



2018 Commonwealth Games Team Guide

Athletics Northern Ireland is sending a 13-strong track and field team to the 2018 Commonwealth Games in Gold Coast, Australia, in conjunction with Northern Ireland Commonwealth Games Council.

It comprises a group of the country's best and most promising performers, including major championship medallists and Olympians.

The Games – broadcast extensively on the BBC - represent a rare occasion when Northern Ireland is represented distinctly from Ireland or GB&NI on the international stage.

Before the action begins, the squad will train at the beautiful facilities at Somerset College in the heart of the Gold Coast. And once the Games start, each of our competitors will proudly bid to follow in the footsteps of the nine Highlights men and women who have gained Commonwealth medals while wearing the NI vest.



Twitter: [athleticsni](#) **Facebook:** [athleticsni](#) **Website:** [athleticsni.org](#)

Athletics NI Media email during Games: athleticsnimedia@gmail.com

Team NI Media email: conal.heatley@nicgc.org

Athletics Schedule: <http://www.gc2018.com/schedule>

ATHLETE PROFILES

Jack AGNEW



Age: 18

Hometown: Belfast

Coach: Heather Ardis **Club:** Lagan Valley

Gold Coast 2018 Events: T53-54 1500m **Personal best:** 3.07.05

Highlights: 2017 Para Junior World Championships (800m, 1500m – Gold, 400m – Silver, 200m – Bronze)

What inspired you to get into sport? I was introduced to wheelchair basketball when I was six and have represented Great Britain at junior level. I didn't get into sport just because of the Paralympics in London 2012 but it was the main reason I moved to Para Athletics. I was watching Dave Weir compete in the 800m final and the excitement of watching him power home in the final 100m to win gold was awesome, I just thought "I want to do that", so in early 2013, I went to a come-and-try it day and I've been hooked ever since.

Who are your sporting icons? Wheelchair racer Dave Weir has basically retired from track so my current favourite athlete is Marcel Hug. He is awesome - he once set four world records in four days, and he's the current World and Paralympic Champion in my class.

What do you do outside of athletics? I'm studying Sport and Exercise Science at Belfast Met College. On my rest days I enjoy mixing music and just relaxing.

What's the thing you're most looking forward to at the Commonwealth Games? This is my first real senior competition and most of my competitors will be much older and a lot more experienced so it's a great opportunity and a good learning experience for me. I'm also very proud to be representing Northern Ireland at the Games.

What's been your best moment in sport to date? My best moment in sport so far has to be winning gold in the 1500m at the Para Athletics Junior World Championships in Notwil. What I remember mostly about the race was the pain in my knee - I had an operation on it four weeks prior and it was still extremely sore, in fact I was probably very lucky to make the Championships so crossing the line as Junior World Champion eased the pain.

What would you like to achieve while in the Gold Coast? I would like to say a personal best, but I think that the races will be slow and tactical, they usually are at Championships. So if I get through the heats and make the final, it will be a big achievement.

Favourite music: Techno and House music

Favourite food: My favourite food is rib eye steak, cooked rare

Favourite Australian: The late Steve Irwin – I loved Steve Irwin as a kid, he was brilliant. Kurt Fearnley is my favourite Australian athlete, he is a legend in my sport and I would love to be on the start line with him at the Games. Another person is Jenni Banks, the wheelchair performance coach at British Athletics, I first met Jenni back in 2013 when she came across to Belfast. She has worked closely with my coach Heather and has helped greatly in my development as an athlete.

Fun fact: I love sharks. I spent four weeks in Perth, Western Australia, at the start of the year and was hoping to go Shark Cage Diving but had to pass. But I think it would be fun. I don't think it's possible in the Gold Coast.

