



BRITISH ATHLETICS

2014 MEDIA GUIDE

EUROPEAN ATHLETICS CHAMPIONSHIPS ZURICH
STADIUM LETZIGRUND, ZURICH, 12-17 AUGUST

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GB & NI TEAM MANAGEMENT

TEAM LEADER

Neil Black

TEAM MANAGERS

Jenny Close

Mike Cavendish

Lorna Dwyer

TEAM COACHES

Lloyd Cowan

Rana Reider

Barry Fudge

Fuzz Ahmed

Aston Moore

Malcolm Arnold

Tore Gustafsson

Stephen Maguire

Craig Winrow

Jon Bigg

Charles Preston

MEDICAL, THERAPY & SPORT SCIENCE TEAM

Rob Chakraverty - Doctor

Noel Pollock - Doctor

Shane Kelly - Therapist

Andy Burke - Therapist

James Davies - Therapist

Ben Macdonald - Therapist

Martin Wilson - Therapist

Derry Suter - Therapist

Wendy Hilton - Therapist

Paul Brice - Biomechanist

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GB & NI TEAM - MEN

100m

Harry Aikines-Aryeetey
Dwain Chambers
James Dasaolu

200m

James Ellington
Adam Gemili
Danny Talbot

400m

Matthew Hudson-Smith
Martyn Rooney
Conrad Williams

800m

Andrew Osagie
Michael Rimmer

1500m

Charlie Grice
Chris O'Hare

5000m

Mo Farah
Tom Farrell
Andy Vernon

10000m

Mo Farah
Chris Thompson
Andy Vernon

110mH

Lawrence Clarke
William Sharman
Andy Turner

400mH

Tom Burton
Seb Roger
Niall Flannery

3000mSC

James Wilkinson

Decathlon

Ashley Bryant

20k Walk

Tom Bosworth

High Jump

Chris Baker

Long Jump

JJ Jegede
Greg Rutherford
Chris Tomlinson

Triple Jump

Julian Reid

Pole Vault

Luke Cutts
Steve Lewis
Jax Thoires

4x100m relay

Harry Aikines-Aryeetey
Dwain Chambers
James Dasaolu
James Ellington
Adam Gemili
Richard Kilty
Danny Talbot
Chijindu Ujah

4x400m relay

Michael Bingham
Matthew Hudson-Smith
Nigel Levine
Martyn Rooney
Conrad Williams
Rabah Yousif

GB & NI TEAM - WOMEN

100m

Desiree Henry
Ashleigh Nelson
Asha Philip

200m

Dina Asher-Smith
Bianca Williams
Jodie Williams

400m

Christine Ohuruogu

800m

Jessica Judd
Alison Leonard
Lynsey Sharp

1500m

Hannah England
Laura Muir
Laura Weightman

5000m

Emelia Gorecka
Jo Pavey

10,000m

Jo Pavey
Beth Potter

100m Hurdles

Tiffany Porter

400m Hurdles

Eilidh Child

High Jump

Morgan Lake

Hammer

Sophie Hitchon

Javelin

Goldie Sayers (Captain)

4x100m relay

Louise Bloor
Desiree Henry
Ashleigh Nelson
Anyika Onuora
Asha Philip
Bianca Williams
Jodie Williams

4x400m relay

Margaret Adeoye
Eilidh Child
Shana Cox
Emily Diamond
Kelly Massey
Christine Ohuruogu
Victoria Ohuruogu
Jodie Williams

ATHLETE PROFILES - MEN

100m:

Name: Harry Aikines-Aryeetey
DOB: 29/08/1988
Coach: Rana Reider
Club: Sutton & District
PB: 10.08 (2014)
SB: 10.08

Name: Dwain Chambers
DOB: 05/04/1978
Coach: Rana Reider
Club: Belgrave Harriers
PB: 9.97 (2001)
SB: 10.12

Name: James Dasaolu
DOB: 05/09/1987
Coach: Steve Fudge
Club: Croydon
PB: 9.91 (2013)
SB: 10.03

200m:

Name: James Ellington
DOB: 06/09/1985
Coach: Rana Reider
Club: Newham and Essex Beagles
PB: 20.42 (2013)
SB: 20.44

