



DATES:	Friday 3 - Sunday 12 August 2012 (Days 7 - 16)
VENUE:	Olympic Stadium; The Mall
MEN'S EVENT:	Track: 100m, 200m, 400m, 800m, 1500m, 5000m, 10000m, 110m hurdles, 400m hurdles, 3000m steeplechase, 4x100m relay, 4x400m relay Throws: discus throw, hammer throw, javelin throw, shot put Jumps: high jump, long jump, pole vault, triple jump Combined: decathlon Road: 20km walk, 50km walk, marathon
WOMEN'S EVENTS:	Track: 100m, 200m, 400m, 800m, 1500m, 5000m, 10000m, 100m hurdles, 400m hurdles, 3000m steeplechase, 4x100m relay, 4x400m relay Throws: discus throw, hammer throw, javelin throw, shot put Jumps: high jump, long jump, pole vault, triple jump Combined: heptathlon Road: 20km walk, marathon
MEDALS:	Men: 24 gold, 24 silver, 24 bronze Women: 24 gold, 24 silver, 24 bronze





Day 7 Friday 3 August

10:00 - 10:48	Men's Shot Put Qualifying Round - Group A & B
10:05 - 10:30	Women's Heptathlon 100m Hurdles
10:25 - 11:33	Women's Triple Jump Qualifying Round - Groups A & B
10:40 - 11:02	Women's 100m Classification Heats
11:15 - 11:48	Men's 400m Hurdles Round 1
11:15 - 13:33	Women's Heptathlon High Jump - Groups A & B
11:20 - 12:16	Men's Hammer Throw Qualifying Rounds - Group A
12:00 - 12:49	Women's 400m Round 1
12:45 - 13:41	Men's Hammer Throw Qualifying Rounds - Group B
13:00 - 13:39	Men's 3000m Steeplechase Round 1
19:00 - 19:48	Women's Heptathlon Shot Put - Groups A & B
19:05 - 19:54	Women's 100m Round 1
19:10 - 20:02	Women's Discus Throw Qualifying Rounds - Group A
19:50 - 20:58	Men's Long Jump Qualifying Rounds - Groups A & B
20:05 - 20:29	Men's 1500m Round 1
20:30 - 21:40	Men's Shot Put Final
20:35 - 21:27	Women's Discus Throw Qualifying Rounds - Group B
20:45 - 21:10	Women's Heptathlon 200m
21:25 - 21:55	Women's 10000m Final

Day 8 Saturday 4 August

10:00 - 10:25	Men's 100m Classification Heats
10:05 - 11:01	Women's Heptathlon Long Jump - Groups A & B
10:20 - 13:00	Women's Pole Vault Qualifying Rounds - Groups A & B
10:35 - 11:24	Men's 400m Round 1
11:35 - 12:17	Women's 3000m Steeplechase Round 1
11:40 - 12:25	Women's Heptathlon Javelin Throw - Group A
12:30 - 13:27	Men's 100m Round 1
12:55 - 13:43	Women's Heptathlon Javelin Throw - Group B
17:00 - 18:45	Men's 20km Walk
18:45 - 18:50	Men's 20km Walk Medal Ceremony
18:50 - 18:55	Women's 10000m Medal Ceremony
19:00 - 19:17	Men's 400m Hurdles Semifinals
19:20 - 19:25	Men's Shot Put Medal Ceremony
19:30 - 20:35	Women's Discus Throw Final
19:35 - 19:52	Women's 100m Semifinals
19:55 - 21:25	Men's Long Jump Final
20:05 - 20:22	Women's 400m Semifinals
20:35 - 20:56	Women's Heptathlon 800m Final
21:15 - 21:45	Men's 10000m Final
21:45 - 21:50	Women's Discus Throw Medal Ceremony
21:55 - 21:56	Women's 100m Final
21:58 - 22:03	Women's Heptathlon Medal Ceremony

**Day 9 Sunday 5 August**

11:00 - 13:55	Women's Marathon
13:55 - 14:00	Women's Marathon Medal Ceremony
18:50 - 18:55	Men's Long Jump Medal Ceremony
19:00 - 19:33	Women's 400m Hurdles Round 1
19:05 - 20:57	Men's High Jump Qualifying Rounds - Groups A & B
19:35 - 21:00	Women's Triple Jump Final
19:45 - 20:02	Men's 100m Semifinals
20:05 - 20:10	Men's 10000m Medal Ceremony
20:15 - 20:29	Men's 1500m Semifinals
20:20 - 21:40	Men's Hammer Throw Final
20:30 - 20:35	Women's 100m Medal Ceremony
20:40 - 20:57	Men's 400m Semifinals
21:10 - 21:11	Women's 400m Final
21:15 - 21:20	Women's Triple Jump Medal Ceremony
21:25 - 21:34	Men's 3000m Steeplechase Final
21:37 - 21:42	Women's 400m Medal Ceremony
21:50 - 21:51	Men's 100m Final

Day 10 Monday 6 August

10:00 - 10:52	Men's Discus Throw Qualifying Rounds - Group A
10:05 - 10:38	Women's 100m Hurdles Round 1
10:45 - 11:33	Women's Shot Put Qualifying Rounds - Groups A & B
10:50 - 11:37	Men's 800m Round 1
11:25 - 12:17	Men's Discus Throw Qualifying Rounds - Group B
11:45 - 12:12	Women's 1500m Round 1
18:50 - 18:55	Men's Hammer Throw Medal Ceremony
19:00 - 21:06	Women's Pole Vault Final
19:15 - 20:15	Women's Shot Put Final
19:20 - 20:01	Women's 200m Round 1
20:00 - 20:05	Men's 3000m Steeplechase Medal Ceremony
20:15 - 20:32	Women's 400m Hurdles Semifinals
20:30 - 20:35	Men's 100m Medal Ceremony
20:45 - 20:46	Men's 400m Hurdles Final
20:50 - 20:55	Women's Shot Put Medal Ceremony
21:05 - 21:15	Women's 3000m Steeplechase Final
21:18 - 21:23	Men's 400m Hurdles Medal Ceremony
21:30 - 21:31	Men's 400m Final

Day 11 Tuesday 7 August

10:00 - 10:48	Women's Javelin Throw Qualifying Rounds -Group A
10:10 - 10:43	Men's 110m Hurdles Round 1
10:45 - 11:53	Men's Triple Jump Qualifying Rounds - Groups A & B
10:55 - 11:37	Women's 5000m Round 1
11:25 - 12:13	Women's Javelin Throw Qualifying Rounds -Group B
11:50 - 12:31	Men's 200m Round 1
18:50 - 18:55	Women's 3000m Steeplechase Medal Ceremony
19:00 - 21:06	Men's High Jump Final
19:05 - 20:17	Women's Long Jump Qualifying Rounds - Groups A & B
19:15 - 19:32	Women's 100m Hurdles Semifinals
19:35 - 19:40	Women's Pole Vault Medal Ceremony
19:45 - 21:05	Men's Discus Throw Final
19:55 - 20:15	Men's 800m Semifinals
20:25 - 20:42	Women's 200m Semifinals
20:45 - 20:50	Men's 400m Medal Ceremony
21:00 - 21:01	Women's 100m Hurdles Final
21:15 - 21:19	Men's 1500m Final





Day 12 Wednesday 8 August

10:00 - 12:48	Men's Pole Vault Qualifying Rounds - Groups A & B
10:00 - 10:56	Women's Hammer Throw Qualifying Rounds - Group A
10:10 - 10:35	Men's Decathlon 100m
10:45 - 11:21	Men's 5000m Round 1
11:10 - 12:14	Men's Decathlon Long Jump - Groups A & B
11:25 - 12:21	Women's Hammer Throw Qualifying Rounds - Group B
11:35 - 12:22	Women's 800m Round 1
12:50 - 13:38	Men's Decathlon Shot Put - Groups A & B
18:00 - 20:36	Men's Decathlon High Jump - Groups A & B
18:55 - 19:00	Men's High Jump Medal Ceremony
19:05 - 20:01	Men's Javelin Throw Qualifying Rounds - Group A
19:15 - 19:32	Men's 110m Hurdles Semifinals
19:35 - 19:40	Men's 1500m Medal Ceremony
19:45 - 20:01	Women's 1500m Semifinals
20:05 - 21:30	Women's Long Jump Final
20:10 - 20:27	Men's 200m Semifinals
20:30 - 20:35	Men's Discus Throw Medal Ceremony
20:35 - 21:31	Men's Javelin Throw Qualifying Rounds - Group B
20:45 - 20:46	Women's 400m Hurdles Final
20:50 - 20:55	Women's 100m Hurdles Medal Ceremony
21:00 - 21:01	Women's 200m Final
21:15 - 21:16	Men's 110m Hurdles Final
21:20 - 21:25	Women's 400m Hurdles Medal Ceremony
21:30 - 21:55	Men's Decathlon 400m

Day 13 Thursday 9 August

09:00 - 09:25	Men's Decathlon 110m Hurdles
09:30 - 11:31	Women's High Jump Qualifying Rounds - Groups A & B
09:55 - 10:43	Men's Decathlon Discus Throw - Group A
11:10 - 11:58	Men's Decathlon Discus Throw - Group B
11:30 - 11:58	Men's 4 x 400m Relay Round 1
12:55 - 15:55	Men's Decathlon Pole Vault - Groups A & B
18:30 - 19:15	Men's Decathlon Javelin Throw - Group A
19:15 - 19:20	Women's 200m Medal Ceremony
19:20 - 20:45	Men's Triple Jump Final
19:30 - 19:48	Women's 800m Semifinals
19:40 - 20:25	Men's Decathlon Javelin Throw - Group B
20:00 - 20:02	Men's 800m Final
20:05 - 20:10	Men's 110m Hurdles Medal Ceremony
20:20 - 20:37	Women's 4 x 100m Relay Round 1
20:45 - 20:50	Women's Long Jump Medal Ceremony
20:55 - 20:56	Men's 200m Final
21:00 - 22:10	Women's Javelin Throw Final
21:10 - 21:15	Men's 800m Medal Ceremony
21:20 - 21:36	Men's Decathlon 1500m Final
21:45 - 21:50	Men's Triple Jump Medal Ceremony
21:55 - 22:00	Men's 200m Medal Ceremony



Day 14 Friday 10 August

19:00 - 21:06	Men's Pole Vault Final
19:10 - 19:25	Women's 4 x 400m Relay Round 1
19:30 - 19:35	Men's Decathlon Medal Ceremony
19:35 - 20:55	Women's Hammer Throw Final
19:45 - 19:54	Men's 4 x 100m Relay Round 1
20:05 - 20:22	Women's 5000m Final
20:25 - 20:30	Women's Javelin Throw Medal Ceremony
20:40 - 20:41	Women's 4 x 100m Relay Final
20:55 - 20:59	Women's 1500m Final
21:05 - 21:10	Women's 5000m Medal Ceremony
21:20 - 21:23	Men's 4 x 400m Relay Final
21:25 - 21:30	Women's Hammer Throw Medal Ceremony
21:35 - 21:40	Women's 4 x 100m Relay Medal Ceremony

Day 15 Saturday 11 August

09:00 - 13:20	Men's 50km Walk
13:20 - 13:25	Men's 50km Walk Medal Ceremony
17:00 - 18:45	Women's 20km Walk
18:50 - 18:55	Women's 20km Walk Medal Ceremony
18:45 - 18:50	Men's 4 x 400m Relay Medal Ceremony
19:00 - 21:21	Women's High Jump Final
19:15 - 19:20	Men's Pole Vault Medal Ceremony
19:20 - 20:40	Men's Javelin Throw Final
19:30 - 19:45	Men's 5000m Final
19:50 - 19:55	Women's 1500m Medal Ceremony
20:00 - 20:02	Women's 800m Final
20:10 - 20:15	Men's 50km Walk Medal Ceremony
20:25 - 20:29	Women's 4 x 400m Relay Final
20:34 - 20:39	Men's 5000m Medal Ceremony
20:50 - 20:55	Women's 800m Medal Ceremony
21:00 - 21:01	Men's 4 x 100m Relay Final
21:04 - 21:09	Women's 4 x 400m Relay Medal Ceremony
21:10 - 21:15	Men's Javelin Throw Medal Ceremony
21:15 - 21:20	Men's 4 x 100m Relay Medal Ceremony
21:20 - 21:25	Women's High Jump Medal Ceremony

Day 16 Sunday 12 August

11:00 - 13:40	Men's Marathon
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Youcef **ABDI**

3000m Steeplechase



Date of Birth: 7 December 1977
Age at Games: 34
Born: Azazga, ALGERIA
Lives: Sydney, NSW
Height / Weight: 177cm, 65kg
Institute / Academy: NSW Institute of Sport, Sydney
Club: Bankstown Athletics Club
Coach: Nic Bideau (2008 - current)
 Lindsay Watson (2008 - current)

Secondary Education: Chihani Bashir High School

Tertiary Education: English Language and Business Management – TAFE

Olympic Games: 2008 Beijing - 6th (3000m steeplechase)

Recent Performances:

- 10th (3000m SC) – 2012 World Challenge (Rabat, Malta)
- 1st (3000m SC) – 2012 Australian Olympic Trials (Melbourne, Australia)
- 2nd (3000m SC) – 2012 Sydney Track Classic (Sydney, Australia)
- 1st (3000m SC) – 2012 Adelaide Track Classic (Adelaide, Australia)
- 5th (3000m SC) – 2011 World Challenge (Zagreb, Croatia)
- 28th (3000m SC) - 2011 World Championships (Daegu, Korea)
- 5th (3000m SC) – 2011 Diamond League (London, Great Britain)

Career Highlights:

- Winning the bronze medal in the 1500m at the 2002 Commonwealth Games in Manchester
- Being a finalist and finishing 6th in the 3000m steeplechase at the 2008 Beijing Olympic Games
- Winning National Titles over the 1500 (2004) and 3000 steeplechase (2009-2012)

Interesting Facts:

- Youcef Abdi was one of the athletics stars for Australia at the Beijing Olympics where on debut he placed 6th in the 3000m steeplechase final. His time of 8:16.36 was only 0.14s outside Shaun Creighton's Australian Record.
- After missing selection for the Sydney 2000 Olympics, he went on to win the bronze medal at the 2002 Commonwealth Games in Manchester over 1500m. He was 11th in the steeplechase at the 2006 Commonwealth Games and 6th in 2010. He has contested four World Championships but was unable to make a final.
- Abdi was born in Algeria and came to Australia for the 1996 World Junior Championships where he competed in the 800m. He fell in love with Sydney and decided to stay as a refugee. Sydney is still where he calls home.
- He started running at the age of 14 to accompany his brother who was scared of running in the forest by himself. Abdi went to school in France with famous French soccer player Thierry Henry. His favourite hobbies include soccer, going to the movies and listening to music.

Luke **ADAMS**

50km Walk



Date of Birth: 22 October 1976
Age at Games: 35
Born: Mvumi, TANZANIA
Lives: Canberra, ACT
Height / Weight: 189cm, 70kg
Institute / Academy: Australian Institute of Sport, Canberra
Club: Bankstown Sports Athletics Club (NSW, Australia)
Coach: Craig Hilliard (2005 - current)
 Yvonne Melene (1990 - 2000)

Secondary Education: Trinity Grammar School (NSW, Australia)

Tertiary Education: Bachelor of Industrial Design - University of Canberra

Olympic Games: 2008 Beijing - 6th (20km walk), 10th (50km walk)
 2004 Athens - 16th (20km walk)

Recent Performances:

- 10th (20km walk) - 2012 IAAF World Race Walking Challenge (Taicang, China)
- 27th (20km walk) - 2012 IAAF World Race Walking Cup (Saransk, Russia)
- 5th (50km walk) - 2011 World Championships (Daegu, Korea)

Career Highlights:

- Setting a personal best in the 20km walk at the 2003 World Championships in Paris
- Setting the fastest Australian Championship 20km walk time (1:19:15) in the World Walking Cup in Cheboksary, Russia in 2008
- Placing 6th in the 20km walk in the Beijing Olympics and following it up with a 10th in the 50km event after only preparing for the 20km event

Interesting Facts:

- Luke Adams is competing at his third Olympic Games. He made his debut in 2004 and finished 16th in the 20km walk. He then rocketed to 6th over the same distance at the Beijing Olympics. Adams also finished 10th in the 50km event in Beijing after replacing injured Nathan Deakes. The 50km will be his only event in London.
- Adams finished an impressive fifth in the 50km walk (3:45:31) at the 2011 World Championships in Daegu to secure his Olympic berth. He also recorded an A qualifier in the 20km but was selected only for the 50km distance. His 50km personal best is 3:43:39.
- Competing at the Commonwealth Games since 2002 and the World Championships since 2003, Adams is a triple Commonwealth Games silver medallist, taking 20km silver in 2010, 2006 and 2002.
- Adams describes his family as nomadic. His eldest brother lives in Ethiopia with his wife and four children. Another brother lives in Southern Sudan working for the United Nations Rights Agency (UNHCR), has completed an expedition to Antarctica and has rock climbed around the world. His youngest brother spent seven years abroad snowboarding.
- Adams was born in Tanzania where his parents, who also love to travel, worked as medical missionaries. Adams finds himself forever packing and unpacking his suitcase for trip after trip which he loves.

