



# Unlocked 2022

Meet our athletes



# ABIGAIL IROZURU

Abigail is a Team GB Olympic Finalist (Olympic Games Tokyo 2020). She has represented Great Britain and England teams consistently since 2006. Her notable achievements include a 2008 Commonwealth Youth Games' gold medal and becoming three-time British Long Jump Champion (2015, 2019 & 2020).

Abigail's mission is to inspire and equip people to live healthier, happier, higher-performing lives. She does this through her tuition agency, Manchester Tutors with the vision to provide high-quality educational support for all. She also delivers 1-2-1 and group coaching and consulting with schools and businesses on resilience, holistic wellness and peak performance and hosts a podcast (Define Your Success) to share advice on living with excellence and resilience with a smile from an Olympic athlete's perspective.



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# AMELIA STRICKLER

Amelia is a British shot putter who has represented Great Britain and England at Commonwealth Games, European Championships and World Championships.

Amelia is a 3x NCAA All-American, 2x British Champion, and 2021 National League Field Athlete of the Year. She is passionate about all sport and encouraging women of all shapes and sizes to get involved and try new sports.





# BIANCA WILLIAMS

Bianca Williams is a British sprinter who competes in the 100m, 200m and relay. She is a double Commonwealth bronze medallist, a Commonwealth gold medallist and a European finalist and medallist. She is 8th on the all-time list for 200m with her best time of 22.58 secs.

She hopes to use her voice to reduce the stigma around women in sport having children and help them feel able to return to elite level competitions after having a baby.





# BROOKE CHAPLEN

Brooke is a professional footballer for Reading Women F.C. She has played in the FA WSL since its inauguration in 2010, representing Everton, Sunderland and now Reading. Brooke competed for England at all age groups, representing England in the U-19 UEFA European Championships in France and the U-20 FIFA World Cup in Chile. Her biggest achievements are winning the FA Cup with Everton Ladies in 2010 and reaching the last 16 in the UEFA Women's Champions League with Everton in 2011.

More recently, she has graduated with a Distinction in Sport Management and the Business of Football MSc.

Brooke hopes to use her experience and platform to challenge the current conditions female athletes experience





# CERIAN HARRIES

A Welsh swimmer and national champion, specialising in the 100m and 200m Breaststroke. Cerian currently trains and studies at Loughborough University.

Having been diagnosed with RED-S (Relative Energy Deficiency in Sport), Cerian wants to share her story to encourage athletes to develop a healthy relationship with their body and mind and inspire the next generation of female athletes to lead a more sustainable sporting lifestyle through improving body image, relationship with food and exercise.





# CHARLIE GUEST

Charlie is an Alpine skier specialising in Slalom and has achieved Britain's best women's slalom results in over 50 years on the World Cup circuit. She was the first British girl to win an alpine European Cup and has won it a total of three times. She has competed in 2x Olympic Games (2018 and 2022) as well as 3x World Championships.

Charlie is passionate about equal opportunity through all aspects of sport and life and wants to use her platform to bring about positive change and education in this area. Currently studying Psychology at University of Aberdeen.





# CHARLOTTE HENSHAW

Charlotte is a British Paracanoe athlete and is the current Paralympic and World champion in the KL2 200m. She is a former Paralympic swimmer, representing Britain at the Beijing, London & Rio Paralympics and winning a silver and bronze medal in London and Rio respectively. Since transferring to Paracanoe in 2017 she is 5x World Champion and won gold at the Paralympic Games in 2021.

Charlotte hopes to use her experiences of sport to encourage young women to follow their aspirations and to amplify the voices of and increase the opportunities afforded to disabled women in sport.

After an endometriosis diagnosis in 2020, Charlotte is also keen to encourage and amplify conversations around women's health issues that can affect athletes.





# ERIN KENNEDY

Erin is a coxswain with the GB Rowing Team and has been competing with the Paralympic Team for the past five years. She is the only coxswain to hold the title of Paralympic Champion, World Champion and European champion concurrently and is a world record holder.

Given her role as a coxswain, she is passionate about breaking stereotypes of female leadership in sport and enabling young women to thrive in sporting environments.

Erin is looking to use her platform to develop a campaign for young sports women which educates and gives them access to affordable and well-fitting sports bras.





# FI MORRIS

Fi is a cricketer, playing for Western Storm. She also played for Southern Brave in The Hundred tournament. A part of the England Academy when younger, Fi has toured with them and the England U19s.

