

ESAA CHAMPIONSHIPS – PATHWAY TO OTHER SPORTS

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Table of Contents

DOCUMENT HISTORY	1
BACKGROUND	1
MOST SUCCESSFUL MULTI-SPORT ATHLETES	2
MULTI-SPORT ATHLETES – ATHLETICS and WINTER SPORTS.....	19
MULTI-SPORT ATHLETES – ATHLETICS and TRIATHLON	24
OTHER MULTI-SPORT ATHLETES	26
INDEX	32

DOCUMENT HISTORY

This document was written for use as an England Athletics exhibit at the 2020 English Schools' Athletic Association (ESAA) Track and Field Championships. Unfortunately the event had to be cancelled because of the global COVID pandemic. England Athletics then decided to hold the exhibition as an online one and created a new website (www.theathleticsmuseum.org.uk) for this and other exhibitions in the future. A very much abbreviated version of this document was made available on the website in August 2020.

In producing the initial document in 2020 I received a considerable amount of help from Ian Roberts of the ESAA.

I have continued to add to the document since then with the most recent 3 entries being former ESAA competitors who competed in the 2026 Winter Olympics.

BACKGROUND

Many young athletes begin their sporting career with athletics and compete in the English Schools' Athletic Association (ESAA) Championships before changing sports. I have tried to highlight ESAA competitors who have been successful with a sporting career change to another sport or possibly in combining their chosen sport with athletics.

The ESAA competitors have made their mark in a wide variety of sports, namely Bobsleigh, Boxing, Cricket, Cycling, Darts, Football, Hockey, Modern Pentathlon, Netball, Powerlifting, Rowing, Rugby League, Rugby Union, Skeleton, Swimming, Triathlon and Weightlifting. In all 123 former ESAA competitors are listed. I have added an index, not because the document is particularly big, but to allow an easy way of seeing at a glance just who is included by sport and by surname.

The document is split into 4 sections. The first section "MOST SUCCESSFUL MULTI-SPORT ATHLETES" begins on page 2 and arguably highlights the ESAA competitors who were most successful in another sport. Most of the 65 athletes included in this section have gone on to Olympic Games or World Championship success or to represent their country in their new sport.

The second section "MULTI-SPORT ATHLETES – ATHLETICS and WINTER SPORTS" begins on page 19. Here I have highlighted a further 24 ESAA competitors who have made the transition to bobsleigh and skeleton and have competed in the Olympic Games or World Championships in their new sport.

The third section "MULTI-SPORT ATHLETES – ATHLETICS and TRIATHLON" begins on page 24. Here I have listed 7 British Triathletes who previously competed at the ESAA Championships and have competed in the top level competitions of their new sport.

The final section "OTHER MULTI-SPORT ATHLETES" begins on page 26. Here I have listed another 27 ESAA competitors who have also competed successfully in sports other than the Winter Sports or Triathlon.

I decided to give Winter Sports and Triathlon separate sections because of the number of ESAA competitors ending their sporting careers in these sports or going into these sports while still competing in athletics.

MOST SUCCESSFUL MULTI-SPORT ATHLETES

BOBSLEIGH - NICOLA GAUTIER

Nicola represented South Yorkshire and was the 1996 and 1997 ESAA Senior Heptathlon champion. She was also the ESAA Senior Shot Put champion in 1996 and 1997. She switched to bobsleigh in 2001.

Nicola won the World Championships 2-woman Bobsleigh title in 2009. Her partner in the event was another athlete, Gillian Cooke. 4 years earlier Nicola had won the silver medal with Jackie Davis in the World Championships 2-woman bobsleigh event. These remain the only British female medal winning performances in the Olympic Games or World Championships at senior level.

BOBSLEIGH – COURTNEY RUMBOLT

Courtney represented Northamptonshire when winning the 1988 ESAA Senior 100 metres title. Just a few weeks later he won a 1988 World Junior 4 x 100 metres relay bronze medal. Incidentally one of the other members of the relay squad was Lloyd Stapleton, the 1985 ESAA Intermediate 200 metres champion.

After failing to make the 1992 GB Olympic Games athletics team he made a very successful switch to bobsleigh. He won the 1998 Olympic Games bronze medal in the 4-man bob. This was Britain's best bobsleigh result in 62 years !

BOBSLEIGH – JOEL FEARON

Joel represented Warwickshire when finishing 6th in the 2007 ESAA Senior 100 metres. He took up bobsleigh in 2011 and combined it with a successful athletics career. In 2016 he became only the 7th British athlete to run the 100 metres in under 10 seconds and ran in several Diamond League meetings.

Joel won an Olympic bronze in the 4-man bob at the Sochi 2014 games. The team had originally placed 5th but the disqualification (6 years later !) of 2 Russian sleds led to their rightful promotion to the bronze medal position.

BOXING - JOE BUGNER

Joe was born in Hungary but his family brought him to Britain to escape from the 1956 Soviet invasion. He represented Bedfordshire when winning the 1964 ESAA Junior Discus Throw title. He was second in the ESAA Intermediate Championship Discus Throw a year later before he decided to switch to a career in boxing in 1967 at the very young age of 17.

In 1971 he somewhat controversially defeated British boxing legend Henry Cooper to take his British, European and Commonwealth Heavyweight titles. Later in the year he surprisingly lost his titles to Jack Bodell.

In 1975 he fought Muhammad Ali for the World title in Kuala Lumpur, losing a one-sided contest on points over 15 rounds.

In 1976 Joe regained the British, European and Commonwealth Heavyweight titles by beating Richard Dunn but retired in 1977. After a 3-year absence from the ring he returned but only had 13 bouts in 7 years before retiring again in 1987. Eight years later, at the age of 45, he returned to the ring for a further 9 fights in 4 years before finally retiring for good.

ESAA CHAMPIONSHIPS – PATHWAY TO OTHER SPORTS

CRICKET – EBONY RAINFORD-BRENT MBE

Ebony-Jewel represented London when finishing 17th in the 1998 ESAA Junior Shot Put event. She had also been representing Surrey at cricket from the age of 11.

Her cricket career blossomed and she won her first cap for England in August 2001. She went on to make 22 one-day and 7 T20 appearances for England and was a member of the 2009 England World Cup winning squad. Her final England appearance was in March 2010.

Since her retirement from cricket in 2012, Ebony-Jewel has been a cricket summariser and commentator with both BBC and Sky Sports. She was given the role of Director of Women's cricket at Surrey in 2015.

Ebony-Jewel was awarded the MBE in the 2021 Honours List.

CRICKET - TREVOR JESTY

Trevor represented Hampshire when finishing second in the 1963 ESAA Junior Javelin Throw event.

In 1966 he began playing first class cricket for Hampshire, the start of a 16-year career with the county. He then moved to Surrey for 3 seasons before finishing his career at Lancashire at the ripe old age of 42 and having played 490 first class matches.

In 1983, while at Hampshire, he played 10 times for the England 1-Day side.

He was named as one of the five Wisden Cricketers of the Year in 1983.

CYCLING – KATY MARCHANT

Katy represented West Yorkshire when finishing third in both the 2007 ESAA Junior and 2009 ESAA Intermediate Heptathlons. She also finished 21st in the 2012 World Junior Heptathlon Championship.

Katy switched to cycling in 2013 and 3 years later won the bronze medal in the 2016 Olympic Sprint. She followed this up with a bronze medal in the 2018 Commonwealth Games team sprint, partnered by Lauren Bate. She won her first World Cup event, the Keirin in 2019.

In 2024 she won an Olympic Gold medal as a member of the Great Britain team that won the Team Sprint title in World record time.

In 2026 Katy won a Commonwealth Games silver medal in the Team Sprint as a member of the England team.

FOOTBALL – ALBERT GELDARD

Albert represented Yorkshire when finishing 4th in the 1927 ESAA Boys 220 yards.

He started his professional football career with Bradford Park Avenue in 1928. The following season he became the youngest ever Football League player at only 15 years and 158 days, a record that lasted till 2008.

A move to Everton followed in 1932 and that was where Albert gained his 4 England caps. He played for England from 1933 to 1937. He also won the 1933 FA Cup while with Everton. His next move, in 1938, was to Bolton Wanderers who were also a top flight club. In 1939 he went off to fight in the Second World War and after the war had one more season at Bolton before a knee injury ended his football career.

FOOTBALL – BARRY BRIDGES

ESAA CHAMPIONSHIPS – PATHWAY TO OTHER SPORTS

Barry represented Norfolk when winning the 1956 ESAA Junior 100 yards title. This was also the year that he joined the Chelsea Football Club Academy.

Barry turned professional with Chelsea in 1958 and spent 8 years with them making over 200 appearances. During this spell, in 1965, he won his 4 England caps. He was in the original 40-man England squad selected for the 1966 World Cup tournament but was omitted from the final 22-man squad.

Barry later played for Birmingham City, Queens Park Rangers, Millwall and Brighton & Hove Albion making over 470 League appearances.

FOOTBALL – CRAIG MACKAIL-SMITH

Craig represented Hertfordshire when finishing 8th in the 1998 ESAA Junior Pole Vault. He started playing youth football with St. Albans City in 1999.

It was another 8 years before he began his professional Football League career with Peterborough United. Although born in Watford, Craig qualified to play for Scotland through his Edinburgh-born grandmother. In 2011, just before the end of his stint at Peterborough he was given his first cap by Scotland and added another 6 caps by the end of 2012 when he was playing for Brighton & Hove Albion. He has since played for Luton Town and Wycombe Wanderers.

FOOTBALL – DAVID JAMES MBE

David represented Hertfordshire when finishing 14th in the 1986 ESAA Intermediate High Jump. On leaving school he joined Watford FC as a trainee.

He made his Football League debut with Watford in 1990 and gained his first England U21 cap while with the club. In 1992 he joined Liverpool but it was another 5 years before his 53-cap England career started. David's England career lasted 13 years during which time he played in the Premier League for Liverpool, Aston Villa, Manchester City and Portsmouth. His 572 Premier League appearances is the 4th highest number in that league.

FOOTBALL – JAMAL LEWIS

Jamal represented Bedfordshire when finishing second in the 2014 ESAA Intermediate Cross Country. He had already been playing football for Luton Town youth sides for 5 years at that time.

He joined Norwich City in 2014 and made his first team debut for them at the end of 2017. In September 2020 he signed a 5-year contract with Newcastle United.

Although born in Luton, his mother was born in Belfast and so he was eligible to play for Northern Ireland. Jamal was given his first full Northern Ireland cap in 2018 and by November 2023 had played 34 times for Northern Ireland.

FOOTBALL – JOHN ATYEO

John represented Wiltshire when finishing second in the 1948 ESAA Intermediate 110 yards Hurdles. At the time he was also representing Wiltshire at cricket, football and rugby.

In November 1950, as a teenage amateur, John played his first League game for Portsmouth and had another first team game later in the season. The following season he signed professional terms with Bristol City. It led to a 15-year career including 597 League games.

