TEAM GB PARIS 2024

TEAM GB

THE NATIONAL LOTTERY®

MEDIA GUIDE

FRI 26 JUL – SUN 11 AUG

TEAM GB

PARIS 2024

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FOREWORD

Scott Field
Director of Marketing & Communications

Welcome to the Paris 2024 Olympic Games, a first on European soil since we hosted London 2012.

As ever, I want to thank you all for your ongoing commitment to covering the Olympic Games and, more specifically, covering the incredible athletes that make up the Team GB delegation.

This is an unusually short three year cycle due to the delayed Tokyo 2020 Olympic Games, but it is a Games that signals a return to normality following the COVID-19 interruptions that sadly limited everyone's experience in Japan. The return of spectators in particular brings back the full pageant of colour that we usually associate with the Games, and it's with that backdrop that I hope we all get to enjoy this Olympics in its full glory.

As I have said before, the coverage of the Olympic Games in the UK is as good as anywhere in the world and our thanks go to you, in advance, for the many words you will write, images you will take and broadcasts that you will make in the coming 17 days. The coverage is as good as it has ever been and my only hope is that we can extend that coverage beyond the Games-time window to enable us to keep the breadth of sports and athlete stories in the public's consciousness.

I would like to thank The National Lottery for their support in enabling us to produce this media guide, and of course for their long-standing commitment to the Olympic sporting landscape in the UK. This guide is designed to help you navigate the world's biggest sporting event and help support your knowledge and understanding of Team GB, the athletes and our delegation at large. Please use all the links available in this guide to click through to our athlete profiles or to follow their progress on social media.

Finally, I am proud to represent all of the Team GB media and digital team here in Paris and back home in London. Our role is to support and assist you where we can so please do use the contact details found in this guide to be in touch with the relevant members of the team should you need us.

My very best wishes, and I hope you enjoy the Games.

Scott

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WELCOME TO PARIS 2024

As Ernest Hemingway put it, 'Paris is a party', and everyone is invited to what promises to be a unique Olympic Games.

This guest list stretches to around 10,500 athletes from over 200 National Olympic Committees and the IOC Refugee Olympic Team, 45,000 volunteers, 6,000 members of the media and millions of fans around the globe.

The world's biggest sporting festival returns to the 'City of Light' for the first time in exactly a century and the third time overall. London is the only other city to have played host three times.

When the Olympics first visited Paris, in 1900 as an adjunct to the World's Fair, only 22 women participated.

This time, Paris 2024 will make history as the first Olympics to achieve numerical gender parity on the field of play, ensuring equal representation of male and female athletes.

There will be 329 medal events, with 152 for women and 157 for men, with 20 mixed-gender disciplines adding a unique dimension to the sport programme.

Leading the way in this respect, Team GB will be represented by 172 women and 155 men, following on from Tokyo 2020 when Great Britain fielded more female than male athletes for the very first time at a summer Olympic Games.

Paris promises to showcase our athletes on a bigger and grander stage than ever before. The city has put some of its world-famous landmarks at the service of the Games, with beach volleyball under the Eiffel Tower, tennis at Roland Garros and equestrian at Chateau de Versailles providing some of the most breathtaking images in the history of the event.

The stunning venue plan includes a nod to antiquity, with Stade Yves-du-Manoir the only venue to be used in 1924 and 2024, hosting athletics a century ago and hockey this time.

It will also serve the needs of the people of the host region, Seine Saint-Denis, with the newly-built Olympic Aquatics Centre becoming a vast multi-sports facility open to all from July 2025.

In true Parisian style, our hosts are promising to do things differently. A unique plan for the Opening Ceremony, medals made with pieces of the Eiffel Tower and a mass-participation marathon are among many innovations.

The sport programme grew significantly for Tokyo 2020 with sport climbing, surfing and skateboarding returning for their second Games. Breaking is the only new sport this time, with a dance born in the Bronx in the 1980s set to crown its first Olympic champions, and kayak cross and kiteboarding promise to be high-octane additions to the canoeing and sailing programmes respectively.

For Team GB, the first Summer Olympics in a European time zone since London 2012 presents a golden opportunity.

British fans are second only to the host nation when it comes to snapping up Olympic tickets and the majority of this generation of athletes will compete in front of their friends and family at the Games for the first time, ensuring lifelong memories will be made in the French capital.

Olympic athletes show extraordinary dedication to their cause and are supported by a world-class high performance system in delivering them to the start line in the best possible shape.

Take open-water swimmer Hector Pardoe (inset), who swims 85km in a week, or Olympic silver medal-winning weightlifter Emily Campbell, who needs 4,200 calories in a day to support her training.

Team GB's recent success at the Olympics has been built on having medal winners in at least 20 sports and athletes are entered in 24 sports this time around.

The skateboarding squad of two 16-year-olds, Sky Brown and Lola Tambling, and Andy MacDonald, who will be 51 when he competes, has captured the public's imagination.

Among those aiming for Olympic immortality are pommel horse wizard Max Whitlock, who can be the first gymnast to win a medal on the same apparatus at four Olympics, and rowing's Helen Glover, who would be the first British mum-of-three to reach the Olympic rostrum.

Hopes are high in aquatics, with the swimming squad aiming to build on the best-ever Olympic performance they delivered last time out in Tokyo. Kate Shortman and Izzy Thorpe have broken new ground for Great Britain in winning global medals in artistic swimming, as have Andrea Spendolini-Sirieix and Lois Toulson in women's diving.

Dressage legend Carl Hester (left) will make history when his horse Fame trots out at Versailles, becoming the second British athlete after fellow equestrian Nick Skelton to compete at seven Olympics.

Whether athletes are aiming for podium finishes or personal bests, Paris 2024 promises to bring two weeks of unmissable, unscripted drama.

TEAM GB HANDBOOK - PARIS 2024

EVENTS SCHEDULE

EVENTS

= GB INVOLVEMENT = NON-GB INVOLVEMENT = MEDAL EVENT

	WEDS 24	THU 25	FRI 26	SAT 27	SUN 28	MON 29	TUE 30	WED 31
CEREMONIES								
3X3 BASKETBALL								
ARCHERY								
ARTISTIC GYMNASTICS								
ARTISTIC SWIMMING								
ATHLETICS								
BADMINTON								
BASKETBALL								
BEACH VOLLEYBALL								
BOXING								
BREAKING								
CANOE SLALOM								
CANOE SPRINT								
CYCLING - BMX FREESTYLE								
CYCLING - BMX RACING								
CYCLING - MOUNTAIN BIKE								
CYCLING - ROAD								
CYCLING - TRACK								
DIVING								
EQUESTRIAN								
FENCING								
FOOTBALL								
GOLF								
HANDBALL								
HOCKEY								
JUDO								
MARATHON SWIMMING								
MODERN PENTATHLON								
ROWING								
RHYTHMIC GYMNASTICS								
RUGBY SEVENS								
SAILING								
SHOOTING								
SKATEBOARDING								
SPORT CLIMBING								
SWIMMING								
SURFING								
TABLE TENNIS								
TAEKWONDO								
TENNIS								
TRAMPOLINE								
TRIATHLON								
VOLLEYBALL								
WEIGHTLIFTING								
WATER POLO								
WRESTLING								

	THU 01	FRI 02	SAT 03	SUN 04	MON 05	TUE 06	WED 07	THU 08	FRI 09	SAT 10	SUN 11
CEREMONIES											
3X3 BASKETBALL											
ARCHERY											
ARTISTIC GYMNASTICS											
ARTISTIC SWIMMING											
ATHLETICS											
BADMINTON											
BASKETBALL											
BEACH VOLLEYBALL											
BOXING											
BREAKING											
CANOE SLALOM											
CANOE SPRINT											
CYCLING - BMX FREESTYLE											
CYCLING - BMX RACING											
CYCLING - MOUNTAIN BIKE											
CYCLING - ROAD											
CYCLING - TRACK											
DIVING											
EQUESTRIAN											
FENCING											
FOOTBALL											
GOLF											
HANDBALL											
HOCKEY											
JUDO											
MARATHON SWIMMING											
MODERN PENTATHLON											
ROWING											
RHYTHMIC GYMNASTICS											
RUGBY SEVENS											
SAILING											
SHOOTING											
SKATEBOARDING											
SPORT CLIMBING											
SWIMMING											
SURFING											
TABLE TENNIS											
TAEKWONDO											
TENNIS											
TRAMPOLINE											
TRIATHLON											
VOLLEYBALL											
WEIGHTLIFTING											
WATER POLO											
WRESTLING											

TEAM GB STATS

Rio 366 *Athletes*

Tokyo 376 *Athletes*

Paris 327 *Athletes*

172 *Female Athletes*

155 *Male Athletes*

Youngest athlete | Sky Brown (skateboarding): 16 years, 14 days

Oldest athlete | Carl Hester (equestrian dressage): 57 years, 27 days

169

RETURNING OLYMPIANS

TEAM GB HANDBOOK - PARIS 2024

CELEBRATING BIRTHDAYS DURING THE GAMES

- **Alex Haydock-Wilson** - Athletics - 28 July (turning 25)
- **Tom Digby** - Rowing - 28 July (turning 29)
- **Yasmin Harper** - Diving - 28 July (turning 24)
- **Tom Pidcock** - Cycling - 30 July (turning 25)
- **Andy MacDonald** - Skateboarding - 31 July (turning 51)

18 LONDON 2012 *Olympians*

40 REIGNING *World Champions*

74 *Team GB athletes who have won Olympic medals*

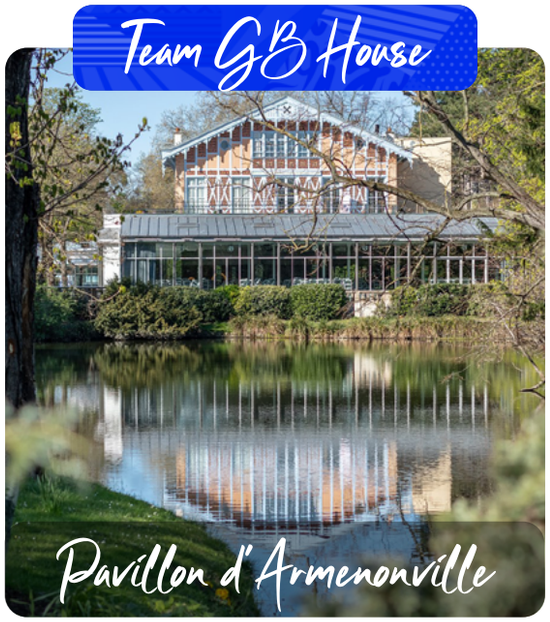
CELEBRATING BIRTHDAYS DURING THE GAMES

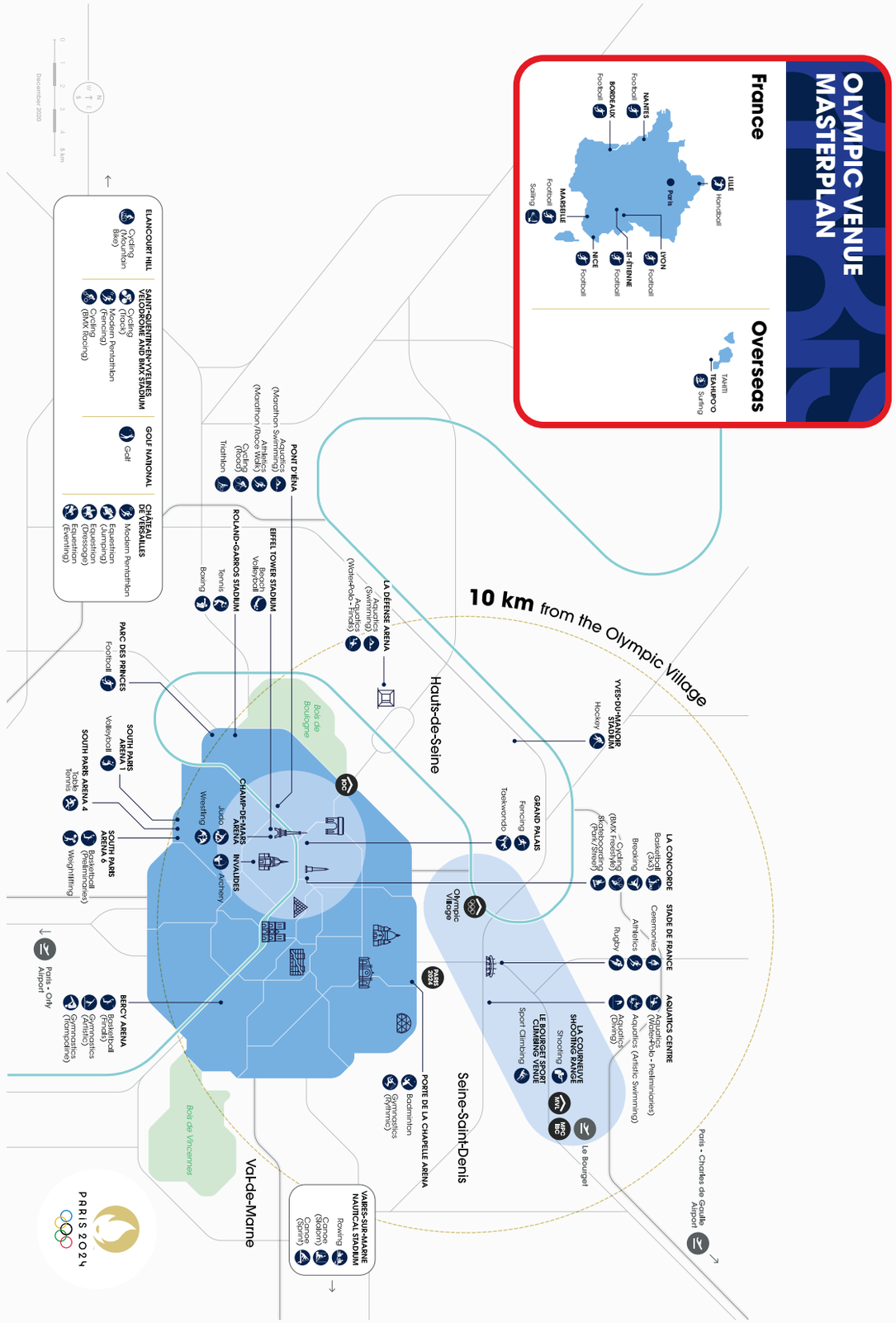
- **Katie Boulter** - Tennis - 1 August (turning 28)
- **Neah Evans** - Cycling - 1 August (turning 34)
- **Cindy Sember** - Athletics - 5 August (turning 30)
- **James Robson** - Rowing - 8 August (turning 30)
- **Nicole Yeargin** - Athletics - 11 August (turning 27)

24 SPORTS *Entered*

14 TEENAGE *Athletes*

TEAM GB FOOTPRINT





TEAM GB HANDBOOK - PARIS 2024

HISTORICAL TEAM GB MEDAL TABLE AND FLAGBEARERS

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

* Includes the equestrian events which were held in Stockholm.
** George MacKenzie competed at five Olympics up to 1928 and carried the flag in 1956.
*** As Chef de Mission Richard Palmer was GB's flagbearer at Moscow 1980 but he carried the Olympic flag.

Year	City	T	M	W	Chef de Mission	G	S	B	T
1896	ATHENS	10	10	0	N/A	2	3	2	7
1900	PARIS	101	100	1	N/A	15	8	9	32
1904	ST. LOUIS	3	3	0	N/A	1	1	0	2
1908	LONDON	736	697	39	N/A	56	51	39	146
1912	STOCKHOLM	293	283	10	N/A	10	15	16	41
1920	ANTWERP	267	239	28	N/A	14	16	13	43
1924	PARIS	307	279	28	N/A	9	14	12	35
1928	AMSTERDAM	234	207	27	E.A. HUNTER	4	11	7	22
1932	LOS ANGELES	74	59	15	E.A. HUNTER	5	7	5	17
1936	BERLIN	225	188	37	E.A. HUNTER	4	7	3	14
1948	LONDON	375	324	51	E.A. HUNTER	4	16	7	27
1952	HELSINKI	257	213	44	E.A. HUNTER	1	2	8	11
1956	MELBOURNE*	200	174	26	K.S. DUNCAN	5	7	9	21
1960	ROME	252	209	43	K.S. DUNCAN	2	6	12	20
1964	TOKYO	204	160	44	K.S. DUNCAN	4	12	2	18
1968	MEXICO CITY	237	185	52	K.S. DUNCAN	5	5	3	13
1972	MUNICH	310	232	78	K.S. DUNCAN	4	5	9	18
1976	MONTREAL	234	184	50	C.G.V. DAVIDGE	3	5	5	13
1980	MOSCOW	222	147	75	R.W. PALMER	5	7	9	21
1984	LOS ANGELES	355	240	115	R.W. PALMER	5	11	21	37
1988	SEOUL	345	219	126	R.W. PALMER	5	10	9	24
1992	BARCELONA	371	229	142	R.W. PALMER	5	3	12	20
1996	ATLANTA	304	184	120	R.W. PALMER	1	8	6	15
2000	SYDNEY	320	188	132	S.P. CLEGG	11	10	7	28
2004	ATHENS	270	164	106	S.P. CLEGG	9	9	12	30
2008	BEIJING	311	168	143	S.P. CLEGG	19	13	19	51
2012	LONDON	541	279	262	A. HUNT	29	18	18	65
2016	RIO	366	202	164	J.M.ENGLAND	27	23	17	67
2020	TOKYO	376	176	200	J.M ENGLAND	22	20	22	64

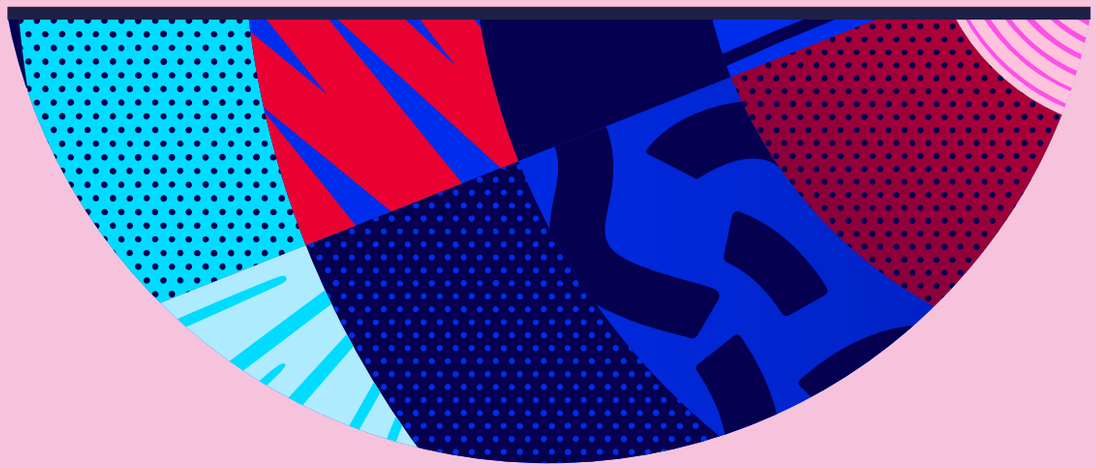
Medal Tally Position	Opening Ceremony Flagbearers	Closing Ceremony Flagbearers	Sport
5TH	N/A	N/A	N/A
3RD	N/A	N/A	N/A
9TH	N/A	N/A	N/A
1ST	KYNASTON STUDD	KYNASTON STUDD	N/A
3RD	CHARLES SMITH	CHARLES SMITH	WATER POLO
4TH	PHILIP NOEL-BAKER	PHILIP NOEL-BAKER	ATHLETICS
4TH	ARTHUR HUNT	ARTHUR HUNT	WATER POLO
11TH	MALCOLM NOKES	MALCOLM NOKES	ATHLETICS
8TH	LORD BURGHLEY	LORD BURGHLEY	ATHLETICS
10TH	JACK BERESFORD	JACK BERESFORD	ROWING
12TH	EMRYS LLOYD	EMRYS LLOYD	FENCING
18TH	HAROLD WHITLOCK	HAROLD WHITLOCK	ATHLETICS
8TH	GEORGE MACKENZIE **	GEORGE MACKENZIE **	WRESTLING
12TH	RICHARD MCTAGGART	RICHARD MCTAGGART	BOXING
10TH	ANITA LONSBROUGH	ALLAN JAY	SWIMMING & FENCING
10TH	LYNN DAVIES	DAVID HEMERY	ATHLETICS
12TH	DAVID BROOME	RICHARD MEADE	EQUESTRIAN
13TH	RODNEY PATTISSON	JIM FOX	YACHTING & MOD PENTATHLON
9TH	RICHARD PALMER ***	RICHARD PALMER ***	CHEF DE MISSION
11TH	LUCINDA GREEN	LORD COE	EQUESTRIAN & ATHLETICS
12TH	IAN TAYLOR	MALCOLM COOPER	HOCKEY & SHOOTING
13TH	STEVEN REDGRAVE	LINFORD CHRISTIE	ROWING & ATHLETICS
36TH	STEVEN REDGRAVE	ROGER BLACK	ROWING & ATHLETICS
10TH	MATTHEW PINSENT	STEVEN REDGRAVE	ROWING
10TH	KATE HOWEY	KELLY HOLMES	JUDO & ATHLETICS
4TH	MARK FOSTER	CHRIS HOY	SWIMMING & CYCLING
3RD	CHRIS HOY	BEN AINSLIE	CYCLING & SAILING
2ND	ANDY MURRAY	KATE RICHARDSON-WALSH	TENNIS & HOCKEY
4TH	MOE SBIHI/HANNAH MILLS	LAURA KENNY	ROWING/SAILING & CYCLING

SPORTS BIOS

17 ARCHERY
23 ARTISTIC SWIMMING
27 ATHLETICS
37 BADMINTON
43 BOXING
49 CANOEING
55 CYCLING
65 DIVING
71 EQUESTRIAN
77 GOLF
83 GYMNASTICS
91 HOCKEY
99 JUDO
105 MODERN PENTATHLON
111 ROWING
119 RUGBY SEVENS
125 SAILING
133 SHOOTING
139 SKATEBOARDING
143 SPORT CLIMBING
147 SWIMMING
155 TABLE TENNIS
161 TAEKWONDO
167 TENNIS
173 TRIATHLON
179 WEIGHTLIFTING

Tir à l'arc

ARCHERY

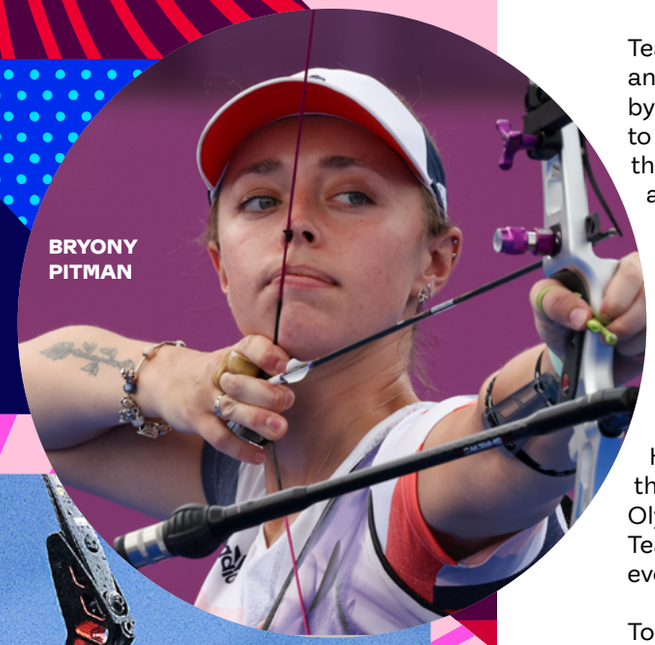


TEAM GB HANDBOOK - PARIS 2024

ARCHERY

Slings and arrows of precision

Archery has gripped fans with stunning feats of accuracy since its Olympic debut in 1900.



BRYONY PITMAN

An ever-present at the Games since Munich 1972, success in the sport is fiendishly difficult but the method of scoring is simple.

Archers shoot arrows at a target 122 centimetres in diameter from a distance of 70 metres, scoring more points the closer to the centre they land. For the maximum 10 points, archers must find the central ring that is 12.2cm wide.

Recurve is the only discipline contested at the Games and archers compete for individual, men's and women's team and mixed team medals.

All competitors shoot 72 arrows in the ranking round to determine their seeding before entering head-to-head knockout matches, where the top seed will face the lowest-ranked player in a bracket format.

Matches are decided by set play, with the highest score taking the set. In individual matches, each archer has three arrows per set. Each set is worth two points, and a tied set one each, with the first to reach six taking victory.

Team matches consist of three archers on each side, while mixed team is contested in pairs, with each archer shooting two arrows per set.

PENNY HEALEY

Team GB have a long heritage in the sport and at Paris 2024, the charge will be led by Penny Healey. The teenager, inspired to have a go at archery after watching the Disney film 'Brave', will hope to make a mark at her debut Games following a stunning 2023. Healey's breakout year saw her hit world number one, claim Archery World Cup gold and win two golds at the 2023 European Games.

Britain's archers left it until the last possible moment to secure quotas in the team events. Spearheaded by Healey, the women won bronze and the men finished fourth at June's Final Olympic Quota Tournament , ensuring Team GB will be represented in all archery events in Paris.

To reach the podium, Healey and her team-mates will most likely have to get past South Korea's archers, who have topped the archery medal table at every Games since Seoul 1988, when team competition was first introduced.

Competition takes place at Esplanade des Invalides, the garden of a complex of military buildings, monuments, and museums that includes the tomb of Napoleon Bonaparte.

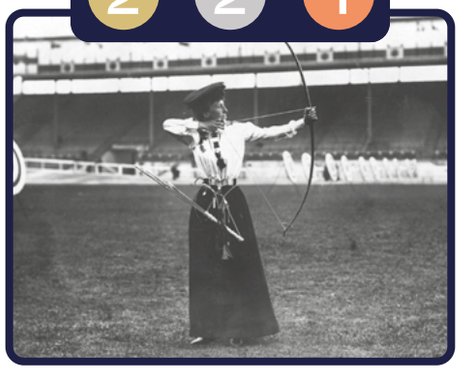
Team GB's first archery medals came in the 1908 Games. Sybil 'Queenie' Newall won gold at the age of 53 and still stands as the oldest woman ever to win an Olympic gold medal.

The five medals won at St Louis 1908 comprise the majority of Team GB's haul. The most recent podium finish came at Athens 2004, as Alison Williamson won individual bronze. Williamson competed at six Olympic Games, up to London 2012, equalling javelin thrower Tessa Sanderson and eventer Mary Thomson-King's female appearance record.

TEAM GB HERITAGE

London 1908

2 2 1



Barcelona 1992

2

Seoul 1988

1

Athens 2004

1

All-time total

2 2 5

TEAM GB HANDBOOK - PARIS 2024

EVENT SCHEDULE

= Medal Event

THURSDAY 25 JULY

Time	Event
09:30 - 12:30	Women's Individual Ranking Round
14:15 - 17:15	Men's Individual Ranking Round

SUNDAY 28 JULY

Time	Event
09:30 - 11:05	Women's Team 1/8 Elimination Round
14:15 - 17:55	Women's Team Quarter-Finals Women's Team Semi-Finals Women's Team Bronze Medal Match Women's Team Gold Medal Match

MONDAY 29 JULY

Time	Event
09:30 - 11:05	Men's Team 1/8 Elimination Round
14:15 - 17:55	Men's Team Quarter-Finals Men's Team Semi-Finals Men's Team Bronze Medal Match Men's Team Gold Medal Match

TUESDAY 30 JULY

Time	Event
12:00 - 15:55	Men's Individual 1/32 Elimination Round Women's Individual 1/32 Elimination Round Men's Individual 1/16 Elimination Round Women's Individual 1/16 Elimination Round
17:45 - 20:25	Men's Individual 1/32 Elimination Round Women's Individual 1/32 Elimination Round Men's Individual 1/16 Elimination Round Women's Individual 1/16 Elimination Round

WEDNESDAY 31 JULY

Time	Event
12:00 - 15:55	Men's Individual 1/32 Elimination Round Women's Individual 1/32 Elimination Round Men's Individual 1/16 Elimination Round Women's Individual 1/16 Elimination Round
17:45 - 20:25	Men's Individual 1/32 Elimination Round Women's Individual 1/32 Elimination Round Men's Individual 1/16 Elimination Round Women's Individual 1/16 Elimination Round

THURSDAY 1 AUGUST

Time	Event
09:30 - 13:25	Men's Individual 1/32 Elimination Round Women's Individual 1/32 Elimination Round Men's Individual 1/16 Elimination Round Women's Individual 1/16 Elimination Round
15:30 - 19:25	Men's Individual 1/32 Elimination Round
17:45 - 20:25	Women's Individual 1/32 Elimination Round

FRIDAY 2 AUGUST

Time	Event
09:30 - 12:05	Mixed Team 1/8 Elimination Round
14:15 - 17:25	Mixed Team Quarter-Finals Mixed Team Semi-Finals Mixed Team Bronze Medal Match Mixed Team Gold Medal Match

SATURDAY 3 AUGUST

Time	Event
09:30 - 11:15	Women's Individual 1/8 Elimination Round
13:00 - 15:20	Women's Individual Quarter-Finals Women's Individual Semi-Finals Women's Individual Bronze Medal Match Women's Individual Gold Medal Match

SUNDAY 4 AUGUST

Time	Event
09:30 - 11:15	Men's Individual 1/8 Elimination Round
13:00 - 15:20	Men's Individual Quarter-Finals Men's Individual Semi-Finals Men's Individual Bronze Medal Match Men's Individual Gold Medal Match

Athletes: Women

MEGAN HAVERS
Individual & Team

DOB: 02.12.2007 | Age: 16
From: Leicester
IG: @megs_archery
Link to bio

PENNY HEALEY
Individual & Team

DOB: 07.03.2005 | Age: 19
From: Telford
IG: @penny_healey_archery
Lottery funded: 2 years
Link to bio

BRYONY PITMAN
Individual & Team

DOB: 13.03.1997 | Age: 27
From: Brighton
OLY: Tokyo
IG: @bryonypitman
Lottery funded: 9 years
Link to bio

Athletes: Men

CONOR HALL
Individual & Team

DOB: 08.09.1995 | Age: 28
From: Belfast
IG: @conor1hall
Lottery funded: 2 years
Link to bio

TOM HALL
Individual & Team

DOB: 17.09.1990 | Age: 33
From: Kenilworth
OLY: Tokyo
IG: @tom_hall_archery
Lottery funded: 3 years
Link to bio

ALEX WISE
Individual & Team

DOB: 17.08.2000| Age: 23
From: Newcastle-upon-Tyne
IG: @alexwise.17
Lottery funded: 3 years
Link to bio

Staff Bios

TOM DUGGAN
Team Leader

NAOMI FOLKARD
Coach

NICKY HUNT
Coach

CHELSEA ORME
Psych Support

KIERAN MCMAHON
Physio

Natation Artistique

ARTISTIC SWIMMING

Where art meets sport

Artistic swimming is a sport revolutionised for Paris 2024.

This Games will mark the debut of a new scoring system, that makes the sport more objective and simplified and comes just a few short years since it was renamed from synchronised swimming.

In fact, the discipline was initially known as water ballet, with the first recorded competition taking place in Berlin in 1891.

Artistic swimming sees swimmers perform a synchronised choreographed routine of athletic movements set to music.At the Olympics, across both the duet and team events, athletes perform twice with a free and technical routine.

Judges score the performance on a variety of categories, including execution, synchronisation, use of music and choreography while also taking into account the routine's degree of difficulty.

Artistic swimming was included as a demonstration sport at the 1952 Olympic Games in Helsinki but was not officially added to the Olympics until LA 1984.

Originally, medals were contested across the women's duet and solo events until, in 1996, the women's team was the only event held at the Atlanta Games. From Sydney onwards, medals have been awarded in the duet and team categories.

Men are now eligible to be selected for the team event, with a maximum of two men permitted in the eight-person mixed team, while the duet remains women only.

KATE SHORTMAN & IZZY THORPE

Russia were the best-performing nation between 2000 and 2016, while the Russian Olympic Committee topped the medal table in Tokyo. China set the gold standard at recent World Championships.

Great Britain have never won a medal in artistic swimming but have competed in seven previous Games. Team GB made its Olympic debut - as the sport did - in 1984, competing at the next three Games before a break of 12 years until 2008. Since then, Great Britain have featured at every Games and head to Paris with a chance of a medal.

Kate Shortman and Izzy Thorpe will represent Great Britain at their second Olympic Games, qualifying for Paris 2024 in stunning style by winning bronze in the free duet at the World Championships earlier this year.

That was their second medal in the space of 72 hours having previously become the first Britons to win a duet medal at a World Championships in the tech duet category.

Shortman - who can hold her breath underwater for three minutes - made more history in 2023 by winning bronze in the women's solo free, marking Great Britain's first-ever world medal.

She and Thorpe met as youngsters at Clifton High School having both followed their mothers' footsteps into artistic swimming and have been inseparable ever since they first performed a duet at Filton Leisure Centre.

Last year, Shortman admitted she thought about giving up artistic swimming before rule changes helped her relight her fire.

EVENT SCHEDULE

= Medal Event

MONDAY 5 AUGUST	
Time	Event
19:30 - 21:00	Team Technical Routine

TUESDAY 6 AUGUST	
Time	Event
19:30 - 21:00	Team Free Routine

WEDNESDAY 7 AUGUST	
Time	Event
19:30 - 21:15	Team Acrobatic Routine

FRIDAY 9 AUGUST	
Time	Event
19:30 - 21:30	Duet Technical Routine

SATURDAY 10 AUGUST	
Time	Event
19:30 - 22:00	Duet Free Routine

Athletes

KATE SHORTMAN
Duet

DOB: 19.11.2001 | Age: 22
From: Bristol
OLY: Tokyo
IG: @kateshortman
Lottery funded: 1 year
Link to bio

IZZY THORPE
Duet

DOB: 04.03.2001 | Age: 23
From: Bristol
OLY: Tokyo
IG: @izzythorpee
Lottery funded: 1 year
Link to bio

Staff Bios

KAREN THORPE
Team Leader

YUMIKO TOMOMATSU
Coach

Athlétisme

ATHLETICS

ATHLETICS

Run, jump and throw for victory

Home to some of the most iconic moments in Olympic history, few sports embody the spirit of the Games like athletics.

Part of every edition since the advent of the modern Games in 1896, the sport boasts the largest number of athletes at each Games as the world descends upon Paris to compete for Olympic gold in Stade de France.

Great Britain's athletes boast a long and storied history in both track and field events and sit third in the all-time athletics medal table.

From Coe, Cram, and Ovett to Dame Kelly Holmes and beyond, middle distance running has been long been a strength of Team GB and Paris 2024 looks set to be no different.