Twitter: JackAgnewT54

Facebook: Jack Agnew Wheelchair Athlete

<https://www.paralympic.org/asp/lib/TheASP.asp?pageid=8937&sportid=513&personid=1317729&WinterGames=-1>



Amy FOSTER



Age: 29

Hometown: Newtownards, Co. Down

Coach: David Reid **Club:** City of Lisburn/Ulster University

Gold Coast 2018 Events: 100 and 200 metres

Personal bests: 100m: 11.40 secs, 200m: 23.53 secs

Highlights: Commonwealths (2010, 2014), European Championships (2012, 2014, 2016)

What inspired you to get into sport? I have participated in sport from a young age: gymnastics when I was primary school age and Irish dancing from the age of seven. My parents realised I was fast when I was beginning secondary school and sent me to my local athletics club.

Who are your sporting icons? Jessica Ennis-Hill and Chris Hoy. Both come across as a humble down-to-earth people and achieved so much in their respective events.

What do you do outside of athletics? I am currently completing a post-graduate teaching qualification in Physical Education at Ulster University and will graduate as a teacher in July. Outside of school, training and university work, I only have time for eating, sleeping and recovering - all other hobbies are on hold until June.

What's the thing you're most looking forward to at the Commonwealth Games? Competing in my own events. I enjoy watching the other sports and getting behind Team NI - the team atmosphere with Games is a great thing to be a part of.

What's been your best moment in sport to date? Running my Irish 100m record in Florida which qualified me for the Commonwealth Games in Glasgow 2014. And then, this year, breaking the Irish indoor 60m record.

What would you like to achieve while in the Gold Coast? I have always had the goal to make the Commonwealth Games final. It is a tough ask in sprinting but I will be going out there and giving everything to try and achieve it.

Favourite food: Chocolate

Favourite Australian: Can't say I have a favourite Australian!

Fun fact about yourself: Despite being the fastest woman in Northern Ireland and Ireland, I am incredibly slow at any tasks other than running.

Twitter: AmyFaster

<http://www.thepowerof10.info/athletes/profile.aspx?athleteid=19829>



Adam KIRK-SMITH



Age: 27

Hometown: Lisburn

Coach: Tomas Plibersek **Club:** Derry Track/Woodford Green

Gold Coast 2018 Event: 3000m steeplechase **Personal best:** 8.37.41

Highlights: Games debut

What inspired you to get into sport? My dad (Ian) played international hockey for Ireland, and I always wanted to follow him into sport at a high level. It seemed a ridiculous dream until about three years ago, and since then things have gone pretty well.

Who are your sporting icons? Sir Roger Bannister. His achievements made an enormous impact on the public awareness of athletics and inspired so many people. More than that, his role in medical practice and research is something people are less aware of, and when interviewed about his greatest achievement he spoke about that, not his sport.

His life is an example of what the human body can manage when trained scientifically, rigorously and thoughtfully, but also what we might all be able to achieve if we commit ourselves with that same application to something outside sport.

What do you do outside of athletics? I do spend a lot of time reading and writing, both of which is of a decidedly varying quality. I have two degrees in anthropology, and will probably end up doing something vaguely academic again at some as yet indeterminate point in the future. For the moment I work in a running shop in London. I also like to juggle, but unfortunately I'm terrible at it. Likewise for writing jokes.

What's the thing you're most looking forward to at the Commonwealth Games? Apart from the surreal opportunity of the chance to compete in a major international competition, just being included as an athlete and being able to be involved in the wider shared experience across a multi-sport event will be incredible.

What's been your best moment in sport to date? Not that much of significance before last year! It's probably summed up by the following moment. I was first drugs tested at the Northern Irish Championships in June 2017, and after saying that this was my first test, the immediate question was "How have you got to this level and never been tested?". I replied, smiling: "I've only been at this level for about two weeks, does that answer your question?"

The best moment? Getting my personal best - and a second Commonwealth standard - at Letterkenny in County Donegal, the county where my grandmother was born, less than a week after her funeral, with my family watching by the track.

What would you like to achieve while in the Gold Coast? I'd like to put in a performance that I can look back on with happiness and pride, and enjoy the experience in the build-up to doing so.

Favourite music: I like Bob Dylan, but my music tastes aren't especially varied, ardent or exciting.

Favourite food: There's a small ice cream shop in Trapani, Sicily, that I bought some orange and watermelon ice cream from in 2010. Definitely that. The drawback is that no other ice cream can live up to its memory!

