Physiotherapist
 Games role: Women's Physiotherapist



REMI MOBED

Title: Physiotherapist
 Games role: Men's Physiotherapist



RICHARD PUGH

Title: Wales Sevens Women Coach
 Games role: Women's Assistant Coach



GARETH WILLIAMS

Title: Wales Sevens Assistant Coach
 Games role: Men's Assistant Coach



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SAILING

Sailing

Introduction

The Marina da Gloria in Guanabara Bay will be the venue for the Olympic Sailing competition.

Since its establishment as an Olympic sport, Team GB has dominated the sailing medal table with 55 medals won in total.

To date, Team GB has won the most gold medals in the sport with 26 having been awarded to British sailors, as well as 18 silver and 11 bronze medals.

They will be looking to build on London 2012 where five medals were won in the regatta in Weymouth & Portland, with the now retired Sir Ben Ainslie – winner of more Olympic

medals than any other sailor – taking Finn gold. Team GB has selected a full compliment of 15 for Rio, including eight men and seven women.

Team GB at Rio 2016

Back in September 2015, it was the sport of sailing which saw the first athletes named by the British Olympic Association for the Olympic Games in Rio.

Among the first batch of sailors named was Giles Scott who has made sure to pick up the baton in the Finn class following the retirement of Ainslie post London 2012.

Despite four World titles and two European golds, it is easy to forget that Scott – who started out in the Laser class before switching to Finn racing – will be making his Olympic

DID YOU KNOW?
.....
The 49erFX and Nacra 17 mixed multihull events will be making their first-ever appearances at an Olympic Games

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Games debut in Rio. The sailor boasted an impressive two-year unbeaten record until March of this year, where he had to settle for second after equipment breakage in the Trofeo Princesa Sofia in Spain.

While Scott will be beginning his Olympic journey, one man who has been there and done it all before is Nick Dempsey, who will assume the title of a five-time Olympian in Rio.

A double World Champion, Dempsey already has a bronze from Athens 2004 and silver from London four years ago – meaning gold in Rio would make him the most successful men's Olympic windsurfer in history.

Fellow London 2012 silver medallists Hannah Mills and Saskia Clark return in the 470 women's class, while Bryony Shaw – Team GB's first female Olympic medal-winning windsurfer with bronze at Beijing 2008 – is set to contest her third Olympic Games in the RS:X women's event.

Also returning after London is Laser Radial sailor Alison Young, who made

FACT FILE

Venue:
Marina da Gloria, Guanabara Bay

Gold medals available:
10

Dates:
August 8-18

Number of Team GB athletes:
Men: 8 Women: 7

WORDS TO LEARN

Gybing:
The act of turning a sailboat across the wind, downwind

Tacking:
Turning a boat from one side of the wind to the other by steering through the eye of the wind

Hiking out:
Leaning over the side of the boat to balance it against the force of the wind

Knot:
Unit of speed corresponding to one nautical mile per hour





“It’s pretty special. I have been doing this for a long time and I just feel incredibly proud and very lucky to represent my country again at my fifth Olympic Games. I never thought I would make it this far and so am very honoured. It feels like quite an achievement.”

Nick Dempsey

history in April this year when she became the first British woman to win World gold in the solo Olympic dinghy class.

Joining Scott in making their Olympic Games debut is 2015 and 2016 Laser World Champion Nick Thompson and 49er pairing Dylan Fletcher and Alain Sign. Charlotte Dobson and Sophie Ainsworth, who finished fifth at the 2015 World Championships, will do likewise in the 49erFX – a new event for Rio – with 2015 European Champions Ben Saxton and Nicola Groves following suit in the Nacra 17 mixed multihull event, which also sees its first Olympic Games outing this year, while debutant Chris Grube links up with London 2012 silver medalist Luke Patience in the men’s 470.

Competition format

Sailors complete courses in as short a time as possible. Crew sizes per vessel vary from one to two, with Laser, Laser Radial, Finn and RS:X classes featuring one sailor and the 470, 49er, 49erFX and Nacra 17 two.

Competitors contest an opening race series of up to 10 races for Laser, Laser Radial, Finn and 470 classes and up to 12 races for RS:X, 49er, 49erFX and Nacra 17. Points are awarded for finishing positions in each race – one point for first, 41 for 41st for example.

After the opening race series, the ten boats with the lowest accumulated scores, once their worst score has been discarded, qualify for the medal race, where points scored are doubled and added to the initial scores to decide the top ten.

DID YOU KNOW?
Sailing has been part of the Olympic Games since 1900 but was known as yachting until Sydney 2000

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Team GB at the Olympic Games

	GOLD	SILVER	BRONZE	TOTAL
Athens 2004	2	1	2	5
Beijing 2008	4	1	1	6
London 2012	1	4	0	5
Total	26	18	11	55

Recent major championship winners

M = Men W = Women M/W = Mixed event

	LONDON 2012	WORLD CHAMPIONSHIPS 2016
RS:X	M W Dorian van Rijsselberghe (NED) Marina Alabau (ESP)	Piotr Myska (POL) Malgorzata Bialecka (POL)
Laser	M Tom Slingsby (AUS)	Nick Thompson (GBR)
Laser Radial	W Xu Lijia (CHN)	Alison Young (GBR)
470	M Mathew Belcher/Malcolm Page (AUS) W Jo Aleh/Olivia Powrie (NZL)	Sime Fantela/Igor Marenic (CRO) Camille Lecointre/Helene Defrance (FRA)
Finn	M Sir Ben Ainslie (GBR)	Giles Scott (GBR)
49er	M Nathan Outteridge/Iain Jensen (AUS)	Peter Burling/Blair Tuke (NZL)
49erFX	W N/A	Tamara Echegoyen/Berta Betanzos (ESP)
Nacra 17	M/W N/A	Billy Besson/Marie Riou (FRA)

Events schedule

M = Men's events **W** = Women's events **M/W** = Mixed event = Medal event

DATE	EVENT
8 Aug	M RS:X, Laser
	W RS:X, Laser Radial
9 Aug	M RS:X, Laser, Finn
	W RS:X, Laser Radial
10 Aug	M Laser, Finn, 470
	W Laser Radial, 470
	M/W Nacra 17
11 Aug	M RS:X, Finn, 470
	W RS:X, 470
	M/W Nacra 17
12 Aug	M RS:X, Laser, 470, 49er
	W RS:X, Laser Radial, 470, 49erFX
13 Aug	M Laser, Finn, 49er
	W Laser Radial, 49erFX
	M/W Nacra 17
14 Aug	M RS:X medal race, Finn, 470
	W RS:X medal race, 470
	M/W Nacra 17
15 Aug	M Laser medal race, 470, 49er
	W Laser Radial medal race, 470, 49erFX
16 Aug	M Finn medal race, 49er
	W 49erFX
	M/W Nacra 17 medal race
17 Aug	M 470 medal race
	W 470 medal race
18 Aug	M 49er medal race
	W 49erFX medal race

Team GB will compete in all events

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SOPHIE AINSWORTH

Event: 49erFX
Age: 27 (22.06.1989)
Born: Ashford, Kent
Hometown: Chichester
Previous Games attended: None
Major achievements: Ech: gold (470) 2012.



Sophie Ainsworth first paired with 49erFX partner Charlotte Dobson in 2013. A fifth and seventh in the 2014 and 2015 Rio test events preceded fifth place in the 2015 49er FX World Championships.

Like Dobson, Ainsworth learnt to sail in an Optimist before going onto a 420 and 29er, where she became 2007 Youth and Ladies World Champion.

Ainsworth became a 470 European Champion in 2012 and was training partner for the London 2012 silver medalists Hannah Mills and Saskia Clark.

@SASailing / @Gbrfxgirls

NICK DEMPSEY

Event: RS:X Men
Age: 35 (13.08.1980)
Born: Norwich
Hometown: Weymouth
Previous Games attended: London 2012, Beijing 2008, Athens 2004, Sydney 2000
Major achievements: OG: silver 2012; bronze 2004 WCh; gold (RS:X) 2013; silver (RS:X) 2012; gold (RS:X) 2009; bronze (RS:X) 2007 Ech: gold (RS:X) 2006.



Nick Dempsey became Team GB's first-ever Olympic windsurfing medalist with bronze at Athens 2004 in the Mistral class, the last time the event was at a Games.

He missed out on a medal at Beijing 2008 when he was fourth in the RS:X class but won silver in London. Rio 2016 is Dempsey's fifth Olympic Games appearance.

@nickdempsey1

CHARLOTTE DOBSON

Event: 49erFX
Age: 30 (05.06.1986)
Born: Glasgow
Hometown: Weymouth
Previous Games attended: None (Laser Radial) 2010.



Charlotte Dobson began her sailing career as a junior Optimist before moving onto Laser Radial where she was a two-time Youth European Champion and won silver as a senior in 2010.

After narrowly missing out at the Beijing 2008 and London 2012 Olympic trials, she opted for a move to the 49erFX and to team up with Sophie Ainsworth.

They finished fifth and seventh in the 2014 and 2015 Rio test events and recorded their maiden World Cup win in Weymouth-Portland in June.

@charlottegbr / @Gbrfxgirls

SASKIA CLARK

Event: 470 Women
Age: 36 (23.08.1979)
Born: Colchester
Hometown: Weymouth
Previous Games attended: London 2012, Beijing 2008



Major achievements: OG: silver (470) 2012 WCh: silver (470) 2015; bronze (470) 2014; gold (470) 2012; silver (470) 2011; bronze (470) 2007; silver (470) 2005 Ech: silver (470) 2014.

Saskia Clark had her first taste of the Olympic Games at Beijing 2008 when she finished sixth alongside Christina Bassadone in the women's 470 class.

She teamed up with Hannah Mills in 2011 and they took World Championship silver that year and gold in 2012. They won London 2012 silver and have since won World Championship bronze and silver.

@470Girls

DYLAN FLETCHER

Event: 49er
Age: 28 (03.04.1988)
Born: London
Hometown: Portland
Previous Games attended: None
Major achievements: WCh: bronze (49er) 2016; Ech: silver (49er) 2014; gold (49er) 2013; gold (49er) 2011.



Dylan Fletcher started racing at 13 and progressed through 405's before moving into the 29er Youth class at 15.

He was selected for the RYA National Youth Squad and moved up the ranks to finally finish second overall and first youth at the 29er World Championships in 2006, after which time he and Alain Sign teamed up together in the Olympic 49er class. The duo have won three European Championship medals and earned 49er World Championship bronze in 2016 in Clearwater, USA.

@GBR49erTeam

NICOLA GROVES

Event: Nacra 17
Age: 27 (04.04.1989)
Born: London
Hometown: London
Previous Games attended: None
Major achievements: Ech: gold (Nacra 17) 2015.



After partnering with Ben Saxton in September 2014, the pair saw immediate success in the Nacra 17 class with a seventh-place finish at the 2014 Sailing World Cup Finals in Abu Dhabi.

In 2015 the pair won silver at the World Cup in Miami before going one better to become European Champions in September.

Groves joined the British Sailing Team in 2013 and initially specialised in the 49erFX class, triumphing in the Sail for Gold Regatta that year.

@NicolaGroves2 / @ben_nicsailing

CHRIS GRUBE

Event: 470 Men
Age: 31 (22.01.1985)
Born: Chester
Hometown: Chester
Previous Games attended: None



Major achievements: WCh: fifth (470) 2016.

Chris Grube sailed with double Olympic medallist Nick Rogers in a bid to seal 470 qualification for London 2012 but missed out to Luke Patience and Stuart Bithell. Alongside Rogers, he finished tenth at the 2011 Sailing World Championships in Perth before teaming up with Bithell in 2013 in the 49er class.

Grube has previously sailed in the 470 with Patience until 2009, with the pair resuming partnership in late 2015 and securing their spot at the Rio 2016 Olympic Games.

@chrisgrubegbr

HANNAH MILLS

Event: 470 Women
Age: 28 (29.02.1988)
Born: Cardiff
Hometown: Weymouth
Previous Games attended: London 2012



Major achievements: OG: silver (470) 2012 WCh: silver (470) 2015; bronze (470) 2014; gold (470) 2012; silver (470) 2011 ECh: silver (470) 2014.

Hannah Mills first teamed up with Saskia Clark in February 2011 and the pair saw immediate success with a silver medal at the 2011 World Championships followed by gold at the 2012 470 World Championships.

At London 2012, Mills and Clark took silver after losing out to Kiwi pair Jo Aleh and Olivia Powrie on the final race.

For Mills it all started back home in Wales as she first learned to sail aged eight at Cardiff Sailing Centre.

@470Girls

LUKE PATIENCE

Event: 470 Men
Age: 29 (04.08.1986)
Born: Aberdeen
Hometown: Portland
Previous Games attended: London 2012



Major achievements: OG: silver (470) 2012 WCh: silver (470) 2011; silver (470) 2009 ECh: gold (470) 2014; bronze (470) 2010.

Luke Patience won silver at London 2012 in the 470 alongside Stuart Bithell. Following this, Patience raced alongside Elliot Willis and the pair won gold at the 470 European Championships in 2014, plus silver at the Rio 2016 Test Event. In late 2015, following Willis' diagnosis for bowel cancer, Patience teamed up with Chris Grube.

@patience_luke

BEN SAXTON

Event: Nacra 17
Age: 26 (14.06.1990)
Born: Cambridge
Hometown: Weymouth
Previous Games attended: None



Major achievements: WCh: silver (Nacra 17) 2013 ECh: gold (Nacra 17) 2015; silver (470) 2012.

After partnering with Nicola Groves in September 2014, the pair saw immediate success in the Nacra 17 class with a seventh-place finish at the 2014 Sailing World Cup Finals in Abu Dhabi.

In 2015, the pair won silver at the World Cup in Miami before going one better to become European Champions in September.

Prior to teaming up with Groves, Saxton - who has been part of the British Sailing Team since 2008 - collected a Nacra 17 World Championship silver medal alongside Hannah Diamond in 2013 and was a 470 European silver medallist with Richard Mason in 2012.