Keely Hodgkinson took a stunning silver on debut in Tokyo and will look to upgrade to gold in the women's 800, while Laura Muir is back for a third Games after winning 1500m silver last time out.

The men's side is also packed with talent; Ben Pattison put the world on notice with 800m bronze at the 2023 World Championships and Team GB boasts the two most recent 1500m world champions in Jake Wightman and Josh Kerr. Wightman will take on the 800m in Paris.

There are sprint stars too; Zharnel Hughes now holds both 100m and 200m men's British records.

DARYLL NEITA

KEELY HODGKINSON

Hughes' stellar 2023 also yielded a world bronze medal in the blue riband 100m.

Dina Asher-Smith holds both of the women's national records and leads the charge again alongside Daryll Neita.

Both will hope to break Team GB's 64-year wait for an individual women's sprint medal, while relays remain a highlight and a consistent medal hope for both men and women.

In the field, pole vaulter Molly Caudery has enjoyed a stunning rise and broke the British record in June.

Combining both track and field is heptathlon world champion Katarina Johnson-Thompson who will look to join the illustrious list of British combined-event Olympic champions.

Action begins with the road race walks on 1 August with action getting underway at Stade de France on 2 August, with medals up for grabs on every day all the way through until the final day of the Games.

The final weekend plays host to the marathon, perhaps the event that evokes the most legend, with the men's event taking place on the penultimate day before the women's event signs off the athletics programme on Sunday.

World records may well be broken in both races amidst a potentially golden-era of marathon running, with six British athletes featuring.

Athletes looking to complete the historic 26.2 mile distance will hug the banks of the Seine after setting off from Hôtel de Ville, before making their way down to Versailles and its famous palace. It's then time to loop back towards the city centre for an iconic finish at Les Invalides.

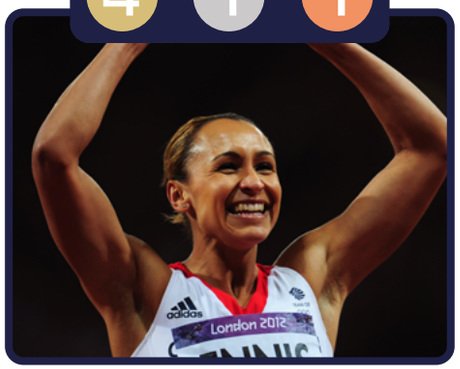
TEAM GB HERITAGE

Beijing 2008

1 2 5

London 2012

4 1 1



Rio 2016

2 1 4

Tokyo 2020

2 3

All-time total

55 82 73

TEAM GB HANDBOOK - PARIS 2024

EVENT SCHEDULE

= Medal Event

THURSDAY 1 AUGUST

Time	Event
07:30 - 11:05	Men's 20km Race Walk Final
	Women's 20km Race Walk Final

FRIDAY 2 AUGUST

Time	Event
10:00 - 13:00	Men's Decathlon: 100m, Long Jump and Shot Put
	Men's Hammer Qualification
	Women's High Jump Qualification
	Women's 100m Preliminary Round
	Men's 1500m Round 1
	Women's 100m Round 1
17:40 - 22:00	Men's Decathlon: High Jump and 400m
	Women's 5000m Round 1
	Women's Triple Jump Qualification
	Women's Discus Qualification
	Mixed 4x400m Relay Round 1
	Women's 800m Round 1
	Men's Shot Put Qualification
	Men's 10,000m Final

SATURDAY 3 AUGUST

Time	Event
10:00 - 16:00	Men's Decathlon: 110 Hurdles, Discus, Pole Vault
	Men's Pole Vault Qualification
	Men's 100m Preliminary Round
	Women's 800m Repechages
	Men's 100m Round 1
19:00 - 22:00	Men's Decathlon: Javelin, 1500m
	Men's 1500m Repechages
	Men's Shot Put Final
	Women's 100m Semi-Finals
	Women's 100m Final

SUNDAY 4 AUGUST

Time	Event
10:00 - 13:15	Women's 3000m Steeplechase Round 1
	Women's Hammer Qualification
	Women's 200m Round 1
	Men's Long Jump Qualification
	Men's 110m Hurdles Round 1
	Women's 400m Hurdles Round 1
18:30 - 22:00	Men's 400m Round 1
	Women's High Jump Final
	Men's 100m Semi-Finals
	Men's Hammer Final
	Women's 800m Semi-Finals
	Men's 1500m Semi-Finals
	Men's 100m Final

MONDAY 5 AUGUST

Time	Event
10:00 - 13:15	Men's 400m Hurdles Round 1
	Men's Discus Qualification
	Women's Pole Vault Qualification
	Women's 400m Hurdles Repechages
	Men's 400m Repechages
	Women's 400m Round 1
	Women's 200m Repechages
18:30 - 22:00	Men's Pole Vault Final
	Men's 3000m Steeplechase Round 1
	Men's 200m Round 1
	Women's Discus Final
	Women's 200m Semi-Finals
	Women's 5000m Final
	Women's 800m Final

TUESDAY 6 AUGUST

Time	Event
10:00 - 13:00	Women's 1500m Round 1
	Men's Javelin Qualification
	Men's 110m Hurdles Qualification
	Women's Long Jump Qualification
	Women's 400m Repechages
	Men's 400m Hurdles Repechages
	Men's 200m Repechages
19:00 - 22:00	Men's 400m Semi-Finals
	Women's Hammer Final
	Women's 400m Hurdles Semi-Finals
	Men's Long Jump Final
	Men's 1500m Final
	Women's 3000m Steeplechase Final
	Women's 200m Final

WEDNESDAY 7 AUGUST

Time	Event
07:30 - 10:50	Men's and Women's Marathon Race Walk Relay
10:00 - 13:05	Men's High Jump Qualification
	Women's 100m Hurdles Round 1
	Women's Javelin Qualification
	Men's 5000m Round 1
	Men's 800m Round 1
	Women's 1500m Repechages
18:30 - 22:00	Women's Pole Vault Final
	Men's 110m Hurdles Semi-Finals
	Men's Triple Jump Qualification
	Men's 400m Hurdles Semi-Finals
	Men's 200m Semi-Finals

WEDNESDAY 8 AUGUST

Time	Event
10:00 - 13:00	Women's Heptathlon: 100m Hurdles, High Jump
	Women's Shot Put Qualification
	Women's 100m Hurdles Repechages
	Women's 4x100m Relay Round 1
	Men's 4x100m Relay Round 1
	Men's 800m Repechages
19:00 - 22:00	Women's Heptathlon: Shot Put, 200m
	Women's 1500m Semi-Finals
	Women's Long Jump Final
	Men's Javelin Final
	Men's 200m Final
	Women's 110m Hurdles

FRIDAY 9 AUGUST

Time	Event
10:00 - 13:15	Women's Heptathlon: Long Jump, Javelin
	Women's 4x400m Relay Round 1
	Men's 4x400m Relay Round 1
	Men's 800m Semi-Finals
	Women's 100m Hurdles Semi-Finals
19:00 - 22:30	Women's 4x100m Relay Final
	Women's Shot Put Final
	Men's 4x100m Relay Final
	Women's 400m Final
	Men's Triple Jump Final
	Women's Heptathlon: 800m
	Women's 10,000m Final
	Men's 400m Hurdles Final

FRIDAY 10 AUGUST

Time	Event
08:00 - 11:00	Men's Marathon
18:30 - 22:30	Men's High Jump Final
	Men's 800m Final
	Women's Javelin Final
	Women's 100m Hurdles Final
	Men's 5000m Final
	Women's 1500m Final
	Men's 4x400m Relay Final
	Women's 4x400m Relay Final

SATURDAY 11 AUGUST

Time	
08:00 - 11:15	Women's Marathon

JOSH KERR

TEAM GB HANDBOOK - PARIS 2024

Athletes: Women

DINA ASHER-SMITH
100m, 200m, 4x100m
DOB: 04.12.1995 | Age: 28
From: Orpington
OLY: Rio, Tokyo
IG: @dinaasheresmith
Lottery funded: 11 years
Link to bio

IMANI-LARA LANSIQUOT
100m, 4x100m
DOB: 17.12.1997 | Age: 26
From: Peckham
OLY: Tokyo
IG: @imanilara
Lottery funded: 7 years
Link to bio

DARYLL NEITA
100m, 200m, 4x100m
DOB: 29.08.1996 | Age: 27
From: London
OLY: Rio, Tokyo
IG: @darylln eita
Lottery funded: 9 years
Link to bio

BIANCA WILLIAMS
200m, 4x100m
DOB: 18.12.1993 | Age: 30
From: Enfield
IG: @biancaawills
Lottery funded: 9 years
Link to bio

AMBER ANNING
400m, 4x400m
DOB: 18.11.2000 | Age: 23
From: London
IG: @amberanning
Lottery funded: 1 year
Link to bio

LAVIAI NIELSEN
400m, 4x400m
DOB: 13.03.1996 | Age: 28
From: London
OLY: Tokyo
IG: @laviai
Lottery funded: 8 years
Link to bio

VICTORIA OHURUOGU
400m, 4x400m
DOB: 28.02.1993 | Age: 31
From: London
IG: @vixxplay
Lottery funded: 1 year
Link to bio

PHOEBE GILL
800m
DOB: 27.04.2007 | Age: 17
From: St Albans
IG: @phoebegll
Link to bio

KEELY HODGKINSON
800m
DOB: 03.03.2002 | Age: 22
From: Wigan
OLY: Tokyo
IG: @keely.hodgkinson
Lottery funded: 3 years
Link to bio

JEMMA REEKIE
800m
DOB: 06.03.1998 | Age: 26
From: North Ayrshire
OLY: Tokyo
IG: @jemmareekie
Lottery funded: 6 years
Link to bio

GEORGIA BELL
1500m
DOB: 17.10.1993 | Age: 30
From: Battersea
IG: @georgiabellthedualathlete
Link to bio

LAURA MUIR
1500m
DOB: 09.05.1993 | Age: 31
From: Inverness
OLY: Rio, Tokyo
IG: @lmuiruns
Lottery funded: 11 years
Link to bio

REVEE WALCOTT-NOLAN
1500m
DOB: 06.03.1995 | Age: 29
From: Luton
OLY: Tokyo
IG: @revseewn
Link to bio

MEGAN KEITH
10,000m
DOB: 23.04.2002 | Age: 22
From: Inverness
IG: @megankeith_
Link to bio

EILISH MCCOLGAN
10,000m
DOB: 25.11.1990 | Age: 33
From: Dundee
OLY: London, Rio, Tokyo
IG: @eilishmccolgan
Lottery funded: 12 years
Link to bio

JESSIE KNIGHT
400m Hurdles
DOB: 15.06.1994 | Age: 30
From: Epsom
OLY: Tokyo
IG: @jessieknight400
Lottery funded: 3 years
Link to bio

LINA NIELSEN
400m Hurdles
DOB: 13.03.1996 | Age: 28
From: London
IG: @linaruns
Link to bio

ELIZABETH BIRD
3000m Steeplechase
DOB: 04.10.1994 | Age: 29
From: St Albans
OLY: Tokyo
IG: @lizziebird410
Lottery funded: 3 years
Link to bio

AIMEE PRATT
3000m Steeplechase
DOB: 03.10.1997 | Age: 26
From: Manchester
OLY: Tokyo
IG: @aimeepratt_
Lottery funded: 5 years
Link to bio

CINDY SEMBER
100m Hurdles
DOB: 05.08.1994 | Age: 29
From: Ypsilanti
OLY: Rio, Tokyo
IG: @cindyofili
Lottery funded: 4 years
Link to bio

MORGAN LAKE
High Jump
DOB: 12.05.1997 | Age: 27
From: Milton Keynes
OLY: Rio, Tokyo
IG: @morganalexandralake
Lottery funded: 10 years
Link to bio

HOLLY BRADSHAW
Pole Vault
DOB: 02.11.1991 | Age: 32
From: Preston
OLY: London, Rio, Tokyo
IG: @hollypv
Lottery funded: 14 years
Link to bio

MOLLY CAUDERY
Pole Vault
DOB: 17.03.2000 | Age: 24
From: Truro
IG: @molly_caudery
Lottery funded: 3 years
Link to bio

JADE O'DOWDA
Heptathlon
DOB: 09.09.1999 | Age: 24
From: Oxford
IG: @jadeodowda
Lottery funded: 2 years
Link to bio

KATARINA JOHNSON-THOMPSON
Heptathlon
DOB: 09.01.1993 | Age: 31
From: Liverpool
OLY: London, Rio, Tokyo
IG: @johnsonthompson
Lottery funded: 15 years
Link to bio

DESIREE HENRY
4x100m
DOB: 26.08.1995 | Age: 28
From: Edmonton
OLY: Rio
IG: @desiree_lh
Lottery funded: 5 years
Link to bio

AMY HUNT
4x100m
DOB: 15.05.2002 | Age: 22
From: Grantham
IG: @a.myhunt
Link to bio

YEMI MARY JOHN
4x400m
DOB: 03.05.2003 | Age: 21
From: London
IG: @yemi_mary
Lottery funded: 1 year
Link to bio

NICOLE YEARGIN
4x400m
DOB: 11.08.1997 | Age: 26
From: Maryland
OLY: Tokyo
IG: @yourfitnic
Lottery funded: 3 years
Link to bio

HANNAH KELLY
4x400m
DOB: 20.12.2000 | Age: 23
From: Bury
IG: @hannahh_kelly
Link to bio

JODIE WILLIAMS
4x400m
DOB: 28.09.1993 | Age: 30
From: Welwyn Garden City
OLY: Rio, Tokyo
IG: @jodiealicia
Lottery funded: 8 years
Link to bio

ROSE HARVEY
Marathon
DOB: 25.08.1992 | Age: 31
From: Wandsworth
IG: @rosehharvey.run
Link to bio

CALLI HAUGER-THACKERY
Marathon
DOB: 09.01.1993 | Age: 31
From: Sheffield
IG: @callirianne
Link to bio

CHARLOTTE PURDUE
Marathon
DOB: 10.06.1991 | Age: 33
From: Windsor
IG: @charliepurdue
Lottery funded: 8 years
Link to bio

Athletes: Men

JEREMIAH AZU
100m, 4x100m

DOB: 15.05.2001 | Age: 23
From: Cardiff
IG: @jeremiahazu
Lottery funded: 3 years
Link to bio

LOUIE HINCHLIFFE
100m, 4x100m

DOB: 18.07.2002 | Age: 22
From: Sheffield
IG: @louiehl
Link to bio

ZHARNEL HUGHES
100m, 200m, 4x100m

DOB: 13.07.1995 | Age: 28
From: Anguilla
OLY: Tokyo
IG: @zharnel_hughes
Lottery funded: 9 years
Link to bio

CHARLIE DOBSON
400m, 4x400m, Mixed 4x400m

DOB: 20.10.1999 | Age: 24
From: Colchester
IG: @charliedobson200
Lottery funded: 2 years
Link to bio

MATT HUDSON-SMITH
400m, 4x400m

DOB: 26.10.1994 | Age: 29
From: Wolverhampton
OLY: Rio
IG: @matthudsonsmith
Lottery funded: 9 years
Link to bio

MAX BURGIN
800m

DOB: 20.05.2002 | Age: 22
From: Halifax
IG: @max_burgin
Lottery funded: 2 years
Link to bio

BEN PATTISON
800m

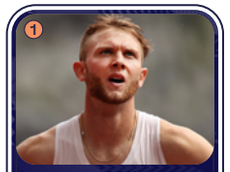
DOB: 15.12.2001 | Age: 22
From: Frimley
IG: @ben.pattison
Lottery funded: 2 years
Link to bio

JAKE WIGHTMAN
800m

DOB: 11.07.1994 | Age: 30
From: Edinburgh
OLY: Tokyo
IG: @jakeswightman
Lottery funded: 10 years
Link to bio

NEIL GOURLEY
1500m

DOB: 07.02.1995 | Age: 29
From: Glasgow
IG: @neil_gourley
Lottery funded: 5 years
Link to bio



JOSH KERR
1500m

DOB: 08.10.1997 | Age: 26
From: Edinburgh
OLY: Tokyo
IG: @joshhkerr
Lottery funded: 6 years
Link to bio

GEORGE MILLS
1500m, 5000m

DOB: 11.05.1999 | Age: 25
From: Harrogate
IG: @georgemills800
Lottery funded: 2 years
Link to bio

SAM ATKIN
5000m

DOB: 14.03.1993 | Age: 31
From: Grimsby
OLY: Tokyo
IG: @samatkin_
Link to bio

PATRICK DEVER
5000m, 10,000m

DOB: 05:09:1996
Age: 27
From: Preston
IG: @_patrickdever
Link to bio

TADE OJORA
110m Hurdles

DOB: 14.10.1999 | Age: 24
From: London
IG: @tadeojora
Lottery funded: 1 year
Link to bio

ALASTAIR CHALMERS
400m Hurdles

DOB: 31.03.2000 | Age: 24
From: Guernsey
IG: @alastair_chalmers
Link to bio

CALLUM WILKINSON
20km Race Walk

DOB: 14.03.1997 | Age: 27
From: Moulton
OLY: Tokyo
IG: @cwilko1997
Lottery funded: 7 years
Link to bio

SCOTT LINCOLN
Shot Put

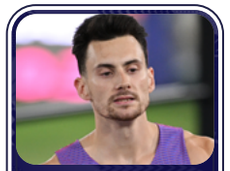
DOB: 07.05.1993 | Age: 31
From: Northallerton
OLY: Tokyo
IG: @shotputtlinco
Lottery funded: 3 years
Link to bio

LAWRENCE OKOYE
Discus Throw

DOB: 08.10.1991 | Age: 32
From: Croydon
OLY: London, Tokyo
IG: @fullheartedpush
Lottery funded: 4 years
Link to bio

NICK PERCY
Discus Throw

DOB: 05.12.1994 | Age: 29
From: Glasgow
IG: @discusnick
Link to bio



JACOB FINCHAM-DUKES
Long Jump

DOB: 12.01.1997 | Age: 27
From: Harrogate
IG: @notorious_jfd
Link to bio

RICHARD KILTY
4x100m

DOB: 02.09.1989 | Age: 34
From: Middlesbrough
OLY: Rio, Tokyo
IG: @richardkilty1
Lottery funded: 10 years
Link to bio

NETHANEEL MITCHELL-BLAKE
4x100m

DOB: 02.04.1994 | Age: 30
From: Newham
OLY: Rio, Tokyo
IG: @nethaneel
Lottery funded: 7 years
Link to bio

CHARLIE CARVELL
4x400m, Mixed 4x400m

DOB: 30.06.2004 | Age: 20
From: Bridgnorth
IG: @charliecarv
Link to bio

TOBY HARRIES
4x400m, Mixed 4x400m

DOB: 30.09.1998 | Age: 25
From: Brighton
IG: @toby_harries
Link to bio

ALEX HAYDOCK-WILSON
4x400m, Mixed 4x400m

DOB: 28.07.1999 | Age: 24
From: London
IG: @alex.la.parole
Lottery funded: 7 years
Link to bio

LEWIS DAVEY
Mixed 4x400m

DOB: 24.10.2000 | Age: 23
From: Grantham
IG: @ld4hunna
Lottery funded: 1 year
Link to bio

BEN JEFFERIES
Mixed 4x400m

DOB: 10.09.1999 | Age: 24
From: Bristol
IG: @_benjefferies
Link to bio

EMILE CAIRESS
Marathon

DOB: 27.12.1997 | Age: 26
From: Bradford
IG: @emilecairess
Lottery funded: 1 year
Link to bio

MAHAMED MAHAMED
Marathon

DOB: 18.09.1997 | Age: 26
From: Southampton
IG: @mahamed_m10
Link to bio

PHIL SESEMANN
Marathon

DOB: 3.10.1992 | Age: 31
From: London
IG: @philsesemann
Link to bio

Staff Bios

PAULA DUNN
Team Leader

TOMMY YULE
Deputy Team Leader

STEVE VERNON
Coach

CHRISTOPHER JONES
Coach

JON BIGG
Coach

MARK POLLARD
Coach

DARREN CAMPBELL
Coach

LAURA TURNER ALLEYNE
Coach

MARTYN ROONEY
Coach

LEON BAPTISTE
Coach

CORAL NOURRICE
Coach

ROBBIE GRABARZ
Coach

ASTON MOORE
Coach

ZANE DUQUEMIN
Coach

JAMES BROWN
Doctor

JOHN ROGERS
Doctor

GEORGE POLGLASS
Therapist

JAMES HEDGER
Therapist

SATVEER KANG
Therapist

PAUL BRICE
Biomechanist

MICHAEL JOHNSON
S&C

NIGEL MITCHELL
Nutrition

ALISON ROSE
Therapist

SARAH CONNORS
Therapist

ANDREW SHAW
Physiologist

MILLY PAMMENT
Biomechanist

SARAH HAYES
Psychologist

LAURA MOSS
Therapist

REBECCA KNIGHT
Therapist

JENNIFER SAVAGE
Physiologist

NICK CARD
S&C

TREVOR PAINTER
Personal Coach

RICKY MORGAN
Personal Coach

SHAUN KETTLE
Personal Coach

MARCO AIRALE
Personal Coach

JOHN LANE
Personal Coach

MANDY IBBETT
Team Manager

JULIANN FLOREZ
Personal Coach

CHARLES VAN COMMENEE
Personal Coach

ANTONIO WILLIAMS
Personal Coach

THOMAS DREISSIGACKER
Personal Coach

LORNA DWYER
Team Manager

TOM OTT
Personal Coach

JEFFREY KING
Personal Coach

KATE ROONEY
Personal Coach

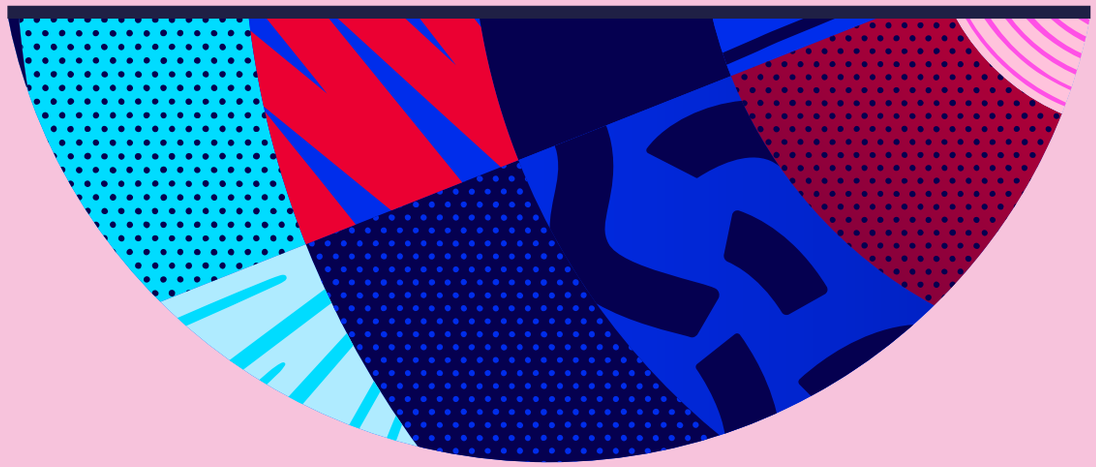
DEBORAH STEER
Personal Coach

CERYS MILLER
Team Manager

TINA RYAN
Team Manager

Badminton

BADMINTON



BADMINTON

Never mind the shuttlecocks

Badminton is one of the fastest sports at the Olympics with shuttlecocks reaching speeds of more than 350mph.

An intense and exciting spectacle where matches are decided by the finest of margins, badminton returns as a medal sport for its ninth Olympic Games in Paris.

Having been a demonstration sport in both 1972 and 1988, badminton was finally granted full Olympic status at Barcelona 1992 and has become one of the most exhilarating events to watch.

Paris 2024 will see the five traditional events contested – men's and women's singles, men's and women's doubles and mixed doubles – with every match being best-of-three games and the first player or pair to reach 21 points winning the game.

If the score in any game reaches 20-20, the margin of victory must be two clear points until it reaches 29-29, when next point wins.

The singles events in Paris will see players divided into groups of three or four players for a series of round-robin matches, with the top-ranked player in each group advancing into a straight knockout competition.

Meanwhile, in the doubles, players are divided into four round-robin groups of four and the two top-ranked pairs progress to the quarter-finals and beyond.

SEAN VENDY

KIRSTY GILMOUR

While China have dominated the Olympic badminton medal podium since the sport's introduction in 1992 – winning 20 of the 39 golds on offer – Team GB have held their own with three memorable medal performances.

At Sydney 2000, Simon Archer and Joanne Goode won Team GB's first-ever badminton medal with mixed doubles bronze before Gail Emms and Nathan Robertson went one better in Athens four years later by taking silver.

And eight years ago in Rio, Chris Langridge and Marcus Ellis ensured British representation on the men's doubles medal podium for the first time by beating Chinese pair Chai Biao and Hong Wei in the bronze medal match.

Having made their Olympic debuts in Tokyo, Ben Lane and Sean Vendy continue to fly the flag in men's doubles.

Vendy first picked up a badminton racket aged five and Lane aged nine, with the pair playing doubles together for ten years.

They broke through in the first competitions staged during the Covid-19 pandemic, earning selection for Tokyo where they exited in the group stage.

Lane and Vendy have continued to progress, consistently challenging top pairings. In March, they won the Swiss Open, their maiden tournament triumph in the higher echelons of the World Tour.

Elsewhere, Kirsty Gilmour provides Team GB's sole representation in the singles disciplines. The Scottish shuttler is just the sixth badminton player to compete for Team GB at three Olympic Games having featured at Rio 2016 and Tokyo 2020. Like Lane and Vendy, she reached the podium at the recent European Championships, capturing silver.

TEAM GB HERITAGE

Sydney 2000

1

Athens 2004

1

Rio 2016

1

All-time total

1 2

TEAM GB HANDBOOK - PARIS 2024

EVENT SCHEDULE

= Medal Event

SATURDAY 27 JULY

Time	Event
08:30 - 12:00	Mixed Doubles Group Stage Women's Singles Group Stage Men's Doubles Group Stage Women's Doubles Group Stage Men's Singles Group Stage
14:00 - 17:30	Mixed Doubles Group Stage Women's Singles Group Stage Men's Doubles Group Stage Women's Doubles Group Stage Men's Singles Group Stage
19:30 - 23:00	Women's Singles Group Stage Men's Doubles Group Stage Women's Doubles Group Stage Men's Singles Group Stage

SUNDAY 28 JULY

Time	Event
08:30 - 12:00	Mixed Doubles Group Stage Women's Singles Group Stage Men's Doubles Group Stage Women's Doubles Group Stage Men's Singles Group Stage
14:00 - 17:30	Mixed Doubles Group Stage Men's Doubles Group Stage Women's Doubles Group Stage Women's Singles Group Stage Men's Singles Group Stage
19:30 - 23:00	Mixed Doubles Group Stage Men's Doubles Group Stage Women's Singles Group Stage Women's Doubles Group Stage Men's Singles Group Stage

MONDAY 29 JULY

Time	Event
08:30 - 12:00	Mixed Doubles Group Stage Men's Doubles Group Stage Women's Singles Group Stage Women's Doubles Group Stage Men's Singles Group Stage
14:00 - 17:30	Mixed Doubles Group Stage Men's Doubles Group Stage Women's Singles Group Stage Women's Doubles Group Stage Men's Singles Group Stage
19:30 - 23:00	Mixed Doubles Group Stage Women's Singles Group Stage Men's Doubles Group Stage Women - Doubles Group Stage

TUESDAY 30 JULY

Time	Event
08:30 - 12:00	Women's Singles Group Stage Men's Doubles Group Stage Women's Doubles Group Stage Men's Singles Group Stage
14:00 - 17:30	Men's Doubles Group Stage Women's Doubles Group Stage Women's Singles Group Stage Men's Singles Group Stage
19:30 - 23:00	Women's Singles Group Stage Men's Doubles Group Stage Women's Doubles Group Stage Men's Singles Group Stage

WEDNESDAY 31 JULY

Time	Event
08:30 - 12:00	Women's Singles Group Stage Men's Singles Group Stage
14:00 - 17:30	Women's Singles Group Stage Men's Singles Group Stage
19:30 - 23:00	Women's Singles Group Stage Men's Singles Group Stage Mixed Doubles Quarter-Finals

THURSDAY 1 AUGUST

Time	Event
08:30 - 11:00	Women's Doubles Quarter-Finals Men's Singles Round of 16
13:00 - 16:30	Men's Doubles Quarter-Finals Men's Singles Round of 16
18:30 - 22:00	Women's Singles Round of 16 Mixed Doubles Semi-Finals

FRIDAY 2 AUGUST

Time	Event
08:30 - 13:00	Women's Doubles Semi-Finals Men's Doubles Semi-Finals
15:00 - 22:30	Mixed Doubles Bronze Medal Match Mixed Doubles Gold Medal Match Men's Singles Quarter-Finals

SATURDAY 3 AUGUST

Time	Event
08:30 - 13:00	Women's Singles Quarter-Finals
15:00 - 17:30	Women's Doubles Bronze Medal Match Women Doubles Gold Medal Match

SUNDAY 4 AUGUST

Time	Event
08:30 - 13:00	Women's Singles Semi-Finals Men's Singles Semi-Finals
15:00 - 17:30	Men's Doubles Bronze Medal Match Men's Doubles Gold Medal Match

SUNDAY 4 AUGUST

Time	Event
09:45 - 12:30	Women's Singles Bronze Medal Match Women's Singles Gold Medal Match
14:30 - 17:30	Men's Singles Bronze Medal Match Men's Singles Gold Medal Math

BEN LANE

Athletes: Women

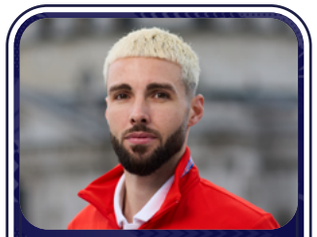
KIRSTY GILMOUR
Women's singles

DOB: 21.09.1993 | Age: 30
From: Bellshill
OLY: Rio, Tokyo
IG: @kirstygilmourr
Lottery funded: 6 years
Link to bio

Athletes: Men

BEN LANE
Men's doubles

DOB: 13.07.1997 | Age: 27
From: Exmouth
IG: @benlane012
Lottery funded: 3 years
Link to bio



SEAN VENDY
Men's doubles

DOB: 18.05.1996 | Age: 29
From: Kirkwall
IG: @seanvendy_
Lottery funded: 3 years
Link to bio

Staff Bios

MARK BEECHER
Team Leader

INGO KINDERVATER
Coach

NATHAN ROBERTSON
Coach

THOMAS HIGNETT
Physio

Boxe

BOXING

BOXING

The noble art

Boasting a lineage that dates way back to the Ancient Greeks, boxing will once again be in the Olympic spotlight at Paris 2024, bringing all the usual drama and excitement.

Paris will hold its preliminary matches at the 6,000-seater Arena Paris Nord, before the iconic Roland-Garros Stadium stages the medal rounds: a fitting setting for such an occasion.

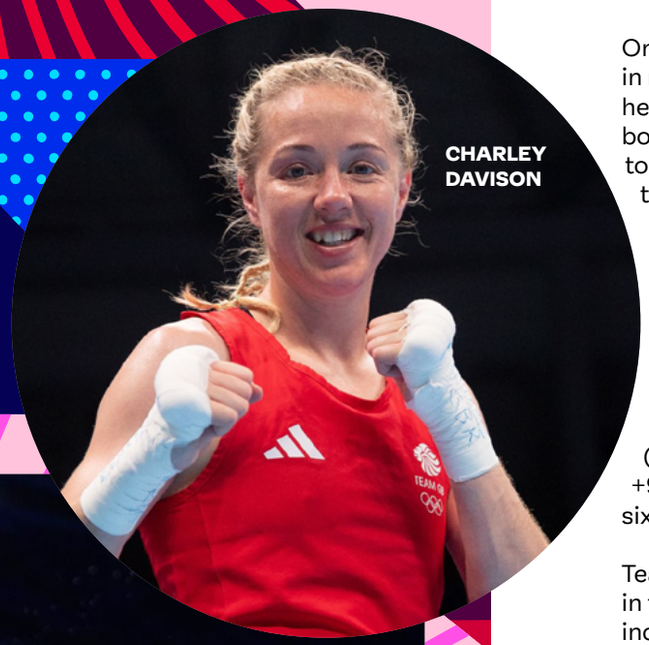
While professionals are now allowed to compete, the chance to box in an Olympic capacity was for a century only available to amateur fighters.

Olympic boxing has thus become synonymous as a career-launcher for aspiring pugilists, offering the opportunity to grab the headlines on the biggest stage.

Look no further than Team GB's own Anthony Joshua, the two-time world heavyweight champion who kickstarted his career by claiming gold at the London 2012 Olympic Games.

Olympic boxing leaves no room for respite for the two inside the ropes. Consisting of three rounds of three minutes, the fighters don't have long to impress the five ringside judges, who score each bout round-by-round to decide a winner – providing there is no victory by knockout.

Round winners are awarded 10 points, while round losers can be awarded anywhere between seven and nine points based on their level of performance in that round. Should the bout go the distance, each judge adds up the round scores to declare a final victor.



CHARLEY DAVISON

DELICIOUS ORIE

One of the major changes to the sport in recent years concerns the rules on headguards. Prior to 2016, all boxers – both men and women – were required to wear them. However, as first seen at the Rio Games, male fighters now fight without head protection, while women continue to wear the extra gear.

In Paris, athletes will fight in revamped weight classes, competing in a knockout elimination format until just two fighters remain to battle for gold. The men will fight across seven classes (51kg, 57kg, 63.5kg, 71kg, 80kg, 92kg, +92kg), while the women will fight across six (50kg, 54kg, 57kg, 60kg, 66kg, 75kg).

Team GB have enjoyed plenty of success in the ring, having taken home 62 medals, including 20 golds, to sit third in the overall medal table.

Only two Brits have won Olympic gold on multiple occasions – middleweight Harry Mallin (1920 & 1924) and flyweight Nicola Adams, who became the first-ever Olympic champion in women's boxing at London 2012 before taking the crown once again at Rio 2016.

Paris offers the chance for a new crop of British boxers to join that elusive list of medal-winners. Super heavyweight Delicious Orie has been racking up the accomplishments in recent years, winning gold at the Birmingham 2022 Commonwealth Games, representing England. He is a heavy hitter tipped to be the next British boxing great.

Another Commonwealth champion, Rosie Eccles will be ready to seize her Olympic chance, four years on from the heartbreak of missing out on a place in Tokyo. She will be joined by mum-of-three Charley Davison, who clinched her place in Paris after securing bronze at the Krakow 2023 European Games.

