



UK SPORT & ENGLISH INSTITUTE OF SPORT

MEDIA GUIDE

ENTER >

TOKYO
2020



ENGLISH
INSTITUTE
OF SPORT

CONTENTS

- 2 CONTENTS & WELCOME
- 3 MINSITER FOR SPORT FOREWORD
- 4 THE EIS FOREWORD
- 5 UK SPORT EXPLAINER
- 6 EIS EXPLAINER
- 7 FROM HOME 2 THE GAMES
- 8 TOKYO CYCLE IN NUMBERS
- 9 FUNDING FIGURES
- 10 MEDAL RANGES
- 11 LEADERSHIP BIOGRAPHIES
- 14 CONTACTS

“I am also confident that, while these Games take place in unique circumstances, our athletes will deliver many extraordinary moments and performances for the British public to enjoy.”

CALL THE PRESS OFFICE: 0207 211 5100

UK SPORT WELCOME

The pride that we feel in the efforts made by UK athletes to make their Olympic & Paralympic dreams come true is profound and unshakeable. However, that pride has never been more heartfelt than it is as we look forward to the Olympics and Paralympics in Tokyo.

In common with people across the world, our athletes have faced unprecedented challenges in the last 18 months. International competition has been disrupted, training facilities have been compromised. And, like the rest of humanity, everybody in the high-performance community has faced the fear that they, and their loved ones, might fall victim to the coronavirus.

The fact that athletes from around the world are gathering in Tokyo ready to compete is a testament to the spirit of resilience and determination that finds its purest expression in the sporting arena.

It is incredibly sad that spectators from around the globe will not be able to gather with those athletes and savour their exploits in person. Nevertheless, I am confident the world will witness a celebration of sporting excellence that delivers a much-needed boost to people everywhere.

I am also confident that, while these Games take place in unique circumstances, our athletes will deliver many extraordinary moments and performances for the British public to enjoy. We know how much their endeavours mean to sports fans – and how they can be a beacon of hope to inspire and reconnect us all after such a difficult year.

While we believe our athletes have the potential to achieve a total of medals comparable to London 2012 and Rio 2016, success should now, more than ever, be measured more holistically. UK Sport recently launched our strategy for the next ten years, with a mission to create the greatest decade of extraordinary sporting moments, reaching, inspiring and uniting the nation.

We will be looking to the future in Tokyo, enjoying the emergence of new talent and the growing diversity of our teams as we harness the power of sport to make a positive difference to society. Our main priority, however, will of course be the welfare and wellbeing of our athletes in Japan as they strive to achieve their dreams.

We must never forget that none of this would be possible without the support of the Government and National Lottery players over the last quarter of a century.

I sincerely hope you enjoy these Games – I am certain you will have many wonderful and inspiring stories to tell.

**Dame Katherine Grainger
DBE
Chair, UK Sport**



MINISTER FOR SPORT FOREWORD



In common with sports fans in every corner of the UK, I feel a deep sense of pride in supporting the athletes who will represent our nation at the Olympic and Paralympic Games in Tokyo.

These Games have the power to bring joy, hope and inspiration to the millions who follow every minute of the action.

The Covid-19 pandemic has placed extraordinary obstacles in the path of the athletes preparing for the Games, and of the people who work so hard to support them.

However, I have every confidence that, despite the challenging circumstances of the last year, our athletes will be in the best possible shape to deliver on the greatest stage of all.

Team GB and ParalympicsGB are always the best prepared and best supported teams, for which credit is due to UK Sport, the British Olympic Association, the British Paralympic Association and the sports' National Governing Bodies. All working tirelessly and expertly together to ensure our representatives arrive ready to do themselves, their families and their country proud.

We have been reminded in recent weeks, with the gradual return of limited numbers of spectators to sporting events, how closely woven a passion for sport is into the fabric of our national life and identity.

That sentiment leads me to be certain that the Olympics and Paralympics can represent a significant and memorable step in our national recovery from the impact of the pandemic.

