



PRESS RELEASE

7 October 2008

OCWK Athletes and Coaches recognised with Achievement Awards

Four 'On Camp with Kelly' athletes and their coaches were recognised with Achievement Awards at The Daily Telegraph and Norwich Union School Sport Matters Awards Ceremony at Twickenham Stadium on Tuesday 7 October.

The 'On Camp with Kelly' Achievement Awards, supported by Norwich Union, were made to the four athletes on the initiative who competed at the IAAF World Junior Championships in Poland in July and their coaches.

Emma Pallant received an Outstanding Achievement Award in recognition of her bronze medal winning performance in the World Junior 1500m. On receiving the award she said: "My coach Mick Woods played a massive role in my performance at the World Juniors but being part of 'On Camp with Kelly' was also important. Kelly travelled out to Poland for the Championships and to have her support and advice there was invaluable."

Emma has also set a new personal best of 4:11.22 this year which places her fifth in the UK all-time Under 20 rankings and seventh in the 2008 World Under 20 rankings. She was the winner of the BUSA 1500m title and a silver medallist at the England Athletics Under 20 Championships.

Emma's coach Mick Woods was named 'On Camp with Kelly' Coach of the Year in recognition of his work with Emma and a number of other 'On Camp with Kelly' athletes at Aldershot, Farnham and District and the UK Athletics Endurance Performance Centre at St Mary's University College. Mick is also the coach to Stephanie Twell who became World Junior 1500m champion in Poland.

David Forrester and Chris Smith received Excellent Achievement Awards and their coaches Ray Vose and Doug Hanna Coaching Achievement Awards.

David finished ninth in the 1500m at the World Juniors and his personal best of 3:41.6 places him seventh on the UK all-time Under 20 rankings. He was England Athletics Under 20 1500m champion and has also set personal bests for 400m, 800m and 3000m this year.

Chris has improved his 800m best by over four seconds to 1:48.20 in 2008 and at the World Juniors finished sixth in his heat. He won the silver medal in the 800m at the England Athletics Under 20 Indoor Championships and bronze at the same championships outdoors as well as in the BUSA 800m.

Alison Leonard and her coach Arthur Almond, who were unfortunately unable to attend the Awards Ceremony, were also recognised with Excellent Achievement and Coaching Achievement Awards. Alison only narrowly missed out on a medal when she finished fourth in the 800m at the World Juniors and the time she ran in the final of 2:02.15 places her seventh on the UK Under 20 all-time rankings and sixth on the 2008 World Under 20 rankings. She also won the 800m at the England Athletics Under 20 Championships.

Dame Kelly said: "This is the second year that we have recognised 'On Camp with Kelly' athletes with Achievement Awards and this year we are also making awards to coaches for the first time. The majority of coaches give up their own personal time to help the athletes be the best they can be and

it is important that their efforts are recognised. All four athletes who received awards had excellent seasons and they would not have been able to do achieve what they have without the support of their coaches and families and the investment of Norwich Union into the 'On Camp with Kelly' initiative."

Tanya Veingard, Head of Sponsorship at Norwich Union, said: "'On Camp with Kelly' is a scheme that we are proud to have supported from the beginning, and the Achievement Awards are a great way of recognising the successes of some of the athletes involved. It is our hope that with our support and Dame Kelly's mentoring and advice, these athletes will develop into world class performers."

For more information about 'On Camp with Kelly' and latest news and updates go to www.oncampwithkelly.co.uk

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Notes to Editors

'On Camp with Kelly'

'On Camp with Kelly' (OCWK) started in January 2004 and with support and sponsorship from Norwich Union has grown from strength to strength. Over 50 athletes have been involved in the initiative to date.

Double Olympic champion Dame Kelly Holmes set up OCWK because she wanted to help talented young female middle distance athletes to 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.

Eight girls were given the opportunity to participate in 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 and Europe. The athletes also benefit from mentoring from Dame Kelly as well as medical and financial support.

In 2008, 15 talented young male middle distance athletes have been involved in 'On Camp with Kelly' for the first time.

Norwich Union & UK Athletics

Aviva and Norwich Union have been the team behind UK Athletics since 1999 with a significant amount of money invested in developing the sport at grassroots level. This support is making it easier for every child in the UK to have the opportunity to have access to athletics by 2012, and provides extensive support to teachers to deliver the sport in schools.

Norwich Union and Aviva's support at every level will add value to the existing World Class Pathway investment in elite athletes, provide more opportunities to help identify future champions, and also help prepare children for life challenges through increased sporting participation.

Norwich Union is encouraging the nation to get behind athletics at all levels by supporting a local sporting initiative in their bid to win part of the £500,000 Community Sport Fund. For more information and to cast your vote visit www.joinourteam.com.