

Cast

in order of appearance

Shania Andrews	LENORA CRICHLLOW
Brian	PHIL DAVIS
Craft	JAMIE HOWARD
Evs	JAHVEL HALL
Daze	RICHIE CAMPBELL
Tara	TIANA BENJAMIN
Neesha	CHANI BENTSI-ENCHILL
Toddler	MILES CONSTABLE
Auntie	MICHELLE JOSEPH
Lisa Temple	LILY JAMES
David Temple	RUPERT GRAVES
Ellie Temple	EMMA FIELDING
Jane	LOUISE FORD
Danielle Lloyd	CHLOE MICHAUD
GB Qualifiers Official	MARK PENFOLD
Tommy Southern	NOEL CLARKE
GB Training Centre Official	EMMA HANDY
Belle Newman	LASHANA LYNCH
Rachel	HANNAH FRANKSON
Trix Warren	LORRAINE BURROUGHS
Sarah	DOMINIQUE TIPPER
Carl	BRADLEY JAMES
Lisa's Coach	GINA ISAAC
Eldridge	DAVID SHELLEY
Sean Warren	DANIEL FRANCIS
Darren	JASON LEWIS
Party Guest	ANWAR LYNCH
Nathan Warren	TYRESE MAYNE
TV News Presenter	TIMOTHY BENTINCK
Worlds Commentator	PAUL DICKENSON
GB Worlds Official	SIMON CHANDLER
Sports TV Presenter	IWAN THOMAS
Trackside TV Presenter	KATHARINE MERRY
Radio DJ	MARGHERITA TAYLOR
Stadium Announcer	JAMES RICHARDSON
Athletics TV Commentators	COLIN JACKSON
	JONATHAN EDWARDS

**FOOTAGE**

Relay Team: America	ANNIE TAGOE
	LESLEY OWUSU
	AMBWENE SIMUKONDA
	TUNRAYO NUBI
	MONIQUE DAVIS
	ABIGAIL EDWIN

Relay Team: Sweden	ELISE WALKER
	GRACE SHEPPARD
	LOUISE WOOD
	KIM WALL
	CLARISSE GOFFARD
	AMANDA PIERY
	LAEL TAYLOR

Relay Team: Ukraine	JOEY DUCK
	UGNE LIUKSAITYTE
	EMMA PATON
	ROSIE MARINO
	KIRSTY SHEPHERD
	GRACE CLEMENTS
	EMMA PAVELY
	EMILY MCNALLY

	EMILY FLANDER EMILIE OSBOURNE JENNA HAWKEY
Relay Team: Spain	DONNA-LOUISE BRYAN KRYSTAL GALLEY CHLOE VERNON HAMILTON SALLY HUGHES ELISE LOVELL KAREN REAL
Relay Team: Nigeria	MELISSA OWUSU-ANSAH DALH HAYNES AMARI LALEMI JACOBS SUSANNA BANJO IFE MATTHEWS PHYLLIS AGBO ASHLEIGH NELSON
Relay Team: Czech Republic	ANNABELLE LEWIS KATRINA COSBY SAMANTHA BROWN SARAH DRIVER DANIELLE HOLBROOK LAEL TAYLOR
Relay Team: New Zealand	STACEY DOWNIE CLAIRE WARD CSEPI ASZTALOS KARLA DREW ANASTASIA VOLOVIKOVA
Relay Team: Brazil	ANIKE SHAND WHITTINGHAM ANGELA RICCI SHANICE HARRISON GABRIELLA ADE-ONOJOBI LEIGH LENNON MONIQUE GERAGHTY NYSHIA JORDAN
Relay Team: Trinidad & Tobago	LAUREN AMIE PAROLA BIRCH RACHEL CHRISTIE ADELLE TRACEY MEGAN EDWARDS LAURETTA CURTIS YIMIKA ADEWAKUN MICAH BARNES NYSHIA JORDAN
Relay Team: France	BECKY McLINDEN GEMMA MALSTER EMMA LYONS TANIA CYRUS LUCINDA INSTALL-JONES
Relay Team: Jamaica	NICOLA ROFFE TWINELLE HOPESON TOREMA THOMPSON BIANCA WILLIAMS AZARIA FRANCIS
Shania Double	VICKI COLE NATALIE JOWETT
Lisa Double	ASHLEIGH HORROBIN UGNE LIUKSAITYTE EMILY McNALLY
Belle Double	LESLEY OWUSU
Trix Double	KIRSTY SMITH
Fundraiser Guests	JEANETTE KWAYKE