Favourite Australian: Going back to what I said about Roger Bannister, I also have huge respect for John Landy: the way he ran races from the front was hugely inspirational, but I don't think I'll be able to do the same in the Steeplechase. The part he played in pushing the mile record under that magical four-minute mark was enormous - he definitely doesn't get the recognition he deserves for that.

Fun fact about yourself: I sailed across the Atlantic when I was 18. It was on a tall ship (sails, rigging, 20 crew and a dog for three and a half weeks).

<http://www.thepowerof10.info/athletes/profile.aspx?athleteid=91744>



Sommer LECKY



Age: 17

Hometown: Castlederg, Co. Tyrone.

Coach: Niall Wilkinson **Club:** Finn Valley

Gold Coast 2018 Event: High jump **Personal best:** 1.86m

Highlights: Commonwealth Youth Games (2017 – Gold, CR)

What inspired you to get into sport? I come from a sporting family. My father Adrian Lecky was a long/triple jumper.

Who are your sporting icons? Jessica Ennis-Hill and Lewis Hamilton because they are Olympic and World champions.

What do you do outside of athletics? Currently studying for my A-Levels at Strabane Grammar School.

What's the thing you're most looking forward to at the Commonwealth Games? I am looking forward to competing against senior athletes from around the Commonwealth.

What's been your best moment in sport to date and what is your memory of it? Winning the Commonwealth Youth Games in the Bahamas in 2017 and setting a new CYG record.

What would you like to achieve while in the Gold Coast? To compete to the best of my ability.

Favourite music: Pop music (Ed Sheeran)

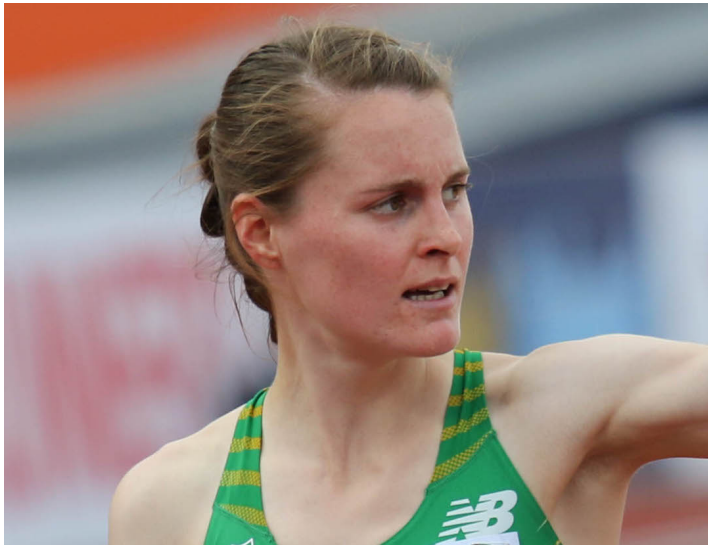
Favourite food: Chicken and pasta

Favourite Australian: Mark Webber (Formula1)

Fun fact: I'm a big F1 fan

<http://www.thepowerof10.info/athletes/profile.aspx?athleteid=434240>

Ciara MAGEEAN



Age: 26

Hometown: Portaferry, Co. Down (Lives Manchester, England)

Coach: Steve Vernon **Club:** UCD/City of Lisburn

Gold Coast 2018 Event: 800 and 1500 metres

Personal bests: 800m: 2.00.79, 1500m: 4.01.46

Highlights: Commonwealths (2010), Olympic Games (2016), European Championships (2012, 2016 – 1500m Bronze)

What inspired you to get into sport? I'm quite a competitive person. The sport of camogie was my first love but a teacher spotted I was good at athletics. I loved the thrill of competing and excitement of getting better.

Who are your sporting icons? My aunt Adele Mason was a very good camogie player. She was nominated to be an All Star in the first year they awarded the honours retrospectively. I saw how hard she worked in her sport. And then when I went into athletics, I saw the big Irish names: Sonia O'Sullivan and my current agent Ray Flynn.

