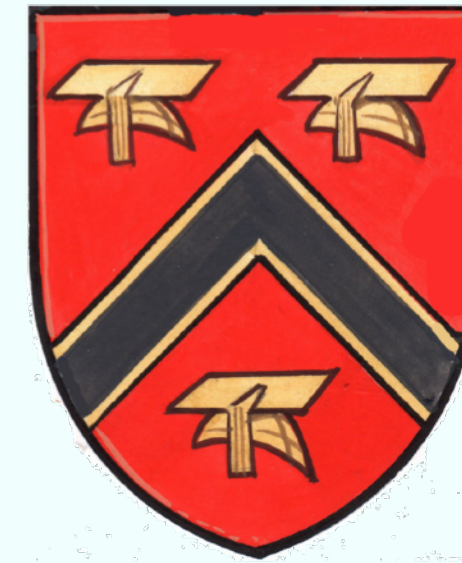




The Worshipful Company of Educators



The Educators' Trust

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# Excellence in Exercise and Sport Education

The Educators' Trust  
Annual Summer Event 2026

Monday 8 June 2026



CITY OF LONDON  
SCHOOL FOR GIRLS

# Welcome & Introductions

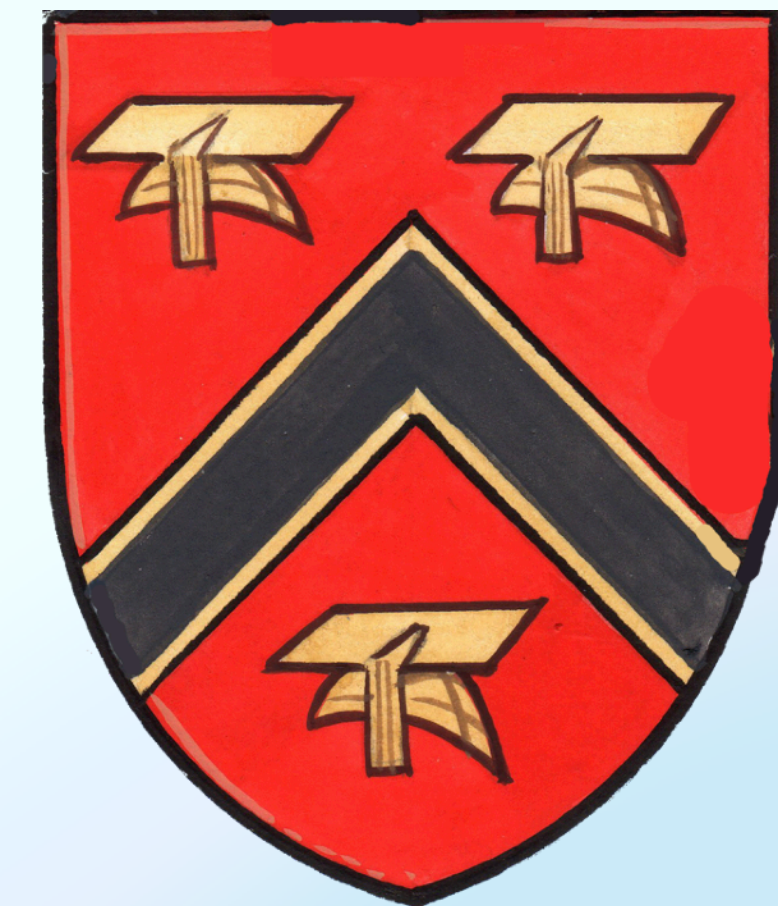


CITY OF LONDON  
SCHOOL FOR GIRLS

Jenny Brown  
Headteacher,  
City of London School for Girls



David Wootton  
The Master Educator



Dr Jennifer Somerville  
The Educators' Trust,  
Chair of Board of Trustees



CITY OF LONDON  
SCHOOL FOR GIRLS



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CITY OF LONDON  
SCHOOL FOR GIRLS

# Welcome & Introductions

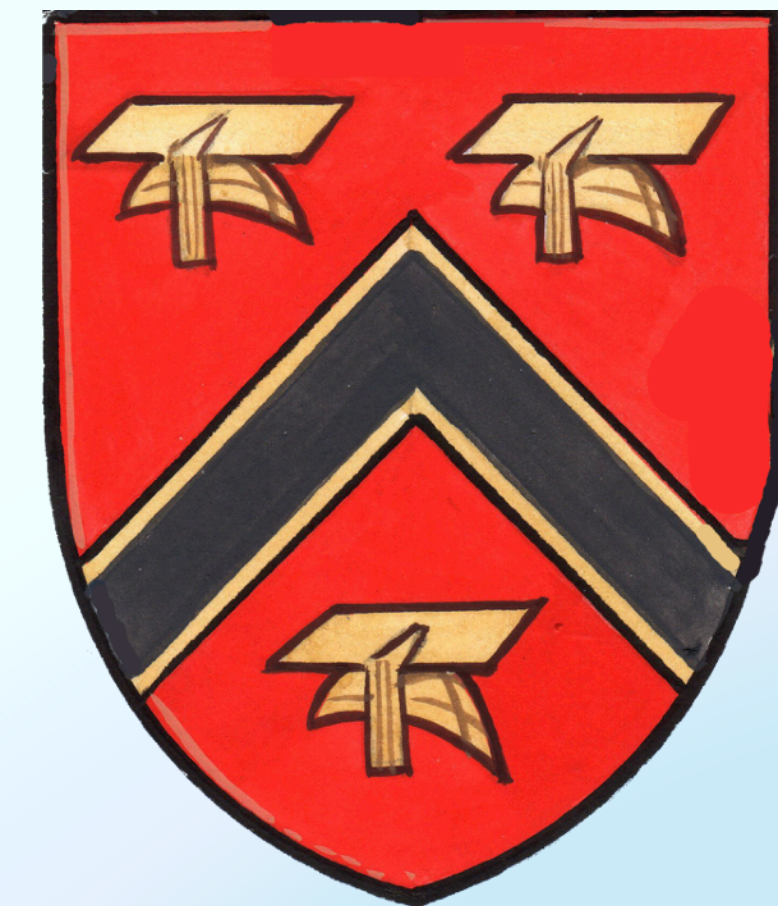


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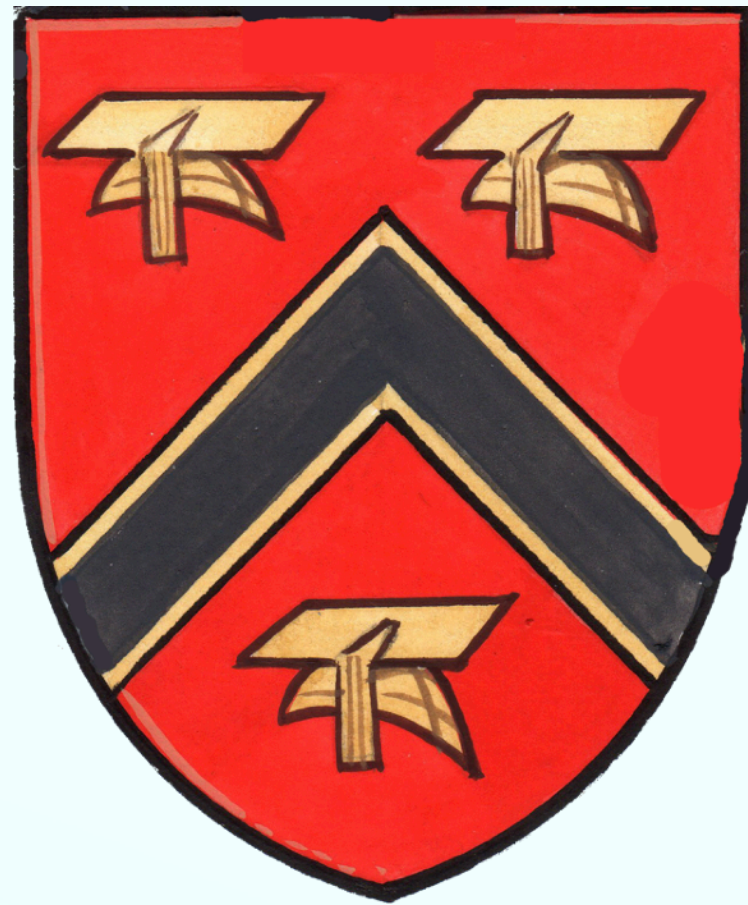