The individuals and teams who will create unforgettable moments of sporting excellence are among the finest role models that we as a nation produce. They lift our mood, they inspire a new generation of sporting stars – and their exploits also deliver considerable social, economic and political benefits.

We in Government are proud to support them and we will continue to do so. This pride should also be shared by National Lottery players across the UK whose generosity plays a central role in helping our athletes to shine.

I hope you have a safe and enjoyable experience covering these Games. And I thank you in advance for telling the stories of these amazing and inspirational athletes and their performances.

Your work is central to the process of enthusing the young, talented and dedicated people from communities across the nation who will follow in their footsteps.

Nigel Huddleston, MP
Minister for Sport

“Team GB and ParalympicsGB are always the best prepared and best supported teams, for which credit is due to UK Sport, the British Olympic Association, the British Paralympic Association and the sports' National Governing Bodies.”



THE EIS FOREWORD



The build-up to the Tokyo Games has been one of the most challenging periods in high performance sporting history.

I am incredibly proud that despite the challenges we have all faced, athletes and support staff have arrived in Tokyo in high spirits and are raring to go.

This will be a Games like no other for our team, but I know that the sports and athletes are physically and mentally prepared to excel on this biggest stage in the world.

I can say that with confidence, knowing that EIS people have worked tirelessly alongside our sports and partners to leave no stone unturned to deliver outstanding support in the areas of science, medicine, technology and innovation during the five-year cycle to Tokyo.

Much of our focus at the EIS is on the health and wellbeing of athletes, and since the Rio Games, we have established expert teams to look at areas such as female health, respiratory health and significantly, mental health.

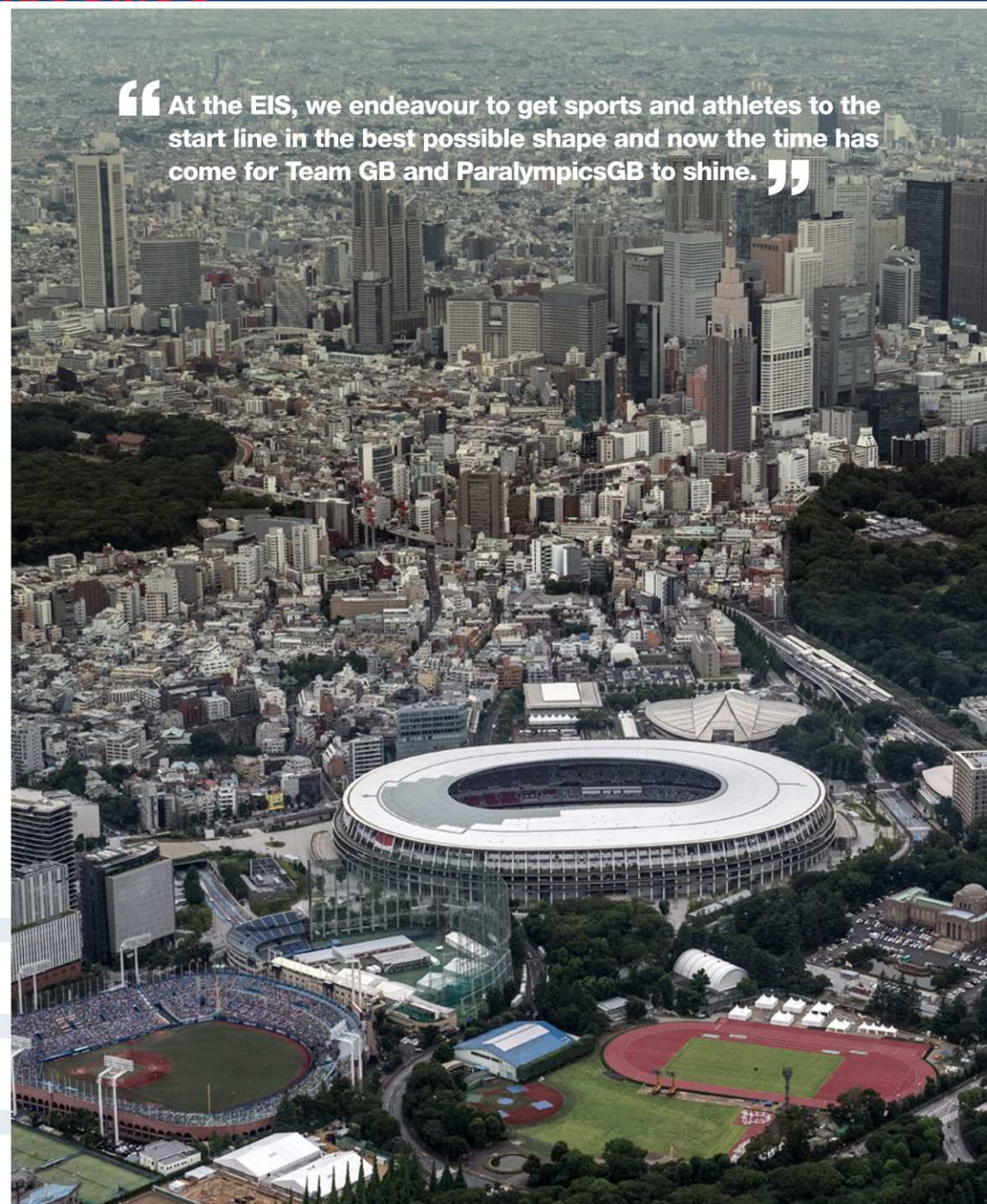
We believe in a culture of excellence, and we never stop learning, adapting and sharing across our network in order to positively impact sporting performance.

