



Unlocked 2021

Meet our athletes



Ali Collins

Ali Collins is Scottish professional tennis player who had a top 60 junior ranking and has competed at Wimbledon, US Open and Australian Open junior events.

She has represented Great Britain in all age groups (u12-u18) and has been part of the Junior Fed Cup team.

She has always been extremely passionate about inspiring younger girls to play tennis. Currently, as one of just three female professional tennis players in Scotland, she feels a responsibility to be the best role model, inspiration and big sister to the younger girls as she can be.



Alice Masterman

Alice is a 49er FX sailor for the British Sailing Team which is a double handed women's skiff.

She has won two ladies bronze world medals in the 29er class and following a breakthrough regatta in the FX in 2019 secured a top 30 European result.

Alice coaches part-time and is the first female 29er Class Head Coach. Her aim is to look at ways she can attract more women to sailing at all ages and keep them transitioning and not dropping out.



Amber Keegan

Amber is a British swimmer who has represented GBR on several occasions, securing a European Junior silver medal

She hit career bests in late 2016, but possibly her greatest achievement is recovering from her illness, injury and eating disorder to be fully recovered and on track in 2019

She is passionate about using her voice and actions to raise awareness about mental health and illness in sport, and empowering girls and women to stay involved in sport.

She volunteers for Our Streets Now, a campaign to end Public Sexual Harassment as this has been identified as a barrier to participation in exercise for women and girls.



Image from GB Swimstars



Beth Partridge

Beth is an international high jumper who has competed for England at two Commonwealth Games. She was due to secure her first senior GB vest in 2020 at the European Athletics Championships but this was prevented due to Covid.

She is keen to be part of the women's sport movement and push for equal exposure of women's sport. She believes young girls need to see women doing all sports so they know it's an option for them too.



Caroline Weir

Caroline is a professional footballer playing for Manchester City and Scotland. She has played at a European Championship and at a World Cup. She has won The FA cup twice with Manchester City and was awarded Scotland Player of the year in 2020.

Off the pitch, Caroline is passionate about gender equality within sport and female empowerment and has joined up with charities Common Goal and Girls United to help inspire young girls to play football.



Emma Wiggs MBE

Emma is a Paralympic gold medal winner and eight-time World Champion para-canoeist in the women's 200m KL2 class.

In 2017 Emma achieved the Paracanoe 'Grand Slam' holding the Paralympic, European and World titles within one calendar year. She became Paralympic Champion in the KL2 200m at Paracanoe's debut at the Rio 2016 Paralympics.

She hopes to use her voice and platform to encourage women of all ages to keep active and feel inspired by the power of having sport in their lives.



Emily Appleton

Emily is a 21-year-old tennis player who reached a junior ranking of number 10 in the world. She has played in all four junior grand slams and reached the quarter finals in singles and doubles at the Australian Open and the quarter finals in doubles at the US Open.

Since transitioning to the professional circuit, Emily has won five singles titles and 11 doubles titles.

Emily would like to improve conversations around female health within sport and its effect on training/competition programmes. She is also driven to improve and increase female opportunities within tennis generally, including a more balanced tournament structure and format.



Emily Currie

Emily is a professional surfer, surfing both shortboard and longboard. She represents both Team England and Great Britain at both disciplines.

In 2018 she finished 9th at the ISA World Longboard Championships and 17th on the WSL World Longboard Tour. She has 17 National titles in her junior and senior career.

After placing 3rd at the European Championships and WSL European Tour in 2019 she has her sights set on a European title.

Emily wants to encourage more girls and women of all ages and backgrounds to get into surfing



Image from Sarah Barrett



Fran Jones

Fran is 20-year-old British tennis player who this year qualified for her first Grand Slam main draw in Australia. Previously she had a career-high ITF junior ranking of 31.

She was born with a rare genetic condition called EEC syndrome, which means she was born with a thumb and three fingers on each hand and with only seven toes.

Fran would like to be an advocate for pushing boundaries and not allowing external influences to limit one's objectives or belittle their achievements in the process.



Hannah Burke

Hannah is an English professional golfer and has been a member of the Ladies European Tour since 2012. She had her first tournament win at the Czech Open in 2015.

She completed a degree in exercise physiology at Baylor university in Texas and has competed in America on the LPGA and symetra tour with over 150 tournament starts including six Major appearances.

Hannah would like to close the equality gap in golf by encouraging more female participation in the game.



Hannah Cockcroft MBE, DL

Hannah Cockcroft MBE is five time Paralympic Champion and 12 time World Champion in the sport of wheelchair racing.