She holds a Masters in Sports Therapy, and does that alongside playing cricket.

Fi is passionate about helping to improve people's wellbeing, particularly through sport.





# FLO WILLIAMS

Flo is a female rugby player who has played from age 8 in a grassroots club all the way up to international representation with Wales & in the premiership with Wasps. Flo has scored over 200 points in 60 appearances for Wasps.

Off the pitch, Flo is incredibly passionate about changing the perception of women's sport & launched her own agency to help achieve this, through different equality campaigns. This affiliation with equality and her rugby experience, led to Flo becoming Gilbert rugby's first female ambassador in 2022.





# FRANCESCA WILLIAMS

Francesca is a netballer for the England Roses, having earned 19 senior caps. She also competes for Loughborough Lightning in the Netball Superleague. In 2019, she won a bronze medal with the Roses at the Netball World Cup in Liverpool and more recently helped the Roses to defeat New Zealand in the 2021 test series 2-1.

In 2022, Francesca became the Player Chair of the Netball Players Association and hopes to continue promoting player representation within the growth of her sport.





# GEMMA COLLIS

Gemma is a British Wheelchair Fencer, competing in both Epee and Sabre. She is the only British female to ever win a Wheelchair Fencing World Cup. She first competed at the Paralympics in London 2012, just ten months after taking up the sport. She has gone on to represent ParalympicsGB at both Rio 2016 and Tokyo 2020 - all whilst entirely self-funded. She is now targeting a medal in Paris 2024.

Alongside fencing, Gemma juggles working for the BBC as a sports journalist and producer. Gemma hopes to use her voice to promote greater gender equity within sport, including promoting a culture and framework which supports women to succeed in any area - whether that be as an athlete, coach, official, board member, etc.





# HANNAH MILEY

Hannah is a triple Olympic athlete, reaching the finals at Beijing 2008, London 2012 and Rio 2016. She is one of only three Scottish female athletes ever to defend a Commonwealth Games title, making her one of Scotland's most successful female swimmers. Her first international appearance for Great Britain was at the age of 15 and since then, she has collected over 30 international medals during a career which has spanned more than 17 years.

Hannah hopes to use her voice to help advocate awareness and education around female health, specifically: empowering athletes and coaches to work with the menstrual cycle, not against it and allowing athletes to realise their athletic potential and not be disadvantaged by their hormones. She believes protection of current and future health is key to reducing physical and psychological burn out in sport. Hannah retired at the end of 2021.





# HANNAH RUSSELL

Hannah Russell OBE is a British Paralympic swimmer who competes in the S12 classification for those athletes with a visual impairment. Hannah made her Paralympic debut in London 2012 in front of a home crowd, and came home with three medals; a silver and two bronze. She hasn't looked back, winning titles at the World and European Championships before returning for more Paralympic success in 2016 in Rio; achieving two gold medals and one bronze. Hannah's achievements were recognised later that year and she was awarded an MBE in the New Year's Honours. In Tokyo 2021, Hannah defended her 100m backstroke title and added another gold and a bronze medal to increase her total Paralympic medal haul to eight medals. In 2022, her achievements were further recognised, and she was awarded an OBE.

She hopes to use her voice and platform to inspire the next generation of female and visually impaired individuals to take part in and integrate sport into their lifestyles. Living by her favoured motto "if you believe you can achieve".





# HOLLY HUNT

Holly is a member of the Great Britain and England Senior Women's hockey squad. She has been involved with junior England age group squads since 2014, competing in multiple European Championships and a Junior World Cup.

Alongside her hockey commitments Holly has worked in 2 different schools and she is keen to use her platform to inspire the next generation of hockey players, particularly helping those who may face barriers to participation.





# IMANI-LARA LANSIQUOT

Imani-Lara Lansiquot is a British Track and Field athlete, specialising in the 100m and the 4x100m relay. She is an Olympic, World and European Medallist over the 4x100m and was the British Champion over 100m in 2020.

Imani was the first athlete lead to ever be appointed to the British Athletics Equality, Diversity and Inclusion board and she hopes to campaign for issues affecting athletes from all minority backgrounds throughout her career in sport.

Aside from athletics, Imani also has a passion for writing and wrote her first play during the Tokyo Olympic Games, which was picked up and performed by a local theatre company.





# JEMIMA CRATHORNE

Jemima Crathorne is a GB kitefoil racer campaigning towards Paris 2024 Olympic Games. When she's not racing, she has commented for both World and European Championships.

