

LONDON 2012 OLYMPIC AND PARALYMPIC GAMES - THE LEEDS ROLE OF HONOUR

IN THE POOL

1. Sarah Barrow - 10m Synchronised platform

Sarah continued her good form with impressive performances at the recent diving championships in Sheffield, putting in Olympic medal standard scores on the synchronised dive with partner Tonia Couch.

Dates to watch: 31st July

RESULTS = 5TH PLACE

2. Alicia Blagg - 3m Synchro

Just 16, Alicia heads to London already having gained experience of international competition finishing 4th and 8th at the 2010 Delhi Commonwealth Games. Alicia won gold at the recent British championship and finished fifth at the Europeans

Dates to watch: 29th July

RESULT = 7TH PLACE

3. Claire Cashmore - Disability swimming (various disciplines)

Claire is bronze medal holder from Beijing 2008 and 2 gold and 2 silver from the 2009 World Championships in Rio. Claire holds the world record for 100 IM (short course) as well as the team world record for the 4 x100 medley relay (long and short course).

Dates to watch: 30th August

4. Rebecca Gallantree - 3m Synchro and 3m individual springboard

Rebecca, 27, already has Olympic experience, competing in Beijing 2008. Rebecca looks to improve on her fantastic top 10 performances at the European Championships this May

Dates to watch: 29th July and 3rd-5th August

RESULT = 7TH PLACE IN SYNCHRO, 18TH IN INDIVIDUAL WITH A SCORE OF 267.10

5. Jack Laugher - 3m Springboard

Aged 17 Jack's performance at the Sheffield championships saw him take the British champion crown. He heads into the Games having made a successful transition to senior competition over the last 12 months and recently improved upon his personal best

Dates to watch: 6th and 7th August

RESULTS = FINISHED 27TH AND DID NOT MAKE FINALS

6. Adam Scholefield - Water polo team

The Leeds lad has successfully made it to the Team GB squad as one of Britain's top centre forwards and is currently in Dublin at a holding camp. Adam plays for a Hungarian club side and is used to international competition.

Dates to watch: rounds start 29th July, gold medal match 12th August

RESULT = DID NOT PROGRESS BEYOND GROUP STAGE

7. Ed Scott - Water polo team

Ed is valued for his goalkeeping role and helped the team achieve a best ever fourth place at the 2009 European B Nations trophy event.

Dates to watch: rounds start 29th July, gold medal match 12th August

RESULT = DID NOT PROGRESS BEYOND GROUP STAGE

8. Hannah Starling - 3m Springboard

Hannah makes her Olympic debut having impressed at her debuts at both the World and European Championships. Hannah won Bronze at the recent British championships and is constantly improving her performance as we gear up for London 2012

Dates to watch: 3rd – 5th August

RESULTS = NARROWLY MISSED OUT ON A PLACE IN THE FINAL BY 0.75 POINTS, FINISHING IN AN AGONISING 13TH PLACE (FIRST 12 INTO FINAL)- SCORE 313.95

ON THE ATHLETICS TRACK

9. Hannah Cockroft - Wheelchair sprinter.

As the world record holder over four distances Hannah has been training well for this summer. Hannah is originally from Halifax and trains in Leeds. She is currently in London for the Paralympic Team GB launch.

Dates to watch: 31st August

10. Johanna Jackson - 20km Racewalk

The reigning commonwealth champion in the 20km racewalk Jo has her sights firmly on a top 8 place this summer. Jo trains at Leeds Metropolitan University and has Olympic experience from Beijing 2008

Dates to watch: 11th August

11. David Webb - Marathon

Dave trains and lives in Leeds where he works as a chartered accountant. He was selected to represent Team GB as one of three men in the marathon after an impressive finish at the South Korea World Championships. Dave did not compete in April's London marathon in order to focus on the Olympics

Dates to watch: 12th August

RESULTS = WITHDREW AHEAD OF RACE WITH A STRESS FRACTURE

12. Laura Weightman - 1500 metres

Competing at her first Olympics, Geordie born Laura trains at Leeds Met and is under the expert guidance of Steve Cram. Laura secured her qualification and became national champion at the recent Aviva trials, after being nurtured through the 'On camp with Kelly' scheme set up by former Olympic gold medallist Dame Kelly Holmes

Dates to watch: heats 6th and 8th August, medal events 10th August

RESULTS = QUALIFIED FOR THE FINAL WHICH IS ON FRIDAY

ON THE ROADS

13. Lizzie Armitstead - Road and track cycling

The Otley born racer is a cycling success story within Team GB. A silver medal winner from the Commonwealth Games 2010 Lizzie will head into the London games with confidence.

