



VITALITY WESTMINSTER MILE

Sunday, 27 May 2018

British Athletics One Mile Road Race Championships Start Lists

MEN

Name	D.O.B.	Club	1 Mile Rd PB
Jake Wightman	11.08.1994	Edinburgh AC	3.52.9
Charlie Grice	07.11.1993	Brighton Phoenix	3.57
Tom Marshall	12.06.1989	Cardiff	4.01
Ieuan Thomas	17.08.1989	Cardiff	4.11
Steve Mitchell	24.05.1988	Bristol W	4.07
Nick Goolab	30.01.1990	Belgrave	4.00
Michael Wilsmore	08.06.1985	Bristol	4.05
Rowan Axe	17.05.1991	Cardiff AC	4.04
Tom Hook	06.06.1995	City of Norwich	4.08
Shaun Wyllie	27.02.1995	Bracknell AC	4.05
Robbie Fitzgibbon	23.03.1996	Brighton Phoenix	4.03
Zak Seddon	28.06.1994	Bracknell AC	NA
Phil Sesemann	03.10.1992	Blackheath Bromley	4.03
John Ashcroft	13.11.1992	Liverpool H	NA
Sean Molloy	18.09.1995	Tonbridge	NA
Jack Hallas	09.02.1991	Birchfield H	4.06
Rob Umeokafor	22.11.1996	Birchfield H	NA
Jonathan Davies	28.10.1994	Reading AC	4.17
Jake Heyward	26.05.1999	Cardiff	NA
Elliot Giles	26.05.1994	Birchfield H	4.07
Will Fuller	14.05.1997	Blackheath @ B	4.21
Jamie Webb	01.06.1994	Liverpool H	NA
Dale Clutterbuck	01.01.1992	Newham EB	4.08
Harvey Dixon	02.11.1993	Aldershot	4.15
Chris O'Hare	23.11.1990	Edinburgh	3.53
Anthony Whiteman	13.11.1971	Shaftesbury B	4.06
Tom Horton	07.11.93	hallamshire	4.25
Lewis Moses	09.01.1987	Darlington	4.04

Ones to Watch...

- **NICK GOOLAB** is unbeaten in this event in the past two years and is the current course record holder with his time of 4:01 set in 2016.
- **CHRIS O'HARE** from Edinburgh is one of Britain's very best middle-distance athletes and a serial championship finalist with bronze medals both indoors and out at the European Championships.
- **CHARLIE GRICE** finished in fourth place in the 1500m Commonwealth Games final, he was an Olympic Games finalist in 2016 and a winner here at the Vitality Westminster Mile in 2013, from Brighton Phoenix.



- **JAKE WIGHTMAN** won his first major medal at the Commonwealth Games in April when he won bronze in the 1500m on the Gold Coast. Twice the winner on the prestigious Diamond League circuit last year at Oslo and over the mile in Birmingham and the fastest man in the field.

WOMEN

Name	D.O.B.	Club	1 Mile Rd PB
Jade Williams	07.09.1992	Amman Valley	4.41
Charlotte Taylor Green	02.04.1985	Bristol and West	4.55
Jenna Hill	16.10.1985	Sale Harriers	4.45
Sarah McDonald	02.08.1993	Birchfield	4.28.1
Rosie Clarke	17.11.1991	Epsom	4.35
Amy Griffiths	22.03.1996	Aldershot	4.45
Harriet Knowles-Jones	03.04.1998	Warrington	5.01
Jessica Judd	07.01.1995	Chelmsford	4.18.3
Hannah England	06.03.1987	Oxford City	4.23
Lilly Coward	10.09.1996	Invicta	4.44
Sophie Connor	21.05.1993	Shaftesbury B	NA
Tamara Armoush	08.05.1992	Birchfield	4.42
Reeve Walcott-Nolan	06.03.1995	Luton	4.44
Sarah Astin	22.10.1993	City of Norwich	NA
Melissa Courtney	30.08.1993	Pool AC	4.34
Georgie Hartigan	01.03.1996	Birchfield	NA
Holly Archer	07.11.1993	Cambridge & C	NA
Claire Tarplee	29.9.1988	Solihull	4.41
Beth Kidger	16.03.1994	Brighton Phoenix	4.52
Rachel McClay	11.10.1992	Bracknell AC	4.44
Stephanie Pennycook	01.09.1995	Fife AC	5.05

Ones to Watch...

- **ROSIE CLARKE** finished in a magnificent fourth place in the 3000m steeplechase final at last month's Commonwealth Games. She made her first World Championships team in London last year and was third here at this event in 2017.
- **JESS JUDD** made her second successive Commonwealth Games final in Australia and has represented her country at World Championships and European Championships. She has the fastest mile PB on the road in the entire field.
- **SARAH McDONALD** is the reigning Vitality Westminster Mile champion and a Commonwealth Games 1500m finalist. She made her World Championships debut at London 2017.
- **MELISSA COURTNEY** from Poole AC had the result of her career so far at the Commonwealth Games when she won fantastic bronze medal in the 1500m in a PB of 4:03:44 which is the fastest time in the country this year.