ESAA CHAMPIONSHIPS – PATHWAY TO OTHER SPORTS

In 1955 he won the first of his 6 England caps, with the last coming in 1957.

FOOTBALL – JILL SCOTT MBE

Jill represented Durham when finishing 31st in the 2000 ESAA Junior Cross Country. However, football was her real passion.

She made her first team debut for Sunderland in 2005. In July 2006 she left for Everton and a month later made her England debut. After a 7-year stint at Everton she moved to Manchester City in 2013, spending another 9 years with them. Jill also played in the 2007 and 2011 World Cups.

She retired in 2022 with 161 caps for England and 9 for Great Britain.

Jill was awarded the MBE in the 2020 Honours List.

FOOTBALL – LUCY BRONZE MBE

Lucy represented Northumberland when finishing 16th in the 2006 ESAA Junior Pentathlon. At this time Lucy was captain of the Sunderland FC Under-16 football team.

She played for the Sunderland first team from 2007 to 2010 and then for Everton before signing for Liverpool in 2012. In 2013 Lucy was awarded her first cap for England. Moves to Manchester City (2014) and Olympique Lyonnais (2017) followed. She returned to Manchester City in 2020 and became the first England player to win *The Best FIFA Women's Player Award*.

In 2022 Lucy joined Barcelona and was a member of the England team which won the UEFA Women's Euro 2022 Championship.

As of July 2026, she had amassed 148 caps for England and 4 for Great Britain.

Lucy was awarded the MBE in the 2023 Honours List.

FOOTBALL – MARGARET MIKS

Margaret represented Warwickshire in the Javelin Throw at several ESAA Championships in the early 1970s with her best finish being 5th in the 1972 Intermediate event. She was already playing football for Coventry Bantams at this time.

In June 1973, just before appearing in the 1973 ESAA Championship, Margaret won her first cap for the England football team in a match against Scotland at Nuneaton. Ladies international football was in its infancy with this match being only the third official England Ladies football international.

She went on to gain 7 caps for England between 1973 and 1975.

HOCKEY – ELLIE RAYER

Ellie represented Berkshire when finishing 10th in the 2010 ESAA Junior Pentathlon and 14th in the 2012 ESAA Intermediate Triple Jump. She was already playing junior hockey at this time and continued participating in both sports until 2016.

ESAA CHAMPIONSHIPS – PATHWAY TO OTHER SPORTS

Ellie made her debut in the England hockey team in 2017 and the same year won a bronze medal in the European Championships. The following year she won another bronze medal, this time in the 2018 Commonwealth Games.

She also scored the first goal for Great Britain when they won the Olympic bronze medal in the delayed 2020 Games.

As of July 2026, Ellie has represented England 104 times and Great Britain 52 times.

HOCKEY – LILY OWSLEY MBE

Lily represented Avon when finishing second in the 2012 ESAA Senior 800m event.

Only 2 years later she won a silver medal as a member of the England hockey team in the 2014 Commonwealth Games and followed this with a gold medal at the 2015 European Championships.

Lily won Olympic Games gold when the Great Britain hockey team were champions in Rio in 2016. She has since won bronze medals at the 2017 European Championship and at the 2020 Olympic Games.

As of September 2024, Lily has represented England 121 times and Great Britain 107 times.

Lily was awarded the MBE in the 2017 Honours List.

HOCKEY – MADDIE HINCH MBE

Maddie represented Somerset when finishing 5th in the 2006 ESAA Senior Javelin Throw event.

Only 2 years later she made her debut in goal for the England hockey team. She won a silver medal as a member of the England hockey team in the 2014 Commonwealth Games and a gold medal in the 2015 European Championship.

Maddie won Olympic Gold when the Great Britain team won in Rio in 2016 with her making a major contribution by saving all 4 penalties in the deciding shootout. She has since won bronze medals in the 2015 European Championship, the 2018 Commonwealth Games and the 2020 Olympic Games.

Maddie represented England 101 times and Great Britain 68 times. She retired from international hockey in 2023.

Maddie was awarded the MBE in the 2017 Honours List.

HOCKEY – MARTHA TAYLOR

Martha was the 2016 Dorset SAA Junior Javelin Throw champion and went on to finish 8th in the ESAA Championship.

She won her first cap for England in February 2022 and, as of the end of June 2025, has played 23 times for England. Martha has also won 18 caps for Great Britain.

MODERN PENTATHLON – DANNY NIGHTINGALE

Danny represented Somerset in the 1972 ESAA Senior 2000 metres steeplechase. For the previous 4 years he had already been successfully taking part in Pony Club events like the Tetrathlon (a shooting, swimming, running and horse riding variant of the Modern Pentathlon).

ESAA CHAMPIONSHIPS – PATHWAY TO OTHER SPORTS

In 1976 he won Great Britain's first Olympic Modern Pentathlon medal, the Team Gold (with Adrian Parker and Jim Fox). He finished 10th in the Individual event. Going into the final event, the 4000 metres pursuit, the team were in 5th place. Remarkably all 3 members of the team finished in the first 6 places in the pursuit to jump into 1st place.

At the 1980 Olympics he was the Modern Pentathlon team captain and finished 15th in the Individual event. The team finished in 8th position. He also won the British title 4 times from 1976 to 1979.

Danny and Mary Rand were both given the Freedom of Wells on the same day in July, 2012.

MODERN PENTATHLON – SAMANTHA MURRAY

Samantha represented Lancashire in the 2004 ESAA Junior Cross Country event. At that time, as well as running, she was competing in the other events that make up the Modern Pentathlon (fencing, horse riding, shooting and swimming).

In 2010 she won the World and European Junior Modern Pentathlon Team gold medals as well as a silver medal in the World Senior Team event.

In 2012 Samantha won the Olympic Modern Pentathlon Individual silver medal in London. She also won the World Modern Pentathlon Individual Championship in 2014 following a bronze in the event 2 years earlier.

In team events she also won 2 World and 3 European Championships before retiring in 2018.

POWERLIFTING and WEIGHTLIFTING – JUDY OAKES OBE

Judy represented Kent when winning 3 ESAA Shot Put titles, including the 1975 and 1976 Senior ones. Between 1979 and 2000 she won an incredible 17 WAAA shot put titles and won the Commonwealth Games shot put title 3 times, in 1982, 1994 and 1998. Her British shot put record has lasted over 31 years !

Whilst pursuing her amazing athletics career Judy won the World Powerlifting title 3 times, in 1981 (75kg category), 1982 (82.5kg) and 1988 (82.5kg). She also won a bronze medal in the heavyweight category at the 1989 World Weightlifting Championships.

She was awarded the OBE in 1999 Honours List.

POWERLIFTING and WEIGHTLIFTING – MYRTLE AUGEE MBE

Myrtle represented Kent when she won the silver medal in the 1981 ESAA Intermediate Shot Put event. Between 1989 and 2002 she won 5 WAAA shot put titles and was also the 1990 Commonwealth Games champion. She also won a Commonwealth Games bronze medal in 1986 and silver medals in 1994 and 1998.

In the midst of her highly successful athletics career Myrtle won the 1988 World Powerlifting title (90kg category) and a bronze medal in the super-heavyweight category at the 1994 World Weightlifting Championships. It was the last British World Weightlifting Championship medal for 25 years before Emily Godley won a bronze medal in 2019.

Myrtle was awarded the MBE in the 2009 Honours List.

ROWING – DEBBIE FLOOD

Debbie represented West Yorkshire in all age groups at the ESAA Cross Country Championships between 1994 and 1999. She was also a Great Britain junior judo international. In 1998 she won a bronze medal in the double sculls at the World Junior Rowing Championships.

ESAA CHAMPIONSHIPS – PATHWAY TO OTHER SPORTS

Debbie went on to win silver medals in the quadruple sculls in the 2004 and 2008 Olympic Games. She also won 3 gold medals in the quad event at the 2006, 2007 and 2010 World Rowing Championships. Interestingly another member of the 2006 World quad team was another ESAA competitor, Sarah Winckless MBE.

ROWING – HELEN GLOVER MBE

Helen represented Cornwall when finishing 7th in the ESAA Junior Cross Country in 2000. 2 years later she was 8th in the 2002 ESAA Intermediate 3000 metres. In 2003 she represented Somerset and was 8th in the Senior 800 metres.

Helen won her first Olympic rowing title in 2012 in the women's coxless pairs with her partner Heather Stanning. It was the first Olympic Gold for British Women's Rowing. The pair successfully defended their title in 2016.

In the intervening years she won 3 World Championships women's coxless pairs titles, in 2013 with Polly Swann and in 2014 and 2015 with Heather Stanning.

After the 2016 Olympics Helen retired from rowing to start a family.

Less than 5 years later, in January 2021, she returned to training and just 4 months later won the European coxless pair title with Polly Swann. In the delayed Tokyo Olympic Games, held in July 2021, they took 4th place.

In 2024, and now 38 years of age, Helen was chosen as a flag-bearer for Great Britain at the Olympic Games opening ceremony in Paris. Her amazing rowing career continued with the silver medal in the women's coxless 4 event.

Helen was awarded the MBE in the 2013 Honours List.

ROWING – SARAH WINCKLESS MBE

Sarah represented Surrey when finishing third in the 1990 ESAA Intermediate Discus Throw event. 2 years later, representing Somerset, she finished second in the 1992 ESAA Senior Discus. Soon after, while studying at Cambridge University, she took up rowing.

Sarah won the 2004 Olympic double sculls rowing bronze medal with her partner Elise Laverick. She followed this with wins in the women's quad event at the 2005 and 2006 World Championships. Interestingly another member of the 2006 World quad team was another ESAA competitor, Debbie Flood.

Sarah was awarded the MBE in the 2015 Honours List.

RUGBY UNION – ANDREW SHERIDAN

Andrew represented London when he finished 7th in the 1994 ESAA Junior and 4th in the 1996 Intermediate shot put events. He was already playing rugby union at the time and had been chosen for the England Under-16 and Under-18 teams.

He made his Richmond rugby union debut in the 1998/99 season before moving to Bristol Shoguns later in 1999. After 70 appearances, in 2003, he signed for Sale Sharks. During a 9 year career with Sale which included 128 appearances he gained all of his England and British Lions caps. He finished his long rugby career with 44 games for Toulon before retiring in 2014.

ESAA CHAMPIONSHIPS – PATHWAY TO OTHER SPORTS

Andrew made his full England Rugby Union debut in November 2004 and amassed 40 caps before his England career ended in 2011. He also played 2 times for the British and Irish Lions in the 2009 tour to South Africa.

RUGBY LEAGUE / RUGBY UNION – BARRIE-JON MATHER

Barrie-Jon represented Lancashire when he competed in the 1989 ESAA Intermediate Discus Throw. He was already playing rugby union for his school and in 1991 played for the English Schools.

In 1992, aged 19, he switched codes to Rugby League and signed for Wigan Warriors. In 1994 he won the Challenge Cup and the World Club Challenge. He won 3 Great Britain Rugby League Caps between 1994 and 1996. In 1997 he joined Castleford Tigers after playing in Australia for nearly 3-years.