TEAM GB HERITAGE

Beijing 2008

1 2

London 2012

3 1 1

Rio 2016

1 1 1

Tokyo 2020

2 2 2

All-time total

20 15 27

EVENT SCHEDULE

= Medal Event

SATURDAY 27 JULY

Time	Event
15:30 - 17:55	Women's Bantamweight Round of 32 Women's Lightweight Round of 32 Men's Light Welterweight Round of 32 Men's Light Heavyweight Round of 32
20:00 - 22:25	Women's Bantamweight Round of 32 Women's Lightweight Round of 32 Men's Light Welterweight Round of 32 Men's Light Heavyweight Round of 32

SUNDAY 28 JULY

Time	Event
11:00 - 13:10	Men's Featherweight Round of 32 Men's Light Middleweight Round of 32 Men's Heavyweight Round of 32 Women's Flyweight Round of 32 Women's Welterweight Round of 32
15:30 - 17:40	Men's Featherweight Round of 32 Men's Light Middleweight Round of 32 Men's Heavyweight Round of 16 Women's Flyweight Round of 32 Women's Welterweight Round of 32
20:00 - 22:10	Men's Light Middleweight Round of 32 Men's Heavyweight Round of 32 Women's Flyweight Round of 32 Women's Heavyweight Round of 32

MONDAY 29 JULY

Time	Event
11:00 - 13:10	Women's Lightweight Round of 16 Men's Light Welterweight Round of 16 Men's Super Heavyweight Round of 16
15:30 - 17:40	Women's Lightweight Round of 16 Men's Light Welterweight Round of 16 Men's Super Heavyweight Round of 16
20:00 - 22:10	Women's Lightweight Round of 16 Men's Light Welterweight Round of 16 Men's Super Heavyweight Round of 16

TUESDAY 30 JULY

Time	Event
11:00 - 13:40	Men's Flyweight Round of 16 Men's Light Heavyweight Round of 16 Women's Bantamweight Round of 16 Women's Featherweight Round of 32
15:30 - 18:10	Men's Flyweight Round of 16 Men's Light Heavyweight Round of 16 Women's Bantamweight Round of 16 Women's Featherweight Round of 32
20:00 - 22:40	Men's Flyweight Round of 16 Men's Light Heavyweight Round of 16 Women's Bantamweight Round of 16 Women's Featherweight Round of 32

WEDNESDAY 31 JULY

Time	Event
11:00 - 13:25	Men's Featherweight Round of 16 Men's Light Middleweight Round of 16 Women's Middleweight Round of 16 Women's Lightweight Quarter-Finals
15:30 - 18:10	Men's Featherweight Round of 16 Men's Light Middleweight Round of 16 Women's Middleweight Round of 16 Women's Lightweight Quarter-Finals

WEDNESDAY 31 JULY

Time	Event
20:00 - 22:25	Men's featherweight Round of 16 Men's light middleweight Round of 16 Women's middleweight Round of 16 Women's lightweight Quarter-Finals

THURSDAY 1 AUGUST

Time	Event
11:00 - 13:25	Women's Flyweight Round of 16 Women' Welterweight Round of 16 Women's Bantamweight Quarter-Finals Men's Light Middleweight Quarter-Finals Men's Heavyweight Quarter-Finals
15:30 - 18:10	Women's Flyweight Round of 16 Women's Welterweight Round of 16 Women's Bantamweight Quarter-Finals Men's Light Middleweight Quarter-Finals Men's Heavyweight Quarter-Finals
20:00 - 22:25	Women's Flyweight Round of 16 Women's Welterweight Round of 16 Women's Bantamweight Quarter-Finals Men's Light Middleweight Quarter-Finals Men's Heavyweight Quarter-Finals

FRIDAY 2 AUGUST

Time	Event
15:30 - 18:10	Women's Featherweight Round of 16 Men's Flyweight Quarter-Finals Men's Light Heavyweight Quarter-Finals Men's Super Heavyweight Quarter-Finals
20:00 - 22:40	Women's Featherweight Round of 16 Men's Flyweight Quarter-Finals Men's Light Heavyweight Quarter-Finals Men's Super Heavyweight Quarter-Finals

SATURDAY 3 AUGUST

Time	Event
15:30 - 17:55	Men's Featherweight Quarter-Finals Men's Light Middleweight Quarter-Finals Women's Flyweight Quarter-Finals Women's Welterweight Quarter-Finals Women's Lightweight Semi-Finals
20:00 - 22:25	Men's Featherweight Quarter-Finals Men's Light Middleweight Quarter-Finals Women's Flyweight Quarter-Finals Women's Welterweight Quarter-Finals Women's Lightweight Semi-Finals

SUNDAY 4 AUGUST

Time	Event
11:00 - 13:25	Women's Featherweight Quarter-Finals Women's Heavyweight Quarter-Finals Women's Bantamweight Semi-Finals Men's Flyweight Semi-Finals Men's Light Middleweight Semi-Finals Men's Light Heavyweight Semi-Finals Men's Heavyweight Semi-Finals
15:30 - 17:55	Women's Featherweight Quarter-Finals Women's Heavyweight Quarter-Finals Women's Bantamweight Semi-Finals Men's Flyweight Semi-Finals Men's Light Middleweight Semi-Finals Men's Light Heavyweight Semi-Finals Men's Heavyweight Semi-Finals

TUESDAY 6 AUGUST

Time	Event
21:30 - 23:30	Men's Light Middleweight Semi-Finals Women's Flyweight Semi-Finals Women's Welterweight Semi-Finals Women's Lightweight Final

WEDNESDAY 7 AUGUST

Time	Event
21:30 - 23:30	Women's Featherweight Semi-Finals Men's Super Heavyweight Semi-Finals Men's Light Welterweight Final Men's Light Heavyweight Final

THURSDAY 8 AUGUST

Time	Event
21:30 - 23:30	Men's Featherweight Semi-Finals Women's Middleweight Semi-Finals Men's Flyweight Final Women's Bantamweight Final

FRIDAY 9 AUGUST

Time	Event
21:30 - 23:30	Men's Light Middleweight Final Women's Flyweight Final Men's Heavyweight Final Women's Welterweight Final

SATURDAY 10 AUGUST

Time	Event
21:30 - 23:30	Women's Featherweight Final Men's Featherweight Final Women's Middleweight Final Men's Super Heavyweight Final

ROSIE ECCLES

Athletes: Women

CHARLEY DAVISON
Bantamweight

DOB: 11.01.1994 | Age: 30
From: Lowestoft
OLY: Tokyo
IG: @charley_sian_davison
Lottery funded: 4 years
Link to bio

ROSIE ECCLES
Welterweight

DOB: 23.07.1998 | Age: 28
From: Newport
IG: @rosieeccles1998
Lottery funded: 8 years
Link to bio

CHANTELLE REID
Middleweight

DOB: 31.05.1998 | Age: 26
From: Derby
IG: @ chantelle_reid1_
Lottery funded: 1 year
Link to bio

Athletes: Men

LEWIS RICHARDSON
Light middleweight

DOB: 04.08.1997 | Age: 27
From: Colchester
IG: @lewisjrichardson_
Lottery funded: 8 years
Link to bio

PATRICK BROWN
Heavyweight

DOB: 11.11.1999 | Age: 24
From: Sale
IG: @patbrown__
Lottery funded: 2 years
Link to bio

DELICIOUS ORIE
Super heavyweight

DOB: 31.05.1997 | Age: 27
From: Wolverhampton
IG: @deliciousboxing
Lottery funded: 2 years
Link to bio

Staff Bios

ROB MCCRACKEN
Team Leader

GARY HALE
Coach

LEE PULLEN
Coach

DAVE ALLOWAY
Coach

GRAHAM ALDERSON
Coach

PHIL SELLERS
Coach

PAUL BENNETT
Coach

REBECCA EDGINGTON
Team Manager

ELLIOTT SHARP
Psychologist

HARJINDER SINGH
Doctor

JESSICA SMITH
Performance Analyst

ADAM BAKER
Performance Analyst

GARY HUTT
Strength & Conditioning

JAMIE MITCHELL
Physiologist

ROBBIE LILLIS
Physio

AIDEN DOYLE
Physio

MARK ELLISON
Nutritionist

Canoë-Kayak

CANOEING

TEAM GB HANDBOOK - PARIS 2024

CANOEING

Paddle to the metal

A frantic, fast-paced and awe-inspiring sport that always produces drama, canoeing returns to the Olympic Games for Paris 2024.

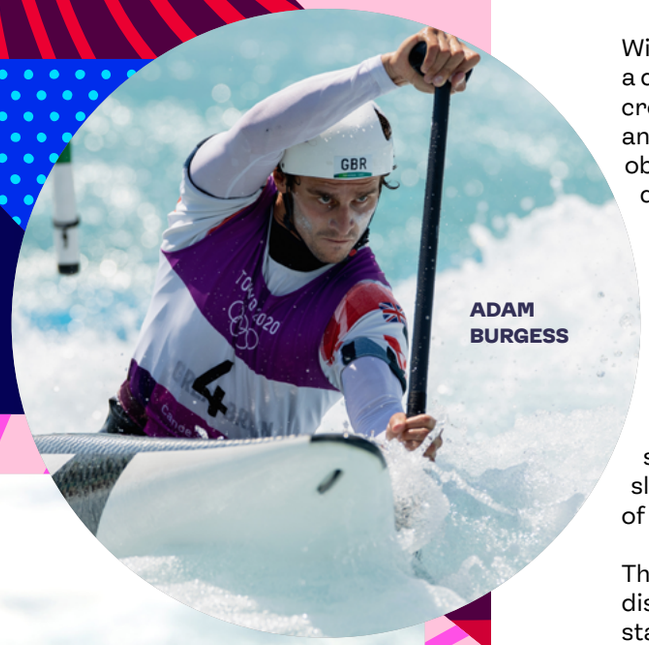
Team GB will be involved in each of the six slalom events scheduled to take place in the French capital. Paris brings a revamped programme and the debut of a brand-new Olympic event in the slalom: the men's and women's kayak cross.

The canoe slalom events will be staged at the National Olympic Nautical Stadium in Vaires-sur-Marne – a state-of-the-art water sports complex opened in 2019.

Canoe slalom is comparatively new to the programme. Despite first appearing at Munich 1972, it only became a consistent inclusion in the Olympic schedule after the Barcelona Games 20 years later – and has since shot up in popularity for its high-octane action.

In the singles slalom, athletes will be tasked with timed runs down a 300m stretch of white-water rapids – competing in either a kayak (sitting with two blades on their paddle) or canoe (where they kneel down with a single blade) – with the aim of getting through up to 25 gates that lie in wait.

The fastest time to negotiate the course wins, although time penalties are handed out for either touching or missing a gate entirely – adding increased jeopardy to an already riveting event.



ADAM BURGESS

MALLORY FRANKLIN

With the traditional slalom event comes a debuting competition format in kayak cross. Four paddlers will drop from an elevated ramp and race down an obstacle-filled course with both up and downstream gates to pass as well as a compulsory roll zone. The first to cross the finish line without getting a fault will win.

The event is split into two stages, starting with a time trial which forms the basis of the seeding for the head-to-head rounds. The initial time trial stage follows a similar structure to slalom with arrows depicting which side of the gates competitors must pass.

There are a variety of ways to get disqualified too – be that by breaking the start, missing a buoy, dangerous paddling or failing to complete the roll.

Team GB's most successful female paddler, Mallory Franklin, will be back in the boat in Paris, hoping to make it back-to-back Olympic medals after winning C1 silver at Tokyo 2020.

Similarly striving for silverware will be yoga lover Adam Burgess, who will seek to avenge heartbreak after missing out on C1 bronze by just 0.16 seconds in Tokyo.

Joe Clarke made history at Rio 2016 by becoming the first-ever British athlete to win K1 slalom gold. After missing out on selection four years ago, Clarke will be back on the Olympic stage with four World Championship titles added to his glittering canoeing CV.

He will look to add to his medal collection in the French capital. Rounding out Team GB's slalom quartet, Kimberley Woods has dreams of a podium spot after World Championship gold in the kayak cross in London last year.

TEAM GB HERITAGE

Beijing 2008

1 1 1

London 2012

2 1 1

Rio 2016

2 2

Tokyo 2020

1 1

All-time total

5 8 6

EVENT SCHEDULE

= Medal Event

SATURDAY 27 JULY

Time	Event
15:00 - 19:10	Men's C1 Heats Women's K1 Heats

SUNDAY 28 JULY

Time	Event
15:30 - 18:50	Women's K1 Final

MONDAY 29 JULY

Time	Event
15:30 - 18:30	Men's C1 Final

TUESDAY 30 JULY

Time	Event
15:00 - 19:10	Women's C1 Heats Men's K1 Heats

WEDNESDAY 31 JULY

Time	Event
15:30 - 18:30	Women's C1 Final

THURSDAY 1 AUGUST

Time	Event
15:30 - 18:30	Men's K1 Final

FRIDAY 2 AUGUST

Time	Event
15:30 - 18:00	Men's Kayak Cross Time Trial Women's Kayak Cross Time Trial

SATURDAY 3 AUGUST

Time	Event
15:30 - 19:15	Men's Kayak Cross Round 1 and Repechage Women's Kayak Cross Round 1 and Repechage

SUNDAY 4 AUGUST

Time	Event
15:30 - 18:00	Men's Kayak Cross Heats Women's Kayak Cross Heats

MONDAY 5 AUGUST

Time	Event
15:30 - 19:15	Men's Kayak Cross Final Women's Kayak Cross Final

Athletes: Women

MALLORY FRANKLIN
C1, Kayak Cross

DOB: 19.06.1994 | Age: 30
From: Windsor
OLY: Tokyo
IG: @mallorysfranklin
Lottery funded: 12 years
Link to bio

KIMBERLEY WOODS
K1, Kayak Cross

DOB: 08.09.1995 | Age: 28
From: Rugby
OLY: Tokyo
IG: @kimberleywoods
Lottery funded: 12 years
Link to bio

Athletes: Men

ADAM BURGESS
C1, Kayak Cross

DOB: 17.07.1992 | Age: 32
From: Stone
OLY: Tokyo
IG: @slalom_burgess
Lottery funded: 15 years
Link to bio

JOE CLARKE
K1, Kayak Cross

DOB: 03.11.1992 | Age: 31
From: Stoke-on-Trent
OLY: Rio
IG: @joeclarkek1
Lottery funded: 14 years
Link to bio

Staff Bios

MARK RATCLIFFE
Team Leader

CRAIG MORRIS
Coach

RICHARD HOUNSLOW
Coach

CAMPBELL WALSH
Coach

FIEKE BLACKWELL
Team Manager

KRISTEN WRIGHT
Performance Analyst

TAYFUN ALBAYRAK
Physio

Cyclisme

TEAM GB HANDBOOK - PARIS 2024

CYCLING

It's all about the bike

Cycling has provided some of the most enduring moments in the history of Team GB.

Only athletics has garnered more silverware for British fans and in each of the last four Games, Team GB have reached double figures for medals won on two wheels.

Until 1992, it had been 72 years since Great Britain had won an Olympic cycling gold medal, and 16 without any medal at all. That all changed with Chris Boardman and his futuristic Lotus bike which he rode to individual pursuit glory on the track in Barcelona.

The track has been particularly productive for British riders, with Sir Jason Kenny, Sir Bradley Wiggins, Sir Chris Hoy and Dame Laura Kenny ranking as the four most successful British Olympians of all-time. Six of those medals were won by Wiggins, who enjoyed his annus mirabilis in 2012 as he celebrated becoming Britain's first Tour de France champion by winning road time trial gold in London.

While 2012 marked the final farewell for Hoy, and a penultimate Olympic appearance for Wiggins, it also introduced cycling's super couple to the wider public. Sir Jason Kenny already had an Olympic gold in his collection from Beijing, but added two more in London, a tally that was equalled by his future wife Dame Laura Kenny (then Trott).

In the two Olympic cycles since, they have respectively established themselves as the most successful male and female British Olympians ever. Sir Jason is a seven-time gold medallist, while Dame Laura has won five golds, placing them among the most successful Olympic families of all-time.

JACK CARLIN

CHARLOTTE WORTHINGTON

Olympic cycling is split into five disciplines: track, road, mountain bike, BMX freestyle and BMX racing. Until 2020, Britain's success on two wheels had been restricted to the velodrome and the road, but that all changed in Tokyo.

Japan was a breakthrough Games as GB dominated the BMX landscape, while Tom Pidcock kicked off the gold rush with the team's first success in mountain biking.

Brits came away with medals in every BMX event, as Charlotte Worthington and Bethany Shriever won gold in the women's freestyle and racing respectively, with Kye Whyte taking men's racing silver and Declan Brooks adding men's freestyle bronze.

Since then, Kieran Reilly has taken men's BMX freestyle by storm and heads to Paris as reigning world champion, Emma Finucane has spearheaded a stunning revival in women's track sprinting and Josh Tarling has emerged as one of the world's top time trialists on the road.

In Paris, cycling will be one of the first sports to crown champions, with the men's and women's time trials set for the opening Saturday. The track cycling will take place in the velodrome in Saint-Quentin-en-Yvelines to the west of Paris, as will the BMX racing while the mountain biking is at Élancourt Hill next door.

Last, but not least, the BMX freestyle will be another of the must-see events, taking place at Place de la Concorde alongside other urban events like breaking, sport climbing and skateboarding.

TEAM GB HERITAGE

Beijing 2008

8 4 2

London 2012

8 2 2

Rio 2016

6 4 2

Tokyo 2020

6 4 2

All-time total

38 35 27

EVENT SCHEDULE

= Medal Event

SATURDAY 27 JULY: ROAD

Time	Event
14:30-18:30	Men's Individual Time Trial Women's Individual Time Trial

TUESDAY 30 JULY: BMX FREESTYLE

Time	Event
13:25-16:30	Men's Seeding Round Women's Seeding Round

WEDNESDAY 31 JULY: BMX FREESTYLE

Time	Event
13:10-16:30	Men's Final Women's Final

THURSDAY 1 AUGUST: BMX RACING

Time	Event
20:00-22:20	Men's Quarter-Finals and Last Chance Runs Women's Quarter-Finals and Last Chance Runs

FRIDAY 2 AUGUST: BMX RACING

Time	Event
20:00-22:30	Men's Finals Women's Finals

SATURDAY 3 AUGUST: ROAD

Time	Event
11:00-18:15	Men's Road Race

SUNDAY 4 AUGUST: ROAD

Time	Event
14:00-18:45	Women's Road Race

MONDAY 5 AUGUST: TRACK

Time	Event
17:00-20:20	Men's Team Sprint Qualifying Men's Team Pursuit Qualifying Women's Team Sprint Finals

TUESDAY 6 AUGUST

Time	Event
17:30-20:30	Men's Team Sprint Finals Men's Team Pursuit First Round Women's Team Pursuit Qualifying

WEDNESDAY 7 AUGUST: TRACK

Time	Event
12:45-15:45	Men's Sprint Qualifying and Repechage Women's Keirin First Round and Repechage Women's Team Pursuit First Round
17:30-20:25	Men's Sprint Quarter-Finals and Repechage Men's Team Pursuit Finals Women's Team Pursuit Finals

THURSDAY 8 AUGUST

Time	Event
17:00-20:25	Men's Sprint Quarter-Finals and Classification Men's Omnium Women's Keirin Finals

FRIDAY 9 AUGUST

Time	Event
14:00-16:00	Men's Sprint Semi-Finals Women's Sprint Qualifying and Repechage
18:00-20:15	Men's Sprint Finals Women's Madison Women's Sprint Qualifying and Repechage

SATURDAY 10 AUGUST

Time	Event
17:00-20:20	Men's Keirin First Round and Repechage Men's Madison Women's Sprint Quarter-Finals

SUNDAY 11 AUGUST

Time	Event
11:00-14:40	Men's Keirin Final Women's Sprint Finals Women's Omnium

Athletes: Mountain Bike

CHARLIE ALDRIDGE
Men's MTB

DOB: 03.04.2001 | Age: 23
From: Perth
IG: @charlie_aldridge1
Lottery funded: 5 years
Link to bio

ELLA MACLEAN-HOWELL
Women's MTB

DOB: 01.09.2004 | Age: 19
From: Llantrisant
IG: @ellamacleanhowell
Lottery funded: 3 years
Link to bio

TOM PIDCOCK
MTB & Road Race

DOB: 30.07.1999 | Age: 24
From: Leeds
OLY: Tokyo
IG: @tompidcock
Lottery funded: 2 years
Link to bio

EVIE RICHARDS
Women's MTB

DOB: 11.03.1997 | Age: 27
From: Malvern
OLY: Tokyo
IG: @eviealicerichards
Lottery funded: 10 years
Link to bio

Athletes: Road

ETHAN HAYTER
Track Endurance

DOB: 18.09.1998 | Age: 25
From: London
OLY: Tokyo
IG: @ethanhayter
Lottery funded: 8 years
Link to bio

JOSH TARLING
Road Race & Time Trial

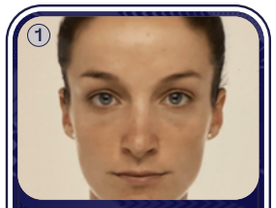
DOB: 15.02.2004 | Age: 20
From: Aberaeron
IG: @joshytarling
Lottery funded: 2 years
Link to bio

STEPHEN WILLIAMS
Road Race

DOB: 09.06.1996 | Age: 28
From: Aberystwyth
IG: @stevie.w
Link to bio

FRED WRIGHT
Road Race

DOB: 13.06.1999 | Age: 25
From: London
IG: @fred.w
Lottery funded: 4 years
Link to bio



LIZZIE DEIGNAN
Road Race

DOB: 18.12.1988 | Age: 35
From: Otley
OLY: London, Rio, Tokyo
IG: @l_deignan
Lottery funded: 15 years
Link to bio

PFEIFFER GEORGI
Road Race

DOB: 27.09.2000 | Age: 23
From: Herne Hill
IG: @pfeiffergeorgi
Lottery funded: 3 years
Link to bio

ANNA HENDERSON
Road Race & Time Trial

DOB: 14.11.1998 | Age: 25
From: Hemel Hempstead
IG: @anna___henderson
Link to bio

ANNA MORRIS
RR, Track Endurance

DOB: 13.06.1995 | Age: 29
From: Cardiff
IG: @__annamorris
Lottery funded: 2 years
Link to bio

Athletes: Track

DAN BIGHAM
Men's Endurance

DOB: 02.10.1991 | Age: 32
From: Newcastle-under-Lyme
IG: @danbiggles
Lottery funded: 1 year
Link to bio

CHARLIE TANFIELD
Men's Endurance

DOB: 17.11.1996 | Age: 27
From: Great Ayton
OLY: Tokyo
IG: @charlie_tanfield
Lottery funded: 6 years
Link to bio

ETHAN VERNON
Men's Endurance

DOB: 26.08.2000 | Age: 23
From: Bedford
OLY: Tokyo
IG: @ethanvernon00
Lottery funded: 6 years
Link to bio

OLLIE WOOD
Men's Endurance

DOB: 26.11.1995 | Age: 28
From: Wakefield
OLY: Tokyo
IG: @olliewood95
Lottery funded: 13 years
Link to bio

SOPHIE CAPEWELL
Women's Sprint

DOB: 04.09.1998 | Age: 25
From: Lichfield
IG: @sophieecapewell
Lottery funded: 12 years
Link to bio

EMMA FINUCANE
Women's Sprint

DOB: 22.12.2002 | Age: 21
From: Carmarthen
IG: @emmafinucane_
Lottery funded: 6 years
Link to bio

KATY MARCHANT
Women's Sprint

DOB: 30.01.1993 | Age: 31
From: Leeds
OLY: Rio, Tokyo
IG: @katymarchant
Lottery funded: 11 years
Link to bio

JACK CARLIN
Men's Sprint

DOB: 23.04.1997 | Age: 27
From: Paisley
OLY: Tokyo
IG: @jackcarlin97
Lottery funded: 9 years
Link to bio

ED LOWE
Men's Sprint

DOB: 24.08.2003 | Age: 20
From: Stamford
IG: @edl0we
Lottery funded: 4 years
Link to bio

HAMISH TURNBULL
Men's Sprint

DOB: 13.07.1999| Age: 24
From: Morpeth
IG: @hamishturnbull
Lottery funded: 9 years
Link to bio

ELINOR BARKER
Women's Endurance

DOB: 07.09.1994 | Age: 29
From: Cardiff
OLY: Rio, Tokyo
IG: @elinorbarker
Lottery funded: 13 years
Link to bio

NEAH EVANS
Women's Endurance

DOB: 01.08.1990 | Age: 33
From: Langbank
OLY: Tokyo
IG: @neah.evans
Lottery funded: 7 years
Link to bio

Athletes: Track

JOSIE KNIGHT
Women's Endurance

DOB: 20.03.1997 | Age: 27
From: Aylesbury
OLY: Tokyo
IG: @knight_josie
Lottery funded: 5 years
Link to bio

JESS ROBERTS
Women's Endurance

DOB: 11.04.1999 | Age: 25
From: Carmarthen
IG: @jessroberts99
Lottery funded: 9 years
Link to bio

Athletes: BMX Freestyle

KIERAN REILLY
Men's Park

DOB: 12.07.2001 | Age: 23
From: Gateshead
IG: @kieranbmxreilly
Lottery funded: 2 years
Link to bio

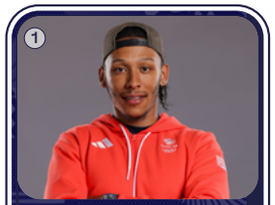
CHARLOTTE WORTHINGTON
Women's Park

DOB: 26.06.1996 | Age: 28
From: Manchester
OLY: Tokyo
IG: @chazworther
Lottery funded: 6 years
Link to bio

Athletes: BMX Racing

BETH SHRIEVER

DOB: 19.04.1999 | Age: 25
From: Leytonstone
OLY: Tokyo
IG: @bethanyshriever
Lottery funded: 9 years
Link to bio



KYE WHYTE

DOB: 21.09.1999 | Age: 24
From: Peckham
OLY: Tokyo
IG: @kyewhyte
Lottery funded: 7 years
Link to bio

TEAM GB HANDBOOK - PARIS 2024

Athletes: Reserves

MEGAN BARKER
Women's Track Endurance

DOB: 15.08.1997
Age: 26
From: Cardiff
IG: @megbarker97

LOWRI THOMAS
Women's Track Sprint

DOB: 03.03.1999
Age: 25
From: Builth Wells
IG: @lowri.thomas_

MARK STEWART
Men's Track Endurance

DOB: 25.08.1995
Age: 28
From: Dundee
IG: @markstew95

JOE TRUMAN
Men's Track Sprint

DOB: 14.02.1997
Age: 27
From: Petersfield
IG: @joetruman1

EMILY HUTT
Women's BMX Racing

DOB: 29.03.1997
Age: 27
From: Ashford
IG: @emily.hutt_

ROSS CULLEN
Men's BMX Racing

DOB: 28.03.2001
Age: 23
From: Preston
IG: @rosscullenn_

Staff Bios

STEPHEN PARK
Team Leader

JAMIE BESTWICK
BMX FP Coach - Men

GREG ILLINGWORTH
BMX FP Coach - Women

MAREK UFNAL
BMX FP Mechanic

RICHARD HAMPSON
BMX FP & BMX Racing Psych

SARA SYMINGTON
BMX FP Team Manager

KATY CURD
MTB Technical Coach

KURT BOGAERTS
MTB Technical Coach

CALLUM WYLLIE
MTB Mechanic

RUNE KRISTENSEN
MTB Mechanic

MEGAN AITCHISON
MTB Carer

XENIA DE ROOSE
MTB Carer

EMMA BARTON
Road/MTB Support

CHARLOTTE BOND
MTB Team Manager

Staff Bios

MATTHEW BRAMMEIER
Road Coach

CHRISTOPHER NEWTON
Road Coach

DARIO CIONI
Road Coach

JONATHAN QUAGLIERINI
Road Carer

CLAIRE BUTTIVANT
Road Carer

ALEX BRAYBROOKE
Road Carer

ANGUS GILLES
Road Mechanic

BEN JENKINS
Road Carer/
Lead on Feed Zones

MURRAY BRINDLE
Road Mechanic

KEITH REYNOLDS
Road Team Manager

DIEGO COSTA
Ineos Truck Driver/
Road Mechanic

JONATHAN NORFOLK
Track Head Coach

SCOTT POLLOCK
Track Coach – Women's Sprint

BEN GREENWOOD
Track Coach – Men's Endurance

CAMERON MEYER
Track Coach – Women's Endurance

JASON KENNY
Track Coach – Men's Sprint

SOPHIE BALL
Track Performance Analyst

ERNIE FEARGRIEVE
Track Mechanic

MARTYN FRANK
Track Carer

BILLY FITTON
Track Strategist

KATIE FLATTERS
Track Physio

RHYS JAMES
Track Performance Analyst

ALEX JAFFREY
Track Mechanic

SARAH MOSELEY
Track Physiologist

BETHANY WIDDUP
Track Team Manager

GREG STEVENS
Registration of Track Kit

CHRIS BEAUMONT
Track Psych Support

EAMONN DEANE
Track Carer

MELANIE KNOWLES
Track Performance Support

BEN CLARK
Track Performance Support

KYLE EVANS
BMX Racing Coach – Men

MARCUS BLOOMFIELD
BMX Racing Coach – Women

HANNAH CROWLEY
BMX Racing Physio/Carer

MARK SMITH
BMX Racing Mechanic

STEVE WYKES
Logistics/Race Day Feed

CALLUM WYLLIE
MTB Mechanic

JORDAN SIMCOCK
Chef

EOGHAN O'CONNOR
Physio

SEBASTIEN THIERRY
Race Day – Feed Zone Help

CRAIG FLOAT
Chef

MAX BROWN
Chef

GEORGINA IMPSON DAVEY
Nutritionist

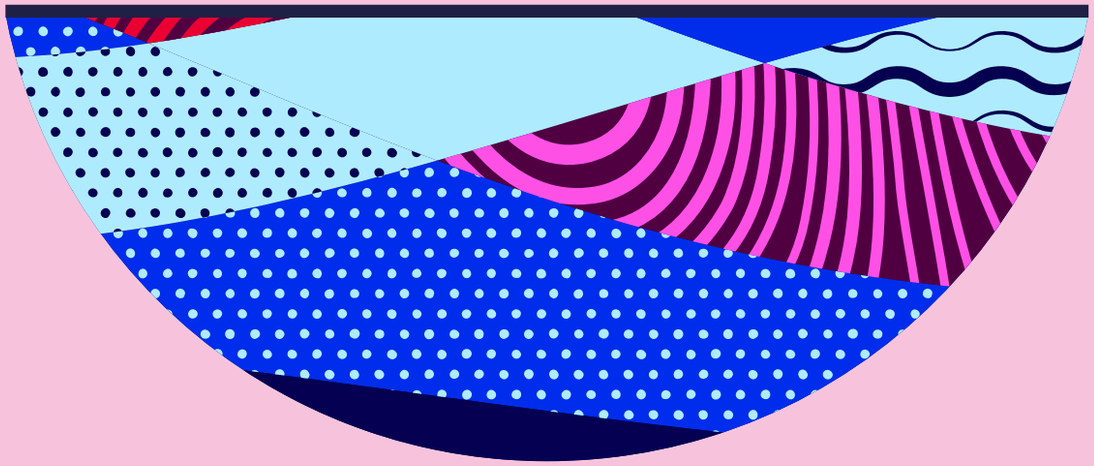
GARRY MARSHALL
Chef

NIGEL JONES
Doctor

JAMES BARTLEY
Race Day – Feed Zone Help

Plongeon

DIVING



DIVING

Springboard to success

Diving is fast, intricate and fear-inducing.

But 'fancy' was the name given to springboard diving when it was first added to the Olympic programme back in 1908 when London first hosted the Games. Fancy diving joined platform diving, which made its debut in 1904, and the two have been ever-present at the Olympics since.

It was a visit to Britain by a group of Swedish divers that sowed the seed for the formation of the first diving organisation, the Amateur Diving Association, which was founded in 1901. Women have been able to compete in diving since 1912 with synchronised diving added in 2000.

Team GB have won 13 medals in diving at the Olympic Games to sit 10th in the sport's all-time medal table with the USA at the top having won 141 medals. China are just behind them despite having only won 81 medals in total, with 47 of them being gold.

In fact, Great Britain were the only nation other than China to win gold in the diving at Tokyo 2020, with Team GB winning three medals in total in Japan.

Team GB's first diving medal came when women's diving made its debut all the way back in 1912 as Isabelle White won platform bronze in Stockholm.

There was then a 104-year wait for Britain's first gold in the sport when Jack Laugher and Chris Mears won men's springboard synchro gold at Rio 2016.

ANDREA SPENDOLINI-SIRIEIX

TOM DALEY

In 2016 Laugher, who will be partnered by Anthony Harding in Paris, became the first British diver to win two diving medals at one Games as he claimed silver in the men's individual springboard competition.

He was succeeded as Team GB's most successful diver in Tokyo by Tom Daley, who finally achieved his gold medal dream at his fourth Games. Daley won platform synchro gold alongside Matty Lee, while also claiming individual bronze, having won 10m bronzes in 2012 and 2016.

Daley returns to the Olympic stage with a new partner in Noah Williams and they are among a host of divers hoping to extend the run of success. In 2023, Andrea Spendolini-Sirieix and Lois Toulson became the first British female divers to win World Championship medals with synchro silver.

At Paris there will be eight events, individual competitions on both the 10m platform and 3m springboard for men and women, with men's and women's synchro events at both heights as well.

The only difference for men and women is that men perform six dives while women perform five.

For all events, judges, who sit poolside, score the dives on a variety of categories, with a perfect ten the highest score divers can achieve from a judge. The judges' scores are then multiplied by the dive's degree of difficulty to give the overall score for that dive.

Individual events will see divers move through preliminary and semi-final rounds before competing for medals in the final, while the synchronised events see the selected teams go straight through to the final.