She holds World Records in the 100m, 200m, 400m, 800m and 1500m and is the most decorated British athlete in World Championship history, across the able-bodied and Paralympic teams.

Hannah is patron of five charities supporting causes from end of life care to disability equipment access. She frequently uses her platform and position to motivate change in disability access, both in everyday life and the sporting world.



Jenna Downing

Jenna Downing is a former World Champion Inline Skater, an X-Games silver medallist and 10 x British Champion. She was the youngest female skater to turn professional at age 12 and is currently the only female skater to have her own signature pro skate.

Jenna works as a national education, physical activity and health and wellbeing consultant, specialising in motivational speaking, tutoring, coaching and mentoring.

Jenna is hugely passionate about increasing female participation in sport and has spoke at national and international events to inspire more females to be physically active. Jenna is an Ambassador and Judge for the Girls Active programme and also runs an award winning coaching company, Wheels Extreme.



Jodie Cunningham

Jodie has represented England Rugby League since 2009. She has played in two full Rugby League World Cups and a Rugby League 9's World Cup. She is Captain of the St Helens Women's team playing in the Women's Super League.

Jodie is an ambassador for the Rugby League World Cup 2021. She is passionate about sport being as inclusive as possible on every level.

In 2018 she became the first female player pundit across Sky's coverage of Men's Super League and has become a regular part of the Sky commentary team for Super League and championship games in the professional men's competition.



Jodie Ounsley

Jodie is a Rugby Union player who plays for Sale Sharks.

She is profoundly deaf but this has not held back her sporting career. She was the first ever deaf female rugby player to be contracted with England 7's at just 18 years old.

Jodie is a five time world coal carrying champion and competed for GB in 2017 at the Deaflympics. She is also a British Champion in Brazilian Jiu Jitsu.

She is a Patron of Elizabeth Foundation (pre school deaf charity) and an Ambassador for Didi Rugby. Jodie is passionate about promoting our differences and not letting barriers hold you back in life.



Jodie Williams

Jodie is a leading British Sprinter who has represented Great Britain at 14 championships.

She competed at the Rio Olympics in the 200m in Rio de Janeiro. She won Gold (4 x 100m) and Silver (200m) at the 2014 Commonwealth Games. In the same year she won 2014 European Gold (4x100m) and Silver (200m).

Jodie recently captained the British team at the European Indoor Championship, winning Bronze after stepping up her distance to 400m and Silver in the 4 x 400m.

Jodie is passionate about using her platform to advocate for women's rights and girls education and to empower lesser heard voices and narratives



Kadeen Corbin

Kadeen has played for England netball since 2010 and has 72 caps to date. She has competed in two Commonwealth Games, including the historic gold medal win in 2018. She plays for Saracens Mavericks in the Netball Superleague.

Kadeen like to help young players through Solo Sessions, the online netball training sessions and bootcamps. Along with her sister Sasha, she creates inspirational social content to engage all ages in her sport.

She wants to showcase opportunities for black, Asian, and minority ethnic (BAME) communities in netball. Sports recovery is another passion point both through massage and helping athletes with mental health issues.



Lauren Rowles MBE

Lauren is the British World & Rowing Paralympic Champion in the PR2 Mixed Double Scull event. She made her first senior team debut in rowing at the age of 17, only five months after taking up the sport and has continued to excel ever since.

Lauren hopes to use her platform and voice to break down negative stereotypes around elite athletes on social media and destigmatise mental health issues in sport.



Lucy Shuker

A Double Paralympic bronze medallist with over 100 International Career Titles, Lucy Shuker is one of Britain's most successful Wheelchair Tennis player. Achieving career best rankings of World No.#5 in Singles and World No.#3 in Doubles.

After a motorbike accident left her paralysed from the chest down she started playing wheelchair tennis and has gone on to represent Great Britain at three successive Paralympic Games. At London 2012, alongside fellow Brit Jordanne Whiley, she became the first women to win a medal for Great Britain in wheelchair tennis.

Named as one of Britain's most influential people with a disability, Lucy is using her position to play a part in inspiring the next generation.



Melissa Wilson

Melissa has been a member of the GB Rowing Team for the last five years, qualifying for the Women's Quad for the Tokyo Olympics.

Whilst at university she raced in four Blue Boats and in 2017 stroked the Cambridge crew to its first Boat Race win in five years.

Over the last ten years Melissa has grown increasingly concerned by the threat of climate change, and believes that sourcing and pursuing solutions is of paramount importance.

She has worked part-time for the Good Law Project, with a focus on Environmental Law, and in September 2020 she wrote a letter to government on the importance of a Green Recovery from the pandemic, with over 300 Olympic and Paralympic athlete signatories.



