

INTERNATIONAL ATHLETES

*This information has been put together with our best efforts. If you spot any omissions, mistakes or can provide more information, please email Alan Forse aj.forse@ntlworld.com .
(Updated 10 March 2021.)*

Through the years over 50 athletes from Southampton Athletic Clubs have represented their country in a number of disciplines.

Household names such as Todd Bennett, Christine Benning, Donna Hartley, Kris Akabusi and Roger Black have competed in the Olympics, World and European Championships and the Commonwealth games.

Current SAC international athletes include Oliver Bromby, Mahamed and Zakariya Mahamed and Alexander Teuten.

In addition, David Henson MBE and Bethany Woodward have competed for GB in World and European Paralympics Championships.

A short biography is shown below in alphabetical order. If you would like to understand more about the following athletes you will find information on Wikipedia.

Fayyaz "Fuzz" Ahmed, High Jump England

Represented England in the High Jump at the 1986 Commonwealth games in Edinburgh.

Is now the National High Jump Coach.

Kris Akabusi, 400M & 400M Hurdles, GB

Represented GB in the 400m, and 400M hurdles at the Olympics, World and European Championships and the Commonwealth Games. He won the following medals:

1984 - Silver 4 x 400m relay Olympics Los Angeles.
1986 - Gold 4 x 400m European Champs, Stuttgart.
1987- Bronze 4x400m relay World Champs, Rome.
1990 - Gold 400m hurdles Auckland Commonwealth Games.
1991 - Gold 4 x 400m relay Olympic Games, Tokyo.
1991 - Bronze 400m hurdles
Gold 4 x 400 relay, Tokyo World Champs.
1992 - Bronze 400m hurdles
Bronze 4 x 400 relay, Olympic Games, Barcelona.

Gary Barber, Middle Distance, Canada

Represented Canada in the 1500m at Montreal in 1989 with a time of 3:40.14, and at the Commonwealth Games in Auckland in 1990 with a time of 3:53.76.
Originally from England he was the English Schools 800m champion.

Todd Bennett, 400m, GB

As well as being an outstanding coach and team manager of our BAL team, Todd represented the GB at two Olympics Los Angeles and Seoul, South Korea.

Bennett briefly held the world indoor record for 400m with a time of 45.56.

1982 - Gold 4 x 400m relay Commonwealth games Brisbane
1983 - Bronze 4 x 400m relay World Champs Helsinki.
1984 - Silver 4 x 400m relay Olympics Los Angeles.

1986 - Gold 4x 400m relay

Silver 200m Commonwealth games Edinburgh.

Christine Benning, Middle Distance and XC, GB

A middle-distance runner who competed mainly in the 1500 metres, 3000 metres and XC. In the 1500 m, she represented Great Britain at the 1984 Olympic Games in Los Angeles, finishing fifth in the final. She won a silver medal at the 1978 Commonwealth Games in Edmonton.

At the World Cross Country Championships, representing England she won a team Gold in 1974 in Italy, a bronze in 1978 in Scotland and a silver in 1984 in the USA.

Roger Black, 400m, GB

Represented GB in the 400m at the Olympics, World and European Championships and the Commonwealth Games. He won the following medals.

1986 - Gold 400m

Gold 4 x 400m relay Stuttgart, European Champs.

1986 - Gold 400m

Gold 4 x 400m relay Edinburgh, Commonwealths.

1987 - Silver 4 x 400m Rome, World Champs.

1990- Gold 400m

Gold 4 x 400m relay Split, European Champs.

1991 - Silver 400m

Gold 4 x 400m relay Tokyo, World Champs
1992 - Bronze 4 x 400m relay Barcelona, Olympic Games.
1994 - Silver 400m
Gold 4 x 400m Helsinki, European Champs.
1996 - Silver 400M
Silver 4 X 400M relay Atlanta, Olympic Games.
1997 - Gold 4 x 400m relay Athens, World Champs.

Laura Brenton, Middle Distance & XCcountry, England.

Represented England at the Home Counties International Cross Country at Wollaton Park, England on the 22nd March, 2014.