David Wootton  
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Dr Jennifer Somerville  
The Educators' Trust,  
Chair of Board of Trustees

# The Evening's Programme



Dr Jennifer Somerville  
**Chair of Board of Trustees**

## Award winners

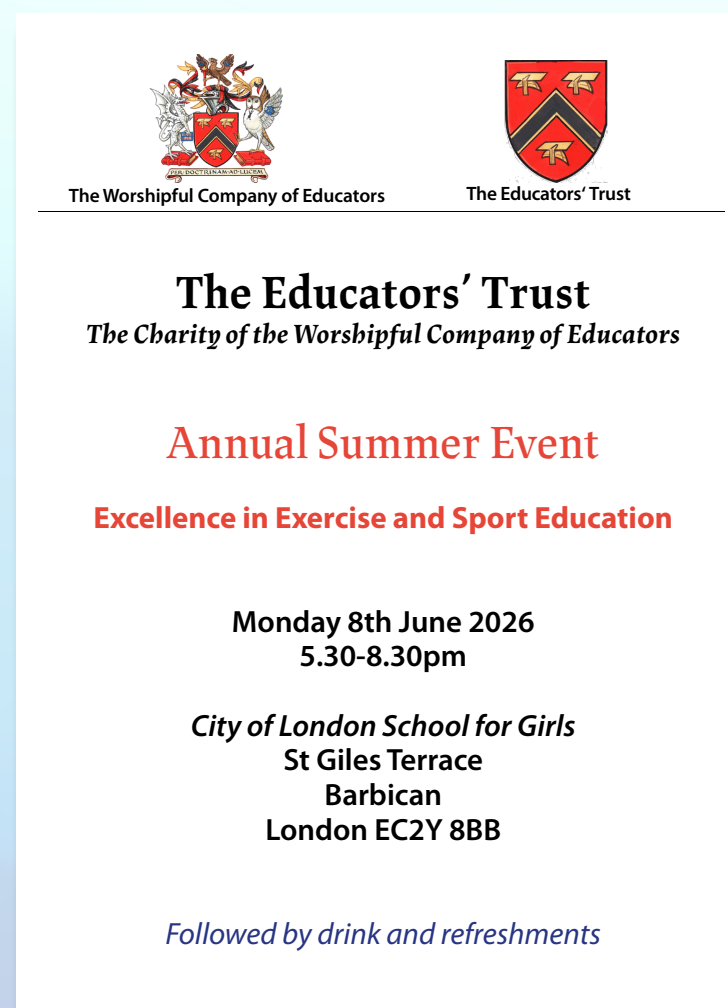
**Ian Gregory**, Chance to Shine;

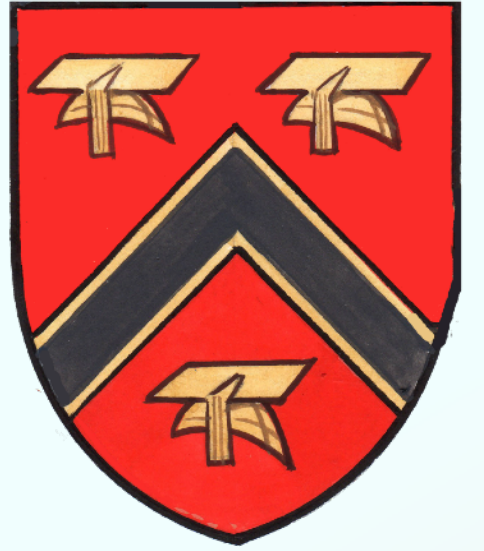
**David Pickering**, The Learning and Participation Department,  
the Royal Opera House;

**Craig Winrow**, Endurance and  
Performance Centre, St Mary's University, Twickenham

## Guest Speaker

**Alison Oliver**, CEO, Youth Sports Trust





*Award Winner*

# Ian Gregory

## *Chance to Shine*



**Inspirational Educator Award in Exercise and Sport Education 2026**



**CHANCE TO SHINE**  
Inspiring young people through cricket



# Educator's Trust – Summer Event

Ian Gregory – Schools Programme Manager, Chance to Shine



# OUR THREE PILLARS

Click the images below to link to video case studies

## SCHOOLS

Inspiring children to learn and develop through a positive experience



4,000+

PRIMARY SCHOOLS

## STREET

Raising aspirations and promoting social cohesion in disadvantaged communities



280+

STREET PROJECTS

## GIRLS

Creating opportunities and developing leadership skills for 11–16-year-old girls



200+

GIRLS' LEADERSHIP  
PROJECTS



CHANCE  
TO SHINE

## CTS OUTCOMES

Our programmes are designed to develop four outcomes for children and young people.

### Physical wellbeing

- Children develop a positive relationship with sport
- They have fun while learning how to play and building skills
- They are confident in their abilities
- They continue playing in school or in their community

