



## MEDIA INFORMATION

### **'On Camp with Kelly' Get-Together Weekend, Glasgow, 1-3 June**

Eighteen members of double Olympic Champion Dame Kelly Holmes' 'On Camp with Kelly' mentoring scheme, sponsored by Norwich Union, are in Glasgow on 1-3 June for one of the initiative's two annual Get-Together Weekends.

As well as visiting Hampden Park with members of the Glasgow 2014 bid team, the athletes are having a 'behind scenes tour' of a major athletics meeting ahead of the Norwich Union Glasgow Grand Prix, taking part in a Q&A session with some of the leading British athletes competing in the Grand Prix and doing some work with a sport psychologist.

Ten of the athletes will also be taking part in an 'On Camp with Kelly' 800m race during the Norwich Union Glasgow Grand Prix on Sunday 3 June.

#### **Participants**

There are a total of 30 athletes who are currently part of 'On Camp with Kelly'.

The participants in the Get-Together weekend are:

Tara Bird, 19, Woodford Green with Essex Ladies  
Suzi Boast, 17, Bedford & County  
Dani Christmas, 19, Crawley AC  
Lucy Dowsett, 17, Cambridge & Coleridge  
Jo Finch, 18, City of Glasgow  
Emily Goodall, 18, Crawley AC  
Kirsty Hamilton, 18, Bristol & West  
Kate Hindle, 17, Preston Harriers  
Emma Jackson, 18, City of Stoke  
Jordan Kinney, 17, Royal Sutton Coldfield  
Nikki Maddick, 19, Kingston upon Hull  
Emma Pallant, 17, Aldershot Farnham & District  
Carolyn Plateau, 18, Radley AC  
Stephanie Roe, 17, Preston Harriers  
Linzi Snow, 19, Woodford Green with Essex Ladies  
Rachel Stringer, 17, City of Norwich  
Becky Townsend, 20, Leeds City  
Alex Turner, 15, Amber Valley

The participants in the 'On Camp with Kelly' 800m race are:

Tara Bird, 19, Woodford Green with Essex Ladies  
Suzi Boast, 17, Bedford & County  
Hannah Brooks, 18, Crawley AC  
Dani Christmas, 19, Crawley AC  
Lucy Dowsett, 17, Cambridge & Coleridge  
Emily Goodall, 18, Crawley AC (pacemaker)

Emma Pallant, 17, Aldershot Farnham & District  
Linzi Snow, 19, Woodford Green with Essex Ladies  
Rachel Stringer, 17, City of Norwich  
Alex Turner, 15, Amber Valley

### **'On Camp with Kelly'**

Double Olympic Champion Dame Kelly Holmes started 'On Camp with Kelly' (OCWK) in early 2004 as a result of her desire to help talented young female middle distance athletes achieve their dreams. Her vision of OCWK was that it should be an educational development programme so that the athletes who are part of it gain life experiences as well as learn what it takes to become a world class athlete. With support and sponsorship from Norwich Union 'On Camp with Kelly' has gone from strength to strength and around 40 girls have now been involved in the scheme.

Eight girls were given the opportunity to go on the first OCWK camp in South Africa in October 2004 and since then there have been regular Get-Together Weekends, a training camp in Spain and a camp in Melbourne during the 2006 Commonwealth Games, as well as the opportunity to race in international meetings across the UK. The athletes also benefit from mentoring from Dame Kelly as well as medical and financial support and for the first time this year OCWK has sourced some international race opportunities for selected athletes.

The structure of 'On Camp with Kelly' has recently been redefined so that athletes and coaches have a clear idea of the benefits to which they are entitled and how they can become a member of the scheme. Each year a number of athletes are invited to a Selection Day based on their performances in the previous athletics season and those that impress Dame Kelly the most are invited to attend a UK Educational Camp before becoming full members of OCWK.

Websites - [www.doublegold.co.uk/ocwk](http://www.doublegold.co.uk/ocwk) or [www.norwichunion.com/ocampwithkelly](http://www.norwichunion.com/ocampwithkelly)

New website coming soon – [www.ocampwithkelly.co.uk](http://www.ocampwithkelly.co.uk)