SHANI ANDERSON  
MAGGIE SARAI  
JADE-ELISE LORENTZ  
MICAH BARNES  
YASMIN PHILLIPS

Athletes: Qualifiers VANESSA NAMWANGA  
RACHEL ARNHEIM  
NELLEKE QUISPTEL  
LARA NYMAN

Athletes: Barcelona JAZMIN SAWYERS  
JESSICA ABIDDE  
SOPHIA SIMPSON  
EMMA LOUISE CARGILL  
MONIQUE FORDE  
ANNISHIA LUNNETTE  
DONNAGENE DAMENS

World Championship Athletes JAMES TEMPLE  
JULIE IDOWU  
EVANS NORTEY  
DEJI SASEGBON  
GAVIN JOHNSON  
JASON ADAJE  
TANIA CYRUS  
ANNA WILLIAMS  
JANA NEHRIZOVA  
BILEN AHMAT  
DAVID CORFIELD  
NICK GAYLE  
TREMAYNE GILLING  
DWAYNE DOWDING  
ERROL HOUSTON  
BEN NOY  
OLIVER NORFOLK  
OTHMANE RAKIB  
PAUL SLATER  
PAULA KAYE  
ANNE SCHERER  
KOLA ADEDOYIN  
BEN HAZELL  
SHOLA JOHN-OLOJO  
DANIEL LEWIS  
PAUL RUSHWORTH  
STEPHEN BALL  
JONATHAN ILORI  
LAWRENCE TSE

Linford the Dog OTTO

Additional Material by JON CROKER

Additional Editing by TOM HEMMINGS

Hair and Make Up Designer DARREN EVANS

Executive Music Producer MARK LO

First Assistant Director MATT CARVER

Post Production Supervisor MARIA WALKER

Sound Mixer TIM WHITE

Production Co-ordinator	DENISE HANRAHAN
Athletic Consultants and Trainers	JEANETTE KWAKYE SHANI ANDERSON
Accountant	EMMA BENDELL
Script Supervisor	JANICE SCHUMM
Unit Publicist	JULIA JONES
Brand Consultant	GEORGINA SPRING
Production Secretary	JASMINE BECKER-WILLIAMS
Skillset Production Trainee	STEPHANIE VAUGHAN
Casting Assistant	ANNA COOPER
Second Assistant Director	JOEY COUGHLIN
Crowd Second Assistant Director	ALINA PAPP
Third Assistant Director	SARAH MOONEY
Production Assistant	FABIO MAYOR
Set PA	SONNY GILL
Location Manager	CHARLIE HAYES
Unit Manager	JAMES BUXTON
Location Assistant	SARAH-KATE LEWIS
Supervising Art Director / Standby Art Director	JONNIE ELF
Assistant Art Director	REBECCA SLADE
Graphics Art Director	CAROLINE BAILEY
Set Decorator	FRAN COOPER
Focus Puller	RALPH RAMSDEN
Clapper Loader	ROLAND PHILIPS
Steadicam Operator	LEO BUND
B-Camera Operator	WILL HANKE
Loading Data Technician	CHEMA GOMEZ
Skillset Camera Trainee	DANIEL WOMBWELL
Skillset Video Trainee	MARTYNA KNITTER
Gaffer	HARRY WIGGINS
Best Boy	TOM LEA
Electricians	DEAN HOLTON MARK ALVAREZ
Grip	TOM PITTMAN
Set Costumer	AMY TAPPER
Costume Assistant	GEMMA VEITCH
Additional Set Costumer	CRESSIDA CONNOLLY
Costume Trainee	HANNAH HOPKINS
Hair and Make-up Supervisor	AJ JUTTILA
Prop Master	MIKE MALIK
Stand-by Props	OWEN MANN
Dressing Props	PHIL JONES
Stand-by Prop Assistant	BEN FERGUSON
Assistant Dressing Props	SONNY WILLIAMS
Boom Operator	TOM WILLIAMS
Second Boom Operator	JODIE CAMPBELL
Assistant Accountant	MICHAEL MUNGROO