### Mental wellbeing

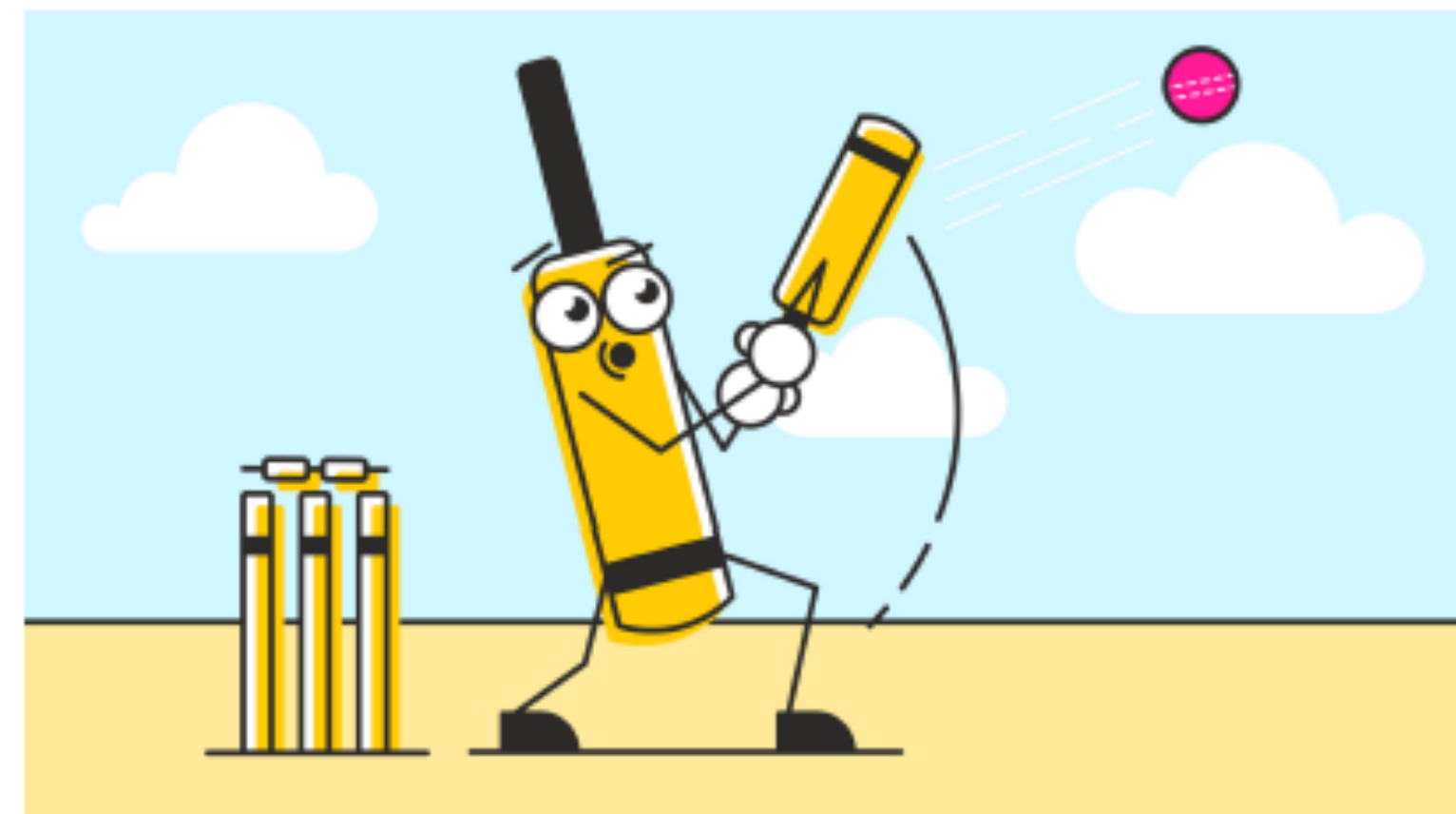
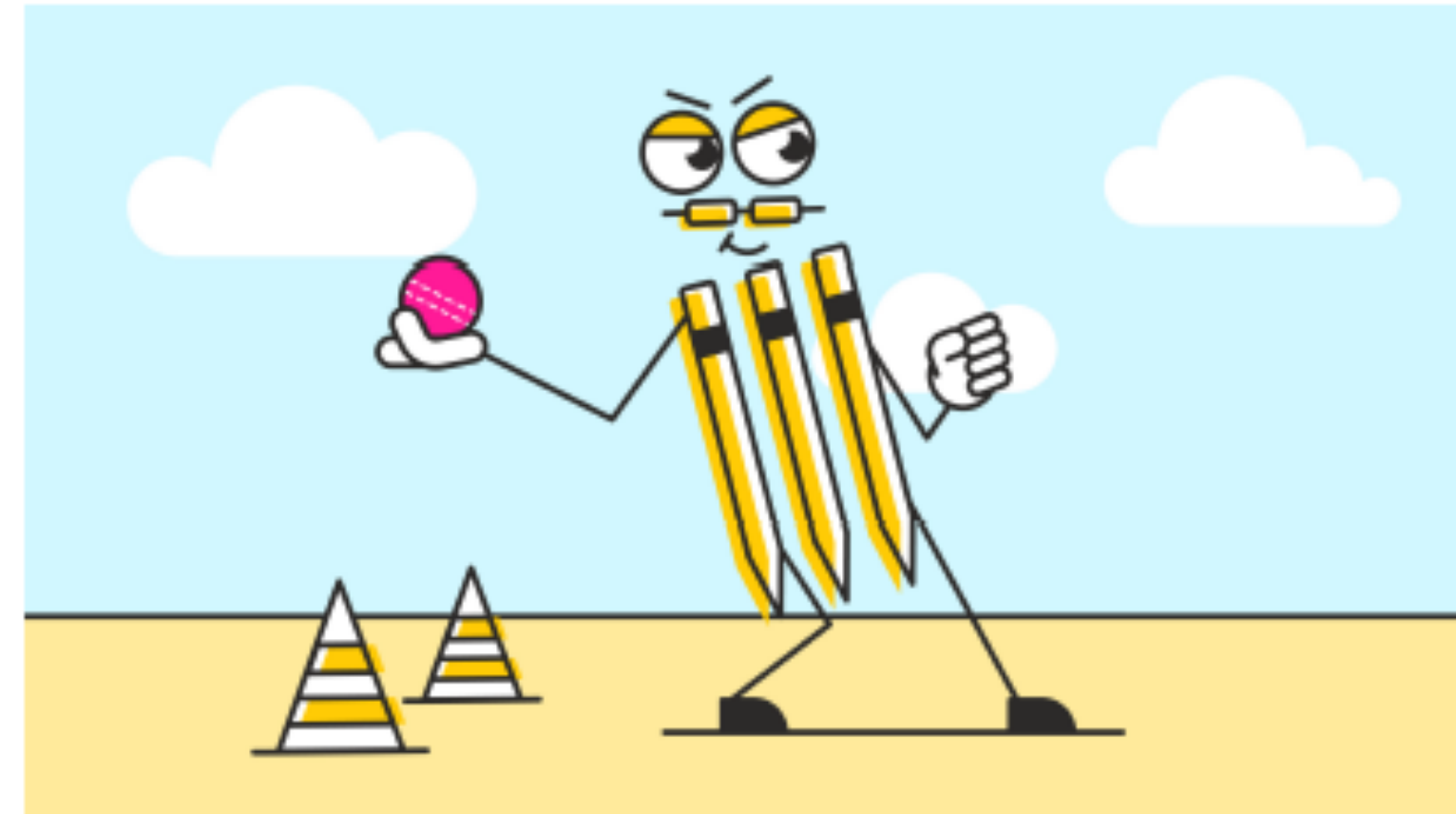
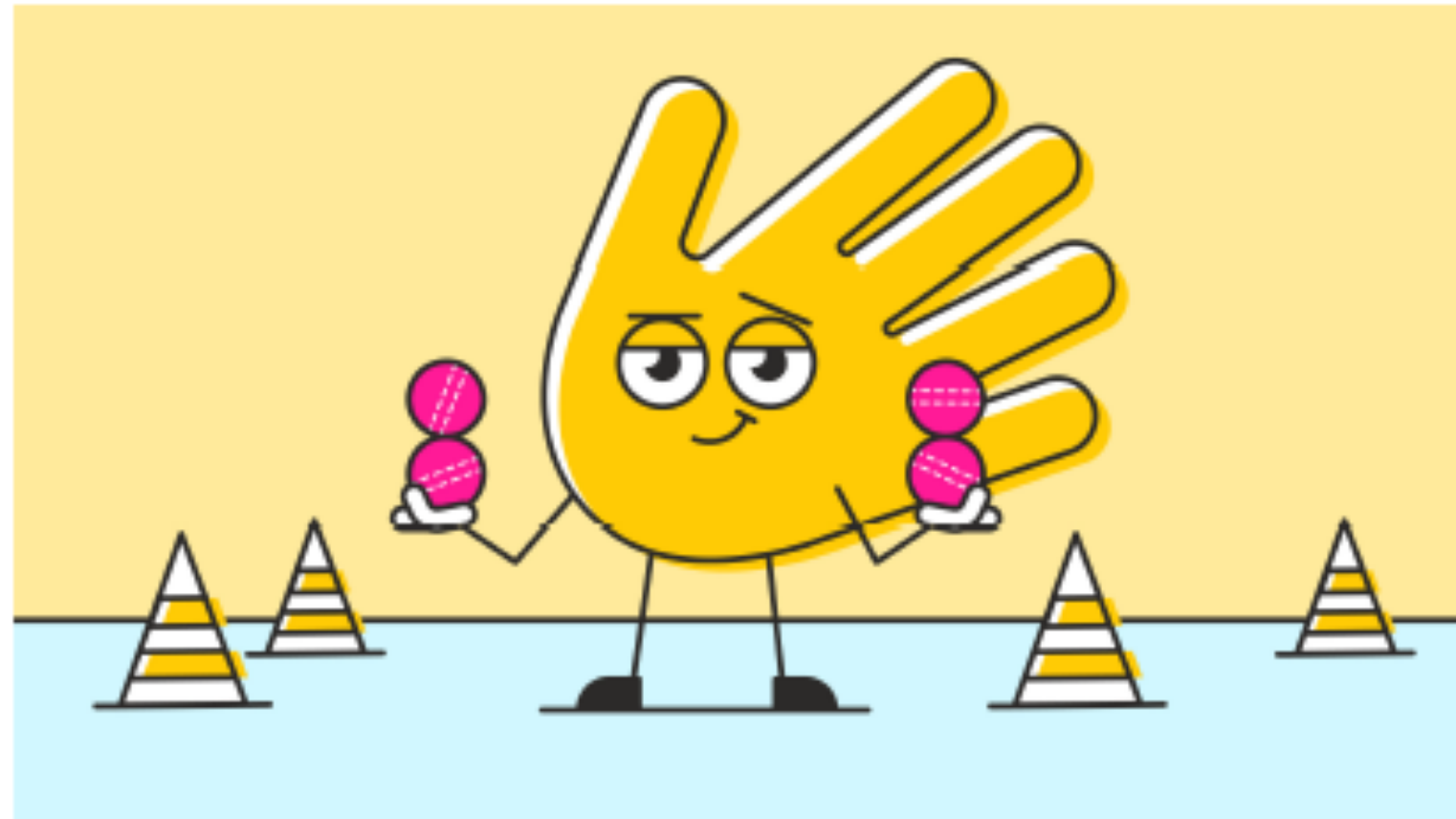