@bensaxton / @ben_nicsailing

GILES SCOTT

Event: Finn
Age: 29 (23.06.1987)
Born: Huntingdon
Hometown: Weymouth
Previous Games attended: None



Major achievements: WCh: gold (Finn) 2016; gold (Finn) 2015; gold (Finn) 2014; gold (Finn) 2011. ECh: gold (Finn) 2014; gold (Finn) 2011.

After missing out on London 2012 selection to the most decorated Olympic sailor of all time, Sir Ben Ainslie, Giles Scott has dominated the Finn class in the build-up to the Rio 2016 Olympic Games.

Scott was unbeaten for almost three years from 2013, a run that included three back-to-back World Championship victories and two triumphs at Rio 2016 test events with the most recent coming in August 2015.

In 2008 Scott became Junior World Champion in the Finn and trained alongside Ben Ainslie in the build up to his Beijing 2008 success.

@GilesScott

BRYONY SHAW

Event: RS:X Women
Age: 33 (28.04.1983)
Born: Wandsworth, London
Hometown: Weymouth
Previous Games attended: London 2012, Beijing 2008



Major achievements: OG: bronze (RS:X) 2008 WCh: silver (RS:X) 2016 silver (RS:X) 2015; silver (RS:X) 2013 ECh: gold (RS:X) 2015; silver (RS:X) 2013; bronze (RS:X) 2009; silver (RS:X) 2006.

Windsurfer Bryony Shaw started her journey in the sport in 1992 on a family holiday in the south of France and that voyage took her to a bronze medal at Beijing 2008.

That medal represented Team GB's first-ever women's success in windsurfing and she also finished seventh at London 2012. She's won three World Championships silvers and gold at European level in 2015.

@BRYONYSHAW

ALAIN SIGN

Event: 49er
Age: 30 (03.02.1986)
Born: Lee-on-the-Solent
Hometown: Lee-on-the-Solent
Previous Games attended: None



Major achievements: WCh: bronze (49er) 2016 ECh: bronze (49er) 2014; silver (49er) 2013.

Alain Sign started sailing aged ten and sailed Toppers until he was 16. He then moved into the 29er class, winning the World Championships, Europeans and Nationals in 2004, after which time he teamed up with Dylan Fletcher to campaign in the 49er.

Sign and Dylan Fletcher have won two European Championship medals together and earned their first 49er World Championship medal - a bronze at the 2016 Worlds in Clearwater, USA - before they were selected for Rio 2016.

@AlainSign

NICK THOMPSON

Event: Laser
Age: 30 (05.05.1986)
Born: Southampton
Hometown: Lymington
Previous Games attended: None



Major achievements: WCh: gold (Laser) 2016; gold (Laser) 2015; bronze (Laser) 2014; silver (Laser) 2011; silver (Laser) 2010; bronze (Laser) 2009 ECh: bronze (Laser) 2014.

Nick Thompson burst onto scene taking Laser gold at the 2004 Youth Sailing World Championships in Gdynia, Poland. Since then highlights include a bronze at the 2009 Laser World Championships and silvers at the ISAF Sailing World Championships in 2010 and 2011.

Thompson missed out on London 2012 but since won bronze at the 2014 Sailing World Championships and gold at the 2015 and 2016 Laser Worlds.

@Nick_Thompo

ALISON YOUNG

Event: Laser Radial
Age: 29 (29.05.1987)
Born: Wolverhampton
Hometown: Portland
Previous Games attended: London 2012



Major achievements: WCh: gold (Laser Radial) 2016. ECh: bronze (Laser Radial) 2013.

Alison Young started sailing at the age of eight, quickly progressing through the classes at junior level before finishing third at the 2005 Youth Sailing World Championships in Korea.

She impressed with a 12th-place finish at the 2010 Sailing World Championships, before finishing fifth in the Laser Radial class at London 2012.

Young secured Team GB a quota place at Rio 2016 after recording a ninth-place finish at the 2014 Sailing World Championships, a month after winning silver at the Rio test event, before being crowned World Champion for the first time earlier this year.

@AlisonYoungGBR

STEPHEN PARK

Title: Team Manager
Games role: Team Leader



CHRIS GOWERS

Title: Head Coach
Games role: Head Coach / Laser Coach



MARK ASQUITH

Title: 49erFX Coach
Games role: 49erFX Coach



DEREK CLARK

Title: 470 Men Coach
Games role: 470 Men Coach



LILY DEVINE

Title: Physiotherapist
 Games role: Physiotherapist



BILL EDGERTON

Title: Coach
 Games role: Rules Advisor



BARRIE EDGINGTON

Title: RS:X Women Coach
 Games role: RS:X Women Coach



JONATHAN GLANFIELD

Title: 470 Women Coach
 Games role: 470 Women's Coach



SIMON HISCOCKS

Title: Bosun
 Games role: Bosun



MATTHEW HOWARD

Title: Finn Coach
 Games role: Finn Coach



SASHA LINES

Title: Deputy Team Manager
 Games role: Deputy Team Leader



IAN MARTIN

Title: 49er Coach
 Games role: 49er Coach



PHILIP MARTIN

Title: Rib Engineer
 Games role: Rib Engineer



PAUL MULLAN

Title: Head of Sports Science and
 Medicine
 Games role: Medical



MAURICE PAARDENKOOOPER

Title: Nacra Coach
 Games role: Nacra Coach



EMILIE SAUVEN

Title: Performance Analyst
 Games role: Performance Analyst



HUGH STYLES

Title: Laser Radial Coach
 Games role: Laser Radial Coach



DOMINIC TIDEY

Title: RS:X Men Coach
 Games role: RS:X Men Coach



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SHOOTING

Shooting

Introduction

Shooting has featured at every Olympic Games aside from St Louis 1904 and Amsterdam 1928, and from five events at Athens 1896 it has grown to 15 – nine for the men and six for the women – for Rio 2016.

There are three different firearms in Olympic shooting – pistol, rifle and shotgun – each containing five events and all will be held at the National Shooting Center.

Over the years Team GB have won 44 shooting medals in total: 13 gold, 15 silver and 16 bronze.

At London 2012, Peter Wilson became the first Briton since Richard Faulds at Sydney 2000 to win an Olympic shooting title when he won gold in the double trap – the same discipline in which Faulds enjoyed his success.

He was also the first British Olympic medallist since those 2000 Games, which saw Ian Peel also win silver in the trap.

The USA have won the most shooting medals in Olympic history with 107 in total – including 53 golds.

Team GB at Rio 2016
Team GB's shooting squad for Rio 2016 is made up of six athletes – four of whom have previous Olympic Games experience.

DID YOU KNOW?
.....
At London 2012, the 15 golds were shared between nine nations: Belarus, China, the Republic of Korea, Croatia, Cuba, USA, Team GB, Italy and Romania

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Two-time Olympian Ed Ling heads to his third Games after appearing at Athens 2004 and then London four years ago.

Since then he has gone on to win world silver in 2014 – a result which secured Team GB a Rio 2016 quota place in the trap.

Double European and World gold medallist Steve Scott is the other previous male Olympian, returning to the big stage in the men's double trap after an eight year absence following Beijing 2008.

Elena Allen makes her third consecutive Olympic Games appearance while Jennifer McIntosh makes her second at Rio 2016 in the skeet and Women's 50m 3 positions events respectively. McIntosh can also lay claim to being the most decorated female Scottish athlete in Commonwealth Games history with silver and bronze in 2014 taking her tally to five medals.

Despite being the youngest British shooter in Rio, there are also high expectations for teenager Amber Hill on her Olympic Games debut following women's skeet gold at the inaugural European Games in Baku last year.

And 2015 World silver medallist Tim Kneale completes the line up in the men's double trap, as he also gets his first taste of Olympic action.

Competition format

Across the 15 shooting events, 390 athletes will take part in Rio, with athletes shooting at stationary targets in a range in the rifle and pistol events, and at moving targets in the shotgun events.

“ My dream of competing at an Olympic Games came to me after watching the target shooting at London 2012. I didn't understand the scale of it and how important a competition it was until that moment. Watching Peter (Wilson) become Olympic Champion really did inspire me.”

Amber Hill

WORDS TO LEARN

Trap:
The device used for launching clay targets into the air

Double trap:
Shooting competition in which two clay targets are launched simultaneously in front of the shooter

Three positions:
Rifle events in which competitors shoot in standing, kneeling and prone positions

Lost:
A shotgun target that has not been hit





“ We have a whole host of talented athletes coming through the GB Academy Programme and we hope that success in Rio will inspire them to go on to become the world leading shooting nation at Tokyo 2020 and beyond.”

Shooting Team Leader Phil Scanlan

All the events are individual and require shooters to adopt different positions – standing, kneeling or prone – the latter where they lie on their fronts.

Rules vary according to the discipline, with distance, types of target, arm, firing position, number of shots – between 20 and 60 – and the time within which the shots have to be fired all relevant factors.

The rifle and pistol classes require shooters to fire bullets at a ten-ring target within a given time while the shotgun events – trap and skeet – see competitors firing lead pellets at clay targets, released on or after a command from the shooter.

Since London 2012, the International Shooting Sport Federation have introduced new rules to the competition format designed to enhance the sport's appeal.

The most significant change is the new final format for all Olympic events, where all finalists must start from scratch, as opposed to combining the scores from the preliminary and final rounds.

Additionally, all finals feature an elimination stage, until the competition end up with duels between the two shooters to decide the gold and silver medals.

Other ratified changes include the decimal scoring for both air rifle and rifle prone.

DID YOU KNOW?
.....
Men's shooting was part of the first modern Olympic Games in Athens in 1896, with women's events included at Los Angeles 1984

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Shotgun shooters score points by hitting a clay target. A hit is declared by the referee when the target is shot and at least one visible piece is seen to fall from it. The shooter who hits the most targets wins.

FACT FILE

Venue:
National Shooting Center

Gold medals available:
15

Dates:
August 6-14

Number of Team GB athletes:
Men: 3 Women: 3



Team GB at the Olympic Games

	GOLD	SILVER	BRONZE	TOTAL
Beijing 2008	0	0	0	0
London 2012	1	0	0	0
Total	13	15	16	44

Recent major championship winners

M = Men W = Women

	LONDON 2012	WORLD CHAMPIONSHIPS 2015
50m rifle three positions	M Niccolo Campriani (ITA)	Zhu Qinan (CHN) *
	W Jamie Lynn Gray (USA)	Beate Gauss (GER) *
50m rifle prone	M Sergei Martynov (BEL)	Warren Potent (AUS) *
10m air rifle	M Alin Moldoveanu (ROU)	Yang Haoran (CHN) *
	W Yi Siling (CHN)	Petra Zublasing (ITA) *
10m air pistol	M Jin Jong-oh (KOR)	Jin Jong-oh (KOR) *
	W Guo Wenjun (CHN)	Jeehae Jung (KOR) *
50m pistol	M Jin Jong-oh (KOR)	Jin Jong-oh (KOR) *
25m rapid fire pistol	M Leuris Pupo (CUB)	Kim Jun Hong (KOR) *
25m pistol	W Kim Jang-mi (KOR)	Zhang Jingjing (CHN) *
Skeet	M Vincent Hancock (USA)	Vincent Hancock (USA)
	W Kim Rhode (USA)	Morgan Craft (USA)
Trap	M Giovanni Cernogoraz (CRO)	Erik Varga (SVK)
	W Jessica Rossi (ITA)	Fatima Galvez (ESP)
Double trap	M Peter Wilson (GBR)	Vasily Mosin (RUS)

*2014 World Championships

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Olympic record scores

M = Men W = Women

	SCORE	HOLDER	PLACE/DATE
50m rifle three positions	M Qual 1180	Niccolò Campriani (ITA)	London 2012
	M Final 1287.5	Niccolò Campriani (ITA)	London 2012
	W Qual 592	Jamie Lynn Gray (USA)	London 2012
	W Final 691.9	Jamie Lynn Gray (USA)	London 2012
50m rifle prone	M Qual 600	Christian Klees (GER)	Atlanta 1996
	M Final 705.5	Sergei Martynov (BLR)	London 2012
10m air rifle	M Qual 599	Zhu Qinan (CHN)	Athens 2004
	M Final 702.7	Zhu Qinan (CHN)	Athens 2004
	W Qual 400	Katerina Emmons (CZE)	Beijing 2008
	W Final 503.5	Katerina Emmons (CZE)	Beijing 2008
25m pistol	W Qual 590	Tao Luna (CHN)	Sydney 2000
	W Final 793.4	Otryadyn Gündegmaa (MGL) Chen Ying (CHN)	Beijing 2008
50m pistol	M Qual 581	Aleksandr Melentiev (URS)	Moscow 1980
	M Final 666.4	Boris Kokorev (RUS)	Atlanta 1996
25m rapid fire pistol	M Qual 592	Alexei Klimov (RUS)	London 2012
	M Final 34	Leuris Pupo (CUB)	London 2012
10m air pistol	M Qual 591	Mikhail Nestruev (RUS)	Athens 2004
	M Final 690.0	Wang Yifu (CHN)	Athens 2004
	W Qual 391	Natalia Paderina (RUS)	Beijing 2008
	W Final 492.3	Guo Wenjun (CHN)	Beijing 2008
Trap	M Qual 125	Michael Diamond (AUS)	London 2012
	M Final 146	David Kostelecký (CZE)	Beijing 2008
	M Final 146	Giovanni Cernogoraz (CRO)	London 2012
	M Final 146	Massimo Fabbrizi (ITA)	London 2012
	W Qual 75	Jessica Rossi (ITA)	London 2012
	W Final 99	Jessica Rossi (ITA)	London 2012
Double Trap	M Qual 145	Walton Eller (USA)	Beijing 2008
	M Final 190	Walton Eller (USA)	Beijing 2008
Skeet	M Qual 121	Vincent Hancock (USA)	Beijing 2008
	M Final 145	Vincent Hancock (USA)	Beijing 2008
	M Final 145	Tore Brovold (NOR)	Beijing 2008
	W Qual 74	Kim Rhode (USA)	London 2012
	W Final 99	Kim Rhode (USA)	London 2012



Events schedule

M = Men's events W = Women's events 🏅 = Medal event

DATE	EVENT
6 Aug	08:30-16:30 M 🏅 10m air pistol qualification & final W 🏅 10m air rifle qualification & final
7 Aug	09:00-16:30 M Trap qualification W 🏅 10m air pistol qualification & final, 🏅 Trap qualification & final
8 Aug	09:00-16:30 M 🏅 10m air rifle qualification & final, 🏅 Trap qualification & final
9 Aug	09:00-16:45 W 🏅 25m pistol qualification & final
10 Aug	09:00-16:30 M 🏅 Double trap qualification & final 🏅 50m pistol qualification & final
11 Aug	09:00-13:30 W 🏅 50m rifle 3 positions qualification & final
12 Aug	09:00-16:30 M 🏅 50m rifle prone qualification & final, 25m rapid fire pistol qualification, Skeet qualification W 🏅 Skeet qualification & final
13 Aug	09:00-16:30 M 🏅 25m rapid fire pistol qualification & final, Skeet qualification & final
14 Aug	09:00-14:30 M 🏅 50m rifle 3 positions qualification & final

Team GB will compete in the men's trap and double trap, and the women's skeet and 50m 3 positions

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ELENA ALLEN

Event: Women's Skeet
 Age: 44 (12.07.1972)
 Born: Moscow
 Hometown: Newport
 Previous Games attended:
 London 2012, Beijing 2008



Major achievements: WCh: gold (team skeet), silver (skeet) 2014; silver (team skeet); bronze (skeet) 2013; bronze (skeet) 2002. ECh: silver (skeet) 2005. CG: silver (skeet) 2014. CCh: bronze (team skeet) 2010.