EPK Recorded by  
CUPCAKE PICTURES  
STEPHANIE THEOBOLD • PHIL DORE

Unit Nurse MORAG WEBSTER  
Health & Safety Advisor MICK HURRELL

Unit Driver JERRY HAMSHAR  
Unit Driver ANTHONY PAUL TOBIE  
Minibus Driver JOHN AYERS

Facilities Captain DAVE CARTER  
Camera Truck ANDY LIVESLEY  
Make-up Truck NIGEL ROBERTS

Runner Dailies  
SALOUM NJIE • JESSICA JOLLEY • TERESA ORLANDO  
GARETH LEWIS • TOM PAYTON • CHARLOTTE HANDS • ALEX TAYLOR-KAY

B-Camera Loader Dailies  
JAMIE ROBERTS • LEO FAWKES • WILL WILLIAMSON

Grip Dailies BOB FREEMAN

Hair & Make Up Dailies  
BIANCA SCOTT • LOUISE HINTON • SARAH NUTH • THOM SHAW  
YASMINA BIENTEBE • MINNIE SHAR • CLAIRE DE GRAFT • IAN FULCHER

Additional Photography

Production Manager DENISE HANRAHAN  
Production Assistant STEPHANIE VAUGHAN  
Production Runner SEAN GRIFFIN

Accountant LOUISE O'MALLEY  
Assistant Accountant SARAH HUNT

1st Assistant Director SIMON J AGUIRRE  
2nd Assistant Director SARAH MACFARLANE  
2nd Crowd Assistant Director JOE BARLOW  
3rd Assistant Director TOM EDMONDSON  
3rd Crowd Assistant Director BEN QUIRK  
Floor Runner LAURIE MAHON

Director of Photography RALPH RAMSDEN  
B Camera Focus Puller FRAN WESTON  
MARK NUTKINS  
B Camera Clapper Loader MARK GEE  
Steadicam IAIN MACKAY

Script Supervisor MARNIE PAXTON-HARRIS

Costume Supervisor AMY TAPPER  
Set Costumer ALICE SPEAK  
Additional Set Costumer ELIZABETH RICHARDS  
Costume Maker JENNIFER LANDER

Gaffer MICHAEL MACDERMOTT

Rigging Gaffer BENNY HARPER

Location Assistant LEX DONOVAN

Hair and Make Up Designer AJ JUTTLA  
Hair and Make Up Artist BIANCA SCOTT

Prop Master RAY MCNEILL  
Stand-by Props BEN FERGUSON  
BRIAN WEEKS

Dressing Props STEVE PARNELL

Boom Operator NICK GILLETT  
2nd Boom Operator HENRY DYER

Physiotherapist JOHN GREEN  
Unit Nurse BARRY STONE  
Unit Driver MARTYN GILES  
OREST ANDRIJIW  
Mini Bus Driver NIGEL HANAWAY

First Assistant Editor JOHN DWELLY  
Second Assistant Editor MEREDITH LEECE  
Supervising Sound Editor RICHARD KONDAL  
Supervising Sound Designer ALEX JOSEPH  
Dialogue and ADR Editor MICHAEL WABRO  
Sound Effects Editor MARTIN CANTWELL  
Foley Editor LOUISE BROWN  
Sound Editor ED COLTMAN  
Foley Recordist SIMON TRUNDLE  
Foley Artists IAN WAGGOTT  
PAUL HANKS  
ADR Recordists NAOMI DANDRIDGE  
CRAIG IRVING

Re-Recording Mixers STEVE SINGLE  
RICHARD KONDAL  
ALEX JOSEPH

Dolby Engineer ROBERT KARLSSON

Strings Recorded by REALSTRINGS.COM  
PETE WHITFIELD

VFX Supervisor JAMES ETHERINGTON  
VFX Producer SAM SPACEY  
Digital Artists ELYSIA GREENING  
BLAKE LAING-SMITH  
CHARLOTTE JACOBSON  
JUSTIN MACDONALD  
U-SUN I HU  
EMILIA GUSTAFSSON  
HOLLY GOSNELL  
PAUL TUERSLEY

