

Participating Athletes

Lucy Adams, Skateboarding

Lucy is a household name in UK skateboarding and has been at the top of the skate scene since 2009. She has won the UK Skateboard Championships and Girls UK Skate Jam and is the Chair of Skateboard GB. She has led efforts to make skateboarding more accessible to girls by setting up Brighton-based She-Shredders coaching sessions and leading on mass participation and inclusion events such as 'Push the Prom'.

Karen Bardsley, Football

Karen has been part of seven Major Championships including three World Cup squads, in 2011, 2015 and 2019 after making her England debut against Northern Ireland in 2005; nobody in the current squad has been involved for longer. She helped the Lionesses to a runners-up spot at Euro 2009 and put in two 'player of the match' performances. She was named in FIFA's post-tournament All-Star team in 2015. She represented Great Britain at the 2012 Olympics and since joining Manchester City in 2013 she has won every major domestic honour.

Caitlin Beavers, Rugby League

Leeds Rhinos and England women's rugby league player, Caitlin ended 2019 by being shortlisted for the BBC's Young Sports Personality of the Year. This capped off an unbelievable year for the teenage full-back, who is also a Rugby Football League match referee. Caitlin helped Rhinos to a Challenge Cup and Super League double, with the Grand Final victory over Castleford Tigers coming on her 18th birthday. She also played for England in the Women's World Cup 9s in Sydney and took part in the national side's tour of Papua New Guinea.

Rachael Burford, Rugby Union

Rachael comes from a rugby family and was in the same team as her mother, and sister, for a season at Medway RFC. She played in the 2006 and 2010 Rugby World Cup teams and started the 2014 final, becoming England's Player of the Year, before playing in her fourth World Cup in 2017. Her influence on the game was recognised when she won the International Rugby Players' Association Merit Award in 2017. Rachael received a full-time England XV's contract in January 2019 and was part of the squad that won the Grand Slam in the Women's Six Nations.

Ellen Buttrick, Para Rowing

Ellen is a British Para Rower who competes in the mixed coxed four. In her debut international season, she became 2018 World Champion and since then, alongside her teammates, has retained the title in 2019 setting a new world best time. She began rowing in 2012 but turned to Para-sport following a diagnosis of Stargardt's Disease in 2014, classifying her as a Visually Impaired athlete. She has an interest in public policy and social equality. Before becoming a full-time athlete, she worked for the Refugee Council in Leeds and now spends her downtime volunteering with charitable organisations in the migrant, sports and children's sectors.

Sophie Carrigill, Wheelchair Basketball

Sophie represented Great Britain at the 2014 Women's World Wheelchair Basketball Championships in Toronto and the 2016 Paralympic Games in Rio de Janeiro. In Rio, the British team produced its best ever performance at the Games, making it all the way to the semi-finals. She has shown unbelievable mental strength after a life-changing car accident left her paralysed from the waist down. Her next challenge will be aiming for gold at Tokyo 2020.

Siobhan Chamberlain, Football

Siobhan is a goalkeeper for FA WSL club Manchester United, where she won the FA Women's Championship during 2018/19 to secure promotion. She has represented the England national team on 50 occasions since her debut in 2004. This has included being part of the squad at three FIFA World Cups and three UEFA Championships. She has enjoyed a long career playing at top clubs, including Liverpool, Chelsea, and Arsenal, where she won the FA Cup in 2013/14. Siobhan is currently pregnant with her first child.

Rachel Choong, Para-badminton

Rachel is the world number one having made history by achieving 10 World Championship golds and nine European championship titles. She has recently been shortlisted for the 2019 BEC Para badminton Player of the Year Award. Rachel travels the world inspiring many along the way, but when she's at home she runs her local badminton club with her father.