Elena Allen is one of Team GB's most experienced shooters and secured her quota spot for Rio 2016 by winning skeet silver at the 2014 World Championships in Grenada. At the same championships, Allen helped win Great Britain's first team skeet gold as she triumphed alongside Amber Hill and Sarah Gray.

At the 2013 World Championships, Allen took skeet bronze and team skeet silver before competing for Wales at the Glasgow 2014 Commonwealth Games, winning a silver medal to add to the team skeet gold she won alongside husband Malcolm at the 2010 Commonwealth Championships, while she also appeared at the inaugural European Games in Baku in 2015.

Rio 2016 will be Allen's third Olympic Games having competed at Beijing 2008 and London 2012, finishing 14th in the women's skeet at the latter.

@ElenaAllenGB

AMBER HILL

Event: Women's Skeet
 Age: 18 (21.08.1997)
 Born: Windsor
 Hometown: Bracknell
 Previous Games attended: None



Major achievements: EG: gold (skeet) 2015.

Amber Hill is the youngest ever Skeet World Cup gold medallist and the youngest member of Team GB's shooting squad for Rio 2016.

The Windsor-born shooter's debut for Team GB came at the 2015 inaugural European Games in Baku where she took gold after a thrilling final shoot-off with Italy's Diana Bacosi - holding her nerve to hit 30 out of 30 clays for the top spot on the podium. The gold also secured Team GB's second skeet spot for Rio 2016. Hill then capped off her 2015 in style by winning gold at the World Cup Final in Cyprus.

Hill competed for England at the 2014 Commonwealth Games in Glasgow and in the same year won World Championship gold in the skeet team event. In 2013, Hill won the BBC Young Sports Personality of the Year award.

@Amberjohill

TIM KNEALE

Event: Men's Double Trap
 Age: 33 (16.10.1982)
 Born: Douglas
 Hometown: Langport
 Previous Games attended: None



Major achievements: WCh: silver (double trap) 2015; bronze (double trap) 2010; bronze (team) 2002. ECh: silver (team) 2008. CG: bronze (double trap) 2010.

Tim Kneale set a men's double trap world record at the 2014 World Cup meet in Munich, Germany, and is a Commonwealth Games bronze medallist from 2010, an event where he represented the Isle of Man. In the same year he won World Championships bronze in Munich.

Kneale represented the Isle of Man in both rugby and cricket before taking up shooting more seriously at the age of 18 after suffering a broken leg playing rugby. Two years later he was a World Championship medallist after taking team bronze in Finland.

Kneale secured a quota place for Rio 2016 with a silver medal at the 2015 World Championships in Lonato, Italy.

@TimKneale

ED LING

Event: Men's trap
 Age: 33 (07.03.1983)
 Born: Taunton
 Hometown: Nyncehead
 Previous Games attended:
 London 2012, Athens 2004



Major achievements: WCh: silver (trap) 2014; bronze (team trap) 2011.

A former world and European Junior Champion, Ed Ling has appeared at the Olympic Games on two occasions - Athens 2004 and London 2012 - and has also won the World and European universal trap titles.

Ling finished 25th in the men's trap in Athens before recording a 21st-place finish at London 2012 in the same event.

At the 2014 World Championships Ling took silver behind Slovakia's Erik Varga, which qualified Team GB a quota place for Rio 2016.

A year later Ling competed for Team GB again, this time at the Baku 2015 European Games, where he finished just outside the medal places in fourth after a 13-11 defeat to Giovanni Pellielo in the men's trap bronze medal shoot off.

JENNIFER McINTOSH

Event: Women's 50m 3 Positions
Age: 25 (17.06.1991)
Born: Edinburgh
Hometown: Edinburgh
Previous Games attended: London 2012



Major achievements: CG: silver (50m rifle 3 positions single), bronze (50m rifle prone singles) 2014; gold (50m rifle prone singles), gold (50m rifle prone pairs), bronze (50m rifle 3 positions pairs) 2010.

London 2012 Olympian Jen McIntosh won two golds and a bronze at the 2010 Commonwealth Games aged just 19, following in the footsteps of her mother and former shooter Shirley McIntosh in being Scotland's most successful female athlete at a Commonwealth Games.

She then became the most decorated female medal winner in Scottish history with silver and bronze at the 2014 Commonwealth Games in Glasgow and at London 2012 finished 36th in the women's 10m air rifle event and 42nd in the 50m rifle three positions.

McIntosh competed in two events at the Baku 2015 European Games, finishing ninth in the 10m air rifle and seventh in the 50m rifle three positions events. In 2015, McIntosh finished fourth in the 50m rifle three positions event at the European Championships in Slovenia, securing a quota place for Team GB for Rio 2016, while in November her place on the team was confirmed.

@JenMac600

STEVE SCOTT

Event: Men's Double Trap
Age: 31 (10.01.1985)
Born: Lewisham
Hometown: Battle
Previous Games attended: Beijing 2008



Major achievements: WCh: bronze (double trap) 2014; bronze (team double trap) 2010; bronze (team double trap) 2007. ECh: gold (double trap) 2014; bronze (double trap) 2010; gold (double trap), silver (team double trap) 2008; bronze (double trap) 2007; silver (team double trap) 2006; silver (team double trap) 2005; bronze (double trap) 2004. CG: gold (double trap) 2014; gold (double trap pairs) 2010.

Beijing 2008 Olympian Steve Scott is a multiple European double trap champion having taken the title in 2008 and 2014.

After finishing 12th at Beijing 2008, Scott went on to become a double Commonwealth gold medalist after clinching the double trap pairs title at Delhi 2010 and the individual accolade four years later at Glasgow 2014.

The Lewisham-born shooter competed as part of Team GB again at the inaugural Baku 2015 European Games, finishing fifth in the men's double trap, and rounded off his year in style by taking gold at the World Cup Final in Cyprus.

A three-time World Championship bronze medallist, Scott secured the team's fifth quota spot for Rio 2016 with a silver medal at the Gabala 2015 World Cup in August 2015.

@ssshooting

PHIL SCANLAN

Title: Team Leader
Games role: Team Leader



KEVIN GILL

Title: Head Shotgun Coach
Games role: Head Coach



DONALD McINTOSH

Title: Rifle Coach
Games role: Coach



JOE NEVILLE

Title: Clay Coach
Games role: Coach



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TABLE TENNIS

Table tennis

Introduction

Since table tennis made its Olympic debut at the 1988 Games in Seoul, the sport has been dominated by Chinese players, who have won 47 medals in 28 events, including 24 golds.

Indeed, four of those gold medals came four years ago at London 2012 as China dominated, just as they had done at Beijing 2008.

At Rio 2016, the 12-day table tennis competition will be staged at the third pavilion of Riocentro with 172 athletes going for gold in men's and women's singles, as well as a men's and women's team competition.

“After London I’ve always said I wanted to qualify in my own right, it’s been one of my dreams, so it’s amazing to have done it.”

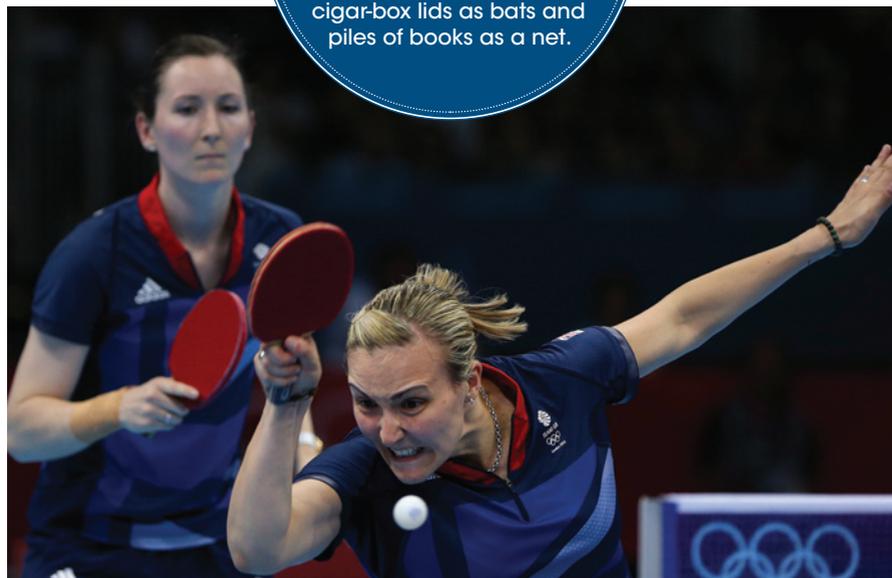
Liam Pitchford

Team GB at Rio 2016

Team GB have never won an Olympic table tennis medal but the trio of Paul Drinkhall, Liam Pitchford and Sam Walker are hoping to change all that. Pitchford and Drinkhall qualified two quota places for Team GB as a result of their International Table

DID YOU KNOW?
.....
Table tennis was invented in England around 1880, as an improvised after-dinner game using a champagne-cork ball, cigar-box lids as bats and piles of books as a net.

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WORDS TO LEARN

Chop:
A defensive shot that carries a tremendous amount of backspin

Shakehand:
Style of grip favoured by European players

Penhold:
Style of grip popular in Asia, whereby the racket is held as if holding a pen

Time-out:
During matches a player can call a one minute break at their own discretion

Tennis Federation (ITTF) ranking – they were 51st and 60th respectively at the time of the announcement – and will compete in the men's singles competition.

The pair have represented Team GB in the past with appearances at London 2012 – though Rio 2016 is the first time they have qualified a spot outright – and at the 2015 European Games in Baku.

In 2014 the duo won a combined five medals at the Commonwealth Games in Glasgow and, at this year's World Team Championships, were part of the team that claimed a bronze medal for England.

Joining them in the latter, and also in helping England to men's team silver in Glasgow, was Walker. This will be Walker's first time representing Team GB but he will be buoyed by the World Team Championships bronze in Kuala Lumpur, which was England's first medal at that level since 1983 and the

first time a newly-promoted team had earned a podium place at the event.

Competition format

Men's singles and women's singles will follow a knockout format. The entries ranked one to 16 will qualify directly to the third round, the entries ranked 17 to 32 to the second round and the entries ranked 33 to the total number of participants will qualify to the first or preliminary rounds.

All matches are the best of seven games – a game is won by the first player to reach 11 points, or if score is 10-10, two clear points.

Each team match consists of five individual matches and the winner is the first to win three.

DID YOU KNOW?
.....
The top players can spin the ball at up to 9,000 revolutions per minute

The Olympic team competition is straight knockout with a first round, quarter-final, semi-final and final.

In both individual and team events there will always be a play-off for the bronze medal between the two losing semi-finalists, this does not happen at World Championship level.

FACT FILE

Venue:
Riocentro 3

Gold medals available:
4

Dates:
Saturday August 6-17

Number of Team GB athletes:
Men: 3

Team GB at the Olympic Games

Team GB are yet to win an Olympic table tennis medal.

Recent major championship winners

M = Men **W** = Women

	LONDON 2012	WORLD CHAMPIONSHIPS*
Singles	M Zhang Jike (CHN) W Li Xiaoxia (CHN)	Ma Long (CHN) Ding Ning (CHN)
Team	M China W China	China China

*World Championships (2016 for team events and 2015 for singles)

Events schedule

M = Men's events **W** = Women's events = Medal event

DATE	EVENT	
6 Aug	09:00-12:45 M Singles: preliminaries	
	W Singles: preliminaries, round 1	
	14:30-17:30 M Singles: round 1	
	W Singles: round 1	
	19:00-22:00 M Singles: round 1 W Singles: round 2	
7 Aug	09:00-12:00 M Singles: round 2 W Singles: round 2	
	13:30-16:30 M Singles: round 2 W Singles: round 2	
	18:00-22:00 M Singles: round 3 W Singles: round 3	
	8 Aug	10:00-14:00 M Singles: round 3 W Singles: round 3
		16:00-18:00 M Singles: round 4 W Singles: round 4
20:30-22:30 M Singles: round 4 W Singles: round 4		
9 Aug		10:00-14:00 W Singles: quarter-finals
		16:00-18:00 M Singles: quarter-finals
	20:30-22:30 M Singles: quarter-finals	

Events schedule cont.