Nuke Artist RICHARD PALIN

Matte Painter DOUG WINDER

Systems and Data I/O CRAIG ALLISON  
RICK THOMSON  
TOMMY NIKJOO

DI Colourist DAN COLES  
DI Editor STEPHEN GARRETT  
Senior DI Producer TODD KLEPARSKI  
Digital Recording DAN DOLAN  
CLIFF THOMAS  
JIMMY SAUL

Data Management MATTHEW BENNS  
ADRIAN POOLE  
JONATHAN SYKES

Laboratory Contact KEITH BRYANT  
Dailies Project Manager JAHANZEB HAYAT  
Digital Supervisor DANIEL MULLIGAN

Archive Researcher PETER SCOTT

Archive Footage Provided by BBC SPORT  
FASTTRACK  
GETTY IMAGES

In Association with **UNSTOPPABLE ENTERTAINMENT**

For BFI Film Fund

Senior Production and Development Executive **CHRISTOPHER COLLINS**  
Story Editor **JON CROKER**  
Head of Production **FIONA MORHAM**  
Senior Business Affairs Executive **SARAH CAUGHEY**  
Head of Production Finance **IAN KIRK**

For Prescience and Aegis Film Fund

Head of Administration **ANNA BRAZINOVA**  
Accounts Clerk **CLARE KIRBY**  
Senior Administrator **SUTHAN SELVACHANDRAN**  
Director of Film Finance **ANNE SHEEHAN**  
Commercial Director **JAMES SWARBRICK**  
Office Administrator **LAUREN WRIGHT**  
Legal **DAVID QUILI • DAN WHYBREW**  
of **WIGGIN LLP**

For STUDIOCANAL

Head of UK Development **DAN MACRAE**  
Head of UK Legal and Business Affairs **STEPHEN MURPHY**  
Chief Financial Officer UK **JAMES FORDE**  
Chief Operating Officer UK **ROBB SMITH**  
Head of UK Physical Production **LESLEY STEWART**  
Head of Publicity & Corporate Communications **SUZANNE NOBLE**  
Head of UK Theatrical Marketing **HUGH SPEARING**  
Head of UK Theatrical Publicity **NEIL BHATT**  
Head of UK Servicing **KRISTY LUXFORD**  
Head of UK Theatrical Distribution **JOHN TRAFFORD-OWEN**  
General Manager UK Home Entertainment **JOHN RODDEN**

For Ealing Metro International

Head of International Sales and Distribution **WILL MACHIN**  
Executive Vice President Sales **NATALIE BRENNER**  
Director International Sales **ROY SMITH**  
Sales and Acquisitions Manager **SAM PARKER**  
Festival and Marketing Director **JEMMA SANDS**  
Press and Marketing Director **JOJO DYE**  
Head of Legal and Business Affairs **ANDERS ERDEN**  
Head of International Servicing **LINDA DEACY**

With Special Thanks

**JADE JOHNSON • LIZ BIRCHALL • LISA MATTHEWS**  
**LYNN BLADES • SKIP GRANT • GERRI CARR • SELINA JONES**  
**TASHA DANVERS • LOUISE HAZEL • SEAN CURRY • SHAUN COYNE**  
**JAMES CALDER • PATSY HADEN • HELEN WELLINGTON**  
**ISHMAEL BECKFORD • REMI WILSON • SARAH LOVE**  
**SUSIE WILLIAMS • HARVEY EDGINGTON**

With Special Thanks

**AVIVA • UKA • ADIDAS**

With Thanks

**LEE VALLEY ATHLETICS CENTRE**  
**CRYSTAL PALACE NATIONAL ATHLETICS CENTRE**  
**NIKE • PUMA • JOMA • FILM LONDON • TATE MODERN**  
**OLYMPUS I-SPEED CAMERAS • GUYS AND DOLLS CASTING**  
**ANNETTE CAREY COUTURE • EMMANUEL KATSAROS**  
**TEAM COLOURS • BREO • LIPSY • BOLONGARO TREVOR**  
**GET MONEY CLOTHING • NEW LOOK • FRIDJA STEAMERS**  
**MAKKI BAGS • PENFIELD • LUKE • ONE TRUE SAXON**