In 1998 he returned to Rugby Union joining Sale Sharks and, in 1999, became the first Rugby League player to be capped for England at Rugby Union. This was to be his only England appearance.

RUGBY UNION – CHARLOTTE BARRAS

Charlotte represented Northamptonshire when she competed in the 1996 ESAA Junior Long Jump but failed to reach the final. She started playing rugby union in 1998.

The first of her 43 caps for England came at the age of 22 in 2004. Charlotte scored England's only try in the losing 2010 World Cup Final against New Zealand.

RUGBY UNION – CHRISTIAN WADE

Christian represented Buckinghamshire when finishing 8th in the 2008 ESAA Intermediate 100 metres. At this time he was also an England Under-16 rugby union international.

After school he joined the Wasps RFC Academy and stayed with Wasps until 2018 making 165 appearances. He won 1 cap for England in 2013.

In 2019 Christian decided to try for a career in American Football. He spent 3 years with the Buffalo Bills but never played an actual league game. He returned to rugby union in September 2022, signing for the French club Racing 92.

RUGBY UNION – DAVE ATTWOOD

Dave represented Avon when finishing second in the 2003 ESAA Intermediate Discus Throw.

He joined Bristol rugby union club in 2005 and made 20 appearances for them before moving to Gloucester in 2009. On November 7th, 2010 he made his full England debut. In 2011, after 47 games for Gloucester he moved to Bath for an 8-year, 111 game stint. In 2019 he signed a 2-year contract with Bristol Bears.

Dave won 24 caps for England from 2010 to 2018.

RUGBY UNION – DAVID DUCKHAM MBE

David represented Warwickshire and reached the semi-finals of the 1964 ESAA Senior 200 yards Hurdles. He was already playing rugby union for the Warwickshire Under-19s at this time.

He made his Coventry rugby union debut in 1967, the first of 239 appearances for the club in a 12-year career. He made his full England Rugby Union debut in 1969 and amassed 36 caps before his England career ended in 1978.

ESAA CHAMPIONSHIPS – PATHWAY TO OTHER SPORTS

David also played 3 times for the British and Irish Lions in the successful tour to New Zealand in 1971.

He was awarded the MBE in the 1977 Honours List.

RUGBY UNION – DAVID TRICK

David represented Dorset when winning the 1977 ESAA Intermediate 100 metres championship and was second in the ESAA Senior 100 metres event one year later.

He made his debut for Bath Rugby in 1979, the first of 225 appearances for the club in a 12-year career. He made his full England Rugby Union debut in 1983. This was the first of 2 caps.

David was Bath Rugby President from 2011 to 2013.

RUGBY UNION – DEREK WYATT

Derek represented Essex when finishing third in the 1968 ESAA Senior Long Jump.

Derek became a top class rugby player, representing Bedford (1973-78 – 152 appearances) and Bath (1978-82 – 107 appearances). He gained his only England rugby cap as a replacement for David Duckham against Scotland in 1976.

In later life he was MP for Sittingbourne and Sheppey for 13 years from 1997.

RUGBY UNION – SIR GARETH EDWARDS CBE

Gareth represented Somerset while on a scholarship at Millfield School and won the 1966 ESAA Senior 200 yards Hurdles. Although good at many sports Gareth's future was always going to be in rugby union.

He made his debut for Cardiff RFC in 1966 and within 6 months, at the age of 19, won the first of his 53 caps for Wales. His meteoric rise continued and in 1968, aged 20, he became Wales's youngest ever captain. Interestingly he never missed a Wales game in the whole of his international career from 1968 to 1978.

Gareth also played 10 times for the British and Irish Lions.

In 2007 he was awarded a CBE and knighted in 2015.

RUGBY UNION – GEOFF EVANS

Geoff represented Warwickshire when winning the 1967 ESAA Intermediate Long Jump.

He made his Coventry RFC debut in February 1971 as a team mate of David Duckham. Just over a year later, after playing only 38 first-class matches for Coventry, he made his debut for England against Scotland in March 1972. At 21 years and 3 months he was England's youngest centre for over 30 years.

Geoff played 9 times for England from March 1972 to March 1974 and also toured South Africa in 1974 with the British and Irish Lions.

RUGBY UNION – HUW BENNETT

Huw represented Avon when finishing third in the 1999 ESAA Intermediate Shot Put. At the time Huw was already an England Under-16 rugby union international.

He continued his rugby career playing for the England Under-18s before switching allegiance to Wales, the country of his birth. He joined Swansea RFC in 2002, playing 1 game for them, before moving to Ospreys in

2003. He spent almost his whole career with Ospreys, 9 years and 142 games, before retiring prematurely in 2013 with an Achilles tendon injury.

Huw played for 51 times for Wales in the years from 2003 to 2012. This included playing every game of Wales's Grand Slam win in 2008.

RUGBY UNION – JESSICA BREACH

Jessica represented Sussex when she competed in the 2014 ESAA Intermediate 80m Hurdles but failed to reach the final. She had already been playing rugby union for 8 years prior to this having started at the age of 6 !

She now plays for Saracens RFC and is a current England rugby union team member. She was the youngest member of the England Rugby 7's team at the 2018 Commonwealth Games and returned with a bronze medal.

Jessica made her England international debut against Canada in 2017 and scored an incredible 6 tries. As of the end of July 2026, she had 57 England caps to her name.

RUGBY UNION – JOHN SCOTT

John represented Devon when winning the 1969 Junior Discus Throw title.

He began his rugby playing career playing for his local club, Exeter Rugby Club. In 1978 he moved to Cardiff RFC where he spent the next 10 years. During this period he played 268 times for Cardiff before retiring in 1988. He captained the side from 1979 and led them to 5 Welsh Cup wins in the years 1981 to 1987.

John made his England debut against France in Paris on the 21st of January, 1978 and went on to captain England on 4 occasions, for 2 games in 1983 and for another 2 games in South Africa in 1984.

He played 34 times for England with his final England international appearance being against South Africa in Johannesburg on the 9th of June, 1984.

RUGBY UNION – JOHN "TED" WOODWARD

John represented Buckinghamshire when winning the 1948 ESAA Intermediate 100 yards title. He was known as Ted (from his middle name of Edward). By the end of 1948 he was already playing rugby union for Wasps RFC and for the England Schoolboys rugby union team.

He played for Wasps for the whole of his rugby union career. On the 5th of January 1952, at just 20 years of age, he made his England debut against South Africa. In the next international against Wales he scored his first try for England.

In just over 4 years he won 15 caps for England. His final England international appearance was in the 11-6 win against Scotland at Murrayfield in March 1956.

RUGBY UNION – JOHN YOUNG

John represented Warwickshire when winning the 1954 ESAA Intermediate 100 yards title and the 1955 and 1956 ESAA Senior 220 yards titles. He was still a pupil at Bishop Vesey's Grammar School in Sutton Coldfield when he won the 1956 AAA 100 yards title. He then went to Oxford University to study law and gained athletics and rugby blues.

ESAA CHAMPIONSHIPS – PATHWAY TO OTHER SPORTS

The first of his 9 caps for England came while he was at Oxford University. In 1959 John started a 7-season career for Harlequins making 102 appearances. His England career lasted from 1958 to 1961 and he also played 1 test for the British Lions against New Zealand in 1959.

After his rugby career was over he became a selector for the England RFU.

RUGBY UNION – JON SLEIGHTHOLME

Jon represented Humberside when finishing 7th in the 1990 ESAA Senior Long Jump. Soon after this he was chosen to play for the England Rugby Under-19s.

Jon played rugby for Grimsby and Hull Ionians before joining Wakefield RFC. A move to the top tier with Bath RFC came in 1994. He made his debut for the club by the end of the year and won the League and Cup double with them. His England debut, against France in 1996, followed and he went on to win 12 caps. He also made 8 appearances for the Barbarians.

In 1997, after 59 appearances for Bath, Jon moved to Northampton Saints where he made 85 appearances before his retirement in 2004.

His son, Oliver, who also plays for Northampton Saints, made his England debut in 2024 and already has 8 caps to his name as at September, 2025.

RUGBY UNION – JONNY MAY

Jonny represented Wiltshire when finishing 8th in the 2004 ESAA Junior Pole Vault event.

He joined Gloucester rugby union club in 2009 and made his first team debut in 2010, the first of 121 appearances in his first stint at the club. In 2013 he won the first of his 78 England caps. He then spent 3 years at Leicester Tigers making 44 appearances.

Jonny returned to Gloucester in 2020 and has made another 40 appearances. He retired from international rugby in November 2023 having become England's second highest try scorer with 36 tries.

RUGBY UNION – KAREN ALMOND MBE

Karen represented Humberside when finishing third in the 1978 ESAA Intermediate 800 metres.

She became England Rugby Union captain in 1988 when the sport was in its infancy. The Women's Rugby Football Union (WFRU) had only just been formed in 1983 and a 10-team league created. The Women's International Rugby Board (WIRB) came into existence in 1988.

Karen was captain of the first England team to win a Rugby World Cup. They beat the United States by 38 points to 23 in the 1994 final of the 12-team tournament.

Karen was awarded the MBE in the 2022 Honours List.

RUGBY UNION – MARO ITOJE

Maro represented Hertfordshire when finishing second in both the 2009 ESAA Junior and 2010 ESAA Intermediate Shot Put events. While still at school he played for the England Under-18 Rugby Union team before captaining the England Under-20 team to the World Championship for Under-20s title.

ESAA CHAMPIONSHIPS – PATHWAY TO OTHER SPORTS

He made his Saracens debut at 19 years of age. His England debut came in 2016 and, as of March 2025, he had amassed 93 caps.

Maro has also played 9 times for the British and Irish Lions. In May 2025 he was appointed captain of the British Lions for their tour of Australia.

RUGBY UNION – MAURICE COLCLOUGH

Maurice represented Kent when winning the 1972 ESAA Senior Shot Put title.

He started his rugby union career at Liverpool RFC before moving to Angouleme in France, Wasps and finally Swansea RFC. His England debut came in 1978 and the last of his 25 caps in 1986. He also played 8 tests for the British Lions in tours to South Africa and New Zealand in 1980 and 1983 respectively.

RUGBY UNION – NIGEL STARMER-SMITH

Nigel represented Oxfordshire in the 1960 ESAA Intermediate 880 yards and in the 1961 ESAA Intermediate 440 yards. Although born in Cheltenham, he was educated at Magdalen College School, Oxford before going on to Oxford University where he won a Rugby Blue.

After leaving university Nigel joined Harlequins RFC and, in 1969, gained the first of his 7 England caps. The last of his England caps came in 1971.

He retired from rugby in 1976 before embarking on a long career as a rugby TV presenter and commentator on BBC and ITV.

RUGBY UNION – PAUL SAMPSON

Paul represented West Yorkshire when winning the 1996 ESAA Senior 100 metres title but rugby was where his future lay. A year previously he had shown his prowess at rugby union by being named man-of-the-match in the England Schools v Australia Schools international.

