



READY, SET,
GLASGOW

Press Pack



ENGLAND
ATHLETICS

FOR THE SPORT,
WITH THE SPORT



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About England Athletics

England Athletics develops grassroots athletics and running in England, supporting affiliated clubs to prosper, developing more and better coaches, recruiting and supporting volunteers and officials. England Athletics provides and supports competition opportunities at an international (England representative), national, area and county level. England Athletics also delivers campaigns and products to inspire and provide opportunities for people in England to start running. These include RUN:EA, an individual running membership, and RunTogether, a national recreational group-based running product.

England Athletics have supported Team England athletes on their pathway to the 2026 Commonwealth Games, so spokespeople from England Athletics will be available to speak to media during the Games. Members of the media can contact the England Athletics press office at press@englandathletics.org.

Athlete enquiries will be handled by Team England directly - you can contact them via pressoffice@teamengland.org.



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Team overview – para women and men*

Name	Event	Age	Location
Sophie Hahn	T38 100m / 200m	29	Nottingham
Maddie Down	T38 100m / Long Jump	18	Selly Oak
Ali Fewins	T38 200m	37	Surrey
Ellis Kottas	T54 1500m	22	East Malling
Elizabeth Dodds	T38 Long Jump	19	Shrewsbury
Bebe Jackson	F42-44 / F61-64 Discus	20	Harlow
Ozi Nwedum	F57 Shot Put	32	London
Rosie Porter	T38 200m	19	Hertfordshire
Didi Okoh	F42-44 / F61-64 Discus	23	Birmingham
Zac Shaw	T12 100m	30	Grimsby
Thomas Young	T38 100m	25	Croydon
Kevin Santos	T47 100m	23	Watton
Kieran O'Hara	T20 1500m	26	Upminster
Daniel Wolff	T20 1500m	32	Wallington
Danny Sidbury	T54 1500m	32	London
Nathan Maguire	T54 1500m	28	Salford
Samuel Jose	F20 Long Jump	24	Penzance
Dan Greaves	F42-44 / F61-64 Discus	43	Anstey
Taz Nicholls	F57 Shot Put	38	Barnet

*Subject to late changes



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Team overview – women*

100m

Amy Hunt (Grantham, 24)
Imani-Lara Lansiquot (Peckham, 28)
Mabel Akande (Lincoln, 19)

200m

Success Eduan (Blackley, 21)

400m

Yemi Mary John (Woodford, 23)
Laviai Nielsen (London, 30)

800m

Georgia Hunter Bell (London, 32)

Mile

Revée Walcott-Nolan (Luton, 31)
Katie Snowden (London, 32)

5000m

Hannah Nuttall (Charnwood, 28)
Innes FitzGerald (Beer, 20)

10,000m

Izzy Fry (Newbury, 26)
Poppy Tank (Plymouth, 28)

100m Hurdles

Emma Nwofor (London, 29)

400m Hurdles

Emily Newnham (Dartford, 22)
Lina Nielsen (London, 30)

3000m Steeplechase

Elise Thorner (Bridgwater, 25)

Long Jump

Jazmin Sawyers (Stoke-on-Trent, 32)
Lucy Hadaway (York, 26)
Molly Palmer (Ruddington, 22)

Triple Jump

Georgina Forde-Wells (Northampton, 23)

High Jump

Morgan Lake (Milton Keynes, 29)

Pole Vault

Gemma Tutton (Lewes, 21)

Hammer

Charlotte Payne (Newbury, 24)
Tara Simpson-Sullivan (Penrith, 25)

Heptathlon

Jade O'Dowda (Oxford, 26)
Ellen Barber (Somerset, 28)
Niamh Emerson (Derbyshire, 27)

4x100m Relay

Amy Hunt (Grantham, 24)
Imani-Lara Lansiquot (Peckham, 28)
Aleeya Sibbons (Barking, 23)
Success Eduan (Blackley, 21)
Renee Regis (London, 20)