Anthony **ALOZIE**

4 x 100m Relay



Date of Birth: 18 August 1986
Age at Games: 25
Born: Aba, NIGERIA
Lives: Sydney, NSW
Height / Weight: 171cm, 79kg
Club: Sutherland District Athletics Club (NSW, Australia)
Coach: Paul Hallam (2006 - current)
 John Quinn (2008 - 2009)

Secondary Education: Stella Maris Secondary School (Aba Abia State, Nigeria)

Tertiary Education: Media & Screen Studies

Olympic Games: Debut

Recent Performances:

- 3rd (4x100m) – 2012 Shizuoka International Meeting (Shizuoka, Japan)
- 2nd (100m) – 2012 Brisbane Track Classic (Brisbane, Australia)
- 1st (100m) – 2012 Perth Track Classic (Perth, Australia)
- 4th (100m) – 2012 Sydney Track Classic (Sydney, Australia)
- 3rd (100m) – 2012 Melbourne Australian Open (Melbourne, Australia)

Career Highlights:

- Running a personal best time of 10.24 to qualify for the 100m final at the 2007 Australian Championships
- Finishing second in the B race in a season's best time of 10.56 at the 2008 World Athletics Tour in Melbourne.

Interesting Facts:

- Anthony Alozie was a local soccer player in his native Nigeria. He started running when an athletics coach spotted him at one of his soccer games. He was impressed by Alozie's speed with the ball and invited him to start sprint training.
- Alozie and the coach kept in contact and eventually he was convinced he had a promising talent in sprinting. He dreams of being a superstar and a role model in track and field.
- At his first world championships in 2009 Alozie joined teammates Matt Davies, Josh Ross and Aaron Rouge-Serret in placing third in their heat of the 4x100m relay, their season's best time of 38.93 not enough to advance to the deciding round.
- At the 2011 world championships he raced the 4x100m and clocked 38.69 for fourth in the heat.
- Alozie came to Australia from Nigeria for the 2006 Commonwealth Games in Melbourne. He decided to stay and took out citizenship.

Jarrold BANNISTER

Javelin Throw

Date of Birth: 3 October 1984
Age at Games: 27
Born: Townsville, QLD
Lives: Melbourne, VIC
Height / Weight: 190cm, 100kg
Institute / Academy: Queensland Academy of Sport, Brisbane
Club: Athletics North Queensland, Townsville
Coach: Garry Calvert (2006-2008)
Secondary Education: Pirmilco State High School (QLD, Australia)
Olympic Games: 2008 Beijing - 6th (javelin)

Recent Performances:

- 1st (javelin) – 2012 Australian Olympic Trials (Melbourne, Australia)
- 7th (javelin) – 2011 World Championships (Daegu, Korea)

Career Highlights:

- Throwing a personal best of 89.02m in February 2008 at the Olympic Trials in Brisbane
- Winning the 2010 Commonwealth Games in Delhi
- Placing sixth at the Beijing Olympic Games in 2008

Interesting Facts:

- Bannister was an outstanding junior placing fourth in the javelin at the 2002 World Junior Championships and four years later aged still just 21 he placed sixth at the 2006 Commonwealth Games in Melbourne with a personal best of 78.06m.
- He made his World Championship debut in 2007 at Osaka, Japan. In 2008 he threw an Australian record of 89.02m at the Olympic Trials on 29 February and hopes were high for his Olympic debut. His medal chances at the Beijing Olympics were dealt a terrible blow when he injured his elbow in the final on his third throw. He was forced to miss his final three attempts with his first round throw of 83.45 metres placing him sixth. The injury forced him to miss the 2009 World Championships.
- After a long injury break Bannister bounced back to win gold at the 2010 Commonwealth Games in Delhi with a throw of 81.71m. At the 2011 World Championships he made his first final, placing 7th with 82.25m.
- Bannister confirmed his place on his second Olympic Team by winning the Trials in Melbourne in March 2012 with a throw of 82.97m.
- Bannister has spent time training with javelin legend Uwe Hohn, the East German giant who launched the javelin 104.80m in 1984 and caused the IAAF to redesign the implement to alter its flight path for the safety of other stadium users.



Collis BIRMINGHAM

5000m

Date of Birth: 27 December 1984
Age at Games: 27
Born: Melbourne, VIC
Lives: Ballarat, VIC
Height / Weight: 189cm, 71kg
Institute / Academy: Victorian Institute of Sport, Melbourne
Club: Eureka Athletic Club (Ballarat, Victoria) / Melbourne Track Club (International)
Coach: Nic Bideau (2007 - current)
 Rod Griffin (1995 - 2008)
Secondary Education: Ballarat High School (VIC, Australia)
Tertiary Education: Bachelor of Applied Science (Human Movement) - University of Ballarat (2004 -)
Olympic Games: 2008 Beijing - 19th (5000m)

Recent Performances:

- 9th (5000m) – 2012 Diamond League (Eugene, USA)
- 2nd (5000m) – 2012 Australian Olympic Trials (Melbourne, Australia)
- 1st (5000m) – 2012 Hobart Broggs Athletics Classic (Hobart, Australia)
- 9th (5000m) – 2011 Diamond League (Brussels, Belgium)
- 20th (5000m) – 2011 World Championships (Daegu, Korea)

Career Highlights:

- Making the 2009 World Championships 5000m final after a career low three days earlier in the 10,000m
- The 2008 Olympic Games in Beijing
- Winning my first national title over 10,000m in 2008

Interesting Facts:

- Collis Birmingham left school to become an Apprentice Carpenter. He made his first Australian team after laying a concrete driveway the morning of trial.
- London will be Birmingham's second Olympics contesting the 5000m. He placed 10th in his heat at the 2008 Beijing Games in his first major track championship. He placed 19th overall.
- He has set two personal bests in 2012 over 5000m (13:10.51) and half marathon (1:03.10). He is ranked in the top 10 on the Australian All-Time list from 1500m to 10,000m – sitting 2nd behind Ben St Lawrence for 10,000m, and 3rd behind Craig Mottram and St Lawrence over 5000m.
- Birmingham's best international championship was the 2010 Commonwealth Games in Delhi where he placed 6th in the 5000m and 9th in the 10,000m. Birmingham first represented Australia in the juniors at the 2003 World Cross Country Championships in Kenya. He competed at the inaugural Australian Youth Olympic Festival in 2001, winning a silver medal in the 3000m.
- Birmingham grew up in Ballarat in central Victoria watching one of the world's best distance runners in Steve Moneghetti. Birmingham spends time each year training at altitude in Falls Creek, Victoria.



Lauren BODEN

400m Hurdles

Date of Birth: 3 August 1988
Age at Games: 23
Born: Canberra, ACT
Lives: Canberra, ACT
Height / Weight: 178cm, 66kg
Institute / Academy: Australian Institute of Sport, Canberra
Club: North Canberra Gungahlin (ACT, Australia)
Coach: Matt Beckenham (2003 - current)
Secondary Education: Lyneham High School & Daramalan College (ACT, Australia)
Tertiary Education: Bachelor of Science in Psychology (Major in Sport Science) - University of Canberra
Olympic Games: Debut

Recent Performances:

- 4th (400m hurdles) - 2012 Diamond League (Doha, Qatar)
- 1st (400m hurdles) - 2012 Australian Olympic Trials (Melbourne, Australia)
- 1st (400m hurdles) - 2012 Sydney Track Classic (Sydney, Australia)
- 1st (400m hurdles) - 2012 Perth Track Classic (Perth, Australia)
- 1st (400m hurdles) - 2012 Hobart Broggs Athletics Classic (Hobart, Australia)
- 1st (400m hurdles) - 2012 Hunter Track Classic (Glendale, Australia)

Career Highlights:

- Representing Australia at the 2006 Melbourne Commonwealth Games for the 400m hurdles, missing the final by one spot at 17 years of age.
- Representing Australia at the 2010 Delhi Commonwealth Games for the 400m hurdles where I finished fourth.
- Winning a silver medal at the 2005 World Youth Championships in Morocco for the 400m hurdles.

Interesting Facts:

- Lauren Boden is the only Australian representative in an illustrious event for Australia - the 400m hurdles. Boden, who at sixteen became the youngest woman to win the national 400m hurdles title, is ranked third on the Australian all-time list in the event behind Olympic gold medalist Debbie Flintoff-King and dual World Champion Jana Pittman.
- Still relatively young for the hurdles event at 23, Boden has won five national titles and recorded an Olympic A qualifier (55.45sec) at the Sydney Track Classic. Boden had narrowly missed the 2011 World Championship automatic qualifier but was given a discretionary pass to compete at the World Championships where she made the semi-final.
- Boden's coach Matt Beckenham competed in the 400m hurdles at the 2000 Olympic Games. Boden was his first student, and Beckenham is the only coach Boden has ever had. The 'Matty B Dept' also includes London Olympians Brendan Cole and Melissa Breen.
- Boden started Little Athletics at the age of five, competing until 15, and she continues to give back to the young track and field community. Outside training Boden works at an after school care in Canberra and coaches jumps and hurdles.
- Boden met the Queen and the Duke of England when she was in year six during a royal visit to Australia. Boden also met Prince Charles and Camilla at the Commonwealth Games in Delhi in October 2010.





Alana **BOYD**

Pole Vault

Date of Birth: 10 May 1984
Age at Games: 28
Born: Melbourne, VIC
Lives: Brisbane, QLD
Height / Weight: 171cm, 59kg
Institute / Academy: Western Australian Institute of Sport, Perth
Club: UWA Athletics Club, (WA, Australia)
Coach: Alex Parnov (2009 - current)
 Ray Boyd (2002 - 2009)
Secondary Education: Immanuel Lutheran College (QLD, Australia)
Tertiary Education: Bachelor of Business Management - University of Qld (2002 - 2004)

Olympic Games: 2008 Beijing - 16th (pole vault)

Recent Performances:

- 9th (pole vault) - 2012 World Indoor Championships (Istanbul, Turkey)
- 2nd (pole vault) - 2012 Australian Olympic Trials (Melbourne, Australia)
- 1st (pole vault) - 2012 Sydney Track Classic (Sydney, Australia)
- 1st (pole vault) - 2012 Perth Track Classic (Perth, Australia)
- 6th in qualification (pole vault) - 2011 World Championships (Daegu, Korea)

Career Highlights:

- Representing Australia at the 2008 Olympic Games in Beijing
- Winning gold at the Commonwealth Games in Delhi in 2010
- Jumping 4.60m earlier to equal second all-time in Australia with former world record holder Emma George

Interesting Facts:

- Alana Boyd broke the Australian pole vault record in February 2012 with a leap of 4.76m at the Strive Inter-Club Athletics Meet at the WA Athletics Stadium. She went into the meet with a personal best of 4.66m and bettered the mark twice in one night.
- Previous Australian record holders Kym Howe (4.72m) and Emma George (4.60m) also held world records in their careers. Boyd's 4.76m ranked her 11th on the world all-time list (as at February 2012).
- At the 2008 Beijing Games, Boyd made Australian Olympic history, becoming the first Australian to join both parents as Olympians. At the 2010 Commonwealth Games, Boyd won gold in the pole vault joining parents Ray (pole vault, 1982) and Denise (200m, 1978) as an individual Commonwealth Games title-holder, the first time the feat has been achieved by the son or daughter of a gold medal-winning couple in Australian history.
- Boyd moved from Queensland to Perth for her sport and trains alongside Liz Parnov and Steve Hooker.
- Boyd competed in the 2001 Sydney Youth Olympic Festival in hurdles and the 4x100m relay before starting pole vaulting in 2002.



Melissa **BREEN**

100m

Date of Birth: 17 September 1990
Age at Games: 21
Born: Canberra, ACT
Lives: Canberra, ACT
Height / Weight: 174cm, 66kg
Institute / Academy: ACT Academy of Sport, Canberra
Club: Woden Harriers (ACT, Australia)
Coach: Matt Beckenham (2006 - current)
 Rob Wozniak (2003 - 2006)

Secondary Education: St Mary MacKillop College (ACT, Australia)
Tertiary Education: Certificate 3 and 4 in Fitness - Australian Vocational Training Academy (2009 - 2010)
 Level 1 Strength and Conditioning - Australian Strength and Conditioning Association (2010)

Olympic Games: Debut

Recent Performances:

- 2nd (100m) - 2012 World Challenge (Kawasaki, Japan)
- 1st (100m) - 2012 Australian Olympic Trials (Melbourne, Australia)
- 2nd (100m) - 2012 Melbourne Track Classic (Melbourne, Australia)
- 1st (100m) - 2012 Sydney Track Classic (Sydney, Australia)
- 2nd (100m) - 2012 Perth Track Classic (Perth, Australia)
- 2nd (100m) - 2012 Brisbane Track Classic (Brisbane, Australia)

Career Highlights:

- Running a 100m personal best of 11.33s in late 2008 to become the second fastest junior in Australian history
- Qualifying for the Commonwealth Games in 2010
- Competing at the Commonwealth Games in Delhi and making the semi-final as a 20 year old

Interesting Facts:

- Melissa Breen narrowly missed the 100m Olympic A qualifying mark by an agonising 0.01s when she ran 11.30s in Japan in March. Breen was relieved to be rewarded for her consistent efforts with Olympic nomination based on selector's discretion. It was her second close-call after running 11.31s in the semi-final at the Australian Open Championship in April.
- Breen now ranks in the top ten all-time list with the likes of Sally Pearson, Raelene Boyle, Cathy Freeman and Melinda Gainsford-Taylor.
- Breen was selected to compete in the 4 x 100m relay at the 2011 World Championships in Daegu where the Australians finished fourth in their heat. Breen placed fifth in the 100m semi-final at the 2010 Delhi Commonwealth Games.
- Breen's long term goal now is to make the 2016 Rio Olympic Games 100m final and break the 11 seconds barrier in the 100m.
- Breen is coached by Matt Beckenham and trains alongside Lauren Boden and Brendan Cole who are competing in the 400m hurdles.



Zoe **BUCKMAN**

1500m

Date of Birth: 21 December 1988
Age at Games: 23
Born: Grafton, NSW
Lives: Oregon, USA
Height / Weight: 168cm, 50kg
Institute / Academy: Victorian Institute of Sport, Melbourne
Club: Melbourne Track Club (VIC, Australia)
Coach: Nic Bideau
Secondary Education: Canberra Girls' Grammar (ACT, Australia)
Tertiary Education: Bachelor of Humanities - University of Oregon (2007 - 2011)
Olympic Games: Debut

Recent Performances:

- 12th (1500m) - 2012 World Challenge (Rabat, Malta)
- 2nd (1500m) - 2012 Australian Olympic Trials (Melbourne, Australia)
- 1st (1500m) - 2012 Sydney Track Classic (Sydney, Australia)
- 1st (1500m) - 2012 Hobart Briggs Athletics Classic (Hobart, Australia)
- 1st (1500m) - 2012 Hunter Track Classic (Glendale, Australia)
- 9th (1500m) - 2011 World Challenge (Rieti, Italy)

Career Highlights:

- Winning first senior national title (1500m) in 2011
- Setting a 1500m personal best by over 2.5 seconds in 2011

Interesting Facts:

- In May 2012, Zoe Buckman broke a 36-year-old Australian record over the 1km distance with a time of 2:37.8. Buckman qualified for the Olympic Games in interesting fashion. Off the back of missing the World Championship Olympic A qualifying mark, Buckman stayed in Europe to chase the Olympic A standard and bettered it in Rieti in September 2011.
- Running since the age of 11, Buckman has had her eye on London 2012 since she was a teenager. She won her first national 1500m title in 2011 after only shifting her focus to the 1500m distance in 2010. Buckman ran six sub 4:10.0 times over the 1500m in 2011, including a personal best at the IAAF World Challenge in Rieti, Italy (4:05.06).
- In the 2011-12 national season, Buckman won three of the 1500m events in the Athletics Australia Tour. She enjoyed a strong domestic season in 2012 but was pipped on the line at selection trials in Melbourne by training partner and London teammate Kaila McKnight.
- A college athlete since 2007, Buckman placed third in the mile at the 2011 National Collegiate Athletics Association (NCAA) Indoor Championships to help the University of Oregon win their second straight NCAA title. Buckman's personal best 4:33.76 was the third fastest time in school history, establishing her as one of the top athletes in the NCAA.
- Buckman raced in her first Australian Team in the 4 x 400m relay at the 2004 World Junior Championships. In 2011 she received the Steve Moneghetti Emerging Athlete of the Year Award alongside triple jump/long jump star Henry Frayne.



