

Pat Manuel



Pat Manuel is a 34 year old boxer from California. In 2018, he became the first trans person in the USA to become a professional boxer. His first professional fight was against Hugo Aguilar. Before coming out as trans, Pat had been the five-time national amateur boxing champion in the USA.

Pat lives with his girlfriend Amita and their dog Gingko.

Colin Jackson



Colin Jackson CBE used to be an international athlete. During his athletic career, Colin ran in the 110m hurdles for Wales and Great Britain. He won Silver at the 1988 Seoul Olympics, has won 4 Commonwealth Games medals and has won multiple World and European Championships. Colin held the world record for the 110m hurdles for more than 10 years and is still the 60m indoor hurdles world record holder.

He retired from athletics in 2003 and has worked as a sports coach and a TV presenter since then. In 2017, Colin came out as gay.

Keegan Hirst



Keegan Hirst is a 31 year old rugby league player from Yorkshire. He currently plays for Wakefield Trinity and has previously played for Bradford Bulls, Hunslet Hawks, Dewsbury Rams, Batley Bulldogs and Featherstone Rovers.

In August 2015, Keegan made headline news when he came out as gay. Keegan found that his friends, family and team mates were very supportive.

Tom Daley



Tom Daley, aged 25, has been diving internationally since the age of 12. He lives in London with his husband Dustin Lance Black and their son Robbie Ray.

Tom was Britain's youngest competitor at the 2008 Beijing Olympics, aged 14. He specialises in 10m platform dives and has been the World Champion twice in this event. He has two Olympic bronze medals.

Tom has spoken out against bullying and has supported charities such as Childline and LGBT+ Switchboard.

Lianne Sanderson



Lianne Sanderson plays football for England and Juventus. Aged 31, Lianne has played football since joining Arsenal in 1997. She started playing for Arsenal at a junior level after begging her dad to let her play on a team. Lianne has scored 15 goals at an international level.

When she played for Western New York Flash, Lianne suffered a bad knee injury. However, her girlfriend helped her through it and she was able to return to football.

Ryan Russell



Ryan Russell is a 27 year old American Football player from Texas. Ryan has played for Dallas Cowboys and Tampa Bay Buccaneers. Whilst playing for Tampa Bay Buccaneers, he injured his shoulder and could not play for most of the season.

Ryan made international news when he came out as bi. In his spare time, Ryan enjoys writing and spending time with his boyfriend Corey.

Dutee Chand



Dutee Chand is a 23 year old sprinter from India. She is the Indian 100m women's champion. Dutee is the third Indian women to have ever qualified for the 100m women's Olympic event. She won silver medals at 100m and 200m at the 2018 Asian Games.

Dutee grew up in a village and was inspired by seeing her older sister run at the state championships. In 2019, Dutee felt able to talk about her girlfriend.

Lizzie Williams



Lizzie Williams is a wheelchair racer. She is working towards competing for Britain in the Paralympics in 2020.

Originally Lizzie had been training as a swimmer, but she broke her back. She has osteogenesis imperfecta, which means that her bones break easily. Lizzie had to spend three and a half months in hospital after having back surgery. When she recovered, Lizzie tried wheelchair racing and was soon winning races.

Kate Richardson Walsh



Kate Richardson Walsh OBE played hockey for England and Great Britain for 17 years. In that time, Kate played 375 games and won Olympic and Commonwealth Games medals.

Kate and her wife Helen made history as the first same gender married couple to win an Olympic gold medal together.

Since retiring from hockey, Kate has worked as a hockey coach and as a commentator.

Helen Richardson Walsh



Helen Richardson Walsh OBE plays hockey for England and Great Britain. She started playing at the age of 7 and made her first international appearance at the age of 17. Helen has won two Olympic medals and three Commonwealth Games medals.

Helen married her wife Kate in 2013. In 2017 they were both awarded an OBE by the Queen for services to hockey.