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Team overview – men and mixed relay*

100m

Louie Hinchliffe (Sheffield, 23)

200m

Zharnel Hughes (Anguilla, 30)

800m

Ben Pattison (Frimley, 24)

Max Burgin (Halifax, 24)

Alex Botterill (York, 26)

Mile

Archie Davis (Brighton, 27)

Tom Keen (West Wickham, 25)

10,000m

Scott Beattie (Morpeth, 27)

110m Hurdles

Tade Ojora (London, 26)

Sam Bennett (Southend, 25)

400m Hurdles

Jake Minshull (Coventry, 21)

Josh Faulds (Rugby, 26)

Seamus Derbyshire (Stoke-on-Trent, 26)

3000m Steeplechase

Kristian Imroth (St Albans, 24)

Mark Pearce (Birmingham, 30)

High Jump

Kimani Jack (St Albans, 22)

Pole Vault

Owen Heard (Surrey, 24)

Hammer

Jake Norris (Ascot, 26)

Shot

Scott Lincoln (Northallerton, 33)

Javelin

Ben East (Newbury, 22)

Discus

Lawrence Okoye (Croydon, 34)

Decathlon

Sammy Ball (Wargrave, 21)

Lewis Church (Tonbridge, 29)

4x100m Relay

Nethaneel Mitchell-Blake (Newnham, 32)

Louie Hinchliffe (Sheffield, 23)

Elliot Jones (Wigan, 28)

Romell Glave (South Norwood, 26)

Zharnel Hughes (Anguilla, 30)

Ebuka Nwokedi (Northampton, 19)

Mixed 4x400m Relay

Poppy Malik (Harrow, 22)

Alicia Regis (London, 24)

Louise Evans (Thames Valley, 25)

Toby Harries (Brighton, 27)

Charlie Dobson (Colchester, 26)

*Subject to late changes





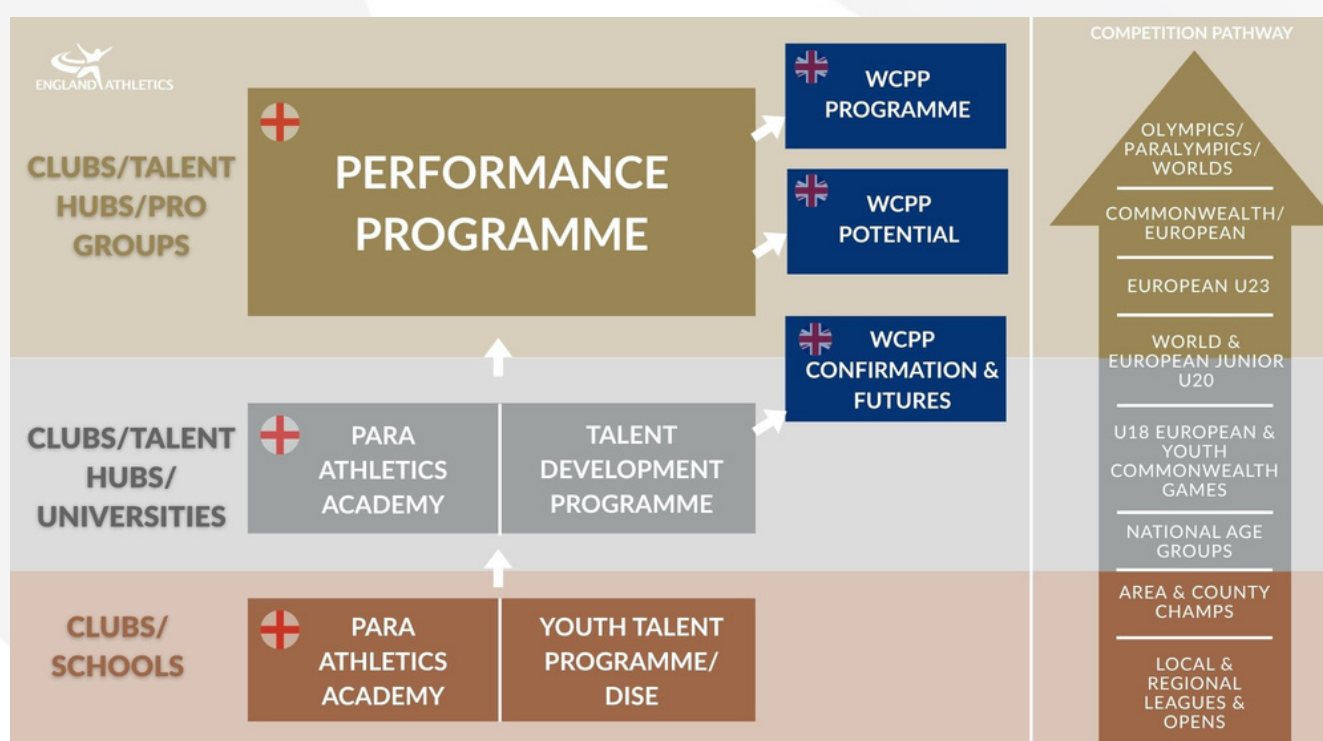
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How England Athletics supports 23 selected athletes via our talent pathway