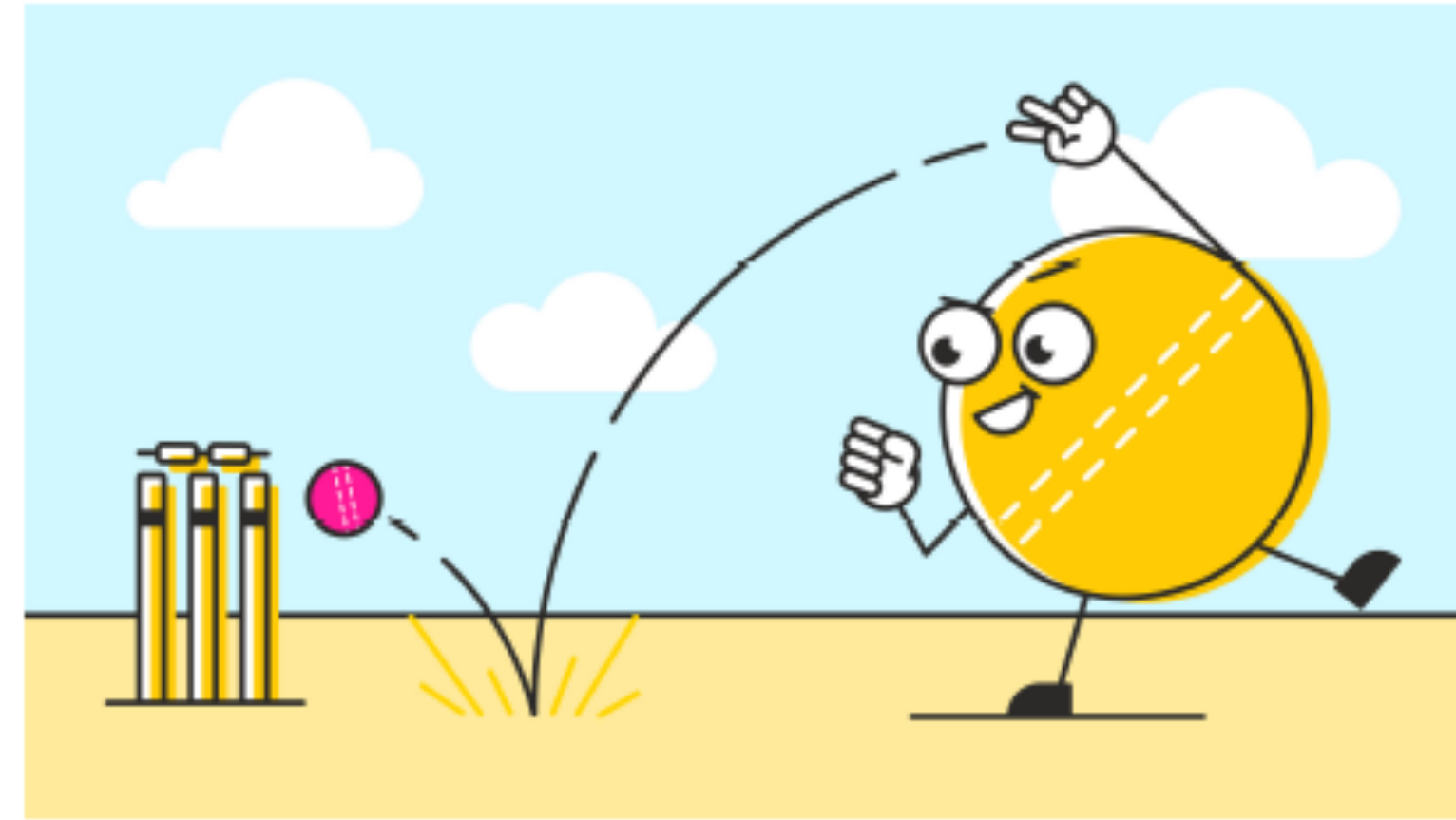
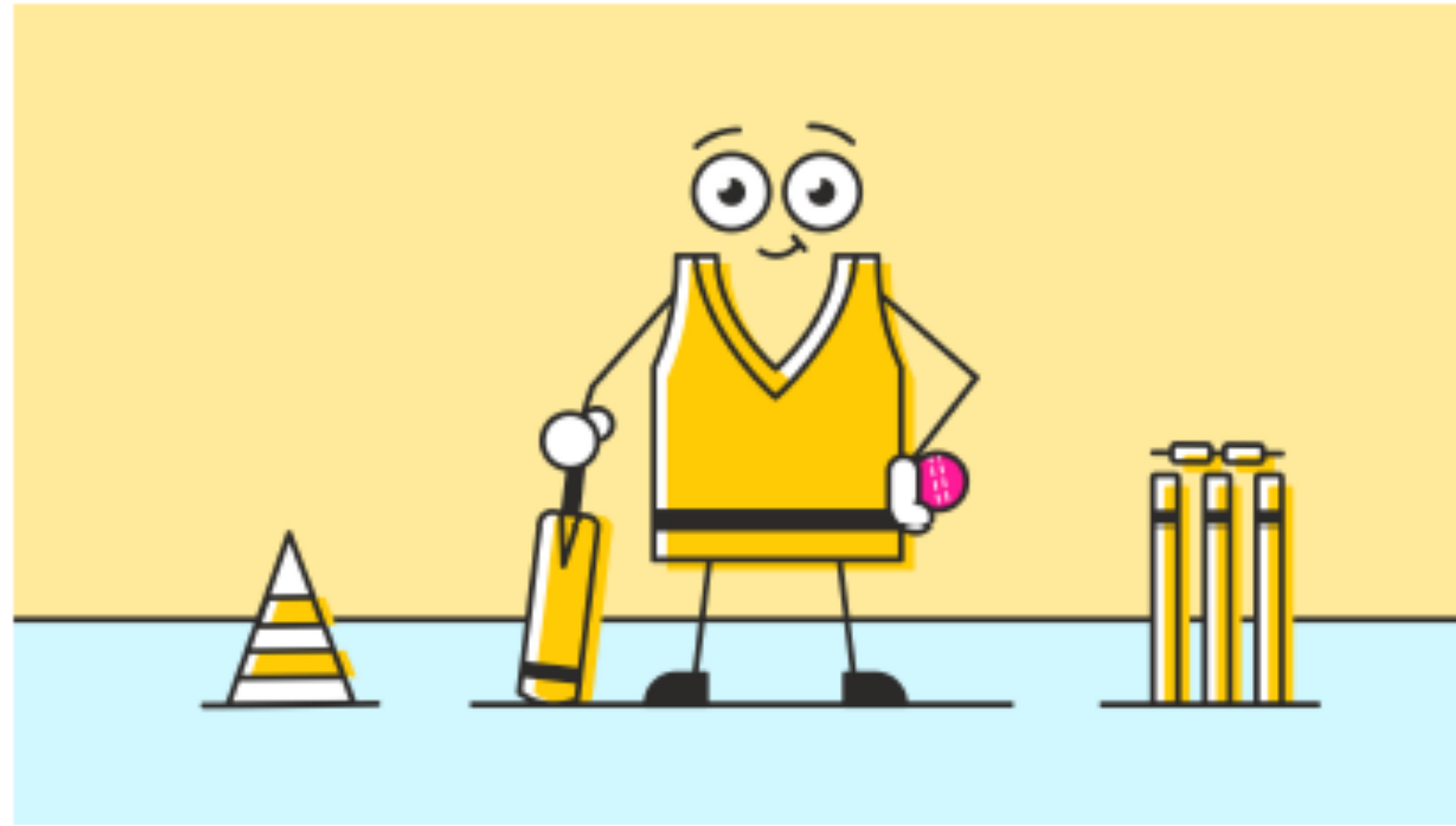
- Children are happy and confident
- They develop self-esteem and resilience