Brendan COLE

400m Hurdles



Date of Birth: 29 May 1981
Age at Games: 31
Born: Mackay, QLD
Lives: Canberra, ACT
Height / Weight: 187cm, 78kg
Institute / Academy: Australian Institute of Sport, Canberra
Club: Queanbeyan (ACT, Australia)
Coach: Matt Beckenham (2004 - current)
 Russell Woodbridge (1999 - 2004)
Secondary Education: Salesian College Chadstons (VIC, Australia)
Tertiary Education: Bachelor of Health Science - Exercise Science (Psych) - Australian Catholic University (2000 - 2002)
 Advanced Diploma Health Science (Remedial Massage) - Victorian University (2003 - 2004)

Olympic Games: Debut

Recent Performances:

- 2nd (4x400m relay) – 2012 Daegu Colorful Meeting (Daegu, Korea)
- 4th (400m hurdles) – 2012 World Challenge (Kawasaki, Japan)
- 1st (400m hurdles) – 2012 Australian Olympic Trials (Melbourne, Australia)
- 2nd (400m hurdles) – 2012 Sydney Track Classic (Sydney, Australia)
- 2nd (400m hurdles) – 2012 Perth Track Classic (Perth, Australia)
- 1st (400m hurdles) – 2012 Hobart Broggs Athletics Classic (Hobart, Australia)
- 1st (400m hurdles) – 2012 Sydney Hunter Track Classic (Sydney, Australia)

Career Highlights:

- Commonwealth Games gold medal 4 x 400m relay Delhi 2010
- Commonwealth Games final in 400m hurdles Melbourne 2006
- World University Games 4 x 400m relay 2009 Belgrade

Interesting Facts:

- Brendan Cole placed fifth in the 400m hurdles at the 2006 Commonwealth Games in Melbourne aged 25, to announce his arrival on the international stage. He was sixth at Delhi 2010.
- He was a semi-finalist at the 2009 World Championships in Berlin and a finalist at the World University Games in the same year.
- Cole has also had success with the Australian 4x400m relay winning gold at the 2010 Commonwealth Games in Delhi.
- He will make his Olympic debut in London. He was selected after winning the Olympic Trial in Melbourne and posting an A qualifying time of 49.39.
- Cole is coached by Sydney 2000 Olympian Matt Beckenham in the same squad as Lauren Boden and Melissa Breen who are also making their Olympic debut in London. He works as a soft tissue therapist and DJs in his spare time due to his great love of music.

Nathan DEAKES

50km Walk



Date of Birth: 17 August 1977
Age at Games: 34
Born: Geelong, VIC
Lives: Canberra, ACT
Height / Weight: 185cm, 66kg
Institute / Academy: Australian Institute of Sport, Canberra
Club: Bellarine Athletics Club (VIC, Australia)
Coach: Craig Hilliard (2005 - current)
 Ron Weigel (1997 - 2002)
Secondary Education: Newcomb Secondary College (VIC, Australia)
Tertiary Education: Bachelor of Commerce in Banking & Finance - University of Canberra (2001 - 2008)
 Bachelor of Laws (Hons) - University of Canberra (2005 - 2011)

Olympic Games: 2004 Athens - 3rd (20km walk), DQ (50km walk)
 2000 Sydney - 6th (50km walk), 8th (20km walk)

Recent Performances:

- 7th (20km walk) – 2012 Oceania & Australian Racewalking Championships (Hobart, Australia)
- 6th (50km walk) – 2011 Dudince EAA Race Walking Meeting (Dudince, Slovakia)
- DNF (50km walk) – 2011 World Championships (Daegu, Korea)
- 2nd (50km walk) – 2011 Melbourne Australian 50km Race Walking Challenge (AUS)

Career Highlights:

- Winning the World Championships in the men's 50km Walk in Osaka, Japan in 2007
- Setting a new World Record (3:35.47) for the men's 50km walk in my home town of Geelong in 2006
- Marching into the Sydney Olympic Games Opening Ceremony

Interesting Facts:

- Race walker Nathan Deakes broke the 50km world record in 2006 and was the 2007 World 50km Champion before injury shattered his Beijing Olympic dream. The early Olympic favourite was forced to withdraw from the Games just two weeks before the Opening Ceremony and have surgery on his hamstring.
- Finally back to consistent training in 2011, Deakes clocked a World Championship and Olympic qualifier earlier than expected at the European Race Walking Meeting in March.
- The 2011 World Championships marked his first major international hit-out since the 2007 World Championships. Deakes started well and led the field before a strain in his hamstring forced him to withdraw.
- Deakes is a remarkable athlete and won the 20km/50km double at the 2006 and 2002 Commonwealth Games - becoming the first man to defend both titles at consecutive Games.
- Deakes achieved top ten results at the Sydney Olympics and won bronze at the Athens Olympics. Finally London 2012 represents his third shot at Olympic glory.

Martin DENT

Marathon



Date of Birth: 8 February 1979
Age at Games: 33
Born: Woking, GREAT BRITAIN
Lives: Canberra, ACT
Height / Weight: 180cm, 69kg
Institute / Academy: ACT Academy of Sport, Canberra
Club: Weston Creek Athletics Club (ACT, Australia)
Coach: Self Coached (2008 - current)
 Hugh Ford (2005 - 2008)
Secondary Education: Berkeley Vale High School (NSW, Australia)
Tertiary Education: Bachelor of Commerce - ANU (1997 - 2000)
 Bachelor of Actuarial Studies - ANU (1997 - 2000)

Olympic Games: Debut

Recent Performances:

- 21st (marathon) - 2012 London Marathon (London, United Kingdom)
- 8th (marathon) - 2011 Fukuoka Marathon (Fukuoka, Japan)
- 1st (half marathon) - 2011 Melbourne Half Marathon (Melbourne, Australia)
- 3rd (14km) - 2011 City To Surf (Sydney, Australia)
- 1st (half marathon) - 2011 Sydney Half Marathon (Sydney, Australia)
- 6th (marathon) - 2010 Commonwealth Games (Delhi, India)

Career Highlights:

- Winning the 2008 City to Surf (14km) in Sydney
- Finishing fourth at the 2006 Commonwealth Games 3000m steeplechase
- Finishing 8th at the 2011 Fukuoka Marathon in a personal best

Interesting Facts:

- Dent was selected for the London Olympic Games under the discretion of selectors after posting a personal best time of 2:12.23 at the Fukuoka Marathon in Japan in December 2011.
- He achieved the qualifying standard for two previous Olympics (2000 and 2008) in the steeplechase but missed selection.
- Dent represented Australia at the Melbourne 2006 Commonwealth Games in steeplechase (4th) and at the 2010 Commonwealth Games in Delhi in the marathon (6th).
- Dent was an outstanding junior athlete in cross country and steeplechase. He has had great success both on the track, cross country and road events throughout his career.
- Dent has three boys including twins, is married to Kathie and works as a Public Servant in the Department of Finance and Administration. He is self-coached, his hero is Rob de Castella and Dent hopes to one day break 2:10 for the marathon.

**Chris ERICKSON****20km Walk**

Date of Birth: 1 December 1981
Age at Games: 30
Born: Melbourne, VIC
Lives: Canberra, ACT
Height / Weight: 175cm, 60kg
Institute / Academy: Australian Institute of Sport, Canberra
Club: Athletics Essendon & Victorian Race Walking Club (VIC, Australia)
Coach: Brent Wallace (2007 - current)
 Tim Erickson (1994 - 2007)
Secondary Education: Strathmore Secondary College (VIC, Australia)
Tertiary Education: Bachelor of Arts/ Business (Sports Administration and Business Management) - Victoria University (2000- 2004)
Olympic Games: 2008 Beijing - DQ (20km walk)

**Recent Performances:**

- 21st (20km walk) - 2012 IAAF World Race Walking Cup (Saransk, Russia)
- 11th (20km walk) - 2012 IAAF World Race Walking Challenge (Taicang, China)
- 2nd (20km walk) - 2012 Oceania & Australian Racewalking Championships (Hobart, Australia)
- 1st (20km walk) - 2011 Australian Road Walking Championships (Canberra, Australia)

Career Highlights:

- Competing at 2008 Olympic Games in the 20km walk
- Winning the 50km walk bronze medal at the 2006 Commonwealth Games
- Winning the team bronze medal at the 2008 IAAF World Walking Cup

Interesting Facts:

- In 2008 Chris Erickson finally got to put his name on an Olympic start sheet. He missed qualification in the 50km event which he was aiming for but was selected to contest the 20km road walk.
- Unfortunately Erickson was dealt his first ever disqualification on Olympic debut. Using Jane Saville's Sydney 2000 experience and subsequent Athens 2004 bronze medal as his motivator, all roads have led to London 2012 since then and Erickson returns to the Games tougher than ever.
- Erickson is easily recognised on the athletics circuit by the flame tattoos on his ankles which he claims make him go faster!
- Erickson's dad Tim was unlucky to miss competing at an Olympic Games. In 1976 he was a top international 50km walker but the event got dropped from the Olympic program. In 1980 the Moscow boycott saw the athletics team condensed and although Tim was initially selected, he missed out again.

Henry FRAYNE**Long Jump / Triple Jump**

Date of Birth: 14 April 1990
Age at Games: 22
Born: Adelaide, SA
Lives: Brisbane, QLD
Height / Weight: 188cm, 79kg
Institute / Academy: Queensland Academy of Sport, Brisbane
Club: QE2 Track Club (QLD, Australia)
Coach: Gary Bourne (2009 - current)
 Vasily Grischenkov (2004 - 2009)
Secondary Education: St Peters College (SA, Australia),
 Melbourne Grammar (VIC, Australia)
Tertiary Education: Bachelor of Commerce - Deakin University (2007 -)
Olympic Games: Debut

**Recent Performances:**

- 5th (triple jump) - 2012 Diamond League (Eugene, USA)
- 4th (triple jump) - 2012 Diamond League (Shanghai, China)
- 2nd (long jump) - 2012 World Indoor Championships (Istanbul, Turkey)
- 1st (long jump) - 2012 Australian Olympic Trials (Melbourne, Australia)
- 1st (triple jump) - 2012 Australian Olympic Trials (Melbourne, Australia)
- 1st (long jump) - 2012 Sydney Track Classic (Sydney, Australia)

Career Highlights:

- Earning selection for the London Olympic Games in triple jump and long jump
- Breaking the Australia Junior Triple Jump Record at the World Junior Championships in Poland in 2008
- Becoming National Triple Jump Champion in Perth in 2010

Interesting Facts:

- Henry Frayne will achieve his dream of being the second member of his family to compete in track and field at the Olympics for Australia following the path of his uncle Bruce, who competed in the 400m at the Los Angeles Olympics in 1984.
- He was a finalist at the 2011 World Championships in Daegu placing ninth in the triple jump after earlier in the season jumping 17.04m in Barcelona.
- Frayne had an outstanding start to 2012. He jumped a personal best in the long jump for the first time in four years with a massive 28 centimetres off his previous best to jump 8.27m, in an event he rarely trains for. He then won the Olympic Trials in both the long jump and the triple jump and in the process set a personal best of 17.23m to eclipse the triple jump qualifying standard. He then travelled to the World Indoor Championships in Istanbul and won silver in the long jump.
- In a rare display of outstanding talent he will contest both the long jump and triple jump at the Olympic Games. He is only the first Australian to do the double since Ian Tomlinson at Tokyo 1964.
- Frayne trains at the National Jump Centre in Brisbane under coach Gary Bourne and alongside world championship long jump medallist Mitchell Watt. Frayne originates from Adelaide and in late 2005 chose to pursue triple/long jump over AFL. After success including the Australian Junior triple jump record (16.58m) and fifth place at the World Juniors in 2008 he moved to Brisbane to train with Bourne.

Ryan GREGSON**1500m**

Date of Birth: 26 April 1990
Age at Games: 22
Born: Wollongong, NSW
Lives: Wollongong, NSW
Height / Weight: 184cm, 73kg
Institute / Academy: NSW Institute of Sport, Sydney
Club: Kembla Juggers (NSW, Australia)
Coach: Nic Bideau (2008 - current)
Secondary Education: Shenton College (WA, Australia)
 Illawarra Sports High School (NSW, Australia).
Tertiary Education: Bachelor of Business - University of Western Sydney
Olympic Games: Debut

**Recent Performances:**

- 19th (1500m) - 2012 World Challenge (Rabat, Malta)
- 11th (1500m) - 2012 Diamond League (Doha, Qatar)
- 1st (1500m) - 2012 Australian Olympic Trials (Melbourne, Australia)
- 1st (1500m) - 2012 Adelaide Track Classic (Adelaide, Australia)
- 12th (1500m) - 2011 World Challenge (Rieti, Italy)
- 20th (1500m) - 2011 World Championships (Daegu, Korea)

Career Highlights:

- Breaking the Australian 1500m record by running 3:31.06 at the 2010 Monaco Diamond League
- Having the 5th fastest time in the world over 1500m for 2010
- 2010 Australian 1500m Champion

Interesting Facts:

- At just 19 Gregson made his senior debut for Australia at the 2009 World Championships in Berlin in the 1500m. At the 2011 World Championships in Daegu he was a semi-finalist (1500m).
- In 2010 he broke Simon Doyle's long-standing Australian 1500m record as a 20 year old with his 3:31.06 in Monaco - fifth fastest time in the world in 2010.
- A foot stress fracture robbed him of his place at the Commonwealth Games in Delhi.
- Gregson is from Bulli south of Sydney. He combined both athletics and hockey until 2005 when running became his major focus. Australian women's hockey star Casey Eastham is his cousin.
- He is coached by Nic Bideau in the same squad as Jeff Riseley.
- Gregson is a good beatboxer and has some good dance moves he often celebrates with post-race.

Benn HARRADINE

Discus Throw

Date of Birth: 14 October 1982
Age at Games: 29
Born: Newcastle, NSW
Lives: Melbourne, VIC
Height / Weight: 198cm, 115kg
Institute / Academy: Victorian Institute of Sport, Melbourne
Club: Hunter Track & Field Club (NSW, Australia)
Coach: Gus Puopolo (2002 - current)
 Ken Harradine (2010 - current)

Secondary Education: Warners Bay High School (NSW, Australia)

Tertiary Education: Bachelor of Physical Education - Newcastle University (2006)

Olympic Games: 2008 Beijing - 14th (discus)

Recent Performances:

- 1st (discus) - 2012 Townsville Student and Allcomers Games (Townsville, QLD)
- 1st (discus)- 2012 World Indoor Challenge (Vaxjo, Sweden)
- 2nd (discus)- 2012 Hunter Track Classic (Newcastle, Australia)
- 2nd (discus)- 2012 Adelaide Track Classic (Adelaide, Australia)
- 2nd (discus)- 2012 Perth Track Classic (Perth, Australia)
- 2nd (discus)- 2012 Selection Trials (Melbourne, Australia)
- 2nd (discus)- 2012 Discus Challenge (Helsingborg, Sweden)

Career Highlights:

- Winning Commonwealth Games gold in Dehli, 2010
- Winning the World Cup silver medal in Croatia, 2010
- Again breaking the national record in Townsville in 2012

Interesting Facts:

- Benn Harradine began competing in discus at the age of 8 after being told he could not compete in contact sports due to a rare liver condition.
- Having won the U/16 Australian Championships in 1998, he finished 11th in his senior debut in 2001. He competed at the Commonwealth Games in 2006 where he finished 8th before winning his first senior Australian Championship in 2007, a title he has now held ever since.
- Making his Olympic debut in 2008, he exited in the qualifying round having thrown 58.55m, well below his current best.
- He again departed early on his World Championship debut in 2009, but showed his promise at the 2011 competition in Daegu when he improved to finish 5th with a throw of 64.77m.
- Harradine's preparations for the Games were given a strong boost as he improved on his own national record of 66.45m set in Split in 2010, throwing a new mark of 67.53m at the Townsville Student and Allcomers Games.



Steven HOOKER

Pole Vault

Date of Birth: 16 July 1982
Age at Games: 30
Born: Melbourne, VIC
Lives: Perth, WA
Height / Weight: 187cm, 85kg
Institute / Academy: Western Australian Institute of Sport, Perth
Coach: Alex Parnov (2006 - current)
 Mark Stewart (1998 - 2006)

Secondary Education: Balwyn High School, (VIC, Australia)

Olympic Games: 2008 Beijing - 1st (Pole Vault)
 2004 Athens - 28th (Pole Vault)

Recent Performances:

- 6th (pole vault) - 2012 Diamond League (Rome, Italy)
- 1st (pole vault) - 2012 Red Bull Pole Vault Meet (Perth, Australia)
- 3rd (pole vault) - 2012 Adelaide Track Classic (Adelaide, Australia)
- 8th (pole vault) - 2011 Diamond League (Monaco, Monaco)

Career Highlights:

- Winning gold at the Beijing Olympics
- Becoming the 2009 World Champion

Interesting Facts:

- Steve Hooker became Australia's first ever Olympic pole-vault champion when he won gold at the Beijing Olympics as he set a new Olympic record of 5.96 metres. He was also the first Australian male to win in track-and-field in 40 years and the first by an Australian in a field event since John Winter won the high jump in London 60 years before.
- After disappointing in his first Olympic appearance in 2004 as he missed the final, Hooker began to assert his dominance in the pole vault in 2006 when he won gold at the Commonwealth Games and the World Cup final, finishing the year ranked number one in the world.
- After creating history in Beijing, Hooker claimed the second highest jump in history when he jumped an Australian record 6.06m in Boston in 2009. The world record remains in the hands of the Ukraine's Sergey Bubka at 6.14m.
- In 2010 he went on to win gold at the World Indoor Championships, Continental Cup and his second Commonwealth Games gold medal in Delhi.
- His mother Erica represented Australia at the 1972 Olympics and claimed silver at the 1978 Commonwealth Games in the long jump, winning nine national titles along the way. His father Bill represented Australia in the 400m, 800m and 4x400m at the 1974 Commonwealth Games and won four national titles.