Name: Adam Gemili
DOB: 06/10/1993
Coach: Steve Fudge
Club: Blackheath & Bromley
PB: 19.98 (2013)
SB: 20.20

Name: Danny Talbot
DOB: 01/05/1991
Coach: Daniel Cossins
Club: Birchfield Harriers
PB: 20.36 (2014)
SB: 20.36

400m:

Name: Matthew Hudson-Smith
DOB: 26/10/1994
Coach: Tony Hadley
Club: Birchfield Harriers
PB: 44.97 (2014)
SB: 44.97

Name: Martyn Rooney
DOB: 03/04/1987
Coach: Rana Reider
Club: Croydon
PB: 44.60 (2008)
SB: 45.03

ATHLETE PROFILES - MEN

Name: Conrad Williams
DOB: 20/03/1982
Coach: Linford Christie
Club: Kent
PB: 45.08 (2012)
SB: 45.46

800m:

Name: Andrew Osagie
DOB: 19/02/1988
Coach: Craig Winrow
Club: Harlow AC
PB: 1:43.77 (2012)
SB: 1:45.22i

Name: Michael Rimmer
DOB: 03/02/1986
Coach: Jon Bigg
Club: Liverpool Pembroke Sefton
PB: 1:43.89 (2010)
SB: 1:45.89

1500m:

Name: Charlie Grice
DOB: 07/11/1993
Coach: Jon Bigg
Club: Brighton Phoenix
PB: 3:35.59 (2014)
SB: 3:35.59

Name: Chris O'Hare
DOB: 23/11/1990
Coach: Terrence Mahon
Club: Edinburgh AC
PB: 3:35.06
SB: 3:35.06

5000m:

Name: Mo Farah
DOB: 23/03/1983
Coach: Alberto Salazar
Club: Newham and Essex Beagles
PB: 12:53.11 (2011)
SB: 13:23.42

Name: Tom Farrell
DOB: 23/03/1991
Coach: self coached
Club: Border Harriers
PB: 13:15.31(2012)
SB: 13:22.27

Name: Andy Vernon
DOB: 07/01/1986
Coach: Nic Bideau
Club: Aldershot, Farnham and District
PB: 13:11.50 (2014)
SB: 13:11.50

ATHLETE PROFILES - MEN

10,000m:

Name: Mo Farah
DOB: 23/03/1983
Coach: Alberto Salazar
Club: Newham and Essex Beagles
PB: 26:46.57 (2011)
SB: N/A

Name: Chris Thompson
DOB: 17/04/1981
Coach: Mark Rowland
Club: Aldershot, Farnham and District
PB: 27:27.36 (2011)
SB: 28:49.77

Name: Andy Vernon
DOB: 07/01/1986
Coach: Nic Bideau
Club: Aldershot, Farnham and District
PB: 27:53.65 (2012)
SB: 28:26.59

3000mSC:

Name: James Wilkinson
DOB: 13/07/1990
Coach: Phillip Townsend
Club: Leeds City
PB: 8:22.76 (2014)
SB: 8:22.76

110m hurdles:

Name: Lawrence Clarke
DOB: 12/03/1990
Coach: Windsor Slough Eton & Hounslow
Club: Malcolm Arnold
PB: 13.31 (2012)
SB: 13.41

Name: William Sharman
DOB: 12/09/1984
Coach: Jerzy Maciukiewicz
Club: Belgrave Harriers
PB: 13.21 (2014)
SB: 13.21

Name: Andy Turner
DOB: 19/09/1980
Coach: Lloyd Cowan
Club: Sale Harriers Manchester
PB: 13.22 (2011)
SB: 13.47

400m Hurdles

Name: Tom Burton
DOB: 29/10/1988
Coach: Nick Dakin
Club: Tamworth/ Newham & Essex Beagles
PB: 49.66 (2014)
SB: 49.66

ATHLETE PROFILES - MEN

Name: Sebastian Rodger
DOB: 29/06/1991
Coach: James Hillier
Club: Shaftesbury Barnet
PB: 49.19 (2013)
SB: 49.51