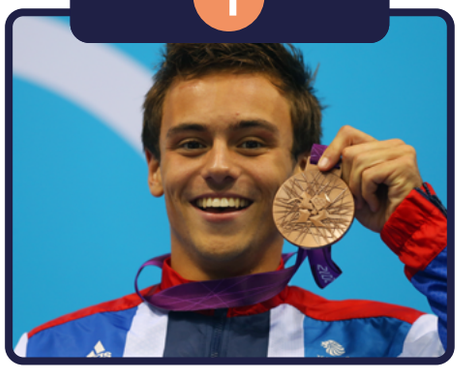
TEAM GB HERITAGE

Athens 2004

1

London 2012

1

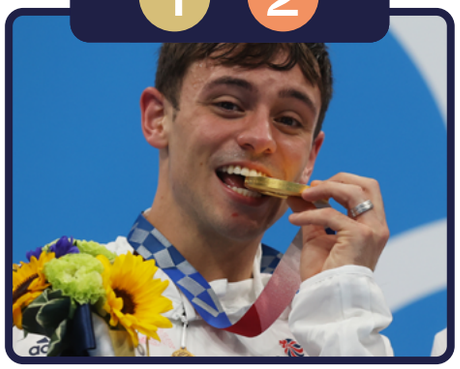


Rio 2016

1 1 1

Tokyo 2020

1 2



All-time total

2 3 8

TEAM GB HANDBOOK - PARIS 2024

EVENT SCHEDULE

= Medal Event

SATURDAY 27 JULY

Time	Event
11:00-12:00	Women's Synchro 3m Springboard

MONDAY 29 JULY

Time	Event
11:00-12:00	Men's Synchro 10m Platform

WEDNESDAY 31 JULY

Time	Event
11:00-12:00	Women's Synchro 10m Platform

FRIDAY 2 AUGUST

Time	Event
11:00-12:00	Men's Synchro 3m Platform

MONDAY 5 AUGUST

Time	Event
10:00-12:10	Women's 10m Platform Preliminary
15:00-17:00	Women's 10m Platform Semi-Final

TUESDAY 6 AUGUST

Time	Event
10:00-12:00	Men's 3m Springboard Preliminary
15:00-17:00	Women's 10m Platform Final

WEDNESDAY 7 AUGUST

Time	Event
10:00-12:00	Men's 3m Springboard Semi-Final
15:00-17:00	Women's 3m Springboard Preliminary

THURSDAY 8 AUGUST

Time	Event
10:00-12:00	Women's 3m Springboard Semi-Final
15:00-17:00	Men's 3m Springboard Final

FRIDAY 9 AUGUST

Time	Event
10:00-12:00	Men's 10m Platform Preliminary
15:00-17:00	Women 3m Springboard Final

SATURDAY 10 AUGUST

Time	Event
10:00-12:00	Men's 10m Platform Semi-Final
15:00-17:00	Men's 10m Platform Final

Athletes: Women

YASMIN HARPER
3m springboard

DOB: 28.07.2000 | Age: 23
From: Chester
IG: @yasminharperr
Lottery funded: 7 years
Link to bio

SCARLETT MEW JENSEN
3m springboard

DOB: 31.12.2002 | Age: 22
From: London
OLY: Tokyo
IG: @scarlettmjensen
Lottery funded: 7 years
Link to bio

ANDREA SPENDOLINI-SIRIEIX
10m platform

DOB: 11.09.2004 | Age: 19
From: London
OLY: Tokyo
IG: @andreassirieix04
Lottery funded: 5 years
Link to bio

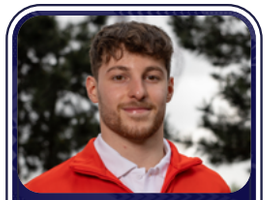
LOIS TOULSON
10m platform

DOB: 26.09.1999 | Age: 24
From: Huddersfield
OLY: Rio, Tokyo
IG: @lois_toulson
Lottery funded: 11 years
Link to bio

GRACE REID
3m springboard

DOB: 09.05.1998 | Age: 26
From: Edinburgh
OLY: Rio, Tokyo
IG: @graceereid
Link to bio

Athletes: Men



ANTHONY HARDING
3m synchro

DOB: 30.06.2000 | Age: 24
From: Oldham
Lottery funded:
IG: @anthardingOO
Lottery funded: 7 years
Link to bio

JACK LAUGHER
3m synchro & individual

DOB: 30.01.1995 | Age: 29
From: Harrogate
OLY: London, Rio, Tokyo
IG: @jacklaugher
Lottery funded: 16 years
Link to bio

TOM DALEY
10m synchro

DOB: 21.05.1994 | Age: 30
From: Plymouth
OLY: Beijing, London, Rio, Tokyo
IG: @tomdaley
Lottery funded: 18 years
Link to bio

NOAH WILLIAMS
10m synchro & individual

DOB: 15.05.2000 | Age: 24
From: Hoxton
OLY: Tokyo
IG: @noah_w8
Lottery funded: 8 years
Link to bio

JORDAN HOULDEN
3m springboard

DOB: 25.07.1998 | Age: 25
From: Sheffield
IG: @jordanhoulden
Lottery funded: 9 years
Link to bio

KYLE KOTHARI
10m platform

DOB: 26.01.1998 | Age: 26
From: Harrow
IG: @kylekothari
Lottery funded: 7 years
Link to bio

Staff Bios

TIMOTHY JONES
Team Leader

ADAM SMALLWOOD
Coach

ALEXANDRE ROCHAS
Coach

ALEXEI EVANGULOV
Coach

JANE FIGUEIREDO
Coach

THOMAS OWENS
Coach

BRITTNEY DUCROZ
S&C

GILLIAN JONES
Team Manager

GARETH ZIYAMBI
Physio

CARL BUTLER
Physio

Équitation

EQUESTRIAN

EQUESTRIAN

Pursuit of equine perfection

Equestrian events uniquely involve animals while also offering men and women the chance to compete against each other on equal terms.

Having made its Games debut in 1900 – when equestrian competitions comprised a heady mix of jumping, high jump, long jump, hacks and hunter combined and mail coach – the current format was first put in place in Stockholm 12 years later and has remained ever since.

Olympic equestrian is split into three disciplines – dressage, eventing and jumping – all of which feature individual and team medal opportunities.

Team GB has won 40 Olympic equestrian medals in total, including 13 golds, and sit fourth in the overall medal table.

In dressage, the horse's three basic paces of walk, trot and canter are utilised to produce movements including circles, serpentines, piaffe, passage and pirouettes, that are judged on harmony, precision and suppleness. The freestyle competition for individual medals is set to music.

One of Team GB's most decorated female Olympians, Charlotte Dujardin is synonymous with the discipline. Her partnership with horse Valegro was the stuff of legend and produced three Olympic gold medals and one silver. Dujardin added to her tally with two bronzes in Tokyo, on Gio, with Imhotep her mount for Paris.

CHARLOTTE DUJARDIN

LAURA COLLETT

She is joined in the dressage team by 2022 world champion Charlotte Fry and Carl Hester, who will become the second British Olympian to compete at seven Games, following in the footsteps of another legendary equestrian in Nick Skelton.

Eventing is a combination of dressage, cross-country and jumping tests which are carried out over three consecutive days. The aim for the rider is to achieve the lowest number of penalties in all three disciplines.

Team GB have won a total of 21 Olympic eventing medals, including an individual silver for Tom McEwen and a long-awaited team gold at Tokyo 2020 – the first since 1972.

Jumping, or showjumping, takes place in an arena and around a course of approximately 15 fences up to 1.6m in height. Faults are awarded for knocked fences or finishing outside a time limit, with the winner the rider and horse with the fewest faults – and the quicker time being the next deciding factor if competitors are tied on the number of faults.

Skelton famously won individual jumping gold at his seventh Games in Rio, at the age of 58. Five years on Ben Maher, who claimed team gold alongside Skelton, Scott Brash and Peter Charles at London 2012, got his hands on individual gold, riding Explosion W.

The Palace of Versailles, a former residence of French kings and one of the most visited landmarks in the world, will provide a stunning stage for equestrian events at Paris 2024.

The eventing competition starts the day after the Opening Ceremony, before dressage begins on 30 July and jumping rounds off the event. The individual final brings the curtain down on 6 August.

TEAM GB HERITAGE

Beijing 2008

2

London 2012

3 1 1

Rio 2016

2 1

Tokyo 2020

2 1 2

All-time total

13 12 15

TEAM GB HANDBOOK - PARIS 2024

EVENT SCHEDULE

🏆 = Medal Event

Time	Event
SATURDAY 27 JULY	
09:30-18:30	Eventing Dressage
SUNDAY 28 JULY	
10:30-15:30	Eventing Cross Country
MONDAY 29 JULY	
11:00-16:30 🏆	Eventing Jumping: Team and Individual
TUESDAY 30 JULY	
11:00-16:30	Dressage Grand Prix Qualifier
WEDNESDAY 31 JULY	
10:00-15:30	Dressage Grand Prix Qualifier
THURSDAY 1 AUGUST	
11:00-14:00	Jumping Team Qualifier
FRIDAY 2 AUGUST	
14:00-16:30 🏆	Jumping Team Final
SATURDAY 3 AUGUST	
10:00-16:30 🏆	Dressage Team Grand Prix Special
SUNDAY 4 AUGUST	
10:00-14:00 🏆	Dressage Individual Grand Prix Freestyle
MONDAY 5 AUGUST	
14:00-18:00	Jumping Individual Qualifier
TUESDAY 6 AUGUST	
10:00-12:30 🏆	Jumping Individual Final

Athletes: Dressage

CHARLOTTE FRY
Glamourdale

DOB: 11.02.1996 | Age: 28
From: Scarborough
OLY: Tokyo
IG: @lottie_fry
Lottery funded: 6 years
Link to bio

CARL HESTER
Fame

DOB: 29.06.1967 | Age: 57
From: Sark
OLY: Barcelona, Sydney, Athens, London, Rio, Tokyo
IG: @carlhestermbe
Lottery funded: 25 years
Link to bio

BECKY MOODY
Jagerbomb

DOB: 16.03.1980| Age: 44
From: Gunthwaite
IG: @moobec
Lottery funded: 3 years
Link to bio

ANDREW GOULD
Alternative (Imhotep)

DOB: 21/05/1980
Age: 44
From: Isleworth
IG: @andrewgould.pd

Athletes: Eventing

ROS CANTER
Lordships Graffalo

DOB: 13.01.1986 | Age: 38
From: Hallington
IG: @ros_canter_eventing
Lottery funded: 10 years
Link to bio

LAURA COLLETT
London 52

DOB: 31.08.1989 | Age: 34
From: Leamington Spa
OLY: Tokyo
IG: @laura_collett
Lottery funded: 16 years
Link to bio

TOM MCEWEN
JL Dublin

DOB: 10.05.1991 | Age: 33
From: Swindon
OLY: Tokyo
IG: @tommceweneventing
Lottery funded: 13 years
Link to bio

YASMIN INGHAM
Alternative (Banzai du Loir)

DOB: 13.05.1997 | Age: 27
From: Isle of Man
IG: @yasminingham
Lottery funded: 7 years
Link to bio

Athletes: Jumping

SCOTT BRASH
Hello Jefferson

DOB: 23.11.1985 | Age: 38
From: Peebles
IG: @scott.brash
Lottery funded: 14 years
Link to bio

HARRY CHARLES
Romeo 88

DOB: 15.07.1999 | Age: 25
From: Alton
OLY: Tokyo
IG: @harrycharles_1
Lottery funded: 3 years
Link to bio

BEN MAHER
Point Break

DOB: 30.01.1983 | Age: 41
From: Enfield
OLY: Beijing, London, Rio, Tokyo
IG: @benmaherofficial
Lottery funded: 17 years
Link to bio

JOSEPH STOCKDALE
Alternative (Cacharel)

DOB: 18.10.1999
Age: 24
From: Northampton
Lottery funded: 3 years
IG: @joe_stockdale

Staff Bios

HELEN NICHOLLS
Team Leader

IAN CAST
Coach - Dressage

JANE DE LA MARE
Coach - Dressage

CHRISTOPHER BARTLE
Coach - Eventing

IAN WOODHEAD
Coach - Eventing

STANNY VAN PAESSCHEN
Coach - Jumping

PETER CHARLES
Coach - Jumping

NIEK HAARLINK
Technical Personnel - Dressage

LIZ BROWN
Vet - Eventing

TILLY SAYBURN-HUGHES
Groom - Eventing

GREIG ELLIOTT
Farrier - Eventing

ANDRE BUTHE
Vet Dressage

FRANCESCA GORNI
Groom - Dressage

CAROLINE GRIFFITH
Team Manager- Dressage

ALISON BELL
Groom - Eventing

VICTORIA SPALDING
Equine Physiotherapist - Eventing

DI LAMPARD
Team Manager - Jumping

RICHARD HAUWAERTS
Groom - Dressage

KIM MASSON
Groom - Dressage

ADAM SHORT
Groom - Eventing

SARAH CHARNLEY
Groom - Eventing

LUCY SCUDAMORE
Groom - Dressage

TINA GOOSEN
Team Manager - Jumping

DAVID HONNET
Groom - Jumping

CHARLOTTE ATTWELL
Groom - Jumping

SOPHIE THOMAS
Operations

ALEX VAN TUYLL
Operations

ASHLEIGH WALLACE
Physiotherapist

RICHARD WAYGOOD
Team Manager - Eventing

GEORGIA ELLWOOD
Groom - Jumping

TIM RANDLE
Vet - Jumping

HELEN SHAW
Operations

AMANDA EVANS
Operations

RACHEL GREETHAM
Equine Physiotherapist

DARRELL SCAIFE
Team Manager - Dressage

DERREN LAKE
Groom - Jumping

ANDREW BOWYER
Farrier

SARAH VERNEY
Operations - Eventing

ANNA LOUISE MACKINNON
Doctor

Golf

GOLF

TEAM GB HANDBOOK - PARIS 2024

GOLF

A game of confidence

High drama, fine margins and a balancing act between power and skill – golf is one of the most popular sports in the world and has established itself on the Olympic rota since its reintroduction at Rio 2016.

First included at Paris in 1900, golf also featured at the St Louis Games four years later before a 112-year absence.

Yet it has made up for lost time with two Games of thrilling competition, including a gold medal for Justin Rose in Rio.

Golf has its official origins in Britain, more specifically in the Scottish city of St Andrews, where the rules were codified all the way back in 1754, but centuries earlier the Dutch are believed to have played a similar sport called 'colf'.

And while it is a simple concept of hitting the ball in the hole, tricky courses and weather conditions can cause havoc to a golfer's game and ego alike.

Prior to Rio, only five nations had ever competed in golf at the Olympics. In 1900, athletes from Great Britain, France, Greece and the USA competed in the men's and women's individual categories. At the St Louis Games, it was an all-North American affair as the women's event was replaced with a men's team competition.

The only Canadian in the competition, George Lyon, came out on top in the individual event, with the Western Golf Association taking gold for the United States of America in the team event. In Rio, the women's event was again included as the team element was dropped and this time there was a more even split of countries with selection primarily based on the top 15 of the world rankings for each gender.

TOMMY FLEETWOOD

CHARLEY HULL

As it will be in Paris, 60 men and 60 women took part in Rio and Tokyo, with the remaining 45 spots in each event taken up by the highest-ranked players from countries without two golfers already qualified. The rules followed the traditional 72-hole stroke play format.

Rose – who had spent the first week of the Olympics as something of a superfan, attending a variety of events and cheering on his compatriots – became Team GB's first-ever golf Olympic champion by securing gold on the final hole and eventually finishing two shots ahead of Sweden's Henrik Stenson.

Rose also recorded the first hole-in-one seen at a Games but he wasn't the maiden Olympic medallist in golf for Team GB as Walter Rutherford and David Robertson took silver and bronze respectively when the Games first visited Paris in 1900.

At Paris 2024, the field will tackle Le Golf National, a familiar venue that also hosts the French Open on the DP World Tour every year. It also staged the 2018 Ryder Cup, where Team Europe beat USA 17 ½ - 10 ½.

Tommy Fleetwood, who secured four points for Europe that year, will be confident of contending again as he prepares for his second Olympics. He is joined by Yorkshireman Matt Fitzpatrick, the 2022 US Open champion.

The women's team is comprised of Charley Hull, the youngest-ever player to feature in the Solheim Cup, and 2018 Women's Open winner Georgia Hall.

TEAM GB HERITAGE

Paris 1900

1 1

Rio 2016

1

All-time total

1 1 1

LE GOLF NATIONAL

EVENT SCHEDULE

= Medal Event

Time	Event
THURSDAY 1 AUGUST	
09:00	Men's Round 1
FRIDAY 2 AUGUST	
09:00	Men's Round 2
SATURDAY 3 AUGUST	
09:00	Men's Round 3
SUNDAY 4 AUGUST	
09:00	Men's Round 4
WEDNESDAY 7 AUGUST	
09:00	Women's Round 1
THURSDAY 8 AUGUST	
09:00	Women's Round 2
FRIDAY 9 AUGUST	
09:00	Women's Round 3
SATURDAY 10 AUGUST	
09:00	Women's Round 4

Athletes: Women

GEORGIA HALL

DOB: 12.04.1996
Age: 28
From: Bournemouth
IG: @georgiahall23
Link to bio

CHARLEY HULL

DOB: 20.03.1996
Age: 28
From: Kettering
OLY: Rio
IG: @charley.hull
Link to bio

Athletes: Men

MATT FITZPATRICK

DOB: 01.09.1994
Age: 29
From: Sheffield
IG: @mattfitz94
Link to bio

TOMMY FLEETWOOD

DOB: 19.01.1991
Age: 33
From: Southport
OLY: Tokyo
IG: @officialtommyfleetwood
Link to bio

Staff Bios

NIGEL EDWARDS
Team Leader

NIGEL TILLEY
Physio

ADAM WOODWARD
Caddie (Charley Hull)

BILLY FOSTER
Caddie (Matt Fizpatrick)

JOSEPH MILLER
Caddie (Georgia Hall)

IAN FINNIS
Caddie (Tommy Fleetwood)

Gymnastique

GYMNASTICS

GYMNASTICS

In defiance of gravity

A stunning showcase of poise, balance, strength and flexibility, gymnastics has been contested at every summer Olympic Games in the modern era.

While the sport has been an ever-present part of the Games' story, the event has changed dramatically from its all-male origins in 1896, where medals were on offer for rope climbing while the 1908 Games saw just two events contested.

Today's format sees 16 events split between men and women, who were first allowed to compete in 1928, with the majority of these being in artistic gymnastics and two in rhythmic gymnastics, in which only women compete.

Artistic gymnastics comprises the bulk of the gymnastics programme, with medals contested for each individual piece of apparatus alongside individual all-around and team all-around titles.

The apparatus contested differs between men and women. Men compete across six pieces; floor, pommel horse, rings, vault, parallel bars, and horizontal bar while women take on four; vault, uneven bars, balance beam, and floor. Vault is the only apparatus in which the competition is identical across both men and women, with women performing their floor routines to music, while men do so without.

Alongside medals for each apparatus, the best all-around gymnast is crowned. Gymnasts compete on each piece of apparatus and vie for the highest combined score.

MAX WHITLOCK

BRYONY PAGE

The team all-around works in a similar fashion, with each country selecting three gymnasts from a team of four, to compete on each piece of apparatus and the highest combined score takes victory.

Trampoline sees athletes fly over eight metres high in the air and perform a series of twists, bounces and somersaults. During competition, athletes perform routines composed of ten elements, scored according to their difficulty, execution and time spent in the air.

The 20th century yielded just three medals, all won before 1928, but three-time Olympic champion Max Whitlock has spearheaded recent success, winning pommel horse gold at the last two Games. He will be back for his fourth and final Games in Paris.

He will be joined by a team brimming with medals and experience, with Jake Jarman heading to a debut Games as world and European champion on vault and Harry Hepworth and Luke Whitehouse adding youthful exuberance.

Team GB's women also broke new ground in Tokyo, ending a 93-year wait for a women's team medal with bronze, following in the footsteps of Beth Tweddle, who became the first British female individual medallist at London 2012.

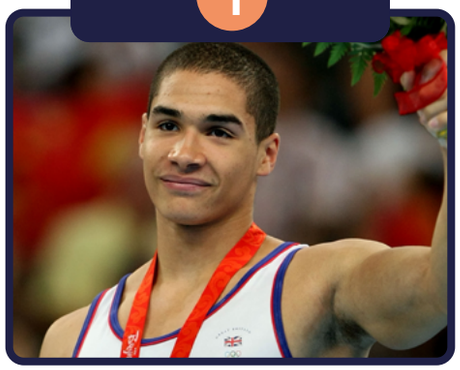
Crowned world champion in Birmingham last year, Bryony Page leads the trampoline squad having won silver in Rio and bronze in Tokyo.

Action in Paris takes place at the Bercy Arena, with qualification taking place over the opening weekend before the first medal is handed out on Monday 29 July. Medals are then on offer every day bar Friday until the apparatus finals rounds off competition on the following Monday.

TEAM GB HERITAGE

Beijing 2008

1



London 2012

1 3

Rio 2016

2 2 3

Tokyo 2020

1 2

All-time total

3 4 11

EVENT SCHEDULE

= Medal Event

SATURDAY 27 JULY: ARTISTIC

Time	Event
11:00	Men's Qualification Subdivision 1
15:30	Men's Qualification Subdivision 2
20:00	Men's Qualification Subdivision 3

SUNDAY 28 JULY: ARTISTIC

Time	Event
09:30	Women's Qualification Subdivision 1
11:40	Women's Qualification Subdivision 2
14:50	Women's Qualification Subdivision 3
18:00	Women's Qualification Subdivision 4
21:10	Women's Qualification Subdivision 5

MONDAY 29 JULY: ARTISTIC

Time	Event
17:30	Men's Team Final

TUESDAY 30 JULY: ARTISTIC

Time	Event
18:15	Women's Team Final

WEDNESDAY 31 JULY: ARTISTIC

Time	Event
17:30	Men's All-Around Final

THURSDAY 1 AUGUST: ARTISTIC

Time	Event
18:15	Women's All-Around Final

FRIDAY 2 AUGUST: TRAMPOLINE

Time	Event
12:00	Women's Trampoline Qualification
13:50	Women's Trampoline Final
18:00	Men's Trampoline Qualification
19:45	Men's Trampoline Final

SATURDAY 3 AUGUST: ARTISTIC

Time	Event
15:30	Men's Floor Exercise Final
16:20	Women's Vault Final
17:15	Men's Pommel Horse Final

SUNDAY 4 AUGUST: ARTISTIC

Time	Event
15:00	Men's Rings Final
15:40	Women Uneven Bars Final
16:25	Men's Vault Final

MONDAY 5 AUGUST: ARTISTIC

Time	Event
11:45	Men's Parallel Bars Final
12:38	Women's Balance Beam Final
13:33	Men's Horizontal Bar Final
14:22	Women's Floor Exercise Final

ALICE KINSELLA

Artistic Gymnastics Women:

BECKY DOWNIE
DOB: 24.01.1992 | Age: 32
From: Nottingham
OLY: Beijing, Rio
IG: @bdownie92
Lottery funded: 17 years
Link to bio

RUBY EVANS
DOB: 17.03.2007 | Age: 17
From: Cardiff
IG: @rubygrace89
Lottery funded: 2 years
Link to bio

GEORGIA-MAE FENTON
DOB: 02.11.2000 | Age: 23
From: Gravesend
IG: @_gmfenton
Lottery funded: 11 years
Link to bio

ABI MARTIN
DOB: 19.04.2008 | Age: 16
From: Paignton
IG: @gymnast_abi_martin
Lottery funded: 2 years
Link to bio

ALICE KINSELLA
DOB: 13.03.2001 | Age: 23
From: Basildon
OLY: Tokyo
IG: @alicekinsella17
Lottery funded: 9 years
Link to bio

Artistic Gymnastics Men:

JOE FRASER
DOB: 06.12.1998 | Age: 25
From: Birmingham
OLY: Tokyo
IG: @joefraser1
Lottery funded: 11 years
Link to bio

HARRY HEPWORTH
DOB: 09.12.2003 | Age: 20
From: Leeds
IG: @harryjhepworth
Lottery funded: 11 years
Link to bio

JAKE JARMAN
DOB: 03.12.2001 | Age: 22
From: Peterborough
IG: @jake_e_j
Lottery funded: 7 years
Link to bio

LUKE WHITEHOUSE
DOB: 02.07.2002 | Age: 22
From: Halifax
IG: @lukebwhitehouse
Lottery funded: 3 years
Link to bio

MAX WHITLOCK
DOB: 13.01.1993 | Age: 31
From: Hemel Hempstead
OLY: London, Rio, Tokyo
IG: @maxwhitlock
Lottery funded: 16 years
Link to bio

Trampoline Women:

BRYONY PAGE
DOB: 10.12.1990 | Age: 33
From: Huntingdon
OLY: Rio, Tokyo
IG: @bryony_page
Lottery funded: 17 years
Link to bio

IZZY SONGHURST
DOB: 16.01.1999 | Age: 25
From: Poole
IG: @izzy.songhurst
Lottery funded: 10 years
Link to bio

Trampoline: Men

ZAK PERZAMANOS
DOB: 17.06.2003 | Age: 21
From: Liverpool
IG: @zakperzemanos98
Lottery funded: 3 years
Link to bio

Staff Bios

TRACY WHITTAKER-SMITH MBE
Team Leader

BRETT INCE
Coach

MICHELLE FLEMINGS
Coach

MOLLY RICHARDSON
Coach

GARY SHORT
Coach - Trampoline

PAUL HALL
Coach

BARRY COLLIE
Coach

SCOTT HANN
Coach

DAVID MURRAY
Coach

BENJAMIN HOWELLS
Coach

BRIAN CAMP
Coach - Trampoline

MOIZ MOGHAL
Doctor

RUDDY FARQUHARSON
Reims

ANDREW CRUICKSHANK
Psychologist

ALEXANDER MCKINVEN
Physio

JAKE AUSTIN
Physio

KAREN WILLIAMS
Team Manager

NICOLE WOODER
Reims

HOLLY STOCK
Analyst

Le Hockey

HOCKEY

HOCKEY

Sticking to the Olympic task

Field hockey missed out last time the Olympics was held in Paris but is a firmly established and popular part of the programme a century on.

The sport's name has roots in France - deriving from 'hocquet', a shepherd's crook, due to the curved nature of a hockey stick - and made its debut at the Games in 1908, only to be removed prior to Paris 1924 due to a lack of structure in the international game.

It has appeared at every Olympics since then, however, with medals fought for across both men's and women's competitions since 1980.

From Barry Davies' iconic line of commentary - "Where were the Germans? Frankly, who cares!" - as the men's team landed gold at Seoul 1988 to Maddie Hinch's penalty shootout heroics when Britain's women followed suit in Rio 28 years later, hockey has provided some of Team GB's most memorable Olympic moments down the years.

Indeed, the golden 2016 success was voted as the second best British women's sport moment of all-time in a BBC poll.

In total, Great Britain have won 13 hockey medals, putting them fourth in the overall Olympic hockey standings.

The tally was kicked off in London in 1908 when the home nations were split into four and took gold, silver and two bronzes between them.

ZACH WALLACE

ANNA TOMAN

In Paris, the men will be led by head coach Paul Revington, who has successfully implemented an approach based on enjoyment and entertainment likened to that of 'Bazball' within English Test cricket. European Championship silver in 2023 was proof the method is resonating and the attacking style is likely to ensure plenty of eyeballs are trained on the artificial turf this summer.

Britain's women backed up that famous gold in Rio with bronze in Tokyo last time out, becoming the first British hockey team to medal at three consecutive Games. Having featured in the squads for all three, stretching back to London 2012, Laura Roper made history as the first British hockey player to medal at three different Olympics.

The current crop claimed the final spot on offer in the Olympic Qualifier in Valencia by holding their nerve to beat Ireland 2-1 in a crunch third-place play-off.

The men's and women's competitions follow the same format. A group stage begins proceedings, with the top four in each group of six progressing to the quarter-finals, when the competition becomes knockout.

Each team plays five group matches. Britain's men will take on Netherlands, Germany, Spain, France and South Africa, with the women to face Australia, Argentina, Spain, USA and South Africa.

Matches consist of four quarters of 15 minutes each, making for 60-minute matches in total.

Teams are made up of 11 players, with substitutions on a rolling basis, while players can be shown a green card (two minute ejection), yellow card (five minute ejection) or red card (permanent ejection).

TEAM GB HERITAGE

Barcelona 1992

1

London 2012

1

Rio 2016

1

Tokyo 2020

1

All-time total

4 2 7

EVENT SCHEDULE

= Medal Event

SATURDAY 27 JULY

Time	Event
10:00	Team GB Men v Spain

SUNDAY 28 JULY

Time	Event
13:15	Team GB Women v Spain
20:15	Team GB Men v South Africa

MONDAY 29 JULY

Time	Event
17:00	Team GB Women v Australia

TUESDAY 30 JULY

Time	Event
12:45	Team GB Men v Netherlands

WEDNESDAY 31 JULY

Time	Event
10:30	Team GB Women v South Africa

THURSDAY 1 AUGUST

Time	Event
12:45	Team GB Men v France
17:00	Team GB Women vs USA

FRIDAY 2 AUGUST

Time	Event
20:15	Team GB Men v Germany

SATURDAY 3 AUGUST

Time	Event
10:00	Team GB Women v Argentina

SUNDAY 4 AUGUST

Time	Event
10:00, 12:30, 17:30, 20:00	Men's Quarter-Finals

MONDAY 5 AUGUST

Time	Event
10:00, 12:30, 17:30, 20:00	Women's Quarter-Finals

TUESDAY 6 AUGUST

Time	Event
14:00, 19:00	Men's Semi-Finals

WEDNESDAY 7 AUGUST

Time	Event
14:00, 19:00	Women's Semi-Finals

THURSDAY 8 AUGUST

Time	Event
14:00, 19:00	Men's Gold and Bronze Medal Matches

FRIDAY 9 AUGUST

Time	Event
14:00, 19:00	Women's Gold and Bronze Medal Matches

Athletes: Women

GISELLE ANSLEY
DOB: 31.03.1992 | Age: 32
From: Kingsbridge
OLY: Rio, Tokyo
IG: @giselleansley
Lottery funded: 11 years
Link to bio

AMY COSTELLO
DOB: 14.01.1998 | Age: 26
From: Edinburgh
IG: @amy_costello14
Lottery funded: 7 years
Link to bio

FIONA CRACKLES
DOB: 11.02.2000 | Age: 24
From: Kirkby Lonsdale
OLY: Tokyo
IG: @fionacrackles
Lottery funded: 4 years
Link to bio

HANNAH FRENCH
DOB: 30.12.1994 | Age: 29
From: Ipswich
OLY: Tokyo
IG: @hkmartin7
Lottery funded: 7 years
Link to bio

SOPHIE HAMILTON
DOB: 28.02.2001 | Age: 23
From: Banbury
IG: @sophie.h28
Lottery funded: 3 years
Link to bio

TESS HOWARD
DOB: 11.02.2000 | Age: 24
From: Cambridge
IG: @howard_tess
Lottery funded: 6 years
Link to bio

SARAH JONES
DOB: 25.06.1990 | Age: 34
From: Cardiff
OLY: Tokyo
IG: @sarah.jones8
Lottery funded: 7 years
Link to bio

LILY OWSLEY
DOB: 10.12.1994 | Age: 29
From: Bristol
OLY: Rio, Tokyo
IG: @lilyowsley
Lottery funded: 11 years
Link to bio

HOLLIE PEARNE-WEBB
DOB: 10.09.1990 | Age: 33
From: Belper
OLY: Rio, Tokyo
IG: @holliewebb11
Lottery funded: 11 years
Link to bio

FLORA PEEL
DOB: 18.09.1996 | Age: 27
From: Cheltenham
IG: @florapeel
Lottery funded: 2 years
Link to bio

IZZY PETTER
DOB: 27.06.2000 | Age: 24
From: Guildford
OLY: Tokyo
IG: @izzypetter
Lottery funded: 5 years
Link to bio

MIRIAM PRITCHARD
DOB: 21.12.1998 | Age: 25
From: Oxford
IG: @miriam_pritchard
Lottery funded: 6 years
Link to bio

SARAH ROBERTSON
DOB: 27.09.1993 | Age: 30
From: Melrose
OLY: Tokyo
IG: @sarahrobertson_
Lottery funded: 10 years
Link to bio

LAURA ROPER
DOB: 08.03.1988 | Age: 36
From: Sutton Coldfield
OLY: London, Rio, Tokyo
IG: @unsy4
Lottery funded: 15 years
Link to bio

ANNA TOMAN
DOB: 29.04.1993 | Age: 31
From: Derby
OLY: Tokyo
IG: @annaftoman
Lottery funded: 7 years
Link to bio

CHARLOTTE WATSON
DOB: 23.04.1998 | Age: 26
From: Dundee
IG: @charlottewatson23
Lottery funded: 5 years
Link to bio

TEAM GB HANDBOOK - PARIS 2024

Athletes: Men

JAMES ALBERY
DOB: 02.10.1995 | Age: 28
From: Hertford
IG: @plalbs
Lottery funded: 8 years
Link to bio

DAVID AMES
DOB: 25.06.1989 | Age: 35
From: Cookstown
OLY: Rio, Tokyo
IG: @davidames5
Lottery funded: 9 years
Link to bio

WILL CALNAN
DOB: 17.04.1996 | Age: 28
From: Chobham
IG: @wjcc88
Lottery funded: 7 years
Link to bio

JACOB DRAPER
DOB: 24.07.1998 | Age: 25
From: Pontypool
OLY: Tokyo
IG: @jacob_draper
Lottery funded: 5 years
Link to bio

GARETH FURLONG
DOB: 10.05.1992 | Age: 32
From: Cambridge
IG: @garethfurlong18
Lottery funded: 1 year
Link to bio

DAVID GOODFIELD
DOB: 15.06.1993 | Age: 31
From: Telford
IG: @dgoodfield1
Lottery funded: 7 years
Link to bio

LEE MORTON
DOB: 23.05.1995 | Age: 29
From: Glasgow
IG: @lee_7m
Lottery funded: 5 years
Link to bio

NICK PARK
DOB: 08.04.1999 | Age: 25
From: Reading
IG: @__nickpark__
Lottery funded: 8 years
Link to bio

OLLIE PAYNE
DOB: 06.04.1999 | Age: 25
From: Totnes
OLY: Tokyo
IG: @ollie.payne8
Lottery funded: 5 years
Link to bio

PHIL ROPER
DOB: 24.01.1992 | Age: 32
From: Chester
OLY: Tokyo
IG: @proper15
Lottery funded: 11 years
Link to bio

LIAM SANFORD
DOB: 14.03.1996 | Age: 28
From: Wegberg, Germany
OLY: Tokyo
IG: @liam_jordan143
Lottery funded: 7 years
Link to bio

RUPERT SHIPPERLEY
DOB: 21.11.1992 | Age: 31
From: Cwmbran
OLY: Tokyo
IG: @rupert.shipperley
Lottery funded: 4 years
Link to bio

ZACH WALLACE
DOB: 29.09.1999 | Age: 24
From: Caterham
OLY: Tokyo
IG: @_zachwallace
Lottery funded: 6 years
Link to bio

JACK WALLER
DOB: 28.01.1997 | Age: 27
From: Kingston-upon-Thames
OLY: Tokyo
IG: @jwal25
Lottery funded: 6 years
Link to bio

SAM WARD
DOB: 24.12.1990 | Age: 33
From: Leicester
OLY: Rio, Tokyo
IG: @samuel_ward13
Lottery funded: 10 years
Link to bio

CONOR WILLIAMSON
DOB: 10.01.2004 | Age: 20
From: Esher
IG: @conor.williamson
Lottery funded: 2 years
Link to bio

Athletes: Reserves

GRACE BALSDON
Women

DOB: 13.04.1993
Age: 31
From: Canterbury
IG: @graceb13

JESS BUCHANAN
Women

DOB: 23.01.2002
Age: 22
From: Glasgow
IG: @jessicabuchanan4

LILY WALKER
Women

DOB: 05.06.2002
Age: 22
From: Cannock
IG: @lilywlker

JAMES MAZARELO
Men

DOB: 04.02.2001
Age: 23
From: Manchester
IG: @jamesmazarelo

TIM NURSE
Men

DOB: 11.05.1999
Age: 25
From: New Milton
IG: @tim_nurse18

TOM SORSBY
Men

DOB: 28.10.1996
Age: 27
From: Sheffield
IG: @tomsorsby_

Staff Bios

MICHAELA SMITH
Team Leader

DAVID RALPH
Women's Head Coach

PAUL REVINGTON
Men's Head Coach

KATIE GLYNN
Coach

MARK HICKMAN
Coach

KWAN BROWNE
Coach

JODY PAUL
Coach

ZAK JONES
Coach

CRAIG SIEBEN
Coach

TOM BATCHELOR
S&C

MURRAY BARRATT
S&C

DANNY CROWTHER
Performance Analyst

MATTHEW DAVIES
Physio

NATASHA BEACH
Doctor

EMMA BATCHELOR
Physio

AMBER LUZAR
Analyst

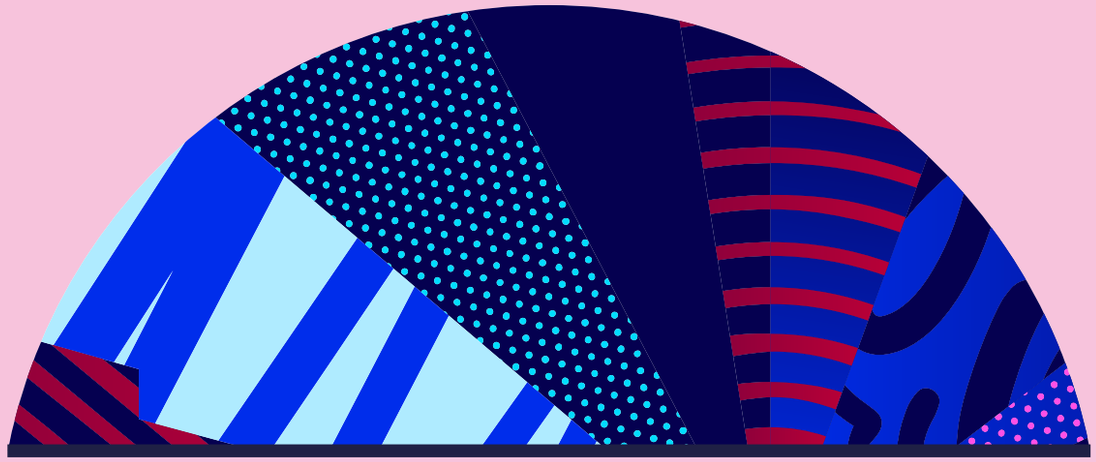
SAM BEVERIDGE
Team Manager

REBECCA LEVETT
Psychologist

KATIE MOBED
Psychologist

PAUL GANNON
Team Manager

Le Judo



JUDO

JUDO

The gentle way

Judo is an ancient martial art that originates from the hand-to-hand combat technique of samurai warriors.