England Athletics works to grow opportunities for everyone to experience athletics and running, to enable them to reach their full potential.

The Talented Athlete and Coach Pathway provides a progressive support structure for athletes and coaches to develop skills and competencies with the aim of moving athletes on to representative honours at England and GB Level. It is supported by London Marathon Events and TASS.

From school into club athletics and parallel support through the pathway programmes, the aim is to ensure the journey of the athlete and coach reaches its full potential.



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The 23 selected athletes currently supported by our talent pathway

Owen Heard – Men's Pole Vault – Performance Programme
Molly Palmer – Women's Long Jump – Talent Development Programme
Georgina Forde-Wells – Women's Triple Jump – Talent Development Programme
Kimani Jack – Men's High Jump – Performance Programme
Ellen Barber – Women's Heptathlon – Performance Programme
Lewis Church – Men's Decathlon – Performance Programme
Scott Lincoln – Men's Shot – Performance Programme
Ben East – Men's Javelin – Talent Development Programme
Lawrence Okoye – Men's Discus – Performance Programme
Emma Nwofor – Women's 100mH – Performance Programme
Jake Minshull – Men's 400mH – Talent Development Programme
Poppy Malik – Mixed 4x400m relay – Talent Development Programme
Seamus Derbyshire – Men's 400mH – Performance Programme
Josh Faulds – Men's 400mH – Performance Programme
Scott Beattie – Men's 10,000m – Performance Programme
Zak Seddon – Men's 3000m SC – Performance Programme
Daniel Sidbury – Men's T54 1500m – Performance Programme
Elizabeth Dodds – Women's T38 Long Jump – Para Academy
Ellis Kottas – Women's T54 1500m – Para Academy
Kieran O'Hara – Men's T20 1500m – Para Academy
Rosie Porter – Women's T38 200m – Para Academy
Samuel Jose – T20 Long Jump – Talent Development Programme
Taz Nicholls – T57 Shot – Para Academy



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Supporting athletes from grassroots up

23 athletes from England Athletics Talent Pathway

We are especially proud of the 23 athletes currently supported on the England Talent Pathway Programme through our strong partnership with the [Talent Hub](#), as well as many others who have progressed from the England Talent Pathway into the UKA World Class Programme in previous years.



Amy Hunt – 100m, 4x100m

Amy says there has always been a special place in her heart for the Commonwealth Games, as there is an image of her on a baby mat as a newborn watching the 2002 Games in Manchester, and now, 24 years later, she is set to compete in the Games herself.