Dates to watch: 29th July (road race) and 1st August (individual time trials)

RESULT = SILVER MEDAL IN ROADRACE, 10TH PLACE IN TIME TRIAL

14. Alistair Brownlee - Triathlon

World Champion in both 2009 and 2011 and ranked world number 1 Alistair has worked hard to come back from a recent injury scare to be ready to take on the best in Hyde Park this summer.

Dates to watch: 7th August

RESULTS = GOLD MEDAL

15. Jonny Brownlee - Triathlon

competing alongside his brother, Jonny has had a fantastic lead in to the Games coming first in both the Madrid and San Diego World Triathlon series this May. We will watch eagerly as the brothers battle it out for position

Dates to watch: 7th August

RESULTS = BRONZE MEDAL

16. David Stone MBE – Disability cycling

David is already a double gold medal winner from Beijing 2008 and will be keen to defend his titles on home soil this summer. He is in great form heading into the Games, having finished 4th in the road race and 2nd in the time trial at last year's World Championships.

Dates to watch: 5th and 7th September

IN THE RING

17. Nicola Adams - 51kg Flyweight boxing

Nicola comes into her Olympic debut in fantastic form and has already made history as the sport itself makes its debut in London. Having won silver in the recent World Championships in China Nicola's sights are set firmly on medal positions

Dates to watch: rounds 5th and 6th and 8th August, medal fights 9th August

RESULTS = GOLD MEDAL

OTHER EVENTS

18. Gareth Evans - 69kg Weightlifting

Gareth is making his Olympic debut, after coming third in the Commonwealth Championships in South Africa. He began lifting aged 12 in Scotland and has gone on to perform consistently well, training at the Leeds Met High Performance Centre

Dates to watch: 31st July

RESULTS = CAME 8TH IN GROUP B, WITH BEST LIFT OF 158Kg, giving a total of 288Kgs

19. Debbie Flood - Women's quadruple scull rowing

After gaining silver medals in both Athens 2004 and Beijing 2008 Debbie is aiming to go one better this year. Debbie is originally from Guiseley and now trains in Berkshire where she will complete her Olympic preparations

Dates to watch: heats 28th and 30th July, medal events 1st August

RESULT = 6th PLACE

20. Ali Jawad-56kg - Paralympic powerlifting

Former World and European junior champion, this is Ali's second Paralympics. He used to compete in Judo as well but now concentrates solely on lifting

Dates to watch: 31st August

21. Jack Oliver - 77kg Weightlifting

Jack achieved a personal best at last year's World Weightlifting Championships in Paris and is in fine form heading into the Games. Jack trains at the Leeds Met High Performance Centre

Dates to watch: 1st August

RESULTS = 4TH IN GROUP B (non-medal contending group) lifting 140 in the snatch, 170 in the C&J, giving a total of 310kg

22. Natasha Perdue - 69kg Weightlifting

Natasha makes her Olympic debut this summer following in the footsteps of her late father Terry. Natasha is originally from Swansea but now lives and trains in Leeds and, until very recently, worked here at the Council.

Dates to watch: 1st August

RESULTS = 12TH IN GROUP A FINAL, LIFTING 92 IN THE SNATCH AND 113 IN THE CLEAN AND JERK, GIVING A TOTAL OF 205

23. Micah Richards - Football

The Manchester City superstar, originally from Leeds, is topping off a fantastic season as Premier League champion by being selected as one of the three over 25 players by Stuart Pearce to represent Team GB

Dates to watch: group stages 26th July – 7th August, medal events 11th August

RESULT = LOST ON PENALTIES TO SOUTH KOREA IN QUARTER FINALS