Amy Conroy, Wheelchair Basketball

Amy is a 4.0-point wheelchair basketball player who has represented Great Britain at the 2012 Paralympics and 2014 World Wheelchair Basketball Championship in Toronto. In 2018 she won a silver medal at the World Championships in Hamburg. She was of part of the British team that produced its best ever Paralympic performance in Rio de Janeiro making it all the way to the semi-finals. When she was young, Amy was diagnosed with bone cancer and had

to have her left leg amputated. She later discovered wheelchair basketball and found she enjoyed the speed and aggression of the sport.

Stacey Copeland, Boxing

Stacey has represented her country in both football and boxing. As an amateur boxer, Stacey won a European silver medal. After turning professional she made history when she became the first ever British woman to win the Commonwealth title. Stacey founded the 'Pave the Way' project to challenge gender stereotypes, spark social change and make a positive difference. She delivers talks in schools, communities, businesses, and has spoken at both the European Parliament and the United Nations about women in sport.

Sasha Corbin, Netball

Sasha is an English international netball player and captain of her club Saracens Mavericks. As well as playing netball, Sasha is the owner of the company 'Solo Sessions' which conducts motivational talks at schools and clubs, provides coaching masterclasses and YouTube tutorials to all abilities. Sasha gives back to the London community through her Solo Sessions Inspire program where young people get to access free sessions weekly. Sasha is also an England Netball Ambassador.

Kate Cross, Cricket

Kate made her debut for the Lancashire county age group as a 13-year old and was the first girl to be accepted into the Lancashire Academy at the age of 14. After playing for England she has inspired many by being frank about the struggles she faced with her mental health. She was one of the first female cricketers to receive a central contract from the ECB and admitted to finding it very difficult when "my hobby became my job overnight." Kate has recently started a podcast; 'No Balls: The Cricket Podcast'.

Emily Defroand, Hockey

Emily was 17 during London 2012 and grew up 20 minutes down the road from the Olympic Park. Watching her heroes win Olympic bronze was a clear inspiration and that same year she was voted Hockey Writers' Club Player of the Year. She now represents England and Great Britain as a mid-fielder. Just a few months after her senior international debut she was part of the England side that won European bronze, which she repeated at the 2018 Commonwealth Games.

Alice Dearing, Swimming

Alice is a British swimmer, specialising in open water events. She is only the second black woman to compete for Britain in swimming and made her first senior team debut in 2014 for open water at the European Championships. She was World Junior Marathon swimming (10km) champion in 2016 and has competed in three European Championships and three World Championships. She hopes to use her voice and platform to try to encourage more diversity in swimming.

Melita Emanuel-Carr, Basketball

Melita is a Team England basketball player who plays in the guard position. She made her England debut at the 2018 Commonwealth Games on the Gold Coast and won a silver medal. Melita studied at the University of Illinois in Chicago and during that time took a stand against violence following the gang-related murder of a friend who was walking home after playing basketball. From the tragedy she worked with a teammate to create "Stop the Violence Basketball Game' to raise awareness of the dire effects of violence on the city.

Asma Elbadawi, Basketball

Basketball coach, actor and spoken word poet, Asma didn't understand why a head covering should stop fellow Muslim women and girls from playing basketball professionally. So, joined by a group of global activists, she set to work to try and overturn the ban. 130,000 people from across the world signed their petition and created the #FIBAAAllowHijab campaign leading to the end of the ban. Asma continues her work in making a career in sport a viable option for young Muslim women.

Eilidh Gibson, Canoeing

Eilidh is a Scottish slalom canoeist who has competed at international level since 2012. She won a gold medal in the C1 team event at the 2017 ICF Canoe Slalom World Championships, coming fourth individually. She has won two golds and a bronze in the same event at the European Championships. Eilidh set up 'Slalom Inspires' in 2018 to encourage more girls into her sport, having suffered a shoulder injury which would ultimately shatter her Tokyo 2020 dreams. She has held five events so far and was recently awarded the Social Impact Award at the UK Sport PLX Conference by Dame Katherine Grainger.