### Personal development

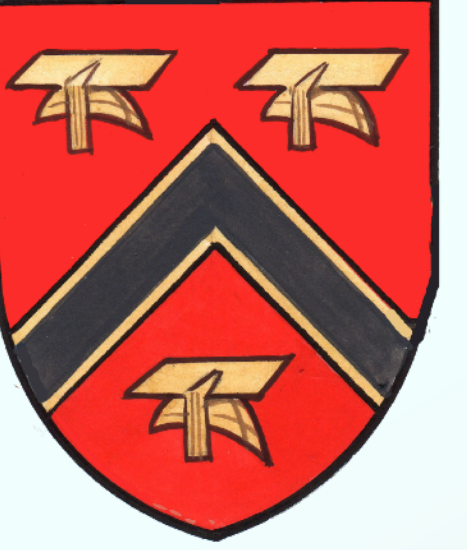
- Children develop teamwork, communication and leadership skills.
- They are engaged to learn.
- They have the information to make positive decisions.

### Social wellbeing

- Children have friends and role models
- They feel connected to their area and community







*Award Winner*

# David Pickering

*The Learning and Participation  
Department, the Royal Opera House*



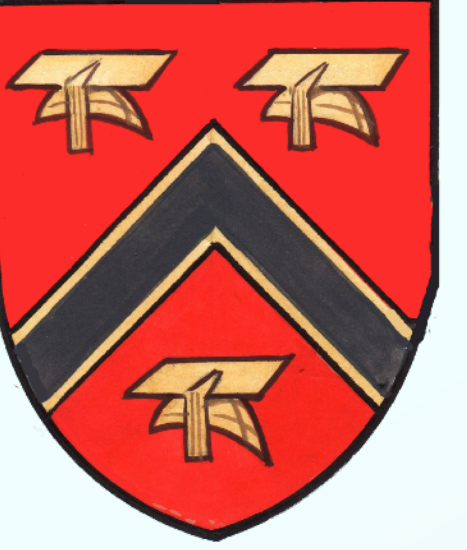
**The Keith Hutton Legacy Award for  
Theatre and Performing Arts Education 2026**





RAL  
BET

THE  
LONDON SCHOOL OF  
DANCE  
AND FITNESS  
CENTRE FOR THE  
ARTS AND  
SPORTS



*Award Winner*

**Craig Winrow**  
*Endurance and Performance Centre,  
St Mary's University, Twickenham*



**Inspirational Educator Award in Exercise and Sport Education 2026**



St Mary's  
University  
Twickenham  
London



# Endurance Performance Centre

**Craig Winrow**  
Performance Coach



@StMarysEPC



# Athlete 1984 - 1998



## Domestic Championships

- 1986 (14) 1st English Schools' Champs and championship record (800m)
- 1987 (15) 2nd English Schools' Champs (800m)  
1st U20 AAAs Champs (800m)
- 1988 (16) 1st English Schools' Champs and championship record (800m)
- 1989 (17) 1st U20 AAAs Champs (800m)
- 1994 (22) 1st Senior AAAs Champs (800)

## Major Championships

- 1989 (17) 1st European Junior Champs (800m)
- 1990 (18) 2nd World Junior Champs (4 x 400m relay)
- 1994 (22) Heat - European Indoor Champs (800m)
- 1994 (22) 4th Commonwealth Games (800m)
- 1994 (22) 6th European Champs (800m)
- 1996 (24) Atlanta Olympic Games (800m semi-final)

# Coach 1999 - 2026



## 1999 – 2005:

- **McNeese State University**
- **Division 1 NCAA**

## 2007 – 2026:

- **St Mary's University**
- **BUCS successes – XC, indoors & track**
- **GB Team Manager at global championships**

# History & Current Programme

- St Mary's has become a destination of choice for endurance runners of all abilities
- England Athletics Talent Hub
- TASS (Talent Athlete Scholarship Scheme) Delivery Site
- England Athletics YTP (Youth Talent Programme)



