

Inspirational British Female Athletes

Athlete Fact File

Name: Denise Lewis

Date of birth: 27th August 1972

Sport specialisation: heptathlon



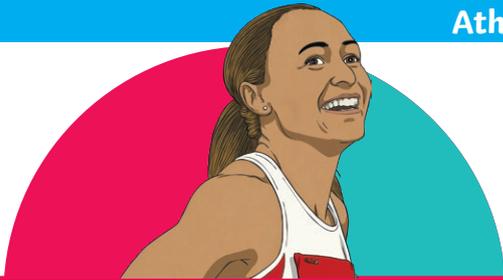
Denise Lewis is a **retired** athlete who won an Olympic gold medal in Sydney in 2000. Denise competed in the heptathlon. The heptathlon is an outdoor sport made up of seven events. These events are the 100 metre hurdles, the high jump, the shot-put, the 200 metres, the long jump, the javelin throw and the 800 metres.

After retiring from athletics, Denise became a **commentator** for lots of athletics events.

Did You Know...?

In the 2000 Olympics, Denise ran the 800 metres with a bandaged leg.

Athlete Fact File



Name: Jessica Ennis-Hill

Date of birth: 28th January 1986

Sport specialisation: heptathlon

Jessica Ennis-Hill is a retired athlete who won the Olympic heptathlon gold medal in London in 2012.

As a young child, Jessica would often go to athletics camps. Before her first Olympics, Jessica had already won lots of impressive medals, including a gold medal in the IAAF World Athletics Championships in 2009.

Today, Jessica provides the commentary for athletic events. She has also helped to write a book for children.

Did You Know...?

The first prize that Jessica ever won at an athletics competition was a pair of trainers.

Athlete Fact File

Name: Katarina Johnson-Thompson
Date of birth: 9th January 1993
Sport specialisation: heptathlon



Katarina Johnson-Thompson is a **heptathlete** who won a gold medal in the IAAF World Athletics Championships in 2019. Many people hope that she will also win the heptathlon gold medal in the next Olympics.

From a young age, Katarina competed in high jump and long jump competitions before taking part in her first Olympics in 2012.

Katarina is still competing in the heptathlon and is now training for the Olympics in Tokyo in 2020.

Did You Know...?

Katarina has two pet dogs called Bronx and Chorizo.

Athlete Fact File

Name: Dina Asher-Smith
Date of birth: 4th December 1995
Sport specialisation: sprinting



Dina Asher-Smith is a sprinter who competes in the 100 metres, the 200 metres and the 4 × 100 metre relay. In the IAAF World Athletics Championships in 2019, Dina won a gold medal in the 200 metres and made a new British record.

Dina is still competing and is now training for the 2020 Olympics, where many people are hoping that she will win lots of medals.

Did You Know...?

In 2017, Dina won a silver medal after recovering from a broken foot.

Glossary:

commentator: A person who comments on a sport or other event.

heptathlete: An athlete who takes part in a heptathlon.

retired: No longer doing that job.

Questions

1. Which athlete competes in the 100 metres, the 200 metres and the 4 × 100 metre relay? Tick one.

- Denise Lewis
- Jessica Ennis-Hill
- Katarina Johnson-Thompson
- Dina Asher-Smith

2. Draw three lines to complete the sentences. One has been done for you.

Denise Lewis	has two pet dogs.
Katarina Johnson-Thompson	won a gold medal in the Olympics in 2012.
Dina Asher-Smith	ran the 800 metres with a bandaged leg.
Jessica Ennis-Hill	broke her foot in 2017.

3. Which event did Dina Asher-Smith set a new British record in? Tick one.

- heptathlon
- 100 metres
- 200 metres
- 4 × 100 metre relay

4. What did Jessica Ennis-Hill do after retiring from athletics? Tick one.

- took up skiing
- started a trainer company
- helped to write a book for children
- trained for the next Olympics

5. What was the first prize that Jessica Ennis-Hill won at an athletics competition?

6. Look at the information on **Katarina Johnson-Thompson**.

Find and copy one word which means the same as **preparing** or **practising**.

7. Do you think that you would enjoy being an athlete? Explain your answer.