Maddie Hinch, Hockey

Maddie shot to international sporting prominence during the Rio 2016 Olympics with her acrobatics and penalty shootout heroics, saving four efforts as GB won a memorable gold. She has also been voted the FIH World Goalkeeper of the Year on three successive occasions. Having starred for England during the 2018 Vitality Hockey Women's World Cup, Maddie took a break from international hockey before returning during the 2019 FIH Pro League determined to help GB on its road to Tokyo 2020.

Charlotte Hodkins-Byne, Rowing

Charlotte is a double world U23 champion sculler. She was selected to row in the women's quadruple sculls at the 2014 World Rowing Junior Championships, where she won a bronze medal. Charlotte then went on to win three World Rowing U23 Championships medals in a row. In 2018, she took her second U23 gold by winning the double sculls with Anna Thornton – the duo's fourth GB medal together. She secured her place in Tokyo as part of a team of four, which included her sister, taking second place for Great Britain in the women's quadruple sculls at the World Rowing Championships in Austria.

Tess Howard, Hockey

Since making her debut in the 2018 Champions Trophy at 19. Tess has gone on to not only establish herself as a regular for the England and GB teams, but as one of the most exciting young talents in world hockey. She progressed from the England U16s to the U21s within just two years. Winning a bronze with at the 2017 Junior Euros. It has certainly been a whirlwind for the midfielder. Expect her to be a major player on the international stage not just going into Tokyo 2020 but well beyond then too.

Jenny Holl, Cycling

Jenny is a Scottish professional racing cyclist. In January 2018, she became Scotland's youngest national champion, at the British Track Cycling Championships. In June 2019, at the European Games in Minsk, she won a silver medal in the team pursuit event. Since being promoted to the GB Senior Academy she now trains at British Cycling's training base in Manchester, a place that has also been dubbed the 'medal factory', such is its record for producing World and Olympic medallists.

Natasha Jonas, Boxing

Natasha began her sport career in football spending 18 months in the USA on a scholarship. She began boxing in 2005 and by 2010 she had won five ABA Championships in the 64 kg Division. In 2009 she became the first female boxer to compete for GB Boxing. Natasha made history in China in May 2012, when she reached the semi-finals of the 2012 AIBA Women's World Boxing Championships becoming the first ever female British boxer to qualify for an Olympic Games. She then went on to take the bronze medal and a place at the 2012 London Olympics.

Rhona Lloyd, Rugby Union

Edinburgh-born Rhona made her full international debut against England in the 2016 Six Nations opener at Broadwood Stadium and has started in every match since. She scored her first international try in the 2016 Six Nations finale against Ireland in Dublin and her second in the Rugby World Cup qualifier against Spain in Madrid in November 2016. She studied biomedical sciences at the University of Edinburgh, for whom she also played. Outside of rugby she was in the top 100 in the UK at the 60m sprint.

Hannah Martin, Hockey

Hannah has flourished since making her international debut back in 2017, becoming a crucial player for both the England and GB teams. With a European and Commonwealth bronze already under her belt, Hannah will be hoping to add a first medal in GB colours at this year's Olympics. Hannah plays for Surbiton Hockey Club.

Khadijah Mellah, Horseracing

Khadijah is an 18-year-old student who made history by winning the Magnolia Cup charity race, on day three of Glorious Goodwood. She is believed to be the first person in the UK to appear in a competitive horse race while wearing a hijab. She became an instant inspiration to British female Muslims and was the subject of ITV documentary 'Riding the Dream'.

Naomi Ogbeta, Athletics

Naomi is a British female track and field athlete who competes in the triple jump. She holds a personal best of 14.15 m (set in 2018) and is a five-time British champion. She represented her country at the 2018 European Athletics Championships and the 2019 European Athletics Indoor Championships. She recently graduated from the University of Manchester, studying politics and quantitative methods, and was a member of the comedy society there. She

presented at the IAAF World Athletics Championships in Doha for the BBC and has also appeared on BBC News television and radio, discussing Brexit.