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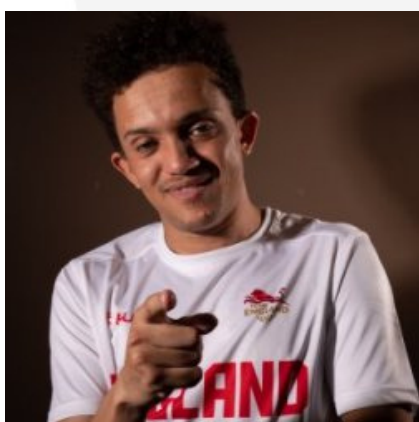
Key storylines

Lina (400mH) and Laviai Nielsen (400m), Alicia (4x400m) and Renee Regis (4x100m)

Both pairs of sisters will be competing in a Commonwealth Games together for the first time, with Laviai having missed the 2022 Games due to injury while Lina competed in the 400m hurdles, and the Regis sisters new to the Games.

Zac Shaw - T12 100m

Zac took a step back from sport after sadly losing his mum last year, and made some lasting memories with her at the Birmingham 2022 Commonwealth Games. He has now managed to get his confidence back enough to run, and we're proud that he will be representing Team England in Glasgow.



Thomas Young - T38 100m

After missing out on the 2022 Birmingham Commonwealth Games through an unfortunate injury, Thomas will race on his birthday at this summer's Games, and will be going for gold.



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Key storylines



Ben Pattison – 800m

Ben secured a bronze medal at the 2022 Games in Birmingham, after undergoing heart surgery in 2020 for Wolff-Parkinson-White syndrome, a condition which caused his heart to beat up to 250 beats per minute in training. This year, he will be looking to upgrade that bronze medal from 2022.

Charlotte Payne – Hammer

Charlotte Payne hopes her Commonwealth Games debut will prove to other deaf people that hearing loss does not have to be a barrier to sporting success.

The hammer thrower, who underwent cochlear implant surgery in 2024 after losing her hearing aged just three, says representing her country on one of sport's biggest stages in Glasgow this summer is about more than just medals.



Jazmin Sawyers – Long Jump

Having won a silver medal in the 2014 Games, also in Glasgow, Jazmin has suffered from several injuries throughout her career, and now aged 32, she says she feels in a better place than ever and is going for gold.



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Key storylines



Owen Heard – Pole Vault

Owen says that the 2022 Commonwealth Games in Birmingham was the biggest moment of his career, when he qualified as a 20-year-old after jumping a huge 55cm personal best. Now aged 24, he says he's looking forward to trying to challenge Mondo Duplantis.

Georgia Hunter-Bell – 800m

Georgia will be competing in her first ever Commonwealth Games at age 32, having won medals on the Olympic, World and European stages so far – she will be hoping to add a fresh medal to the collection.



Didi Okoh – T42 Discus

Four years ago, Birchfield Harriers' Didi went to watch the 2022 Commonwealth Games at her home track in Birmingham as a 19-year-old before she decided to become an elite para athlete. Now 23, she is preparing to compete at the Games in the Discus, having previously won a Paralympic medal over 100m.



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Schedule

Monday 27 July

AM: 10am-1.30pm

Sex / Event	Round
W High Jump	Qual A&B
M 400m Hurdles	Round 1
M Long Jump	Qual A
M 100m	Round 1
M T37/38 100m	Round 1
M Long Jump	Qual B
M 110m Hurdles	Round 1
W Hammer	Qualifying
W 100m	Round 1
W T37/38 100m	Round 1

Tuesday 28 July

AM: 10am-12.45pm

W 100m Hurdles	Heptathlon
W Discus	Qualifying
W 400m	Round 1
W High Jump	Heptathlon
M 800m	Round 1
W Shot	Qual A&B
M 400m	Round 1

PM: 6.30pm-9.45pm

Sex / Event	Round
W F55-57 Shot	Final
M High Jump	Final
W 800m	Round 1
W T37/38 100m	Final
M Hammer	Final
W 10,000m	Final
M 3000m SC	Final
M T20 1500m	Final
M T37/38 100m	Final
M 110m Hurdles	Final