M = Men's events **W** = Women's events = Medal event

DATE	EVENT
10 Aug	10:00-12:00 W Singles: semi-finals
	20:30-22:45 W Singles: bronze medal match, gold medal match
11 Aug	10:00-12:00 M Singles: semi-finals
	20:30-22:45 M Singles: bronze medal match, gold medal match
12 Aug	10:00-13:00 W Team: round 1
	15:00-18:00 W Team: round 1
	19:30-22:30 M Team: round 1
13 Aug	10:00-13:00 W Team: quarter-finals
	15:00-18:00 M Team: round 1
	19:30-22:30 W Team: quarter-finals
14 Aug	10:00-13:00 M Team: quarter-finals
	15:00-18:00 M Team: quarter-finals
	19:30-22:30 W Team: semi-final
15 Aug	10:00-13:00 W Team: semi-final
	15:00-22:30 M Team: semi-final
16 Aug	11:00-14:00 W Team: bronze medal match
	19:30-22:45 W Team: gold medal match
17 Aug	11:00-14:00 M Team: bronze medal match
	19:30-22:45 M Team: gold medal match

Team GB will compete in the men's singles and team events

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PAUL DRINKHALL

Age: 26 (16.01.1990)
Born: Loftus
Hometown: Chertsey
Previous Games attended:
London 2012



Major achievements: WCh: bronze (men's team) 2016. CG: gold (mixed doubles), silver (men's team) 2014; silver (men's team), bronze (mixed doubles) 2010.

Paul Drinkhall won two medals at the 2010 Commonwealth Games, improving the mixed doubles bronze with partner and wife Joanna to gold four years later in Glasgow, while also winning silver again the men's team.

Drinkhall first came to the nation's attention when he finished second in the BBC Young Sports Personality of the Year award in 2007.

At London 2012 he lost in the last 32 stage of the men's singles but in March this year helped England to World Team Championships bronze alongside fellow Rio 2016 athletes Liam Pitchford and Sam Walker.

@pdrinkhall

LIAM PITCHFORD

Age: 23 (12.07.1993)
Born: Chesterfield
Hometown: Chesterfield
Previous Games attended:
London 2012



Major achievements: WCh: bronze (men's team) 2016. CG: silver (men's team), silver (mixed doubles), bronze (men's singles) 2014; silver (men's team), bronze (men's doubles) 2010.

Liam Pitchford won men's doubles bronze at the 2010 Commonwealth Games alongside Andrew Baggaley and was also a member of the squad that won team silver.

Four years later he was back in England colours at the Glasgow Commonwealth Games and won three medals, silver in both the men's team and mixed doubles event while picking up bronze in the singles.

At London 2012 Pitchford was a member of the men's team that lost their only match 3-0 to Portugal, but in March this year helped England to World Team Championships bronze alongside fellow Rio 2016 athletes Paul Drinkhall and Sam Walker.

@liampitchford

TOM JARVIS

Age: 16 (02.12.1999)
Born: Skegness
Hometown: Skegness
Previous Games attended: None



Major achievements: NCh: gold (U21 singles) 2016.

Rising star Tom Jarvis will be the travelling reserve for the Team GB table tennis squad in Rio, at just 16 years of age.

It comes after a remarkable 2016 so far, which saw him become Under-21 National Singles Champion in March.

Jarvis also scooped a title treble at the Cadet and Junior National Championships, winning the Junior Boys' singles, doubles and mixed doubles.



SAM WALKER

Age: 21 (07.05.1995)
Born: Sutton in Ashfield
Hometown: Worksop
Previous Games attended: None



Major achievements: WCh: bronze (men's team) 2016. CG: silver (men's team) 2014.

Sam Walker competed for England in the men's team event at the 2014 Commonwealth Games where he won a silver medal.

In March this year he was part of the England team, alongside Liam Pitchford and Paul Drinkhall, which won bronze medals at the World Team Championships in Malaysia.

It was England's first medal at that level since 1983 and the first time a newly-promoted team had earned a podium place at the event.

@SamWalker_tt

SIMON MILLS

Title: Performance Director
Games role: Team Leader



ALAN COOKE

Title: Coach
Games role: Coach



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TAEKWONDO

Taekwondo

Introduction

Taekwondo is an Asian martial art set to be on the schedule for a fifth successive Olympic Games. A demonstration sport at Seoul 1988 and Barcelona 1992, in 1994 the IOC took on taekwondo as an Olympic sport with its debut coming at Sydney 2000.

Translating into English as 'the way of foot and fist', there are eight taekwondo events at Rio 2016 – flyweight, featherweight, welterweight and heavyweight categories for both men and women.

Each country can send a maximum of four male and four female athletes, one per event. In total, 64 men and 64 women will compete Rio 2016, 16 per weight category.

As the national sport of South Korea, they have dominated at the Games winning 14 medals in total, ten of which are gold.

Team GB won their first-ever gold medal at London 2012 as Jade Jones won the women's lightweight final, to take their tally to three overall thanks to bronze medals from Sarah Stevenson and Lutalo Muhammad.

DID YOU KNOW?
.....
More than 60 million people in 190 countries around the world take part in taekwondo

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Team GB at Rio 2016

Jade Jones made history at London 2012 when she won Team GB's first taekwondo gold medal at an Olympic Games, and she is looking to defend that -57kg title as she heads up a team of four in Rio.

Rio 2016 will be Jones' second Games appearance, while since London 2012 she also claimed gold at the inaugural European Games in Baku for Team GB, while earlier this year she became European Champion for the first time in her career after two bronze medals and a silver previously.

She isn't the only medallist from London 2012 in the four-strong contingent at Rio 2016, with Lutalo Muhammad once again competing in the men's -80kg division. Muhammad won bronze at London 2012, the same colour that he took home from last year's European Games in Baku.

Team GB is also able to boast a World Champion in their ranks with Bianca Walkden making her Games bow at Rio 2016.



“ I've dreamed of winning an Olympic medal ever since I watched Sydney 2000 and Rio 2016 in particular means a lot as me and my dad worked out that this would be when I would be at my prime and ready to take my gold. In hindsight London 2012 was a bonus for me. ”

Lutalo Muhammad

WORDS TO LEARN

Dobok:
The white uniform worn by competitors

Chung:
The contestant wearing blue

Hong:
The contestant wearing red

Shijak:
The Korean word for 'begin'. Shouted at the start of each fight

Hogu:
The chest guard worn by competitors with a red or blue area representing a target





“ I’m going to Rio for gold and I’ll be leaving everything on the mat so that I can come out of the ring and know I have given it my all. The support I received in London 2012 was phenomenal and this time around, my family are coming out to give me that extra boost and hopefully they can motivate me in the same way. ”

Jade Jones

DID YOU KNOW?

At Beijing 2008, Rohullah Nikpai won Afghanistan’s first-ever Olympic Games medal with bronze in the men’s -58kg competition and repeated the feat at London 2012

She won gold at the 2015 World Championships in Chelyabinsk while earlier this year she took home her second European title with gold in Montreux.

And completing the quartet is Mahama Cho who competes in the men’s +80kg category after securing a quota place for Team GB in January by winning the European Olympic qualification tournament in Istanbul, beating London 2012 gold medallist Carlo Molletta along the way.

Competition format

There will be a single elimination tournament for each of the four weight categories, with 16 competitors in each. The winner of each division’s final will receive the gold medal, and the loser takes home silver.

Athletes who have lost to the finalists enter the repechage competition, held for the bronze medal. The two finalists of the repechage will receive bronze medals.

Until London 2012 a National Olympic Committee could send a maximum of two men and two women competitors. This restriction has been lifted for Rio 2016, so each National Olympic Committee may now qualify one athlete per weight category.

The aim is to land kicks and punches to the opponent’s scoring zones. One point is earned for an attack to the trunk protector, three for a spinning kick to the same area or a direct kick to the head and four for a turning kick

to the head. Punches to the head are illegal and, to be classed as valid, attacks must be of sufficient force. A referee stays in the combat area while judges sit at each corner of the court.

Judges award points for valid kicks and punches that are recorded electronically. Bouts are contested over three two-minute rounds, with one-minute intervals between each.

The winner is the competitor with the highest score, though if they are level a sudden death fourth round is held to determine the winner.

Breaking the rules – crossing the boundary line, hitting below the waist or using the knee to attack – can lead to warnings. Two warnings lead to a point being awarded to the opponent.

A deduction penalty of one point is given for attacking a fallen opponent or for deliberately punching the face.

The contest is stopped if a competitor earns four penalty deduction points and the opponent declared the winner.

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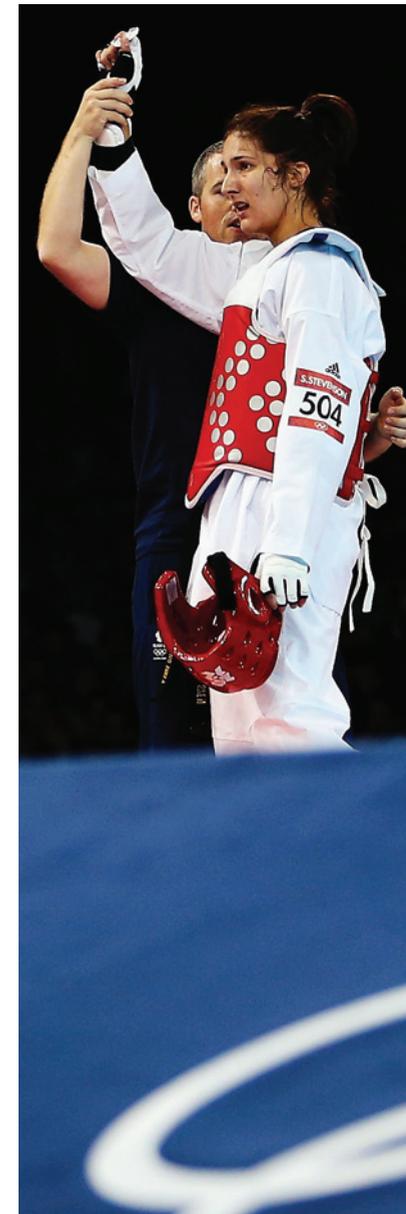
FACT FILE

Venue:
Carioca Arena 3

Gold medals available:
8

Dates:
August 17-20

Number of Team GB athletes:
Men 2 Women 2



Team GB at the Olympic Games

	GOLD	SILVER	BRONZE	TOTAL
Beijing 2008	0	0	1	1
London 2012	1	0	1	2
Total	1	0	2	3

Recent major championship winners

M = Men W = Women

	LONDON 2012	WORLD CHAMPIONSHIPS 2015
Flyweight	W (-49kg) Wu Jingyu (CHN)	Ha Min-ah (KOR)
	M (-58kg) Joel Gonzalez (ESP)	Farzan Ashourzadeh (IRI)
Lightweight*	W (-57kg) Jade Jones (GBR)	Mayu Hamada (JAP)
	M (-68kg) Servet Tazegul (TUR)	Servet Tazegul (TUR)
Middleweight**	W (-67kg) Hwang Kyung-seon (KOR)	Chuang Chia-chia (TPE)
	M (-80kg) Sebastian Crismanich (ARG)	Mehdi Khodabakhshi (IRI)
Heavyweight***	W (+67kg) Milica Mandic (SER)	Bianca Walkden (GBR)
	M (+80kg) Carlo Molletta (ITA)	Dmitriy Shokin (UZB)

*Categorised as Featherweight at 2015 World Championships

**Categorised as Welterweight at 2015 World Championships

***Heavyweight categorised at 2015 World Championships as +73kg for women and +87kg for men

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Events schedule

M = Men's events W = Women's events 🏆 = Medal event

DATE	EVENT	
17 Aug	09:00-13:00	M Flyweight (-58kg): preliminary round
		W Flyweight (-49kg): preliminary round
	15:00-18:00	M Flyweight (-(-49kg)kg): quarter-finals
		W Flyweight (-49kg): quarter-finals
	20:00-23:00	M Flyweight (-(-49kg)kg): semi-finals
		W Flyweight (-49kg): semi-finals
		M Flyweight (-(-49kg)kg): repechages
		W Flyweight (-49kg): repechages
		M 🏆 Flyweight (-(-49kg)kg): bronze medal match
		W 🏆 Flyweight (-49kg): bronze medal match
M 🏆 Flyweight (-(-49kg)kg): gold medal match		
W 🏆 Flyweight (-49kg): gold medal match		
18 Aug	09:00-13:00	M Featherweight (-68kg): preliminary round
		W Featherweight (-57kg): preliminary round
	15:00-18:00	M Featherweight (-68kg): quarter-finals
		W Featherweight (-57kg): quarter-finals
	20:00-23:00	M Featherweight (-68kg): semi-finals
		W Featherweight (-57kg): semi-finals
		M Featherweight (-68kg): repechages
		W Featherweight (-57kg): repechages
		M 🏆 Featherweight (-68kg): bronze medal match
		W 🏆 Featherweight (-57kg): bronze medal match
M 🏆 Featherweight (-68kg): gold medal match		
W 🏆 Featherweight (-57kg): gold medal match		
19 Aug	09:00-13:00	M Welterweight (-80kg): preliminary round
		W Welterweight (-67kg): preliminary round
	15:00-18:00	M Welterweight (-80kg): quarter-finals
		W Welterweight (-67kg): quarter-finals
	20:00-23:00	M Welterweight (-80kg): semi-finals
		W Welterweight (-67kg): semi-finals
		M Welterweight (-80kg): repechages
		W Welterweight (-67kg): repechages
		M 🏆 Welterweight (-80kg): bronze medal match
		W 🏆 Welterweight (-67kg): bronze medal match
M 🏆 Welterweight (-80kg): gold medal match		
W 🏆 Welterweight (-67kg): gold medal match		

Events schedule cont. M = Men's events W = Women's events 🏅 = Medal event

DATE	EVENT
20 Aug	M Heavyweight (+80kg): preliminary round
	W Heavyweight (+67kg): preliminary round
	M Heavyweight (+80kg): quarter-finals
	W Heavyweight (+67kg): quarter-finals
	M Heavyweight (+80kg): semi-finals
	W Heavyweight (+67kg): semi-finals
	M Heavyweight (+80kg): repechages
	W Heavyweight (+67kg): repechages
	M 🏅 Heavyweight (+80kg): bronze medal match
	W 🏅 Heavyweight (+67kg): bronze medal match
	M 🏅 Heavyweight (+80kg): gold medal match
	W 🏅 Heavyweight (+67kg): gold medal match

Team GB will compete in the men's -80kg and +80kg events, as well as the women's -57kg and +67kg competitions

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MAHAMA CHO

Event: Heavyweight (+80kg)
Age: 26 (16.08.1989)
Born: Ivory Coast
Hometown: London
Previous Games attended: None



Major achievements: OQT: gold (+80kg) 2016. CC: gold (+80kg) 2014.
Mahama Cho secured a quota place for Team GB in January by winning the European Olympic qualification tournament in Istanbul, beating London 2012 gold medalist Carlo Molfetta along the way.
He burst on the scene at the Manchester Grand Prix in 2013 where he went on to win gold despite initially being chosen as a wildcard entry.