Marilyn Okoro, Athletics

Marilyn is a British track and field athlete. She finished third in the 800 metres at both the 2007 and 2008 IAAF World Athletics Final. She was on the bronze winning 4 x 400 m relay at the 2007 World Championships in Athletics. She represented Great Britain at the Beijing Olympic Games in 2008 and finished sixth (1:59.53 mins) in the semi-finals. She was part of the 4 x 400m relay team which finished fifth in the final of the 2008 Summer Olympics, although the team was later upgraded to bronze medal position following disqualification for doping offences of the teams finishing in third and fourth place.

Hollie Pearne-Webb, Hockey

Hollie is regarded as one of the best defenders in world hockey. She scored the decisive shootout to win Olympic gold in 2016 in front of more than 10 million people watching back at home on TV, sparking jubilant celebrations. She was then crowned Player of the Tournament as England secured a bronze medal at the 2017 Euros before taking over as captain of both England and Great Britain in 2018, leading the team to a spot at Tokyo 2020 as they overcame Chile in the FIH Olympic Qualifiers.

Alice Powell, Motor racing

Alice is a racing driver who came third in the inaugural season of the W Series. At 17, she was the youngest driver, male or female, to win a Formula Renault race in the UK. By 22, she was out of racing altogether, failing to find the funding required to get to the next level. Reluctantly, she began employment in the decorating trade. This all changed when the W Series was formed. She now inspires women and girls across the world with her driving skills.

Siobhan Prior, Basketball

Siobhan made her Team England debut at the 2018 Commonwealth Games on the Gold Coast in Australia, where basketball was contested for the first time since Melbourne 2006. She was part of Team England's silver medal winning team. Siobhan is the captain of Nottingham Wildcats and has led them to numerous British Championships. In 2019 she received Basketball England's 'Inspiring Female of the Year' award for the work she does to promote basketball for all, using the sport to help those she works with become better players and people. Siobhan completed a degree in Theology and English Literature at NCAA I Loyola University Maryland, USA.

Claire Rafferty, Football

Claire was a hugely experienced defender in The FA WSL making 100 appearances for Chelsea. In 2015, Claire won The FA WSL title and The FA Cup with Chelsea. As the club's longest serving player, she was invited to join captain Katie Chapman in lifting both trophies. In her final season at Chelsea, Claire won her second domestic double before announcing her transfer to FA WSL side West Ham in June 2018. Claire represented England and played at the 2012 Olympics for Great Britain. In 2015 she was in the England side that won bronze at the World Cup in Canada. Since retiring she has taken on a management role at her former club, Chelsea.

Stef Reid, Para Athletics

Stef is a Paralympic long jumper, a five-time world record holder, a World Champion (London 2017 long jump), and triple Paralympic medallist in the long jump (2016, 2012) and 200m sprint (2008). Stef is currently in training for the Tokyo 2020 Paralympic Games. She has an honours degree in biochemistry, and away from the track works as a broadcaster, speaker, actor, and model. Stef's involvement in sport governance includes her recent appointment as Vice President of UK Athletics, serving on the Board of Directors for the London 2017 World Championships, and serving as a member of the British Paralympic Association Athlete Commission. Stef's adventures away from sport include being a finalist on BBC Celebrity MasterChef in 2018, her work as an ambassador for Leprosy Mission UK, and the recent delivery of her first Ted Talk on the social model of disability.

Georgina Roberts, Shooting

Georgina has represented Wales and Great Britain at Olympic Trap shooting since she was 17. With a passion for coaching, British Shooting has invited her to step up into the role of development coach for the Great Britain Talent Academy, after successfully running her own national coaching programme. Georgina's dedication enables her to drive change within the sport as an advocate for shooting and a board member for the Welsh Clay Target Shooting Association. An ambassador for the Mintridge Foundation, she helps promote shooting and encourage participation within the sport. 2019 saw Georgina win the sport category at the 'Women for the Future' awards for her contribution to shooting and her work towards inspiring the next generation of athletes.

