

## Press Release



22 October 2005

### **KELLY GETS SOME IN**

#### **- Double Olympic Champion takes her girls back to her army roots -**

Double Olympic Champion Dame Kelly Holmes has selected 12 of the girls she is mentoring to take part in a gruelling weekend at the Army Training Regiment in Pirbright, Surrey on 22 and 23 October.

The girls, selected from over 30 who have been involved in the Norwich Union funded 'On Camp with Kelly' initiative, will be put through their paces by the former Army PT instructor and her team of experts. Its purpose is to push the girls' mental and physical limits and will include various team building exercises and also involve them sleeping under the stars without their home comforts.

Holmes said "This weekend will be character building for them. The girls' places on the initiative are under constant review by me and they need to demonstrate the hunger, desire and commitment in order for me to keep them on. The funding from Norwich Union enables me to continue mentoring these girls and hopefully groom some of them into future champions, giving them the support and opportunities I never had as a junior athlete."

Daren Carter, director of brand and promotions of Norwich Union, said "Kelly's commitment to these girls is phenomenal. Many have made great progress already and we look forward to following their futures with great anticipation. With 2012 on the horizon, there is no doubt that Britain has the raw talent to compete at senior level, but it is how that talent is nurtured that will be critical to future medal tallies. Kelly is setting a wonderful example."

The girls are:

- Dani Christmas, 17 from Horley, Surrey
  - o One of the original 'On Camp with Kelly' girls, Dani won the 800m at the Commonwealth Youth Games in Bendigo, Australia (Dec 2004) and also the Under 20 Great North Mile in September 2005. In 2004 she won the English Schools 1500m title at Gateshead and also represented Great Britain in the U20 International, winning the 1500m in 4:24.51
  
- Charlotte Best, 20 from Redhill, Surrey
  - o Was unable to go to the original camp in South Africa due to illness, but joined the group at the Valencia training camp. Has already represented Britain at the 2004 World Junior Championships and took part in the final of the BBC's sports talent search 'Born to Win' and recently took on the elite senior women in the Great North mile. Charlotte is currently studying and training at Loughborough University and recently came 3<sup>rd</sup> in AAA U23 800m
  
- Jo Finch, 17 from Newton Mearns, Glasgow
  - o Has been a regular on all 'On Camp with Kelly' initiatives after having won the middle distance double at the 2004 Scottish Schools Championships. Jo recently came 5<sup>th</sup> in AAA U20 800m and hopes to study at Loughborough University.
  
- Non Stanford, 16 from Penllergaer, Swansea
  - o Another 'On Camp with Kelly' stalwart, Non won the Flora girls mini-marathon (15-17 years) in April 2004 and finished her track season by winning the junior 3000m race at the Norwich Union Grand Prix in a personal best time of 9:22.
  
- Rachael Thompson, 19 from Crosby, Liverpool
  - o After South Africa, Rachael finished 6<sup>th</sup> in the 800m at the Norwich Union European Indoor Trials at senior level. After winning the 1500m at the Norwich Union Under 23 International she went on to be the youngest team member at the European Under 23 Championships, competing in the 800m. Rachael has been brought up with sport, her father won eight gold medals in swimming at the World Fire Fighter Games.

- Danielle Walker, 17 from Sutton Coldfield
  - o Danielle took the silver medal in 1500m at 2004 English Schools Championships, and also took 2<sup>nd</sup> place at the English National Championships.
  
- Hannah Brooks, 17 from Caterham, Surrey
  - o Hannah won the 2005 English Schools Senior Girls 800m title and took Bronze in the AAA U20 800m.
  
- Hannah England, 18 from Oxford
  - o Hannah recently won the middle distance double at the UK Womens' Athletics League Qualifier in September. She won the AAA U20 Championships Indoors and took Silver in the English Schools Senior Girls 1500m.
  
- Emily Goodall, 16 from Haywards Heath, West Sussex
  - o In 2005 Emily won the English Schools Inter Girls 800m as well as the Norwich Union AAAs U17 800m Indoor and outdoor titles.
  
- Nicola Maddick, 18 from Kingston-upon-Hull
  - o Nicola was second to fellow 'On Camp with Kelly' girl Hannah Brooks in the English Schools Senior Girls 800m, and finished third this year's Under 20 Great North Mile.
  
- Joanne English, 17 from Donegal, Republic of Ireland
  - o The first Irish girl involved in 'On Camp with Kelly', Joanne is one of her country's top prospects. She won gold at the U18 All-Ireland Cross-Country Championships, and finished second in the Senior Girls Schools International held in Denbigh, Wales in April 2005. Joanne also took gold both indoors and out over 1500m at the U17 All-Ireland Championships. She is part of the Irish Junior Girls Cross-Country squad training to compete in the European Championships in Holland in December.
  
- Jessica Sparke, 18 from Waltham Abbey, Essex
  - o After winning gold over 1500m at this years' English Schools (beating fellow 'On Camp with Kelly' girl Hannah England), Jessica took silver in the 1500m at the Norwich Union U20 AAAs and finished 5th in the 1500m at the European Junior Championships. Off the track, Jessica finished 4<sup>th</sup> in the U17 National Cross-Country Championships.