In 1996, while still at school at Woodhouse Grove School in West Yorkshire, he was called into the England Senior rugby squad. Paul played for Wasps from 1996 to 2004 making 110 appearances. His England debut came in 1996 and he gained the last of his 3 caps in 2001.

He also played Rugby League for Wakefield Trinity and the London Broncos.

RUGBY UNION – ROBBIE MORRIS

Robbie represented Hertfordshire when winning the 2000 ESAA Senior Shot Put title. He was also second in the 1999 ESAA Senior Discus Throw.

Robbie joined Northampton Saints rugby union club in 2000. In 2003 he made his 2 England appearances in the Six Nations tournament. He left the Saints in 2005 for a 2-year stint for Newcastle Falcons and spent 3 years at the Irish club Connacht.

RUGBY UNION – SHAUNAGH BROWN

Shaunagh represented London when winning 3 ESAA Discus Throw titles, the Junior one in 2004 and the Intermediate in 2005 and 2006. She managed 2 second places in the Discus Throw at the British

ESAA CHAMPIONSHIPS – PATHWAY TO OTHER SPORTS

Championships before changing event and winning the 2013 British Hammer Throw title. She also represented England at the 2014 Commonwealth Games, finishing 11th in the Hammer Throw.

In 2015 she had a professional boxing bout at the famous York Hall, Bethnal Green but decided that was not the sport for her.

Shaunagh started playing rugby union for Medway RFC in 2015 and a year later moved to Harlequins. In 2017 she won her first England cap and gained 27 caps before retiring in December 2022.

RUGBY UNION – STEVE OJOMOH

Steve represented Devon when he won the silver medal in the 1988 ESAA Senior discus. Less than a week later he was with the England Schools Rugby team on a tour of Australia.

Steve played for Moseley before joining Bath RFC in 1989. He made his Bath competitive debut in 1990 and went on to win the Premiership Rugby title 5 times while at the club. In February 1994 he won his first England Rugby Union cap against Ireland. He ended up making 12 appearances for England with his final appearance being against the All Blacks in June 1998.

After 134 games for Bath, he moved to Gloucester RFC in 1998 and then played for Rugby Parma in Italy and Newport RFC in Wales before he retired in 2003.

His son, Max, who plays for Bath, made his England debut in 2025 in a match against the USA.

RUGBY UNION – UGO MONYE

Ugo represented Hampshire when he was 5th in a heat of the 2001 ESAA Senior 100 metres Championship. He had already started his rugby union career playing for Hampshire U17s.

Harlequins offered him a professional contract in 2002 and it started a 13-year association with the club during which he made 237 appearances. Within 12 months he won the Hong Kong Sevens with England.

In 2008 he made his England Rugby Union debut and ended up making 14 appearances for England as well as 2 for the British and Irish Lions.

SKELETON – DOMINIC PARSONS

Dominic represented London in the ESAA Championships. He had a best-place finish of 4th in the 2002 ESAA Junior 400 metres. He switched to Skeleton racing in 2007 and finished 4th at the World Junior Championships in both 2009 and 2010.

In 2014 Dominic placed 10th at the Olympic Games in Sochi and followed this with 3 top 10 finishes in the 2015, 2016 and 2017 World Championships.

The highlight of his skeleton career came in 2018, when he won the Olympic bronze medal in Pyeongchang. It was Britain's first men's skeleton medal for 70 years !

SKELETON - LIZZY YARNOLD OBE

Lizzy represented Kent when finishing 15th in the 2006 ESAA Senior Heptathlon in the last of her 4 appearances at the ESAA Combined Events Championships. The previous year she was 9th in the final of the Ithiate Javelin Throw. In 2008 she took part in the *UK Sports Girls4Gold Talent Scheme* with the Skeleton racing being identified as a good option for her.

ESAA CHAMPIONSHIPS – PATHWAY TO OTHER SPORTS

She started competing in the skeleton in 2010 and won her first Europa Cup race in November of that year. She went on to win the World Junior Championship in 2012. Her next major win was the 2013-14 Skeleton World Cup, an 8-event competition in which she won 4 races, was second in 2 others and third in one.

Lizzy then became the Olympic Skeleton Champion in 2014. The World Championships and European Championships titles followed in 2015. In 2018 she successfully defended her Olympic Skeleton title and became the first Team GB Winter Olympian to defend an Olympic title.

Lizzy was awarded the OBE in 2018.

SKELETON – SHELLEY RUDMAN

Shelley represented Wiltshire in the 1998 ESAA Senior 400 metres Hurdles but was eliminated in the heats. She switched to Skeleton racing in 2002.

In 2003, after only 3 weeks of ice-training, she qualified for the World Junior Championships and finished a remarkable 10th.

The highlight of her career came in 2006 when she won the Olympic silver medal in Turin. Before retiring she won the World Championship in 2013, the World Cup in 2011-12 and 2 European Championship titles in 2009 and 2011.

SWIMMING and TRIATHLON – JODIE SWALLOW

Jodie represented Essex when winning 5 ESAA titles : the 1994 Junior Cross Country; the 1996 and 1997 Intermediate Cross Country and the 1996 and 1997 Intermediate 3000 metres titles. She also won 4 SIAB titles.

While enjoying great athletics success, Jodie was also competing as a swimmer and, in 1996, won the Amateur Swimming Association (ASA) 400 metres Medley. The following year she won the bronze medal for Great Britain in the same event at the European Junior Swimming Championships.

Soon after this, Jodie switched her attention to the triathlon. She finished 8th for England in the 2002 Commonwealth Games and 34th for Great Britain at the 2004 Olympic Games. These championship triathlons were over the standard distance of 51.5 kilometres (1500m swim followed by a 40km cycle race and a 10km run to finish).

Jodie then decided to do so-called Long Distance Triathlons. These triathlons involve races of double to triple the distance of the standard triathlons. She went on to win 2009 and 2016 Long Distance Triathlon World Championships

TRIATHLON - ALEXANDER YEE MBE

Alex represented London when winning the 2016 ESAA Senior Cross Country title. In 2018 he won the British 10000 metres title and competed in the European Championships. He had been competing successfully in Athletics and Triathlon from 2015.

In 2019 he began competing at the highest level in Triathlon and gained second place at a 2019 World Triathlon Series event in Abu Dhabi. This result helped him to 12th place in the 2019 World Triathlon Series (World Championship). His first World Triathlon Series win was at the Leeds event in June 2021, just 7 weeks before the delayed 2020 Olympic Games in Tokyo.

In the delayed 2020 Olympic Games Alex won the silver medal in the men's Men's Triathlon and the gold medal in the Triathlon Mixed Relay.

ESAA CHAMPIONSHIPS – PATHWAY TO OTHER SPORTS

In 2022 Alex won the World Triathlon Sprint Men's title and a silver medal in the Mixed Relay Triathlon. He followed this, at the 2022 Commonwealth Games, with the Men's title and a gold medal in the Mixed Relay event.

2 years later Alex became the 2024 Olympic Men's Triathlon champion and also won a bronze medal in the Triathlon Mixed Relay. He then had the perfect finish to 2024 when winning his maiden World Triathlon Series (World Championship) title.

Alex was awarded the MBE in the 2022 Honours List.

TRIATHLON - ALISTAIR BROWNLEE MBE

Alistair represented West Yorkshire when winning the ESAA Senior Cross Country Championship in March of 2006. Less than 6 months later he won the World Junior Triathlon title and then decided to concentrate on the Triathlon.

In 2008 he won the World Under-23 Triathlon title. 2 European Triathlon Championships titles (2010 and 2011) and 2 World Triathlon Series (World Championship) titles (2009 and 2011) were added to his list of achievements before his first Olympic triumph at the London Olympic Games in 2012.

In 2014 Alistair won another European Triathlon Championship title and the Commonwealth Games Gold. He then won an unprecedented second Olympic title in 2016.

He was awarded the MBE in the 2013 Honours List.

TRIATHLON - GEORGIA TAYLOR-BROWN MBE

Georgia represented Cheshire when finishing 7th in the 2010 ESAA Intermediate Cross Country. In 2013 she won a team bronze medal in the World Junior Cross Country Championships. Incidentally her father, Darryl Taylor, was runner-up in the 1981 ESAA Intermediate 800m.

She combined athletics and triathlon very successfully winning the European Triathlon Junior Championships in 2012 and 2013. In 2013 she also won the bronze medal in the World Junior Triathlon.

In the senior ranks Georgia won the World Triathlon Series (World Championship) bronze medal in 2018 and 2019. The 2019 bronze included her maiden World Triathlon Series event win in Leeds in 2019 which was followed up by a win in the 2020 World Triathlon Series event in 2020.

In the delayed 2020 Tokyo Olympics, she won the silver medal in the Women's Triathlon and a gold medal in the Mixed Relay event.

In 2022 Georgia won the World Triathlon Sprint Women's title and a silver medal in the Mixed Relay Triathlon. She followed this, at the 2022 Commonwealth Games, with the silver medal in the Women's Triathlon and a gold medal in the Mixed Relay event.

In the 2024 Olympics she won a bronze medal in the Triathlon in the Mixed Relay.

She was awarded the MBE in the 2022 Honours List.

TRIATHLON – JONNY BROWNLEE MBE

Jonny represented West Yorkshire and had a best placing of 11th in the 2008 ESAA Senior Cross Country Championship. By this time he had already won the British Youth Triathlon title twice, in 2006 and 2007, so the switch to Triathlon full-time came as no surprise.

ESAA CHAMPIONSHIPS – PATHWAY TO OTHER SPORTS

In the lead-up to the London Olympic Games Jonny won the 2010 and 2011 World Triathlon Sprint Championships titles. This event is made up of a 750m swim, a 20km bike ride and a 5km run. The standard triathlon segments are twice the distance.

In 2012 Jonny won the bronze medal in the 2012 Olympics and followed this with the silver medal in 2016, both times with his brother winning the event. He also won the 2012 World Triathlon Series (World Championships) title a few months after the London Olympic Games.

Jonny completed his set of Olympic Games medals in the delayed 2020 Olympic Games with gold in the Mixed Relay Triathlon.

He was awarded the MBE in the 2022 Honours List.

TRIATHLON - SAM DICKINSON

Sam represented North Yorkshire when finishing 3rd in the 2015 ESAA Senior Cross Country.

In 2022 he was a member of the Great Britain World Triathlon Sprint Mixed Relay team which won the silver medal. Incidentally the team was made up solely of former ESAA competitors, namely Georgia Taylor-Brown, Sophie Coldwell, Alex Yee and Sam.

Later in the year the same team represented England when winning the Commonwealth Games Triathlon Mixed Relay.

At the 2024 Olympic Games in Paris he won a bronze medal as a member of the Great Britain Triathlon Mixed Relay team.

TRIATHLON - SOPHIE COLDWELL

Sophie represented Nottinghamshire when finishing 13th in the 2011 ESAA Intermediate Cross Country. She had already been competing in Triathlon since she was only 8 years of age.