Jeffrey HUNT

Marathon

Date of Birth: 24 July 1982
Age at Games: 30
Born: Sydney, NSW
Lives: Sydney, NSW
Height / Weight: 172cm, 58kg
Institute / Academy: NSW Institute of Sport, Sydney
Club: Randwick Botany Harriers (NSW, Australia)
Coach: Ken Green (2001 - current)
 Warren Kelly (1998 - 2001)

Secondary Education: Mount Carmel Catholic High School (NSW, Australia)

Olympic Games: Debut

Recent Performances:

- 13th (marathon) - 2012 Hamburg Marathon (Hamburg, Germany)
- 9th (marathon) - 2012 Beppu-Oita Marathon (Kyushu, Japan)
- DNF (marathon) - 2011 World Championships (Daegu, Korea)
- 1st (half marathon) - 2011 Gold Coast Half Marathon (Gold Coast, Australia)
- 8th (marathon) - 2011 Beppu-Oita Marathon (Kyushu, Japan)

Career Highlights:

- Setting an Australian debut Marathon and NSW Record of 2:11:00, coming 3rd in the 59th Beppu-Oita Mainichi Marathon (2010) in Japan
- Representing Australia at the 2010 Commonwealth Games in India
- Winning the 2007 Australian Open Cross Country Championships in Perth, WA

Interesting Facts:

- Jeff Hunt burst on to the marathon scene in 2010 when he ran the fastest debut marathon by an Australian to place 3rd in Japan in 2:11.00.
- He represented Australia at the Commonwealth Games in Delhi in 2010 placing 13th. Cramps forced his withdrawal after 30km of the 2011 World Championships in Daegu.
- Hunt has spent time training at altitude at the Victorian ski resort area of Falls Creek in Australia for over a decade.
- Outside of athletics Hunt is a big Moto GP fan. He has banned himself from riding a motorbike for fear of injury.
- He works as a computer engineer.





Genevieve LACAZE

3000m Steeplechase



Date of Birth: 4 August 1989
Age at Games: 22
Born: Benowa, QLD
Lives: Florida, USA
Height / Weight: 164cm, 53kg
Institute / Academy: University of Florida, USA
Club: Florida Gators
Coach: Paul Spangler (2012 - current)
 Todd Morgan (2008 - 2011)
Secondary Education: John Paul College (QLD, Australia)
Tertiary Education: Applied Physiology and Kinesiology (Fitness and Wellness) - University of Florida (2008 -)

Olympic Games: Debut

Recent Performances:

- 1st (3000m SC) - 2012 Indianapolis American Milers Club (Indianapolis, USA)
- 1st (1500m) - 2012 Indianapolis American Milers Club (Indianapolis, USA)
- 2nd (3000m SC) - 2012 Des Moines NCAA Div. I Championships (Iowa, USA)
- 2nd (3000m SC) - 2012 Melbourne Track Classic (Melbourne, Australia)
- 5th (3000m SC) - 2011 Des Moines NCAA Div. I Championships (Iowa, USA)

Career Highlights:

- Winning three Southeast Conference track titles in one weekend - 3000m steeplechase, 1500m and 5km
- Running the Olympic A qualifier for London 2012 and being told I had been selected

Interesting Facts:

- Genevieve LaCaze shaved 14 seconds off her personal best time in the space of five days to land an Olympic A qualifying time.
- On June 8 LaCaze ran a personal best time of 9:50.25 - outside the Olympic A standard of 9:43.00 in what she thought was her final dash at Olympic qualification. Then on June 13 LaCaze recorded a time of 9:41.15 to win the American Milers Meet in Indianapolis - a nine second personal best.
- The original qualifying deadline was June 11 but it was extended by Athletics Australia as vocal supporters rallied behind LaCaze.
- The Queenslander moved to the University of Florida on an track and field scholarship in 2008 where she runs for the US College team the Florida Gators.
- In high school LaCaze won gold at nationals in the 3000m in 2004 and 2006 and also placed third in the 1500m in 2004 and 2006. A talented all-rounder, LaCaze won the national touch football title in 2006 representing Queensland, and was a member of the 2006 Australian U/18 Touch Football Squad. In triathlon, her Queensland state team won the national title in 2007.

Regan LAMBLE

20km Walk



Date of Birth: 14 October 1991
Age at Games: 20
Born: Melbourne, VIC
Lives: Canberra, ACT
Height / Weight: 174cm, 55kg
Institute / Academy: Australian Institute of Sport, Canberra
Club: Nunawading Athletics Club (Melbourne, Australia)
Coach: Brent Vallance
Secondary Education: Strathcona Girls Grammar (VIC, Australia)
Tertiary Education: Bachelor of Graphic Design - University of Canberra (2011 -)

Olympic Games: Debut

Recent Performances:

- 24th (20km walk) - 2012 IAAF World Race Walking Cup (Saransk, Russia)
- 2nd (20km walk) - 2012 Oceania & Australian Racewalking Championships (Hobart, Australia)
- 15th (20km walk) - 2011 World Championships (Daegu, Korea)

Career Highlights:

- Coming eighth at the 2010 World Junior Athletics Championships in Moncton, Canada

Interesting Facts:

- Regan Lamble's breakthrough came in April 2011 when she clocked an A qualifier for the World Championships at the IAAF Race Walking Challenge Meet in Taicang, China. The talented youngster made her World Championship debut at just 19 and finished 15th (1:33.38).
- Lamble's star qualities were noticed when she finished second to Claire Tallent at Nationals in December 2010. The result was impressive for a teenager contesting just her second senior 20km race.
- Since finishing high school in 2009 Lamble has lived in Canberra on an AIS scholarship. She trains alongside Olympic and World Championship medallists Jared Tallent and Nathan Deakes.

Timothy LEATHART

4 x 100m Relay



Date of Birth: 22 September 1989
Age at Games: 22
Born: Sydney, NSW
Lives: Sydney, NSW
Height / Weight: 180cm, 80kg
Club: Sydney Pacific Athletics Club (NSW, Australia)
Coach: John Patchett (2007 - current)
Secondary Education: Knox Grammar School (NSW, Australia)
Tertiary Education: Bachelor of Business - University of Technology Sydney (2008-2011)

Olympic Games: Debut

Recent Performances:

- 3rd (4x100m) - 2012 Shizuoka International Meeting (Shizuoka, Japan)
- 1st (4x100m) - 2012 Kawasaki Golden Grand Prix (Kawasaki, Japan)
- 1st (100m) - 2012 Brisbane Track Classic (Brisbane, Australia)
- 1st (100m) - 2012 Sydney Hunter Track Classic (Sydney, Australia)
- 5th (200m) - 2012 Sydney Hunter Track Classic (Sydney, Australia)
- 1st (100m) - 2012 Sydney Track Classic (Sydney, Australia)
- 1st (200m) - 2012 Sydney Track Classic (Sydney, Australia)
- 2nd (100m) - 2012 Melbourne Australian Open (Melbourne, Australia)

Career Highlights:

- Competing in the Australian 4x100m relay team and securing qualification for London 2012
- Coming second in the 100m at the 2012 National Championships
- Winning the 100m and 200m at the 2012 Sydney Track Classic

Interesting Facts:

- Tim Leathart didn't take running seriously until he was 19. His coach finally managed to convince him that competing internationally for your country in athletics was more thrilling than 'wasting 2 months skiing overseas'.
- At the start of 2012, 22-year-old Leathart was battling with injury. He was tempted to sit out the Australian domestic season, effectively hanging up the spikes on a London 2012 campaign. But an eleventh hour revelation changed his tune when he figured this is an Olympic year, and he had nothing to lose.
- The 4x100m combination of Anthony Alozie, Isaac Ntiamoah, Andrew McCabe and Leathart proved to be dynamite. The quartet clocked a blistering 38.84 at the Shizuoka International meet in Japan in May - one of the quickest times from an Australian team in years.



Beki LEE

20km Walk



Date of Birth: 25 November 1986
Age at Games: 25
Born: Sydney, NSW
Lives: Canberra, ACT
Height / Weight: 160cm, 47kg
Club: Asics Wests (NSW, Australia)
Coach: Brent Vallance (2010 - current)
 Marilyn Pearson (2003 - 2010)
Secondary Education: Rooly Hill High School &
 St Marys Senior High School (NSW, Australia)
Tertiary Education: Bachelor of Sports Business - Australian College of Physical
 Education (2007 -)

Olympic Games: Debut

Recent Performances:

- DQ (20km walk) - 2012 IAAF World Race Walking Cup (Saransk, Russia)
- 4th (20km walk) - 2012 Oceania & Australian Race Walking Championships (Hobart, Australia)
- DNF (20km walk) - 2012 IAAF World Race Walking Challenge (Taicang, China)
- 2nd (20km walk) - 2011 Australian Race Walking Championships (Melbourne, Australia)
- 10th (20km walk) - 2011 World University Games (Shenzhen, China)
- 10th (20km walk) - 2011 IAAF Race Walking Challenge (Taicang, China)

Career Highlights:

- Doing more than a two and a half minute personal best to get under the Olympic A qualifying standard
- Being selected to compete for Australia at the 2011 World University Games in Shenzhen, China

Interesting Facts:

- Beki Lee's breakthrough performance came at the Australian Race Walking Championships in December 2011. Lee smashed her personal best by over two-and-a-half minutes and recorded her first Olympic A qualifier with a time of 1:33:09.
- Lee grew up in Mt Druitt in Western Sydney and moved to Canberra in 2010 to focus on the Olympics. Her mum and dad are foster parents and have been for roughly 20 years. They care for seven foster children from two different families and Lee has a biological brother and sister. Having so many people in the family has made it impossible for any of them to come over and watch her compete, but Lee says it's a small price to pay in order to makes these kids happy and healthy. Lee is indigenous and her great grandmother was a Yuin woman from the NSW South Coast.
- Outside training, Lee works at the AIS souvenir shop. Her bosses surprised her when they got custom made USB sticks of her made. The replica Beki Lee USBs, complete with her iconic dreadlocks and green and gold uniform, sold out months before the Games.
- Lee was selected for the Olympic Youth Camp in Athens in 2004 after receiving the Pierre de Coubertin Award.

Scott MARTIN

Discus Throw



Date of Birth: 12 October 1982
Age at Games: 29
Born: Wodonga, VIC
Lives: Wodonga, VIC
Height / Weight: 190cm, 135kg
Institute / Academy: Victorian Institute of Sport, Melbourne
Club: Ringwood Athletics Club (VIC, Australia)
Coach: Gus Puopolo (1996 - current)
Secondary Education: Wodonga West College (VIC, Australia)
Tertiary Education: Advanced Diploma of Financial Services (Financial Planning)
Olympic Games: 2008 Beijing - 21st (shot put)

Recent Performances:

- 1st (discus) - 2012 Waituku Maui Discus Challenge (Hawaii, USA)
- 2nd (discus) - 2012 National Championships (Melbourne, Australia)
- 3rd (discus) - 2012 Australian Olympic Trials (Melbourne, Australia)

Career Highlights:

- Winning the Commonwealth Games gold medal in the discus and bronze in the shot put at Melbourne 2006
- Oceania Area record for shot put (21.26m) at the Melbourne Track Classic in 2008
- Placed 7th at the 2008 World Indoor Championship at Valencia, Spain

Interesting Facts:

- Scott Martin represented Australia at the World Youth Games in 1999 and World Juniors in 2000. He continued to steadily improve in both shot put and discus and had his senior breakthrough at the 2006 Commonwealth Games in Melbourne. He won gold in the discus and bronze in the shot put.
- Martin featured in an advertisement leading in to the 2006 Commonwealth Games where he was taking part in a ballet class to improve his technique.
- He made his World Championship debut in 2007 in shot put. In March 2008 he broke the Oceania Area Record with a 21.26 metre shot put in Melbourne. He competed at his first Olympic Games in Beijing but was unable to reproduce the same form. At the 2009 World Championships he missed the shot put final however placed 8th in the World Indoor Championships in 2010.
- Martin placed 3rd in the Olympic Trials and second at Nationals for discus in 2012 however kept improving and threw a big personal best of 65.63 for the discus in Hawaii in May to record the third best throw by an Australian and earn his spot on his second Olympic Team.
- When not training or competing Martin enjoys red wine and Cuban cigars. He has a wine cellar with over 100 bottles of aging wine and 12 boxes of Cuban cigars also aging.

Andrew McCABE

4 x 100m Relay



Date of Birth: 29 August 1990
Age at Games: 21
Born: Longreach, QLD
Lives: Townsville, QLD
Height / Weight: 188cm, 83kg
Coach: Paul Di Bella
Secondary Education: Centenary Heights State High School (QLD, Australia)
Tertiary Education: Diploma of Business (2008)
 Bachelor of Education (Physical Education & Health)

Olympic Games: Debut

Recent Performances:

- 3rd (4x100m) - 2012 Shizuoka International Meeting (Shizuoka, Japan)
- 1st (4x100m) - 2012 Kawasaki Golden Grand Prix (Kawasaki, Japan)
- 1st (200m) - 2012 Brisbane Track Classic (Brisbane, Australia)
- 2nd (100m) - 2012 Sydney Hunter Track Classic (Sydney, Australia)
- 6th (100m) - 2012 Adelaide Track Classic (Adelaide, Australia)
- 2nd (200m) - 2012 Adelaide Track Classic (Adelaide, Australia)
- 1st (100m) - 2012 Perth track Classic (Perth, Australia)
- 2nd (200m) - 2012 Perth track Classic (Perth, Australia)

Career Highlights:

- Winning the 200m at the 2012 Olympic Trials
- Going sub 38.70 in the 4x100m

Interesting Facts:

- Andrew McCabe is the youngest member of the 4x100m relay team. The 21 year old from Townsville has a twin brother.
- In 2007 McCabe began travelling to Brisbane once a week to train. An injury ruled him out for two years and when he returned to the track in 2009 he had to start from scratch. Then he suffered another setback and spent three months on the sideline with a broken kneecap.
- Despite the setbacks, McCabe says running is one of the most challenging things he has ever done and he likes the fact that it is not easy.
- McCabe inched towards clocking an A qualifier in the 200m with a personal best time of 20.70 in June.
- McCabe is coached by dual Olympian Paul Di Bella.



Kaila McKNIGHT

1500m



Date of Birth: 5 May 1986
Age at Games: 26
Born: Foster, VIC
Lives: Leongatha, VIC
Height / Weight: 172cm, 52kg
Institute / Academy: Victorian Institute of Sport, Melbourne
Club: Knox Athletics Club, (VIC, Australia)
Coach: Richard Huggins (1998 - current)
 Nic Bideau (2009 - current)
Secondary Education: Mary MacKillop Catholic Regional College (VIC, Australia)
Tertiary Education: Bachelor of Commerce - Deakin University (2007 - 2009)
Olympic Games: Debut

Recent Performances:

- 6th (1500m) – 2012 Diamond League (Shanghai, China)
- 1st (1500m) – 2012 National Championships (Melbourne, Australia)
- 1st (1500m) – 2012 Australian Olympic Trials (Melbourne, Australia)
- 3rd (1500m) – 2011 World Challenge (Rieti, Italy)
- 19th (1500m) – 2011 Diamond League (Daegu, Korea)
- 13th (1500m) – 2011 Diamond League (Monaco, Monaco)

Career Highlights:

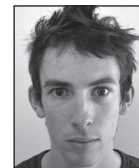
- Coming second at the 2009 World University Games in the 1500m
- Winning the 1500m at the 2010 Australian Championships
- Running a 1500m personal best at the 2010 International Sotteville Meeting in France

Interesting Facts:

- Kaila McKnight ran a 1500m personal best time of 4:05.61 at the Diamond League meet in Shanghai in May 2012. She sits fifth on the Australian all-time list for the 1500m (as at June 2012).
- McKnight qualified for the 2011 World Championships thanks to a lightning-fast 4:05.65 run at the IAAF World Challenge meeting in Daegu. The time smashed her previous best of 4:08.78 set in June 2010.
- McKnight went on to finish 10th in her semi-final at the 2011 World Championships. It was a strong result following a fifth place finish in her heat at the 2010 Commonwealth Games in Delhi.
- At the 2009 World University Games in Belgrade McKnight won silver in the 1500m.