Translated from 'The Gentle Way' in Japanese, judo excludes many of the more dangerous aspects of other martial arts.

That does not mean the sport lacks in any areas concerning physical strength as competitors must aim to throw their opponents to the floor, immobilising them with a hold-down (osaekomi-waza), arm-lock (kansetsu-waza) or choke (shime-waza).

Judo's Olympic debut came at Tokyo 1964 and the Paris 2024 Olympics marks 60 years since its Games introduction. The discipline became a permanent fixture in 1972, though it took until 1988 for the women's event to become a demonstration sport, becoming a regular feature four years later in Barcelona.

Combatants are known as judoka who compete in weight class matches which are four minutes in length.

Japan have led the way in the sport at the Games, winning 96 medals with this year's hosts France second, totalling 57.

Team GB have never won an Olympic judo gold but have collected eight silver and 12 bronze medals since 1972 with the team's most recent Olympic medal coming in 2021 thanks to Chelsie Giles' bronze in Tokyo.

Neil Adams is regarded as Britain's most successful male judoka, with a silver medal at Los Angeles 1984 and Moscow 1980.

CHELSIE GILES

LUCY RENSHALL

When it comes to British female judoka, Kate Howey leads the way with a women's middle-weight bronze at Barcelona 1992 and silver at Sydney 2000.

The mixed team event made its debut at Tokyo 2020 which included teams of six athletes from different weight categories, including three men (-73 kg, -90 kg and +90 kg) and three women (-57 kg, -70 kg and +70 kg)

Within an Olympic match, an ippon is awarded when an athlete throws their opponent to the mat or on their back with speed, strength and control, as well as being awarded through submission or by pinning an opponent to the ground for 20 seconds.

A waza-ari is awarded for a throw that is not clear enough to be an ippon or if the opponent did not primarily land on their back.

An ippon immediately ends the match while two waza-ari in one match are equivalent to one ippon.

Judo competitions are divided into weight classes for both genders with matches lasting four minutes, followed by overtime, called Golden Score, in the event of a tied score. In Golden Score, the first judoka to register a score, either an ippon or waza-ari, is the winner.

Penalties are awarded for passiveness during matches or behaviour deemed not in line with the spirit of judo. If a judoka is awarded three shido, they are defeated and victory is handed to their opponent. Each country may qualify a maximum of one athlete per weight class as gold and silver medals are awarded based on a single elimination bracket with losing quarter-finalists and semi-finalists competing for two bronze medals.

Competitions at Paris 2024 are set to run from 27 July to 3 August at Champs de Mars Arena, in the shadow of the Eiffel Tower.

TEAM GB HERITAGE

Sydney 2000

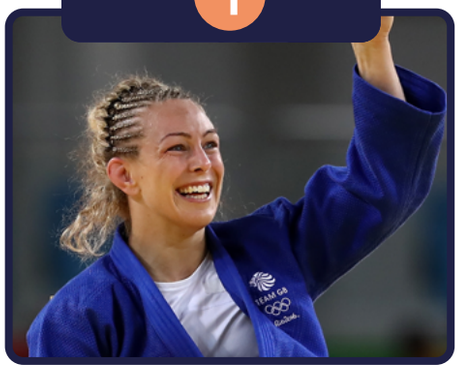
1

London 2012

1 1

Rio 2016

1



Tokyo 2020

1

All-time total

8 12

EVENT SCHEDULE

= Medal Event

SATURDAY 27 JULY

Time	Event
10:00-13:30	Women's -48kg Eliminations Men's -60kg Eliminations Women's -48kg Repechage
16:00-18:30	Women's -48kg Semi-Finals Men's -60kg Repechage Men's -60kg Semi-Finals Women's -48kg Bronze Medal Contests Women's -48kg Final Men's - 60kg Bronze Medal Contests Men's -60kg Final

SUNDAY 28 JULY

Time	Event
10:00-13:30	Men's - 66kg Eliminations Women's - 52kg Eliminations Men's - 66kg Repechage
16:00-18:30	Men's - 66kg Semi-Finals Women's - 52kg Repechage Women's - 52kg Semi-Finals Men's - 66kg Bronze Medal Contests Men's - 66kg Final Women's - 52kg Bronze Medal Contests Women's -52kg Final

MONDAY 29 JULY

Time	Event
10:00-13:30	Women's - 57kg Eliminations Men's - 73kg Eliminations
16:00-18:30	Women's - 57kg Repechage Women's - 57kg Semi-Finals Men's - 73kg Repechage Men's - 73kg Semi-Finals Women's - 57kg Bronze Medal Contests Women's - 57kg Final Men's - 73kg Bronze Medal Contests Men's -73kg Final

TUESDAY 30 JULY

Time	Event
10:00-13:30	Men's - 81kg Eliminations Women's - 63kg Eliminations
16:00-18:30	Men's - 81kg Repechage Men's - 81kg Semi-Finals Women's - 63kg Repechage Women's - 63kg Semi-Finals Men's - 81kg Bronze Medal Contests Men's - 81kg Final Women's - 63kg Bronze Medal Contests Women's -63kg Final

WEDNESDAY 31 JULY

Time	Event
10:00-13:30	Women's -70kg Eliminations Men's -90kg Eliminations
16:00-18:30	Women's -70kg Repechage Women's -70kg Semi-Finals Men's -90kg Repechage Men's -90kg Semi-Finals Women's -70kg Bronze Medal Contests Women's -70kg Final Men's -90kg Bronze Medal Contests Men's -90kg Final

THURSDAY 1 AUGUST

Time	Event
10:00-13:30	Men's -100kg Eliminations Women's -78kg Eliminations
16:00-18:30	Men's -100kg Repechage Men's -100kg Semi-Finals Women's -78kg Repechage Women's -78kg Semi-Finals Men's -100kg Bronze Medal Contests Men's -100kg Final Women's -78kg Bronze Medal Contests Women's -78kg Final

FRIDAY 2 AUGUST

Time	Event
10:00-13:30	Women's +78kg Eliminations Men's +100kg Eliminations
16:00-18:30	Women's +78kg Repechage Women's +78kg Semi-Finals Men's +100kg Repechage Men's +100kg Semi-Finals Women's +78kg Bronze Medal Contests Women's +78 kg Final Men's +100kg Bronze Medal Contests Men's +100kg Final

SATURDAY 3 AUGUST

Time	Event
08:00-11:30	Mixed Team Eliminations Mixed Team Repechage Mixed Team Semi-Finals
16:00-17:30	Mixed Team Bronze Medal Contests Mixed Team Final

Athletes: Women

CHELSIE GILES
-52kg

DOB: 25.01.1997 | Age: 27
From: Coventry
OLY: Tokyo
IG: @chelsiegiles
Lottery funded: 9 years
Link to bio

LELE NAIRNE
-57kg

DOB: 29.09.1997 | Age: 26
From: Weston-super-Mare
IG: @lele.nairne
Lottery funded: 2 years
Link to bio

LUCY RENSHALL
-63kg

DOB: 11.12.1995 | Age: 28
From: Whiston
OLY: Tokyo
IG: @lucyrenshall
Lottery funded: 11 years
Link to bio

KATIE-JEMIMA YEATS-BROWN
-70kg

DOB: 05.07.1995 | Age: 28
From: Pembury
IG: @jyb_95
Lottery funded: 13 years
Link to bio

EMMA REID
-78kg

DOB: 24.05.1995 | Age: 29
From: Royston
IG: @emmaclarereid
Lottery funded: 5 years
Link to bio

Staff Bios

NIGEL DONOHUE
Team Leader

COLIN OATES
Coach

JAMES JOHNSON
Coach

SIMON MOSS
Coach

JACOB EYRES
Physio

JOANNE BANKES
Doctor

JONATHAN BRAMALL
Logistics

Pentathlon Moderne

MODERN PENTATHLON

MODERN PENTATHLON

De Coubertin's discipline

Team GB made history at Tokyo 2020, becoming the first nation to win men's and women's modern pentathlon gold medals at the same Games.

Kate French and Joe Choong topped the rostrum as Team GB doubled their individual gold medal tally in the space of 24 hours.

When it comes to uniqueness, no Olympic sport comes close to modern pentathlon.

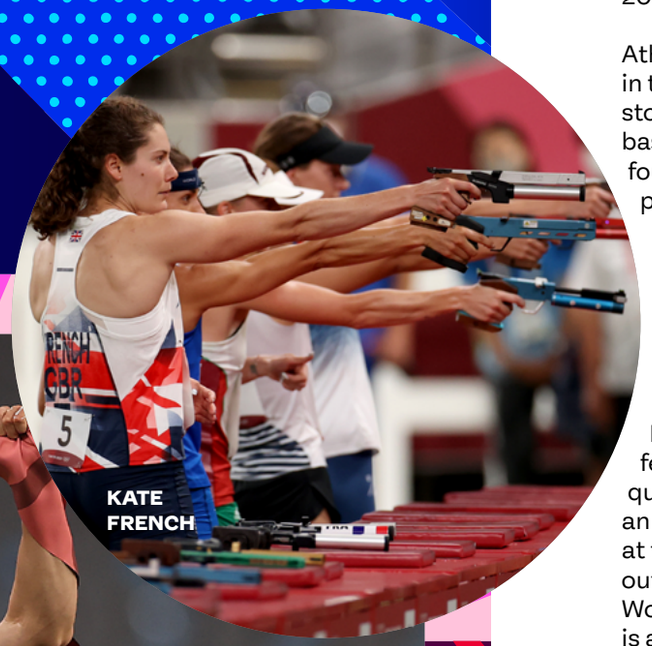
Inspired by the traditional pentathlon held during the ancient Olympics, the multi-discipline sport has been a staple of the Games since its modern revamp was introduced in 1912.

Devised by none other than Pierre de Coubertin, the founder of the modern Olympics, modern pentathlon requires competitors to master fencing, freestyle swimming, show jumping, shooting and cross-country running in the ultimate test of physical fitness, coordination, self-discipline and flexibility.

For Paris 2024, the modern pentathlon will take place across the Palace of Versailles and the Vélodrome National, with 36 athletes competing in both the men's and women's events.

For the first time, 18 finalists in each gender will emerge from the semi-finals, which, along with the final, will be contested in a 90-minute format.

JOE CHOONG



KATE FRENCH

The finals start with 35 minutes of equestrian, then 20 minutes of fencing, before 15 minutes of swimming and, the finale, the 20-minute laser-run.

Athletes cover a total distance of 3,200m in the laser-run while taking four shooting stops along the way – staggered starts based on performance in the previous four events mean that the Olympic champion is the first person to cross the line.

Quota spots in the women's event for Paris 2024 were secured through standout performances at the 2023 European Games and World Championships in Bath.

In a sport which demands versatility, few know how to keep the plates spinning quite like Kerenza Bryson. In the middle of an intense final year of her medical degree at the University of Plymouth, while living out of the back seat of her car, she won World Cup gold in Ankara in April. Bryson is also an Army Reservist.

French stepped away from the sport after Tokyo but launched a comeback a few months before the Games and will defend her title in the French capital.

Meanwhile, on the men's side, defending Olympic champion Choong finished second in the 2023 European Championships to secure the first men's quota spot. Myles Pillage banked a spot for Team GB through world rankings and is set to make his Olympic debut.

Looking further back, Steph Cook (gold), Kate Allenby (bronze), Georgina Harland (bronze), Heather Fell (silver) and Samantha Murray (silver) have all contributed to Team GB's rich history in the women's individual event since it was introduced at Sydney 2000.

TEAM GB HERITAGE

Athens 2004

1

Beijing 2008

1

London 2012

1

Tokyo 2020

2

All-time total

4 2 3

EVENT SCHEDULE

= Medal Event

THURSDAY 8 AUGUST

Time	Event
11:00	Men's Fencing Ranking Round
14:30	Women's Fencing Ranking Round

FRIDAY 9 AUGUST

Time	Event
13:00	Men's Semi-Final A
17:00	Men's Semi-Final B

SATURDAY 10 AUGUST

Time	Event
9:30	Women's Fencing Semi-Final A
13:30	Women's Fencing Semi-Final B
17:30	Men's Final

SUNDAY 11 AUGUST

Time	Event
11:00	Women's Final

Events

FENCING *One-touch Epee*

FREESTYLE *Swimming*

EQUESTRIAN *Show Jumping*

PISTOL *Shooting*

CROSS *Country Running*

Athletes: Women

KERENZA BRYSON

DOB: 07.09.1998 | Age: 25
From: Plymouth
IG: @kerenza.bryson
Lottery funded: 2 years
Link to bio

KATE FRENCH

DOB: 11.02.1991 | Age: 33
From: Meopham
OLY: Rio, Tokyo
IG: @katefrench3
Lottery funded: 17 years
Link to bio

Athletes: Men

JOE CHOONG

DOB: 23.05.1995 | Age: 29
From: Orpington
OLY: Rio, Tokyo
IG: @joechoong123
Lottery funded: 13 years
Link to bio

CHARLIE BROWN

DOB: 07.04.2003 | Age: 21
From: Kidderminster
IG: @charlieebrown_
Lottery funded: 2 years
Link to bio

Staff Bios

GEORGINA HARLAND
Team Leader

MICHAL JANCA
Coach

RUSSELL NORTH
Coach

MARCO QUATTRINI
Coach

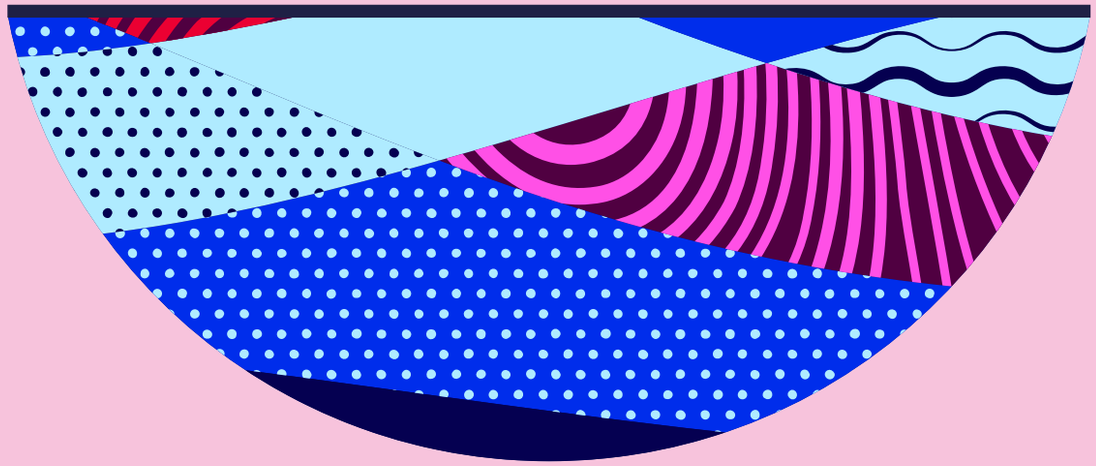
CHRIS HAY
Coach

JABEENA MASLIN
Coach

KIMBERLEY MURRAY
Physio

Aviron

ROWING



ROWING

Hear the boat sing

The ultimate test of endurance and teamwork, rowing made its debut on the Olympic stage in Paris in 1900.

It had been due to feature at the inaugural modern Games in 1896, only for bad weather to intervene and cause a cancellation, and there was no shortage of further drama in Paris when rowing made its belated bow. Dutch pair Roelof Klein and Francois Brandt replaced their original coxswain, deemed too heavy, with a lighter French boy whose identity remains unknown and pipped the host nation to gold.

Rowing has gone on to provide plenty more memorable moments on its journey to becoming one of the Games' most popular sports, particularly in Great Britain.

Only athletics and cycling have yielded more than Team GB's 70 Olympic rowing medals, with 31 of them gold, a tally which places them third in the all-time medal table.

British rowers won gold at every Olympics between 1984 and 2016 and the sport has produced some of the most iconic names to represent Team GB.

Sir Steve Redgrave is the most decorated male Olympic rower of all-time, his five golds and one bronze encompassing every Games from LA 1984 to Sydney 2000. Three of those victories came alongside Sir Matthew Pinsent, who has four gold medals and a bronze to his name.

Jack Beresford became the first rower to win medals at five straight Olympics between 1920 and 1936 and his tally of five medals is matched by Dame Katherine Grainger, who contributed to the host nation's four golds at London 2012.

EMILY CRAIG
IMOGEN GRANT

MEN'S EIGHT

Helen Glover and Heather Stanning did likewise, inking their names into folklore as Britain's first female Olympic champions in rowing – women's rowing having been introduced to the programme in 1976 – during a five-year unbeaten run.

Glover made more history by lining up at Tokyo 2020, becoming her nation's first rower to compete at an Olympics after giving birth, while the event itself was also a landmark one as it saw equal numbers of men and women compete for the first time.

That remains the case in Paris, though the overall number of rowers is down from 526 to 502.

They will compete across seven disciplines each, three of which are 'sweep' (where rowers use a single oar) events and the remaining four 'sculling' (in which competitors use an oar on either side of the boat).

Britain's rowers travel across the Channel with realistic expectations of an upturn in fortunes following a comparatively modest return of one silver and one bronze in Tokyo.

The 2023 World Championship saw GB win four golds, a silver and a bronze in Olympic boat classes, including global titles in the men's eight, men's four, women's quad and lightweight women's double.

Britain also topped the medal table at the 2024 European Championships.

Races will take place at the Vaires-sur-Marne Nautical Stadium, which was the first newly constructed Paris 2024 facility to be completed in June 2019 and will also host canoe-kayak events. Up to 24,000 spectators will be able to take in the action.

TEAM GB HERITAGE

Beijing 2008

2 2 2

London 2012

4 2 3

Rio 2016

3 2

Tokyo 2020

1 1

All-time total

31 25 14

EVENT SCHEDULE

= Medal Event

SATURDAY 27 JULY

Time	Event
9:00 – 13:00	Men's Single Sculls Heats Women's Single Sculls Heats Men's Double Sculls Heats Women' Double Sculls Heats Men's Quad Sculls Heats Women's Quad Sculls Heats

SUNDAY 28 JULY

Time	Event
9:00 – 13:00	Women's Single Sculls Repechages Men's Single Sculls Repechages Women's Double Sculls Repechages Men's Double Sculls Repechages Women's Pair Heats Men's Pair Heats Women's Lightweight Double Sculls Heats Men's Lightweight Double Sculls Heats Women's Four Heats Men's Four Heats

MONDAY 29 JULY

Time	Event
9:30 – 12:00	Men's Single Sculls Semi-Finals Women's Single Sculls Semi-Finals Men's Pair Repechages Women's Pair Repechages Men's Lightweight Double Sculls Repechages Women's Lightweight Double Sculls Repechages Men's Quad Sculls Repechages Women's Quad Sculls Repechages Men's Eight Heats Women's Eight Heats

TUESDAY 30 JULY

Time	Event
9:30 – 12:00	Women's Single Sculls Quarter-Finals Men's Single Sculls Quarter-Finals Women's Double Sculls Semi-Finals Men's Double Sculls Semi-Finals Women's Four Repechages Men's Four Repechages

WEDNESDAY 31 JULY

Time	Event
9:30 – 13:00	Men's Lightweight Double Sculls Final C Women's Lightweight Double Sculls Final C Men's Single Sculls Semi-Finals Women's Single Sculls Semi-Finals Men's Pair Semi-Finals Women's Pair Semi-Finals Men's Lightweight Double Sculls Semi-Finals

WEDNESDAY 31 JULY

Time	Event
9:30 – 13:00	Women's Lightweight Double Sculls Semi-Finals Women's Quad Sculls Final Men's Quad Sculls Final

THURSDAY 1 AUGUST

Time	Event
10:00-13:30	Women's Single Sculls Semi-Finals Men's Single Sculls Semi-Finals Women's Eight Repechages Men's Eight Repechages Women's Double Sculls Final B Men's Double Sculls Final B Women's Four Final B Men's Four Final B Women's Double Sculls Final Men's Double Sculls Final Women's Four Final Men's Four Final

FRIDAY 2 AUGUST

Time	Event
9:30 – 12:30	Men's Single Sculls Finals D-F Women's Single Sculls Finals D-F Lightweight Women's Double Final B Lightweight Men's Double Final B Men's Pair Final Women's Pair Final Men's Double Sculls Final Women's Double Sculls Final

SATURDAY 3 AUGUST

Time	Event
9:30 – 11:30	Men's Single Sculls Finals Women's Single Sculls Final Women's Eight Final Men's Eight Final

Athletes: Women

CHLOE BREW
Women's Pair
DOB: 14.09.1995 | Age: 28
From: Plymouth
OLY: Tokyo
IG: @chloebrew
Lottery funded: 4 years
Link to bio

REBECCA EDWARDS
Women's Pair
DOB: 20.08.1993 | Age: 30
From: Aughancloy
OLY: Tokyo
IG: @rebecca_.edwards
Lottery funded: 5 years
Link to bio

MATHILDA HODGKINS-BYRNE
Women's Double Sculls
DOB: 01.10.1994 | Age: 29
From: Westminster
OLY: Tokyo
IG: @mathildahodgkinsbyrne
Lottery funded: 10 years
Link to bio

REBECCA WILDE
Women's Double Sculls
DOB: 31.12.1997 | Age: 26
From: Taunton
IG: @becky_wilde
Link to bio

EMILY CRAIG
Women's LWT Double
DOB: 30.11.1992 | Age: 32
From: Pembury
OLY: Tokyo
IG: @emilyelizabethcraig
Lottery funded: 9 years
Link to bio

IMOGEN GRANT
Women's LWT Double
DOB: 26.02.1996 | Age: 28
From: Cambridge
OLY: Tokyo
IG: @imogendaisyg
Lottery funded: 6 years
Link to bio

LOLA ANDERSON
Women's Quad Sculls
DOB: 16.04.1998 | Age: 26
From: Richmond-upon-Thames
IG: @lola_anderson98
Lottery funded: 3 years
Link to bio

GEORGIE BRAYSHAW
Women's Quad Sculls
DOB: 14.10.1993 | Age: 30
From: Leeds
IG: @georgie_brayshaw
Lottery funded: 7 years
Link to bio

LAUREN HENRY
Women's Quad Sculls
DOB: 21.12.2001 | Age: 22
From: Lutterworth
IG: @Laurenhenry21_
Lottery funded: 2 years
Link to bio

HANNAH SCOTT
Women's Quad Sculls
DOB: 18.06.1999 | Age: 25
From: Coleraine
OLY: Tokyo
IG: @hannahscott18
Lottery funded: 6 years
Link to bio

ESME BOOTH
Women's Four
DOB: 23.12.1998 | Age: 25
From: Stratford-upon-Avon
IG: @esme_boothy
Lottery funded: 3 years
Link to bio

HELEN GLOVER
Women's Four
DOB: 17.06.1986 | Age: 38
From: Penzance
OLY: London, Rio, Tokyo
IG: @helengloverg b
Lottery funded: 9 years
Link to bio

SAMANTHA REDGRAVE
Women's Four
DOB: 23.12.1998 | Age: 29
From: Gateshead
IG: @sam_redgrave
Lottery funded: 3 years
Link to bio

REBECCA SHORTEN
Women's Four
DOB: 25.11.1993 | Age: 30
From: Belfast
OLY: Tokyo
IG: @rebeccashorten
Lottery funded: 6 years
Link to bio

ANNIE CAMPBELL-ORDE
Women's Eight
DOB: 05.10.1995 | Age: 28
From: Wells
IG: @annieco95
Lottery funded: 2 years
Link to bio

HOLLY DUNFORD
Women's Eight
DOB: 14.10.1999 | Age: 24
From: Tadworth
IG: @holly_dunford
Lottery funded: 6 years
Link to bio

EMILY FORD
Women's Eight
DOB: 08.11.1994 | Age: 29
From: Holmes Chapel
OLY: Tokyo
IG: @emford94
Lottery funded: 6 years
Link to bio

LAUREN IRWIN
Women's Eight
DOB: 20.08.1998 | Age: 25
From: Peterlee
IG: @lauren_irwin98
Lottery funded: 6 years
Link to bio

HEIDI LONG
Women's Eight
DOB: 29.11.1996 | Age: 27
From: Chalfont St Peter
IG: @_heidilong
Lottery funded: 6 years
Link to bio

ROWAN MCKELLAR
Women's Eight
DOB: 24.05.1994 | Age: 30
From: Glasgow
OLY: Tokyo
IG: @rmckellar24
Lottery funded: 7 years
Link to bio

EVE STEWART
Women's Eight
DOB: 13.01.1998 | Age: 26
From: Amsterdam
IG: @evestewart
Lottery funded: 1 year
Link to bio

HATTIE TAYLOR
Women's Eight
DOB: 12.02.1994 | Age: 30
From: Sunningdale
OLY: Tokyo
IG: @hattietay
Lottery funded: 6 years
Link to bio

Athletes: Men

HENRY FIELDMAN
Cox - Women's Eight
DOB: 25.11.1988 | Age: 35
From: Barnes | OLY: Tokyo
IG: @henryfieldman
Lottery funded: 10 years
Link to bio

TOM GEORGE
Men's Pair
DOB: 22.09.1995 | Age: 29
From: Cheltenham
OLY: Tokyo
IG: @tomgeorge1994
Lottery funded: 7 years
Link to bio

OLLIE WYNNE-GRIFFITH
Men's Pair
DOB: 29.05.1994 | Age: 30
From: Guildford
OLY: Tokyo
IG: @olliewg1994
Lottery funded: 7 years
Link to bio

MATT ALDRIDGE
Men's Four
DOB: 11.03.1996 | Age: 28
From: Christchurch
IG: @maldridge96
Lottery funded: 7 years
Link to bio

DAVID AMBLER
Men's Four
DOB: 04.12.1997 | Age: 26
From: Shepherd's Bush
IG: @david_ambler
Lottery funded: 4 years
Link to bio

FREDDIE DAVIDSON
Men's Four
DOB: 26.05.1998 | Age: 26
From: Barnes
IG: @freddie_davidson
Lottery funded: 9 years
Link to bio

OLI WILKES
Men's Four
DOB: 14.07.1995 | Age: 29
From: Matlock
IG: @oli.wilkes
Lottery funded: 4 years
Link to bio

TOM BARRAS
Men's Quad Sculls
DOB: 07.01.1994 | Age: 30
From: Staines
OLY: Tokyo
IG: @tom_barras
Lottery funded: 8 years
Link to bio

CALLUM DIXON
Men's Quad Sculls
DOB: 22.01.2000 | Age: 24
From: Tower Hamlets
IG: @callumdixon97
Lottery funded: 3 years
Link to bio

MATT HAYWOOD
Men's Quad Sculls
DOB: 11.05.1998 | Age: 25
From: Burton-upon-Trent
IG: @matthaywood98
Lottery funded: 8 years
Link to bio

GRAEME THOMAS
Men's Quad Sculls
DOB: 08.11.1988 | Age: 35
From: Preston
OLY: Tokyo
IG: @graemethomas88
Lottery funded: 12 years
Link to bio

MORGAN BOLDING
Men's Eight
DOB: 13.05.1995 | Age: 29
From: Withiel
IG: @morganbolding
Lottery funded: 8 years
Link to bio

SHOLTO CARNEGIE
Men's Eight
DOB: 28.02.1995 | Age: 29
From: London
OLY: Tokyo
IG: @sholto_carnegie
Lottery funded: 8 years
Link to bio

JACOB DAWSON
Men's Eight
DOB: 02.11.1993 | Age: 30
From: Plymouth
OLY: Tokyo
IG: @dawson8639
Lottery funded: 8 years
Link to bio

TOM DIGBY
Men's Eight
DOB: 28.07.1995 | Age: 29
From: Henley-on-Thames
IG: @thomas_digby
Lottery funded: 1 year
Link to bio

CHARLES ELWES
Men's Eight
DOB: 15.07.1997 | Age: 27
From: Andover
OLY: Tokyo
IG: @crielwes
Lottery funded: 6 years
Link to bio

TOM FORD
Men's Eight
DOB: 03.10.1992 | Age: 32
From: Holmes Chapel
OLY: Tokyo
IG: @tom_g_ford
Lottery funded: 7 years
Link to bio

RORY GIBBS
Men's Eight
DOB: 03.04.1994 | Age: 30
From: Marlow
OLY: Tokyo
IG: @rorygibbsfitness
Lottery funded: 6 years
Link to bio

JAMES RUDKIN
Men's Eight
DOB: 07.07.1994 | Age: 30
From: Litchborough
OLY: Tokyo
IG: @james_rudkin
Lottery funded: 9 years
Link to bio

HARRY BRIGHTMORE
Cox - Men's Eight
DOB: 01.07.1994 | Age: 30
From: Chester
IG: @harrybrightmore
Lottery funded: 2 years
Link to bio

Athletes: Reserves

OLIVIA BATES
DOB: 10.12.2000
Age: 23
From: Nottingham

LUCY GLOVER
DOB: 25.11.1998
Age: 25
From: Warrington
OLY: Tokyo
IG: @lucy_gloverx

JAMES ROBSON
DOB: 06.08.1994
Age: 30
From: Bury St Edmunds
IG: @jnarobson

WILL STEWART
DOB: 11.05.1997
Age: 27
From: Esher
IG: @williamistewart

Staff Bios

LOUISE KINGSLEY
Team Leader

PAUL STANNARD
Head Coach

ANDREW RANDELL
Head Coach

CHRISTIAN FELKEL
Coach

STEVE TRAPMORE
Coach

DAN MOORE
Coach

DARREN WHITER
Coach

JAMES HARRIS
Coach

THOMAS PATTICHIS
Coach

RICHARD CHAMBERS
Coach

MOLLY LLOYD-JONES
Sports Scientist

JOANNA BATES
Team Support

DAN LOCKEY
Driver/Boat Park Assistance

ANN REDGRAVE
Doctor

GARETH TURNER
Sports Scientist

THOMAS DYSON
Team Support

PAUL COBBETT
Driver/Boat Park Assistance

JOHN GEARING
Regatta Support

PENNY STERN
Physio

MAURICE HAYES
Team Support

EMMA STEWART
Physio

Rugby à sept

RUGBY SEVENS

TEAM GB HANDBOOK - PARIS 2024

RUGBY SEVENS

Sevens Heaven

Rugby sevens was introduced to the Olympic Games with a bang eight years ago in Rio.

Team GB were among the first medal winners in the sport's inaugural year, claiming silver in the men's competition thanks to a tense 7-5 semi-final win over South Africa.

Australia beat New Zealand to women's gold, while Great Britain missed out on bronze to Canada 33-10.

Five years later, in Tokyo, both GB sides again made it to the knockout stages but were beaten in their respective bronze medal matches - the men going down against Argentina and the women losing out to Fiji.