Represented England at a meeting in Armagh in February 2020.

Adam Bridge Marathon GB

Represented GB in the marathon in Greece after running 2 hours 19 minutes to win selection. *Need dates, event and place.*

June Bridgland, XC, England

Represented England at the International Cross Country in Birmingham in 1954, Belfast in 56 and Belgium in 57 winning a silver and two bronze medals.

June was the world record holder for 3,000m on the 25/9/1956 with a time of 10:16.2 which she held for 2 years.

Oliver Bromby, Sprints, GB

Competing primarily in the 100 metres

He won a gold medal at the European Team Championships in August 2019 in the 4 x 100m relay at Bydgoszcz, Poland.

Won a silver medal at the 2019 European U23 Championships in Sweden. Also represented GB and England at the World Youth and Commonwealth Championships in 2015.

He competed at the World U20 Championships in 2016 and the European U20 Championships in 2017 in Italy where he won a bronze medal.

Debbie Calloway, Discus, GB

Represented England at the 1994 Commonwealth games in British Columbia.

Alan Cronin. 110m Hurdles England

Represented England at the 100m hurdles in 1975 at Crystal Palace against the URS in August and against France in July, with a best time of 14.19.

Neil Coupland, 5000 and 1000m GB & England.

Represented GB at Cross Country in 1976 at Lyon, France; Spain; in 1977 at Mezidon, France and in 1978 at San Sebastian, Spain. On the track he represented GB at Stockholm and Edinburgh in 1977 and on the road at Turin, Italy also in 1977.

In 1978 representing England at the World Cross Country Championships in Glasgow he won a bronze medal in the team event.

In 1973 he represented GB in the Junior World Cross Country at Belgium.

He was one of Southampton's finest runners with times of 13.31 for 5K and 28.18 for 10K.

For three consecutive years from 1972 to 1974 he won the National Inter counties and Southern Cross Country championships.

Grace Clements, Heptathlon, England

Grace won a heptathlon bronze medal for England at the 2010 Commonwealth Games in India.

Janet Dawkins, XC, England

Ran for England at Cross country need dates, place and event.

David Dear, Sprints, GB

Competed in the 1972 Summer Olympics, the 1966 British Empire and Commonwealth Games in Kingston, Jamaica and won a bronze medal at the 1970 Commonwealth games in Edinburgh.

Eric Reginald Downer Cross Country England.

He joined the club in 1945. He was the nephew of Reginald Gosney who also coached him.

In 1948 he competed in the international cross country champs and was the 1st English athlete to finish.

Winner of universities champs in 1950 and 1951 and the of inter services cross country..

Before he became an international he competed successfully in Hampshire and Southern Champs,

Harold Downer, XC, England

Represented England at Cross Country. Need dates, event and place.

Alan Drayton, Decathlon, England

A GB decathlete who competed for England in the 1982 Commonwealth Games in Queensland, Australia.

Rod Finch, 3,000m, GB

A middle-distance runner who mainly competed in the 1500 metres and the 3000 metres.

Won a bronze medal for Great Britain over 3000 m at the 1994 European Athletics Indoor Championships, Paris, France.

He also represented England in 1993 indoors at Vienna and Cardiff and GB in 1994 at Glasgow indoors in the 3K; in 1996 at Birmingham in the 3K and in 1996 at the European Championship in Budapest.

In 1997 and 2001 he represented GB in the Ekiden road relay in Japan.

Tommy Green, Walking, GB

Won a gold medal in the men's 50K walk at the summer Olympics in Los Angeles in 1932.

Mark Gregory Cross Country England.

Represented England at Cross Country. *Need dates, event and place.* He had times of 29.27 for 10K and 63.08 for half marathon.

Paul Harmsworth, 400m, GB

A British sprinter who represented GB at the 1988 Olympic Games in the 4 × 400m relay, finishing fifth.

Was a medallist at the 1987 European Athletics Indoor Championships, coming third in the 400 metres, and finished in fifth place at the 1987 IAAF World Indoor Championships, where he was number one European.