# Support Services

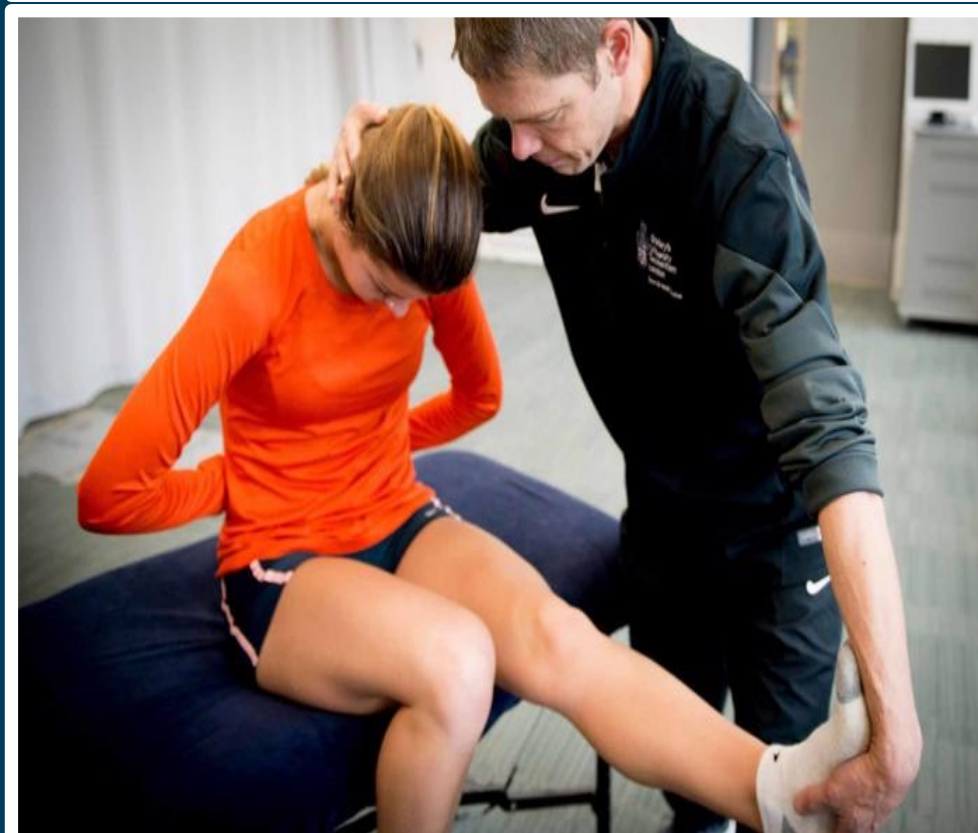
Physiology ( VO<sub>2</sub> Max)



Sports Massage



Physiotherapy TASS



Strength & Conditioning TASS



# EPC Annual Altitude Camp

Potchefstroom, South Africa (Easter) – Three-Week Camp



# Adelle Tracey



- 2015 European U23 Athletics Championships – 800m 4<sup>th</sup> place
- 2016 World Athletics Indoor Championships – 800m
- 2016 European Athletics Championships – 800m
- 2017 FISU Summer University Championships – 800m 4<sup>th</sup> place
- 2017 World Athletics Championships – 800m semi-final
- 2018 Commonwealth Games – 800m
- 2018 European Athletics Championships – 800m 4<sup>th</sup> place
- 2019 European Athletics Indoor Championships – 800m semi-final
- 2022 World Athletics Championships (Jamaica) – 800m semi-final
- 2022 World Athletics Championships – 1500m
- 2023 World Athletics Championships – 800m 7<sup>th</sup> place
- 2023 World Athletics Championships – 1500m semi-final
- 2024 Olympic Games – 800m/1500m
- 2025 World Athletics Championships - 800m/1500m

800m  
1:58.41

1500m  
3:58.77

# Andrew Osagie



800m  
1:43.77

2009 European U23 Champs – 800m  
2010 World Indoor Champs – 800m  
2010 Commonwealth Games – 800m  
2011 World Athletics Championships – 800m semi-final  
2012 and 2014 World Athletics Indoor Championships – 800m -  
Bronze medal  
2012 Olympics Games – 800m 7<sup>th</sup> place (1:43.77)  
2013 World Athletics Championships – 800m 5<sup>th</sup> place  
2014 Commonwealth Games and European Athletics  
Championships

# Ross Murray



1500m  
3:34.76  
  
Mile  
3:52.77

2012 British Champs – 1500m Silver medal  
2012 Olympic Games – 1500m semi-final

# Colin McCourt

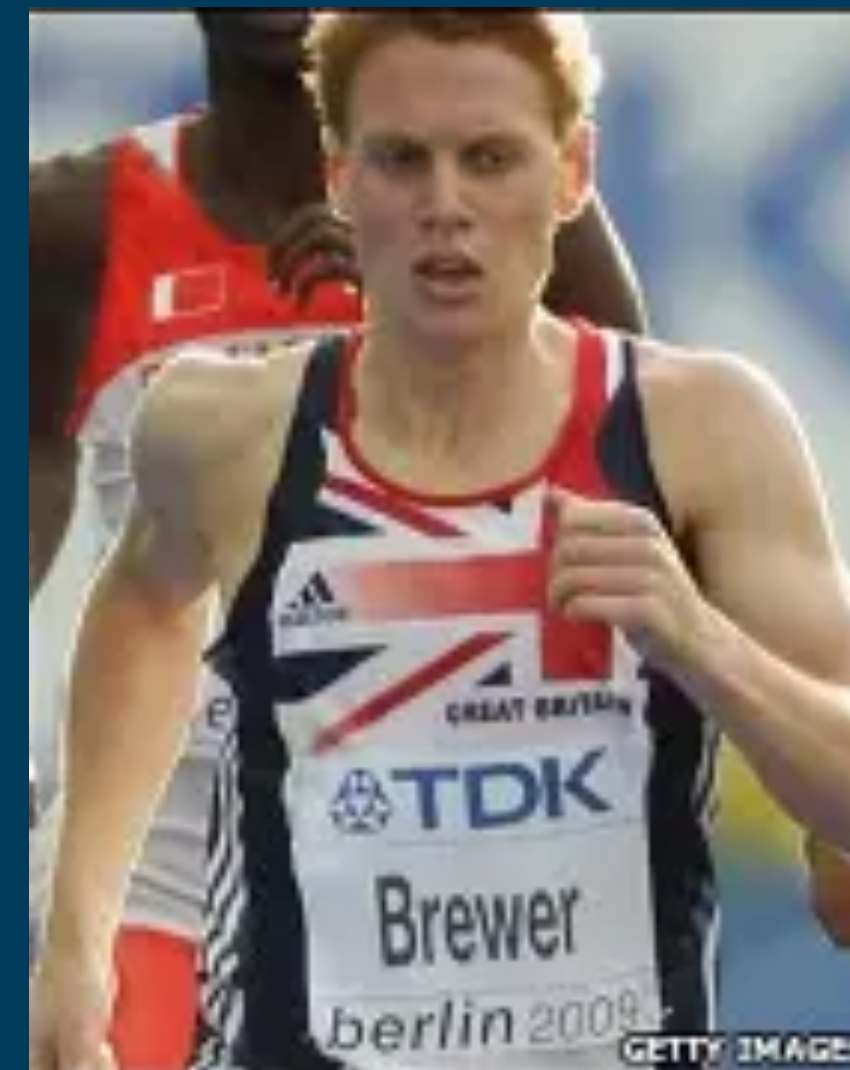
# James Brewer



800m  
1:46.73

1500m  
3:37.06

2010 European Athletics Championships – 1500m 9<sup>th</sup> place  
2010 Commonwealth Games – 1500m  
2010 European Team Championships – 1500m Gold medal  
2011 European Indoor Champs – 1500m