Since then Cho has won medals at several Opens and Grand Prix around the world. His father Zakaia is a former African taekwondo Champion.

@Chotimetkd

JADE JONES

Event: Featherweight (-57kg)
Age: 23 (21.03.1993)
Born: Bodelwyddan
Hometown: Manchester
Previous Games attended: London 2012



Major achievements: OG: gold (-57kg) 2012. WCh: silver (featherweight) 2011. ECh: gold (featherweight) 2016; silver (featherweight) 2014; bronze (featherweight) 2012; bronze (bantamweight) 2010. EG: gold (-57kg) 2015.

Jade Jones is back for her second Olympic Games, looking to defend the women's -57kg title she claimed at London 2012.

That made her Team GB's first-ever Olympic Games gold medalist in the sport, while she repeated the feat last year at the inaugural European Games in Baku.

Earlier this year she won her first European Championships gold medal after a silver and two bronzes, while in 2010 she won gold at the Youth Olympic Games in Singapore for Team GB.

@jadejonestkd

LUTALO MUHAMMAD

Event: Welterweight (-80kg)
Age: 25 (03.06.1991)
Born: Walthamstow
Hometown: Manchester
Previous Games attended: London 2012



Major achievements: OG: bronze (-80kg) 2012. ECh: bronze (-87kg) 2014; gold (-87kg) 2012. EG: bronze (-80kg) 2015.

Having won bronze at London 2012 Lutalo Muhammad is back for his second Olympic Games outing, once again competing in the men's -80kg category.

In 2015 he was struck down by a knee injury that forced him to sit out the World Championships, but he returned to win the World Grand Prix finals in Mexico City and book Team GB a men's -80kg quota place for Rio 2016 in the process.

That same year Muhammad won European Games bronze while it all began for him aged three under the tutelage of his father Wayne.

@LutaloMuhammad

BIANCA WALKDEN

Event: Welterweight (+67kg)
Age: 24 (29.09.1991)
Born: Liverpool
Hometown: Manchester
Previous Games attended: None



Major achievements: WCh: gold (heavyweight) 2015. ECh: gold (+73kg) 2016; gold (+73kg) 2014; bronze (+73kg) 2010.

Bianca Walkden was crowned World Champion in 2015 and will now make her Olympic Games bow after missing out on selection for London 2012 due to injury.

That gold medal made her the second British athlete to win a taekwondo world title, following Sarah Stevenson who did so in 2001 and 2011.

She backed up her World title by claiming European Championship gold earlier this year, her second title after climbing the top step of the podium in 2014.

@BiancaW_tkd

GARY HALL

Title: Performance Director
Games role: Team Leader



SARAH BROADHEAD

Title: Psychologist
Games role: Psychologist



SIMON EDWARDS

Title: Physiotherapist
Games role: Physiotherapist



PAUL GREEN

Title: Coach
Games role: Coach



STEPHEN JENNINGS

Title: Coach
Games role: Coach



YANA RADCLIFFE

Title: Performance Analyst
Games role: Performance Analyst



NELSON SAENZ MILLER

Title: Coach
Games role: Coach



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TENNIS

Tennis

Introduction

Tennis featured at every edition of the modern Olympic Games up until Paris 1924. The sport returned to the Games 64 years later and there will be 172 entrants – 86 men and 86 women – at Rio 2016 at the Olympic Tennis Centre.

Unlike London 2012, where the action took place on the grass courts of the famous All England Lawn Tennis Club, tennis at Rio 2016 will be played out on a hard court surface similar to those used at the US Open and Australian Open Grand Slams.

The Olympic Tennis Centre consists of a tennis stadium and 15 ancillary courts with the centre court named after

Maria Esther Bueno, a retired Brazilian tennis player who in 1960 became the first woman ever to win all four Grand Slam doubles titles in one year.

At London 2012 Team GB came away with two medals with Andy Murray playing a part in both podium finishes.

The British number one beat Roger Federer in straight sets 6-2 6-1 6-4 to win the men's singles title before then teaming up with Laura Robson to win silver in the mixed doubles.

Aside from London 2012, Team GB's only Olympic Games medal since 1924 was Tim Henman and Neil Broad's men's doubles silver at Atlanta 1996.

Team GB at Rio 2016

British no.1 Andy Murray leads a seven-strong team at Rio 2016 fresh from

claiming his second Wimbledon crown in July.

Currently ranked as the second best player in the world behind Novak Djokovic, Murray, who also finished as runner-up at this year's Australian and French Opens, will be aiming to defend the men's singles title he won at London 2012.

He is currently the only man in history to have won Olympic gold and the US Open in the same calendar year.

He will again bid for success on multiple fronts in Rio, having won silver in the mixed doubles alongside Laura Robson at London 2012.

His partner in the men's doubles will be older brother Jamie with the pair already having enjoyed success together, most notably in the Davis Cup where they combined to help Great Britain lift the trophy for the first time since 1936 last year.

Jamie is also one of the leading men's doubles players on the world circuit, having won the Australian Open this year. He will be aiming to improve his Olympic record having never previously progressed past the second round at either Beijing 2008 or London 2012.

There is another familiar face in the form of Colin Fleming who will be featuring in his second Olympic Games after playing in the mixed doubles at London 2012, while debutants Kyle Edmund and Dom Inglot take to the court having also played their part in Great Britain's Davis Cup triumph last year.

DID YOU KNOW?
American Jennifer Capriati is the youngest Olympic Games tennis champion in history. She was only 16 years and 132 days old when she won the women's competition at Barcelona 1992

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“ I had such a great experience at London 2012 and I can't wait to have the opportunity again to represent my country and be part of the Olympic Games, which is a dream come true. ”

Heather Watson

WORDS TO LEARN

Ace:
A legal serve that the opposing player fails to touch with their racket

Deuce:
When the score of a game is locked at 40-40. A player must win two consecutive shots to win the game

Let:
Requires the point to be replayed, normally when a serve makes contact with the net and lands in the service box

Golden slam:
Winning all four Grand Slam tournaments in Olympic year, as well as the Olympic singles gold medal. Only Steffi Graf, 1988, has achieved such a feat

FACT FILE

Venue:
Olympic Tennis Centre

Gold medals available:
5

Dates:
August 6-14

Number of Team GB athletes:
Men: 5 Women: 2





“I’m very pleased to have made the cut for Rio and to play my third Olympic Games. Having won the Davis Cup last year for Great Britain there’s nothing better than representing your country and to do with someone from your family is a real bonus.”

Jamie Murray

DID YOU KNOW?
At Athens 2004, Chile won its first Olympic Games gold medals in any sport when Nicolás Massú triumphed in the men’s singles and doubles, with Fernando González

In the women’s section, British no.1 Johanna Konta will make her Olympic debut at Rio 2016, while Heather Watson will represent Team GB again having just won the Wimbledon mixed doubles crown in July alongside Finnish partner Henri Kontinen.

Competition format

Each country is limited to a total of 12 athletes – six men and six women across all events, which includes a maximum of four athletes in each singles and two teams in each doubles event.

From the competitors already entered into the singles or doubles, a maximum of two mixed doubles teams from any country may compete.

All matches are the best-of-three sets with the exception of the men’s singles final, which is the best of five sets.

The tie-break will operate in every set except the fifth set in the men’s singles final and the third set in the other matches, except mixed doubles, when an advantage set, won by two clear games, shall be played. In the mixed doubles the third set shall be played as a match tie-break.

The events feature a knockout format, with the winners of the semi-finals in each event going head-to-head for the gold medals. There are 16 seeded players in each singles event, eight seeded teams in the men’s and women’s doubles, and four seeded teams in the mixed doubles. Seedings are determined by world rankings.

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Team GB at the Olympic Games



Recent major championship winners

M = Men W = Women M/W = Mixed event

LONDON 2012		
Singles	M W	Andy Murray (GBR) Serena Williams (USA)
Doubles	M W	Mike Bryan/Bob Bryan (USA) Serena Williams/Venus Williams (USA)
Mixed Doubles	M/W	Max Mirnyi/Victoria Azarenka (BLR)

Events schedule

M = Men's events **W** = Women's events **M/W** = Mixed event = Medal event

DATE	EVENT
6 Aug	M Singles: round 1, doubles: round 1
	W Singles: round 1, doubles: round 1
7 Aug	M Singles: round 1, doubles: round 1
	W Singles: round 1, doubles: round 1
8 Aug	M Singles: round 2, doubles: round 2
	W Singles: round 2, doubles: round 2
9 Aug	M Singles: round 2, doubles: quarter-final
	W Singles: round 3, doubles: round 2/quarter-final
10 Aug	M Singles: round 3, doubles: semi-final
	W Singles: quarter-final, doubles: quarter-final
	M/W Doubles: round 1
11 Aug	M Singles: quarter-final
	W Singles: semi-final, doubles: semi-final
	M/W Doubles: quarter-final
12 Aug	M Singles: semi-final
	Doubles: gold medal match
	Doubles: bronze medal match
13 Aug	M/W Doubles: semi-final
	Singles: bronze medal match
	Singles: gold medal match
	Singles: bronze medal match
	Doubles: bronze medal match
14 Aug	M/W Doubles: bronze medal match
	Singles: gold medal match
	Doubles: gold medal match
	Doubles: gold medal match

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Team GB will compete in all events

KYLE EDMUND

Age: 21 (08.01.1995)
Born: Johannesburg
Hometown: Beverley
Games attended: None

Major achievements: FOp: Rnd 2, 2016; Rnd 2 2015. DC: winner 2015

South Africa-born Kyle Edmund demonstrated his potential when he won the 2012 US Open and 2013 French Open junior Grand Slam doubles titles alongside Portuguese partner Frederico Ferreira Silva.

In 2011 he made history as part of the Great Britain team that won the Junior Davis Cup for the first time while four years later he made his senior bow in the competition – in the final no less – as the nation won the Davis Cup for the first time in 79 years.

Edmund has risen up the senior rankings in recent years and achieved his first win over a top-50 player at the start of 2016.

@kylebedmund



COLIN FLEMING

Age: 31 (13.08.1984)
Born: Broxburn
Hometown: Linlithgow
Previous Games attended: London 2012

Major achievements: CG: gold (mixed doubles) 2010.

Colin Fleming will be making his second Olympic Games appearance having played alongside Ross Hutchins in the first round of the men's doubles in London.

Fleming is a doubles specialist and has reached the quarter-finals of all the major Grand Slams with the exception of the French Open.

He can also lay claim to a Commonwealth Games medal having won mixed doubles gold at Delhi 2010 with Jocelyn Rae.

@colin_fleming



DOM INGLOT

Age: 30 (06.03.1986)
Born: London
Hometown: London
Previous Games attended: None

Major achievements: USOp: sf (doubles) 2015. DC: winner 2015.

A doubles specialist by trade, Dom Inglot has enjoyed some of his most successful moments in the Davis Cup.

He made his debut in 2014 before being a part of the Great Britain side which claimed the title for the first time in 79 years in 2015.

Inglot will be making his Olympic Games debut in Rio and last year reached the semi-finals of the US Open alongside Swede Robert Lindstedt.

@dominglot



JOHANNA KONTA

Age: 25 (17.05.1991)
Born: Sydney, Australia
Hometown: Eastbourne
Games attended: None

Major achievements: AOp: sf (singles) 2016.

Having started 2015 ranked 146th in the world, Johanna Konta racked up a 16-match winning streak to reach the last 16 of the US Open, finishing 2015 ranked 47th in the world.

Her form continued into the 2016 Australian Open where she became the first British woman for 33 years to play in a Grand Slam singles semi-final before losing to eventual champion Angelique Kerber.

In June, the 25-year-old became the first British woman since Jo Durie in 1983 to break into the top 20 in the world, while she recorded her first ever Wimbledon win this year, beating Monica Puig in the first round.

@JoKonta91



ANDY MURRAY

Age: 29 (15.05.1987)
Born: Glasgow
Hometown: Dunblane
Previous Games attended: London 2012, Beijing 2008

Major achievements: OG: gold (singles); silver (mixed doubles) 2012. AOp: R-up (singles) 2016; R-up (singles) 2015; R-up (singles) 2013; R-up (singles) 2011; R-up (singles) 2010. FOp: R-up (singles) 2016. Wim: winner (singles) 2016; winner (singles) 2013; R-up (singles) 2012. USOp: winner (singles) 2012; R-up (singles) 2008. DC: winner 2015.

After winning London 2012 men's singles gold with a final victory over Roger Federer, Andy Murray went on to claim his first Grand Slam title at the US Open later that year.

Murray, who also won mixed doubles silver with Laura Robson at London 2012, followed this up in 2013 when he became the first British man to win Wimbledon since Fred Perry in 1936.

In 2015 British No.1 Murray won all 11 matches he played to help Great Britain secure their first Davis Cup in 79 years while 2016 saw Murray claim a second Wimbledon title, as well as finish as runner-up to Novak Djokovic at the Australian Open and French Open.

@andy_murray



JAMIE MURRAY

Age: 30 (13.02.1986)
Born: Dunblane
Hometown: Dunblane
Previous Games attended: London 2012, Beijing 2008
Major achievements: AOp: winner (men's doubles) 2016. Wim: R-up (men's doubles) 2015; winner (mixed doubles) 2007. USOp: R-up (men's doubles) 2015; R-up (mixed doubles) 2008. DC: winner 2015.