In 2017 she won the bronze medal in the World Under-23 Championship.

In 2021 Sophie had her first podium finish in a World Championship Series event with 3rd place in Leeds and, 5 months later in Abu Dhabi, another 3rd place.

In 2022, only 2 weeks after another 3rd place at that year's Leeds event, she was a member of the Great Britain World Triathlon Sprint Mixed Relay team which won the silver medal. Incidentally the team was made up solely of former ESAA competitors, namely Georgia Taylor-Brown, Sam Dickinson, Alex Yee and Sophie. Later in the year, the same team represented England when winning the Commonwealth Games Triathlon Mixed Relay.

TRIATHLON - VICKY HOLLAND

Vicky represented Gloucestershire when winning the 2004 ESAA Senior 1500m Championship. She decided to take up Triathlon in 2005.

Vicky won mixed team gold medals in the 2012 and 2014 World Triathlon Championships. In 2014 she also won her first major individual medal, the bronze medal in the Commonwealth Games as well as the mixed team gold. A mixed triathlon team is made up of 4 triathletes, 2 women and 2 men who each complete a swim, cycle and run. The relay order is fixed and is female-male-female-male.

ESAA CHAMPIONSHIPS – PATHWAY TO OTHER SPORTS

In 2016 she became the first British woman triathlete to win an Olympic Games medal in Triathlon, the 2016 bronze. She followed this by winning the World Triathlon Series (World Championship) title in 2018.

WEIGHTLIFTING – EMILY CAMPBELL

Emily represented Nottinghamshire when finishing 9th in the 2010 ESAA Intermediate Discus Throw and 14th in the Senior Hammer Throw the following year.

She only started weightlifting in 2016 with a view to improving her performances in the shot put and hammer throw. However, her meteoric rise improvement in weightlifting saw her take the bronze medal in the 2018 Commonwealth Games +90kg championship. A bronze medal quickly followed in 2019 at the European Championship in the +87kg category. She became European Champion at the next championships in 2021 again at the +87kg category.

Emily then became Great Britain's first Olympic Games woman medallist in weightlifting with the silver medal in the +87kg category in August 2021 at the delayed 2020 Tokyo Olympics. It was also Great Britain's first Olympic weightlifting medal in 37 years !

In 2022 she retained her European +87kg title, won the Commonwealth Games title with a new Games record and finished the year with a silver in the World Championships.

In 2024 following her 4th European title in a row she won the Olympic bronze medal in the +81kg category. She was the only GB weightlifter sent to the 2024 Olympics.

In 2026 she retained her European and Commonwealth Games titles, setting a Commonwealth Games in the process.

MULTI-SPORT ATHLETES – ATHLETICS and WINTER SPORTS

Bobsleigh has long been a favourite sport to move into during an athlete's career or often to prolong a sporting career.

Below are details of **former or current British Bobsleigh team members** who were ESAA competitors:

ADELE NICOLL

Adele represented Shropshire when winning the 2014 ESAA Senior Shot Put title. She went on to win the British Shot Put title in 2022, 2023 and 2025. She also represented Wales in the 2022 Commonwealth Games finishing 8th.

Adele started her bobsleigh career in 2020. In 2022 she took on the role of pilot and, in the 2024 World Championships, finished 9th in the monobob and 11th in the 2-woman bob. Later in 2024 she won a World Cup silver in the 2-woman bob in Lake Placid.

In 2026 she became the first British woman to compete in the monobob at the Olympic Games and finished in 18th place. She also piloted the 2-person bob to 15th place with another ESAA competitor, Ashleigh Nelson.

ALLYN CONDON

Allyn represented Cheshire when winning the 1992 ESAA Senior 200 metres and the 1993 ESAA Senior 100 metres titles. He won 4 x 100 metres relay gold medals at both the 1998 European Championships and the 2002 Commonwealth Games.

Allyn moved to bobsleigh in 2006 after his athletics career ended and was 5th in the 2007 World Champs 4-man bob and 17th in the 2010 Olympic 4-man bob.

ASHLEIGH NELSON

Ashleigh represented Staffordshire when becoming a 3-time ESAA 100m champion in 2004 to 2006. She went on to have a great athletics career winning relay medals in the World and European Championships and Commonwealth Games as well as the bronze medal in the 100m at the 2014 European Championships.

Ashleigh switched to bobsleigh in 2024. In 2025, partnered by another former ESAA champion, Adele Nicholl, she finished in 17th place in the 2025 World Championships.

In 2026 she finished in 15th place in the Olympic Games 2-woman bob again with Adele Nicholl as the pilot.

CRAIG PICKERING

Craig represented Buckinghamshire when winning the 2002 ESAA Intermediate and the 2005 ESAA Senior 100 metres titles. He went on to win a World Championship 4 x 100 metres bronze medal in 2007.

He joined the Great Britain Bobsleigh team in December 2012 and, with pilot John Jackson, finished in 19th place in the 2013 World Championship 2-man bob. Unfortunately a back injury forced him to withdraw from the 2014 Olympic bobsleigh squad.

DANIEL MONEY

Daniel represented Derbyshire when finishing second in the 1995 ESAA Senior 100 metres.

ESAA CHAMPIONSHIPS – PATHWAY TO OTHER SPORTS

He moved to bobsleigh in 2006 after his athletics career ended and was 5th in 2007 World Championship 4-man bob and 17th in 2010 Olympic Games 4-man bob.

JAMES DASAOLU

James represented Surrey in the 2006 ESAA Senior 100 metres before going on to become British champion in 2016 and European 100 metres champion in 2014. He is still the second fastest Briton over the distance.

James took up bobsleigh in the summer of 2020 and, with pilot Lamin Deen, finished in 20th place in the 2-man bob at the 2021 World Championships, just 9 weeks after first stepping into a sled.

JASON WING

Jason represented Cambridgeshire when finishing 6th in the 1981 ESAA Intermediate Long Jump.

He was 5th in the 1994 Olympic Games 4-man bobsleigh and won a silver medal in the 1994 European Championships 4-man bob.

Jason also played professional Rugby League for London Crusaders from 1991 to 1993.

JAZMIN SAWYERS

Jazmin represented Staffordshire when winning the 2008 ESAA Junior Long Jump and Pentathlon titles and the 2009 ESAA Intermediate Long Jump and Heptathlon titles. She is a 4-time British long jump champion with wins in 2016, 2020, 2021 and 2023. Jazmin has also won silver medals at both the 2016 European Championships and the 2014 Commonwealth Games, and a bronze at the 2022 European Championships.

Jazmin partnered Mica McNeill to the Youth Olympic 2-woman bobsleigh silver medal in Innsbruck in 2012.

JOHN HERBERT

John represented Essex when winning the 1979 ESAA Senior Triple Jump title. He was also a 2-time AAA champion (1988 and 1990) and the 1986 Commonwealth champion at triple jump.

At the end of his athletics career he became a successful athletics coach and in 1993 combined the coaching with competing in bobsleigh. He was 8th in 1994 Olympic Games 4-man bob. John has also been GB Bobsleigh Performance Director.

JOHN HOWELL

John represented Staffordshire when winning the 1971 ESAA Intermediate Discus Throw and the 1972 ESAA Senior Discus Throw titles. He then won the 1974 AAA Junior Decathlon title and the decathlon bronze in the 1978 AAA Championships. He also represented Great Britain several times in the decathlon.

In 1979 he began to train as a brakeman with the Great Britain bobsleigh team. A year later he won the British Championship and was selected for the 1980 Winter Olympic Games in Lake Placid. There he finished 9th in the 2-man bob and 10th in the 4-man bob.

MARCUS ADAM

Marcus represented London when he won the 1984 ESAA Intermediate 200 metres and came second in the 1985 ESAA Senior 200 metres. He was also the 1989 AAA champion and the 1990 Commonwealth champion at 200 metres.

ESAA CHAMPIONSHIPS – PATHWAY TO OTHER SPORTS

Marcus moved to bobsleigh after his athletics career ended and was 10th in the 1992 Olympic Games 2-man bob.

MONTELL DOUGLAS

Montell represented Kent when winning the 2002 ESAA Intermediate 100 metres title. She also won a Commonwealth Games 4 x 100 metres relay gold medal in 2010. She switched to Bobsleigh in 2017.

In her first year she partnered Mica McNeill to European Cup Bobsleigh Gold in the 2-woman bob, Great Britain's first gold in 7 years. In 2020 they finished in 8th place in the World Championships 2-woman bob.

At the Beijing Winter Olympics in 2022, Montell became Great Britain's first female Summer and Winter Olympian at different sports when she partnered Mica McNeill in the 2-woman bob, finishing in 17th place. This was 14 years after her first Olympic appearance as an athlete at the 2008 Summer Games which were also held in Beijing.

PHIL GOEDLUCK

Phil represented London when winning the 1982 ESAA Junior 100 metres title and finishing third in the 1984 ESAA Intermediate 100 metres. He also won a 4 x 100 metres relay bronze medal at the 1994 Commonwealth Games.

Phil moved to bobsleigh after his athletics career ended and was 11th in 2002 Olympic Games 4-man bob.

PHIL HARRIES

Phil represented Derbyshire when finishing third in the 1985 ESAA Senior 400 metres Hurdles. He also competed for Wales in the 1994 Commonwealth Games and for Great Britain at the 1988 Olympic Games.

Phil moved to bobsleigh after his athletics career ended and was 13th in 2002 Olympic Games 4-man bob.

REBEKAH WILSON

Rebekah represented Greater Manchester when winning the 2007 ESAA Intermediate and 2008 ESAA Senior 100 metres titles.

She partnered Paula Walker (later Jackson) to the 2011 World Junior Championship Bobsleigh Gold in Park City, Utah. 3 years later they took 12th place in the Olympic Games 2-women bob in Sochi.

She retired from bobsleigh shortly after the Olympics and started a rugby union career playing for Waterloo Ladies in the top tier of women's rugby, the Premier 15s Championship. She also played rugby league for Warrington Wolves in the Women's Super League.

SCOTT RIDER

Scott represented Hertfordshire when finishing second in the 1996 ESAA Senior Discus Throw. He represented England in the shot put at 3 consecutive Commonwealth Games from 2006 to 2014 and also won the British Shot Put title in 2014.

In 2000, during his athletics career, Scott joined the Great Britain Bobsleigh team and finished in 11th place in the 2002 Olympic Games 4-man bob.

ESAA CHAMPIONSHIPS – PATHWAY TO OTHER SPORTS

SIMEON WILLIAMSON

Simeon represented Middlesex when finishing second in the 2004 ESAA Senior 100 metres. He went on to win the British title in 2009 and a World Championship 4 x 100 metres bronze the same year.

Simeon later joined the Great Britain Bobsleigh team and, with pilot Lamin Deen, finished in 14th place in the 2015 World Championship 2-man bob.

Below are details of **current British Bobsleigh team members** who were ESAA competitors.