800m  
1:47.26

1500m  
3:37.17

2009 European U23 Athletics Championships – 1500m Silver medal  
2009 World Athletics Championships – 1500m semi-final  
2012 World Athletics Indoor Championships – 1500m

# Thomas Randolph

# Joe Wigfield



800m  
1:44.88

2021 European U23 Athletics Championships – 800m Bronze medal  
2024 European Championships 800m – semi-final  
2025 European Indoor Championships - 800m



800m  
1:46.11  
  
1500m  
3:36.09  
  
5000m  
13:45.76  
  
HM  
62:04

2019 European Athletics U20 Championships  
2022 U23 European Cross-Country Championships – 13<sup>th</sup>  
2023 World Athletics Cross-Country Championships – mixed relay  
2026 = British record holder 10k road  
2026 British Half Marathon Champion

Samuel Charig

Joshua Hobbs

Matt McKenna



800m  
1:46.18

1500m  
3:35.69 |

2025 FISU Summer University 1500m – Bronze medal  
2025 British Championship 1500m 3<sup>rd</sup> place



2024 HM  
66:50

2025 HM  
64:29

2025 FISU Summer University – Half Marathon



2024 European U18 Champion

2026 British Record U20 Indoors 1:47.19

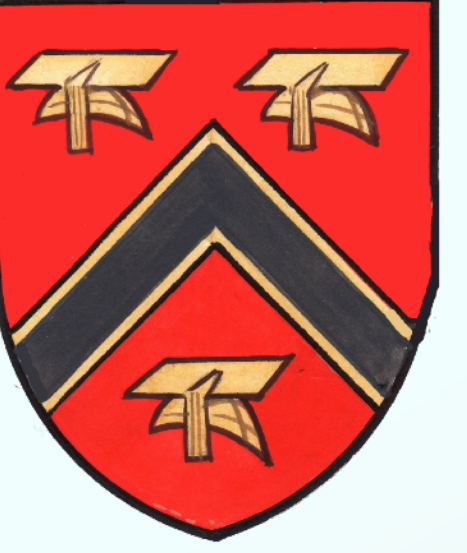
# EPC Athletes Selected for Major Championships

	'04	'05	'06	'07	'08	'09	'10	'11	'12	'13	'14	'15	'16	'17	'18	'19
Olympic Games	3				8				11				10			
World Championships		5		4		5		2		3		3		9		4
World Cross Country		9	8	4	8	8	9	9		5		3		4		2
World Indoors	2		1		6		4		3		3		3		2	
World Juniors			2		4		1		1		1		0		0	
Commonwealth Games			11				9				13				12	
European Championships			6				6		9		7		6		10	
European Indoors		3		4		4		5		1		4		2		3
European Cross Country		5	6	10	11	10	11	10	10	10	6	6	5	5	5	

# Endurance Performance Centre

- 20+ years of international success
- England Athletics Talent Hub
- TASS Delivery Site
- Olympic, World and European athletes
- Integrated academic, coaching and support services
- Developing athletes from participation to podium

Craig Winrow contact details:  
[craig.winrow@stmarys.ac.uk](mailto:craig.winrow@stmarys.ac.uk)



# *The Wider Picture*



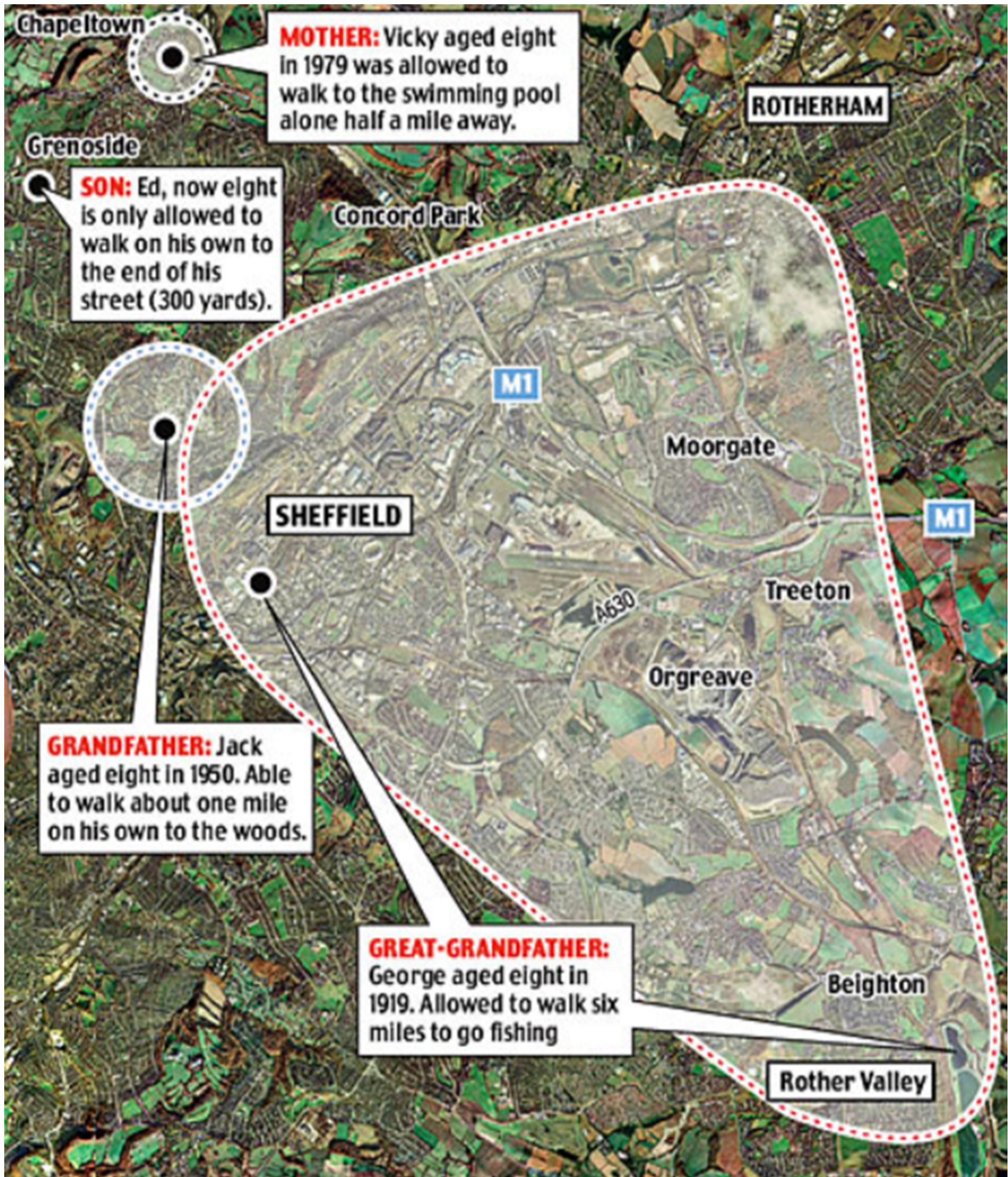
**Alison Oliver**  
***CEO, Youth Sports Trust***