David McNEILL

5000m



Date of Birth: 6 October 1986
Age at Games: 25
Born: East Melbourne, VIC
Lives: Tucson, USA
Height / Weight: 173cm, 52kg
Club: Old Xaverians Athletic Club (VIC, Australia)
Coach: James Li (2011 - current)
 Eric Heins (2007 - 2011)
Secondary Education: Xavier College (VIC, Australia)
Tertiary Education: Bachelor of Science in Exercise Science - Northern Arizona University (2007 - 2010)

Olympic Games: Debut

Recent Performances:

- 3rd (5000m) – 2012 Portland Track Festival (Portland, USA)
- 3rd (5000m) – 2012 Mt SAC Relays (Modesto, USA)
- 18th (5000m) – 2012 Melbourne Track Classic (Melbourne, Australia)
- 5th (10,000m) – 2011 Zatopek 10 (Melbourne, Australia)
- 1st (5000m) – Silicon Valley Turkey Trot 5km road race (San Jose, USA)
- 1st (8000m) – Jim Click Run and Roll 8km road race (Tucson, USA)

Career Highlights:

- Winning the 2008 Zatopek 10,000m (Australian Champion) in a PB of 28:03 in Melbourne
- 2010 NCAA 5000m Champion at Historic Hayward Field in Eugene, Oregon
- Running a six second personal best, and an Olympic A qualifier in the 5000m event in Modesto, USA, 2012

Interesting Facts:

- David McNeill stripped six seconds off his personal best for the 5000m, running 13 minutes 19.31 seconds to make an Olympic A qualifier for London when placing 3rd at the Mt SAC Relays in April. This was coming off the back of an injury which saw him run 14 minutes 40 seconds a month earlier. London will be his Olympic debut.
- McNeill's sporting career started on the basketball court, playing ball for nine years before accidentally stumbling into cross country running at school. His first international competition was the Commonwealth Youth Games in 2004. He represented Australia at the World Cross Country Championships in 2007 and 2008, the World Championships over 10,000m in 2009 and in 2010 placed 8th over 5000m at the Commonwealth Games in Delhi.
- Following high school McNeill studied physiotherapy at La Trobe University for 18 months before taking up a running scholarship at Northern Arizona University. In 2010 he completed his Bachelor of Science in Exercise Science with an impressive 3.8 GPA. He splits his time between Melbourne and Flagstaff, Arizona. He hopes to complete his masters in physiotherapy after graduating from NAU.
- Athletics success runs in McNeill's family, with grandfather John McNeill a Victorian state champion in both the long jump and triple jump in 1939.
- He is vegetarian who enjoys his time on the dance floor.

Kim MICKLE

Javelin Throw



Date of Birth: 28 December 1984
Age at Games: 27
Born: Perth, WA
Lives: Perth, WA
Height / Weight: 166cm, 70kg
Institute / Academy: Western Australian Institute of Sport, Perth
Club: WAIS (WA, Australia)
Coach: Grant Ward (2002 - current)
Secondary Education: Frederick Irwin Anglican School (WA, Australia)
Tertiary Education: Certificate II in Sport and Recreation (2002)

Olympic Games: Debut

Recent Performances:

- 6th (javelin) - 2012 Diamond League (Doha, Qatar)
- 1st (javelin) - 2012 National Championships (Melbourne, Australia)
- 6th (javelin) - 2011 World Championships (Daegu, Korea)

Career Highlights:

- Winning silver at the 2010 Commonwealth Games in Delhi
- Representing Australia at the 2009 World Championships in Berlin
- Being crowned the 2001 World Youth Champion in Hungary

Interesting Facts:

- Kim Mickle made the 2011 World Championships final in Daegu and pushed through a cortisone shot and local anaesthetic to finish sixth, Mickle later discovered she had a broken rib and detached oblique muscle abdomen when she hurled that 61.96m throw.
- Mickle set a personal best of 63.82m at the Sydney Track Classic in 2011. Her 2012 best (as at 14 June) is 61.70m. Her goal is to crack the 65m mark in London and break the Australian record.
- Mickle set her sights on competing at the Olympics after working as a track and field official during the Sydney 2000 Olympics. She was in the middle of the field of play collecting a javelin when Cathy Freeman won the 400m.
- As a youngster, Mickle's sporting prowess on the cricket field intimidated the boys. There are also video clips online of her sinking baskets from one end of the basketball court to the other.
- Leading into London, Mickle trained 14 sessions a week - five in the gym, five on the field, as well as yoga, boxing, gymnastics and long-distance running sessions.

Joel MILBURN

4 x 400m Relay



Date of Birth: 17 March 1986
Age at Games: 26
Born: Sydney, NSW
Lives: Sydney, NSW
Height / Weight: 182cm, 75kg
Institute / Academy: NSW Institute of Sport, Sydney
Club: Asics West Athletic Club, NSW
Coach: Penny Gillies (2006 - current)
 David Young (2010 - current)
Secondary Education: Trinity Grammer School (NSW, Australia)
Tertiary Education: Bachelor of Art (Psychology) - Macquarie University (2005 - current)
Olympic Games: 2008 Beijing - 6th (4 x 400m relay), 12th (400m)

Recent Performances:

- 1st (400m) - 2012 Queensland Athletic Winter Track & Field Series Meet 4 (Brisbane, Australia)
- 3rd (400m) - 2012 Queensland Athletic Winter Track & Field Series Meet 3 (Brisbane, Australia)
- 2nd (400m) - 2012 Queensland Athletic Winter Track & Field Series Meet 2 (Gold Coast, Australia)

Career Highlights:

- Running in the Beijing 2008 Olympic Games final for the 4 x 400m relay.
- Winning the gold medal at the 2010 Commonwealth Games in the 4 x 400m relay.

Interesting Facts:

- Joel Milburn will hope to bring his Olympic and Commonwealth Game experience to the 4 x 400m team as they look to add to the two silver medals Australia has won in the event.
- Milburn made the semi-finals of the 400m event having set himself a new PB of 44.80, which is still his best time, on his way to finishing 13th overall. He played a key role in helping the Australian 4 x 400m relay team make the final and eventually finish 6th in a time of 3:00.02.
- He ran in the heats of the 2009 World Championships for the Australian 4 x 400m, as his teammates went on to claim bronze in the event in Berlin.
- He was a part of the gold medal winning 2010 Commonwealth Games 4 x 400m relay team in Delhi. Milburn lead out the Australians before Kevin Moore, Brendan Cole and Sean Wroe brought the team home to claim top spot on the podium.
- Milburn made a late dash for the team after struggling since competing at the 2010 Commonwealth Games due to a host of problems including a sinus operation, a stress fracture in his foot and most recently tendinitis in his hamstring.

Kathryn MITCHELL

Javelin Throw



Date of Birth: 10 July 1982
Age at Games: 30
Born: Hamilton, VIC
Lives: Casterton, VIC
Height / Weight: 168cm, 72kg
Club: Eureka Athletics Club, Ballarat (VIC, Australia)
Coach: Uwe Hohn (2010 - current)
 Eric Hollingsworth (2003 - 2009)
Secondary Education: Casterton Secondary College & Ballarat High School (VIC, Australia)
Tertiary Education: Bachelor of Applied Science (Human Movement)
Olympic Games: Debut

Recent Performances:

- 2nd (javelin) - 2012 St. Wendel World Class Meeting (Germany)
- 3rd (javelin) - 2012 Ostrava Golden Spike (Ostrava, Czech Republic)
- 2nd (javelin) - 2012 National Championships (Melbourne, Australia)
- 2nd (javelin) - 2011 National Championships (Melbourne, Australia)

Career Highlights:

- Making the final at the 2006 Melbourne Commonwealth Games
- Winning the 2008 National Title
- Throwing a Victorian record and personal best to qualify for the 2010 Australian Team

Interesting Facts:

- Kathryn Mitchell enters the Games in blistering form and has been throwing consistently over 60m, a mark she had not cracked before this year.
- Mitchell threw a huge personal best of 64.34m in May at the 2012 Ostrava Golden Spike meet in the Czech Republic.
- Mitchell is a dual Commonwealth Games representative. At the 2006 Melbourne Games she finished sixth and at the 2010 Games she finished fifth.
- Outside her athletics career Mitchell works as a health consultant and fitness trainer. She is also undertaking advanced study in Nutritional Medicine.

Craig MOTTRAM

5000m



Date of Birth: 18 June 1980
Age at Games: 32
Born: Frankston, VIC
Lives: Melbourne, VIC
Height / Weight: 188cm, 74kg
Institute / Academy: Victorian Institute of Sport, Melbourne
Club: Deakin Athletics Club (VIC, Australia)
Coach: Chris Wardlaw
 Self Coached
Secondary Education: Geelong Grammar School (VIC, Australia)
Tertiary Education: Public Relations (Marketing) - Deakin University (2000 - 2008)
Olympic Games: 2008 Beijing - 13th (5000m)
 2004 Athens - 8th (5000m)
 2000 Sydney - 17th (5000m)

Recent Performances:

- 15th (1500m) - New York Grand Prix (New York, USA)
- 14th (5000m) - 2012 Prefontaine Classic (Eugene, USA)
- 11th (3000m) - 2012 World Indoor Championships (Istanbul, Turkey)
- 1st (5000m) - Melbourne Track Classic (Melbourne, Australia)
- 6th (1500m) - Sydney Track Classic (Sydney, Australia)
- 13th heat (5000m) - 2011 World Championships (Daegu, Korea)

Career Highlights:

- Double World Cup Champion 3000m (2002 and 2006), and competing at Melbourne Commonwealth Games in 2006.
- World Championship 5000m bronze medal in 2005.
- Competing at four consecutive Olympic Games

Interesting Facts:

- London 2012 will be Craig Mottram's fourth consecutive Olympics contesting the 5000m. His best Olympic result was at Athens 2004 when he finished eighth. Mottram is the Australian Record Holder over 5000m setting the record of 12:55.76 two weeks out from the Athens Olympics.
- Mottram won bronze at the 2005 World Championships in Helsinki, Finland in the 5,000m and silver at the 2006 Commonwealth Games in Melbourne. He won the World Cup 3000m in 2002 and 2006.
- After the Beijing Olympics, Mottram spent the best part of two years recovering from career threatening achilles problems. Missing the 2009 World Championships, he returned to competition but missed selection for the 2010 Delhi Commonwealth Games.
- Mottram ran two A qualifying performances to secure selection for London 2012 - in Birmingham in July 2011 (13:11.51) and to win the National Championships in Melbourne in March 2012 (13:18.58).
- Mottram has held the Australian record over 1500m, 2000m, 3000m and 5000m. Ron Clarke dubbed Mottram as Australia's greatest ever distance runner.

**Isaac NTIAMOAH****4 x 100m Relay**

Date of Birth: 27 October 1982
Age at Games: 29
Born: Canberra, ACT
Lives: Sydney, NSW
Height / Weight: 172cm, 75kg
Institute / Academy: NSW Institute of Sport, Sydney
Club: Bankstown District Sports Club (NSW, Australia)
Coach: Paul Hallam (2010 - current)
 David Young (2011 - current)
Secondary Education: Fairfield High School (NSW, Australia)
Tertiary Education: Bachelor of Computing - University of Western Sydney (2007 - 2010)

Olympic Games: Debut

Recent Performances:

- 3rd (4x100m) – 2012 Shizuoka International Meeting (Shizuoka, Japan)
- 1st (4x100m) – 2012 Kawasaki Golden Grand Prix (Kawasaki, Japan)
- 2nd (100m) – 2012 Brisbane QA Winter Series (Brisbane, Australia)
- 1st (100m) – 2012 Melbourne Track Classic (Melbourne, Australia)
- 1st (100m) – 2012 Sydney Track Classic (Sydney, Australia)
- 2nd (100m) – 2012 Perth Track Classic (Perth, Australia)
- 1st (100m) – 2012 Adelaide Track Classic (Adelaide, Australia)

Career Highlights:

- Coming 4th in the 4x100m relay at the 2010 Delhi Commonwealth Games
- Winning the 100m at the Australian University Games in 2007, Gold Coast
- Making his first National Team in 2003

Interesting Facts:

- Isaac Ntiamoah ran a personal best 10.35 at the Melbourne Track Classic in March 2012 to secure his place on the 4x100m relay team.
- Ntiamoah raced in Australia's 4x100m team at the 2011 World Championships where the men finished fourth in their heat.
- At the 2010 Delhi Commonwealth Games he was part of the relay team that narrowly missed a medal, finishing fourth in 39.14.
- A Fairfield local, Ntiamoah first began running at the age of seven at Fairfield Little Athletics Club.

**Benjamin OFFEREINS****4 x 400m Relay**

Date of Birth: 12 March 1986
Age at Games: 26
Born: Sydney, NSW
Lives: Perth, WA
Height / Weight: 184cm, 76kg
Institute / Academy: Western Australian Institute of Sport, Perth
Club: Mandurah/Rockingham Athletics Club (WA, Australia)
Coach: Lyn Foreman (2006 - current)
Secondary Education: Warnbro Senior High School (WA, Australia)

Olympic Games: Debut

Recent Performances:

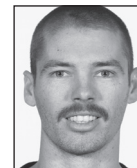
- 3rd (400m) - 2012 Meeting International EAP de Nivelles (Nivelles, Belgium)
- 3rd (400m) - 2012 Queensland Athletic Winter Track & Field Series Meet 4 (Brisbane, Australia)
- 1st (400m) - 2012 Queensland Athletic Winter Track & Field Series Meet 3 (Brisbane, Australia)
- 2nd (4x400m) – 2012 Colorful Meeting (Daegu, Korea)
- 4th (4x400m) – 2012 Penn Relays (Pennsylvania, USA)
- 2nd (400m) – 2012 National Championships (Melbourne, Australia)
- 1st (400m) – 2012 Perth Regional Championships (Perth, Australia)
- 2nd (400m) – 2012 Melbourne Track Classic (Melbourne, Australia)

Career Highlights:

- Winning bronze in the 4 x 400m relay at the 2009 World Championships in Berlin
- Breaking 45 seconds (44.86) for the 400m at the Sydney Track Classic in 2010.
- Winning the 400m National Title for the second time in 2010 (First title in 2005).

Interesting Facts:

- Ben Offereins will make his Olympic debut in London having proved himself as one of the top Australian 400m runners over the past four years with some consistent performances at the Australian and World Championships and the Commonwealth Games.
- Performing strongly at a junior level, Offereins competed at his first open Australian Championships in 2005 in the 400m individual event. He showed that he was going to be a force in the sport as he defeated three members of the silver medal winning Australian 4x400m relay team on his way to winning the gold medal.
- He made the Australian 4 x 400m team to compete at the 2009 World Championships in Berlin. With a strong performance in the heats, Offereins forced his way into the team to compete in the final as they went on to finish with the bronze medal.
- Winning the 2010 Australian National Championships in 45.17sec, Offereins was selected to compete in the individual 400m and the 4x400m relay at the 2010 Commonwealth Games in Delhi. He finished 7th overall in the individual event and ran in the heats for the Australian 4 x 400m team that went on to win gold in the final.
- Having finished 2nd at the 2011 Australian Championships he competed in the 4 x 400m heat at the 2011 World Championships in Daegu, Korea where the team finished 6th in their heat in a time of 2:59.70. He again placed 2nd at the 2012 Australian Championships to confirm his spot on the team.
- He ran a PB of 44.86 over the 400m in Sydney in early 2010.

**Elizabeth PARNOV****Pole Vault**

Date of Birth: 9 May 1994
Age at Games: 18
Born: Moscow, RUSSIA
Lives: Perth, WA
Height / Weight: 177cm, 57kg
Institute / Academy: Western Australian Institute of Sport, Perth
Club: WAIS (WA, Australia)
Coach: Alex Parnov (2000 - current)
Secondary Education: Lakeland Senior High School (WA, Australia)

Olympic Games: Debut

Youth Olympic Games: 2010 Singapore - 2nd (pole vault)

Recent Performances:

- 1st (pole vault) - 2012 Australian Olympic Trials (Melbourne, Australia)
- 3rd (pole vault) - 2012 Perth Track Classic (Perth, Australia)
- 3rd (pole vault) - 2012 Adelaide Track Classic (Adelaide, Australia)
- 2nd (pole vault) - 2011 World Youth Championships (Lille, France)

Career Highlights:

- Winning a silver medal at the 2010 Youth Olympic Games in Singapore
- Setting a personal best and winning the 2010 Open Nations in Perth
- Being a representative at the Delhi Commonwealth Games, 2010

Interesting Facts:

- Liz Parnov is the daughter of pole vault guru Alex Parnov - coach of world, Olympic, world indoor and Commonwealth Games champion Steve Hooker. The Parnovs moved from Russia to Australia in 1996 and now Alex coaches Australia's full Olympic pole vault contingent - Liz, Steve and Alana Boyd in Perth.
- Parnov's aunt is pole vault Olympic silver medallist Tatiana Grigorieva and her grandmother is Natalie Tchistiakova who won Olympic bronze for the USSR in the women's 400m at the 1968 Games. Her sister Vicky also competed in pole vault, competing at the 2006 Commonwealth Games.
- At the age of 16 Parnov was named Australian flagbearer for the inaugural Youth Olympic Games in Singapore. Parnov went into the Games with a personal best of 4.40m and won silver with a jump of 4.25m.
- In February this year Parnov jumped a personal best of 4.50m in Perth.