Jamie Murray became the first Briton to win a major title at Wimbledon for 20 years when he won the mixed doubles title with Serbia's Jelena Jankovic in 2007.

Firmly established as one of the world's leading doubles players, he finished as runner-up in the men's doubles alongside John Peers at Wimbledon and the US Open in 2015 before then helping Great Britain clinch their first Davis Cup title since 1936 in November.

And 2016 has already seen further success with Murray teaming up with Brazil's Bruno Soares to win the Australian Open. He made history as the first Briton under the modern ranking system to become a world number one when he went top of the doubles standings in April.

@jamie_murray

HEATHER WATSON

Age: 24 (19.05.1992)
Born: Guernsey
Hometown: Guernsey
Previous Games attended: London 2012



Major achievements: Wim: winner (mixed doubles) 2016.

Winner of the 2009 Junior US Open, Heather Watson heads into Rio 2016 fresh from winning the 2016 Wimbledon mixed doubles title alongside Finland's Henri Kontinen.

She made her Olympic Games debut at London 2012 where she reached the second round of the women's singles and the first round of the women's doubles - the latter alongside Laura Robson.

Later that year Watson won her first WTA singles title at the 2012 HP Open, breaking into the top 50 for the first time in the process, while further WTA titles followed at the Hobart International in 2015 and Monterrey Open this year.

@HeatherWatson92

IAIN BATES

Title: Head of Women's Tennis
Games role: Team Leader



JEREMY BATES

Title: Coach
Games role: Coach



LOUIS CAYER

Title: Coach
Games role: Coach



LEON SMITH

Title: Coach
Games role: Coach



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TRIATHLON

Triathlon

Introduction

Triathlon is comprised of three disciplines – swim, bike and run, completed in that order with no breaks in between – and made its first appearance on the Olympic Games schedule at Sydney 2000.

The first ever triathlon was held at Mission Bay in San Diego, California, in 1974 but since Sydney 2000, the sport has rapidly grown in popularity across the world.

Of the eight Olympic triathlon gold medals that have been won, just one country – Switzerland – can lay claim to having multiple champions with all eight split between seven nations.

Australia have won the most medals with five, with Erin Densham the latest to climb the podium after winning women's bronze at London 2012.

London 2012 also saw Team GB crown their first Olympic triathlon champion – and claim their first-ever triathlon medals – as Alistair Brownlee came home first, with younger brother Jonathan taking bronze.

Team GB at Rio 2016

Of the six triathletes at Rio 2016, four of them will arrive having had the experience of London 2012, while Alistair Brownlee and Helen Jenkins also competed at Beijing 2008. Of that quartet none will have happier memories than Alistair, who will be hoping to defend his Olympic crown.

DID YOU KNOW?
.....
Triathlon originated in the USA as an alternative training programme to keep track and field athletes fit

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He is joined by his younger brother Jonathan – who won bronze at London 2012 – while Jenkins and Vicky Holland are also named in the squad again having finished fifth and 26th respectively four years ago.

Since London 2012 Holland won her first major individual medal when she claimed bronze at Glasgow 2014. In April 2015 she took her first victory in the ITU World Triathlon Series when she won the Cape Town round ahead of also tasting victory in Edmonton and finishing third in Chicago to place fourth overall.

In the men's race at Glasgow 2014 Alistair and Jonathan took gold and silver respectively, while that same year the former won his third European title.

Of the two triathletes making their Olympic Games bows – Gordon Benson arrives in Rio having won gold for Team GB at the inaugural European Games in Baku last year.

And completing the women's squad is Wales' Non Stanford who in 2013 became the first woman to step up from U23 level and win the senior world title at London's Hyde Park.

Competition format

The men's and the women's races each see a 55-strong field take part with each country limited to a maximum of three male and three female entrants.

Both the men and women will complete a 1,500m swim starting on Copacabana Beach before a 40km cycle, broken down into eight laps, and finishing with a 10km run, entailing four laps of a 2.5km running course in the seaside Atlântica Avenue.

“ It's a dream to be going to the Olympic Games and to be part of a such a strong team. I'm proud to be part of Team GB and looking forward to my first Games. ”

Non Stanford

WORDS TO LEARN

Transition:

The changeovers between the three elements of the race

Penalty box:

An area on the run course set aside for the implementation of a time penalty for an infringement of the rules

Mount line:

A line at the exit from the transition area on to the bike course after which athletes must mount their bicycles and proceed. There is also a dismount line at the end of the bike course, at the entrance to the transition area

Banking:

What triathletes call the feeling of hitting the wall and suddenly losing all strength, usually due to low blood sugars

FACT FILE

Venue:

Fort Copacabana

Gold medals available:

2

Dates:

August 18 & 20

Number of Team GB athletes:

Men: 3 Women: 3



The race is completed from start to finish, with no breaks. The transitions between the swim, the bike and the run are part of the race – crucial seconds can be gained or lost in the transition area.

There are no heats; both the men's and women's events consist of a single race. The first athlete to cross the finish line is the winner.

Around the course athletes can incur time penalties for various

infringements. This can happen, for instance, for blocking or impeding another athlete; not completing the transition fully e.g. keeping the bike helmet on to complete the run; or cycling in the transition zone.

Time penalties are served either in the transition area, or in a penalty box during the run.

DID YOU KNOW?
.....
A photo finish was needed to confirm that Nicola Spirig had won gold at London 2012, after the Swiss crossed the line in the same time as Sweden's Lisa Norden

Team GB at the Olympic Games



Team GB's first Olympic medals came at London 2012

Recent major championship winners

M = Men **W** = Women

	LONDON 2012	WORLD CHAMPIONSHIP SERIES 2015
Triathlon	M Alistair Brownlee (GBR) W Nicola Spirig (SWI)	Mario Mola (ESP) Gwen Jorgensen (USA)

Events schedule

M = Men's events **W** = Women's events = Medal event

DATE	EVENT
18 Aug	11:00-13:30 M Triathlon
20 Aug	11:00-13:30 W Triathlon

Team GB will compete in the both the men's and women's events

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GORDON BENSON

Age: 22 (12.05.1994)
Born: Halifax
Hometown: Leeds
Previous Games attended: None
Major achievements: EG: gold (individual) 2015. MRWCh: bronze (team) 2015.



Since winning 3000m silver for Team GB at the 2011 European Youth Olympic Festival in Trabzon, Gordon Benson has focused solely on triathlon. And it proved a good decision as in 2014 he won the U23 title at the European Championships as well as bronze in the World equivalent. A year later he won gold at the inaugural European Games in Baku, while studying nutrition at the University of Leeds.

@gordonleeds

ALISTAIR BROWNLEE

Age: 28 (23.04.1988)
Born: Dewsbury
Hometown: Bramhope
Previous Games attended: London 2012, Beijing 2008



Major achievements: OG: gold (individual) 2012. WCh: gold (team) 2014; gold (individual), gold (team) 2011; gold (individual) 2009. ECh: gold (individual) 2014; gold (individual) 2011; gold (individual) 2010; silver (individual) 2009. CG: gold (individual), gold (team) 2014.

Alistair Brownlee arrives at Rio 2016 as the defending champion, having claimed Team GB's first-ever Olympic Games triathlon gold medal at London 2012. Since then he has continued to shine, claiming a fourth World Championship gold medal in 2014. The same year saw Brownlee increase his number of European titles to three.

He also won two gold medals at Glasgow 2014 – the men's race and mixed team relay – and is the older brother of fellow Rio 2016 triathlete Jonathan, who he pipped to victory when the World Series came to their hometown of Leeds in June.

@AliBrownleetri

JONATHAN BROWNLEE

Age: 26 (30.04.1990)
Born: Bramhope
Hometown: Leeds
Previous Games attended: London 2012



Major achievements: OG: bronze (individual) 2012. WCh: gold (team) 2014; silver (individual) 2013; gold (individual), gold (team) 2012; gold (team), silver (individual) 2011. ECh: silver (individual) 2011. CG: gold (team), silver (individual) 2014.

Jonathan Brownlee arrives at Rio 2016 having claimed a bronze medal at London 2012, despite picking up a 15-second penalty during the race.

That same year he won his first World Championships gold medal and has twice finished as runner-up in that same event – in 2011 and 2013.

At Glasgow 2014 Jonathan had to settle for silver in the men's race behind his older brother Alistair, while this year he finished third in his World Series opener in Australia before coming home second in Cape Town and Leeds.

@jonny_brownlee

VICKY HOLLAND

Age: 30 (12.01.1986)
Born: Gloucester
Hometown: Leeds
Previous Games attended: London 2012



Major achievements: WCh: gold (team) 2014; gold (team) 2012. CG: gold (team), bronze (individual) 2014. Rio 2016 will be Vicky Holland's second Games after finishing 26th at London 2012.

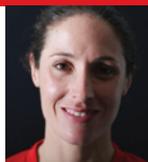
She has twice been part of World Championship winning relay teams – in 2012 and 2014 – while her bronze from Glasgow 2014 was Holland's first major international medal.

In April 2015 Holland took her first win in the World Triathlon Series when she won the Cape Town round ahead of also tasting victory in Edmonton and finishing third in Chicago to place fourth overall. In June of this year she finished third at the UK round in Leeds.

@VixHolland

HELEN JENKINS

Age: 32 (07.03.1984)
Born: Elgin
Hometown: Bridgend
Previous Games attended:
London 2012, Beijing 2008
Major achievements: WCh: gold (individual), gold (team) 2011; gold (individual) 2008.



Helen Jenkins finished fifth at London 2012, Team GB's highest ever Olympic Games finish for a female triathlete.

Jenkins finished 21st at Beijing 2008 while that same year she was also crowned World Champion, before going on to win the women's and team races three years later.

The 2016 World Series has handed Jenkins more success as she opened up with a third-place finish in Abu Dhabi before storming to victory on the Gold Coast in April.

@heljinx

NON STANFORD

Age: 27 (07.01.1989)
Born: Swansea
Hometown: Leeds
Previous Games attended: None
Major achievements: WCh: gold (individual) 2013; gold (U23 individual) 2012.



Non Stanford made the successful transition from track running to triathlon and in 2012 burst on the scene with U23 gold at the World Championships.

The following year she became the first woman to step up from U23 level and win the senior world title at London's Hyde Park.

Stanford missed the entire 2014 season through injuries, but she came back strongly in 2015 to finish second at the Rio Olympic Games test event and the World Triathlon Grand Final in Chicago. In this year's World Series she won in Cape Town and was ninth in Leeds.

@NonStanford

BRENDAN PURCELL

Title: Performance Director
Games role: Team Leader



BEN BRIGHT

Title: Head Coach
Games role: Coach



GLENN COLTMAN

Title: Technical Personnel
Games role: Technical Personnel



GLENN COOK

Title: Coach
Games role: Coach



EMMA DEAKIN

Title: Physiotherapist
Games role: Physiotherapist



IAN PYPER

Title: Coach
Games role: Coach



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WEIGHTLIFTING

Weightlifting

Introduction

The ultimate test of strength and power, weightlifting was a part of the schedule at the first modern Olympic Games at Athens 1896. After a brief absence from the programme in the early 20th Century, the sport was reinstated for Antwerp 1920 and has remained ever since. Women competed for the first time at Sydney 2000.

China has traditionally been seen as the powerhouse of weightlifting, winning eight of the 15 golds at the Beijing 2008 Olympic Games and then a further five four years later in London. They will again be ones to watch in Rio, where the action will take place at Pavilion 2

of Riocentro, while Kazakhstan is also emerging as a country to keep an eye on in the world of weightlifting, winning four golds at London 2012 as well as four medals at last year's World Championships.

Team GB have won a total of seven Olympic Games weightlifting medals – one gold, three silver and three bronze – with Launceston Elliot clinching the now discontinued one handed lift title at Athens 1896.

The last Olympic Games medal won by a Team GB athlete came back at Los Angeles 1984 when David Mercer won bronze.

Four years ago Team GB had five weightlifters at London 2012 with then teenager Zoe Smith breaking the British

DID YOU KNOW?
.....
The actor who played Oddjob in the James Bond film 'Goldfinger' – Harold Sakata – won light heavyweight silver for the USA at London 1948

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clean and jerk record in the women's 58kg event on the way to finishing in 12th place.

Team GB at Rio 2016

Rebekah Tiler and Sonny Webster will both make their Olympic Games debuts at Rio 2016, fresh from being crowned British Champions in their respective weight categories in June.

Tiler, who will compete in the women's 69kg category, finished fourth at Glasgow 2014 when she was aged just 15. Earlier this year she won bronze at the European Championships in Norway.

Competing in the men's 94kg division at Rio 2016, 22-year-old Webster also competed at Glasgow 2014, finishing fifth, while he is a former European junior bronze medallist.

The 22-year-old broke the British under-23 record at the 2016 British Championships with Tiler breaking two domestic records on their way to the titles.

Competition format

There are eight weight categories for men – 56kg, 62kg, 69kg, 77kg, 85kg, 94kg, 105kg, +105kg and seven for women – 48kg, 53kg, 58kg, 63kg, 69kg, 75kg and +75kg. Each feature two lifts; the snatch and the clean and jerk.

In the snatch the bar is lifted from the floor to above the head in one fluid movement. In the clean and jerk the bar is brought to the shoulders and then jerked above the head. Each athlete is allowed three attempts in the snatch and three in the clean and jerk. Their best lift in each is then combined to determine their overall result but if

“ I am so excited and honoured to be representing Team GB in Rio this summer; it's a dream come true and something I've wanted ever since I got into the sport. ”

Rebekah Tiler

WORDS TO LEARN

No lift:

A lift that is judged to be unsuccessful by at least two of the three referees

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





“The Olympics is undoubtedly the biggest stage for the sport and to be given the opportunity to represent my country in Rio this summer is something I’m incredibly proud of.”

Sonny Webster

FACT FILE

Venue:

Riocentro – Pavilion 2

Gold medals available:

15

Dates:

August 6-16

Number of Team GB athletes:

Men: 1 Women: 1

they fail to achieve a valid lift in any of their three snatch attempts they are eliminated.

There is also a psychological element to the event, which starts from the moment lifters declare which weight they will attempt to lift first.