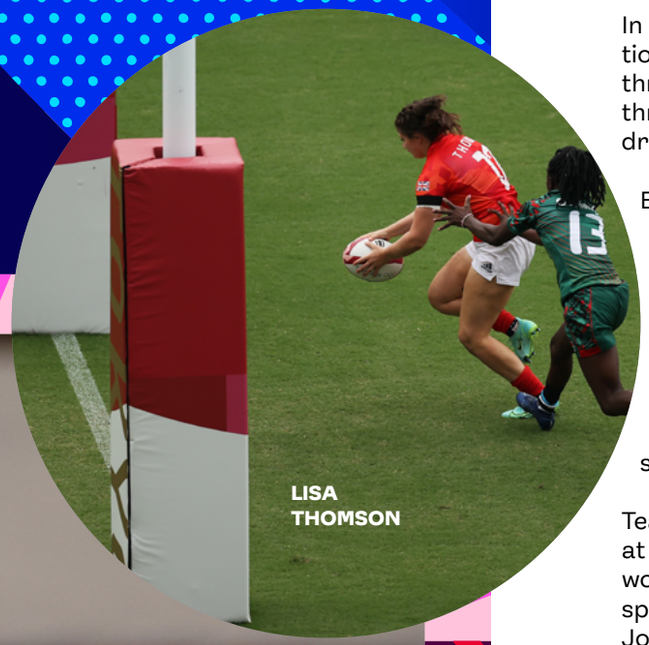
Rio 2016 may have marked rugby sevens' debut but rugby union had previously been on the Olympic schedule on four occasions between 1900 and 1924.

Three teams competed in Paris in 1900, with Great Britain represented by the Moseley Wanderers, who shared silver with Germany in the absence of a bronze medal match.

Eight years later, county champions Cornwall competed on behalf of the host nation and were beaten in the two-team competition.

For the sport's final two outings prior to almost a century in hibernation, the United States of America claimed back-to-back gold medals in 1920 and 1924, beating France on each occasion.

JASMINE JOYCE


LISA THOMSON

This summer's rugby sevens matches are 14 minutes long, split into two seven-minute halves.

In both the men's and women's competitions, 12 nations will compete, split across three pools of four. Sides are awarded three points for a win, two points for a draw and one point for a loss.

Eight teams progress to the quarter-final stage, with the top two in each pool joined by the two best third-placed finishers.

Should teams be level on classification points, the head-to-head record is used to decide who finishes higher, followed by points difference and points scored.

Team GB enjoyed success in the format at last summer's European Games, the women winning gold to seal a Paris quota spot and the men claiming silver. Jasmine Joyce featured as part of that success in Krakow and in Paris, she becomes the first rugby player to represent Team GB at three Olympics.

The host nation, meanwhile, are set to be boosted by the availability of Antoine Dupont, a global superstar in the 15-a-side game who has switched formats with the aim of winning an Olympic medal.

Matches are to be played at the home of French rugby, the 81,000 capacity Stade de France in Saint-Denis, with the men's competition getting underway on 24 July.

Following two days of group stage and quarter-final action, the men's medallists will be decided on July 27 following a break on the day of the Opening Ceremony.

The women's competition then takes centre stage between July 28-30, with medal matches to be contested on the 30th.

EVENT SCHEDULE

= Medal Event

WEDNESDAY 24 JULY

Time	Event
15:30 – 21:45	Men's Preliminary Phases

THURSDAY 25 JULY

Time	Event
14:00 – 22:45	Men's Preliminary Phases Men's Placement Matches 9-12 Men's Quarter-Finals

SATURDAY 27 JULY

Time	Event
14:30 – 20:00	Men's Placing 5-8 Men's Semi-Finals Men's Placing 11-12 Men's Placing 9-10 Men's Placing 7-8 Men's Placing 5-6 Men's Bronze Medal Match Men's Gold Medal Match

SUNDAY 28 JULY

Time	Event
15:30 – 21-45	Women's Preliminary Phases

MONDAY 29 JULY

Time	Event
14:00 – 22:45	Women's Preliminary Phases Women's Placing 9-12 Women's Quarter-Finals

TUESDAY 30 JULY

Time	Event
14:30 – 20:00	Women's Placing 5-8 Women's Semi-Finals Women's Placing 11-12 Women's Placing 9-10 Women's Placing 7-8 Women's Placing 5-6 Women's Bronze Medal Match Women's Gold Medal Match

Athletes: Women

ELLIE BOATMAN

DOB: 13.05.1997 | Age: 27
From: Frimley
IG: @ellieboatman_
Link to bio

HEATHER COWELL

DOB: 23.01.1996 | Age: 28
From: Isleworth
IG: @hevcowell
Link to bio

GRACE CROMPTON

DOB: 30.10.2001 | Age: 22
From: London
IG: @grace.crompton
Link to bio

MEG JONES

DOB: 23.10.1996 | Age 27
From: Cardiff
OLY: Tokyo
IG: @thankemeg
Link to bio

JASMINE JOYCE

DOB: 09.10.1995 | Age: 28
From: St Davids
OLY: Rio, Tokyo
IG: @jasminejoycee
Link to bio

ELLIE KILDUNNE

DOB: 08.09.1999 | Age: 24
From: Keighley
IG: @elliekildunne
Link to bio

ISLA NORMAN-BELL

DOB: 21.02.2000 | Age: 24
From: Gillingham
IG: @islanormanbell
Link to bio

JADE SHEKELLS

DOB: 28.09.1996 | Age: 27
From: Worcester
IG: @jade_shekells
Link to bio

LISA THOMSON

DOB: 07.09.1997 | Age: 26
From: Melrose
OLY: Tokyo
IG: @lisathomson10
Link to bio

LAUREN TORLEY

DOB: 02.09.1999 | Age: 24
From: High Wycombe
IG: @laurentorley
Link to bio

EMMA UREN

DOB: 01.10.1997 | Age: 26
From: Chiswick
OLY: Tokyo
IG: @emsuren
Link to bio

AMY WILSON HARDY

DOB: 13.09.1991 | Age: 32
From: Poole
OLY: Rio
IG: @amywilsonhardy
Link to bio

Athletes: Reserves

ABI BURTON

DOB: 09.03.2000
Age: 24
From: Castleford
IG: @abi_burton

KAYLEIGH POWELL

DOB: 18.02.1999
Age: 25
From: Church Village
IG: @kayleighpowelll

Staff Bios

JOE LYDON
Team Leader

CIARAN BEATTIE
Assistant Coach

SCOTT RIDDELL
Assistant Coach

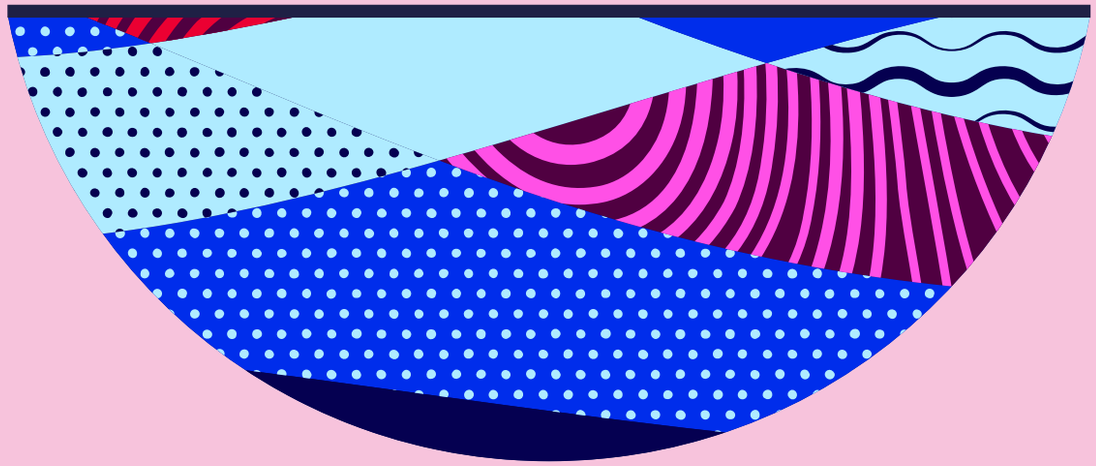
JAMES NOLAN
S&C

JOHN SWAIN
Physio

WILL PRICE
Analyst

Voile

SAILING



TEAM GB HANDBOOK - PARIS 2024

SAILING

Who will rule the waves?

Sailing, or yachting as it was known until Sydney 2000, has been a staple of the Olympic programme for over a century.

In this timeless struggle between humanity and the forces of nature, sailors not only vie against fellow competitors but also contend with the challenges posed by waves and wind.

Throughout history, Team GB have excelled in this maritime arena. No nation has been more successful at the Olympic Games and a mammoth 31 Olympic golds is 12 more than second-placed United States on the all-time medal table.

Twenty-one silver and 12 bronze medals make for an impressive total haul of 64 from British sailors over the last 117 years.

Peerless four-time champion Sir Ben Ainslie remains the most decorated sailor in Olympic history, while Hannah Mills cemented her status as the most successful female Olympic sailor of all-time with gold in Tokyo.

This will be Team GB's first Games without either Ainslie or Mills since Barcelona 1992, but there is no shortage of Olympic Games experience.

Partners on and off the water, Tokyo silver medallists John Gimson and Anna Burnet will compete at their second Games. The Nacra 17 duo earned a second European title in three years at the end of a memorable 2023 which also saw them set a new world record time for sailing across the Irish Sea.

JOHN GIMSON
ANNA BURNET

EMMA
WILSON

James Peters teams up with Fynn Sterritt for the 49er competition. The pair reached No.1 in the world before the original dates for the Tokyo Games, but were beaten to selection by Stuart Bithell and Dylan Fletcher, who went onto win Team GB's first-ever gold in the discipline.

Saskia Tidey makes her third Olympic appearance alongside a third different partner, having represented Ireland at Rio 2016, with Freya Black joining her in the 49erFX class.

Ellie Aldridge, 2023 Formula Kite European champion, and Micky Beckett, a world silver medallist in the ILCA 7, are also among the debutants, as are Hannah Snellgrove and Connor Bainbridge.

Tokyo bronze medallist Emma Wilson returns in the new iQFOiL discipline, which will also see former world youth champion Sam Sills compete on the men's side.

Three-time Olympian Chris Grube will combine with debutant Vita Heathcote in the 470, a mixed class for the first time.

Marseille Marina is the venue for all competitions, just as it was for last summer's Olympic Test Event which saw Britain's sailors bring home five medals. This summer, after a week of racing – where the winner of each race scores one point, second place two and so on, with each boat able to drop their worst score – the top 10 move into the medal race, where double points are given.

The sailor or crew with the lowest aggregate score following the medal race will take Olympic gold.

TEAM GB HERITAGE

Beijing 2008

4 1 1

London 2012

1 4

Rio 2016

2 1

Tokyo 2020

3 1 1

All-time total

31 21 12

EVENT SCHEDULE

🏅 = Medal Event

SUNDAY 28 JULY

Time	Event
11:00 - 19:00	Women's Windsurfing Opening Series Men's Windsurfing Opening Series Women's Skiff Opening Series Men's Skiff Opening Series

MONDAY 29 JULY

Time	Event
11:00 - 19:00	Women's Windsurfing Opening Series Men's Windsurfing Opening Series Women's Skiff Opening Series Men's Skiff Opening Series

TUESDAY 30 JULY

Time	Event
11:00 - 19:00	Women's Windsurfing Opening Series Men's Windsurfing Opening Series Women's Skiff Opening Series Men's Skiff Opening Series

WEDNESDAY 31 JULY

Time	Event
11:00 - 19:00	Women's Skiff Opening Series Men's Skiff Opening Series

THURSDAY 1 AUGUST

Time	Event
11:00 - 19:00	Women's Windsurfing Opening Series Marathon Men's Windsurfing Opening Series Marathon 🏅 Women's Skiff Medal Race 🏅 Men's Skiff Medal Race Women's Dinghy Opening Series Men's Dinghy Opening Series

FRIDAY 2 AUGUST

Time	Event
11:00 - 19:00	🏅 Women's Windsurfing Medal Race 🏅 Men's Windsurfing Medal Race Women's Dinghy Opening Series Men's Dinghy Opening Series Mixed Dinghy Opening Series

SATURDAY 3 AUGUST

Time	Event
11:00 - 19:00	Women's Dinghy Opening Series Men's Dinghy Opening Series Mixed Dinghy Opening Series Mixed Multihull Opening Series

SUNDAY 4 AUGUST

Time	Event
11:00 - 19:00	Women's Dinghy Opening Series Men's Dinghy Opening Series Mixed Dinghy Opening Series Mixed Multihull Opening Series Women's Kite Opening Series Men's Kite Opening Series

MONDAY 5 AUGUST

Time	Event
11:00 - 19:00	Women's Dinghy Opening Series Men's Dinghy Opening Series Mixed Dinghy Opening Series Mixed Multihull Opening Series Women's Kite Opening Series Men's Kite Opening Series

TUESDAY 6 AUGUST

Time	Event
11:00 - 19:00	🏅 Women's Dinghy Medal Race 🏅 Men's Dinghy Medal Race Mixed Dinghy Opening Series Mixed Multihull Opening Series Women's Kite Opening Series Men's Kite Opening Series

WEDNESDAY 7 AUGUST

Time	Event
11:00 - 19:00	🏅 Mixed Dinghy Medal Race 🏅 Mixed Multihull Medal Race Women's Kite Opening Series Men's Kite Opening Series

THURSDAY 8 AUGUST

Time	Event
11:00 - 19:00	🏅 Women's Kite Medal Series 🏅 Men's Kite Medal Series

SASKIA TIDEY

Athlete Bios: Women

ELLIE ALDRIDGE
Formula Kite

DOB: 29.12.1996 | Age: 27
From: Poole
IG: @elieealdridge
Lottery funded: 7 years
Link to bio

EMMA WILSON
iQFOiL

DOB: 07.04.1999 | Age: 25
From: Portland
OLY: Tokyo
IG: @emmawilson_gbr7
Lottery funded: 7 years
Link to bio

HANNAH SNELLGROVE
ILCA 6

DOB: 27.09.1992 | Age: 34
From: Lymington
IG:@hannahsnellgrovesailing
Lottery funded: 10 years
Link to bio

FREYA BLACK
49er FX

DOB: 22.05.2001 | Age: 23
From: Goudhurst
IG: @freya.blackk
Lottery funded: 3 years
Link to bio

SASKIA TIDEY
49er FX

DOB: 11.06.1993 | Age: 31
From: Dublin
OLY: Rio (IRE), Tokyo
IG: @saskiatidey
Lottery funded: 7 years
Link to bio

ANNA BURNET
Nacra 17

DOB: 27.09.1992 | Age: 31
From: Shandon
OLY: Tokyo
IG: @teamgbnacra
Lottery funded: 13 years
Link to bio

VITA HEATHCOTE
Mixed 470

DOB: 08.07.2001 | Age: 23
From: Lymington
IG: @vita_sailing
Lottery funded: 5 years
Link to bio

TEAM GB HANDBOOK - PARIS 2024

Athlete Bios: Men

CONNOR BAINBRIDGE
Formula Kite

DOB: 07.10.1993 | Age: 30
From: Halifax
IG: @connor_bainbridge
Lottery funded: 10 years
Link to bio

SAM SILLS
iQFOiL

DOB: 15.04.1993 | Age: 31
From: Launceston
IG: @samsillswindsurf
Lottery funded: 7 years
Link to bio

MICHAEL BECKETT
ILCA 7

DOB: 27.03.1995 | Age: 29
From: Solva
IG: @mickybeckett
Lottery funded: 11 years
Link to bio

JAMES PETERS
49er

DOB: 12.10.1992 | Age: 31
From: Hayling Island
IG: @jamespeters49
Lottery funded: 14 years
Link to bio

FYNN STERRITT
49er

DOB: 06.11.1988 | Age: 35
From: Kingussie
IG: @fynnsterritt
Lottery funded: 11 years
Link to bio

JOHN GIMSON
Nacra 17

DOB: 11.03.1983 | Age: 41
From: Congleton
OLY: Tokyo
IG: @teamgbnacra
Lottery funded: 17 years
Link to bio

CHRIS GRUBE
Mixed 470

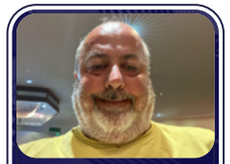
DOB: 22.01.1985 | Age: 39
From: Chester
OLY: Rio, Tokyo
IG: @chrisgrube1
Lottery funded: 13 years
Link to bio

Staff Bios

MARK ROBINSON
Team Leader

STEPHEN MORRISON
Coach

JONATHAN GLANFIELD
Coach


CHRIS GOWERS
Coach

MATT HOWARD
Coach

JONATHAN MCGOVERN
Coach

SAMUEL ROSS
Coach

ANDREW WALSH
Coach

IAIN PERCY
Coach

CHRISTOPHER DRAPER
Coach

LEO MCCALLIN
Coach

STUART BITHELL
Coach

JONAS STELMASZYK
Coach

FIONNUALA BARNES
Psychologist

TOM EVANS
Performance Lifestyle

SIMON CRAMPTON
Psychologist

KATIE RICHARDSON
Physio

KATE EDDY
HOPs

LOUISE TURNER
Physio

CHRISTIAN VERRINDER
Team Doctor

IAN WHITE
Physiologist

ALEXANDRA WARDELL
Operations

FRANCESCO SELLA
S&C

SIMON HISCOCKS
Bosun

SIMON ROWELL
Met

CHERYL EVANS
Chef

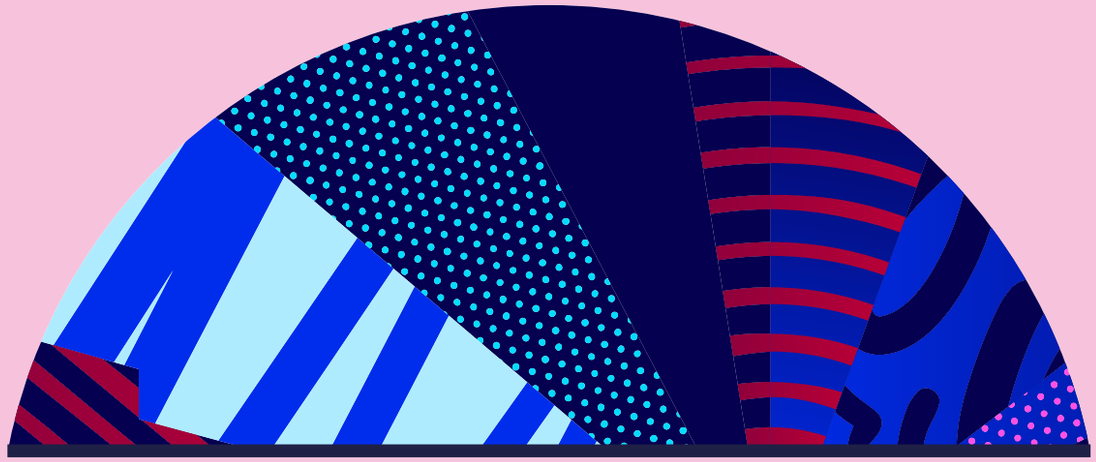
JEMIMA CRATHORNE
Kite Caddy

ADAM MAY
Chief Technical Officer

HELEN STAINSBY
Operations

BRYONY JOHNSON
Chef

Tournage



SHOOTING

SHOOTING

Sharpen your sights

Shooting has long been a mainstay of the Olympic programme but Paris 2024 will see the sport break new ground.

It is one of the original nine sports that featured at Athens 1896 with the sport having featured in every Olympics apart from 1904 and 1928.

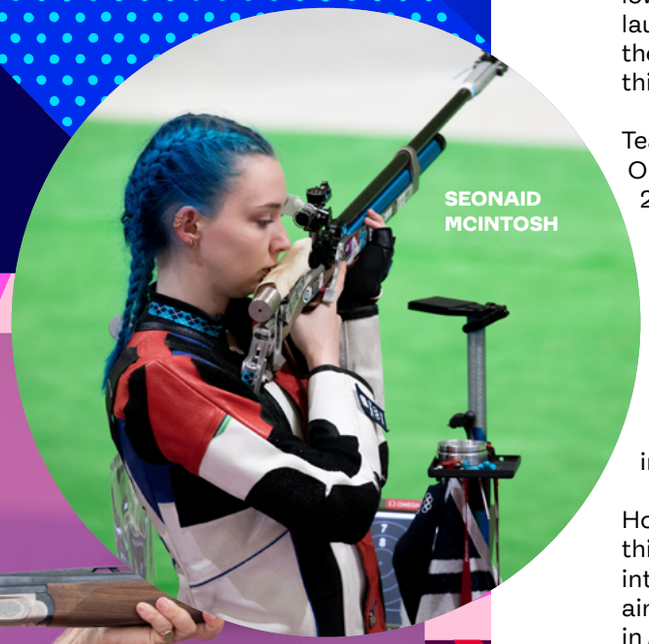
This year, 340 shooters will compete with an equal distribution of athletes between men and women for the first time.

There are still 15 gold medals up for grabs, just as there were in Tokyo, in both bullseye shooting – on an indoor range, using rifles and pistols – and outdoor clay pigeon shooting using shotguns.

Every event requires pinpoint precision and fierce focus as minute margins separate Olympic champions from the rest.

Each event consists of two stages: qualification and final. In the individual competition, the top eight athletes progress to the finals, while the mixed team events pit the top two ranked qualifying pairs against each other for gold, with those in third and fourth battling for bronze.

For the rifle and air pistol events, the eight finalists will compete against each other in the elimination round until only two shooters are left in a duel for the gold.



SEONAID MCINTOSH

MATT COWARD-HOLLEY

Meanwhile, skeet and trap are the two classic shotgun disciplines. Skeet sees targets launched from one high and one low 'house', whereas in trap they are launched from a single house. In the final, the first two then shoot off for gold, with third and fourth competing for bronze.

Team GB have a long history of success in Olympic shooting, dating back to winning 21 medals at the London 1908 Olympic Games.

More recently, Matt Coward-Holley won bronze at Tokyo 2020 while Pete Wilson is Team GB's last Olympic champion, winning double trap gold at London 2012. In total, Team GB have won 47 Olympic shooting medals including 13 golds.

Hopes for further medal success are high this time, with Britain's most successful international shooter, Amber Rutter, aiming for the Games having given birth in April.

Edinburgh-born Seonaid McIntosh was Team GB's sole indoor range representative in Japan.

She became the first British woman to be ranked world number one for the 50m rifle three positions event after winning five World Cup medals in 2019, including gold at the final in China.

In March 2023, she won silver at the European 10-metre Championships in Tallinn to secure a Paris quota place.

Michael Bargeron secured a quota spot thanks to his performance at April's Olympic Qualifier, meaning Team GB will be represented in men's rifle events and also in the 10m mixed team event.

The 10m mixed team, introduced to the programme in Tokyo, will be the first medal awarded in Paris in any sport.

TEAM GB HERITAGE

Sydney 2000

1 1

London 2012

1

Rio 2016

2

Tokyo 2020

1

All-time total

13 15 19

EVENT SCHEDULE

= Medal Event

SATURDAY 27 JULY

Time	Event
08:00 - 13:00	10m Air Rifle Mixed Team Qualification
	10m Air Rifle Mixed Team Bronze Medal
	10m Air Pistol Men Qualification
	10m Air Rifle Mixed Team Gold Medal
	10m Air Pistol Women Qualification

SUNDAY 28 JULY

Time	Event
08:15 - 12:30	10m Air Rifle Women Qualification
	10m Air Pistol Men Final
	10m Air Rifle Men Qualification
	10m Air Pistol Women Final

MONDAY 29 JULY

Time	Event
08:00 - 12:30	Trap Men Qualification - Day 1
	10m Air Pistol Mixed Team Qualification
	10m Air Rifle Women Final
	10m Air Rifle Men Final

TUESDAY 30 JULY

Time	Event
08:00 - 16:00	Trap Men Qualification - Day 2
	Trap Women Qualification - Day 1
	10m Air Pistol Mixed Team Bronze Medal
	10m Air Pistol Mixed Team Gold Medal
	Trap Men Final

WEDNESDAY 31 JULY

Time	Event
08:00 - 16:00	50m Rifle 3 Pos. Men Qualification
	Trap Women Qualification - Day 2
	Trap Women Final

THURSDAY 1 AUGUST

Time	Event
08:00 - 12:30	50m Rifle 3 Positions Men Final
	50m Rifle 3 Pos. Women Qualification

FRIDAY 2 AUGUST

Time	Event
08:00 - 10:00	Skeet Men Qualification - Day 1
	25m Pistol Women Qualification - Precision
	50m Rifle 3 Positions Women Final

SATURDAY 3 AUGUST

Time	Event
08:00 - 16:00	Skeet Men Qualification - Day 2
	Skeet Women Qualification - Day 1
	25m Pistol Women Final
	Skeet Men Final

SUNDAY 4 AUGUST

Time	Event
08:00 - 16:00	25m Rapid Fire Pistol Men Qual-Stage 1
	Skeet Women Qualification - Day 2
	Skeet Women Final

MONDAY 5 AUGUST

Time	Event
08:00 - 15:30	Skeet Mixed Team Qualification
	25m Rapid Fire Pistol Men Final
	Skeet Mixed Team Gold Medal

Athletes: Women

LUCY HALL
Trap

DOB: 02.09.2003 | Age: 20
From: Malton
IG: @lucyhallshooting
Lottery funded: 3 years
Link to bio

SEONAID MCINTOSH
Rifle

DOB: 15.03.1996 | Age: 28
From: Edinburgh
OLY: Tokyo
IG: @minimac_400
Lottery funded: 7 years
Link to bio

AMBER RUTTER
Skeet

DOB: 21.08.1997 | Age: 26
From: Windsor
OLY: Rio
IG: @amberjohill
Lottery funded: 10 years
Link to bio

Athletes: Men

MICHAEL BARGERON
Rifle

DOB: 03.01.1994 | Age: 30
From: London
IG: @mikebargey_gb
Lottery funded: 2 years
Link to bio

MATT COWARD-HOLLEY
Trap

DOB: 14.12.1994 | Age: 29
From: Chelmsford
OLY: Tokyo
IG: @mattcowardholley
Lottery funded: 7 years
Link to bio

NATHAN HALES
Trap

DOB: 16.06.1996 | Age: 28
From: Maidstone
IG: @nathan_hales
Lottery funded: 7 years
Link to bio

Staff Bios

STEVEN SELIGMANN
Team Leader

RICHARD BRICKELL
Coach

MARCO MICHELI
Coach

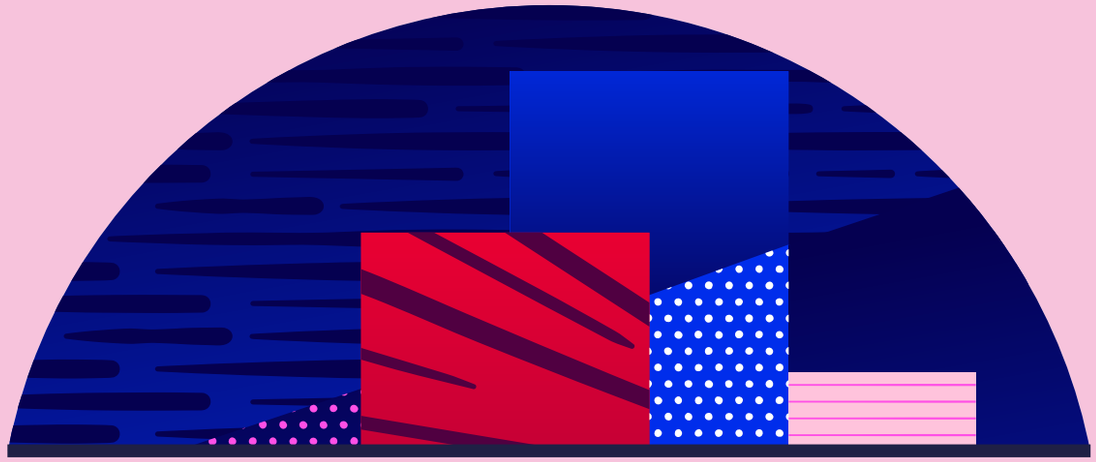
DONALD MCINTOSH
Coach

OLI DIXON
Psychologist

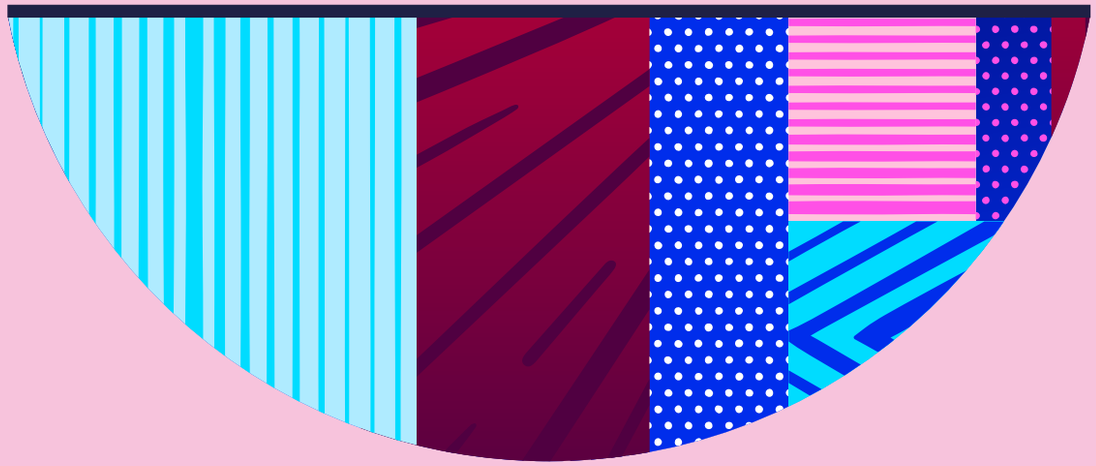
SIMON EDWARDS
Physio

PAUL HUGHES
Psychologist

Planche à roulette



SKATEBOARDING



SKATEBOARDING

Ollies and kickflips at the ready

Skateboarding is the fast-growing urban sport for thrill-seekers and adventurers and will be back in action at Paris 2024.

Making its Olympic debut in Tokyo 2020, skateboarding has stormed into the spotlight, captivating the world and inspiring generations to hop onboard.

The sport developed in the US in the 1950s amidst the rise in surf culture before turning to the underground movement of the 1980s, going hand-in-hand with the values of freedom, rebellion and thrill-seeking.

With its wide accessibility, from skating on the streets or at the skateparks that have popped up all across the world, the sport has become a well-loved hit among all age groups and has only continued to soar in popularity.

Skateboarding made its Olympic bow in Tokyo, with two disciplines: park and street.

Athletes perform a range of tricks, meeting criteria for the degree of difficulty, consistency and use of the course to impress the judges.

The park competition takes place on a hollowed-out course, which resembles an empty swimming pool, with steep sides and almost vertical at the top, for either getting air above the coping or grind on the top of the bowl.

The street competition takes place on a 'street-like' course with stairs, handrails and other obstacles to resemble the urban environments where skateboarding started out.

SKY BROWN

ANDY MACDONALD

LOLA TAMBLING

In the park events, athletes compete in three 45-second runs and perform five best tricks individually.

The runs are judged on difficulty and variety of performed tricks, flow or consistency in the performance, quality of execution, use of course/obstacles in a performance and repetition. Each competition consists of preliminary rounds and finals.

The Team GB name everyone remembers from Tokyo 2020 is Sky Brown. Aged just 13, Brown won a brilliant bronze in the women's park event in Japan to become Britain's youngest-ever Olympic medallist.

Brown became the first Brit to become a skateboarding world champion in 2023 and also has two X Games titles to her name, winning gold in 2021 and 2022.

Brown will be joined in the women's park field by fellow teenager, Cornish skater Lola Tambling, who secured a quota spot through the Olympic Qualifier Series.

In a remarkable showcase of skateboarding's inclusivity, the third member of the team is a legendary 50-year-old. Born in the USA with a father from Luton, Andy MacDonald has won a record 15 titles at X Games, has a video game named after him and became the first man to skateboard through the White House in 1999, when Bill Clinton was President.

Skateboarding will take place at the famous Place de La Concorde in Paris with the street events taking place on the 27 and 28 July and park events on the 6 and 7 August.

Event Schedule

= Medal Event

SATURDAY 27 JULY

Time	Event
12:00 – 17:00	Men's Street Prelims Men's Street Final

SUNDAY 28 JULY

Time	Event
12:30 – 17:30	Women's Street Prelims Women's Street Final

TUESDAY 6 AUGUST

Time	Event
12:30 – 17:30	Women's Park Prelims Women's Park Final

WEDNESDAY 7 AUGUST

Time	Event
12:30 – 17:30	Men's Park Prelims Men's Park Final

Athletes: Women

SKY BROWN
Park

DOB: 12.07.2008 | Age: 16
From: Miyazaki, Japan
OLY: Tokyo
IG: @skybrown
Link to bio

LOLA TAMBLING
Park

DOB: 23.02.2008 | Age: 16
From: Saltash
IG: @lolatambling
Lottery funded: 2 years
Link to bio

Athletes: Men

ANDY MACDONALD
Park

DOB: 31.07.1973 | Age: 50
From: Melrose, USA
IG: @andymac720
Link to bio

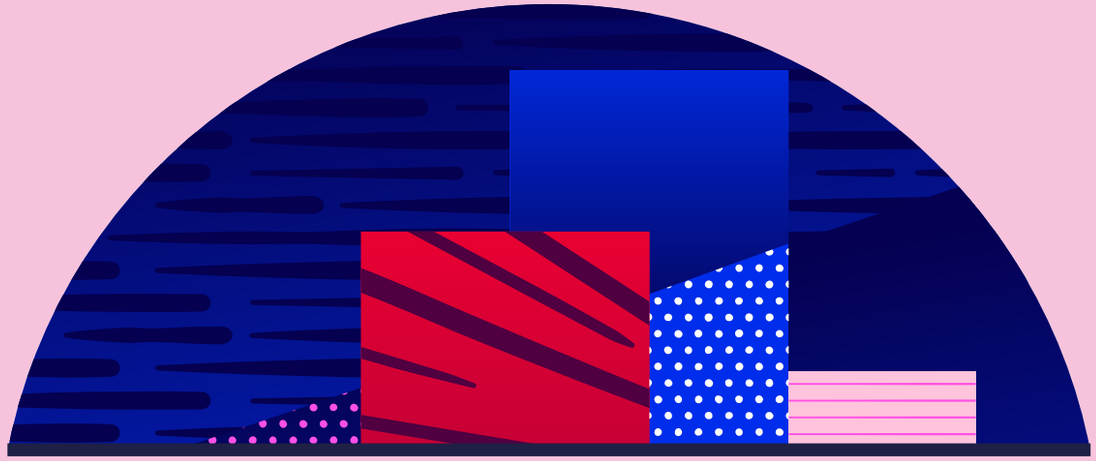
Staff Bios

DARREN PEARCY
Team Leader

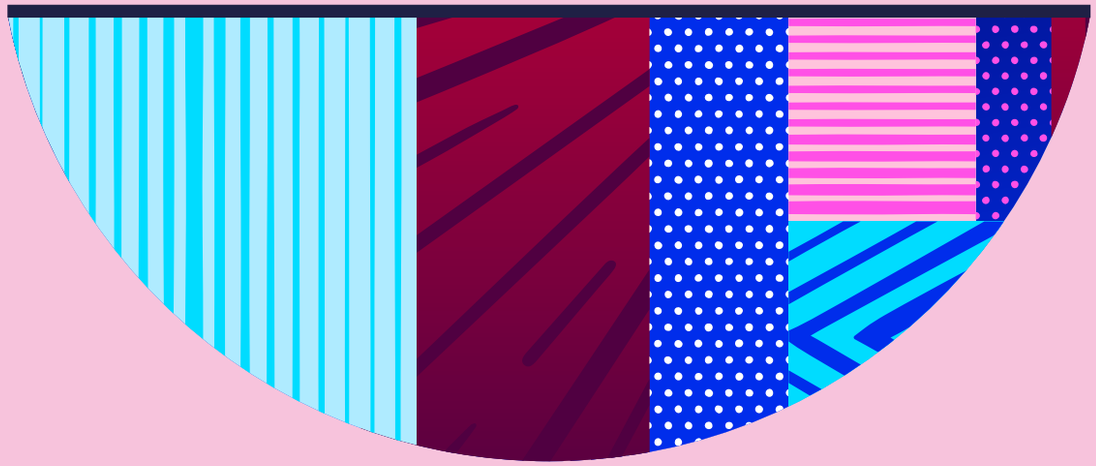
SAM BECKETT
Coach

STEWART BROWN
Coach

Je fais de l'escalade



SPORT CLIMBING



SPORT CLIMBING

Race to the top

Sport climbing made its Olympic bow at Tokyo 2020 and retains a place on the Paris schedule in a new and exciting format.