SELECT CLOTHING • NUMPH • POLAR • CUTTING EDGE  
PETER LANG • SPENCER HART • 55DSL • SILVERFX • VOLCOM  
MAC • VANS • PAUL MITCHELL • SAQ INTERNATIONAL LTD  
DERMALOGICA • THE MOVIE LOT SECURITY • BLACK WREN  
TOP SHOP MAKEUP • BACK ON TRACK • STOCKBYTE  
PURE SPORTS MED • WIMBLEDON COLLEGE OF ART  
RAVENSBORNE COLLEGE  
THE ARTS UNIVERSITY COLLEGE AT BOURNEMOUTH

Music Services Provided by CUTTING EDGE

### STRIVIN'

Performed by Tor Cesay featuring Seanie T  
Written by Tor Cesay, DJ Mentat, Seanie T  
Published by Copyright Control  
Master Recording courtesy of Tor Cesay  
With thanks to Ras Kwame

### HOLD ME CLOSE

Performed by Sabrina Jones  
Written by Sabrina Jones and Joe Wadsworth  
Published by Copyright Control  
Master Recording courtesy of  
Joe Wadsworth and Sabrina Jones

### SPINNIN' FOR 2012

Performed by Dionne Bromfield & Tinchy Stryder  
Written by Corynne Elliot, Dwayne Richards,  
Michael Lindsay, Jarrad Rogers and Pat Marks  
Published by Just Isn't Music, Sony/  
ATV Music Publishing (UK) Ltd. and ImaGem Music  
Michael Lindsay licensed courtesy of  
Domino Publishing Co Ltd., (PRS)  
Courtesy of Universal-Island Records Ltd.  
Under licence from Universal Music Operations Ltd.

### STYLE

Performed by BZerQ  
Written by Peter Rolls  
Published by Rolls Limited  
Master Recording courtesy of BZerQ

### SUPERSIZE

Performed by EJ  
Written by Andrew Frampton, Edwina Jhonson,  
Julian Bunetta, and Stephen Kipner  
Published by Stage Three Music Ltd.,  
BMG Rights Management (UK) Ltd. and  
EMI Music Publishing Ltd.  
Courtesy of Sony Music Entertainment UK Ltd.

### STAY AWAKE

Performed by Example  
Written by Elliot Gleave, Daniel Stephens & Joseph Ray  
Published by Universal Music Publishing PGM Ltd.  
& EMI Music Publishing  
Master Recording courtesy of  
Ministry of Sound Recordings Limited

### HEAVEN

Performed by Emeli Sandé  
Written by Shahid Khan, Harry Craze,  
Hugo Chegwin, Michael Spencer, Emeli Sandé  
Published by Sony/ATV Music Publishing (UK) Ltd.  
& EMI Music Publishing Ltd.  
Master Recording courtesy of EMI Records Ltd.

### EARTHQUAKE

Performed by Labrinth feat Tinie Tempah  
Written by Timothy McKenzie, Patrick Okogwu  
and Marc Williams  
Published by EMI Music Publishing Ltd.  
Courtesy of Sony Music Entertainment UK Ltd.

### JUST A KID

Performed by Sabrina Jones and Robert Greenfield  
Written by Sabrina Jones and Robert Greenfield  
Published by Copyright Control  
Master Recording courtesy of Sabrina Jones

### SPECIAL K

Performed by Arkell & Hargreaves  
Written by J. Arkell & C. Hargreaves  
Published by Copyright & Publishing  
2012 C. Hargreaves & J. Arkell  
Master recording courtesy of  
© & © 2012 C. Hargreaves, J. Arkell & A. Gowers

### GO HARD GO HOME

Performed by Gemma Sampson, Marina Berry,  
Nicola Ward & Charlie (MK1)  
Written by Will Baker & Lotte Rundle  
Published by Copyright Control  
Master Recording courtesy of Vendetta (MK1)  
Managed by-Julian White @ Urban Influence UK Ltd.