Enter the competition too early and a lifter will waste one of their attempts on a weight they can easily manage, but enter too late and they risk not recording a score.

If a tie occurs the athlete with the lower bodyweight will take precedence. In the event two athletes weigh the same, the winner is the lifter who achieved the total weight first.

DID YOU KNOW?
Athletes can lift up to three times their body weight during competition

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Recent major championship winners

M = Men W = Women

	LONDON 2012	WORLD CHAMPIONSHIPS 2015
48kg	W Wang Mingjuan (CHN)	Jiang Huihua (CHN)
53kg	W Zulfiya Chinshanlo (KAZ)	Hsu Shu-ching (TPE)
56kg	M Om Yun-chol (PRK)	Om Yun-chol (PRK)
58kg	W Li Xueying (CHN)	Boyanka Kostova (AZE)
62kg	M Kim Un-guk (PRK)	Chen Lijun (CHN)
63kg	W Maiya Maneza (KAZ)	Deng Wei (CHN)
69kg	M Lin Qingfeng (CHN) W Rim Jong-sim (PRK)	Shi Zhiyong (CHN) Xiang Yanmei (CHN)
75kg	W Svetlana Podobedova (KAZ)	Kang Yue (CHN)
+75kg	W Zhou Lulu (CHN)	Tatiana Kashirina (RUS)
77kg	M Lu Xiaojun (CHN)	Nijat Rahimov (KAZ)
85kg	M Adrian Zielinski (POL)	Artem Okulov (RUS)
94kg	M Ilya Ilyin (KAZ)	Vadzim Straltsou (BLR)
105kg	M Oleksiy Torokhtiy (UKR)	Alexandr Zaichikov (KAZ)
+105kg	M Behdad Salimi (IRI)	Lasha Talakhadze (GEO)

Team GB at the Olympic Games



Total

Record lifts

M = Men W = Women

		LIFT	HOLDER	PLACE/DATE
48kg Snatch	OR	W 97 kg	Nurcan Taylan (TUR)	Athens 2004
	WR	W 98 kg	Yang Lian (CHN)	Santo Domingo 2006
48kg Clean & Jerk	OR	W 117 kg	Chen Xiexia (CHN)	Beijing 2008
	WR	W 121 kg	Nurcan Taylan (TUR)	Antalya 2010
48kg Total	OR	W 212 kg	Chen Xiexia (CHN)	Beijing 2008
	WR	W 217 kg	Yang Lian (CHN)	Santo Domingo 2006
53kg Snatch	OR	W 100 kg	Yang Xia (CHN)	Sydney 2000
	WR	W 103 kg	Li Ping (CHN)	Guangzhou 2010
53kg Clean & Jerk	OR	W 131 kg	Zulfiya Chinshanlo (KAZ)	London 2012
	WR	W 134 kg	Zulfiya Chinshanlo (KAZ)	Almaty 2014
53kg Total	OR	W 226 kg	Zulfiya Chinshanlo (KAZ)	London 2012
	WR	W 233 kg	Hsu Shu-ching (TPE)	Incheon 2014
56kg Snatch	OR	M 137 kg	Halil Mutlu (TUR)	Sydney 2000
	WR	M 139 kg	Wu Jingbiao (CHN)	Houston 2015
56kg Clean & Jerk	OR	M 168 kg	Om Yun-chol (PRK)	London 2012
	WR	M 171 kg	Om Yun-chol (PRK)	Houston 2015
56kg Total	OR	M 305 kg	Halil Mutlu (TUR)	Sydney 2000
	WR	M 305 kg	Halil Mutlu (TUR)	Sydney 2000
58kg Snatch	OR	W 108 kg	Li Xueying (CHN)	London 2012
	WR	W 112 kg	Boyanka Kostova (AZE)	Houston 2015
58kg Clean & Jerk	OR	W 138 kg	Chen Yanqing (CHN)	Beijing 2008
	WR	W 141 kg	Qiu Hongmei (CHN)	Tai'an 2007
58kg Total	OR	W 246 kg	Li Xueying (CHN)	London 2012
	WR	W 252 kg	Boyanka Kostova (AZE)	Houston 2015
62kg Snatch	OR	M 153 kg	Kim Un-guk (PRK)	London 2012
	WR	M 154 kg	Kim Un-guk (PRK)	Incheon 2014
62kg Clean & Jerk	OR	M 177 kg	Óscar Figueroa (COL)	London 2012
	WR	M 183 kg	Chen Lijun (CHN)	Houston 2015
62kg Total	OR	M 327 kg	Kim Un-guk (PRK)	London 2012
	WR	M 333 kg	Chen Lijun (CHN)	Houston 2015
63kg Snatch	OR	W 115 kg	Hanna Batsiushka (BLR)	Athens 2004
	WR	W 117 kg	Svetlana Tsarukayeva (RUS)	Paris 2011
63kg Clean & Jerk	OR	W 135 kg	Nataliya Skakun (UKR)	Athens 2004
	WR	W 146 kg	Deng Wei (CHN)	Houston 2015
63kg Total	OR	W 245 kg	Maiya Maneza (KAZ)	London 2012
	WR	W 261 kg	Lin Tzu-chi (TPE)	Incheon 2014

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Record lifts cont.

M = Men W = Women

		LIFT	HOLDER	PLACE/DATE
69kg Snatch	OR	M 165 kg	Georgi Markov (BUL)	Sydney 2000
	WR	M 166 kg	Liao Hui (CHN)	Almaty 2014
69kg Clean & Jerk	OR	W 128 kg	Liu Chunhong (CHN)	Beijing 2008
	WR	W 128 kg	Liu Chunhong (CHN)	Beijing 2008
69kg Total	OR	M 357 kg	Galabin Boevski (BUL)	Sydney 2000
	WR	M 359 kg	Liao Hui (CHN)	Almaty 2014
75kg Snatch	OR	W 131 kg	Natalia Zabolotnaya (RUS)	London 2012
	WR	W 135 kg	Natalia Zabolotnaya (RUS)	Belgorod 2011
75kg Clean & Jerk	OR	W 161 kg	Svetlana Podobedova (KAZ)	London 2012
	WR	W 164 kg	Kim Un-ju (PKE)	Incheon 2014
75kg Total	OR	W 291 kg	Natalia Zabolotnaya (RUS)	London 2012
	WR	W 296 kg	Natalia Zabolotnaya (RUS)	Belgorod 2011
+75kg Snatch	OR	W 151 kg	Tatiana Kashirina (RUS)	London 2012
	WR	W 155 kg	Tatiana Kashirina (RUS)	Almaty 2014
+75kg Clean & Jerk	OR	W 187 kg	Zhou Lulu (CHN)	London 2012
	WR	W 193 kg	Tatiana Kashirina (RUS)	Almaty 2014
+75kg Total	OR	W 333 kg	Zhou Lulu (CHN)	London 2012
	WR	W 348 kg	Tatiana Kashirina (RUS)	Almaty 2014
77kg Snatch	OR	M 175 kg	Lù Xiaojun (CHN)	London 2012
	WR	M 176 kg	Lù Xiaojun (CHN)	Wroclaw 2013
77kg Clean & Jerk	OR	M 207 kg	Zhan Xugang (CHN)	Sydney 2000
	WR	M 210 kg	Oleg Perepetchenov (RUS)	Trencin 2001
77kg Total	OR	M 379 kg	Lù Xiaojun (CHN)	London 2012
	WR	M 380 kg	Lù Xiaojun (CHN)	Wroclaw 2013
85kg Snatch	OR	M 185 kg	Andrei Rybakov (BLR)	Beijing 2008
	WR	M 187 kg	Andrei Rybakov (BLR)	Chiang Mai 2007
85kg Clean & Jerk	OR	M 215 kg	Pyrros Dimas (GRE)	Sydney 2000
	WR	M 220 kg	Kianoush Rostami (IRI)	Tehran 2016
85kg Total	OR	M 394 kg	Andrei Rybakov (BLR)	Beijing 2008
	WR	M 395 kg	Kianoush Rostami (IRI)	Tehran 2016



Record lifts cont.

M = Men W = Women

	LIFT	HOLDER	PLACE/DATE
94kg Snatch	OR M 187 kg	Kourosh Bagheri (IRI)	Sydney 2000
	WR M 188 kg	Akakios Kakiasvilis (GRE)	Greece 1999
94kg Clean & Jerk	OR M 233 kg	Ilya Ilyin (KAZ)	London 2012
	WR M 233 kg	Ilya Ilyin (KAZ)	London 2012
94kg Total	OR M 418 kg	Ilya Ilyin (KAZ)	London 2012
	WR M 418 kg	Ilya Ilyin (KAZ)	London 2012
105kg Snatch	OR M 200 kg	Andrei Aramnau (BLR)	Beijing 2008
	WR M 200 kg	Andrei Aramnau (BLR)	Beijing 2008
105kg Clean & Jerk	OR M 236 kg	Andrei Aramnau (BLR)	Beijing 2008
	WR M 246 kg	Ilya Ilyin (KAZ)	Grozny 2015
105kg Total	OR M 436 kg	Andrei Aramnau (BLR)	Beijing 2008
	WR M 437 kg	Ilya Ilyin (KAZ)	Grozny 2015
+105kg Snatch	OR M 212 kg	Hossein Rezazadeh (IRI)	Sydney 2000
	WR M 214 kg	Behdad Salimi (IRI)	Paris 2011
+105kg Clean & Jerk	OR M 263 kg	Hossein Rezazadeh (IRI)	Athens 2004
	WR M 263 kg	Hossein Rezazadeh (IRI)	Athens 2004
+105kg Total	OR M 472 kg	Hossein Rezazadeh (IRI)	Sydney 2000
	WR M 472 kg	Hossein Rezazadeh (IRI)	Sydney 2000

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Events schedule

M = Men's events W = Women's events 🏅 = Medal event

DATE	EVENT
6 Aug	19:00-21:00 W 48kg: Group A, 🏅 Medals
7 Aug	10:00-14:00 M 56kg: Group B
	W 53kg: Group B
	15:30-17:30 W 53kg: Group A, 🏅 Medals
8 Aug	19:00-21:00 M 56kg Group A, 🏅 Medals
	10:00-14:00 M 62kg Group B
	W 58kg: Group B
9 Aug	15:30-17:30 W 58kg: Group A, 🏅 Medals
	19:00-21:00 M 62kg: Group A, 🏅 Medals
	10:00-14:00 M 69kg: Group B
10 Aug	W 63kg: Group B
	15:30-17:30 W 63kg: Group A, 🏅 Medals
	19:00-21:00 M 69kg: Group A, 🏅 Medals
12 Aug	10:00-14:00 M 77kg: Group B
	W 69kg: Group B
	15:30-17:30 W 69kg: Group A, 🏅 Medals
13 Aug	19:00-21:00 M 77kg: Group A, 🏅 Medals
	10:00-14:00 M 85kg: Group B
	W 75kg: Group B
14 Aug	15:30-17:30 W 75kg: Group A, 🏅 Medals
	19:00-21:00 M 85kg: Group A, 🏅 Medals
	15:30-17:30 M 94kg: Group B
15 Aug	19:00-21:00 M 94kg: Group A, 🏅 Medals
	19:00-21:00 W +75kg: Group A, 🏅 Medals
16 Aug	15:30-17:30 M 105kg: Group B
	19:00-21:00 M 105kg: Group A, 🏅 Medals
16 Aug	15:30-17:30 M +105kg: Group B
	19:00-21:00 M +105kg: Group A, 🏅 Medals

Team GB will compete in the men's 94kg and women's 69kg events



REBEKAH TILER

Event: Women's 69kg
Age: 17 (13.01.1999)
Born: Keighley
Hometown: Keighley
Previous Games attended: None



Major achievements: ECh: bronze (69kg) 2016; CG: 4th (69kg) 2014.

Rebekah Tiler will make her Olympic Games bow at Rio 2016 fresh from claiming the 69kg title at June's British Championships.

En route to that success Tiler broke two British records - 102kg in the snatch and 227kg for the overall total.

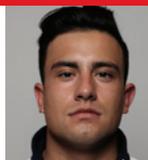
Aged just 15 she represented England at Glasgow 2014 and went on to finish fourth, before winning 69kg bronze at the European Championships earlier this year.

And in 2015 Tiler was World Youth silver medallist, European Youth gold medallist, Commonwealth Youth Games gold medallist and European Junior silver medallist.

@rebekahtiler

SONNY WEBSTER

Event: Men's 94kg
Age: 22 (10.03.1994)
Born: High Wycombe
Hometown: Bristol
Previous Games attended: None



Major achievements: CG: 5th (94kg) 2014.

Sonny Webster is a former European junior bronze medallist and arrives at Rio 2016 having broken the under-23 record at this year's British Championships.

That record-breaking performance saw him collect the men's 94kg title and now the 22-year-old will make his Olympic Games bow.

Webster does have multi-sport event experience however, having finished fifth at Glasgow 2014, his total just 11kg off the bronze medal spot.