What do you do outside of athletics? I'm a qualified physio from University College Dublin. But my boyfriend bought me a guitar when I moved to Manchester last year. I'm not saying I'm any good. But I'm trying to learn how to strum it. My house-mates and I love arts and craft.

What's the thing you're most looking forward to at the Commonwealth Games? It's fantastic to represent our small country and I also have a relative, Noleen Lennon, who will play netball for NI. I loved Delhi in 2010 when I was tenth in the 1500m final. I'd been to the Commonwealth Youth Games in Pune so I knew what to expect in India. But it was amazing. We got to see the Taj Mahal after the competition was over. It was extraordinary.

What's been your best moment in sport to date?

Winning European 1500m bronze in Amsterdam in 2016 after long period out injured was very special. Racing the Olympic Games for Ireland in Rio 2016 was amazing.

What would you like to achieve while in the Gold Coast?

I want to try and win a medal. For me, every time I step on the track, I want to walk off giving my all.

Favourite music: I'm not a music snob – I have a mixed bag from old school like Razorlight to The Corrs.

Favourite food: Depends on my mood but I miss my mummy's Sunday dinner and my late granny's Irish Stew.

Favourite Australian: Sophie, Sonia O'Sullivan's daughter is running well, and I've enjoyed following her progress.

Fun fact: I feel like I'm not even the most talented in my family. My brother Brendan is studying musical theatre in London and my sister Mairi is a surgeon. Plus my younger sister Nuala is studying her A-Levels and the world is her oyster.

Instagram: c.mageean

Twitter: ciaramageean

<http://www.thepowerof10.info/athletes/profile.aspx?athleteid=35663>



Dempsey McGUIGAN



Age: 24

Hometown: London (England)

Coach: John Smith **Club:** Finn Valley/University of Mississippi (USA)

Gold Coast 2018 Event: Hammer **Personal best:** 70.55m

Highlights: Commonwealths (2014 – 11th)

What inspired you to get into sport? I started athletics at the age of six, participating in all track and field events but mostly running. Around the age of eight, I was introduced to hammer, simply by being taught the technique of the turn. My track was the home of the West London Hammer School and my coach Alan Bertram who passed away in 2013. He had coached so many of the best throwers in British and Commonwealth Highlights, so it seemed fitting to give it a go.

Who are your sporting icons? I don't have a specific sporting icon, but I do look up to a lot of the best hammers throwers of past and present. I really enjoy watching the likes of Koji Murofushi, Heinz Weiss, Tibor Gescek and Pawel Fajdek....all for different reasons.

What do you do outside of athletics? I am a student at Ole Miss (The University of Mississippi), majoring in general studies with minors in business administration, legal studies and recreation administration. I want to be a full-time throws coach, firstly in the U.S collegiate system and hopefully a national coach one day.

What's the thing you're most looking forward to at the Commonwealth Games? The competition inside the stadium, which sounds like a given, but as a thrower you're not always inside the stadium in front of the crowd at every meet – it's frequently off to the side at a warm up track or prior the meet starting. The crowd really makes a difference and I'm excited to throw with them.

What's been your best moment in sport to date? Making the Commonwealth Games final in Glasgow in 2014. I was lucky enough to be selected without having gained the standard. I went in with no expectations other than to have fun and give it my best. I was within 20cm of my PB in qualifying and made it through. My coach had died the year prior, so my preparations were mostly by myself, but that day I definitely felt his presence with me.

What would you like to achieve while in the Gold Coast? I want to give the best performance I possibly can. Obviously everybody talks about placings and medals but a lot of that is outside of my control. I want to have a good competition and get as close to my best if not over it. If I do that then I can walk away proud of my performance.

Favourite music: Classic Rock / Rap (Interesting combo, I know!)

Favourite food: Chinese

Favourite Australian: Steve Irwin or my best mate, Daniel Bulmer (real toss up)

Fun fact about yourself: I'm one of six siblings all of whom are linked with track and field in some capacity.