Originating from traditional rock climbing, the modern discipline comprises three different formats - speed, boulder and lead - and has seen a dramatic rise in popularity over the past 20 years.

The sport's competitive roots can be traced back to 1985, when a group of climbers gathered in Italy for an event called 'SportRoccia', which is recognised as the first organised lead competition.

One year later, the first competitive event on an artificial climbing wall was organised in Vaulx-en-Velin, near the city of Lyon. Sport climbing will return to France for the Paris 2024 Games at the Le Bourget Sport Climbing Venue.

At Tokyo 2020, climbers competed across all three formats and the athlete with the lowest score was awarded gold.

This summer, sport climbing will be divided into two medal categories per gender: Speed and Combined (boulder and lead).

Speed climbing will see a total of 28 athletes (14 per gender) competing in Paris. The discipline sees two athletes go head-to-head against each other to climb a 15m high wall at a five-degree inclination as fast as possible.

SHAUNA COXSEY

Male athletes will climb the wall in approximately six seconds and female athletes average around seven seconds. Every speed climbing wall around the world consists of the same standardised route, with speed and power the main components needed to succeed.

The newly contested combined event will see athletes compete in bouldering and lead climbing. A total of 40 athletes (20 per gender) will compete with each of them able to score a maximum of 200 points across the two disciplines, the athlete with the highest score winning the gold medal.

In bouldering, athletes climb four different fixed routes - or problems - with the aim to get to the top of as many as possible in as few attempts as possible.

Meanwhile, lead climbing sees athletes tackle an unknown route as fast as they can in six minutes. The climber must clip their rope into hooks or quickdraws along the route with the aim of reaching the highest hold possible on the wall.

At Tokyo 2020, Shauna Coxsey became Team GB's first Olympic sport climber and finished tenth overall in the women's combined event before calling time on her competitive career.

Toby Roberts became the first British male climber to qualify a spot for Team GB at an Olympic Games with victory at the Combined Olympic Qualifier in 2023. He was followed by Hamish McArthur, Molly Thompson-Smith and Erin McNeice who punched their tickets through the Olympic Qualifier Series.

At the 2024 Games, boulder and lead combined events will take place between August 5-10, while the speed events will take place between August 5-8.

Event Schedule

🏆 = Medal Event

MONDAY 5 AUGUST

Time	Event
10:00 - 14:00	Men's - Boulder & Lead semi-final, Boulder round Women's - Speed qualification

TUESDAY 6 AUGUST

Time	Event
10:00 - 14:00	Women's - Boulder & Lead semi-final, Boulder round Men's - Speed qualification

WEDNESDAY 7 AUGUST

Time	Event
10:00 - 13:15	Men's - Boulder & Lead semi-final, Lead round 🏆 Women's - Speed final

THURSDAY 8 AUGUST

Time	Event
10:00 - 13:15	Women's - Boulder & Lead semi-final, Lead round 🏆 Men's - Speed final

FRIDAY 9 AUGUST

Time	Event
10:15 - 13:20	🏆 Men - Boulder & Lead final

SATURDAY 10 AUGUST

Time	Event
10:15 - 13:20	🏆 Women - Boulder & Lead final

Athletes: Women

ERIN MCNEICE
Women's Boulder & Lead

DOB: 06.04.2004 | Age: 20
From: Rodmersham
IG: @erinmcbeast
Link to bio

MOLLY THOMPSON-SMITH
Women's Boulder & Lead

DOB: 07.11.1997 | Age: 26
From: London
IG: @mollytheclimber
Link to bio

Athletes: Men

HAMISH MCARTHUR
Men's Boulder & Lead

DOB: 06.03.2001 | Age: 23
From: York
IG: @hamish_mcarthur
Lottery funded: 2 years
Link to bio

TOBY ROBERTS
Men's Boulder & Lead

DOB: 15.03.2005 | Age: 19
From: Elstead
IG: @toby_climbing
Lottery funded: 1
Link to bio

Staff Bios

JON GARSIDE
Team Leader

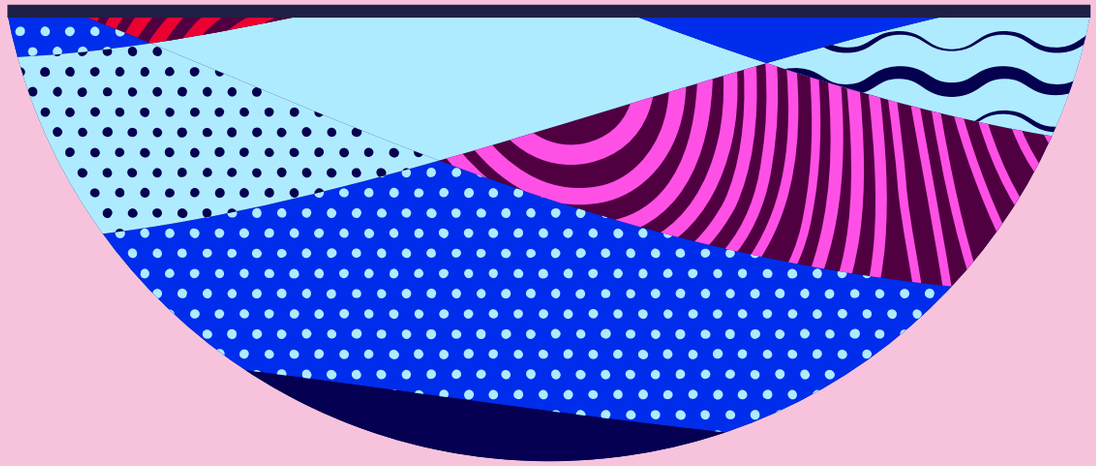
TRISTIAN ROBERTS
Coach

RACHEL CARR
Coach

LIAM BRIDDON
Coach

Natation

SWIMMING



TEAM GB HANDBOOK - PARIS 2024

SWIMMING

Ready to make another splash

Swimming at the Olympics has been home to some of the most iconic moments and milestones in sporting history.

The sport made its debut at Athens 1896, initially contested in a natural body of water before transferring to a man-made pool for the first-time in 1908. After athletics, it is the second largest sport at Paris 2024, with 37 medal-contested events.

Thirty-five of these events are held in a 50m pool, divided into eight lanes and include a programme of four different strokes - freestyle, backstroke, breaststroke and butterfly - as well as a medley comprising of all four strokes. There are a total of 16 events per gender and one mixed event, with each NOC eligible for a maximum quota of two athletes per individual event.

Swimming at Paris 2024 will include nine finals sessions in the pool instead of the regular eight for the first time in the programme's history, with athletes competing from the 27 July to the 4 August at the Paris La Defense Arena in Nanterre.

Marathon swimmers will then line up at the Pont Alexander III in Paris on the 8 and 9 August and dive into the iconic River Seine for the men's and women's 10km. Swimming in Paris' main artery has been prohibited since 1923, but 2024 will see a return to the waters after years of transforming the river into a swimming haven once more. Open water swimming was first introduced to the Olympics in 2008, with Team GB picking up three medals in that outing.

ADAM PEATY

KATHLEEN DAWSON

Swimming has produced some of the most iconic British Olympic athletes of all-time, including Rome 1960 200m breaststroke champion Anita Lonsbrough, who was the first British female athlete to carry the Union Flag into an Olympic Opening Ceremony and in 1962 was the first female to win the BBC's Sports Personality of the Year.

Rebecca Adlington became Britain's most successful swimmer with double gold at Beijing 2008 followed by two bronze medals at London 2012. Team GB had their most triumphant Olympics in the pool at Tokyo 2020, taking home four golds, three silvers and one bronze.

Adam Peaty became the first Team GB swimmer in history to defend an Olympic title after roaring to 100m breaststroke glory once more. Peaty also went on to win 4x100m mixed medley gold in a new world record time alongside Kathleen Dawson, James Guy and Anna Hopkin.

Duncan Scott became Team GB's most decorated athlete at a single Olympic Games with four medals at Tokyo 2020.

The Scotsman was part of a brilliant British one-two in the men's 200m freestyle, touching the wall behind fellow Team GB swimmer Tom Dean in a historic moment. The two freestylers also won 4x100m freestyle gold alongside Guy and Matt Richards.

More recently, Richards roared to 200m freestyle world gold in 2023, whilst super sprinter Ben Proud became only the third male swimmer in history to hold both the 50m freestyle long course and short course world titles at the same time in 2022.

Overall, Team GB have won 82 medals in swimming at the Olympics, including 20 golds and sit sixth in the sport's all-time medal table.

TEAM GB HERITAGE

Beijing 2008

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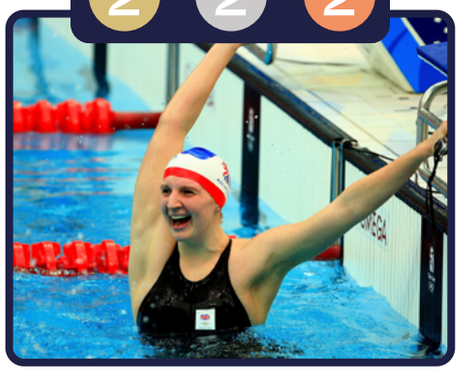

London 2012

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Rio 2016

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Tokyo 2020

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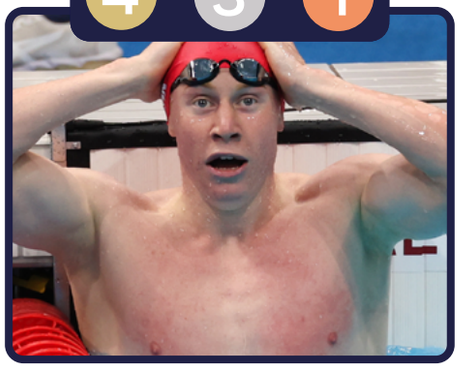


All-time total

20 31 31

TEAM GB HANDBOOK - PARIS 2024

EVENT SCHEDULE

= Medal Event

SATURDAY 27 JULY

Time	Event
11:00 - 13:00	Women's 100m Butterfly Heats Women's 400m Freestyle Heats Men's 100m Breaststroke Heats Men's 400m Freestyle Heats Women's 4x100m Freestyle Relay Heats Men's 4x100m Freestyle Relay Heats
20:30 - 22:30	Women's 100m butterfly Semi-Finals Women's 400m Freestyle Final Men's 400m Freestyle Final Men's 100m Breaststroke Semi-Finals Women's 4x100m Freestyle Relay Final Men's 4x100m Freestyle Relay Final

SUNDAY 28 JULY

Time	Event
11:00 - 13:00	Men's 200m Freestyle Heats Men's 400m Individual Medley Heats Women's 100m Breaststroke Heats Men's 100m Backstroke Heats Women's 200m Freestyle Heats
20:30 - 22:30	Men's 400m Individual Medley Final Women's 100m Butterfly Final Men's 200m Freestyle Semi-Finals Women's 100m Breaststroke Semi-Finals Men's 100m Breaststroke Semi-Finals Men's 100m Breaststroke Final Women's 200m Freestyle Semi-Finals

MONDAY 29 JULY

Time	Event
11:00 - 13:00	Women's 400m Individual Medley Heats Women's 100m Backstroke Heats Men's 800m Freestyle Heats
20:30 - 22:30	Women's 400m Individual Medley Final Men's 200m Freestyle Final Women's 100m Backstroke Semi-Finals Men's 100m Backstroke Final Women's 100m Backstroke Final Women's 200m Backstroke final

TUESDAY 30 JULY

Time	Event
11:00 - 13:00	Men's 200m Butterfly Heats Men's 100m Freestyle Heats Women's 1500m Freestyle Heats Women's 100m Freestyle Heats Men's 200m Breaststroke Heats Men's 4x200 Freestyle Relay Heats
20:30 - 22:30	Men's 100m Freestyle Semi-Finals Men's 200m Butterfly Semi-Finals Women's 100m Backstroke Final Men's 800m Freestyle Final Women's 100m Freestyle Semi-Finals Men's 200m Breaststroke Semi-Finals Men's 4x200m Freestyle Relay Final

WEDNESDAY 31 JULY

Time	Event
11:00 - 13:00	Women's 200m Breaststroke Heats Men's 200m Backstroke Heats Women's 200m Butterfly Heats
20:30 - 22:30	Women's 100m Freestyle Final Men's 200m Butterfly Final Women's 200m Butterfly Semi-Finals Women's 1500m Freestyle Final Men's 200m Backstroke Semi-Finals Women's 200m Breaststroke Semi-Finals Men's 200m Breaststroke Final Men's 100m Freestyle Final

THURSDAY 1 AUGUST

Time	Event
11:00 - 13:00	Women's 200m Backstroke Heats Men's 50m Freestyle Heats Men's 200m Individual Medley Heats Women's 4x200m Freestyle Relay Heats
20:30 - 22:30	Women's 200m Butterfly Final Men's 200m Backstroke Final Men's 50m Freestyle Semi-Finals Women's 200m Breaststroke Final Women's 200m Backstroke Semi-Finals Men's 200m Individual Medley Semi-Finals Women's 4x200m Freestyle Relay Final

FRIDAY 2 AUGUST

Time	Event
11:00 - 13:00	Men's 100m Butterfly Heats Women's 200m Individual Medley Heats Women's 800m Freestyle Heats Mixed 4x100m Medley Relay Heats
20:30 - 22:30	Men's 50m Freestyle Final Women's 200m Backstroke Final Men's 200m Individual Medley Final Men's 100m Butterfly Semi-Finals Women's 200m Individual Medley Semi-Finals

SATURDAY 3 AUGUST

Time	Event
11:00 - 13:00	Women's 50m Freestyle Heats Men's 1500m Freestyle Heats Men's 4x100m Medley Relay Heats Women's 4x100m Medley Relay Heats
20:30 - 22:30	Men's 100m Butterfly Final Women's 50m Freestyle Semi-Finals Women's 200m Individual Medley Final Women's 800m Freestyle Final Mixed 4x100 Medley Relay Final

SUNDAY 4 AUGUST

Time	Event
18:30 - 20:30	Women's 50m Freestyle Final Men's 1500m Freestyle Final Men's 4x100m Medley Relay Final Women's 4x100m Medley Relay Final

THURSDAY 8 AUGUST: MARATHON SWIMMING

Time	Event
07:30	Women's 10km

FRIDAY 9 AUGUST: MARATHON SWIMMING

Time	Event
07:30	Men's 10km

BEN PROUD

Athletes: Women

FREYA ANDERSON
Freestyle
DOB: 04.03.2001 | Age: 23
From: Birkenhead
OLY: Tokyo
IG: @freyaanderson_
Lottery funded: 8 years
Link to bio

FREYA COLBERT
Multi
DOB: 08.03.2004 | Age: 20
From: Grantham
IG: @freya.colbert
Lottery funded: 5 years
Link to bio

KATHLEEN DAWSON
Backstroke
DOB: 03.10.1997 | Age: 26
From: Kirkcaldy
OLY: Tokyo
IG: @dawson_kathleen
Lottery funded: 11 years
Link to bio

ANGHARAD EVANS
Breaststroke
DOB: 25.04.2003 | Age: 21
From: Cambridge
IG: @anghxrad
Link to bio

MEDI HARRIS
Backstroke
DOB: 15.09.2002| Age: 21
From: Porthmadog
IG: @mediharris
Lottery funded: 3 years
Link to bio

LUCY HOPE
Freestyle
DOB: 30.01.1997 | Age: 27
From: Jedburgh
OLY: Tokyo
IG: @lucyhope_
Lottery funded: 3 years
Link to bio

ANNA HOPKIN
Freestyle
DOB: 26.04.1998 | Age: 28
From: Chorley
OLY: Tokyo
IG: @anna_hopkin
Lottery funded: 4 years
Link to bio

KEANNA MACINNES
Butterfly
DOB: 19.08.2001 | Age: 22
From: Livingston
IG: @keanna_macinnes
Lottery funded: 5 years
Link to bio

EVA OKARO
Freestyle
DOB: 10.11.2006 | Age: 17
From: Sevenoaks
IG: @evaokaro_
Lottery funded: 3 years
Link to bio

HONEY OSRIN
Backstroke
DOB: 24.02.2003 | Age: 21
From: Plymouth
IG: @honeyosrin
Link to bio

KATIE SHANAHAN
Multi
DOB: 05.06.2004 | Age: 20
From: Glasgow
Inst: @ _katieshanahan_
Lottery funded: 5 years
Link to bio

LAURA STEPHENS
Butterfly
DOB: 02.06.1999 | Age: 25
From: Colchester
OLY: Tokyo
IG: @laurakjs99
Lottery funded: 7 years
Link to bio

ABBIE WOOD
Multi
DOB: 02.03.1999 | Age: 25
From: Buxton
OLY: Tokyo
IG: @abbiewood1
Lottery funded: 10 years
Link to bio

Athletes: Men

KIERAN BIRD
Freestyle
DOB: 02.09.1999 | Age: 24
From: Bicester
OLY: Tokyo
IG: @kieranbiird
Lottery funded: 3
Link to bio

ALEX COHOON
Freestyle
DOB: 17.09.2002 | Age: 21
From: Fairford
IG: @alex_cohoon
Lottery funded: 1
Link to bio

TOM DEAN
Freestyle
DOB: 02.05.2000 | Age: 24
From: Maidenhead
OLY: Tokyo
IG: @tomdean00
Lottery funded: 7 years
Link to bio

LUKE GREENBANK
Backstroke
DOB: 17.07.1997 | Age: 26
From: Crewe
OLY: Tokyo
IG: @lukegreenbank
Lottery funded: 10 years
Link to bio

JAMES GUY
Multi
DOB: 26.11.1995 | Age: 28
From: Bury
OLY: Rio, Tokyo
IG: @james.g.guy
Lottery funded: 12 years
Link to bio

DANIEL JERVIS
Freestyle
DOB: 09.06.1996 | Age: 28
From: Resolven
OLY: Tokyo
IG: @danieljervis1
Lottery funded: 10 years
Link to bio

JOE LITCHFIELD
Butterfly
DOB: 08.07.1998 | Age: 26
From: Pontefract
OLY: Tokyo
IG: @joelitchfield_
Lottery funded: 8 years
Link to bio

MAX LITCHFIELD
Multi
DOB: 04.03.1995 | Age: 29
From: Pontefract
OLY: Rio, Tokyo
IG: @litchfield.max
Lottery funded: 11 years
Link to bio

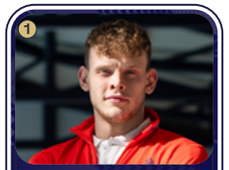
JONATHON MARSHALL
Backstroke
DOB: 15.11.2004 | Age: 19
From: Akron, Ohio
IG: @jonnycmarshall
Link to bio

JACK MCMILLAN
Freestyle
DOB: 14.01.2000 | Age: 24
From: Belfast
OLY: Tokyo (IRE)
IG: @jackmcmillan4
Link to bio

OLIVER MORGAN
Backstroke
DOB: 11.06.2003 | Age: 21
From: Ludlow
IG: @ollie.morgannn
Lottery funded: 1 year
Link to bio

ADAM PEATY
Breaststroke
DOB: 28.12.1984 | Age: 29
From: Uttoxeter
OLY: Rio, Tokyo
IG: @adam_peaty
Lottery funded: 12 years
Link to bio

BEN PROUD
Freestyle
DOB: 21.09.1994 | Age: 29
From: Plymouth
OLY: Rio, Tokyo
IG: @benproudswim
Lottery funded: 11 years
Link to bio



MATT RICHARDS
Freestyle
DOB: 17.12.2002 | Age: 21
From: Droitwich
OLY: Tokyo
IG: @m4ttrichards
Lottery funded: 5 years
Link to bio

DUNCAN SCOTT
Multi
DOB: 06.05.1997 | Age: 27
From: Glasgow
OLY: Rio, Tokyo
IG: @dunks_scott
Lottery funded: 11 years
Link to bio

JACOB WHITTLE
Freestyle
DOB: 25.09.2004 | Age: 19
From: Alfreton
OLY: Tokyo
IG: @jacobwhittle_
Lottery funded: 5 years
Link to bio

JAMES WILBY
Breaststroke
DOB: 12.11.1993 | Age: 30
From: York
OLY: Tokyo
IG: @jameswilby
Lottery funded: 12 years
Link to bio

Marathon Swimming

LEAH CRISP
Women's 10km

DOB: 16.10.2001 | Age: 22
From: Wakefield
IG: @leah.crisp
Link to bio

HECTOR PARDOE
Men's 10km

DOB: 29.03.2001 | Age: 23
From: Wrexham
OLY: Tokyo
IG: @hectorpardoe
Lottery funded: 4 years
Link to bio

TOBIAS ROBINSON
Men's 10km

DOB: 22.08.1996 | Age: 27
From: Wolverhampton
IG: @tobiasrobinson
Lottery funded: 7 years
Link to bio

Staff Bios

CHRIS SPICE
Team Leader

BILL FURNISS
Head Coach

STEVEN TIGG
Coach

DAVID MCNULTY
Coach

LISA BATES
Coach

DAVID HEMMINGS
Coach

MEL MARSHALL
Coach

RYAN LIVINGSTONE
Coach

JAMIE MAIN
Coach

CONNOR ANDREWS
Coach - Marathon Swimming

HAYLEY BAKER
Coach - Marathon Swimming

NATHAN HILTON
Coach - Marathon Swimming

NEIL SHANKS
S&C

RICHARD CHESSOR
Nutritionist

THOMAS BATES
Psychologist

MATTHEW ASHMAN
Physio

OLIVER LOGAN
Performance Analysis

ANDREW ELKINS
S&C

ADRIAN CAMPBELL-KRAUSE
Performance Analysis

KATE JORDAN
Doctor

JONATHAN TWYNHAM
Physiotherapist

DAWN PEART
Team Manager

RACHEL CARTER
Physio

LEAH SLINGSBY
Camp Assistant Manager

Tennis de table

TABLE TENNIS

TABLE TENNIS

Technique and concentration

Precision, speed, power – those are just some of the skills that you need to be a world-class table tennis player.

But the sport originated in the more sedate surroundings of Victorian England and began as after-dinner entertainment for the upper classes. Players would use cigar boxes for rackets and a spherical champagne cork as a ball, a far cry from the rubber-sided paddles and light plastic balls used in the modern, fast-paced, intense game.

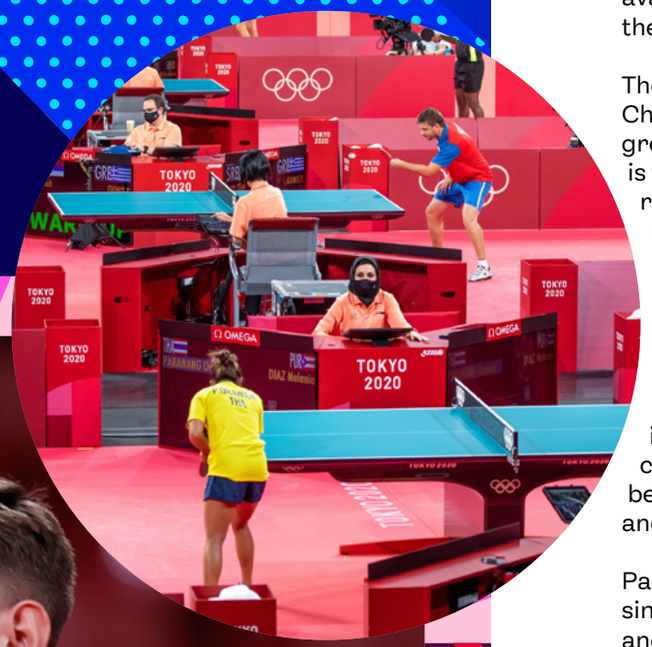
Although it is classified as a racket sport and follows similar rules to tennis, table tennis has a unique scoring system, with each match played the best out of seven games and players battling it out to reach 11 points, clear by a margin of two, to win each game.

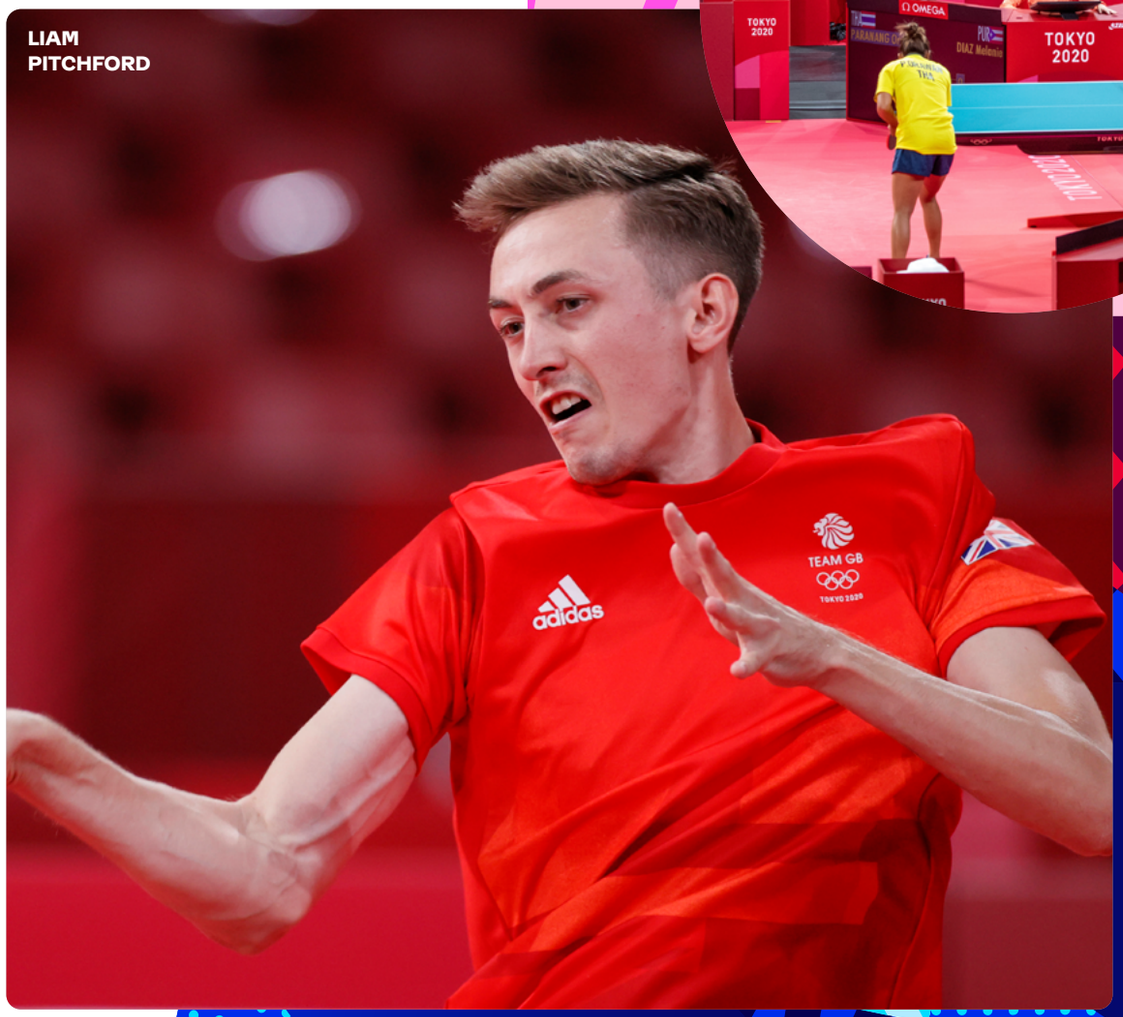
Each player has two serves before their opponent takes over, unless the score is tied at 10-10 in which case serves are switched after each point.

Grips are all-important in table tennis because they control the angle of the racket and all top-level players use either the 'pen' or the 'shakehand' grip.

Using the shakehand grip has grown in popularity in recent years in line with an emphasis on attacking play across the sport, with use of the iconic pen grip dwindling due to its weakness on the backhand side.

The Olympic table tennis format works as a straight knockout, with the winning player or team progressing from each match until two remain and contest the gold medal match.





LIAM PITCHFORD

Since becoming an Olympic sport at Seoul 1988, China have dominated at the Games by winning 32 of the 37 gold medals available and their stars will once again be the ones to beat heading into Paris 2024.

The Games could be the last hurrah for China's Ma Long, who is considered the greatest table tennis player of all-time. Ma is the only male table tennis player to have retained an Olympic singles title, winning gold in Rio and Tokyo, and has spent more months at world number one than any other player.

European players have fought the tide of Asian dominance in the sport, with some success. Germany won two medals in Tokyo and the host nation, France, can count on the prodigious talents of the bespectacled Lebrun brothers – Felix, 17, and Alexis, 20.

Paris 2024 will feature women's and men's singles, women's and men's team events and the mixed doubles returns after a successful debut in Tokyo, where the host nation won gold. Team GB have two players competing in singles events as they look to bring home a first-ever Olympic medal in the sport.

Liam Pitchford is making history as the first British athlete to compete at four Olympic Games in table tennis, having featured in London, Rio and Tokyo.

Pitchford played in the men's team event at his home Games in 2012 and reached the quarter-final at Rio 2016.

He is joined by teenager Anna Hursey, who is the first Welsh table tennis player to compete at the Olympics. She is thought to be the youngest person to represent Wales in any sport, representing her country in a European Championship qualifier as a 10-year-old.

EVENT SCHEDULE

= Medal Event

SATURDAY 27 JULY

Time	Event
15:00 - 18:00	Men's Singles Preliminary Round Women's Singles Preliminary Round Mixed Doubles Round of 16
20:00 - 23:00	Men's Singles Round of 64 Women's Singles Round of 64

SUNDAY 28 JULY

Time	Event
10:00 - 14:00	Men's Singles Round of 64 Women's Singles Round of 64
16:00 - 18:00	Mixed Doubles Quarter-Finals
20:00 - 23:00	Men's Singles Round of 64 Women's Singles Round of 64

MONDAY 29 JULY

Time	Event
10:00 - 14:00	Men's Singles Round of 64 Women's Singles Round of 64
17:00 - 19:00	Mixed Doubles Semi-Finals
20:00 - 23:00	Men's Singles Round of 32 Women's Singles Round of 32

TUESDAY 30 JULY

Time	Event
10:00 - 12:00	Men's Singles Round of 32 Women's Singles Round of 32
13:30 - 16:00	Mixed Doubles – Bronze Medal Match Mixed Doubles – Gold Medal Match

WEDNESDAY 31 JULY

Time	Event
10:00 - 13:00	Men's Singles Round of 32 Women's Singles Round of 32
15:00 - 18:00	Men's Singles Round of 16 Women's Singles Round of 16
20:00 - 23:00	Men's Singles Round of 16 Women's Singles Round of 16

THURSDAY 1 AUGUST

Time	Event
10:00 - 13:00	Women's Singles Quarter-Finals Men's Singles Quarter-Finals
15:00 - 18:00	Women's Singles Quarter-Finals Men's Singles Quarter-Finals
20:00 - 22:00	Women's Singles Quarter-Finals Men's – Singles Quarter-Finals

FRIDAY 2 AUGUST

Time	Event
10:00 - 12:00	Women's Singles Semi-Final Men's Singles Semi-Final
13:30 - 15:30	Women's Singles Semi-Final Men's Singles Semi-Final

SATURDAY 3 AUGUST

Time	Event
13:30 - 16:00	Women's Singles Bronze Medal Match Women's Singles Gold Medal Match

SUNDAY 4 AUGUST

Time	Event
13:30 - 16:00	Men's Singles Bronze Medal Match Men's Singles Gold Medal Match

MONDAY 5 AUGUST

Time	Event
10:00 - 13:00	Men's Team Round of 16 Women's Team Round of 16
15:00 - 18:00	Men's Team Round of 16 Women's Team Round of 16
20:00 - 23:00	Men's Team Round of 16 Women's Team Round of 16

TUESDAY 6 AUGUST

Time	Event
10:00 - 13:00	Men's Team Round of 16 Women's Team Round of 16
15:00 - 18:00	Men's Team Quarter-Finals Women's Team Quarter-Finals
20:00 - 23:00	Men's Team Quarter-Finals Women's Team Quarter-Finals

WEDNESDAY 7 AUGUST

Time	Event
10:00 - 13:00	Men's Team Quarter-Finals Women's Team Quarter-Finals
15:00 - 18:00	Men's Team Quarter-Finals Women's Team Quarter-Finals
20:00 - 23:00	Men's Team Semi-Final

THURSDAY 8 AUGUST

Time	Event
10:00 - 13:00	Men's Team Semi-Final
15:00 - 18:00	Women's Team Semi-Final
20:00 - 23:00	Women's Team Semi-Final

FRIDAY 9 AUGUST

Time	Event
10:00 - 13:00	Men's Team Bronze Medal Match
15:00 - 18:00	Men's Team Gold Medal Match

SATURDAY 10 AUGUST

Time	Event
10:00 - 13:00	Women's Team Bronze Medal Match
15:00 - 18:00	Women's Team Gold Medal Match

Athletes: Women

ANNA HURSEY
Women's Singles

DOB: 22.06.2006 | Age: 18
From: Carmarthen
IG: @annahurseyxoxo
Link to bio

Athletes: Men

LIAM PITCHFORD
Men's Singles

DOB: 12.07.1993 | Age: 31
From: Chesterfield
OLY: London, Rio, Tokyo
IG: @liam_pitchford93
Lottery funded: 5 years
Link to bio

Staff Bios

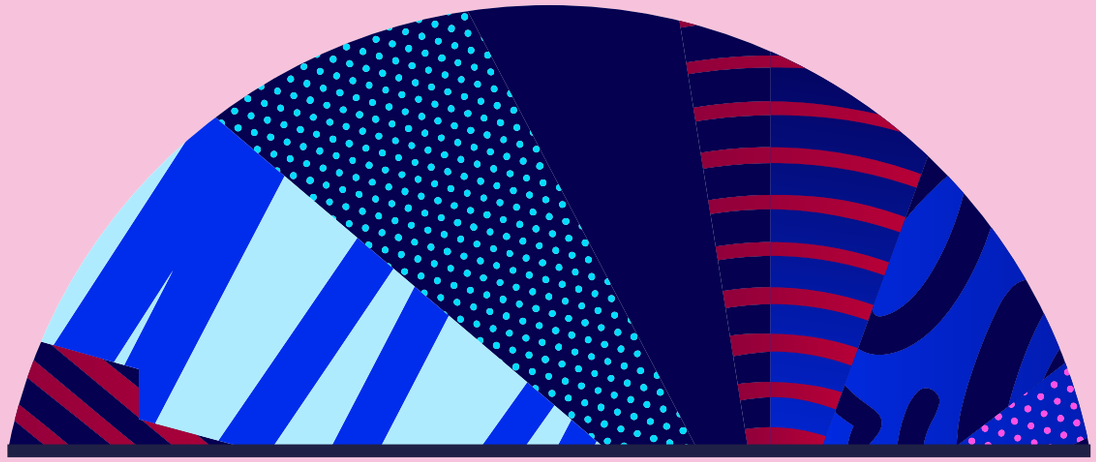
GAVIN EVANS
Team Leader

JOHN MURPHY
Coach

DAVID MCBEATH
Coach

JUSTIN LUCAS-HILL
Reims Camp Physio

Taekwondo



TAEKWONDO

TAEKWONDO

Can you kick it?