Sally PEARSON

100m Hurdles

Date of Birth: 19 September 1986
Age at Games: 25
Born: Sydney, NSW
Lives: Gold Coast, QLD
Height / Weight: 167cm, 60kg
Institute / Academy: Queensland Academy of Sport, Brisbane
Club: Gold Coast Athletics Club (QLD, Australia)
Coach: Sharon Hannan (1999 - current)
 Peter Hannan (1999 - current)
Secondary Education: Hellsensvale State High School (QLD, Australia)



Olympic Games: 2008 Beijing - 2nd (100m hurdles)

Recent Performances:

- 1st (100m hurdles) – 2012 Diamond League (Oslo, Norway)
- 1st (100m hurdles) – 2012 Australian Olympic Trials (Melbourne, Australia)
- 1st (100m hurdles) – 2012 Sydney Track Classic (Sydney, Australia)
- 1st (100m hurdles) – 2012 Perth Track Classic (Perth, Australia)
- 1st (100m hurdles) – 2011 World Challenge (Zagreb, Croatia)
- 1st (100m hurdles) – 2011 World Championships (Daegu, Korea)

Career Highlights:

- Winning the silver medal in my debut Olympics in Beijing in the 100m hurdles
- Winning the Commonwealth Games 100m hurdles gold medal in Delhi, 2010
- Winning the 100m hurdles World Championship and the IAAF Female Athlete of the Year in 2011

Interesting Facts:

- Sally Pearson became the first Australian to be named the IAAF Female World Athlete of the Year in 2011. Her near perfect results saw her claim 15 of the 16 100m hurdles races she competed in throughout the year, including the 2011 World Championship in a time of 12.28s.
- Pearson kicked off 2012 with a gold medal at the World Indoor Championships in the 60m in Istanbul. She then matched her own world lead time at the Diamond League in Oslo in June in a time of 12.49s.
- At the Beijing Olympics, Pearson (then McLellan) won Australia's first medal in hurdles since 1968. Pearson took silver in the race which was won by Dawn Harper (USA) in 12.54 seconds. The next five athletes were separated by a total of 0.02 seconds.
- Sharon Hannan has been Pearson's coach since she was 13. Hannan was not an athlete herself and Pearson is her first champion. Veteran coach Roy Boyd has helped and their relationship continues to produce results.
- Pearson is married to her Hellsensvale High School sweetheart Kieran, a Gold Coast plumber.

Jeff RISELEY

800m / 1500m

Date of Birth: 11 November 1986
Age at Games: 25
Born: Dandenong, VIC
Lives: Melbourne, VIC
Height / Weight: 192cm, 74kg
Institute / Academy: Victorian Institute of Sport, Melbourne
Club: Knox Athletics Club (VIC, Australia)
Coach: Nic Bideau (2008 - current)
 Richard Huggins (2004 - 2007)
Secondary Education: Mazenod College (VIC, Australia)
Tertiary Education: Bachelor of Exercise Science/Sports Management - Deakin University (2009 -)



Olympic Games: 2008 Beijing - 48th (1500m)

Recent Performances:

- 5th (800m) - Diamond League (Shanghai, China)
- 6th (800m) - Daegu Colorful Meeting (Daegu, Korea)
- 1st (1500m) - 2012 National Championships (Melbourne, Australia)
- 2nd (800m) - Australian Olympic Trials (Melbourne, Australia)
- 4th (1500m) - Australian Olympic Trials (Melbourne, Australia)
- 7th (1500m) - 2011 World Championships (Daegu, Korea)

Career Highlights:

- Winning first Australian title over 1500m in a personal best 3.35.7 at the 2009 National Championships in Brisbane
- Winning my third straight 1500m at the World Challenge Meeting in Melbourne in 2011 beating the Olympic Champion
- Running two PBs of 1:44.64 (800m) in Reiti, Italy September 2011 and 3:32.93 (1500m) in Rome 2009

Interesting Facts:

- Jeff Riseley has been selected to race the 800m and 1500m at the London Olympics. At the Beijing Olympics he was a late selection for the Team and placed 12th in his 1500m heat. He has competed at the 2007 (800m), 2009 and 2011 (1500m) World Championships and is aiming for his first major finals appearance.
- His personal best for the 800m of 1:44.64 (Sept 2011) makes him the second fastest Australian in history behind Ralph Doubell's gold medal winning time from Mexico 1968. His 1500m best of 3:32.93 from July 2009 ranks him as the third fastest Australian.
- He missed the 2010 international season including the Commonwealth Games after a plantar fascia injury required surgery.
- Riseley competed in Little Athletics from ages seven to 14 and didn't enjoy middle distance, instead focusing on jumps. He did not commence senior athletics until he was 18.
- Riseley's running track and two houses in his street were burned down in the Black Saturday bushfires that ravaged Victoria on February 7, 2009. He spends a lot of time training in Falls Creek Victoria in Australia.

Joshua ROSS

4 x 100m Relay

Date of Birth: 9 February 1981
Age at Games: 31
Born: Sydney, NSW
Lives: Woy Woy, NSW
Height / Weight: 185cm, 83kg
Club: Collingwood (VIC, Australia)
Coach: Piero Sacchetta (2011 - current)
Secondary Education: Henry Kendal High (NSW, Australia)



Olympic Games: 2004 Athens - 6th (4x100m relay), 20th (100m)

Recent Performances:

- 1st (4x100m) – 2012 Kawasaki Golden Grand Prix (Kawasaki, Japan)
- 1st (100m) – 2012 Melbourne Australian Open (Melbourne, Australia)
- 6th (100m) – 2012 Melbourne Track Classic (Melbourne, Australia)
- 8th (100m) – 2012 Sydney Track Classic (Sydney, Australia)
- 1st (100m) – 2012 Adelaide Track Classic (Adelaide, Australia)

Career Highlights:

- Winning the Stawell Gift from scratch
- Making the World Championship semi-final in 2005
- Winning a record six Australian 100m Titles

Interesting Facts:

- Indigenous sprinter Josh Ross is a six-time national champion. The oldest member of the 4x100m relay team at 31, Ross also clocked the fastest time out of the quartet in qualifying for the Games.
- Ross almost scored an individual 100m berth with a blistering Olympic A qualifier of 10.16 in May, but the time was deemed illegal due to a +2.9 tailwind.
- Ross completed a comeback of sorts just to qualify for London. An Olympic quarter-finalist in 2004, Ross missed the Beijing Games and began chasing a dream to become the first Australian to play wide receiver in the NFL in America.
- Ross rates as the third fastest Australian of all time, after Matt Shirvington and Patrick Johnson. His personal best is 10.08 which he set in 2007.
- He won the Stawell gift in 2003 and also in 2005 off the scratch mark, making him just the third person to win the event twice.

**Adam RUTTER****20km Walk**

Date of Birth: 24 December 1986
Age at Games: 25
Born: Sydney, NSW
Lives: Canberra, ACT
Height / Weight: 173cm, 60kg
Institute / Academy: Australian Institute of Sport, Canberra
Club: Sydney Pacific Athletics Club (NSW, Australia)
Coach: Craig Hilliard (2009 - current)
 Brent Vallance (2004 - 2009)
Secondary Education: Pennant Hills High School (NSW, Australia)
Olympic Games: 2008 Beijing - DNF (50km walk)

**Recent Performances:**

- 23rd (20km walk) - 2012 IAAF World Race Walking Challenge (Taicang, China)
- 9th (20km walk) - 2012 IAAF World Race Walking Cup (Saransk, Russia)
- 5th (20km walk) - 2012 Oceania & Australian Racewalking Championships (Hobart, Australia)
- DNF (20km walk) - 2011 World Championships (Daegu, Korea)

Career Highlights:

- Winning the team gold medal at the 2006 World Walking Cup event

Interesting Facts:

- Adam Rutter is competing at his second Olympics in London. He was the youngest Australian race walker in the men's 50km event in Beijing but unfortunately illness hampered his campaign. Although he valiantly made it to the start line, Rutter had to withdraw during the race.
- Rutter achieved the nod for Olympic selection in the 20km walk after crossing the line as the third Australian at the Nomination Trial in Hobart in February.
- He is in top form leading to London, clocking a personal best 1:21:23 and top ten finish at the World Race Walking Challenge in Taicang, China in March. He then placed 23rd at the IAAF World Race Walking Cup in May, his best result in three appearances in the senior race.
- Rutter has been at the AIS since 2004 and was an Australian representative at the 2009 and 2011 World Championships.

Dani SAMUELS**Discus Throw**

Date of Birth: 26 May 1988
Age at Games: 24
Born: Sydney, NSW
Lives: Sydney, NSW
Height / Weight: 182cm, 82kg
Institute / Academy: NSW Institute of Sport, Sydney
Club: Westfields Athletics Club (NSW, Australia)
Coach: Denis Knowles (1997 - current)
Secondary Education: Westfield Sports High School (NSW, Australia)
Tertiary Education: Bachelor of Arts - University of Western Sydney (2007 -)
Olympic Games: 2008 Beijing - 9th (discus)

**Recent Performances:**

- 3rd (discus) - 2012 Diamond League (Shanghai, China)
- 1st (discus) - 2012 National Championships (Melbourne, Australia)
- 10th (discus) - 2011 World Championships (Daegu, Korea)
- 5th (discus) - 2011 Diamond League (Monaco, Monaco)
- 3rd (discus) - 2011 Diamond League (Birmingham, Great Britain)
- 2nd (discus) - 2011 Diamond League (Shanghai, China)
- 1st (discus) - 2011 National Championships (Melbourne, Australia)

Career Highlights:

- Winning gold at the 2009 World Championships in Berlin
- Competing at the 2008 Beijing Olympics
- Winning a bronze medal at the 2006 Commonwealth Games in Melbourne

Interesting Facts:

- Dani Samuels has been coached by Denis Knowles since she was ten years old. When she was 16, the pair hatched a plan to win gold at the London Olympics. In 2008 Samuels was the youngest member of the Australian athletics team at the Beijing Olympics where she made the final and finished eighth. One year later her breakthrough arrived in the form of gold at the 2009 World Championships in Berlin. Her throw of 65.44m - a 2.5m personal best - made her the youngest World Champion discus thrower of all time. Samuels credited the win to her late father Mark who was knocked off his bike and killed while training for the Australian Ironman in 2004.
- At the 2011 World Championships Samuels was unable to defend her title and finished 10th (59.14m). Her team has engaged Olympic silver medalist Wolfgang Schmidt and NRL coaching legend Wayne Bennett to help Samuels rediscover her form.
- Samuels often trains at the Parramatta Eels stadium alongside NRL stars Jarryd Hayne, Nathan Hindmarsh, Luke Burt and UFC fighter James TeHuna.
- Samuels was a member of the olympics.com.au diary team and kept a blog about her journey to the London Olympics.

Michael SHELLEY**Marathon**

Date of Birth: 10 October 1983
Age at Games: 28
Born: Gold Coast, QLD
Lives: Gold Coast, QLD
Height / Weight: 183cm, 60kg
Institute / Academy: Queensland Academy of Sport, Brisbane
Club: Gold Coast Victory (QLD, Australia)
Coach: Dick Telford (2002 - current)
Secondary Education: Helensvale State High School (QLD, Australia)
Tertiary Education: Bachelor Of Business Griffith University (2007 -)
Olympic Games: Debut

**Recent Performances:**

- 10th (half marathon) - 2012 New York City Half Marathon (New York, USA)
- 11th (marathon) - 2011 Amsterdam Marathon (Amsterdam, Netherlands)
- 2nd (14km road) - 2011 City To Surf (Sydney, Australia)
- 2nd (marathon) - 2010 Commonwealth Games (Delhi, India)
- 10th (marathon) - 2010 London Marathon (London, Great Britain)

Career Highlights:

- Winning the silver medal at the 2010 Delhi Commonwealth Games in the marathon
- Running a personal best of 2:11:38 in the Amsterdam marathon to secure selection for the London Olympic Games
- Placing 16th at the World Half Marathon Championship at Rio de Janeiro in 2008

Interesting Facts:

- Michael Shelley produced a surprise silver medal performance in the heat of Delhi at the Commonwealth Games in 2010. He finished strongly and picked off his more fancied competitors in only his second marathon. He dedicated his medal to his parents and his coach Dick Telford.
- In 2011, Shelley finished 10th in the London marathon (2:11:38) and then 11th in the Amsterdam marathon in a personal best 2:11:23.
- Shelley lives with his parents on the Gold Coast. They convinced him to not give up his running career in 2008 when he was considering stepping away from the sport.
- Shelley went to Helensvale High School which is the same school as Sally Pearson on the Gold Coast.
- He competed at the 2002 World Junior Championships in Kingston, Jamaica in the steeplechase.

Steven SOLOMON

4 x 400m Relay



Date of Birth: 16 May 1993
Age at Games: 19
Born: Sydney, NSW
Lives: Sydney, NSW
Height / Weight: 186cm, 73kg
Institute / Academy: Australian Institute of Sport, Canberra
 NSW Institute of Sport, Sydney
Club: Randwick Botany Harriers (NSW, Australia)
Coach: Fira Dvoskina (2009 - current)
Secondary Education: Cranbrook High School (NSW, Australia)

Olympic Games: Debut

Recent Performances:

- 2nd (4x400m) – 2012 Colorful Meeting (Daegu, Korea)
- 4th (4x400m) – 2012 Penn Relays (Pennsylvania, USA)
- 1st (400m) – 2012 National Championships (Melbourne, Australia)
- 3rd (400m) – 2012 Olympic Trials (Melbourne, Australia)

Career Highlights:

- Winning my first open 400 metre title in 2011 and then defending that title in 2012.
- Competing at the 2011 World Championships in Daegu, Korea.
- Competing at the World Junior Championships in 2010

Interesting Facts:

- Steven Solomon will make his Olympic debut aged just 19, the junior male on the Australian athletics team for London 2012. He is an outstanding talent who only began formal athletics training in 2009. As a schoolboy star he competed at the World Junior Championships in 2010 in the 4x400m.
- He burst on to the senior stage winning the Australian National Championship in 2011 in a huge PB of 45.58s. He made his senior World Championships debut at Daegu in 2011 with the 4x400m team getting valuable experience with the team that just missed the final finishing fifth in their heat (3:01.56 - Offereins, Thomas, Solomon, Wroe).
- In 2012 he defended his national title and ran another PB (45.54) with an interrupted preparation. He will head to London direct from the World Junior Championships in Barcelona which should be the perfect Olympic preparation.
- Solomon credits his dramatic rise to his respected coach Fira Dvoskina who was born in Ukraine and is 62 years his senior. In two years training with Dvoskina he dropped three seconds.
- After the London Olympics Solomon will move to Stanford University in USA studying pre-medicine (undergraduate) on full scholarship.

Ben ST LAWRENCE

10,000m



Date of Birth: 7 November 1981
Age at Games: 30
Born: Penrith, NSW
Lives: Sydney, NSW
Height / Weight: 179cm, 85kg
Institute / Academy: NSW Institute of Sport, Sydney
Club: St George District Athletics Club (NSW, Australia)
Coach: Sean Williams (2006 - current)
 Judy Kenyan (1990-1997)

Secondary Education: Blue Mountains Grammar School (NSW, Australia)

Tertiary Education: Bachelor of Human Movement/Exercise Science - Charles Sturt University (2000 - 2005)
 Bachelor of Social Science (Psychology) - Charles Sturt University (2000 - 2005)

Olympic Games: Debut

Recent Performances:

- 6th (10km road) - 2012 New York Healthy Kidney (New York, USA)
- 8th (5km road) - 2012 Boston B.A.A (Boston, USA)
- 17th (half marathon) - 2012 New York City Half Marathon (New York, USA)
- 9th (5000m) - 2012 Melbourne Track Classic (Melbourne, Australia)
- 2nd (5000m) - 2012 Hobart Briggs Athletics Classic (Hobart, Australia)
- 4th (10,000m) - 2011 Melbourne Zatopek 10 (Melbourne, Australia)

Career Highlights:

- Setting Australian Record for 10,000m (27:24) in May 2011 - qualifying for the London Olympics in the process
- Placing 2nd in the 2011 Melbourne Track Classic 5000m (13:10) - 2nd fastest Australian all-time
- Winning the Sydney City to Surf in 2010

Interesting Facts:

- Ben St Lawrence is the Australian Record Holder for the 10,000m (27:24) and second fastest Australian of All Time over 5,000m (13:10) behind Craig Mottram. Lawrence broke the 10,000m record on the 1st day of the qualification period for the London Olympics in the USA May 2011.
- St Lawrence has represented Australia at both the Commonwealth Games in 2010 (5000m and 10,000m) and the World Championships in 2011 (5000m). In addition to these, he has represented Australia at six other major events around the world.
- St Lawrence left the sport for six years and his weight ballooned. He was living a very unhealthy lifestyle. In 2006 he made some changes and slowly made his way up through the ranks of Australian Track and Field. He has left no stone unturned in his pursuit of success at the London Olympics.
- He was born and raised in the Blue Mountains, west of Sydney and he now spreads his time between Sydney, the Blue Mountains, and many other training and racing locations around the globe.

John STEFFENSEN

4 x 400m Relay



Date of Birth: 30 August 1982
Age at Games: 29
Born: Perth, WA
Lives: Sydney, NSW
Height / Weight: 180cm, 71kg
Institute / Academy: NSW Institute of Sport, Sydney
Club: Bankstown Sports Club (NSW, Australia)
Coach: Bob Kersee
 John Smith, Russ Steffensen

Secondary Education: Trinity College Perth (WA, Australia)

Olympic Games: 2008 Beijing - 6th (4x400m relay)
 2004 Athens - 2nd (4x400m relay)

Recent Performances:

- 5th (400m) – 2012 Lille Metropolitan Meeting (Lille, France)
- 6th (400m) – 2012 Fanny Blankers-Koen Games (Hengelo, Netherlands)
- 1st (400m) – 2012 Olympic Trials (Melbourne, Australia)
- 1st (400m) – 2012 Sydney Track Classic (Sydney, Australia)
- 1st (400m) – 2012 Perth Track Classic (Perth, Australia)

Career Highlights:

- Winning the 400m at the 2006 Commonwealth Games in Melbourne.
- Winning silver in the 4x400m relay at the 2004 Athens Olympics.
- Winning bronze at the 2009 World Championships 4x400m.

