

Vitality Westminster Mile elite wheelchair field bios

Men

JohnBoy Smith

Date of birth: 27/11/1989

Personal best: 3:22 (Vitality Westminster Mile, 2016)

Vitality Westminster Mile record: Third (2015)

John Boy Smith is a training partner of David Weir who has made big strides in recent year. The biggest result of his career to date was winning a silver medal in the marathon at last year's Commonwealth Games which came six months after he was runner-up in the 2017 New York City Marathon. He was 11th in this year's Virgin Money London Marathon.

Simon Lawson

Date of birth: 7/6/1982

Personal best: N/A

Vitality Westminster Mile record: First appearance

Simon Lawson is one of Britain's top Paralympic athletes and, on paper, the fastest man in the field. His 2017 marathon time of 1:25:06 at Boston makes him the fastest Brit ever over 26.2 miles and he was 14th in the Rio Paralympics marathon. He won the 2019 Manchester Marathon in April

First name	Surname	Bib
JohnBoy	Smith	SMITH
Simon	Lawson	LAWSON

Women

Shelly Woods

Date of birth: 4/6/1986 (age 32)

Personal best: N/A

Vitality Westminster Mile record: First appearance

Shelly Woods is a three-time Paralympic medallist. She won a silver medal in the marathon at the London 2012 Games to go with the silver medal she won in Beijing 2008 in the 1500m. Woods also won a bronze medal in the 1500m at Beijing 2008. Woods is also a two-time winner of the London Marathon (2007 and 2012).

Eden Rainbow-Cooper

Date of birth: 17/5/2001

Personal best: 4:33 (2015)

Vitality Westminster Mile record: Winner U20 race (2015, 2017)

Eden Rainbow-Cooper is one of the new generation of British wheelchair racers rising up through the ranks. She attends David Weir's Weir Archer Academy in Kingston and last year won the Manchester Half Marathon in 63:37. She is a two-time winner of the Vitality Westminster Mile at junior level (2015 and 2017)

Mel Nicholls

Date of birth: 17/7/1977 (Age 41)

Personal best: 4:12 (Vitality Westminster Mile, 2018)

Vitality Westminster Mile record: Runner-up 2018

Mel Nicholls finished runner-up in her first appearance at the Vitality Westminster Mile last year. Nicholls has been to two Paralympics (2012 and 2016). She was second at the Vitality Big Half in March and 15th in the Virgin Money London Marathon.

Elizabeth McTernan

Date of birth: 12/1/1965

Personal best: N/A

Vitality Westminster Mile record: First appearance

Liz McTernan won the 2018 Ironman World Championships and was second at the Great North Run and third at the Vitality London 10000 in 2018.

First name	Surname	Bib
Shelly	Woods	WOODS
Eden	Rainbow-Cooper	RAINBOW-COOPER
Mel	Nicholls	NICHOLLS
Elizabeth	McTernan	MCTERNAN