The pulsating kicking sport of taekwondo has origins dating back all the way to 50 BC.

The Korean sport's first time on the Olympic stage came as recently as 1988 in Seoul as a demonstration sport. The world marvelled at a mass demonstration of taekwondo in the Opening Ceremony, with the sport eventually made it to full medal status in time for Sydney 2000.

The word taekwondo is composed of three parts – 'Tae' meaning foot or to step on, 'Kwon' meaning to fight and 'Do' which refers to the discipline.

The aim is to kick and punch your opponent while avoiding being hit yourself. Its trademark rhythm is the way athletes kick and punch in quick succession.

Matches are fought on an octagonal field of play across three rounds of two minutes each and points are awarded according to the difficulty of the techniques used.

Spinning kicks are rewarded with extra points and a kick to the head scores higher than punches to the torso but athletes must be wary to not pick up gam-jeom penalties for faults.

In Olympic competitions, there is a single elimination format for each of the eight weight categories.

Medals are awarded in four different weight classes for both male and female competitors: flyweight, featherweight, middleweight and heavyweight.

BRADLY SINDEN

JADE JONES

At Paris 2024, the Grand Palais will provide a stunning stage with its glass roof and 8,000 spectators are expected to watch history unfold.

Team GB's first medal success came in 2008 when Sarah Stevenson took home bronze in Beijing, paving the way for an era of greatness which has followed.

Four years later, Jade Jones became the country's first-ever Olympic champion in the sport and was just 19 years old when she took the world by storm with victory at London 2012.

The Welsh featherweight defended her title at Rio 2016 and, following a first-round defeat in Tokyo, is leaving no stone unturned in preparation for Paris.

Bradly Sinden won silver at Tokyo 2020 in the men's 68kg category, only denied gold by a last-second score from Uzbekistan's Ulugbek Rashiton.

Sinden, born in the same part of Doncaster as Stevenson, has worked hard to earn the moniker of GB Taekwondo's 'Mr Consistent'. He is a reliable performer on the big stage, heading to the big dance as reigning world and European champion.

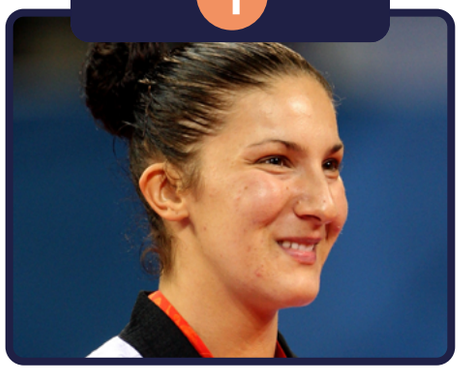
Roaring his way into the men's heavyweight conversation, 20-year-old Caden Cunningham punched his ticket to Paris after retaining his place among the top five in the world. He won his maiden European title in May to fuel hopes for a successful Olympic debut.

Rebecca McGowan has been a disruptor in the women's heavyweight category. Thanks to an innovative tactical approach she labels 'Seven Arrows', McGowan has risen to be ranked fifth in the world and is one half of a GB Taekwondo power couple as Sinden's partner.

TEAM GB HERITAGE

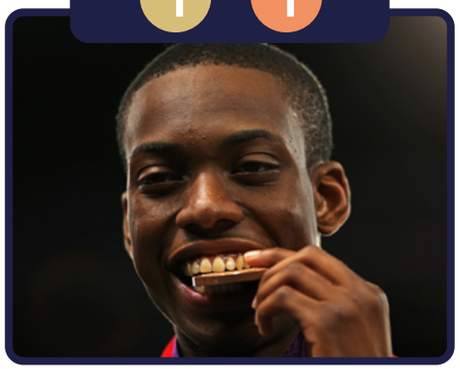
Beijing 2008

1



London 2012

1 1



Rio 2016

1 1 1

Tokyo 2020

2 1

All-time total

2 3 4

EVENT SCHEDULE

= Medal Event

WEDNESDAY 7 AUGUST

Time	Event
09:00 - 12:30	Women's -49kg Round of 16 Men's -58kg Round of 16
14:30 - 17:30	Women's-49kg Quarter-Finals Men's -58kg Quarter-Finals
19:30 - 23:00	Women's -49kg Repechage Men's-58kg Repechage Women's -49kg Bronze Medal Contests Men's -58kg Bronze Medal Contests Women's -49kg Final Men's -58kg Final

THURSDAY 8 AUGUST

Time	Event
09:00 - 12:30	Men's -68kg Round of 16 Women's -57kg Round of 16
14:30 - 17:30	Men's -68kg Quarter-Finals Women's -57kg Quarter-Finals Men's -68kg Semi-Finals Women's -57kg Semi-Finals
19:30 - 22:00	Men's -68kg Repechage Women's -57kg Repechage Men's -68kg Bronze Medal Contests Women's -57kg Bronze Medal Contests Men's -57kg Final Women's -57kg Final

FRIDAY 9 AUGUST

Time	Event
09:00 - 12:30	Women's -67kg Round of 16 Men's-80kg Round of 16
14:30 - 17:30	Women's -67kg Quarter-Finals Men's -80kg Quarter-Finals Women's -67kg Semi-Finals Men's -80kg Semi-Finals
19:30 - 22:00	Women's -67kg Repechage Men's -80kg Repechage Women's -67kg Bronze Medal Contests Men's -80kg Bronze Medal Contests Women's -67kg Final Men's -80kg Final

SATURDAY 10 AUGUST

Time	Event
09:00 - 12:30	Men's +80kg Round of 16 Women's +67kg Round of 16
14:30 - 17:30	Men's +80kg Quarter-Finals Women's +67kg Quarter-Finals Men's +80kg Semi-Finals Women's +80kg Semi-Finals
19:30 - 22:00	Men's +80kg Repechage Women's +67kg Repechage Men's +80kg Bronze Medal Contests Women's +67kg Bronze Medal Contests Men's +80kg Final Women's +67kg Final

Athletes: Women

JADE JONES
-57kg

DOB: 21.03.1993 | Age: 31
From: Flint
OLY: London, Rio, Tokyo
IG: @jadejonestkd
Lottery funded: 14 years
Link to bio

REBECCA MCGOWAN
+67kg

DOB: 27.05.2000 | Age: 24
From: Dumbarton
IG: @rebeccamcgowantkd
Lottery funded: 8 years
Link to bio

Athletes: Men

BRADLY SINDEN
-68kg

DOB: 19.09.1998 | Age: 25
From: Doncaster
OLY: Tokyo
IG: @bradlysinden
Lottery funded: 8 years
Link to bio

CADEN CUNNINGHAM
+80kg

DOB: 07.05.2003 | Age: 21
From: Huddersfield
IG: @cadenluiscunningham
Lottery funded: 5 years
Link to bio

Staff Bios

ANDY PATON
Team Leader

MARTIN STAMPER
Coach

NELSON SAENZ MILLER
Coach

TORANN MAIZEROI
Coach

TONI TOMAS
Coach

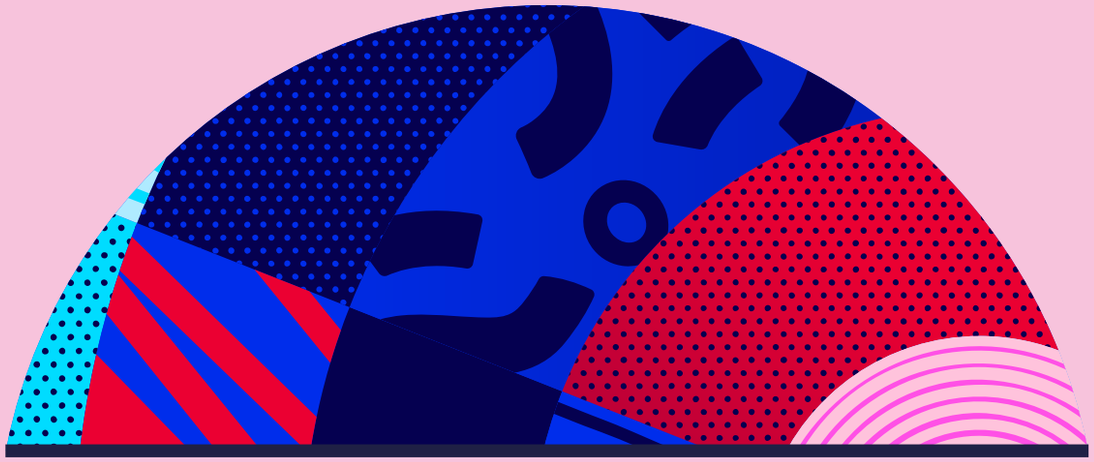
DEAN COOMER
Psychologist

BEN HARPER
Physio

GARRETH OWEN
Performance Analyst

ARINDAM BANERJEE
Doctor

Tennis



TENNIS

TEAM GB HANDBOOK - PARIS 2024

TENNIS

Roland-Garros awaits

From John Boland all the way back at the first Olympic Games to Andy Murray's back-to-back men's singles golds, you cannot tell the story of tennis at the Games without Team GB.

Tennis was part of the original Olympic programme, making its debut in Athens and featuring at the first five Games from 1896 to 1912.

After being absent from 1916, it returned for the next two Games before dropping from the programme. In 1968 and 1984, tennis featured as a demonstration sport, with only players aged 21 and under eligible before it returned to the Olympic schedule for good at Seoul 1988.

Since then, it has become one of the star attractions of the Games, with some of the world's biggest sports stars cementing their legacies with Olympic medals.

In terms of overall medals, the Williams sisters, Venus and Serena, have been the most successful tennis players in Olympic history. But in singles, Murray stands alone as the only person, male or female, to win multiple gold medals.

That also makes him the only person to have defended an Olympic singles title, doing so in a titanic battle with Juan Martin del Potro at Rio 2016.

Four years earlier, Murray provided one of the many iconic moments of London 2012, beating Roger Federer in straight sets on Centre Court at Wimbledon, avenging his defeat in the final of the All-England Championships a month earlier. As well as taking men's singles gold, Murray joined forces with Laura Robson in the mixed doubles, winning a silver medal. It proved a launchpad for Murray, who beat Novak Djokovic in the final of the US Open just weeks after also seeing off the Serb in the Olympic semi-finals.

NEAL SKUPSKI

ANDY MURRAY

That maiden Grand Slam title was followed by a first Wimbledon title in 2013, again defeating Djokovic. While Murray reigns supreme as the most successful British tennis player at the Olympics, he is far from the only one to have stood out.

Britain dominated the tennis competition in the early years of the Games, with Boland winning men's singles gold, as well as taking the men's doubles title alongside Germany's Friedrich Traun, with mixed teams allowed at the time.

Team GB took all four gold medals four years later in Paris, brothers Laurence and Reginald Doherty and Charlotte Cooper each winning two golds. Reginald Doherty added a third Olympic title at London 1908, with only Venus and Serena Williams having topped his tally of three golds.

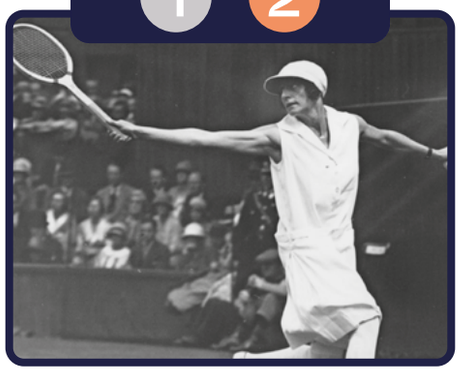
At Paris 2024, tennis will take place at Roland-Garros, the home of the French Open, marking a return to a Grand Slam venue for the first time since London 2012.

Grand Slam winners Joe Salisbury and Neal Skupski will combine in the men's doubles, where Murray partners Dan Evans. 2022 Wimbledon semi-finalist Cameron Norrie features in men's singles alongside rising star Jack Draper. Katie Boulter flies the flag in women's singles, combining in doubles with Heather Watson who features at a fourth Olympics.

TEAM GB HERITAGE

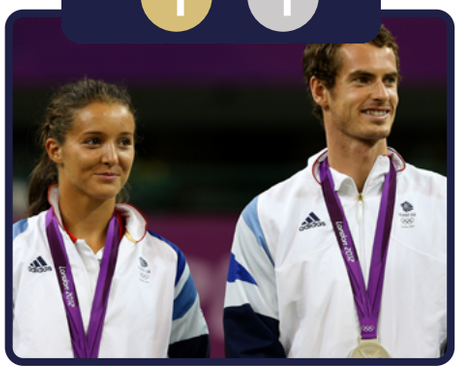
Paris 1924

1 2



London 2012

1 1



Atlanta 1996

1

Rio 2016

1

All-time total

17 14 12

EVENT SCHEDULE

= Medal Event

SATURDAY 27 JULY

Time	Event
12:00 - 23:00	Men's Singles Round of 64 Women's Singles Round of 64 Men's Doubles Round of 32 Women's Doubles Round of 32

SUNDAY 28 JULY

Time	Event
12:00 - 23:00	Men's Singles Round of 64 Women's Singles Round of 64 Men's Doubles Round of 32 Women's Doubles Round of 32

MONDAY 29 JULY

Time	Event
12:00 - 23:00	Men's Singles Round of 64 Women's Singles Round of 32 Men's and Women's Doubles - Round of 16 Mixed Doubles - Round of 1

TUESDAY 30 JULY

Time	Event
12:00 - 23:00	Men's Singles Round of 32 Women's Singles Round of 16 Men's Doubles Quarter-Finals Women's Doubles Round of 16 Mixed Doubles Round of 16

WEDNESDAY 31 JULY

Time	Event
12:00 - 23:00	Men's Singles Round of 16 Women's Singles Quarter-Finals Men's Doubles Semi-Finals Women's Doubles Quarter-Finals Mixed Doubles Quarter-Finals

THURSDAY 1 AUGUST

Time	Event
12:00 - 23:00	Men's Singles Quarter-Finals Women's Singles Semi-Finals Women's Doubles Semi-Finals Mixed Doubles Semi-Finals

FRIDAY 2 AUGUST

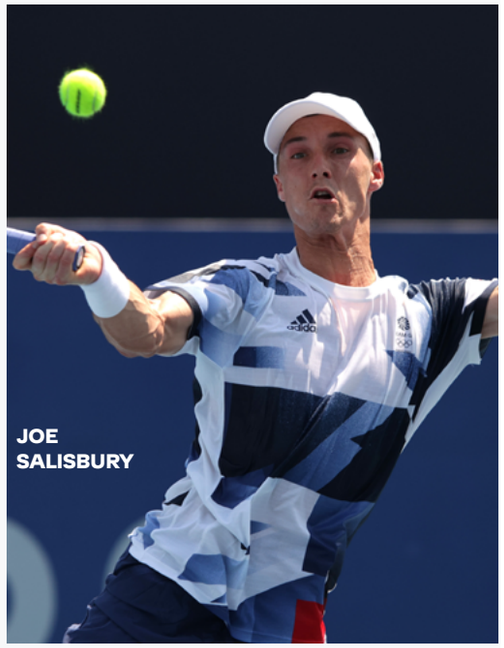
Time	Event
12:00 - 23:30	Men's Singles Semi-Finals Women's Singles Bronze Medal Match Men's Doubles Bronze Medal Match Mixed Doubles Bronze Medal Match and Gold Medal Match

SATURDAY 3 AUGUST

Time	Event
12:00 - 19:00	Men's Singles Bronze Medal Match Women's Singles Gold Medal Match Men's Doubles Gold Medal Match

SUNDAY 4 AUGUST

Time	Event
12:00 - 19:00	Men's Singles Gold Medal Match Women's Doubles Bronze Bedal match and Gold Medal Match



JOE SALISBURY

Athlete Bios: Women

KATIE BOULTER
Singles & Doubles

DOB: 01.08.1996 | Age: 27
From: Leicester
IG: @katieboulter
Link to bio

HEATHER WATSON
Doubles

DOB: 09.01.1993 | Age: 31
From: Guernsey
IG: @callirianne
Link to bio

Athlete Bios: Men

JACK DRAPER
Men's Singles

DOB: 22.12.2001 | Age: 22
From: Sutton
IG: @jackdraper
Link to bio

DAN EVANS
Singles & Doubles

DOB: 23.05.1990 | Age: 34
From: Birmingham
IG: @danevo.official
Link to bio

ANDY MURRAY
Doubles

DOB: 15.05.1987 | Age: 37
From: Glasgow
OLY: Beijing, London, Rio, Tokyo
IG: @andymurray
Link to bio

CAMERON NORRIE
Men's Singles

DOB: 23.08.1995 | Age: 28
From: Johannesburg
IG: @norrie
Link to bio

JOE SALISBURY
Men's Doubles

DOB: 20.04.1992 | Age: 32
From: Putney
OLY: Tokyo
IG: @joesalisbury92
Link to bio

NEAL SKUPSKI
Men's Doubles

DOB: 01.12.1989 | Age: 34
From: Liverpool
OLY: Tokyo
IG: @nealskupski
Link to bio

Staff Bios

IAIN BATES
Team Leader

LEON SMITH
Coach

ANNE KEOTHAVONG
Coach

LOUIS CAYER
Coach

COLIN BEECHER
Coach

SHANE ANNUN
Physiotherapist

WILLIAM HERBERT
Physiotherapist

SAMANTHA PARSONS
Physiotherapist

Triathlon

TRIATHLON

Swim, bike, run sensation

One of the fastest-growing sports in the world, triathlon has been a hit since its introduction to the Olympics at Sydney 2000.

A triathlon is comprised of three well-established disciplines in swimming, cycling and running, and rose to prominence as a sport in the USA in the 1970s. In recent years, no nation has dominated quite like Team GB, who are perfectly poised for more medal success in Paris.

In the individual triathlon, the Olympic distance has remained the same for more than two decades: a 1.5km swim and a 40km cycle followed finally by a 10km run.

With no qualifiers or heats, each event is one dash for the finish line and triathletes must preserve their energy as much as possible as all three legs are back-to-back. A competitor's official time also includes their transition between each leg.

In the summer, Pont Alexandre III provides the breathtaking stage for all 110 triathletes in front of a purpose-built 1000-seat spectator stand overlooking the Seine.

Because of the variability of courses and volatility of conditions, official time-based records are not kept in triathlon, but that has not hindered Team GB from breaking other records in the event.

New for Tokyo and returning to Paris 2024, Team GB have the first-ever mixed relay title to defend after Jessica Learmonth, Jonathan Brownlee, Georgia Taylor-Brown and Alex Yee took gold three years ago. In the mixed relay event, each athlete undertakes a 300m swim, a 6.8km cycle and a 2km run in a fast and furious racing format.

ALEX YEE

GEORGIA TAYLOR-BROWN

In Paris, the order of the mixed relay will be male-female-male-female, meaning a woman will compete in the last leg and cross the finish line for the first time. In Tokyo it was Yee who crossed the line for the win, with the reversal of order demonstrating the core pillar of gender equity in the sport.

Yee will aim to turn Tokyo silver into gold this year, after falling 11 seconds short of gold to Norway's Kristian Blummenfelt in the men's triathlon.

Only Olympic legend Alistair Brownlee has won triathlon gold twice while brother Jonathan has won three medals in three consecutive games, making him the most decorated Olympic triathlete.

Team GB's women have become equally as strong in recent years after Vicky Holland became the first British woman to medal in an Olympic triathlon at Rio 2016.

Taylor-Brown followed with silver in Tokyo but no athlete is perhaps better placed for gold than current world number one Beth Potter, who swapped competing in the 10,000m on the track for swim, bike, run following Rio 2016.

British Triathlon performance director Mike Cavendish certainly thinks so, calling this year's triathlon squad the best that Team GB has ever fielded.

Eight medals in four Games, including three golds makes for encouraging reading, as Yee and Potter's Paris Test event wins last summer bolster further confidence.

TEAM GB HERITAGE

London 2012

1 1

Rio 2016

1 1 1

Tokyo 2020

1 2

All-time total

3 3 2

TEAM GB HANDBOOK - PARIS 2024

EVENT SCHEDULE

= Medal Event

TUESDAY 30 JULY	
Time	Event
08:00 - 10:30	Men's Individual

WEDNESDAY 31 JULY	
Time	Event
08:00 - 10:40	Women's Individual

MONDAY 5 AUGUST	
Time	Event
08:00 - 10:10	Mixed Relay

Individual

1500M Swim

40KM Bike

10M Run

Mixed relay: four legs

300M Swim

6.8KM Bike

2KM Run

Athlete Bios: Women

BETH POTTER

DOB: 27.12.1991 | Age: 32
From: Bearsden
OLY: Rio (Athletics)
IG: @bethpotter91
Lottery funded: 3 years
Link to bio

GEORGIA TAYLOR-BROWN

DOB: 15.03.1994| Age: 30
From: Manchester
OLY: Tokyo
IG: @georgiatb
Lottery funded: 12 years
Link to bio

KATE WAUGH

DOB: 13.02.1999 | Age: 25
From: Gateshead
IG: @kate_waugh
Lottery funded: 7 years
Link to bio

Athlete Bios: Men

SAM DICKINSON

DOB: 11.07.1997 | Age: 27
From: York
IG: @samdickotri
Lottery funded: 8 years
Link to bio

ALEX YEE

DOB: 18.02.1998 | Age: 26
From: Lewisham
OLY: Tokyo
IG: @lixsanyee
Lottery funded: 7 years
Link to bio

Staff Bios

MICHAEL CAVENDISH
Team Leader

RICHARD VELATI
Coach

ADAM ELLIOTT
Coach

RHYS DAVEY
Coach

BENJAMIN BRIGHT
Coach

PHILLIP CLAYTON
Coach

LAURA NEEDHAM
Physiologist

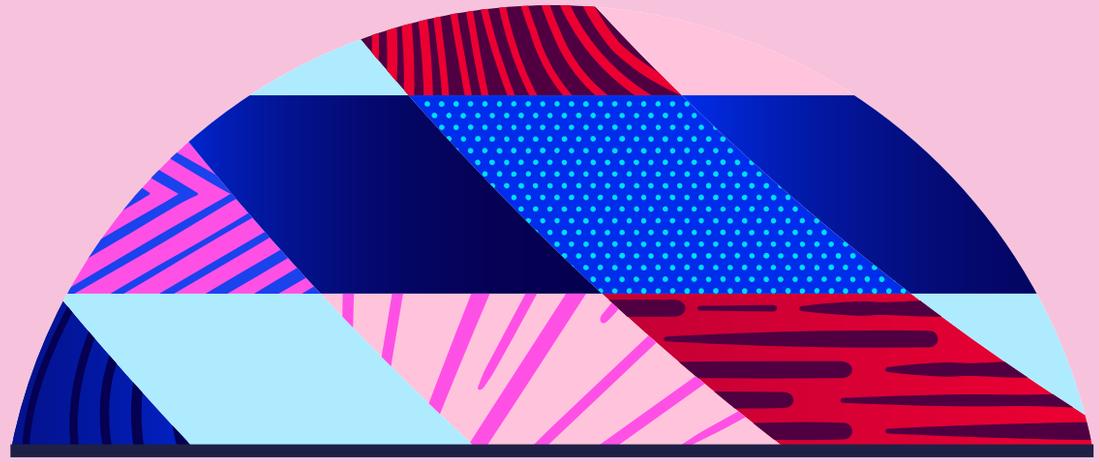
VICTORIA ANNIS
Physio

IAN PYPER
Analyst

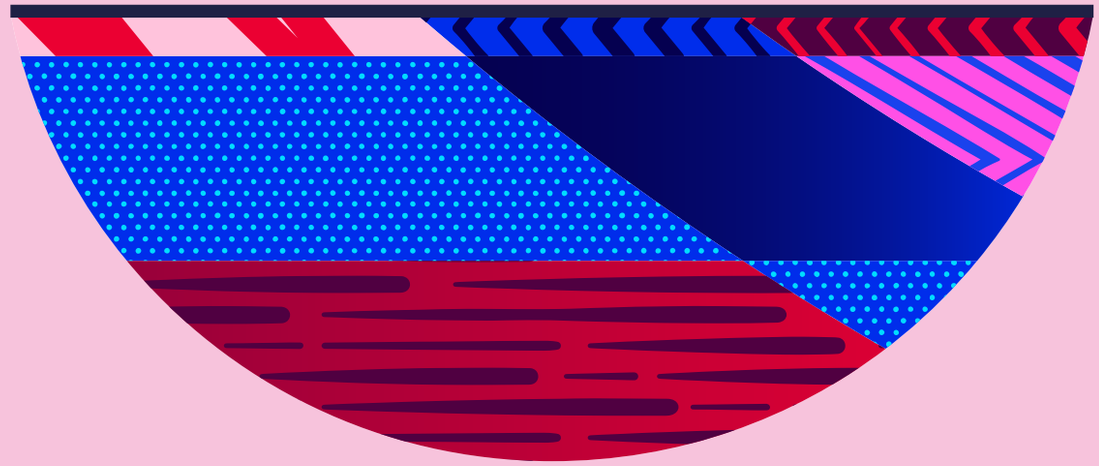
LAURA MACEY
Team Manager

GLENN COLTMAN
Mechanic

Halterophilie



WEIGHTLIFTING



WEIGHTLIFTING

The ultimate test of strength

First featured at Athens 1896, weight-lifting is a sport synonymous with the Olympic Games.

The sport has been a mainstay of the Games since Antwerp 1920 and women's events were introduced at Sydney 2000.

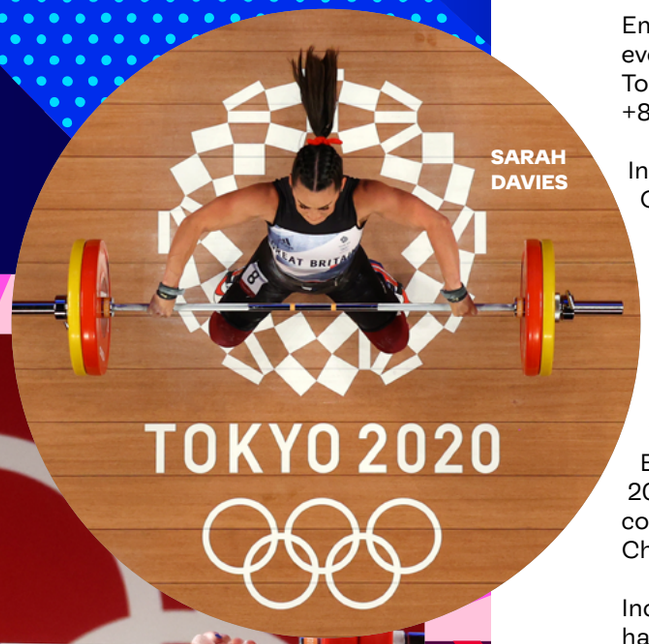
With athletes categorised by 10 different weight classes, competition consists of only a final, which is split into two rounds. Each round allows an athlete three attempts per round to lift the most weight that they can.

There are two recognised lifts in weightlifting; the snatch and the clean and jerk. The snatch is a two-armed lift where an athlete must lift the barbell above their head in one motion and rise into a standstill, while the clean and jerk is a two-motion lift where athletes pull the bar up to their shoulders in an upright stance before pushing the bar overhead and holding steady until the two of three refereed indicate approval.

Athletes can be penalised for incorrect movements and violations, which adds to the need for technique to be fine-tuned and ensuring that the competition will only be decided by the finest of margins.

Ranking is determined by combining a competitor's best snatch attempt and their best clean and jerk attempt, with the athlete gathering the highest combine total securing victory.

EMILY CAMPBELL



SARAH DAVIES

In the case of a draw, the competitor who lifts the total weight first will be awarded the higher ranking.

Emily Campbell became Team GB's first-ever female weightlifting medallist at Tokyo 2020 with her silver medal in the +87kg category.

In a competition which Li Wenwen set an Olympic record in each round, Campbell beat off stern opposition from the USA's Sarah Robles to secure second place on Olympic debut in Japan.

Three years on from those heroics, Campbell's brilliance has continued with gold at the 2022 Commonwealth Games in Birmingham, silver and bronze at the 2022 World Championships and three consecutive gold medals at the European Championships.

Including Campbell's silver, Great Britain have collected seven weightlifting medals at the Olympics.

Weightlifter Launceston Elliott is Great Britain's first-ever Olympic gold medallist in any sport. Born in India, Elliott also competed in athletics, artistic gymnastics and wrestling.

Louis Martin earned legendary status for his showmanship on the platform and he reached the Olympic podium twice, winning bronze in 1960 and silver in 1964.

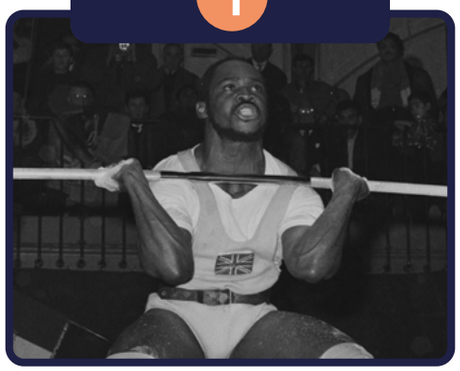
At Paris 2024, the world's top weightlifters will do battle again at the South Paris Arena in the city centre.

The venue will be a hive of Olympic and Paralympic activity over the summer, with handball, volleyball and table tennis all taking place in Paris' 15th arrondissement.

TEAM GB HERITAGE

Rome 1960

1



Tokyo 1964

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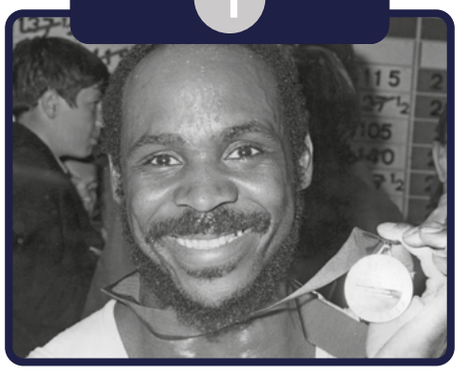
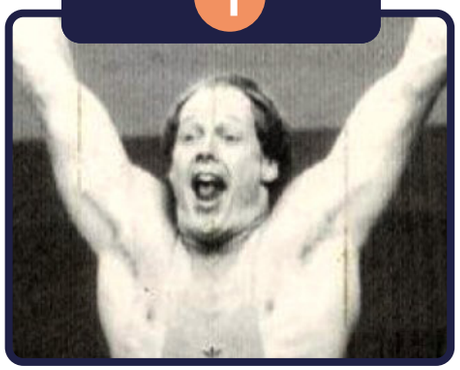


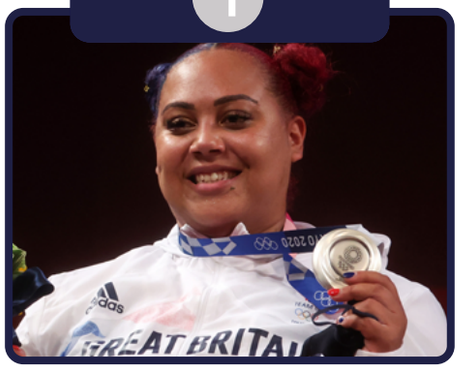
Los Angeles 1984

1



Tokyo 2020

1



All-time total

1 4 3

EVENT SCHEDULE

= Medal Event

WEDNESDAY 7 AUGUST

Time	Event
15:00 - 17:30	Men's 61kg Final
19:30 - 22:00	Women's 49kg Final

THURSDAY 8 AUGUST

Time	
15:00 - 17:30	Women's 59kg Final
19:30 - 22:00	Men's 73kg Final

FRIDAY 9 AUGUST

Time	Event
15:00 - 17:30	Men's 89kg Final
19:30 - 22:00	Women's 71kg Final

SATURDAY 10 AUGUST

Time	Event
11:30 - 14:00	Men's 102kg Final
16:00 - 18:30	Women's 81kg Final
20:30 - 23:00	Men's +102kg Final

SUNDAY 11 AUGUST

Time	Event
11:30 - 14:00	Women's +81kg Final

Athlete Bios

Staff Bios

ATHLETES' COMMISSION

The Athletes' Commission is a group of elected Olympians that ensures that the viewpoints and interests of Team GB athletes are at the heart of everything that the British Olympic Association does.

The Commission meets regularly, working closely with the BOA's teams to help shape every stage of the athlete journey. Chair, Lizzie Simmonds, is responsible for feeding the views of the Commission and wider athlete community to the BOA's senior leadership team and Board.

Athletes' Commission – current members

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