Donna Hartley, Sprints, GB

In 1978, Hartley won two Commonwealth gold medals in Edmonton, Canada, where she won the 400 metres and the 4x400 relay. In 1979, she was European cup semi finalist winner in both 400, and 400 relay again. She also was runner up in European cup finals in 1975, and 1977 in 400, and 400 relay again.

In 1980, she competed at the Moscow Olympic Games where she won a bronze medal in the 4 x 400 relay.

Dr. David Henson MBE, IPC, Sprints, GB

A British parasport athlete competing mainly in T42 sprint events. He has represented Britain at the Invictus Games, World and European Championships. In 2016 he was selected for the Summer Paralympics in Rio, winning a bronze medal in the 200m sprint (T42). He also won a silver medal in the 200m at the European, Grosseto, Italy in 2016 and a bronze medal in the 200m at the World Championship, London in 2017.

Freya Jones Javelin England

Represented England at the Commonwealth Games in Edinburgh in 2014.

Jill Jones, Middle distance GB & England.

Represented England at a meeting in Ireland in 1993, and was selected to run for GB in Glasgow against the USA. *Need dates?* She had best times of 2.04 for the 800m and 4.16 for the 1500m

Roger Kennedy, Throws, GB

Represented GB need date, distance and venue?

Richard Large, Steeplechase England.

Represented England in the steeplechase, with a time of 8.47. *Need date and venue?*

Andy Morgan-Lee Cross Country and Half Marathon.

Andy represented England at cross country in 1994 (Aldershot) 1995, 1996, 1997 at Ghent in the Belgium Cross Cup and 1998 in Brussels also Belgium Cross Cup.

In 2001 he represented GB in the World Half marathon Championships in Bristol.

Andy has been the vets team manager of track and field league and Road/Cross Country since 2014 taking over from Derek Warne and Malcolm Price.

Mahamed Mahamed, XC, 10,000m, GB

Has represented GB on several occasions. In 2017 at the Edinburgh XC International he ran against senior runners of Europe and the USA. In 2018 he ran in an International meeting at Edinburgh and in 2019 he ran in the European XC in Lisbon.

He also has many junior men vests for GB and England. In 2019 he gained a GB U23 vest on the track. He also gained an individual bronze medal at the Europeans XC, and has many team medals.

Zakariya Mahamed XC, GB

Gained his first senior England vest in Elgoibar, Spain on the 12th January 2020 and his second vest in Belgium in February. He has also competed for GB at Junior men level at the European and World XC, winning a team medal in Lisbon in 2019.

Angus Maclean, Middle Distance and XC, GB & England.

Represented England at Cross Country and track with times of 1.48 for 800m; 3.39 for 1500m; 8.04 for 3000m and 14.38 for 5000m.

In 1999 he represented GB at Riga in the world junior track.

In 2000 he represented England U23 at Glasgow, Loughborough and Spain.

In 2001 he represented GB in the World University Championships in China; in the European under 23 champs at Amsterdam and the world cross country championships in Belgium.

In 2002 in the European Indoor Championships in Vienna; a GB v France v Spain in France and the world Cross country Championships in Switzerland.

In 2003 in the World Cross Country Championships in Japan.
In 2004 in the EBG Cork Games Road race.

In 2005 he was selected for GB in the Ekiden Relay road relay .

Frank Martin, Middle Distance, GB

Verification required event/dates/distance and venue.

Ceri Mitchell Cross Country England

Selected to run for England in Belgium.

Need date and confirmation that she ran?

Best times 2.08 800 / 4.20 1500 / 9.33 3k / 16.18 5k..

Billy Nixon Cross Country, England.

In 1996 he represented England in a Cross Country at Bristol.

Katy Odell, Sprint Hurdles, Scotland

Katy is currently a coach with SAC.

1996 Belfast, Northern Ireland BLE Presidents Select

1998 Ljubljana, Slovenia .

1999 Loughborough International

Wrexham, Wales in the Welsh Games.

2000 Cardiff, Wales (Lansing Linde Severnside Trophy) 60H;
Loughborough International.

2001 Loughborough in the Aqua Pura International
Tula, Russia Znamensky Brothers Memorial Int'l
Santry, Ireland Dublin International.