### ICARUS

Performed by Madeon  
Written by Hugo Leclercq  
Published by Warner/Chappell Music Publishing Ltd.  
Courtesy of Sony Music Entertainment UK Ltd.

### LEVELS

Performed by Avicii  
Written by Tim Bergling, Etta James,  
Leroy Kirkland, Pearl Woods  
Published by EMI Music Publishing Ltd.  
Courtesy of Universal Music AB (Sweden)  
Sample of "Something's Got A Hold On Me"  
by Etta James appears courtesy of MCA Records Inc.  
Both Under licence from  
Universal Music Operations Ltd.

### JACKIE

Performed by Lashana Lynch  
Written by Lashana Lynch  
Produced by "Da Avengers", M. Frank & R. James  
Published by Copyright Control  
Master Recording courtesy of Lashana Lynch

### DON'T MAKE A FOOL OUT OF ME

Performed by Kitty, Daisy & Lewis  
Written by Lewis Leo Durham  
Published by Universal Music Publishing Ltd.  
Taken from album "Smoking in Heaven"  
Licenced courtesy of Sunday Best Recordings  
[www.sundaybest.net](http://www.sundaybest.net)

### ALL FALL DOWN

Performed by Camo & Krooked  
(featuring Shaz Sparks)  
Written by Reinhard Rietsch, Markus Wagner  
and Robbie Bronnimann  
Arranged and produced by  
Reinhard Rietsch and Markus Wagner  
Vocals by Shaz Sparks, recorded at Robot Studios  
Published by Songs In The Key Of Knife/  
Kobalt Music Ltd.

### SPLASH

Performed by Sub Focus  
Written by Nicolaas Douwma  
Published by Universal Music Publishing Ltd.  
Licensed courtesy of [www.ramrecords.com](http://www.ramrecords.com)  
© & ©: 2009: Ram Records

### STARLIGHT

Performed by Matt Cardle  
Words and Music by Matt Cardle,



**EXPRESS YOURSELF**

Performed by Labrinth  
Written by Charles Wright

© 1970 Warner-Tamerlane Publishing Corp. (BMI)  
and Music Power (BMI)

All rights administered by Warner-Tamerlane Publishing Corp.

All rights reserved

Courtesy of Sony Music Entertainment UK Ltd.

Richard Stannard, Seton Daunt, Ash Howes  
Published by Sony/ATV Music Publishing (UK) Ltd.  
and BMG Rights Management (UK) Ltd.  
Courtesy of Sony Music Entertainment UK Ltd.

Insurances Provided by	AON • KEVIN O'SHEA
Legal Services Provided by	WIGGIN LLP CHARLES MOORE • DAVID BLINTIFF JO TANSWELL
Completion Guarantor	INTERNATIONAL FILM GUARANTORS EMMA MAGER • LUKE RANDOLPH
Auditors	SHIPLEYS • STEVE JOBERNS
Facilities Provided by	MOVIE MAKERS
Catering	RED CHUTNEY
Tracking Vehicles Provided by	BICKERS ACTION
Tracking Vehicle Driver	KARL DUDLEY JONES
Editing Equipment by	HIREWORKS
Cutting Rooms Provided by	FIFTY FIFTY POST PRODUCTION LTD.
Digital Intermediate by	TECHNICOLOR CREATIVE SERVICES LONDON
Visual Effects by	THE SENATE VISUAL EFFECTS
Sound Post Production by	CREATIVITY MEDIA
Post Consultant for Creativity Media	PATRICK FISCHER
Foley Recorded at	UNIVERSAL SOUND
ADR Recorded at	MAYFLOWER STUDIOS TWICKENHAM FILM STUDIOS
Re-Recorded at	TWICKENHAM FILM STUDIOS
Post Production Script	SAPEX SCRIPTS • PAUL SATTIN
Titles Designer	MATT CURTIS

Digital Cinematography provided by



Lighting equipment supplied by:



Worldwide Sales by Ealing Metro International Ltd.



Made with the support of the BFI's Film Fund and UK Film Council's Development Fund



© Fast Girls Productions Limited and The British Film Institute 2012