At the EIS, we endeavour to get sports and athletes to the start line in the best possible shape and now the time has come for Team GB and ParalympicsGB to shine.

We give our thanks to UK Sport, the Government and The National Lottery for their ongoing support.

Nigel Walker
National Director, English Institute of Sport

“At the EIS, we endeavour to get sports and athletes to the start line in the best possible shape and now the time has come for Team GB and ParalympicsGB to shine.”





UK SPORT EXPLAINER

WHO WE ARE

We are the UK's trusted high-performance experts, powering our greatest athletes, teams, sports and events to achieve success. Through strategic leadership and investment of National Lottery and Government funds since 1997, UK Sport has transformed the high-performance sporting system, enabled British sports and athletes to win more Olympic and Paralympic medals than ever before and ensured the UK is recognised as one of the top nations in the world for event hosting capabilities.

OUR PURPOSE

Our purpose is to lead high-performance sport to enable extraordinary moments that enrich lives.

OUR MISSION

To create the greatest decade of extraordinary sporting moments; reaching, inspiring and uniting the nation.

OUR AMBITIONS

1

KEEP WINNING
AND
WIN WELL

2

GROW A
THRIVING
SPORTING
SYSTEM

3

INSPIRE
POSITIVE
CHANGE

A complete overview of the new strategic plan is available [here](#).

UK Sport's Strategic Plan 2021-31 involves some significant shifts for the high-performance sport community. While winning and being competitive at the highest level remains the priority, there is a recognition that sporting success creates a powerful platform to inspire and effect lasting positive change for individuals and society.

Keeping winning and win well includes an ambitious target of achieving a top five finish in the Summer Olympic and Paralympic medal tables in Paris and beyond while also becoming an ever-greater force in Winter Olympic and Paralympic sport. In parallel, there is a commitment to uphold the highest standards of ethics, integrity and athlete welfare while supporting a more diverse group of athletes to win medals across a broader range of Olympic and Paralympic sports.

As part of the second ambition around **a thriving sporting system**, UK Sport wants to drive increased collaboration and ensure every organisation which receives investment upholds the highest standards of ethics and integrity while also operating efficiently and effectively. Success needs to be sustainable and so UK Sport will be working with partners to unlock future investment while also making sure the UK continues to shape the future of high-performance sport on the world stage.