She is an experienced adventure traveller, with almost 60 countries under her belt; including cycling solo the length of Norway and kitesurfing on the world's highest navigable lake in Tajikistan.

With a bachelors degree in Mechanical Engineering, she is no stranger to being the gender minority; she has a passion for encouraging and empowering women to push limits in all areas of sport and life!





# KARE ADENEGAN

Kare started wheelchair racing at the age of eleven after watching the London 2012 Paralympic Games. Four years later, she became a Paralympic Medallist (Silver 100m, Bronze 400m and 800m), representing Paralympics GB at the Rio 2016 Paralympic Games. She also won 2 silver medals (100m and 800m) at the recent Tokyo 2020 Paralympic Games.

Off the track, Kare advocates for inclusion for disabled people in sport at all levels and is passionate about promoting greater diversity in para-sport..





# KATE LONGHURST

Kate has played professional football for 10 years, for Chelsea, Liverpool and currently West Ham. She won the FAWSL with Liverpool twice (2013, 2014).

Having coached female football from U10's up to Academy at Colchester United, she is passionate about increasing the standards and opportunities for females across sport.





# KATIE LEVICK

Katie is currently a professional cricketer for the Northern Diamonds in women's domestic cricket and the Northern Superchargers in The Hundred competition. She has represented Yorkshire since the age of 12 and is the all-time leading wicket taker in Women's County Cricket.

In 2022, she left her job in marketing and social media to become a full time professional cricketer. She hopes to use her prior knowledge and skill set to keep promoting women's sport and tackle gender inequality.





# KELLY WRIGHT

GB Baseball will be competing in the European Women's Baseball Championships, August 2022, for the first time and Kelly has been selected to be in the 1st GB Women's Baseball Team.

As board member of Women's Baseball UK, Kelly has helped establish the Women's Baseball League (formed 2021). She is also General Manager for Sheffield Bruins Baseball Club, where she has helped the club grow from a single co-ed team to 2 co-ed teams and a women's team.

Currently playing in the National Baseball League, Kelly's aim is to improve number, visibility and opportunities for women in baseball.





# KELSEY GENTLES

Kelsey is a British-Jamaican Rugby League player, currently competing in the BETFRED Women's Super League for York City Knights.

Kelsey played for Yorkshire Women 2016-2019, made her Super League debut in 2018 and has competed in 3 challenge cup finals. She made her debut for England in 2019.

Kelsey wants to use her voice to increase diversity in sport of rugby league and increase exposure of the women's game.





# KENNEDY LEONARD

Kennedy is a women's professional basketball player for the London Lions and the British National Team. Having been born in America, she is a dual citizen thanks to her mother who was born in Scotland and was a fantastic swimmer.

She splits time between London and Colorado and loves her doggies, Gus and Emma.

Kennedy is very passionate about spreading the importance of female athletes as well as combating the many struggles they are faced with on a daily basis.





# LAURA SIDDALL

Laura is one of the most prolific Iron distance athletes in the world, with podium finishes in over 43 of her last 46 starts, including 4-time Ironman Champion, 2018 ETU European Long Course Champion, and the fastest British woman in 2016 and 2017.

British by background, and playing sport from an early age, Laura has represented England in Athletics and Netball, before finding Triathlon after she had moved to Sydney. Laura has a First Class degree in Mechanical Engineering, and served as an Officer in the British Army, before several years in the Corporate world working for large global multinationals.

Laura volunteers and fundraises, supporting and working with local communities and projects around the world. Recently setting up a partnership between Soles4Souls and Challenge Family and Soles4Souls and Neuff-Red. As well as launching Sid's Squad supporting, mentoring and providing a community for young female triathletes on their journeys in sport. Laura is also a member of the Professional Triathlete Organisation (PTO), Anti-Doping Committee, and most recently was voted, by her peers, onto the PTO Athlete Board.





# LAURA SUGAR

Laura is a British Paracanoe athlete and has previously represented her country in Para- Athletics and hockey.

She was inspired to transfer to Paralympic sport after watching London 2012 and became Paralympic Champion in 2021.

She hopes to inspire more young girls to get involved in a wider variety of sports and help change the narrative around women's sport.





# LAURA WEIGHTMAN

Laura is a middle and long distance runner, double Olympian (2012 and 2016) and multiple European and Commonwealth medallist (1500m and 5000m).

She is a qualified athletics coach and would like to use this knowledge alongside experiences gained throughout her career to help the next generation of young female athletes continue in sport through mentoring and coaching.