Interesting Facts:

- John Steffensen is the most experienced and accomplished member of the 4x400m relay team. London will be his third Olympic Games as he chases another Olympic medal. At the 2004 Olympics in Athens he was the lead runner in the 4x400m and he and his teammates Mark Ormrod, Patrick Dwyer and Clinton Hill won a surprise silver medal. The 'Silver Bullets' was Australia's first men's track medal since 1980.
- At Beijing 2008 Steffensen and Hill combined with Sean Wroe and Joel Milburn to place sixth in the relay final. Their time of 3:00.02 was quicker than the team in 2004 ran for silver.
- Steffensen has represented Australia at four World Championships from 2003 – 2009. Injury ruled him out of 2011. He made the individual 400m final at Helsinki in 2005 and in 2009 won bronze in the 4x400m relay with Ben Offereins, Tristan Thomas and Sean Wroe (3:00.90).
- Steffensen, who was born in Perth and now bases himself between Sydney and California, USA, ran a personal best 44.73 to win the 2006 Commonwealth Games in Melbourne. His time ranks him equal third on the Australian All-time list. He won a second gold medal as the first runner in the 4 x 400 m at the 2006 Commonwealth Games.
- In 2012, Steffensen won all three 400m races he contested over the Australian summer including the Olympic Trials in Melbourne with a time of 45.74 seconds. Injury hampered his progression to achieve an individual qualifying standard.



Dale STEVENSON

Shot Put

Date of Birth: 1 January 1988
Age at Games: 24
Born: Wonthaggi, VIC
Lives: Melbourne, VIC
Height / Weight: 181cm, 128kg
Institute / Academy: Victorian Institute of Sport, Melbourne
Club: Frankston Athletics Club (VIC, Australia)
Coach: Gus Puopolo (2009 - current)
Secondary Education: The Peninsula School (VIC, Australia)
Tertiary Education: Bachelor of Education - Monash University (2006 -)
 Bachelor of Sport and Outdoor Education

Olympic Games: Debut

Recent Performances:

- 1st (shot put) – 2012 Australian Olympic Trials (Melbourne, Australia)
- 2nd (shot put) – 2012 Sydney Track Classic (Sydney, Australia)
- 2nd (shot put) – 2012 Hobart Broggs Athletics Classic (Hobart, Australia)
- 1st (shot put) – 2012 Hunter Track Classic (Glendale, Australia)
- 11th (shot put) – 2012 World Indoor Championships (Istanbul, Turkey)

Career Highlights:

- Winning bronze at the 2010 Delhi Commonwealth Games
- Breaking 20 metres in shot put

Interesting Facts:

- Dale Stevenson is set to make his Games debut in London after stumbling across his success in the sport at an inter-school athletics event.
- He began working with a professional coach and went on to take out Australian U/17 and U/18 Schoolboy Championships before becoming the U/20 Australian Champion twice.
- Lining up as the youngest finalist at the 2010 Commonwealth Games in Delhi, Stevenson stood up to the pressure and finished with the bronze medal.
- Stevenson sealed his spot for London at the 2012 Clemson Invitational in South Carolina as he threw a new personal best of 20.63m to eclipse the Olympic qualifying mark of 20.50m with his final throw of the competition.
- Stevenson complements his traditional training with yoga, meditation and tree climbing. He works for the Bluearth Foundation, a charity that looks to encourage increased participation in physical activity, running programs at two primary schools in Melbourne.



Claire TALLENT

20km Walk

Date of Birth: 6 July 1981
Age at Games: 31
Born: Adelaide, SA
Lives: Canberra, ACT
Height / Weight: 163cm, 50kg
Institute / Academy: Australian Institute of Sport, Canberra
Coach: Brent Vallance (2004 - current)
Secondary Education: Mary MacKillop College, Kensington (SA, Australia)
Tertiary Education: Bachelor of Applied Science in Human Movement - University of South Australia (1999 - 2001)
 Bachelor of Secondary Education - University of Canberra (2005 - 2006)

Olympic Games: 2008 Beijing - 28th (20km walk)

Recent Performances:

- DQ (20km walk) - 2012 IAAF World Race Walking Cup (Saransk, Russia)
- 5th (20km walk) - 2012 IAAF World Race Walking Challenge (Taicang, China)
- 2nd (20km walk) - 2012 IAAF Walking Challenge (Chihuahua, Mexico)
- 1st (20km walk) - 2012 Oceania & Australian Racewalking Championships (Hobart, Australia)
- 1st (20km walk) - 2012 Oceania & Australian Racewalking Championships (Hobart, Australia)

Career Highlights:

- Winning a silver medal at the 2010 Delhi Commonwealth Games in the 20km walk
- Recording a top 20 finish at the 2010 World Race Walking Cup in Chihuahua, Mexico

Interesting Facts:

- Claire Tallent (nee Woods) competed in the 20km race walk at the Beijing Olympic Games and finished 28th. Less than two weeks after the Games she married dual Olympic medallist and fellow race walker Jared Tallent in her home suburb of Walkerville, Adelaide.
- The Tallents train together under Brent Vallance at the Australian Institute of Sport in Canberra. They have had matching results in three of their four opening 20km walks of 2012, each taking first place at the Oceania Championships, silver at the Walking Challenge in Mexico and fifth at the Walking Challenge in China.
- Australian youngsters Regan Lambie and Beki Lee pushed Tallent for London selection but the 2010 Commonwealth Games 20km silver medallist showed her experience and won the 2012 national title with an A qualifier (1:32:58). Her win completed a Tallent 20km national title double.
- Now in the form of her life, Tallent placed fifth at the Taicang Race Walking Challenge in March. Her time of 1:28:53 was a personal best by more than three minutes.
- Initially a middle distance runner, Tallent graduated through Little Athletics ranks and took up walks at 14 after filling in at an interclub final.



Jared TALLENT

20km Walk / 50km Walk

Date of Birth: 17 October 1984
Age at Games: 27
Born: Ballarat, VIC
Lives: Canberra, ACT
Height / Weight: 178cm, 58kg
Institute / Academy: Australian Institute of Sport, Canberra
Club: Ballarat YCW Harriers (VIC, Australia)
Coach: Brent Vallance (2004 - current)
Secondary Education: Ballarat High School (VIC, Australia)
Tertiary Education: Bachelor of Business (Financial Planning) - RMIT (2008 -)

Olympic Games: 2008 Beijing - 3rd (20km walk), 2nd (50km walk)

Recent Performances:

- 3rd (50km walk) - 2012 IAAF World Race Walking Cup (Saransk, Russia)
- 5th (20km walk) - 2012 IAAF World Race Walking Challenge (Taicang, China)
- 5th (20km walk) - 2012 IAAF World Race Walking Challenge (Taicang, China)
- 1st (20km walk) - 2012 Oceania & Australian Racewalking Championships (Hobart, Australia)
- 3rd (50km walk) - 2011 World Championships (Daegu, Korea)
- 27th (20km walk) - 2011 World Championships (Daegu, Korea)

Career Highlights:

- Winning two medals (silver and bronze) at the 2008 Beijing Olympic Games in the 50km and 20km walk respectively
- Winning gold in the 20km walk at the 2010 Commonwealth Games in Delhi
- Winning bronze in the 50km walk at the 2010 World Cup in Mexico

Interesting Facts:

- Jared Tallent became the first male Australian track and field athlete to win two medals at a single Olympics in more than a century. Tallent won bronze in the 20km walk and silver in the 50km event six days later to match the marks set by Stan Rowley (three bronze medals - 1900) and Edwin Flack (two gold medals - 1896).
- Tallent, then 23, enjoyed his success and married teammate Claire Woods less than two weeks after the Games in Woods' home suburb of Walkerville.
- Since Beijing, Tallent was crowned the 2010 Commonwealth Games 20km Champion. He also won 50km bronze at the 2011 World Championships in a personal best time of 3:43:36. The result proved he could bounce back after a 27th place finish earlier in the meet over the 20km distance.
- Tallent will be the only Australian contesting both the 20km and 50km walks in London.
- Tallent was one of six children raised on a potato farm near Ballarat, Victoria. He lost his right index finger in a potato grading machine as a toddler.



Tristan THOMAS

400m Hurdles



Date of Birth: 23 May 1986
Age at Games: 26
Born: Brisbane, QLD
Lives: Canberra, ACT
Height / Weight: 185cm, 70kg
Institute / Academy: Australian Institute of Sport, Canberra
 Tasmanian Institute of Sport, Hobart
Coach: Craig Hilliard (2005 - current)
Secondary Education: St Virgils (TAS, Australia)
Tertiary Education: Bachelor of Engineering and Commerce -
 Australian National University
 Bachelor of Applied Science, Human Biology -
 University of Canberra (2005 - 2009)

Olympic Games: Debut

Recent Performances:

- 1st (400m hurdles) - Huelva Meeting (Spain)
- 2nd (400m hurdles) - Geneva Swiss Meeting (Geneva, Switzerland)
- 2nd (4 x 400m) - Daegu Colorful Meeting (Daegu, Korea)
- 1st (400m hurdles) - 2012 National Championships (Melbourne, Australia)
- 2nd (400m hurdles) - 2012 Australian Olympic Trials (Melbourne, Australia)
- 5th (400m hurdles) - 2012 Sydney Track Classic (Sydney, Australia)
- 5th (400m hurdles) - 2011 Diamond League (Stockholm, Sweden)
- 5th (4 x 400m) - 2011 World Championships (Daegu, Korea)

Career Highlights:

- Bronze medal 4 x 400m relay - World Championships, Berlin 2009
- World Championships - 400m hurdles semi-final, Berlin 2009
- Winning gold in the 400m hurdles at the 2009 World University Games in Belgrade

Interesting Facts:

- Tristan Thomas is from Tasmania and based at the AIS in Canberra where he is coached by Craig Hilliard. He is the 2nd fastest Australian of all time in the 400m hurdles. He made his senior debut for Australia in 2006 when he was a 400m hurdles semi-finalist at the Melbourne Commonwealth Games as a 20-year-old. He also competed at the World Cup in Athens.
- Injuries derailed his chances of qualifying for the 2008 Olympics in Beijing.
- 2009 was a brilliant year for Thomas. He started the year with multiple personal best times including a 400m flat PB of 45.86. In May he ran the third fastest time in the world for 400m hurdles (48.68). He then won the World University Games (48.75) and was a semi-finalist at the World Championships in Berlin. Thomas also helped the 4 x 400m relay team win bronze in Berlin alongside Ben Offereins, John Steffensen and Sean Wroe.
- An achilles injury ruined 2010 and forced him to miss the Commonwealth Games in Delhi. He fought back to be a member of the 4 x 400m relay team for the 2011 World Championships that missed the final. He has been inspired by Jana Pittman, Nathan Deakes and Craig Mottram who have all battled serious injury.
- In 2012 he raced his way back into shape. After placing second at the Olympic Trials (50.23) in March behind Brendan Cole he ran his first qualifying time of 49.39 in Geneva at the start of June. He ran 49.37 five days later in Spain.

Jessica TRENGOVE

Marathon



Date of Birth: 15 August 1987
Age at Games: 24
Born: Adelaide, SA
Lives: Adelaide, SA
Height / Weight: 166cm, 52kg
Institute / Academy: South Australian Sports Institute, Adelaide
Club: Hills Districts Athletic Club (SA, Australia)
Coach: Adam Didyk (2008 - current)
 Roger Pederick (2003 - 2007)
Secondary Education: Naracoorte High School & Annesley College (SA, Australia)
Tertiary Education: Bachelor of Physiotherapy - University of South Australia
 (2006 - 2009)

Olympic Games: Debut

Recent Performances:

- 14th (marathon) - 2012 Silver Label Road Races (Nagoya, Japan)
- 2nd (10km) - 2012 National Road 10km Championships (Launceston, Australia)
- 1st (14km) - 2011 City to Surf (Sydney, Australia)
- 24th (half marathon) - 2010 World Half Marathon Championships (Nanning, China)

Career Highlights:

- Achieving the Olympic A Qualifying Standard in my first marathon & finishing 4th as a team at World Half Marathon Championships 2011 in Nanning (24th individually)
- Winning City to Surf (14km) in Sydney, 2011
- Winning Open National Cross Country in 2010

Interesting Facts:

- Jessica Trengove is a remarkable talent achieving the Olympic marathon qualifying standard aged 24 and at her first race at the distance in Japan in March 2012 with a time of 2:31.02.
- Rio 2016 was her long term goal but fantastic form means she will get to compete on the Olympic stage in 2012.
- Trengove started competing in the marathon as each time she raced over a longer distance she seemed to achieve better results and found it more enjoyable.
- Trengove's younger brother Jack plays Australian Rules Football for Melbourne Demons and her younger sister Abbie rowed for Australia in the Youth Olympics before injury forced her to take a break.
- Trengove celebrated her 21st birthday during the Beijing Games on 15 August 2008 and the theme for her party was the Olympics. She wore a Cathy Freeman suit!

Mitchell WATT

Long Jump



Date of Birth: 25 March 1988
Age at Games: 24
Born: Bendigo, VIC
Lives: Brisbane, QLD
Height / Weight: 184cm, 83kg
Institute / Academy: Queensland Academy of Sport, Brisbane
Coach: Gary Bourne (2007 - current)
Secondary Education: Brisbane Boys College (QLD, Australia)
Tertiary Education: Bachelor of Law (2007 - current)
 Bachelor of Economics (2007 - current)

Olympic Games: Debut

Recent Performances:

- 1st (long jump) - 2012 Diamond League (New York, USA)
- 7th (long jump) - 2011 Diamond League (Zurich, Switzerland)
- 2nd (long jump) - 2011 World Championships (Daegu, Korea)
- 1st (long jump) - 2011 Diamond League (London, Great Britain)
- 1st (long jump) - 2011 Diamond League (Stockholm, Sweden)

Career Highlights:

- Winning silver at the 2011 World Championships in Korea
- Winning bronze at the 2009 World Championships in Berlin
- Winning bronze at the 2010 World Indoor Championships in Doha

Interesting Facts:

- Mitchell Watt won consecutive national age group titles in his early teens before taking five years away from track and field to try his hand at other sports including AFL and rugby. Three of his 2005 Queensland schoolboy teammates, Will Genia, Quade Cooper and David Pocock all went to the 2011 Rugby World Cup with the Wallabies.
- He joined Gary Bourne in preparation for the 2008 domestic season aged 19 and with just one year training was selected for the 2009 World Championships in Berlin. He was a surprise bronze medallist in Berlin with a leap of 8.37m.
- The Brisbane resident won bronze again at the 2010 World Indoor Championships in Doha before a groin injury in late March ruled him out of the international season. He was a late withdrawal from the Commonwealth Games in Delhi to not risk further injury ahead of the 2011 World Championships and London Olympics.
- 2011 was an outstanding year for Watt. With an 8.38m and 8.44m domestically he continued this form internationally and had the four world lead jumps going into the 2011 World Championships including 8.54m in Stockholm to break Jai Taurima's Australian record set when he won silver at Sydney 2000. In Daegu he jumped 8.33m to place second behind defending champion Dwight Phillips (USA).
- Watt missed the 2012 domestic season recovering from achilles and calf injuries before jumping 8.21m on the Gold Coast exactly two months out from the Opening of the London 2012 Games to show he is fit and ready.
- He has a personal best for the 100m of 10.31 and is studying commerce/law at the University of Queensland.

**Lisa WEIGHTMAN****Marathon**

Date of Birth: 16 January 1979
Age at Games: 33
Born: Melbourne, VIC
Lives: Melbourne, VIC
Height / Weight: 157cm, 44kg
Institute / Academy: Victorian Institute Of Sport, Melbourne
Club: Preston Athletics Club (VIC, Australia),
Melbourne University Athletics Club (VIC, Australia)
Coach: Professor Richard Telford
Secondary Education: Preston Girls Secondary College (VIC, Australia)
Tertiary Education: Bachelor of Business Information Systems - RMIT
Olympic Games: 2008 Beijing - 33rd (marathon)

**Recent Performances:**

- 1st (10km) - 2012 National Road 10km Championships (Launceston, Australia)
- 12th (marathon) - 2011 Gold Label Road Races (Frankfurt, Germany)
- 3rd (marathon) - 2010 Commonwealth Games (Delhi, India)

Career Highlights:

- Winning bronze in the marathon at the Commonwealth Games in Delhi, 2010
- Winning the Nagano Olympic Commemorative Marathon in 2010 setting a personal best 2:28:48
- Placing 18th for the marathon at the 2009 World Championships in Berlin

Interesting Facts:

- Lisa Weightman made her marathon debut in London in 2008 with the second fastest Australian debut (2:32.22). She went on to place 33rd at the Beijing Olympic Games.
- Weightman achieved her qualifying performance for the London Olympics when she finished 12th in the 2011 Frankfurt marathon (2:29.23).
- The 2010 Commonwealth Games bronze medallist is the fifth fastest Australian in history with her 2:28.48 to win the Nagano Marathon in 2010.
- Weightman's cousin Dale (The Flea) played for Richmond Football legend between 1978 and 1993. Her father Peter played for Fitzroy Football Club and is a Coaching Assistant at Collingwood.
- Weightman who suffered multiple stress fractures during her twenties, combines training 180 kilometres a week with her professional career as a business consultant at IBM Australia.