ALAN TOWARD

Alan represented Durham when finishing third in the 2011 ESAA Senior Discus Throw.

Alan joined the British Bobsleigh team in the summer of 2018 and by the end of the year was already competing in the World Cup 4-man bob. The World Cup is an 8-venue series of races and is considered to be the highest level of competition. Unfortunately Alan's progress was halted by a serious injury in the second race of 2019/2020 season.

BRAD HALL

Brad represented Sussex when finishing 8th in the 2008 ESAA Senior Decathlon. He switched to Bobsleigh in 2012.

Brad has been competing at the highest level in bobsleigh since 2015. He has competed for Great Britain in 3 Olympics starting with the 2018 Games. In the 2-man bob his finishing positions have been 12th, 11th and 12th while in the 4-man bob it was 17th, then 6th and 7th.

His first World Cup gold medal came in December 2022 in the 4-man bob in Lake Placid. The following month he piloted the Great Britain 4-man bob to their first European title and followed this up with a silver medal in the 2023 World Championship. That was GB's first 4-man bob medal in 84 years.

In 2025 he led the 4-man team to 2 World Cup wins in Winterberg and St. Moritz before picking up bronze medals in both the 2-man and 4-man events at the World Cup meeting in Lillehammer.

LEON GREENWOOD

Leon represented West Yorkshire in 2012 and 2013 in the Intermediate 200m and 400m. Both times he finished 5th in the heats but went on to become Welsh 200m champion in 2019. Following injury and a 2-year rehabilitation he switched to Bobsleigh in 2022.

In 2023 he was in the 4-man team which won the silver medal in the World Championship in St. Moritz.

Leon was in the 2026 Great Britain Olympic 4-man bob team, piloted by Brad Hall, which finished in 7th position. He had earlier taken part in the final 2 runs of the 2-man bob event when Taylor Lawrence sustained an injury. They finished in 12th place.

As highlighted earlier with the inclusion of Lizzy Yarnold MBE and Shelley Rudman in the list of *Most Successful Multi-Sport Athletes*, another attractive winter sport for athletes is the **skeleton**.

Below are details of **former or current British Skeleton team members** who were ESAA competitors:

BROGAN CROWLEY

Brogan represented West Yorkshire when winning the 2012 ESAA Senior 100 metres Hurdles title. She finished third in the ESAA Senior Heptathlon a year earlier. She had been struggling with ankle injuries and decided to take up a new sport in 2014, hence the switch to Bobsleigh.

She finished 9th in the 2016/17 World Junior Championships. In 2020 she progressed to the top tier of skeleton competition by racing in the last World Cup event of the season. Her best result to date is 5th place in the 2021 World Cup race in Innsbruck.

Less than 2 weeks later she was 23rd in her first World Championships.

FREYA TARBIT

Freya represented Derbyshire when finishing 7th in the 2017 ESAA Senior Long Jump. She had been interested in skeleton for a few years before that.

Freya made her international skeleton debut in 2021 and, 2 years later won the Junior World Championship bronze medal.

At senior level she won her first World Cup event in 2024 and, following a successful 2025/26 World Cup season, was selected to represent Great Britain at the 2026 Winter Olympics. Freya finished 7th in the women's skeleton and 4th in the mixed team competition, agonisingly only 11 hundredths of a second away from a bronze medal.

KIM MURRAY

Kim represented Hampshire when winning the 2007 ESAA Senior Long Jump title. In 2014, at the age of 26, she switched to Skeleton.

From 2018 to 2020 she was racing in the top tier of skeleton competition, the World Cup. Her best performance in the World Cup was a 7th place finish in Calgary in 2019.

Kim was 23rd in the World Championships in 2020.

MADELAINE SMITH

Madelaine represented West Midlands when finishing third in the 2012 ESAA Senior 100 metres Hurdles. In 2014 she switched to Skeleton.

In 2017 she was already racing in the top tier of skeleton competition, the World Cup. Her best performances in the event so far are 8th place finishes at Innsbruck in 2019 and at La Plagne in 2020.

Madelaine was previously 6th in the World Junior Championships in 2018. She was also 15th in her first World Championships in Whistler in 2019 and then finished 4th in the World Championship Mixed Team event in 2020.

MULTI-SPORT ATHLETES – ATHLETICS and TRIATHLON

Below are details of current or former **British Triathlon team members** who were ESAA competitors.

ADAM BOWDEN

Adam represented Hertfordshire when winning the 2000 ESAA Senior Steeplechase title. After becoming the 2008 British 3000m Steeplechase champion he decided to move to Triathlon.

His best Triathlon performance was 4th place at the 2017 World Triathlon Series event in Leeds.

BEN DIJKSTRA

Ben represented Leicestershire and Rutland when winning the 2017 ESAA Senior Cross Country title. This was the last of his 4 ESAA Cross Country wins. His illustrious ESAA career also included the 2013 Junior 1500 metres and the 2014 Intermediate 3000 metres titles. He had started in Triathlon at the age of 10 and was competing in both sports when he won his ESAA titles.

In 2016 and 2017 Ben won bronze medals in the World Junior Triathlon Championship. He followed this by becoming European under-23 champion in 2019.

Ben is now competing in the Elite level Triathlon events with his best performance so far being 4th place in the ITU Triathlon Cup event in Australia in 2020.

DAVID BISHOP

David, twin brother of Tom, represented Derbyshire when finishing 23rd in the 2005 ESAA Junior Cross Country. At this time he was also competing as a triathlete.

He is an elite level competitor and has represented Great Britain at Senior level. Tom's best Triathlon performance at the elite level was second place at the 2014 World Triathlon Series event in London.

GORDON BENSON

Gordon represented West Yorkshire when finishing 7th in the 2010 ESAA Intermediate Cross Country. He participated in Triathlon from the age of 15.

He was British Junior champion in 2011. He also won the inaugural European Games Triathlon gold in 2015 and competed with the Brownlee brothers for Great Britain at the 2016 Olympic Games.

Gordon was part of the Great Britain team that was 2nd in the 2019 World Triathlon Mixed Relay Series events in Edmonton and Tokyo.

KATE WAUGH

Kate represented Northumberland when finishing 4th in the 2015 ESAA Intermediate Cross Country. She was already competing in triathlon events and was the British Triathlon Female Junior Athlete of the Year that year.

In 2017 she won the European Junior Triathlon title and a silver medal at the World Junior Championships. The World Under-23 title followed in 2022.

Kate competed in the 2024 Olympic Games and finished 15th in the Women's Triathlon.

SIAN RAINSLEY

Sian represented West Midlands when winning the 2011 ESAA Junior 1500 metres title. Sian had already started in triathlon at the very early age of 7.

She has since won triathlon medals at European Junior and Under-23 levels. Sian began competing in the Triathlon Elite level events in 2021 and, in September of that year, won the bronze medal in the European Championships in Valencia.

In July 2022 she gained her first World Triathlon Championships Series podium finish as part of the winning Mixed Relay team at the event in Hamburg. Sian then competed for England in the women's triathlon at the 2022 Commonwealth Games finishing in 12th position.

In 2025 she regularly finished in the top 20 of the World Triathlon Championships Series events finishing in 17th position. This series of races is used to determine the World Triathlon champion.

TOM BISHOP

Tom, twin brother of David, represented Derbyshire when finishing 22nd in the 2009 ESAA Senior Cross Country. At this time he was also competing as a triathlete.

He won the World Triathlon Junior silver medal in 2010 and started racing at the elite level in 2014. Tom's best triathlon performance at the elite level was 5th place at the World Triathlon Series events, in Edmonton in 2016 and in Leeds in 2017. He also achieved 2nd place in the World Triathlon Mixed Relay Series event in Nottingham in 2018.

Tom also competed for England at the 2018 Commonwealth Games where he finished 19th.

OTHER MULTI-SPORT ATHLETES

BOXING – KELLY MORGAN

Kelly represented Wiltshire and was a winner of the ESAA Javelin Throw title in all age groups, her final win being the 1998 ESAA Senior title. She then won the 2000 and 2002 WAAA Javelin Throw titles and also in 2002, won the bronze medal in the Commonwealth Games. Sadly her successful athletics career was curtailed by injuries.

Kelly had joined the Army in 2001 and in 2007 had some amateur boxing bouts. She left the Army in 2012 and in 2015 turned to professional boxing. By the end of the year she was the WBC Silver Middleweight champion. Sadly before she could fight for the actual World Title she suffered an eye injury and had to retire.

BOXING – NEVILLE BROWN

Neville represented Staffordshire when finishing second in the 1982 ESAA Intermediate Triple Jump. He was already a member of the Burton-on-Trent Amateur Boxing Club.

He won the Amateur Boxing Association (ABA) light-middleweight title both in 1987 and 1989. He also won a bronze in the European Amateur Boxing Championships in 1987.

Neville turned professional in November 1989 and went on to win the British Middleweight in 1993. He held the title till 1998 making 5 successful defences. He also unsuccessfully challenged for Commonwealth, European and World titles.

CRICKET – NEIL KILLEEN

Neil represented Durham when finishing third in the 1990 ESAA Junior Javelin Throw. Neil had already been playing competitive cricket for 5 years having started at 10 years of age.

He played 102 first class games and 270 other games for Durham County Cricket Club in a career lasting from 1995 to 2010. Since retiring as a player Neil has undertaken several coaching roles for Durham.

He has also coached the England Under-19s and been a part of the England ODI coaching squad.

CYCLING – VICKY WILLIAMSON

Vicky represented Norfolk when finishing second in the 2008 ESAA Junior 75m metres Hurdles. At the suggestion of one of her athletics coaches she switched from athletics to cycling.

Just 3 years later she competed at the Junior Track Cycling World Championships and won individual silver and bronze medals. At the 2013 World Track Cycling Championships, with partner Becky James, she won the bronze medal in the team sprint. At the beginning of 2016 Vicky had a terrible crash in a race that left her with life-threatening injuries. Amazingly she recovered to compete for in the Great Britain team in the 2019 World Track Cycling Championships.

At the end of 2019 she decided to change sport again and is now a member of the British Bobsleigh team.

DARTS – BOB ANDERSON

Bob represented Wiltshire when winning the 1963 ESAA Junior Javelin Throw title, beating Trevor Jesty by 20cm. He was selected in the Great Britain team for the 1968 Olympic Games but sadly broke his arm before the team left. The injury also ended his athletic career.

ESAA CHAMPIONSHIPS – PATHWAY TO OTHER SPORTS

He turned to football until a broken leg ended his football career in 1970. However, Bob did end up having a long career in darts and won the 1988 BDO World Darts Championship.

FOOTBALL – ALAN FOGGON

Alan represented Durham when winning the 1964 ESAA Junior 440 yards title.

He joined Newcastle United as an apprentice in 1967 and made his first team debut at 17 years of age. He went on to make 61 League appearances before a short spell at Cardiff. His next move was back to the North East to Middlesboro. In his 4 years there he made 115 League appearances and helped them win promotion from Division 2. Then followed a season in the U.S.A before a move to Manchester United where he played 3 games. His next club was Sunderland for a short, 8-game spell. He finished his League career at Southend in 1978.