To achieve the third ambition, **inspiring positive change**, UK Sport will harness the power and platform of sporting success to drive change across wellbeing, diversity, inclusion and sustainability. This will be supported by an aspiration to see a growing, more diverse and engaged Olympic and Paralympic sport fanbase.



THE ENGLISH INSTITUTE OF SPORT EXPLAINER

WHO WE ARE

The English Institute of Sport (EIS) provides outstanding support services that enable sports and athletes to excel.

A network of over 300 world-leading experts and practitioners in science, medicine, technology and engineering enables sports and athletes to realise their potential.

Established in 2002 and grant funded by UK Sport, the EIS works in partnership with Olympic and Paralympic sports to put people at the heart of extraordinary performance.

At the Rio 2016 Olympic & Paralympic Games, the EIS worked with 93% of the athletes and 31 of the 34 sports that won a medal for Team GB and ParalympicsGB.

THE EIS HAS FIVE STRATEGIC OBJECTIVES

1

PEOPLE

Putting people at the heart of extraordinary performance, enabling them to be the best versions of themselves.

2

ENVIRONMENT

Operating elite high performance centres, home to hundreds of athletes, which are hubs for sport's fastest learning network.

3

HEALTH

Taking collective responsibility for enabling athletes to be physically and mentally well through reducing their risk of illness and injury.

4

PERFORMANCE

Delivering a culture of excellence in planning, innovation and support - shaping the future of human performance.

5

GOVERNANCE

Protecting sports and athletes by setting and upholding the highest governance standards and committing to ethical ways of working.

FROM HOME 2 THE GAMES

UK Sport and the English Institute of Sport are collaborating with Team GB, ParalympicsGB and 19 Olympic and Paralympic sports in its latest search for the athletes of the future – From Home 2 The Games.

The 17th to be run nationally since 2007 by UK Sport, in partnership with the EIS and the UK's Olympic and Paralympic high-performance community, From Home 2 The Games the first to leverage the power of both Team GB and ParalympicsGB.

From Home 2 The Games has been specifically designed to engage and encourage young people from all communities in the UK to explore their possibilities in Olympic and Paralympic sports that they may never have thought about getting involved with before, and consequently, discover untapped potential.

START YOUR JOURNEY

It is seeking to reach and engage 11-23-year-olds who are sporting or physically active to participate in Olympic sport and 15-34-year-olds with an impairment that makes them eligible to participate in Paralympic sport.

Potential athletes can now join From Home 2 The Games by completing three simple challenges and submitting their results at www.FromHome2TheGames.com

THE CHALLENGES ARE:

- For Olympic sport, potential athletes need to complete a 20m sprint, a broad jump and an open skill challenge.
- For Paralympic sport, potential athletes need to complete a 20m push or sprint, a pick-up and throw and an open skill challenge.

As part of the process, potential athletes will be encouraged to upload their scores and fill in a short form about themselves and their sporting background.

Submissions will close at midnight on Monday 6 September and then be reviewed by a team of expert sport scientists and coaches.

A select number of potential athletes will be invited to progress to the next stage of the process in the autumn with sessions held to further explore their opportunity to be a future Olympian or Paralympian and the possibility that a number will be selected to join National Governing Body development programmes.

*SUCCESS ISN'T WHERE YOU
COME FROM.*

*IT'S WHERE YOU'RE
GOING.*

TOKYO CYCLE IN NUMBERS

In partnership with The National Lottery, UK Sport has:



**Invested
£345m**

into 33 Olympic and Paralympic World Class Programmes



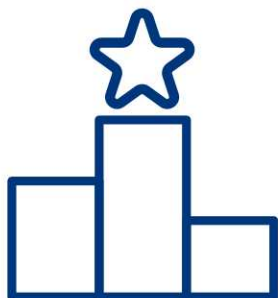
Through this, funded almost

1000 athletes

from across the UK, enabling them to realise their dreams

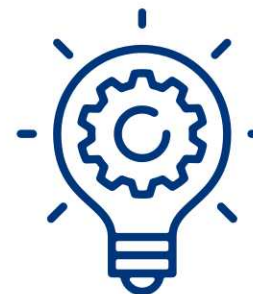
46 major events
staged in the UK across
25 towns and cities
covering **31 Olympic and Paralympic disciplines**

British athletes
have completed
27,101 volunteering appearances since 2016
inspiring clubs, communities
and children from all
corners of the UK



Provided a further
9 sports who will have
athletes at Tokyo with
£2.4m in Aspiration Funding and **£2.2m in Medal Support Plans**

The English Institute of Sport has:



138

Performance Innovation
projects delivered



Will provide more than
2000 cumulative
days of support during
Tokyo 2020



£67.4m

in funding from UK Sport
for the Tokyo cycle



Worked with **31** of the
34 sports and **93%**
of the athletes that won
a medal for GB at Rio
2016

UK SPORT INVESTMENT TOKYO & PARIS

Olympic World Class Programme	Tokyo World Class Programme Award (2017-2021)	Tokyo Medal Support Plan	Tokyo Aspiration Fund	Paris World Class Programme Award (2021-2025)
Archery		£930,379	£192,500	£2,134,257
Athletics	£23,007,531			£22,175,520
Badminton		£665,100	£281,679	£3,154,358
Boxing	£12,084,436			£11,395,507
Canoeing	£16,344,693			£12,207,836
Cycling	£24,559,306			£27,601,684
Diving	£7,223,280			£8,463,542
Equestrian	£12,541,195			£11,085,964
Gymnastics	£13,408,688			£12,510,990
Hockey	£12,905,612			£12,376,622
Judo	£6,564,334			£5,446,804
Modern Pentathlon	£5,498,321			£4,391,183
Rowing	£24,655,408			£22,212,008
Sailing	£22,249,000			£21,338,088
Shooting	£6,008,790			£5,802,749
Swimming	£18,731,645			£16,590,017
Taekwondo	£8,223,805			£7,776,898
Triathlon	£7,049,372			£6,806,550
TOTAL	£221,055,416			£213,470,576

Olympic Progression				Paris Progression Funding Award (2021-2025)
Climbing		£578,022	£200,700	£1,562,811
Fencing		£116,431	£226,200	£1,672,485
Skateboarding			£197,725	£1,672,485
Table Tennis			£325,100	£1,350,000
Weightlifting			£238,900	£1,350,000
TOTAL				£7,607,780

Olympic National Squads Support Fund				National Squads Support Fund Award
Artistic Swimming			£251,000	£216,250
				£216,250

FUNDING FIGURES

Paralympic World Class Programme	Tokyo World Class Programme Award (2017-2021)	Tokyo Aspiration Fund	Paris World Class Programme Award (2021-2025)
Boccia	£3,094,483		£3,473,835
Para-Archery	£2,669,092		£2,633,644
Para-Athletics	£8,937,070		£9,065,401
Para-Badminton	£949,595		£1,106,833
Para-Canoe	£3,017,671		£3,032,881
Para-Cycling	£5,661,328		£7,829,158
Para-Equestrian	£3,294,056		£3,011,243
Para-Shooting	£2,076,000		£1,692,915
Para-Rowing	£2,614,482		£3,139,577
Para-Swimming	£8,805,943		£7,829,248
Para-Table Tennis	£2,726,060		£3,717,787
Para-Taekwondo	£523,470		£563,162
Para-Triathlon	£2,852,775		£3,814,618
Powerlifting	£1,097,075		£1,612,722
VI Judo	£1,968,986		£847,618
Wheelchair Basketball	£4,603,219		£4,197,157
Wheelchair Fencing	£650,044		£1,599,819
Wheelchair Rugby		£510,000	£2,650,289
TOTAL	£55,541,349		£61,817,907

The figures listed do not include:

- Athlete Performance Awards (approximately £66m for Summer sports)
- Tokyo top up (approximately £800k) to support sports due to the Games being rescheduled



OLYMPIC & PARALYMPIC MEDAL RANGES

Extraordinary Games

UK Sport is taking a holistic approach to reviewing performance and evaluating success at the Olympics and Paralympics at what will be an extraordinary Games for British athletes in Tokyo and the public at home.