Eloise WELLINGS**10,000m**

Date of Birth: 5 November 1982
Age at Games: 29
Born: New York, USA
Lives: Sydney, NSW
Height / Weight: 172cm, 52kg
Institute / Academy: NSW Institute of Sport, Sydney
Coach: Nic Bideau (2002 - current)
Rod Arnold (1994 - 2002)
Secondary Education: Kirrawee High School (NSW, Australia)
Tertiary Education: Bachelor of Exercise Science - University of Wollongong (2001 - 2003)

**Olympic Games:** Debut**Recent Performances:**

- 2nd (5000m) - 2012 Mt SAC Relays (Modest, USA)
- 7th (5000m) - 2012 Palo Alto Payton Jordan Cardinal Invitational (Palo Alto, USA)
- 7th (10,000m) - 2011 Stanford Payton Jordan Cardinal Invitational (USA)
- 13th (5000m) - 2011 Eugene Prefontaine Classic (Eugene, USA)
- 41st (cross country) - 2011 World Cross Country Championships (Punta Umbria, Spain)
- 1st (10,000m) - 2010 Melbourne Zatopek (Melbourne, Australia)

Career Highlights:

- Coming fourth in the 5000m at the 2006 Commonwealth Games and then coming fifth and sixth in the 5000m and 10,000m respectively at the 2010 Commonwealth Games
- Clocking a 14:54.11 personal best for the 5000m in Zurich in 2006
- Running a personal best of 31:41.31 in the 10,000m at Stanford in 2011

Interesting Facts:

- Eloise Wellings caught people's attention as a promising middle distance runner as a teen but was diagnosed with osteoporosis at the age of 16. The Sydneysider has been through her fair share of injuries and comebacks.
- Wellings lines up in London in the 10,000m after beating the Olympic A qualifier with a personal best time of 31:41.31 in May 2011. She then missed most of the 2012 domestic season recovering from a stress fracture to her ankle in 2011.
- Wellings was selected for the 2007 and 2011 World Championship teams but did not make the start line on either occasion.
- At the 2006 Commonwealth Games, Wellings finished fourth in the 5000m in a time of 15:00.69, and later lowered her 5000m personal best to 14:54.11. Wellings finished sixth in the 10,000m and fifth in the 5000m at the Delhi 2010 Commonwealth Games.
- Wellings runs a private personal training studio in the Sutherland Shire with her brother.

Benita WILLIS**Marathon**

Date of Birth: 6 May 1979
Age at Games: 33
Born: Mackay, QLD
Lives: Melbourne, VIC
Height / Weight: 167cm, 48kg
Club: Glen Huntly (VIC, Australia)
Coach: Brad Hudson (2011 - current)
Nic Bideau (2001 - 2011)
Secondary Education: Mackay North State High School (QLD, Australia)
Tertiary Education: BA Human Movement/ Secondary Education - University of Canberra (2001)
Post Grad Degree in Sports Nutrition - Deakin University (2003)

**Olympic Games:** 2008 Beijing - 21st (marathon)
2004 Athens - 24th (10,000m)
2000 Sydney - 17th (5000m)**Recent Performances:**

- 12th (5km road) - Albany Freihofer's Run for Women (Albany, USA)
- 8th (10km road) - Manchester Great Run (Manchester, Great Britain)
- 10th (10km road) - Boulder International Challenge (Boulder, USA)
- 2nd (marathon) - Houston Marathon (Houston, USA)
- 1st (half marathon) - Vegas Rock n Roll Half (Las Vegas, USA)

Career Highlights:

- Winning Australia's first gold medal at the 2004 World Cross Country Championships
- Winning 4 medals at World Championship level in Cross Country and half marathon
- Holding nine national records from 2km to marathon

Interesting Facts:

- Benita Willis made her international debut for Australia at the Sydney Olympics in the 5000m and has been Australia's outstanding distance runner for over a decade. She is the current Oceania Record Holder for 2000m, 10km Road, 20km Road, 25km Road, 30km Road and Marathon.
- Willis won the world cross country title in 2004 and is the last non-African to win that title. She has finished top 10 at world cross country eight times. She also won the bronze medal at the world half-marathon championships in 2003.
- In 2006 she finished 3rd in the Chicago Marathon and broke Olympic silver medallist Lisa Ondieki's Australian record with a time of 2:22.36.
- 2008 was a torrid year for Willis. She began the year injured, worked her way back to form and then her dad who was her inspiration in athletics passed away just before the Beijing Olympics from an undiagnosed neurological disease. This tragedy and the break-up of her relationship meant she was emotionally drained. She ran out of time to qualify for her preferred 10,000m and yet still produced a solid 21st in the marathon. She dedicated her performance to her dad who wanted her to run at the Games.
- Willis had a long break after Beijing. In January 2012 she ran her first marathon and finished second in the Houston Marathon in 2:28.24. This was her third fastest time ever and well under the qualifying time for London 2012.



Julian WRUCK

Discus Throw

Date of Birth: 6 July 1991
Age at Games: 21
Born: Brisbane, QLD
Lives: Brisbane, QLD
Height / Weight: 198cm, 116kg
Club: Gold Coast Victory (QLD, Australia)
Coach: Felkins (2009 - current)
 Panais Negroponitis (2008)
Secondary Education: St. Joseph's College (QLD, Australia)
Tertiary Education: Cert III Fitness - Finance (2006)
 B. Arts - Texas Tech University (2009 -)
Olympic Games: Debut

Recent Performances:

- 8th (discus) - 2012 Mt SAC Relays (California, USA)
- 1st (discus) - 2012 Stanford Invitational (California, USA)
- 1st (discus) - 2012 Australian Olympic Trials (Melbourne, Australia)

Career Highlights:

- Gold medal and record at the Commonwealth Youth Games in India in 2008 in the discus
- Breaking the Australian Junior Discus Record three times, and Queensland Open Men's Record at 18 years of age
- Winning bronze at the 2010 World Junior Games in Canada and NCAA (National Collegiate Athletics Association, USA) as a freshman

Interesting Facts:

- Julian Wruck is an outstanding young talent. He won the Commonwealth Youth Games and set a new record in 2008 in Pune, India. In 2010 he won the bronze medal at the World Junior Championships in Canada and then placed 8th at the Commonwealth Games in Delhi aged just 19.
- Wruck moved to Texas in the United States to study and train in mid 2009 and has since moved to California in early 2012.
- Wruck threw a personal best of 65.74 metres in Geelong in December 2011 and went on to win the 2012 Olympic Trials in Melbourne in March, defeating world championship finalist Benn Harradine in the process. Wruck continued his good form into the domestic season in America throwing over 64 metres several times.
- He really enjoyed the opportunity to live in Lubbock Texas (2009 to 2011) and experience a different culture and way of life. He made lots of friends and made the most of the fantastic facilities, the NCAA competition and competing against the best athletes in America every week.



OFFICIALS

Susan HOBSON

Section Manager

Date of Birth: 13 May 1958
Olympic Games: 2000 Sydney - Athlete, Athletics
 1996 Atlanta - Athlete, Athletics
 1992 Barcelona - Athlete, Athletics

Interesting Facts:

- Athletics Section Manager Susan Hobson is a triple Olympian. After making her debut in 1992, she made the 10,000m final in 1996 and raced in the marathon in 2000 at the age of 42.
- Hobson managed the Australian Team at the 2009 and 2011 World Championships and 2010 Commonwealth Games.
- Hobson's son Reilly Shaw is also a promising runner who won the 2012 junior steeplechase title.

Nathan SIMS

Assistant Section Manager

Date of Birth: 15 May 1978

Interesting Facts:

- Nathan Sims has been the High Performance Administrator at Athletics Australia since 2007.
- Sims was the Assistant Team Manager at the 2011 and 2009 World Championships and 2010 Commonwealth Games.
- From 2000-2007 Sims worked as an accountant at Carlton Football Club.

Eric HOLLINGSWORTH

Head Coach

Date of Birth: 6 December 1962

Interesting Facts:

- Eric Hollingsworth has been the High Performance Manager at Athletics Australia since 2009 including the 2009 and 2011 World Championships and the 2010 Commonwealth Games.
- Prior to this he was the Head of Elite Development Football Federation Victoria (2006-2008), High Performance Director Athletics New Zealand (2005-2006), Head Coach Victorian Institute of Sport (2001-2005) and a senior coach at the Australian Institute of Sport (1998-2000).
- Hollingsworth was born in Loughborough, England.

Nic BIDEAU

Team Coach

Date of Birth: 8 June 1960

Olympic Games: 2004 Athens - Coach, Athletics

Interesting Facts:

- Nic Bideau is the director of the Melbourne Track Club.
- He coaches London athletes Youcef Abdi, Collis Birmingham, Eloise Wellings, Jeff Riseley, Ryan Gregson and Zoe Buckman.
- As a runner he competed in middle distance track events, road and cross country events for Box Hill and Glenhuntly athletics clubs in Melbourne since 1972. In 1988 he won the Portland marathon in Victoria.



OFFICIALS

Gary **BOURNE**

Team Coach

Date of Birth: 19 December 1946

Olympic Games: 2004 Athens - Coach, Athletics

Interesting Facts:

- Gary Bourne has been the Head Coach of the National Jumps Centre at the Queensland Academy of Sport (QAS) in Brisbane since 2010. He was the QAS coach from 1993 to 2009. He currently coaches Australian long jump record holder and dual world championship medallist Mitchell Watt, and Henry Frayne who has been selected for his first Olympics in both the long jump and triple jump. Frayne won silver at the 2012 World Indoor Championships for long jump.
- He coached Bronwyn Thompson to fourth place at the Athens Olympics and gold at the 2006 Commonwealth Games. She is also the Australian record holder.
- Bourne was the Team Jumps Coach at the Athens Olympics in 2004 and was a personal coach for the 2000 and 2008 Olympic Games. He was the Team Jumps Coach at the 2003, 2009 and 2011 World Championships and personal coach in 2007.

Paul **HALLAM**

Team Coach

Date of Birth: 20 September 1969

Interesting Facts:

- Paul Hallam coached the men's 4x100m relay team to London 2012 qualification.
- Hallam was a national sprint and relay champion in his youth.

Sharon **HANNAN**

Team Coach

Date of Birth: 12 September 1955

Olympic Games: 2008 Beijing - Coach, Athletics

Interesting Facts:

- Sharon Hannan is the personal coach of 2008 Olympic silver medallist and 2011 World Champion Sally Pearson (nee McLellan). Hannan saw the potential in Pearson when she was 12 and asked her to join her squad. She is the only coach Gold-coast based Pearson has had.
- She was the Athletics Team Coach at the 2009 World Championships, 2010 Commonwealth Games and 2011 World Championships.
- Hannan manages the Gold Coast athletics track and her squad includes athletes from Papua New Guinea, New Zealand (bronze medallist at the 2010 Commonwealth Games Andrea Miller), India, Tahiti and Tuvalu.

Craig **HILLIARD**

Team Coach

Date of Birth: 28 January 1957

Olympic Games: 2008 Beijing - Coach, Athletics
2000 Sydney - Coach, Athletics
1996 Atlanta - Coach, Athletics
1992 Barcelona - Coach, Athletics
1988 Seoul - Coach, Athletics

Interesting Facts:

- Craig Hilliard has been a Senior Athletics Coach at the Australian Institute of Sport since 1982.
- Embarking on his sixth Olympic campaign, Hilliard has coached an array of Australian track and field royalty including 2000 Olympic silver long jump medallist Jai Taurima, Olympic finalist Jane Flemming and race walkers Kerry Saxby-Junna and Nathan Deakes to world records and World Championship medals.
- Hilliard coaches 400m hurdler Tristan Thomas and race walkers Luke Adams, Nathan Deakes and Adam Rutter.

Denis **KNOWLES**

Team Coach

Date of Birth: 25 July 1950

Interesting Facts:

- Denis Knowles has coached discus thrower Dani Samuels since she was 10 years old. In 2009 Samuels became the youngest ever World discus Champion.
- Samuels rates Knowles as one of her best friends and Knowles says his life's ambition is to help his young star win Olympic gold.
- Outside athletics, the 62-year-old grandfather and his wife drive hearing impaired children to and from school.

Alex **PARNOV**

Team Coach

Date of Birth: 10 May 1959

Olympic Games: 2008 Beijing - Coach, Athletics
2004 Athens - Coach, Athletics

Interesting Facts:

- Alex Parnov moved from Russia to Australia with his family in 1996. Ten years later he began coaching Steve Hooker, and now he coaches the entire Australian Olympic pole vault contingent.
- Among his squad in Perth are his daughters Liz and Vicky. Liz will fly the family flag in London after winning a silver medal at the 2010 Youth Olympic Games.
- Parnov's own personal best was 5.82m set in 1985 at a time when he was competing alongside legend of the sport Sergey Bubka. Bubka still holds the world record which Parnov's Hooker is hunting.

OFFICIALS

Brent VALLANCE

Team Coach

Date of Birth: 30 April 1972

Olympic Games: 2004 Athens - Coach, Athletics

Interesting Facts:

- Brent Vallance has coached Claire and Jared Tallent since 2004 and also coaches race walkers Chris Erickson, Regan Lambie and Beki Lee at the AIS in Canberra.
- In 2004 Vallance coached Nathan Deakes to bronze in the 20km walk and in 2008 his charger Jared Tallent won bronze in the 20km walk and silver in the 50km event.
- Vallance won the 2008 Athletics Australia Coach of the Year Award

Lindsay WATSON

Team Coach

Date of Birth: 23 August 1947

Interesting Facts:

- Lindsay Watson is the head of track and field at The Scots College in Sydney.
- He has also spent time coaching at the NSW Institute of Sport (NSWIS) and has coached 3000m steeplechase athlete Youcef Abdi since 2008.

Brent KIRKBRIDE

Physiotherapist

Date of Birth: 11 November 1968

Olympic Games: 2008 Beijing - Physiotherapist, Athletics
2004 Athens - Physiotherapist, Athletics
2000 Sydney - Physiotherapist, Athletics

Interesting Facts:

- Physiotherapist Brent Kirkbride has been the Medical Coordinator at Athletics Australia since 2001.
- Kirkbride is an experienced Games campaigner, working at the 2000, 2004 and 2008 Olympics as well as every Commonwealth Games since 1998. He has also travelled extensively with the national swimming and water polo teams.
- He has been the NSW Institute of Sport Physiotherapy Consultant for the past six years.

Grant WARD

Team Coach

Date of Birth: 30 May 1961

Olympic Games: 2004 Athens - Coach, Athletics

Interesting Facts:

- Grant Ward is the Head Field Coach at the Western Australian Institute of Sport.
- Ward has coached javelin star Kim Mickle since 2002.
- His wife, Vanessa Browne is a dual Olympian in high jump. She placed 6th in 1984 and 12th in 1988.

Adam CASTRICUM

Doctor

Date of Birth: 16 November 1972

Interesting Facts:

- Adam Castricum has been the Chief Medical Officer at Athletics Australia since 2008.
- Prior to that he worked as a Medical Officer for the Australian Youth Squad from 2005-2008.
- Castricum worked at the 2011 and 2009 World Championships with the Australian Team. In 2009 he gave Steve Hooker treatment before and during the pole vault final. Hooker went on to win gold and thanked Castricum, his coach and physio after winning his first world title.

Matthew LANCASTER

Physiotherapist

Date of Birth: 26 September 1971

Olympic Games: 2008 Beijing - Physiotherapist, Athletics *for Great Britain

Interesting Facts:

- Matt Lancaster recently returned to Australia after a decade living in Britain working with the British Olympic Team.
- Lancaster lives with his family in Hobart and travels fortnightly to the Victorian Institute of Sport to treat athletes.
- After working with the Great Britain and Northern Ireland Athletics Team at the World Championships from 2005-2009, he worked as a physiotherapist with the Australian Team at the 2011 World Championships in Daegu.



OFFICIALS

Brad **FOSTER**

Massage Therapist

Date of Birth: 4 July 1973

Interesting Facts:

- Brad Foster has been running his own massage business- BJ's Bodyworks Massage Therapy- since 2002.
- Foster commenced treatments in consultation with Athletics Team Physiotherapist Brent Kirkbride assisting in the treatment of his clients with soft tissue damage in 2003.
- Foster provided massage therapy services for members of the Australian Olympic Team in Japan prior to their departure for the Beijing Olympics. He worked at the World Championships with the Australian Team in 2009 and 2011.

Bruno **RIZZO**

Massage Therapist

Date of Birth: 26 February 1962

Olympic Games: 2008 Beijing - Massage Therapist, Athletics
2004 Athens - Massage Therapist, Athletics
2000 Sydney - Massage Therapist, Athletics

Interesting Facts:

- Massage guru Bruno Rizzo has been working with the Australian Olympic Team since 2000.
- Rizzo has worked with athletes in triathlon, swimming, water polo and cycling as well as athletics.
- He was also a competitive runner and triathlete in his youth.

