

Pat Manuel



Pat Manuel is a 34 year old boxer from Santa Monica, California. In 2018, he became the first trans person in the USA to become a professional boxer. At 168cm tall, Pat fights in the super featherweight class. His first professional fight was against Hugo Aguilar, however Pat was a successful boxer prior to that. 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, aged 52, is a former international athlete. During his athletic career, Colin specialised in the 110m hurdles and ran for both 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 Batley in West Yorkshire. He currently plays for Wakefield Trinity and has previously played for Bradford Bulls, Hunslet Hawks, Dewsbury Rams, Batley Bulldogs and Featherstone Rovers. At 1.96m tall, Keegan is a formidable prop.

In August 2015, Keegan made headline news when he came out as gay. When he came out, Keegan found that his friends, family and team mates had been 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. Tom specialises in 10m platform dives and has been the World Champion twice in this event. He has two Olympic bronze medals.

After competing in the Olympics for the first time, Tom experienced bullying at school. Since then, 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. Lianne, who is originally from Lewisham in South London, started playing for Arsenal at a junior level at the age of 9 after begging her dad to let her play on a team. She has scored 15 goals at an international level.

Whilst playing for Western New York Flash, Lianne suffered an excruciating knee injury which kept her out of action for an extended time. 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. A defensive end, Ryan has played for Dallas Cowboys and Tampa Bay Buccaneers. Whilst playing for Tampa Bay Buccaneers, he dislocated his shoulder and was out injured for most of the season.

Ryan made international news when he came out as bi in an essay for ESPN. In his spare time, Ryan enjoys writing and spending time with his boyfriend Corey, who is a dancer.

Dutee Chand



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

One of seven children, Dutee grew up in a village and was inspired by seeing her older sister run at the state championships. When homosexuality was decriminalised in India in 2018, Dutee felt able to come out as being in a same gender relationship.

Lizzie Williams



Lizzie Williams is a wheelchair racer, who competes in the T54 category. She is working towards competing for Britain in the Paralympics in 2020.

Originally Lizzie had been training as a swimmer, with the hope of competing at the London 2012 Olympics. She has osteogenesis imperfecta, which means that her bones break easily. When Lizzie broke her back, she had to spend three and a half months in hospital. After recovering, Lizzie was encouraged to try wheelchair racing and she was soon winning races.

Kate Richardson Walsh



Kate Richardson Walsh OBE played hockey for England and Great Britain for 17 years before retiring in 2016. 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, aged 37, 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 and in 2017 they were both awarded an OBE by the Queen for services to hockey.