

Inspirational British Female Athletes

Athlete Fact File

Name: Denise Lewis

Date of birth: 27th August 1972

Place of birth: West Bromwich

Sport specialisation: heptathlon



Denise Lewis is a retired athlete who won an Olympic gold medal for the heptathlon in Sydney in 2000. The heptathlon is an outdoor sport which is held on the track and on the field. It is 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.

Amazingly, during the last event of the 2000 Olympics, Denise ran the 800 metres with half of her leg in a bandage and she still won a gold medal!

Since retiring from athletics, Denise has started a successful television career and has provided commentary for many athletic events.

Did You Know...?

There is no men's heptathlon event in the Olympics.

Athlete Fact File



Name: Jessica Ennis-Hill

Date of birth: 28th January 1986

Place of birth: Sheffield

Sport specialisation: heptathlon

Jessica Ennis-Hill is a retired athlete who won the Olympic heptathlon gold medal in London in 2012. Alongside an Olympic gold medal, Jessica also earned a silver medal in the 2016 Rio Olympics before announcing that she was going to retire from athletics.

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

Following her retirement, Jessica has provided the commentary for a number of athletics events.

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

Place of birth: Liverpool

Sport specialisation: heptathlon



Katarina Johnson-Thompson is a heptathlete who won a gold medal in the IAAF World Athletics Championships in 2019. After her incredible performance, many people are now hoping that she will 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

Place of birth: London

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.

In February 2017, Dina broke her foot. However, she did not let this stop her. She went on to win a silver medal in the 4 × 100 metre relay in the IAAF World Athletics Championships just six months later.

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

Did You Know...?

Dina says that her mum and dad are her top supporters.

Questions

1. Which of these athletes does **not** compete in the heptathlon? Tick one.

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

2. Number the events from 1-4 to show the order that they occurred.

- Denise Lewis won a gold medal in Sydney.
- Dina Asher-Smith won the 200 metres with a new British record.
- Katarina Johnson-Thompson was born.
- Jessica Ennis-Hill won a gold medal in London.

3. How many months after breaking her foot did Dina Asher-Smith come second in the 4 × 100 metre relay? Tick one.

- five months
- six months
- seven months
- eight months

4. Draw four lines to match each athlete with their corresponding fact.

Denise Lewis

competed in the high jump when they were young.

Dina Asher-Smith

celebrates their birthday in August.

Katarina Johnson-Thompson

won a gold medal in the 2009 IAAF World Athletics Championships.

Jessica Ennis-Hill

competes in three separate events.

5. Which **two** athletes are still taking part in athletics competitions?

_____ and _____

6. Look at the section on **Dina Asher-Smith**.

Find and copy one word which means the same as **more than two**.

7. How likely do you think it is that Katarina Johnson-Thompson will win a gold medal in the next Olympics? Explain your answer.

8. Imagine that you are Jessica Ennis-Hill at the end of the London Olympics.

Explain how you are feeling. Use the text to support your answer.

Answers

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

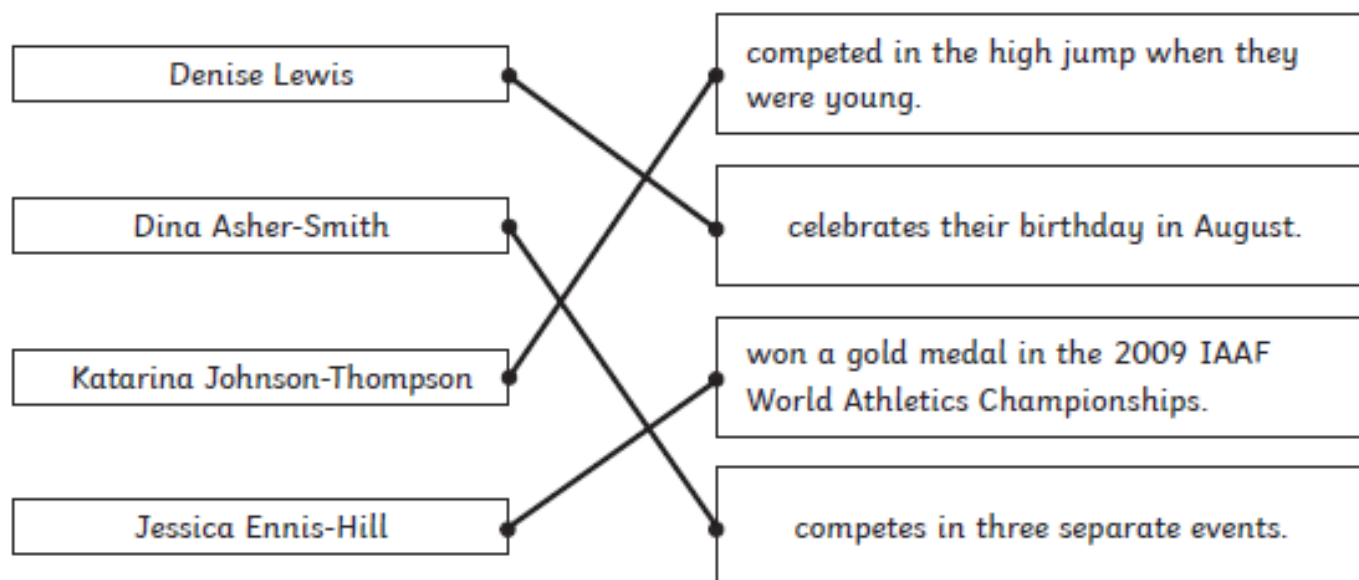
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5. Which **two** athletes are still taking part in athletics competitions?

Katarina Johnson-Thompson and Dina Asher-Smith

6. Look at the section on **Dina Asher-Smith**.

Find and copy one word which means the same as **more than two**.

several

7. How likely do you think it is that Katarina Johnson-Thompson will win a gold medal in the next Olympics? Explain your answer.

Pupils' own responses, such as: I think that it is extremely likely that Katarina Johnson-Thompson will win a gold medal in the next Olympics because she was able to win a gold medal at the IAAF World Athletics Championships in 2019. This means that she is currently one of the best heptathletes in the world.

8. Imagine that you are Jessica Ennis-Hill at the end of the London Olympics. Explain how you are feeling. Use the text to support your answer.

Pupils' own responses, such as: I feel amazing. I can't believe that I was able to win a gold medal for Great Britain while in Great Britain! I am so proud of myself and now I'm going to start training for the next Olympics.