Sarah Robertson, Hockey

An attacking midfielder who always puts in an incredible amount of effort every time she plays, Sarah has become a regular for Great Britain having made her debut back in 2015. Sarah already has nearly 100 Scotland caps to her

name and was one of the team selected to play on home soil when the 2014 Commonwealth Games were held in Glasgow. Having played the vast majority of games for GB during the FIH Pro League, Sarah then helped Scotland to gold at the 2019 Euro Hockey Champs II, earning them promotion back to the top tier in the process.

Katie Rood, Football

Katie plays as a forward for English club Lewes and the New Zealand national team. She has spoken out about inequalities in football and joined Lewes FC, a club which became the first in the professional game to pay men's and women's players the same. She won the Italian Championship with Juventus in 2018. She is a vegan and advocates its benefits for athletes and a passionate environmentalist, recently speaking at the United Nations Climate Change Conference, COP25 in Madrid.

Lizzie Simmonds, Swimming

Lizzie has represented Great Britain in the Olympics, FINA World Aquatics Championships, and European Championships. She was also part of Team England at the Commonwealth Games. She specialises in backstroke and was double European Champion in 2008 and 2010, a 13-time British Champion and previous European and Commonwealth record holder. Having retired in 2018, she now holds the Vice Chair role of the British Olympic Association Athletes' Commission and is a Non-Executive Director of the BAC, promoting athlete welfare across the high-performance system.

Tamara Taylor, Rugby Union

Tamara is an English rugby union player, who captained England in the 2015 Women's Six Nations Championship. She was the 2017 RPA Player of the Year when she was one of only three women who had made more than 100 appearances for her country. She is currently the 2nd most capped England player of all time. Tamara played a key role in the negotiations with the RFU about reinstating central contracts for the women's team. When realising her international career was coming to an end, she decided she needed an adrenaline hit so she climbed Mount Everest for charity.

Evie Toombes BCyA, Para Show Jumping

Para rider and Hidden Disability Ambassador Evie was born with Spina Bifida, which leaves her struggling with her health on a day to day basis. Despite this, as part of her work as a Hidden Disability Ambassador, Evie has set up a foundation called the Evie Toombes Foundation and has also written a children's book called 'Lucy goes to school' to help children understand hidden disabilities. Evie has written a blog for the past six years sharing her journey with chronic illnesses and sport to help others.' Evie frequently visits primary schools to talk about disabilities with children and her work won her a Well Child award of 'Inspirational Young Person' last year, which was presented to her by Prince Harry and his wife the Duchess of Sussex.

Adelle Tracy, Athletics

Adelle is a middle-distance runner competing primarily in the 800 metres. She achieved her 800 metres best of 1:59.86 in the 2018 European Championships semi-finals, and went on to finish fourth in the final. Adelle was one of the torchbearers at the 2012 Summer Olympics Opening Ceremony who, together with six other young British sport talents, lit the Olympic Cauldron. She was personally picked by Dame Kelly Holmes. Adelle has spoken out about her dyslexia and how she has taken strength from her struggles.

Eboni Usoro-Brown, Netball (Nee Beckford-Chambers)

Eboni is an international netballer and solicitor who made her debut for England in 2008 at the age of 20. She has been a key figure in the international team playing a vital role in the squad in many tournaments including the 2010 Commonwealth Games where England won bronze and the silver-medal winning side in the 2010 World Netball Series. She was part of the amazing team at the Gold Coast Commonwealth Games in 2018 which stunned defending Commonwealth Games champions and World champions Australia, winning by just one goal to secure a historic gold medal after a thrilling finish.

Vanessa Wallace, Para Shot Put

Just 1 month after turning up for her first shot put training session Vanessa was representing Great Britain in the Paralympics in Rio de Janeiro, where she came fifth. In 2018 she became European Champion and in 2019 won her first World Championship medal with a bronze in the F34 shot put. Vanessa has a neurological condition called Dystonia as well as Ehlers-Danlos syndrome.