

Press Release



Saturday 16 October 2004

KELLY'S GIRLS PREPARE FOR SOUTH AFRICA - On Camp with Kelly in association with Norwich Union -

Crystal Palace - Double Olympic Gold Medallist Kelly Holmes today introduced the eight U20 girls chosen to be part of 'On Camp with Kelly' in South Africa. They were also given their medical and physiotherapy assessments.

Created by Kelly herself, the Camp is completely funded by Norwich Union, the number one sponsor of UK Athletics, and supported by Reebok, and is aimed at identifying and nurturing the next generation of British female middle distance runners. The girls will spend a month in South Africa with Kelly in an altitude training camp and given an insight into the life of an elite international full time athlete. The girls will also meet other international athletes who will host various educational and motivational classes.

The girls who will be training in Potchefstroom, South West of Johannesburg between Monday 25 October and Friday 19 November, were chosen by Kelly after a pre-selection day in Birmingham in July:

- Charlotte Browning
 - o 18, from Aldershot, Farnham & District AC & Loughborough University. 6th in 2003 World Youth Games (1500m), four consecutive AAA titles (1500m) 2000-2003, Inter-Counties Cross Country Champion 2001-2003
- Danielle Christmas
 - o 16, from Crawley AC. 2004 English Schools Champion (1500m)
- Joanne Finch
 - o 16, from Glasgow. 2004 Scottish Schools Champion (800m & 1500m)
- Laura Finucane
 - o 18, from Pendle AC and Loughborough University. 2004 Norwich Union World Junior Trials & AAAs 800m champion, 2002 English Schools Champion (800m)
 - o PB (800m) – 2:03.73; (400m) – 53.23

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- Jo Harper
 - o 17, from Cannock & Staffs AC. 4th in English Schools (3000m and cross country)
 - o PB (3000m) – 9:48
- Non Stanford
 - o 15, from Swansea Harriers. 2004 Adidas London Mini-Marathon (Under 19) champion, 2004 Four Nations Schools Cross Country International champion
 - o 1st Welsh athlete to win an age group title at UK level (2004 Reebok inter-counties Cross Country – under 15)
 - o PB (3000m) – 9:22.84
- Rachael Thompson
 - o 18, from Liverpool Harriers. 2004 Norwich Union World AAA Under 20 indoor champion (800m), finalist in the 2003 European Junior Championships (800m)
 - o PB (800m) – 2:05.29
- Danielle Walker
 - o 16, from Sutton Coldfield, Birmingham. 2nd in the 2004 English Schools and English National Championships (1500m)
 - o PB (1500m) – 4:25.37

Commenting on the Camp, Holmes said: “I have achieved my dreams and I want to give the next generation the opportunity to learn from my experiences – good and bad. The Camp will be hard work but it will give them a taste of what a full time athlete must commit to in order to reach the top. I’m very much looking forward to it and following the future of these girls.”

David Czerwinski, head of sponsorship for Norwich Union, said: “Our support for On Camp with Kelly fully complements our considerable commitment to athletics at all levels. We have to look to the current crop of athletic stars such as Kelly to inspire the next generation of champions.”