Altogether Alan made 270 Football League appearances.

FOOTBALL – ALUN EVANS

Alun represented Worcestershire in the 1965 ESAA Intermediate Long Jump but was eliminated in the qualifying round. He was already a regular in the England Schoolboy Football team at this time and was playing for Wolverhampton Wanderers FC youths. Another boy eliminated in the same ESAA long jump event was Paul Shoemark of Northamptonshire, the 1964 ESAA Junior long jump silver medallist. Paul was also an England Schoolboy teammate of Alun's and went on to sign for Tottenham Hotspur.

Alun played one full season, the 1967/68 one, for Wolves making 22 appearances. In September 1968, Liverpool paid £110,000 for him, the highest fee for a British teenager at that time. He spent 4 years at Anfield making 111 appearances and earning 4 England Under-23 caps.

He then moved to Aston Villa (60 appearances in 2 and a half seasons) before ending his Football League career in 1978 after a further 2 seasons with Walsall (87 appearances).

FOOTBALL – BRADLEY GARMSTON

Bradley represented West Midlands when finishing second in the 2008 ESAA Junior 200 metres. He is the son of Sonia Lannaman and Mike Garmston, both former ESAA champions. Sonia was a medallist at the Olympic Games and European Championships and a Commonwealth Games champion. Mike was head physiotherapist to the British Olympic team at 3 Olympic Games.

In 2012 Bradley was offered the chance to join West Bromwich Albion's Football Academy. He spent 3 years at W.B.A. with his only Football League appearances being on loan at Colchester and Gillingham. He also won the first of his 4 Republic of Ireland Under-21 caps while at W.B.A.. In 2015 he moved to Gillingham and in 2020 to Grimsby. Bradley played 102 games for League clubs.

FOOTBALL – DAVID PYLE

David represented Wiltshire in the ESAA Hurdles in the early 1950s.

He spent 7 seasons for Bristol Rovers from 1955 to 1962 during which he played 139 games. He then moved to Bristol City for the 1962-63 season and played a further 8 League games.

FOOTBALL – EDWIN SPICER

Edwin represented Lancashire and reached the final of the 1936 ESAA Under-14 75 yard hurdles. He was the Liverpool and Lancashire Schools hurdles champion. Edwin (“Eddie”) was a star in many sports but football was his real passion.

He joined Liverpool FC in 1939 but was one of many to have his sporting career put on hold for the duration of the Second World War. He was unable to make his debut for the club until 1946 and played 168 games for Liverpool. This included winning an FA Cup runner’s up medal in 1950.

Sadly his football career ended prematurely at the end of 1953 as a result of breaking his leg for the second time in 2 years.

FOOTBALL – FRANK AUSTIN

Frank represented Derbyshire when finishing 4th in the 1947 ESAA Under-16 880 yards. He was also a keen footballer and the following May he played for England Schools against Scotland Schools.

He was signed by Coventry City in 1950 and went on to become one of their longest serving players. After 313 games in a 13-year career he moved to Torquay United in January 1963. In 2 seasons at Torquay he played a further 24 league games.

FOOTBALL – FRANK NOUBLE

Frank represented London in the 2007 ESAA Intermediate 200 metres but was eliminated in the heats. In 2008 he was offered the chance to join the Chelsea FC Academy and opted for a football career.

He was only at Chelsea for a year before moving to West Ham for 3 years. He played in 9 Premier League games for the Hammers. The much travelled Frank has since played in the English League for Wolverhampton Wanderers, Ipswich Town, Coventry, Gillingham, Southend United, Newport County and Colchester as well as 6 other clubs on short term loans. Frank played 383 league games before his Football League career ended in March 2023.

Frank also played 8 times for the England under-19 side and in China for over

FOOTBALL – GARY MILLS

Gary represented Northamptonshire in the 1976 ESAA Junior Boys 100 metres when finishing 6th. He was already in the Nottingham Forest FC Academy and less than a year later made his debut for England Schoolboys. He also played for England Schoolboys at Rugby Union.

Gary made his Football League debut for Nottingham Forest in 1978, aged only 16, and played 173 times for them in 2 spells at the club. One of his appearances was in the 1980 European Cup Final when he became the youngest player to play in the winning team in the final of the competition. He went on to play in the Football League for Notts County (1987 to 1989 and 1994 to 1996, making 122 League appearances in his 2 spells) and Leicester City (1989 to 1994, making a further 200 League appearances).

Gary then started a long managerial career at various football clubs which included spells at 3 Football League clubs: Notts County, York City and Wrexham.

Gary also played twice for the England under-21 side and in the USA for over a year.

FOOTBALL – GLYN PARDOE

Glyn was the 1960 Cheshire Schools 220 yards champion and represented Cheshire in the 1960 and 1961 ESAA Junior 220 yards. He was already playing for the Mid-Cheshire schools football team and attracting the attention of Everton and Manchester City.

He joined Manchester City as an amateur in 1961 and, in April 1962 at only 15 years and 314 days of age, became their youngest ever player. Glyn was a 'one club man' going on to play 380 times for City before retiring in 1976 to become a youth development coach at the club for a further 16 years.

He won the 1967-68 First Division title (only missing 1 game through injury); the FA Cup in 1969; the League Cup in 1970 (scoring the winning goal); and the UEFA Cup Winners Cup in 1970.

Glyn also won 4 England Under-23 caps in 1969.

FOOTBALL – MICHAEL DUBERRY

Michael represented Middlesex when winning the 1990 ESAA Junior Triple Jump title and was second in the ESAA Intermediate event the following year. In 1991 he joined Chelsea FC as a youth player.

He stayed with Chelsea for 8 years earning 5 England Under-21 caps in the process. Michael also played for Leeds United and Reading in the top flight. Altogether he played in over 400 league games.

FOOTBALL – NEDUM ONUOHA

Nedum represented Greater Manchester when finishing second in the 2001 ESAA Junior 100 metres. At the time he was a member of the Manchester City Football Academy.

He made his debut for Manchester City in 2004. In his 8 years there he made just over 100 appearances and won 4 England Under-21 caps. Nedum left Manchester City in 2012 and played for Queen's Park Rangers for nearly 6 years making over 200 appearances.

FOOTBALL – PETER GOY

Peter represented Lincolnshire in the 1953 ESAA Intermediate High Jump championship. He was invited to join Arsenal FC after an impressive performance in goal for Lincolnshire Boys in a defeat to Derby Boys.

He joined Arsenal in 1954 and signed professional terms in 1955. During a 6-year stay at the club he only played 2 games for them in 1959 before transferring to Southend United. After 4 years and 118 appearances he moved to Watford and finally Huddersfield Town.

Peter played 161 Football League games between 1959 and 1967.

FOOTBALL – WAYNE GRAY

Wayne represented London when finishing second in the 1995 ESAA Junior Boys 100 metres.

He started his professional football career with Wimbledon in 1999 which included 1 Premier League appearance. Altogether he made 176 League starts for Wimbledon and 7 other English League clubs before his League career ended in 2009.

HOCKEY – JULIA ROBERTSON

Julia represented Hertfordshire when finishing third in the 1984 ESAA Junior Long Jump. She was already playing junior hockey at this time.

In 1991 Julia was playing for Ealing and was vice-captain of the England Under-21 hockey team. She won a silver medal at the 1991 European Indoor Under-21 Championships. She was also an England International.

HOCKEY – PRUDENCE FRENCH

Prudence represented Essex when winning the 1967 ESAA Senior Javelin Throw title. She was also a medallist in 1966 and 1968. In 1968 she also won the bronze medal in the WAAA (British Championships) before becoming British Champion in 1972.

By this time she was competing in 2 sports having joined Chelmsford Ladies Hockey Club. On March 8th, 1975 she made her England hockey debut against Wales at Wembley. It was a dream debut with Prudence (now Pru Carter) scoring the second goal in a 2-0 win.

NETBALL – KADEEN CORBIN

Kadeen represented Middlesex when finishing 34th in the 2008 ESAA Intermediate Heptathlon. She had also been playing netball competitively from the age of 12.

Kadeen won 2018 Commonwealth Games gold playing in the England team that beat the hosts, Australia. She played 72 times for England.

In 2023 she represented Barbados in the Netball World Cup in South Africa. Ironically Barbados played England in their first match in the tournament. Barbados finished in 14th place with England taking the runners-up spot.

NETBALL – RACHEL DUNN

Rachel represented Cambridgeshire when winning the 2001 ESAA Senior Javelin Throw title.

She started playing for the England netball team in 2004 and won 92 caps before her retirement from playing in 2023. Rachel won bronze medals in the last 3 Netball World Cups (in 2011, 2015 and 2019). She also won bronze medals in the 2006 and 2010 Commonwealth Games.

Domestically she competed for 16 seasons at the highest level, the *Superleague*, and won 7 *Superleague* titles with 3 different clubs : Team Bath, Surrey Storm and Wasps.

RUGBY LEAGUE – ANDY RODGERS

Andy represented West Yorkshire when winning the 1980 ESAA Intermediate and 1982 Senior Steeplechase titles. He had previously won the 1979 ESAA Cross Country title.

He went on to play professional Rugby League for Featherstone Rovers and Wakefield Trinity. He also played professional rugby league in Australia.

RUGBY UNION – MARTIN GREEN

Martin represented Warwickshire when finishing 23rd in the 1963 ESAA Senior Cross Country. His brother, Richard Green, was the 1965 ESAA Intermediate 440 yards champion

ESAA CHAMPIONSHIPS – PATHWAY TO OTHER SPORTS

Martin captained the victorious Cambridge University team in the 1967 Varsity match. He went on to play for Moseley, captaining the side in the 1970/71 season. He retired in 1975 but went on to coach the club to winning the *John Player Cup* in May 1982. The win was actually shared with Gloucester RFC as the final ended in a 12-12 draw after extra time.

Martin became the England coach in June 1985 and was at the helm when England played in the inaugural World Cup in 1987.

WEIGHTLIFTING – ANDY DRZEWEICKI

Andy represented Staffordshire when winning 3 ESAA Discus Throw titles including the 1965 and 1967 Senior ones.

Andy switched to weightlifting and won the 1978 Commonwealth Games bronze medal in the heavyweight class. He also competed at the 1980 Olympic Games and finished 10th.

Incidentally Andy also finished third in the 1982 Britain's Strongest Man competition won by Geoff Capes.

WEIGHTLIFTING – EMILY GODLEY (later MUSKETT)

Emily represented Kent when finishing 9th in the 2008 ESAA Senior Pole Vault.

She switched to weightlifting and just over 2 years later was representing England in the 2010 Commonwealth Games in Delhi. After a 5th place in the 2014 Games she became Commonwealth Games champion in the 75kg category in 2018.