# MERCY BROWN

Mercy Brown is a 25-year-old Olympic weightlifter, born and raised in East London. Starting Olympic weightlifting at the age of 15 as part of her GCSE PE programme, Mercy made her international debut at 17 years old when she won her first European Youth medal before going on to compete at the 2014 Commonwealth Games aged 18. Mercy became a decorated weightlifter by medalling at the European Youth, Juniors, European U23s World Juniors and European Seniors.

Outside of weightlifting Mercy has completed her BSc in Sport and Exercise Science, a PGCE in Secondary Biology and an MSc in Psychological and Psychiatric Anthropology. Mercy is also a proud owner of TSN Strength which sees her offer coaching and workshops and allows her to share her experience in the sport and help people in their journey to Olympic Weightlifting, no matter their goal.





# MILLY TANNER

Milly transferred from swimming to track cycling in October 2017 after coming through the UK Sport Talent Transfer programme, 'Discover Your Power'. Having won bronze at the 2021 World Championships in the Team Sprint, Silver at the 2020 European Championships in the Team Sprint, she is aiming to compete, and win, in Paris 2024.

She is currently completing a Psychology degree with Open University alongside training. She is passionate about spreading body positivity within sport and raising awareness of the realities of body image scrutiny in high performance.





# MIMI-ISABELLA CESAR

Mimi-Isabella is a Rhythmic Gymnast, which means she performs on the floor with four handheld apparatus: Hoop, Ball, Clubs and Ribbon.

Mimi remembers that as a child, she struggled with coordination and she still finds it one of her hardest skills to conquer. Despite her challenges with coordination she has represented Great Britain and England at two World Championships and two Commonwealth Games. She has won multiple British and English Championship medals and titles and is aiming to make her third Commonwealth Games in her home city of Birmingham.

She hopes to use her voice to influence young sports people to use their voices, stand up for what's right and to trust themselves, love what they do and not to be afraid of being confident to do that.