PM: 6.30pm-9.45pm

W Shot	Heptathlon
W High Jump	Final
M 100m	Semi-Final
M T20 LJ	Final
W 100m	Semi-Final
W Hammer	Final
M 10,000m	Final
W 200m	Heptathlon
M 100m	Final
W 100m	Final



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Wednesday 29 July

AM: 10am-1.30pm

Sex / Event	Round
W Long Jump	Heptathlon
W 200m	Round 1
M Shot	Qual A&B
M One Mile	Round 1
M 200m	Round 1
W Triple Jump	Qual A&B
W Javelin	Heptathlon
M T11/T12 100m	Round 1
W 400m Hurdles	Round 1
M T45-47 100m	Round 1

Thursday 30 July

AM: 10am-1.30pm

M 100m	Decathlon
M Pole Vault	Qual A&B
M Long Jump	Decathlon
M Javelin	Qualifying
W 100m Hurdles	Round 1
W One Mile	Round 1
M Triple Jump	Round 1
W T45-47 100m	Round 1
M Shot	Decathlon
W 400m	Semi-Final
M 400m	Semi-Final

PM: 6.30pm-9.45pm

Sex / Event	Round
W F42-44/61-64	
Discus	Final
M 400m Hurdles	Semi-Final
M Long Jump	Final
W T53/54 1500m	Final
W Shot	Final
M T45-47 100m	Final
M F42-44/61-64	
Discus	Final
W 800m	Heptathlon
W 3000m SC	Final

PM: 6.30pm-9.45pm

M Shot	Final
M 200m	Semi-Final
M High Jump	Decathlon
W Triple Jump	Final
W T45-47 100m	Final
W 100m Hurdles	Final
W 200m	Semi-Final
W Discus	Final
M 800m	Semi-Final
M 400m	Decathlon
W 5000m	Final
M T11/12 100m	Final



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Friday 31 July

AM: 10am–2.30pm

Sex / Event	Round
M 110m Hurdles	Decathlon
W Long Jump	Qual A
M Discus	Decathlon
Mixed 4x400m Relay	Heats
W Long Jump	Qual B
WT37/38 200m	Round 1
M Discus	Qualifying
WT53/54 400m	Round 1
M Pole Vault	Decathlon

PM: 6.30pm–10pm

Sex / Event	Round
M Javelin	Decathlon
M 10,000m Walk	Final
W Pole Vault	Final
WT37/38 LJ	Final
M Javelin	Final
W 800m	Final
M 1500m	Decathlon
W 400m Hurdles	Final
M 400m Hurdles	Final
M 200m	Final
W 200m	Final

Saturday 1 August

AM: 10am–2pm

M F55–57 Shot	Final
M Triple Jump	Final
M T53/54 1500m	Final
W 10,000m Walk	Final
M Discus	Final
M 400m	Final
W 400m	Final
W 4x100m Relay	Round 1
WT37/38 200m	Final

PM: 6.30pm–10pm

M Pole Vault	Final
W Long Jump	Final
W Javelin	Final
M 800m	Final
M 5000m	Final
M 4x100m Relay	Final
W 4x100m Relay	Final
WT53/54 400m	Final
M One Mile	Final
Mixed 4x400m Relay	Final
W One Mile	Final



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Contact protocols

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Athlete enquiries will be handled by Team England directly - you can contact them via pressoffice@teamengland.org.



Tom Clarke - PR & Communications Manager

Tom Clarke will be able to either directly assist with press and media enquiries, or direct you in the best direction.

Email: tclarke@englandathletics.org
Mobile: 07901 107 574



Emily Oliver - Head of Marketing & Communications

Department Lead, Emily Oliver, will also be present at the Games to support with press and media enquiries, and can also advise on content and marketing matters.

Email: eoliver@englandathletics.org
Mobile: 07850 514936



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