2002 Loughborough International.

Georgie Parnell, Middle distance, Wales.

Need dates, event and place?.

Georgie Parnell Wales Track ran 2.09 800 / 4.39 1500 / and was selected to run for Wales on the track.

Simon Plummer Middle Distance & Marathon Scotland.

Need dates, event and place/.

Simon Plummer represented Scotland on Track Road & country he ran 3.49 for 1 500 / 14.09 5k/ 30.08 10k / 2.32 marathon.

Stuart Poore, Middle distance.

Selected for England Cross Country at Fleet. [Verification needed?](#)

**3.43 1500 / 4.03 mile / 8.02 3k / 14.05 5k
1997 ENGLAND ALDERSHOT
1998 ENGLAND BAGSHOT**

Need dates, event and place and distance?

Melanie Purkiss, Sprints, England

Represented England and reached the semi-finals of the 400 metres at the 2002 Commonwealth Games in Manchester.

Paul Rees, Throws, Wales

Represented Wales at the Commonwealth Games in New Zealand.

Simon Rodhouse, GB Shot Putter

A GB shot Putter who represented England in the 1982 Commonwealth Games in Queensland, Australia.

Karen Rushton, Hill Climb, GB

Represented Great Britain and Northern Ireland in IAU Trail Championships at Ireland in 2013, France in April 2013 and Wales in July 2013. She is now competing as a Masters Athlete.

Paul Sanders 400m GB

Represented GB in the IAAF World Championships at Tokyo in 1991 competing in the 400m.

Harry Simmons, High Jump.

Represented England at the 1928 Olympic Games in Amsterdam, Netherlands.

James Starling Middle Distance & XC , GB & England.

He had best times of 1.51 for 800m; 3.44 for 1550m ;8.06 for 3000m; 23.40 for 5 miles and 30.11 for 1000m.

1985 GB Junior International in Belgium at 3000m.

1986 GB Junior 300m v European nations.

1994 GB Cross Country in Belgium and the world Ekiden Relays in Japan.

1995 England at Plymouth..... *event?* 1996 England at Bristol.... *Need dates, event and place?* and GB Eurocross International...where was this?

1997 GB Belgium.... *Need dates, event and place?*

Alexander Teuten, XC, GB

Represented GB at the European Cross Country Championships at Edinburgh in 2018 and was the BUCS Cross Champion in 2017.

Louise Webb, (now Jackson) Steeplechase

Finished 5th in the 2000m steeplechase for GB in the World Youth Championships in Ostrava Czechoslovakia in 2007. Then in 2009 in the European Juniors she won a bronze medal in the 3000m steeplechase in Novi-Sad in Serbia.

Mike Winch, Throws. GB

A GB shot putter who won a silver medal in the 1974 Commonwealth Games in New Zealand. Competed in the discus and shot in the 1978 Commonwealth Games in Edmonton Canada. Won a silver at the Commonwealth Games in Queensland, Australia in 1982.

Bethany Woodward, IPC, Sprints and Long Jump, GB

A British Paralympics athlete who competed in sprint events in T37 events. Representing England at the 2014

Commonwealth Games in Glasgow where she won a silver medal in the long jump. Representing Great Britain in the IPC Athletic World Championships London 2012 winning a silver medal in the 200m and a bronze in the 4 x 100 relay. She also won a silver medal in the 100m and a bronze in the 400m at the European Championships, Swansea 2014.

Alison Wyeth, Middle Distance, GB

Represented Great Britain at the Olympic Games in 1992 and 1996, as well as at three World Championships, finishing 5th in the 3000 metres final at the 1993 World Championships. She won AAAs Championship titles at 1500m (1993), 3000m (1989) and 5000m (1995), and twice won the UK Athletics Championships title at 1500 m (1990–91).

She represented England in the 3,000 metres event, at the 1990 Commonwealth Games in Auckland, New Zealand. Four years later she represented England and won a bronze medal in the 3,000 metres event, at the 1994 Commonwealth Games in Victoria, British Columbia, Canada.