*Well Culture. Lead Well. Move Well. Live Well.*

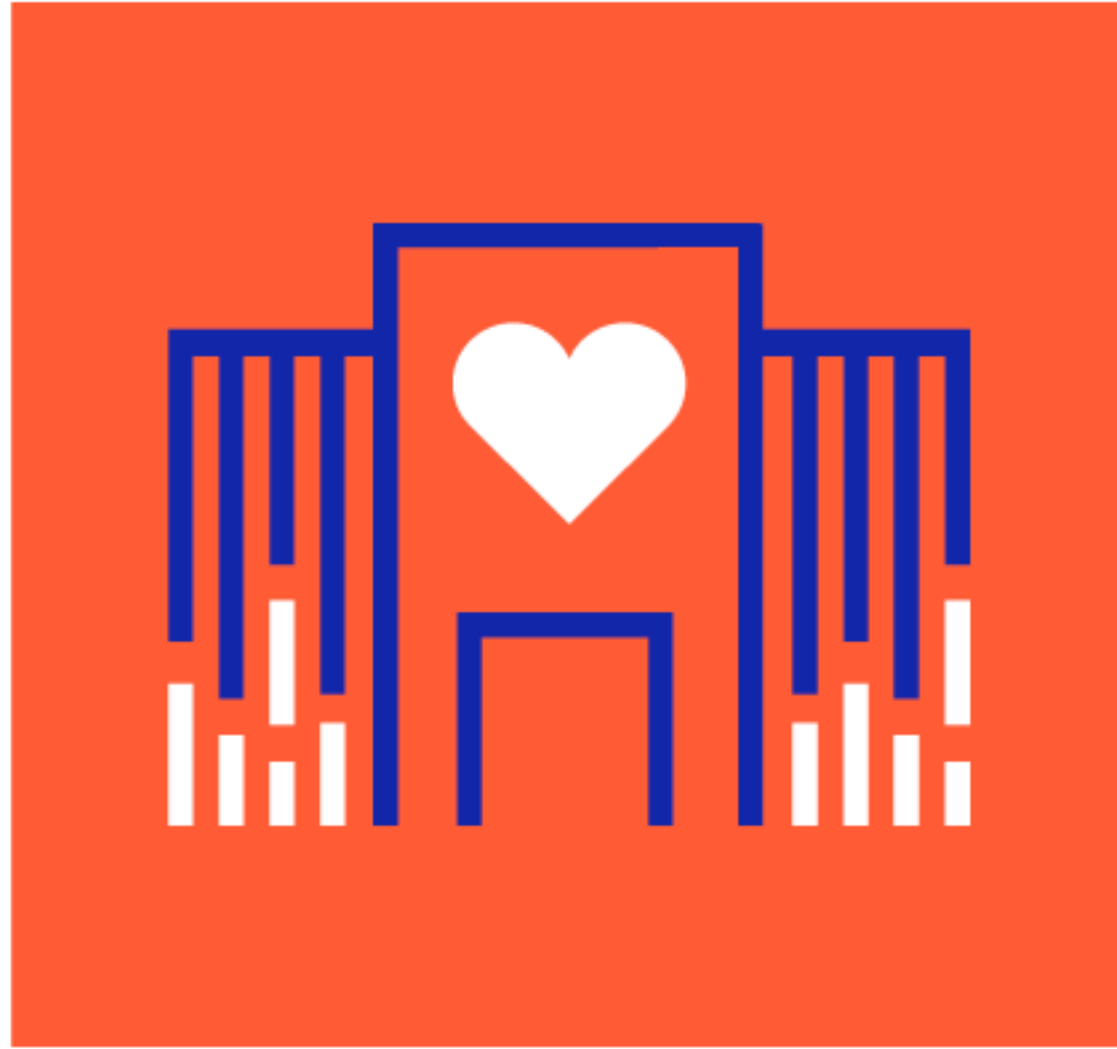


**YOUTH  
SPORT  
TRUST**

**WELL  
SCHOOLS**



# A Well School, Well Trust



## *Well Culture*

Senior leaders put health and wellbeing at the heart of the school and create a culture of belonging



## *Lead Well.*

Staff and pupils are empowered to shape and lead their school



## *Move Well.*

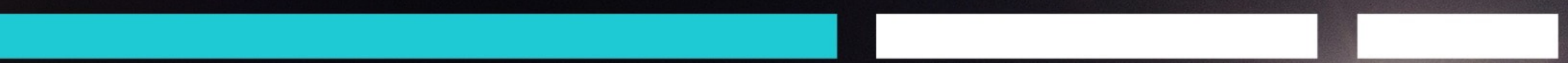
Every pupil is prepared physically and mentally for learning and for life



## *Live Well.*

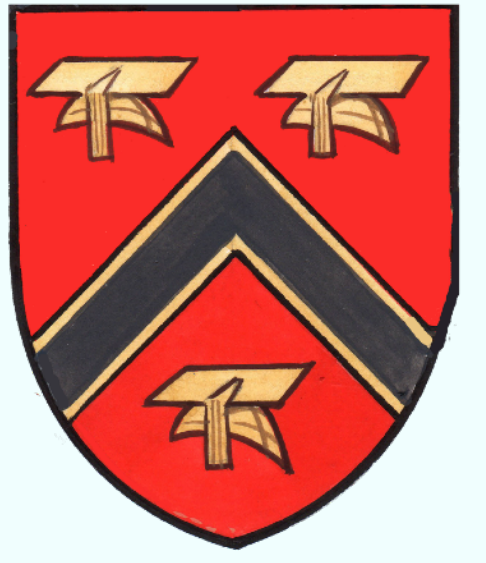
Every pupil is equipped with the essential skills and experiences to thrive in a digital world





# *Shape the world, one game at a time*





# Conversations

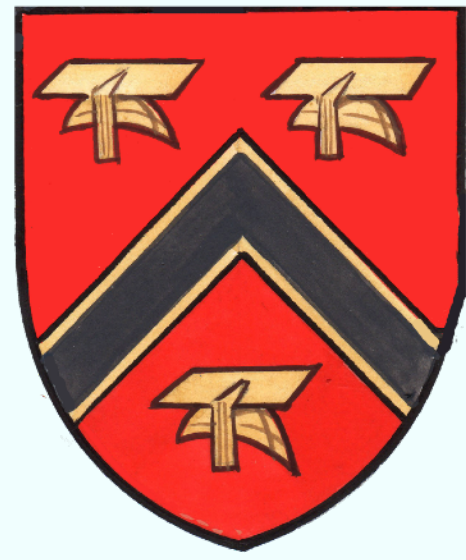


# Closing Remarks



David Wootton  
**The Master Educator**





**The Educators' Trust Board**  
 thanks the  
**City of London Girls School**  
 for all this evening's arrangements  
 including the  
*refreshment to which*  
*we now invite you!*



FOUNDED IN 1997  
**HOLROYD HOWE**  
 FEEDING INDEPENDENT MINDS  
 Catering exclusively for  
*Independent schools*

**The Educators' Trust**  
**08.06.2026**

*Whipped Feta & Slow Roasted  
 Tomato Crostini*

\*\*\*

*Hot Smoked Salmon, Lemon Cream  
 Cheese & Capers on Cucumber  
 Discs*

\*\*\*

*Confit Duck Leg with Hoisin Sauce*

\*\*\*

*Indian Spiced Chicken & Mango  
 Mini Naan*

\*\*\*

*Caramelised Goat's Cheese with  
 Strawberry Puree*

FOUNDED IN 1997  
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