For UK Sport success at these unique Olympic and Paralympic Games is centred around:

- **Those British athletes selected having every chance possible to compete and return to the UK safely**
- **Providing the nation with moments that generate an immense source of pride and happiness**
- **Achieving our collective medal ranges**

Extraordinary Potential, Extraordinary Success

With a new mission to create the greatest decade of extraordinary sporting moments; reaching, inspiring and uniting the nation, UK Sport must play its part in ensuring that, as the Olympic and Paralympic high-performance community emerges from the coronavirus pandemic, it is robust and primed to deliver success over the long term.

Both Games are set to demonstrate a huge array of trailblazing athletes and more female role models than ever before, which UK Sport sees as a clear sign of the long-term health of the Olympic and Paralympic high-performance community with the next Games in Paris three years away.

Given the extraordinary circumstances presented to athletes, coaches and support staff in the build up to Tokyo, UK Sport has applied a number of factors to concluding the collective medal ranges for the Olympic and Paralympic Games, which placed significant importance on consulting and listening to sports.

UK Sport also utilised the sport intelligence and data analysis available from the limited amount of competition that has taken place to set these collective medal ranges.

For the Olympic Games it is 45-70 medals and for the Paralympic Games it is 100-140 medals.

Extraordinary Moments

Recent UK Sport research suggests Tokyo will enable British athletes from England, Northern Ireland, Scotland and Wales to come together and be a beacon of hope to inspire and reconnect the public to Olympic and Paralympic sport, as well as each other.

It states that 63% of the British public agree the Games will be an important opportunity for athletes to inspire the nation once again following the pandemic and that 73% of the public feel proud when our athletes succeed.

UK SPORT

Katherine Grainger Chair, UK Sport



Katherine, who has been the Chair of UK Sport since 2017, is one of Great Britain's most decorated female Olympic athletes. She was the first British woman to win medals at five successive Olympic Games.

Her gold medal in the double sculls at London 2012 followed silver medals at Sydney, Athens and Beijing. After a two-year break from the sport, Katherine returned in 2014 and won her record-breaking fifth medal, a silver in Rio.

Katherine was born and educated in Scotland and graduated in law from Edinburgh University. She went on to achieve an MPhil in Medical Law and Medical Ethics from Glasgow University.

She also has a PhD in the sentencing of homicide at King's College, University of London. She is a fellow of King's College, a Regent of Edinburgh University and has received honorary doctorates from nine universities. Since 2020 she has been Chancellor of the University of Glasgow.

WHO'S WHO

Sally Munday Chief Executive, UK Sport



Sally has spent her entire career working in sport and joined UK Sport as CEO in September 2019, having held the same position at England and GB Hockey for the previous 10 years.

In her first 12 months in the role Sally has helped to guide Olympic and Paralympic sport through an unprecedented period of change. Under her leadership, UK Sport secured financial support from Government to cover the extended Tokyo cycle, launched the Continuity Fund to help NGBs deal with the financial challenges created by Covid-19, while she also played a central role in developing the guidance for sports and athletes to return to training and competition.

During her time in hockey, Sally oversaw a golden era for the sport, with highlights including the Team GB women securing their first ever Olympic title at the Rio 2016 Games, the men's team finishing in fourth place at London 2012, their best Olympic Games finish in a quarter of a century, the successful hosting of the Women's Hockey World Cup in London in 2018 and a huge increase in participation in the sport since London 2012.