Instagram: [dempseymcguigan](#)

Twitter: TheNotoriousMcG

<http://www.thepowerof10.info/athletes/profile.aspx?athleteid=30168>



Adam McMULLEN



Age: 27

Hometown: Magherafelt, Co, Londonderry

Coach: Alan Kennedy **Club:** Crusaders/Birchfield

Gold Coast 2018 Event: Long jump **Personal best:** 7.99m

Highlights: European Indoor Championships (2015)

What inspired you to get into sport? My mother had me competing in a lot of sports when I was younger including, Irish dancing, horse riding, swimming, gymnastics, football and basketball. I liked to get out and have fun and stay active.

Who are your sporting icons? Carl Lewis, as he was one of the most consistent and best championship performers both in the 100m and the long jump.

What do you do outside of athletics? I coach athletics for Sport NI and Athletics Northern Ireland, going into primary and secondary schools in Belfast and also working on development squads which take place at the Mary Peters Track and Jordanstown. My downtime mostly consists of meeting up with friends and having board game nights or playing Playstation.

What's the thing you're most looking forward to at the Commonwealth Games? Being able to compete against some of the best athletes in the world and know that I'm right up there with them.

What's been your best moment in sport to date? Winning the Irish Under-23 Championships in 2011. I was having a tough long jump season but I outperformed myself with a championship record jump of 7.73 that was wind aided. It gave me the confidence and the following week I jumped 7.61m which was a legal PB and a European U23 Championship qualifying distance. That was my first experience at competing internationally that year.

What would you like to achieve while in the Gold Coast? I would like to make the final and be complete in the final. It's all dependant on athlete form but I don't see why I wouldn't be a contender for top eight or higher.

Favourite music: John Legend.

Favourite food: Pizza, little wings in particular

Favourite Australian: Chris Hemsworth

Fun fact : I once starred (kind of) in a Bollywood movie, partly produced in Belfast, called 'David'. I was an extra in a background during a mourning scene but required a slightly embarrassing dance as well.

Instagram: adammcmullen1

Twitter: adammcmullen1

<http://www.thepowerof10.info/athletes/profile.aspx?athleteid=37477>



Emma MITCHELL



Age: 24

Hometown: Banbridge, Co. Down

Coach: Eamonn Christie **Club:** Queen's University

Gold Coast 2018 Events: 5,000 and 10,000m

Personal bests: 5,000m: 15.50.55 (NIR), 10,000m: 32.51.78 (NIR)

Highlights: Games debut

What inspired you to get into sport? As a kid I could turn my hand at most sports and be pretty successful, which I suppose helps to inspire you, but I just loved to run. My primary six teacher, Mrs. Mary Mark from Ballydown Primary School, was hugely supportive of my running talent and was a positive influence at that stage, which encouraged me to continue in the sport. It wasn't until second year at Banbridge High School where we found a running club in Banbridge and a coach, Heather Ardis, who encouraged me and inspired me to keep running. It was through Heather that I met my current coach, Eamonn Christie, who told me to believe in myself and my training - and that I will achieve great things.

Who are your sporting icons? I would have to say Sonia O'Sullivan, a hugely successful Irish athlete who I admire.

What do you do outside of athletics? I am currently in my final year at Stranmillis University College, the teacher training part of Queen's University, Belfast. Once I graduate, I plan to focus on training and competing before studying for a Masters. Like most athletes I don't have very much spare time between training and studying but I love reading.

What's the thing you're most looking forward to at the Commonwealth Games? I can't wait to get out and compete!

What's been your best moment in sport to date? The Seeley 10k in November 2016, my first 10k, which proved to be a huge success after the training I had put in throughout that year. Plus, the 2017 Highgate Harriers

Night of 10,000m PBs in London – a number of people, including my coach and world snooker champion Ronnie O’Sullivan, came to watch me race. It was my first time racing 10,000m on the track and to achieve the Commonwealth Games qualifying standard and break Teresa Duffy’s 20-year-old Northern Ireland record was incredible.

Favourite music: Brian Kennedy

Favourite food: Porridge – I love adding different toppings and trying weird and wonderful combinations.

