PRESS RELEASE

4 December 2009

OCWK Athletes and Coaches recognised with Achievement Awards

Nine 'On Camp with Kelly' athletes and three coaches were recognised with Achievement Awards at the Aviva Athletics Awards Dinner at Loughborough University on Saturday 4 December. 'On Camp with Kelly' is double Olympic champion Dame Kelly Holmes' mentoring and education initiative for talented young middle distance athletes which has been supported by Aviva since it began in 2004.

'On Camp with Kelly' Outstanding Achievement Awards were presented to **Hannah England** (Oxford City AC), **Emma Jackson** (City of Stoke) and **Charlotte Purdue** (Aldershot, Farnham & District) for their top five finishes at the Commonwealth Games in October. Hannah finished fourth in the 1500m and fifth in the 800m finals, Emma fourth in the 800m in a new personal best time and Charlotte fourth in the 10,000m as well as sixth in the 5000m. Hannah (2nd 1500m) and Emma (4th 800m) also competed for the Aviva GB & NI Team at the European Team Championships in June and Hannah was a 1500m finalist at the European Athletics Championships.

The coaches of the three athletes also received awards. **Bud Baldaro**, coach to Hannah, was named 'On Camp with Kelly' Coach of the Year while Emma's coach **Alan Morris** and Charlotte's coach **Mick Woods** received Coaching Achievement Awards.

Six athletes received Excellent Achievement Awards in recognition of their selection for the Aviva GB & NI Team in 2010. **Charlotte Best** (Crawley AC), **Vicky Griffiths** (Liverpool Harriers) and **Ed Aston** (Cambridge & Coleridge) were all selected for the IAAF World Indoor Championships in March. **Andrew Osagie** (Harlow AC) reached the 800m semi final at both the IAAF World Indoor Championships and the Commonwealth Games. **Laura Weightman** (Morpeth Harriers) finished sixth over 1500m at the IAAF World Junior Championships while **Emma Pallant** (Aldershot, Farnham & District) competed for the Aviva GB & NI Team over 3000m at the European Team Championships.

Dame Kelly said: "I am delighted to be recognising the 'On Camp with Kelly' athletes and their coaches for their excellent achievements this year. When I set up 'On Camp with Kelly' with the support of Aviva in 2004, one of my aims was to assist young athletes to develop into successful seniors and it's brilliant to see this come to fruition. The mentoring and education the athletes have received through 'On Camp with Kelly' has helped them to achieve this together with the hard work they put in on a day-to-day basis with their coaches."

Heather Smith, Head of Sponsorship at Aviva, 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 continue to develop into world class performers."

ENDS

Notes to Editors

Athlete Biographies

Ed Aston

Born: 10 August 1988
Coach: Michael Smith
Club: Cambridge & Coleridge / Birmingham University
Lives: Cambridge/Birmingham

Personal Bests: 400m 48.06 (2010), 800m 1:47.02 (2010)

Ed made his senior debut for the Aviva GB & NI Team in the 800m at the IAAF World Indoor Championships after winning the bronze medal at the Aviva UK Indoor Championships. Outdoors in the summer he improved his 800m best four times to 1:47.02 and won the silver medal at the England Athletics Senior Championships. Ed joined 'On Camp with Kelly' in 2008.

Charlotte Best

Born: 7 March 1985, Redhill, Surrey
Coach: George Gandy
Club: Crawley AC / Loughborough Students
Lives: Loughborough

Personal Bests:
400m 54.97 (2007), 800m 2:01.50 (2007), 1500m 4:12.29i (2009), Mile 4:32.24i (2010)

Charlotte made her senior debut for the Aviva GB & NI Team in the 1500m at the IAAF World Indoor Championships after moving to ninth on UK indoor all-time list for the mile with a time of 4:32.24. After a late start to the outdoor season due to injury she ran a season's best of 2:01.88 in the OCWK 800m race at the Aviva London Grand Prix. Charlotte has been a member of 'On Camp with Kelly' since it began in 2004.

Hannah England

Born: 6 March 1987, Oxford
Coach: Bud Baldaro
Club: Oxford City AC
Lives: Birmingham

Personal Bests:
800m 1:59.94 (2009), 1500m 4:04.29 (2009), 3000m 8:56.72i (2010)

Hannah finished second at the European Team Championships and tenth at the European Athletics Championships over 1500m before taking fourth in the 1500m and fifth in the 800m at the Commonwealth Games. She also won the 1500m title at the Aviva UK Championships. She ran season's bests of 2:00.47 for 800m and 4:04.33 for 1500m and improved her 3000m best to 8:56.72 indoors. Hannah has been a member of 'On Camp with Kelly' since it began in 2004.