Mhairi MacLennan

Mhairi is a full-time international cross country and track runner for GB, and 2-time Scottish Cross-Country Champion.

She is passionate about the safeguarding of young athletes, particularly in cases of sexual misconduct. In February 2021 she was part of a trio who successfully campaigned through an open petition letter to UK Athletics to change the current policy, to one of zero tolerance and the issuing of lifetime bans for coaches found guilty.

She is also passionate about promoting body-positivity for young female athletes through open conversations about menstruation and sufficient fuelling.



Photo Pete Brown

Montell Douglas

Montell is a GB Bobsleigh athlete and Summer Olympian. She is both the former British 100m record holder and a Commonwealth champion. In 2017 she took up bobsleigh and became part of the Great Britain two-woman bobsleigh team the following year.

She finished in the top 10 on her Bobsleigh World Cup debut and last year, came fourth in the Bobsleigh World Cup 2-women event.

Montell is passionate about mentoring young people and inspiring others to develop self-empowerment. She hopes to use her voice to advocate confidence and self-worth amongst all.



Nabila Tejpar

Nabila is a rally driver, competing all over Europe, and is also one of the only Asian female drivers in the region.

She is a two-time Ladies British Rally Champion, was 2018's Essex Sportsperson of the year and a runner-up in the Sports category of the Asian women's awards.

She has also worked to help reshape her county of Essex as an ambassador in the 'This is the real Essex campaign'.

Nabila hopes to be able to encourage more women into the world of motorsport, as well as encouraging individuals from ethnic backgrounds to dive into the sport world.



Nikita Parris

Nikita plays as a forward for Olympique Lyonnais and the English national team. She previously played for Manchester City and Everton in The Barclays FA WSL. She has won many trophies including the UEFA Women's Champions League, The FA WSL league title and The FA Cup.

For England, Parris helped the national team reach the semi-finals of Euro 2017, fourth place at the 2019 World Cup and win the She Believes Cup in 2019. She was named FWA Women's Footballer of the Year in 2019 and included in The Guardian's list of *The 100 Best Female Footballers in the World* in 2018 and 2019.

Nikita would like to understand more about the barriers around black, Asian, and minority ethnic (BAME) representation in football so she can help make her sport more inclusive and diverse.



Panashe Muzambe

Panashe moved to Scotland from Zimbabwe when she was 12 years old. Throughout her education in Edinburgh, she competed in basketball. She took up rugby at University and now plays for Watsonians RFC and has become the first black female to play international rugby for Scotland.

Panashe was a member of the young people's sports panel which she joined to be a voice for ethnic minorities in Scottish sport.

She is passionate about intersectionality in sport and black, Asian, and minority ethnic (BAME) representation in Scottish sport



Phoebe Graham

Phoebe is a professional cricketer for the Northern Diamonds. In 2020 it was announced that women's domestic cricket was professionalised and Phoebe was one of 41 women to receive a full-time contract.

Previously, she played county cricket for Berkshire whilst juggling a full-time marketing role at Sky Sports. She believes women's sport is on the 'tipping' point of something special, but attitudes need to be 'flipped' so it can maximise its potential.

Phoebe has created a platform @tipnflip to help change perceptions and encourage people to believe and follow their sporting dreams.



Robyn Love

Robyn made her major debut for GB Women at the 2015 European Championships, winning bronze and securing the nation a qualification place for the Rio 2016 Paralympic Games, where the women achieved an historic fourth place finish.

She has since gone on to win a second European Bronze medal at the 2017 European Championships, and was a member of the GB Squad who secured a silver medal as the 2018 World Championships.

Robyn would like to create more opportunities for women and girls in her sport so they can train more regularly together and be supported both as a player and a person.



Ruth Mwandumba

Ruth is currently on the British Shooting Talent Pathway and has her sights set on Paris 2024. She is the first black woman to represent England in shooting and to win the title of English Champion.

She was gold, silver and bronze medallist in the 2018 Commonwealth Shooting Championships in Northern Ireland and a silver and bronze medallist at the British Championship.

She is currently studying a PhD in Epidemiology at the University of Manchester.

Ruth hopes to encourage more diversity within target shooting sports both domestically and internationally.



Samantha Kinghorn

Samantha is Britain's fastest ever female wheelchair racer and holds the world record in the 200m. She is also the European record holder over 100m, 200m, 400m and 800m.

