

BRITISH JUDO

Name: Thomas Cousins
Weight category: -81kg
Club: JSC Judo Club
Coach: John Cottis
Date of birth: 3rd March 1981
Home town: Harlow
Place of residence: Harlow
Age started judo: 5
Age gain black belt: 16



Information: Thomas's twin Peter is a member of the Men's Senior Squad. At the Junior European Championships in 2000, Thomas and his brother Peter became the first brothers in history to take titles at the same European event. Thomas now coaches at West Essex Judo Club and has been since 2008.

Previous results:

- 2004 British Championships – Gold
- 2004 Commonwealth Championships – Gold
- 2004 Scottish Open – Gold
- 2004 Northern Ireland Open - Gold
- 2003 British Closed Championships - Silver
- 2003 Northern Ireland Open - Bronze
- 2002 Commonwealth Games - Silver
- 2002 British Championships - Silver
- 2000 Junior European Championships - Gold
- 2000 International U20 Championships - Bronze
- 1999 Junior European Championships - Gold
- 1999 Portuguese Junior Open – Silver
- 1999 International U20 Vienna – Gold
- 1999 British Open - Gold
- 1998 Junior World Championships – Silver
- 1998 European Junior Championships – Silver
- 1998 Portuguese Junior Open – Gold
- 1998 European Union Junior Tournament – Gold
- 1997 European Union Junior Tournament – Bronze
- 1997 EYOD Lisbon – Gold

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For further information contact Emma Griffin at emmagriffin@Britishjudo.org.uk or James Sills at jamesills@Britishjudo.org.uk