Twitter: EmmaMitchell05

<http://www.thepowerof10.info/athletes/profile.aspx?athleteid=58897>



Kate O'CONNOR



Age: 17

Hometown: Dundalk (Ireland)

Coach: Laura Kerr/others **Club:** St. Gerard's

Gold Coast 2018 Event: Heptathlon **Personal best:** 5759 points

Event PBs: 100mH 14.90s, High jump 1.79m, Shot 12.90m, 200m 25.03, Long jump 6.10m, Javelin 48.61m, 800m 2.15.87

Highlights: European U20 Championships (2017 - 8th)

What inspired you to get into sport? I have always enjoyed sport.

Who are your sporting icons? Jessica Ennis-Hill, Katarina Johnson-Thompson and Usain Bolt.

What do you do outside of athletics? I'm a 5th year student at St. Vincent's Secondary School in Dundalk. I play basketball, enjoy swimming, acting and socialising with my friends.

What's the thing you're most looking forward to at the Commonwealth Games? I'm just looking forward to the whole experience and hope to really enjoy it.

What's been your best moment in sport to date?

It is probably competing in the European youth and junior championships. And also holding the Irish record at youth level in heptathlon and at senior level in pentathlon.

What would you like to achieve while in the Gold Coast? I would like to perform to the best of my ability. It will be a complete learning experience for me and the experience I gain from this will be invaluable.

Favourite music: Pop

Favourite food: Lasagne

Favourite Australian: Hurdler Sally Pearson

Fun fact: I turned 12 years old on the 12/12/12.

Instagram: kateoconnor2

Twitter: kateoc2000

<http://www.thepowerof10.info/athletes/profile.aspx?athleteid=185370>



Paul POLLOCK



Age: 31

Hometown: Hollywood, Co. Down

Coach: Andrew Hobdell **Club:** Annadale Striders

Gold Coast 2018 Event: Marathon **Personal best:** 2:15.30

Highlights: Commonwealths (2014), Olympic Games (2016), World Championships (2013 – 15th), European Championships (2016)

What inspired you to get into sport? My parents believed that every child should have a sport in their life. For that reason, as a teenager, I was a member of a wide variety of sport clubs at the weekends. Having tried my hand at everything from basketball to badminton, it was only when I turned 17, that running entered my life. My older brother, Conor, was part of Abbey Athletics Club and was due to run in the Monaghan 5k road race. As I was not playing any sport at the time, my parents drove me down with Conor and persuaded me to also run the race. Finishing in a distant 17.20, I was surprised to find out that I had won the U20 junior prize. The following week, I joined Conor at training with Abbey Athletics Club and my journey into the running world began.

Who are your sporting icons? Those athletes I look up to the most are those who have had a greatest bearing on my life. My two older brothers, Noel and Conor, were members of athletics clubs and undoubtedly played a large part in shaping my development as a runner, especially in the early years. More recently, when I found my love of running again in 2011 and joined my current coach, Andrew Hobdell, I found a degree of professionalism in training that I had never experienced before. Also in Andrew Hobdell's group was Andrew Baddeley, 3.49 miler and the top UK middle distance runner of his generation, who without a doubt, epitomised what a professional athlete should be like, both during training and afterwards. I consider myself extremely fortunate to have such an experienced athlete to discuss things with anytime I need advice.

What do you do outside of athletics? I combine athletics with working as a doctor. Originally, after training with Abbey Athletics Club for two years, the club's founder and coach, Bobby Rea, sadly passed away after a short illness and I drifted away from running to concentrate on my medical degree, at Queen's University Belfast. However, after graduating and working full-time as a doctor, I believed that I had the talent to make the London 2012 Olympics, and moved over to London to train with Andrew Hobdell. Five months into training, at the start of 2012, I suffered a knee injury which would require surgery. I therefore returned to Belfast and restarted my medical work. In August 2013, I left my job for a second time in an attempt to make the Rio 2016 Olympics – a feat that I was delighted to achieve. I now work part-time as an Accident and Emergency doctor along side my running career.

What's the thing you're most looking forward to at the Commonwealth Games? The buzz of a Championship race is like no other. The nerves are heightened, the atmosphere is electric. This is not just another race and there are no second chances. I am looking forward to standing on that start line, injury-free and fit, dreaming of what I might achieve over the coming miles. That is the goal and if I achieve that, then who knows what might happen in the race itself?