@sonnywebsterGB

TOMMY YULE

Title: Performance Director
Games role: Team Leader



EDWARD HALSTEAD

Title: Coach
Games role: Coach



DAVID SAWYER

Title: Coach
Games role: Coach



HQ Support Staff

MATTHEW ARCHIBALD

Games role: The British School Manager



LINDSEY BELL

Games role: Press Officer - Sailing



LIZ BIRCHALL

Games role: Press Officer - Athletics



PHIL BURT

Games role: Physiotherapist



KATRIONA BUSH

Games role: Chief Press Attache



MAHDI CHOUDHURY

Games role: Head of Sport Operations



NICKI COMBARRO

Games role: Physiotherapist



NIALL ELLIOTT

Games role: Chief Medical Officer



DAI EVANS

Games role: Sport Ops Manager - The British School



SCOTT FIELD

Games role: Director of Communications



JAMIE FOX

Games role: Multi Sport Press Officer



BETONY GARNER

Games role: Multi Sport Press Officer



SAMANTHA GILL

Games role: Performance Services Administrator



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PHIL GLASGOW

Games role: Chief Physiotherapist



EMMA GRIFFIN

Games role: Managing Victory Officer



JONATHAN HANSON

Games role: Medical Officer



LEE HERRINGTON

Games role: Physiotherapist



IAN HORSLEY

Games role: Medical Officer



JO JACKSON

Games role: Nurse



KATE JORDAN

Games role: Medical Officer - The British School



EMMA KENNEDY

Games role: Multi Sport Press Officer



CAROLINE LANDER

Games role: Performance Services Administrator



MIKE LOOSEMORE

Games role: Deputy Chief Medical Officer



DERICK MacLEOD

Games role: Medical Officer - The British School



WENDY MARTINSON

Games role: Performance Nutritionist



CHRIS McLEOD

Games role: Performance Scientist



LAURA MEECH

Title: Head of Managing Victory



LEE MURGATROYD

Games role: Multi Sport Press Officer



STAFFORD MURRAY

Games role: Performance Analyst



MIKE NAYLOR

Games role: Performance Nutritionist



RUTH NORFOLK

Games role: Managing Victory Officer



MARTIN OAKLEY

Games role: Rio Technology Manager



TIM PEAKE

Games role: Multi Sport Press Officer



STUART PICKERING

Games role: Performance Scientist



RICH PRESCOTT

Games role: Multi Sport Press Officer



DAVE RICHARDS

Games role: Press Officer - Aquatics



CAROLINE SEARLE

Games role: Multi Sport Press Officer



GARY TEDDER

Games role: Operations Manager - The British School



ANDY THOMAS

Games role: Head of Security



CHRIS TOMLINSON

Games role: Medical Officer



SHAHAB UDDIN

Games role: Head of Legal



PIPPA WADE

Games role: Multi Sport Press Officer



DAN WAGNER

Games role: Operations Coordinator -
The British School



ASHLEIGH WALLACE

Games role: Physiotherapist



JEAN WATSON

Games role: Performance Services
Coordinator



JULIA WELLS

Games role: Performance Analyst



EMILY WHATLING

Games role: Physiotherapist



CHRIS WHITE

Games role: Performance Analyst



GRAEME WILKES

Games role: Medical Officer - The
British School



ZOE WILSON-MAYE

Games role: Operations Coordinator -
The British School



ALEX WOLF

Games role: Performance Scientist



PAUL WORSFOLD

Games role: Performance Analyst



SHELLEY WYATT

Games role: Multi Sport Press Officer



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Ambition Programme

British Olympic Association Ambition Programme

The British Olympic Association's Ambition Programme will give 39 young athletes and coaches a first-hand experience the Rio 2016 Olympic Games.

The Ambition Programme works with the sporting national governing bodies to offer athletes and coaches, who aspire to compete at Tokyo 2020, a unique opportunity to have an insider experience of an Olympic Games. The programme, which was first launched for Beijing 2008, is designed to replicate a first Games experience for young British athletes and coaches.

The group will travel to Brazil and visit the world class facilities of Team GB's preparation camp in Belo Horizonte before flying down to Rio to visit the Olympic Village, British School and British House as well as getting the chance to see Team GB in action.

Of the five Olympic Games prior to Beijing 2008, just over 30% of Team GB's gold medallists came from first-time Olympians while for London 2012 this increased to 40%. These included double dressage gold from Charlotte Dujardin and shooting gold from Peter Wilson, who both experienced Beijing 2008 through the Ambition Programme.

Of the 105 athletes on the Beijing 2008 programme, 43 went on to compete at London 2012, winning nine medals across eight sports from the likes of Jonny Brownlee, Sam Oldham, Dan Purvis, George Nash and Jon Schofield.

For London 2012, 130 athletes and 56 coaches from summer and winter sport were selected as part of the Ambition Programme with all four of Team GB's medals at Sochi 2014 contributed to by a member of the class of 2012.

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Foreword

Congratulations on your selection onto the Rio 2016 Ambition Programme!

You are athletes and coaches who have been recognised by your sports as having the potential for Tokyo 2020, and as individuals who will embrace the opportunity to learn and be inspired by the experience.

As your Rio 2016 Ambition Programme team we are excited to be leading the experience and supporting you to go on a learning journey aimed at helping you to perform at your best in future games.

During your Ambition Programme you will be in one of five groups to experience the Rio 2016 Olympic Games. This will include visiting the Team GB Preparation Camp in Belo Horizonte, going to two competition events, an Athlete Village tour and visiting Team GB House and the British School.

We will also be running several group sessions so you can reflect on what you've experienced and learn from those around you – and will make the most of the opportunities to interact with former successful Olympic athletes and benefit from their knowledge and experience.

Please remember it is a busy programme, and you will need to take responsibility for managing when and where you have to be so you don't miss any of the opportunities on offer.

Whilst we have made every effort to provide you with a stimulating programme of activity, ultimately what you take from your Rio 2016 Ambition experience will be down to you.

We look forward to working with you to maximise your experience and hope you come away feeling motivated and inspired.

Natalie, Beth and Jon

NATALIE DUNMAN

Role: Ambitions Programme Manager
Age: 35
Hometown: Carshalton
Background: 15 years working in high performance sport as a physiologist and specialist in talent development and performance pathways.



JON ELEY

Role: Athlete Programme Coordinator - Belo
Age: 31
Hometown: Solihull
Background: GB Short Track Speed Skating Academy Manager, member of BOA Athletes Commission. Three-time Winter Olympian - Short Track Speed Skating, Team GB Flag Bearer – Sochi 2014. Double World Championship medalist and World Record Breaker.



BETH RODFORD

Role: Athlete Programme Coordinator - Rio
Age: 33
Hometown: Gloucester
Background: Double Olympian in Rowing, Olympic finalist - Beijing 2008 & London 2012. World Champion 2010.

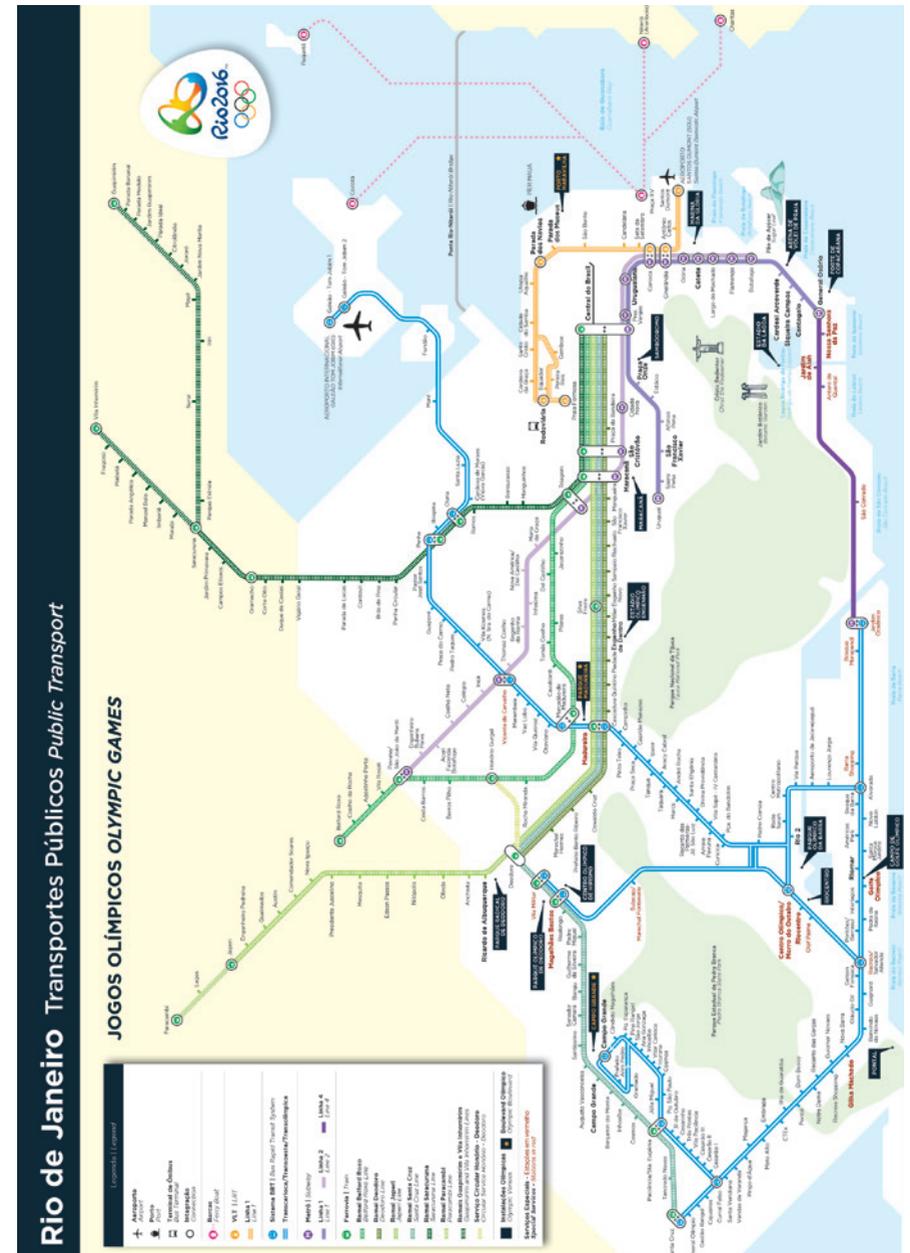


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ARCHERY

JACK MASEFIELD

Athlete
Age: 19 (16.06.1997)
Hometown: Lichfield



ELIZABETH WARNER

Athlete
Age: 16 (15.11.1999)
Hometown: Leicester



BOXING

JOHN DOCHERTY

Athlete
Age: 18 (30.09.1997)
Hometown: Montrose



CALUM FRENCH

Athlete
Age: 20 (25.08.1995)
Hometown: Newcastle



PHILIP SELLERS

Coach
Age: 46 (24.06.1970)
Hometown: Leeds



CANOE SLALOM

BRADLEY FORBES-CRYANS

Athlete
Age: 25 (24.03.1991)
Hometown: Roslin



EILIDH GIBSON

Athlete
Age: 20 (04.10.1995)
Hometown: Kinross



RYAN WESTLEY

Athlete
Age: 26 (18.08.1989)
Hometown: Merriott



GARETH WILSON

Coach
Age: 34 (13.04.1982)
Hometown: Sheffield



KIMBERLEY WOODS

Athlete
Age: 20 (08.09.1995)
Hometown: Rugby



CANOE SPRINT

MAGNUS GREGORY

Athlete
Age: 17 (26.12.1998)
Hometown: Oxford



DEBORAH KERR

Athlete
Age: 18 (17.11.1997)
Hometown: Motherwell



EMILY LEWIS

Athlete
Age: 23 (15.05.1993)
Hometown: Malvern



KRISTINA MEDOVCIKOVA

Coach
Age: 40 (26.05.1976)
Hometown: Edinburgh



EQUESTRIAN

MILLIE ALLEN

Athlete (Jumping)
Age: 18 (11.11.1997)
Hometown: Middlesbrough



FREDRIK BERGENDORFF

Coach (Jumping)
Age: 46 (06.07.1968)
Hometown: Banbury



CAMILLA DUMAS

Athlete (Eventing)
Age: 23 (15.09.1992)
Hometown: Shepton Mallet



CAROLINE GRIFFITH

Coach (Dressage)
Age: 60 (16.11.1955)
Hometown: Kenilworth



ALICE OPPENHEIMER

Athlete (Dressage)
Age: 26 (11.12.1989)
Hometown: Alton



JAKE SAYWELL

Athlete (Jumping)
Age: 19 (02.09.1996)
Hometown: South Nottingham



SARAH-JANE VERNEY

Coach (Eventing)
Age: 54 (13.09.1961)
Hometown: Ross-on-Wye



HAYLEY WATSON-GREAVES

Athlete (Dressage)
Age: 33 (08.06.1983)
Hometown: South Gloucestershire



HOLLY WOODHEAD

Athlete (Eventing)
Age: 22 (05.01.1994)
Hometown: Grimsby



FENCING

WILLIAM DEARY

Athlete
Age: 19 (27.06.1997)
Hometown: Truro



LUDOVIC SOTTO

Coach
Age: 30 (17.09.1985)
Hometown: London



GYMNASTICS

PETE ETHERINGTON

Coach (Artistic)
Age: 36 (13.04.1980)
Hometown: Bury St Edmunds



JOE FRASER

Athlete (Artistic)
Age: 17 (06.12.1998)
Hometown: Birmingham



ALICE KINSELLA

Athlete (Artistic)
Age: 15 (13.03.2001)
Hometown: Sutton Coldfield



MAISIE METHUEN

Athlete (Artistic)
Age: 15 (22.06.2001)
Hometown: Pontypool



GIANNI REGINI-MORAN

Athlete (Artistic)
Age: 18 (02.08.1998)
Hometown: Lowestoft



TRACEY SKIRTON

Coach
Age: 45 (17.12.1970)
Hometown: Cardiff



HARVEY SMITH

Coach (Trampoline)
Age: 47 (20.01.1969)
Hometown: Northampton



ISABELLE SONGHURST

Athlete (Trampoline)
Age: 17 (16.01.1999)
Hometown: Broadstone



ANDREW STAMP

Athlete (Trampoline)
Age: 14 (15.12.2001)
Hometown: Market Harborough



MODERN PENTATHLON

STUART MASON

Coach
Age: 49 (09.05.1957)
Hometown: Blackpool



MYLES PILLAGE

Athlete
Age: 18 (24.01.1998)
Hometown: Plymouth



FRANCESCA SUMMERS

Athlete
Age: 20 (13.02.1996)
Hometown: Dorking



SHOOTING

JAMES DEDMAN

Athlete
Age: 18 (25.03.1998)
Hometown: Mirfield



JACK FAIRCLOUGH

Athlete
Age: 19 (11.03.1997)
Hometown: Bury



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TEAM GB



WORLDWIDE PARTNERS



OFFICIAL PARTNERS



OFFICIAL SUPPLIERS

BRITISH AIRWAYS

JET SET SPORTS

KROW

OCEAN OUTDOOR

SIMON JERSEY

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