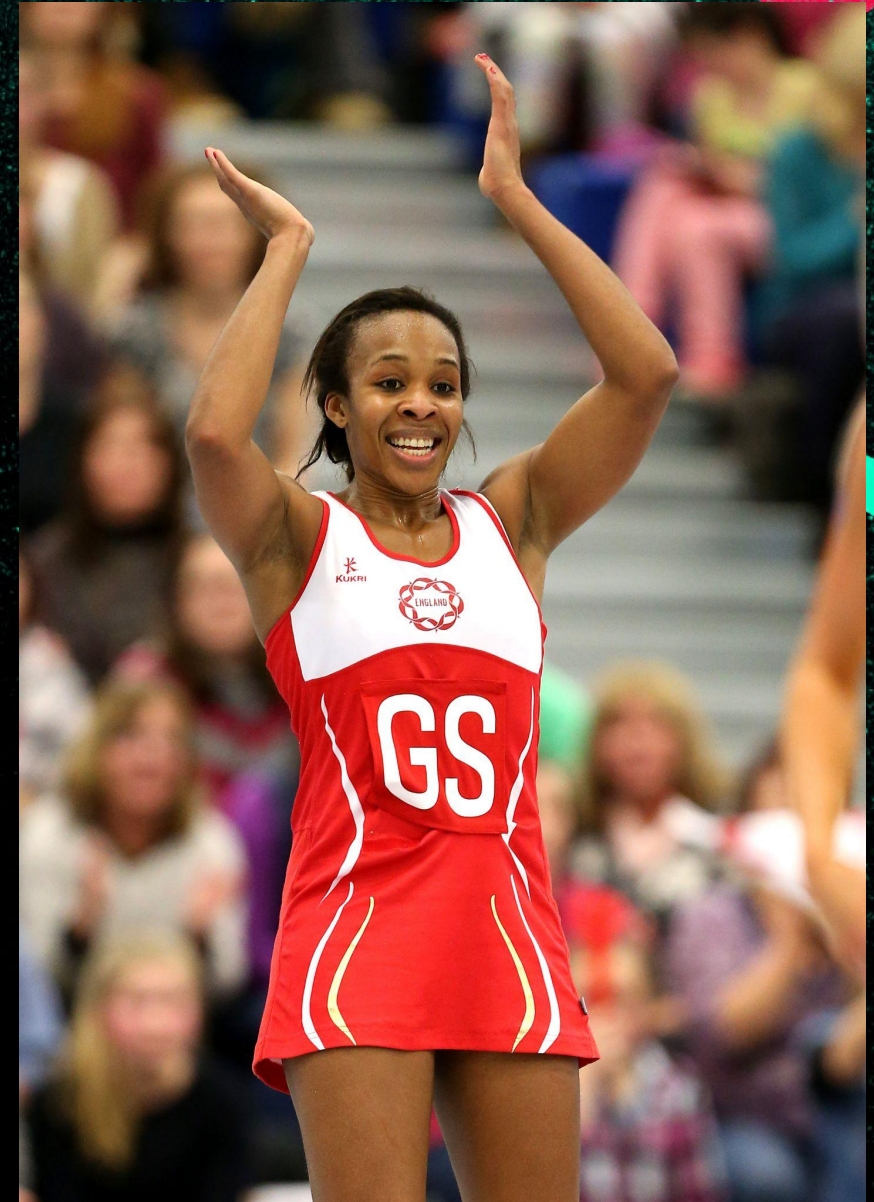


# PAMELA COOKEY

Pamela Coockey is widely recognised as one of the world's best attacking players and was first called up for her country for the Manchester Commonwealth Games in 2002 at just 17 years of age, but she had to withdraw due to injuring her ACL. She eventually made her senior debut with England in 2004 against Australia, and two years later won a bronze medal with the England team at the 2006 Commonwealth Games. She won a second Commonwealth Games bronze medal in 2010, and later that year won silver at the World Netball Series.

One of her career highlights is overcoming the challenge of injury to captain her country in a test series whitewash in 2013 against Australia. In August 2015, she returned to UK soil with a bronze medal in hand following the Netball World Cup in Sydney: this meant a huge amount to Pamela after being ruled out of the 2014 Glasgow Commonwealth Games due to an Achilles injury.

Since retiring from Netball Pamela has kept involved in sport with a role as Director of Netball at Severn Stars, a Mintridge Netball ambassador spreading her knowledge around sport and education. More recently, she has become a member of the Sky Sports commentary team. Pamela is excited for her future within sports media through netball and beyond.





# PIPPA WOOLVEN

Pippa is an international middle-distance runner from Buckinghamshire who balances athletics with a Masters in Positive Psychology and running 'Project RED-S' - a collaborative initiative aimed at raising awareness of RED-S (Relative Energy Deficiency in Sport) and signposting athletes and members of their support team to the right resources.

Pippa's personal experience with RED-S helped her recognise the scale of the problem within sports communities and the need for greater recognition and resources.





# SIMI PAM

Simi is a 27 year old rugby player for Bristol Bears Women. She comes from a long sporting background, including gymnastics, tennis, and track and field athletics (mainly shot putt). Her proudest rugby achievement thus far is playing (and scoring) for the Barbarians at Twickenham against South Africa in front of almost 30,000 fans. Outside of sport she works as an NHS hospital doctor.

Simi is passionate about using her voice to raise awareness about the negativity female athletes face (such as misogynistic comments, or remarks about being "manly" and "too muscular"). She also uses her platform to talk candidly about the racism she faces on a daily basis. She wants to continue to speak out and act as a positive role model for young girls in sport on what you can achieve with hard work and determination.





# TABBY STOECKER

Tabby is a Great Britain Skeleton athlete - sliding at speeds of up to 125km/h down the ice track. She got into skeleton via the Discover Your Gold programme in 2019 and her first competitive season was 2021-22, where she made her debut on the Europa Cup circuit and won Silver at the World Junior Championships in her fourth international race.

Tabby's aim is to educate and decrease the stigma around periods and, in breaking that barrier, to increase access to sports for all women and girls.





# VYAN SAMPSON

Vyan is a women's professional footballer currently playing for Charlton Athletic women. She also represents Jamaica at senior level and is hoping to qualify for the women's World Cup in Australia and New Zealand in 2023.

She hopes to influence the diversity in women's sport and football in particular.





# ZAINAB ALEMA

Zainab aka Bulldozer is a neonatal nurse by profession and a rugby player by passion, currently playing for Richmond Women. She has been playing rugby for over 10 years and wants to get more Muslim women and ethnic minorities into rugby.

She is a mother of three and in her free time works on her projects @muslimahrugby and @studsinthemud which aims to empower women and children and use rugby as a tool to change people's lives for the better.

Zainab won The Sunday Times' Vitality Grassroots Sportswoman of the Year award in 2020 as recognition of the work she does with her rugby projects. Zainab's personal goal is to make history in becoming the first Black, Muslim woman to play rugby for England.