What's been your best moment in sport to date? Some of my most memorable runs are not races or when I ran my quickest times but rather they are memorable due to the company that I had along side me or the location. From being chased by dogs in the Chilean mountains, to being cheered on by school kids in Malaysia. Or perhaps passing by a group of Africans in the oxygen thin heights of Kenya, to running down the straight of the Sambodromo seeing the Rio Olympic finishing line before me. Every runner has happy memories. Every runner has experiences. That is why we keep running.

What would you like to achieve while in the Gold Coast? At Glasgow 2014, I competed in the 10,000m on the track but I was injured in the build-up and felt I did not do myself justice in the race itself. In the Gold Coast, I want to soak up as much of the atmosphere as possible but I am there to compete and perform to the best of my ability.

Favourite music: I have a very cheesy taste in music – you can never go wrong with a good power ballad.

Favourite food: With marathon training and routinely covering twenty miles per day, dinner normally consists of several plates of pasta. So while it may not be my favourite food, I definitely couldn't survive without it!

Favourite Australian: As a fan of 'The Last Leg' on Channel 4/ABC, I find Australian comedian Adam Hills very good at what he does.

Twitter: ppmarathon

Website: www.ppmarathon.com

<http://www.thepowerof10.info/athletes/profile.aspx?athleteid=10993>

Leon REID



Age: 23

Hometown: Bath (England)

Coach: James Hillier **Club:** Birchfield

Gold Coast 2018 Event: 200 metres **Personal best:** 20.38 secs

Highlights Championships: **Highlights:** Commonwealths (2014), European U20 (2013 – 200m Silver), European U23 (2015 – 200m Silver)

What inspired you to get into sport? Being able to meet up with friends and be happy.

Who are your sporting icons? Michael Jordan: His mind-set is different, unruly. I'm also an Arsenal fan.

What do you do outside of athletics? I work three jobs - I manage a supplement shop. I work the bar in a night club. And I teach after-school sport at an infant school in Bristol. In my other spare minute, I try and play loads of video games.

What's the thing you're most looking forward to at the Commonwealth Games? Facing my personal competition. This is my focus for the whole year. Everything has been geared to this or nothing in 2018.

What's been your best moment in sport to date?
Winning national championships medals back to back.

What would you like to achieve while in the Gold Coast?
Some quick times. This is my chance to prove myself on the world stage as an up and coming athlete. I just want to run fast and have fun.

Favourite music: Don't have a favourite taste, just enjoy all kinds

Favourite food: Wings

Favourite Australian: No idea!

Fun fact: I'm quite good at hand to hand combat. I can put people in locks with just three fingers. My uncle used to do it and he taught me.

Instagram: leonreidtrack1

Twitter: LeonReid_Woody

<http://www.thepowerof10.info/athletes/profile.aspx?athleteid=203558>



Ben REYNOLDS



Age: 27

Hometown: Holywood, Co. Down

Coach: Tom Reynolds **Club:** North Down

Gold Coast 2018 Event: 110m hurdles **Personal best:** 13.48 secs (NR)

Highlights: Commonwealths (2010), World Championships (2015)

What inspired you to get into sport? My Dad Josh was a hurdler, as well as playing rugby. He had the Ulster Schools record in hurdles which stood for 41 years. He set it on a gravel track. He told me he'd give me £100 if I broke it – I did equal it and he paid up.

Who are your sporting icons? Usain Bolt, Aries Merritt, Lu Xiang, all those guys. I'm big into MMA and boxing so I love Conor McGregor and Mike Tyson. My granddad – Kurt Ernest – escaped Nazi Germany and then fought professionally before coaching the British boxing team at the 1992 Olympics in Barcelona. He taught me boxing when I was growing up so I'd like to give MMA a go sometime.

What do you do outside of athletics? I'm big into meditation but I also write and record songs. I spend a lot of time watching Japanese martial arts anime.

What's the thing you're most looking forward to at the Commonwealth Games from an event standpoint? The sunshine. And the atmosphere.