She competed for Team GB at the Paralympic Games in Rio. She placed 5th and 6th in the 100m and 400m

Samantha believes young girls should be taught about the power of sport and wants to work as hard as she can to keep young girls in sport



Sarah Evans

Sarah is a member of the GB Hockey team preparing for the Tokyo Olympics. She made her debut in 2013 and is a European Silver and Bronze medallist as well as a Commonwealth Games bronze medallist.

She plays club hockey in the Women's England Hockey League Premier Division for Surbiton and is the First Team Captain.

Sarah is passionate about using her voice to promote more diversity in hockey and sport in general.



Sarah Jones

Sarah is a Great Britain and Wales hockey player with over 125 caps currently training towards the Tokyo Olympic Games.

She has participated in two Commonwealth Games and was the first Welsh outfield athlete to represent Great Britain since 2012.

She is passionate about women's sport in Wales, and believes now is the optimum time to create real change in visibility and awareness, enabling them to be one of the front runners in the rise of women's sport.



Shaunagh Brown

Shaunagh started her sporting career in athletics, shot put, hammer and discus. She represented England at the Commonwealth Games in 2014 in hammer throw.

She started playing rugby in 2015 at her local club and received her debut international only two years later for England. Shaunagh has competed in numerous sports including strong woman competitions, Highland Games and even had a professional boxing match.

Her passion is not only for women to empower themselves but to shine a light on how society conditions us to think a certain way about ourselves from a young age.



Shelayna Oskan-Clarke

Shelayna is an 800m athlete who has represented Great Britain at the Rio Olympics, World Championships and European Championships.

She is European Champion and has a bronze medal from the World Indoor Championships.

Shelayna wants every little girl and boy coming from a disadvantaged background to know that it does not need to define you. You can break barriers and work towards anything that your heart desires by continuing to be strong and brave in setting your own path.



Stacey Francis

Stacey is an International netballer and has played for England Netball since 2010 having amassed +70 caps so far.

Currently playing her fifth season in Perth, Australia in the Suncorp Super Netball League for West Coast Fever. She has two bronze medals from the Vitality Netball World Cup in 2011 and 2015. She also won bronze at the Commonwealth Games in 2010.

Stacey understands the importance and value of diverse representation in sport. As a mixed-race, bi-sexual woman she wants to share her experience and use her platform to champion topics around race and diversity in her sport.



Stef Twell

Steph is a long-distance runner, representing Great Britain over cross country, track and road running scenes. She is five times British 5k Champion and self-coached herself to become the Scottish National Record holder in the marathon. She is also looking to see how far she can progress in the 10k.

Steph has also worked hard off the track - qualifying as a primary school teacher and has recently been voted as a new member of the British Athletics Athlete Commission.

Steph wants to continue to represent athlete insight to governing bodies by influencing change on how they can shape and inform policies better based on an individual's well-being.



Yoana Yankova

Yoana is a Law student at Swansea University and her aim is to specialise in International Sports Law.

She started gymnastics relatively late at the age of 9 and won her first international medal in 2015 at the World Children's Games in the Netherlands.

She represented Bulgaria at both the European and World Championships. Multiple times Bulgarian National (Artistic) Gymnastics Champion. Overall BUCS Gymnastics Champion 2019/20.

Yoana wishes to advocate for athletes' rights and set up an independent organisation to support athletes in seeking their rights without fearing the consequences of voicing their concerns.





Women's Sport Trust Team
Available for comment

Tammy Parlour MBE CEO

Tammy Parlour MBE co-founded Women's Sport Trust in 2012.

Tammy works with leaders from across sport, media and business to understand how to practically raise visibility, increase impact and create a stronger women's sport ecosystem. She was awarded an MBE in the New Year 2019 Honours List for services to gender equality in sport.

Tammy is a Master in the Korean martial art of Hapkido, having practiced for 40 years. Tammy holds an MSc in Strength & Conditioning, and post-graduate study into Applied Sport Psychology. In her spare time, she interviews leaders in sport for her podcast and has competed in Powerlifting as a Masters athlete



Laura Weston

Trustee / PR Director

Laura has over 20 years experience in PR and brand communications.

For 12 years she was Managing Director of iris Culture, a leading sport and entertainment agency. At iris she developed global campaigns for adidas, Samsung and Speedo. She also worked with The FA for three years launching The FA WSL and supporting the England women's football team.

Laura is passionate about supporting athletes to increase their visibility and share their story. She wants a wider, more diverse range of athletes to be used as spokespeople in media.

Laura also sits on the board of the Liverpool Football Club Foundation.



Sophie Carrigill

Athlete / Project Manager

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 2021.

Sophie took part in Unlocked last year and has now been recruited to support this new group of athletes. She will also take up the role of 'Board Observer' preparing her for future leadership positions.





Thank you