In April 2019 Emily won the silver medal at the European Championships in the 71kg category and 5 months later won the bronze medal for the Clean & Jerk in the 71kg category at the 2019 World Weightlifting Championships. In April 2021 she became the European Champion in the 71kg category and 4 months later finished 7th at the delayed 2020 Olympic Games in the 76kg category.

In April 2021 she became the European Champion in the 71kg category and four months later finished 7th in the 76kg category at the delayed 2020 Olympic Games. Shortly after the Olympics, Emily announced her retirement from the sport.

WEIGHTLIFTING – MARGARET LYNES

Margaret "Maggie" Lynes represented Devon in the 1981 ESAA Senior Javelin Throw. She went on to compete in the shot put for England at the 1994 and 1998 Commonwealth Games and for Great Britain in the 1994 European Championships.

In 2002 she became the first English athlete to compete in 2 different sports at the Commonwealth Games when she finished in 6th place in the inaugural women's weightlifting competition. Way before her Commonwealth Games appearances Maggie was a pioneer in women's competitive weightlifting when it started in the 1980's. She won 6 European gold medals, including 3 at the first European Championships, and in 1989 only lost the bronze medal at the World Championships because of being slightly heavier than her fellow competitor.

INDEX

A - Z

- Adam, Marcus - Bobsleigh, 20
Almond MBE, Karen - Rugby, 12
Anderson, Bob - Darts, 26
Attwood, Dave - Rugby, 9
Atyeo, John - Football, 4
Augee MBE, Myrtle –
 Powerlifting/Weightlifting, 7
Austin, Frank - Football, 28
Barrass, Charlotte – Rugby, 9
Bennett, Huw - Rugby, 10
Benson, Gordon - Triathlon, 24
Bishop, David - Triathlon, 24
Bishop, Tom - Triathlon, 25
Bowden, Adam - Triathlon, 24
Breach, Jessica - Rugby, 11
Bridges, Barry - Football, 3
Bronze MBE, Lucy - Football, 5
Brown, Neville - Boxing, 26
Brown, Shaunagh - Rugby, 13
Brownlee MBE, Alistair - Triathlon, 16
Brownlee MBE, Jonny - Triathlon, 16
Bugner, Joe - Boxing, 2
Campbell, Emily – Weightlifting, 18
Colclough, Maurice - Rugby, 13
Coldwell, Sophie - Triathlon, 17
Condon, Allyn - Bobsleigh, 19
Corbin, Kadeen - Netball, 30
Crowley, Brogan - Skeleton, 23
Dasaolu, James - Bobsleigh, 20
Dickinson, Sam - Triathlon, 17
Dijkstra, Ben - Triathlon, 24
Douglas, Montell - Bobsleigh, 21
Drzewiecki, Andy - Weightlifting, 31
Duberry, Michael - Football, 29
Duckham MBE, David - Rugby, 9
Dunn, Rachel - Netball, 30
Edwards CBE, Sir Gareth - Rugby, 10
Evans, Alun, 27
Evans, Geoff - Rugby, 10
Fearon, Joel - Bobsleigh, 2
Flood, Debbie - Rowing, 7
Foggon, Alan - Football, 27
French, Prudence - Hockey, 30
Garmston, Bradley - Football, 27
Gautier, Nicola - Bobsleigh, 2
Geldard, Albert - Football, 3
Glover MBE, Helen - Rowing, 8
Godley, Emily - Weightlifting, 31
Goedluck, Phil - Bobsleigh, 21
Goy, Peter, 29
Gray, Wayne - Football, 29
Green, Martin - Rugby, 30
Greenwood, Leon - Bobsleigh, 22
Hall, Brad - Bobsleigh, 22
Harries, Phil - Bobsleigh, 21
Herbert, John - Bobsleigh, 20
Hinch MBE, Maddie - Hockey, 6
Holland, Vicky - Triathlon, 17
Howell, John - Bobsleigh, 20
Itoje, Maro - Rugby, 12
James MBE, David - Football, 4
Jesty, Trevor - Cricket, 3
Killeen, Neil - Cricket, 26
Lewis, Jamal - Football, 4
Lynes, Margaret - Weightlifting, 31
Mackail-Smith, Craig - Football, 4
Marchant, Katy - Cycling, 3
Mather, Barrie-Jon – Rugby, 9
May, Jonny - Rugby, 12
Mijs, Margaret - Football, 5
Mills, Gary - Football, 28
Money, Daniel - Bobsleigh, 19
Monye, Ugo - Rugby, 14
Morgan, Kelly - Boxing, 26
Morris, Robbie - Rugby, 13
Murray, Kim - Skeleton, 23
Murray, Samantha – Modern Pentathlon, 7
Nelson, Ashleigh - Bobsleigh, 19
Nicoll, Adele - Bobsleigh, 19
Nightingale, Danny – Modern Pentathlon, 6
Nouble, Frank - Football, 28
Oakes OBE, Judy –
 Powerlifting/Weightlifting, 7
Ojomoh, Steve - Rugby, 14
Onuoha, Nedum - Football, 29
Owsley MBE, Lily - Hockey, 6
Pardoe, Glyn - Football, 29
Parsons, Dominic - Skeleton, 14
Pickering, Craig - Bobsleigh, 19
Pyle, David - Football, 27
Rainford-Brent MBE, Ebony-Jewel - Cricket,
 3
Rainsley, Sian - Triathlon, 25
Rayer, Ellie - Hockey, 5
Rider, Scott - Bobsleigh, 21
Robertson, Julia - Hockey, 30
Rodgers, Andy - Rugby, 30
Rudman, Shelley - Skeleton, 15
Rumbolt, Courtney - Bobsleigh, 2

Sampson, Paul - Rugby, 13
Sawyers, Jazmin - Bobsleigh, 20
Scott MBE, Jill - Football, 5
Scott, John - Rugby, 11
Sheridan, Andrew - Rugby, 8
Sleightholme, Jon - Rugby, 12
Smith, Madelaine - Skeleton, 23
Spicer, Edwin - Football, 28
Starmer-Smith, Nigel - Rugby, 13
Swallow, Jodie – Swimming/Triathlon, 15
Tarbit, Freya - Skeleton, 23
Taylor, Martha Hockey, 6
Taylor-Brown MBE, Georgia - Triathlon, 16
Toward, Alan - Bobsleigh, 22
Trick, David - Rugby, 10
Wade, Christian – Rugby, 9
Waugh, Kate - Triathlon, 24
Williamson, Simeon - Bobsleigh, 22
Williamson, Vicky - Cycling, 26
Wilson, Rebekah – Bobsleigh/Rugby, 21
Winckless MBE, Sarah - Rowing, 8
Wing, Jason - Bobsleigh, 20
Woodward, John - Rugby, 11
Wyatt, Derek - Rugby, 10
Yarnold OBE, Lizzie - Skeleton, 14
Yee MBE, Alexander - Triathlon, 15
Young, John - Rugby, 11

BOBSLEIGH

Adele Nicoll, 19
Alan Toward, 22
Allyn Condon, 19
Ashleigh Nelson, 19
Brad Hall, 22
Courtney Rumbolt, 2
Craig Pickering, 19
Daniel Money, 19
James Dasaolu, 20
Jason Wing, 20
Jazmin Sawyers, 20
Joel Fearon, 2
John Herbert, 20
John Howell, 20
Leon Greenwood, 22
Marcus Adam, 20
Montell Douglas, 21
Nicola Gautier, 2
Phil Goedluck, 21
Phil Harries, 21
Rebekah Wilson, 21
Scott Rider, 21
Simeon Williamson, 22

Vicky Williamson, 26

BOXING

Joe Bugner, 2
Kelly Morgan, 26
Neville Brown, 26

CRICKET

Ebony-Jewel Rainford-Brent MBE, 3
Neil Killeen, 26
Trevor Jesty, 3

CYCLING

Katy Marchant, 3
Vicky Williamson, 26

DARTS

Bob Anderson, 26

FOOTBALL

Alan Foggon, 27
Albert Geldard, 3
Alun Evans, 27
Barry Bridges, 3
Bradley Garmston, 27
Craig Mackail-Smith, 4
David James MBE, 4
David Pyle, 27
Edwin Spicer, 28
Frank Austin, 28
Frank Nouble, 28
Gary Mills, 28
Glyn Pardoe, 29
Jamal Lewis, 4
Jill Scott MBE, 5
John Atyeo, 4
Lucy Bronze MBE, 5
Margaret Miks, 5
Michael Duberry, 29
Nedum Onuoha, 29
Peter Goy, 29
Wayne Gray, 29

HOCKEY

Ellie Rayer, 5
Julia Robertson, 30
Lily Owsley MBE, 6
Maddie Hinch MBE, 6
Martha Taylor, 6
Prudence French, 30

MODERN PENTATHLON

Danny Nightingale, 6
Samantha Murray, 7

NETBALL

Kadeen Corbin, 30
Rachel Dunn, 30

POWERLIFTING

Judy Oakes OBE, 7

ESAA CHAMPIONSHIPS – PATHWAY TO OTHER SPORTS

Myrtle Augee MBE, 7

ROWING

Debbie Flood, 7

Helen Glover MBE, 8

Sarah Winckless MBE, 8

RUGBY LEAGUE

Andy Rodgers, 30

Barrie-Jon Mather, 9

Jason Wing, 20

Paul Sampson, 13

RUGBY UNION

Andrew Sheridan, 8

Barrie-Jon Mather, 9

Charlotte Barras, 9

Christian Wade, 9

Dave Attwood, 9

David Duckham MBE, 9

David Trick, 10

Derek Wyatt, 10

Geoff Evans, 10

Huw Bennett, 10

Jessica Breach, 11

John Scott, 11

John Woodward, 11

John Young, 11

Jon Sleightholme, 12

Jonny May, 12

Karen Almond MBE, 12

Maro Itoje, 12

Martin Green, 30

Maurice Colclough, 13

Nigel Starmer-Smith, 13

Paul Sampson, 13

Rebekah Wilson, 21

Robbie Morris, 13

Shaunagh Brown, 13

Sir Gareth Edwards CBE, 10

Steve Ojomoh, 14

Ugo Monye, 14

SKELETON

Brogan Crowley, 23

Dominic Parsons, 14

Freya Tarbit, 23

Kim Murray, 23

Lizzie Yarnold OBE, 14

Madelaine Smith, 23

Shelley Rudman, 15

SWIMMING

Jodie Swallow, 15

TRIATHLON

Adam Bowden, 24

Alexander Yee MBE, 15

Alistair Brownlee MBE, 16

Ben Dijkstra, 24

David Bishop, 24

Georgia Taylor-Brown MBE, 16

Gordon Benson, 24

Jodie Swallow, 15

Jonny Brownlee MBE, 16

Kate Waugh, 24

Sam Dickinson, 17

Sian Rainsley, 25

Sophie Coldwell, 17

Tom Bishop, 25

Vicky Holland, 17

WEIGHTLIFTING

Andy Drzeweicki, 31

Emily Campbell, 18

Emily Godley, 31

Judy Oakes OBE, 7

Margaret Lynes, 31

Myrtle Augee MBE, 7