What's been your best moment in sport to date? I loved the Commonwealth Youth Games in Pune in 2008. That was really fun. I came fifth. But the European Team Championships in Dublin, in front of a home crowd, in 2015 was amazing with the rush of energy off the crowd.

What would you like to achieve while in the Gold Coast? I'd like a personal best. That always feels so awesome and easy when it happens. If I get that, we'll take it from there.

Favourite music: I love the best of all genres although my favourite is RnB.

Favourite food: Roast dinner or pepperoni and pineapple pizza. Maybe I'll try a kangaroo steak in Australia.

Favourite Australian: Steve Irwin. He's a legend. I used to have pet snakes.

Fun fact: My personal best for holding a handstand is one minute and 13 seconds.

Instagram: SSG9001

Twitter: ben110_

<http://www.thepowerof10.info/athletes/profile.aspx?athleteid=29169>



Kevin SEAWARD



Age: 33

Hometown: Belfast (lives, Loughborough, England)

Coach: Andrew Hobdell **Club:** St Malachy's

Gold Coast 2018 Events: Marathon **Personal best:** 2:14.52

Highlights: Olympic Games (2016), European Championships (2014 – 28th, 2016)

What inspired you to get into sport? The school I attended (St Malachy's College) has a really good reputation for sport. The opportunities to get involved in a range of activities meant it was difficult to not find one you really enjoyed.

Who are your sporting icons? I have a number from different sports but they usually have the same common themes of hard work and commitment. Barry McGuigan's boxing career was exceptional. I enjoy watching clips from those.

What do you do outside of athletics? I am an assistant head teacher and PE teacher at The Martin High School in Anstey, Leicestershire. It has its pros and cons but I love my job and feel privileged to work with some very talented people.

What's the thing you're most looking forward to at the Commonwealth Games?

The marathon is special. Everything changes from event to event e.g. the climate, the course. I am looking forward to the new challenge it brings.

What's been your best moment in sport to date? Competing in the 2016 Rio Olympics was huge for me. It all happened so quickly. My best memories come from the holding camp and the lessons I learnt in the final weeks.

What would you like to achieve while in the Gold Coast? Finish as high up in the marathon as possible. It is hard to put a placing on it. There are so many things outside of your locus of control. Non-event wise, I am coffee-mad, so definitely looking forward to a few nice coffees!

Favourite music: Mixed. Currently listening to Lost Frequencies but your equally as likely to find The Fureys on my playlist as you are Ed Sheeran or The Beatles.

Favourite food: I am easily pleased. Love Spanish cuisine but give me a burger any day and I'm happy.

Favourite Australian: There are so many great Australian athletes: Herb Elliot, Cathy Freeman, Ron Clarke, etc. But being a huge football fan, Mark Viduka.

Fun fact: I am a huge John Grisham fan and have a bookcase set aside for just his books!

Instagram: kevrunning2016

Twitter: kevrunning

<http://www.thepowerof10.info/athletes/profile.aspx?athleteid=3732>



Note: Personal bests correct as of 14/03/18



COACHING STAFF

Director of Coaching and Athlete Development: Jackie Newton

Athlete Development Lead: Tom Reynolds

Physical Preparation Lead: Laura Kerr

Past athletics medallists at Commonwealth Games

Philip Beattie 1986 400m Hurdles (Gold)

Janet Boyle 1986 High Jump (Bronze), 1990 High Jump (Silver)

William Britton 1930 Hammer (Silver)

Mike Bull 1966 Pole Vault (Silver), 1970 Pole Vault (Gold), 1974 Decathlon (Gold), 1974 Pole Vault (Silver)

Martin Girvan 1982 Hammer (Silver), 1986 Hammer (Silver)

Thelma Hopkins 1954 High Jump (Gold), 1954 Long Jump (Silver)

Sharon Hutchings 1986 High Jump (Silver)

Jacqueline McKernan 1990 Discus (Silver)

Mary Peters 1966 Shot Put (Silver), 1970 Shot Put (Gold), 1970 Pentathlon (Gold), 1974 Pentathlon (Gold)

18 medals in total

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