Vicky Griffiths

Born: 9 October 1984
Coach: Stan Roberts
Club: Liverpool Harriers
Lives: Liverpool

Personal Bests: 400m 53.61 (2009), 800m 2:00.49 (2008)

Vicky made her senior debut for the Aviva GB & NI Team in the 800m at this year's IAAF World Indoor Championships after taking silver at the Aviva UK Indoor Championships. She also won silver medals outdoors at both the Aviva UK Championships and England Athletics Senior Championships and had a season's best of 2:01.67. Vicky is one of the newest members of 'On Camp with Kelly', joining in 2010.

Emma Jackson

Born: 7 June 1988
Coach: Alan Morris
Club: City of Stoke
Lives: Market Drayton

Personal Bests: 400m 56.0 (2010), 800m 2:00.46 (2010), 4:15.3 (2010)

Emma made her senior debut for the Aviva GB & NI Team at the European Team Championships where she finished fourth in the 800m. She went to finish fourth at the Commonwealth Games in 2:00.46, her fifth 800m personal best of the season. In May she won 1500m at the British Universities Championships. Emma joined 'On Camp with Kelly' in 2006.

Andrew Osagie

Born: 19 February 1988
Coach: Craig Winrow
Club: Harlow AC / St Mary's University
Lives: Twickenham

Personal Bests: 400m 48.8 (2009), 800m 1:46.41 (2010)

Andrew made his senior debut for the Aviva GB & NI Team in the 800m at the IAAF World Indoor Championships and missed out on a place in the final by just 0.04 seconds after running an indoor best in his heat. He was also an 800m semi finalist at the Commonwealth Games later in the year and improved his personal best to 1:46.41. He won the UK Indoor 800m title. Andrew joined 'On Camp with Kelly' in 2008.

Emma Pallant

Born: 4 June 1989, Aldershot
Coach: Mick Woods
Club: Aldershot, Farnham & District
Lives: Farnham, Surrey

Personal Bests:
800m 2:07.67 (2007), 1500m 4:09.96 (2009), 3000m 9:07.28 (2008), 5000m 15:55.18 (2010)

Emma made her senior debut for the Aviva GB & NI Team this year, finishing seventh in the 3000m at the European Team Championships before her season was cut short by injury. She improved her 5000m best to 15:55.51 and won the British Universities title at that distance. Emma joined 'On Camp with Kelly' in 2005.

Charlotte Purdue

Born: 10 June 1991
Coach: Mick Woods
Club: Aldershot, Farnham & District
Lives: Hook, Hampshire

Personal Bests:
1500m 4:19.13 (2009), 3000m 9:10.34mx (2010), 5000m 15:23.4 (2010), 10,000m 32:36.75 (2010)

Charlotte finished fourth over 10,000m and sixth over 5000m at the Commonwealth Games on her senior international debut having earlier set personal bests at both distances of 32:36.75, a UK junior record, and 15:23.4 respectively. She won the 5000m title at the England Athletics Senior Championships and also improved her 3000m best to 9:10.34. Charlotte joined 'On Camp with Kelly' in 2008.

Laura Weightman

Born: 1 July 1991
Coach: Steve Cram
Club: Morpeth Harriers / Leeds Met
Lives: Alnwick, Northumberland / Leeds

Laura finished sixth in the 1500m final at the IAAF World Junior Championships in a new personal best of 4:14.31. She later improved that time again to 4:12.95 and then 4:09.60. She won the 1500m title at the Aviva England Under 20 Championships and also improved her 800m best to 2:03.18. Laura joined 'On Camp with Kelly' in 2008.

'On Camp with Kelly'

'On Camp with Kelly' (OCWK) was started by double Olympic champion Dame Kelly Holmes in January 2004 and with support and sponsorship from Aviva has grown from strength to strength. Over 60 athletes have been involved in the initiative to date.

Dame Kelly set up OCWK because she wanted to help talented young female middle distance athletes to achieve their dreams and to retain them in the sport. 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. Since 2008 15 talented young male athletes have also been involved in the initiative.

Eight girls were given the opportunity to participate in the first OCWK camp in South Africa in October 2004, funded by Aviva, and since then there have been regular Get-Togethers, a training camp in Spain and camps in Melbourne during the 2006 Commonwealth Games and at the GB Team Preparation Camp in Portugal and the IAAF World Championships in Berlin in 2009. OCWK athletes also have the opportunity to race in international meetings across the UK and Europe and benefit from mentoring from Dame Kelly as well as medical and financial support funded by Aviva.

For more information about 'On Camp with Kelly' visit www.oncampwithkelly.co.uk

About Aviva

Aviva are proud to have been the No. 1 sponsor of UKA since 1999 and are committed to developing the sport at every level, from playground to podium.

In 2010 we will have hosted six world class athletics events on home soil and have helped and supported the Aviva GB & NI junior, senior and paralympic teams as they prepare for all major events and championships. Through the Aviva UKA Academy, it is anticipated that by 2012 we will have given every child in the UK the opportunity to get involved in athletics.

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For more information on our athletics sponsorship please visit www.aviva.co.uk/athletics

For more information about Aviva's support of athletics please contact Steph Burke at Hill & Knowlton on 0207 413 3000 or sburke@hillandknowlton.com