Domestically while at hockey, Sally was also an active member of the NGB CEO Forum and internationally represented her worldwide peers (CEOs in hockey) on the FIH Pro League Management panel. She has also held various other Board positions including as a Trustee for the charity the Youth Sport Trust, Non-Executive Director of the English Institute of Sport and a member of the Government's Sports Business Council.

UK SPORT

Simon Morton

Chief Operating Officer, UK Sport



Simon leads UK Sport's Major Events Programme which has helped to establish the UK as one of the world's leading hosts of international sporting events, a key component of the organisation's strategy to create the greatest decade of extraordinary sporting moments that reach, inspire and unite the nation.

During the last ten years he has overseen support for the bidding and staging of more than 150 World and European events in the UK and has been a Non-Executive Director on the Boards of the Organising Companies for the World Athletics Championships and World Road Cycling Championships.

He is also responsible for leading UK Sport's work to help develop a strong and connected sporting system across the UK, including the long-term organisational health of the national sporting bodies into which UK Sport invests. This includes leadership of UK Sport's work to help develop and implement the Code for Sports Governance, its activity to drive the highest standards of Integrity across high-performance sport, and its Equality, Diversity, and Inclusion Strategy.

Simon has worked in international elite sport for more than two decades. Before joining UK Sport, he was the Head of Marketing at the International Badminton Federation.

WHO'S WHO

Naomi Hicks

Director of Engagement & External Affairs, UK Sport



Naomi joined UK Sport in 2019 shortly after the appointment of new CEO Sally Munday, working as part of the Directors' Team responsible for creating the organisation's new strategy, to create the greatest decade of extraordinary sporting moments.

She oversees UK Sport's engagement, influencing and impact work; leading UK Sport's engagement, external affairs and social impact teams. Her focus is on harnessing the power of sport to drive social impact and change. She has held several senior leadership and consultancy roles working with charities, corporates and government departments alike, across strategy development, public engagement and social and environmental impact.

During her time at UK Sport Naomi has worked to maintain the partnerships with internal and external stakeholders through the challenging months of 2020 and 2021. She has also ensured the delivery of a strong, consistent and supportive communication and engagement strategy in that time, alongside actively developing the ambitious new strategy for UK Sport, to create the greatest decade of extraordinary sporting moments; reaching, inspiring and uniting the nation.

ENGLISH INSTITUTE OF SPORT

WHO'S WHO



Nigel Walker OBE
National Director



Dr Craig Ranson
Director of
Athlete Health



Matt Parker
Director of
Performance Innovation



Dr Kevin Currell
Director of Science and
Technical Development



Dr Rod Jaques OBE
Director of
Medical Services



Jamie Skiggs
Director of Finance and
Business Operations



Tash Carpenter
Director of
Communications



Jaqui Perryer
Group HR Director



Peter Elliott MBE
Director of
Operations



UK SPORT CONTACTS

Call the Press Office: 0207 211 5100

JESSICA WHITEHORN – Head of Communications

Jessica.Whitehorn@uksport.gov.uk

07747 562532

ROB ARNOTT – Senior Media Manager (In Tokyo for the Olympic Games)

Rob.Arnett@uksport.gov.uk

07787 841604

RYAN BANGS – Media Manager (In Tokyo for the Paralympic Games)

Ryan.Bangs@uksport.gov.uk

07884 118894

uksport.gov.uk



@uk_sport



UKSport



uk_sport



UK Sport

Funding Partners



Department for
Digital, Culture,
Media & Sport



Official Partners

BAE SYSTEMS



Strategic Partners



EIS CONTACTS

TASH CARPENTER – Director of Communications

Tash.Carpenter@eis2win.co.uk

07850 716679

GRACE CULLEN – Communications Manager

Grace.Cullen@eis2win.co.uk

07950 623051

JOHN REEVES – Communications Officer

John.Reeves@eis2win.co.uk

07840 047134

eis2win.co.uk



@eis2win



eis2win



eis2win



English Institute of Sport

