

Vitality Westminster Mile elite bios

Elite men

Chris O'Hare

Date of birth: 23/11/1990 (age 28)

PB: 3:52:91 (New Balance 5th Avenue Mile, September 2017)

Event record: Winner (2018, 2014)

Chris O'Hare is the defending champion and one of Britain's best middle-distance runners of his generation. The Scotsman has won medals at the European Championships both indoors and out, including a silver medal in the 3000m at the 2019 European Indoor Championships in Glasgow. He was been to three World Championships, making the final of the 1500m in London 2017. He has also been the British champion over 1500m on three occasions.

Elliot Giles

Date of birth: 26/5/1994 (age 25 on Race Day)

PB: 4:04 (Vitality Westminster Mile, May 2018)

Event record: Third (2018)

Elliot Giles has proved himself the best half-miler in Britain for the past three years with victories in the 800m at the British Championships every year since 2016. Giles won a bronze medal at the European Championships in 2016 over 800m and has also raced at Olympic Games, World Championships and Commonwealth Games.

Jamie Webb

Date of birth: 1/6/1994 (age 24)

PB: 4:16 (Vitality Westminster Mile, May 2018)

Event record: 17th (2018)

Jamie Webb won a silver medal in the 800m at this year's European Indoor Championships. The Liverpool Harrier made a big leap forward when he recorded a new personal best (PB) of 1:45:73 for 800m in Belgium last summer.

Bib Number	Athlete Name	Country	Bib Name
101	Chris O'HARE	GBR	O'HARE
103	Robbie FITZGIBBON	GBR	FITZGIBBON
104	Rowan AXE	GBR	AXE
105	Michael RIMMER	GBR	RIMMER
106	Jonathan DAVIES	GBR	J. DAVIES
107	Elloit GILES	GBR	GILES
108	Michael WILSMORE	GBR	WILSMORE
109	Zak SEDDON	GBR	SEDDON

110	Andrew SMITH	GBR	SMITH
111	Jonathan HAY	GBR	HAY
112	Spencer THOMAS	GBR	S. THOMAS
114	Tom HOOK	GBR	HOOK
115	Ieuan THOMAS	GBR	I. THOMAS
116	Jamie WEBB	GBR	WEBB
117	Nick GOOLAB	GBR	GOOLAB
118	Josh TRIGWELL	GBR	TRIGWELL
119	Thomas KEEN	GBR	KEEN
120	Derek RAE	GBR	RAE
121	Ricky HARVIE	GBR	HARVIE

Elite women

Laura Muir

Date of birth: 9/5/1993 (age 26)

PB: 4:18:03 (New Balance 5th Avenue Mile, September 2016)

Event record: Eighth (2013)

Laura Muir is the reigning European Champion for 1500m both indoors and out. She is the 'double-double' European Indoor Champion, winning both the 1500m and 3000m at the European Indoor Championships in 2017 and 2019. She is a two-time Diamond League champion and the fastest Brit of all time over 1500m and the mile on the track.

Melissa Courtney

Date of birth: 30/8/1993 (age 25)

PB: 4:20.2 (New Balance 5th Avenue Mile, September 2018)

Event record: Winner (2018)

The defending champion Melissa Courtney has had a stunning 18 months. The Welsh athlete won a bronze medal in the 1500m at the Commonwealth Games on the Gold Coast in April 2018

Adelle Tracey

Date of birth: 27/5/1993 (age 25)

PB: 4:26 (New Balance 5th Avenue Mile, September 2018)

Event record: Winner (2017), Third (2016)

The 2017 winner of the Vitality Westminster Mile, Adelle Tracey is becoming one of the most talented 800m runners in the UK. She finished fourth at last summer's European Championships over the distance after making the semi-finals of the World Championships in London the previous year.

Shelayna Oskan-Clarke

Date of birth: 20/1/1990 (age 29)

PB: N/A

Event record: N/A

Shelayna Oskan-Clarke won the biggest title of her career in March when she took the gold medal in the 800m at the European Indoor Championships, going one better than in 2017 when she finished in second place. Oskan-Clarke has also been to two World Championships – finishing fifth in the 800m at the 2015 World Championships in Beijing – and one Olympic Games (Rio 2016).

Sarah Mcdonald

Date of birth: 2/8/1993 (age 25)

PB: 4:24:5 (New Balance 5th Avenue Mile, September 2018)

Event record: Winner (2016), Runner-up (2017)

Sarah McDonald has enjoyed plenty of success at the Vitality Westminster Mile, winning in 2016 and finishing runner-up a year later. Last year, the Birchfield Harrier finished eighth in the 1500m Commonwealth Games final and set a new 1500m PB of 4:03:17 in the Diamond League in Birmingham.

Bib Number	Athlete Name	Country	Bib Name
61	Melissa COURTNEY	GBR	COURTNEY
62	Laura MUIR	GBR	MUIR
63	Hannah ENGLAND	GBR	ENGLAND
64	Sarah MCDONALD	GBR	MCDONALD
67	Amy GRIFFITHS	GBR	GRIFFITHS
68	Adelle TRACEY	GBR	TRACEY
69	Alexandra BELL	GBR	BELL
70	Jacqueline FAIRCHILD	GBR	FAIRCHILD
71	Verity OCKENDEN	GBR	OCKENDEN
74	Lily COWARD	GBR	COWARD
75	Georgie HARTIGAN	GBR	HARTIGAN
76	Shelayna OSKAN-CLARKE	GBR	OSKAN-CLARKE
78	Holly ARCHER	GBR	ARCHER