Name: Niall Flannery
DOB: 26/04/1991
Coach: Nick Dakin
Club: Newham & Essex Beagles
PB: 48.80 (2014)
SB: 48.80

High Jump

Name: Chris Baker
DOB: 02/02/1991
Coach: Sharon Heveran
Club: Sale Harriers Manchester
PB: 2:28i (2014)
SB: 2.28i

Pole Vault

Name: Luke Cutts
DOB: 13/02/1988
Coach: Trevor Fox
Club: The Dearne ALC/City of Sheffield
PB: 5.83i (2014)
SB: 5.83i

Name: Steve Lewis
DOB: 20/05/1986
Coach: Dan Pfaff
Club: Newham & Essex Beagles
PB: 5.82 (2012)
SB: 5.71i

Name: Jax Thoirs
DOB: 07/04/1993
Coach: Pat Licari
Club: Glasgow City
PB: 5.61 (2014)
SB: 5.61

Long Jump

Name: JJ Jegede
DOB: 03/10/1985
Coach: Peter Stanley
Club: Newham & Essex Beagles
PB: 8.11 (2012)
SB: 8.05

Name: Greg Rutherford
DOB: 17/11/1986
Coach: Jonas Taiwah-Dodoo
Club: Marshall Milton Keynes
PB: 8.51 (2014)
SB: 8.51

ATHLETE PROFILES - MEN

Name: Chris Tomlinson
DOB: 15/09/1981
Coach: Self-coached
Club: Newham and Essex Beagles
PB: 8.35 (2011)
SB: 8.23

Triple Jump

Name: Julian Reid
DOB: 23/09/1988
Coach: Aston Moore
Club: Birchfield Harriers
PB: 16.98 (2009)
SB: 16.87i

Decathlon

Name: Ashley Bryant
DOB: 17/05/1991
Coach: Ian Grant
Club: Windsor Slough Eton & Hounslow
PB: 8141 (2014)
SB: 8141

20km Walk

Name: Tom Bosworth
DOB: 17/01/1990
Coach: Andi Drake
Club: Tonbridge
PB: 82.20 (2014)
SB: 82.20

4x100m Relay

Name: Harry Aikines-Aryeetey
PB: 10.08 (2014)
SB: 10.08

Name: Dwain Chambers
PB: 9.97 (2001)
SB: 10.12

Name: James Dasaolu
PB: 9.91 (2013)
SB: 10.03

Name: James Ellington
PB: 10.13 (2014)
SB: 10.13

Name: Adam Gemili
PB: 10.04
SB: 10.04

Name: Richard Kilty
DOB: 02/09/1989
Coach: Rana Reider
Club: Gateshead
PB: 10.10 (2013)
SB: 10.12

Name: Danny Talbot
PB: 10.14 (2014)
SB: 10.14

ATHLETE PROFILES - MEN

Name: Chijindu Ujah
DOB: 05/03/1994
Coach: Jonas Taiwah-Dodoo
Club: Enfield & Haringey
PB: 9.96 (2014)
SB: 9.96

4x400m relay

Name: Michael Bingham
DOB: 13/04/1986
Coach: George Williams
Club: Birchfield Harriers
PB: 44.74 (2011)
SB: 45.13
Name: Matthew Hudson-Smith
PB: 44.97 (2014)
SB: 44.97

Name: Nigel Levine
DOB: 30/04/1989
Coach: Linford Christie
Club: Windsor Slough Eton & Hounslow
PB: 45.11(2012)
SB: 45.68

Name: Martyn Rooney
PB: 44.60 (2008)
SB: 45.03

Name: Conrad Williams
PB: 45.08 (2012)
SB: 45.46

Name: Rabah Yousif
DOB: 11/12/1986
Coach: Carol Williams
Club: Newham and Essex Beagles
PB: 45.13 (2012)
SB: 45.41

ATHLETE PROFILES - WOMEN

100m

Name: Desiree Henry
DOB: 26/08/1995
Coach: Rana Reider
Club: Enfield & Haringey
PB: 11.23 (2014)
SB: 11.23

Name: Ashleigh Nelson
DOB: 20/02/1991
Coach: Michael Afilaka
Club: City of Stoke
PB: 11.28 (2014)
SB: 11.28

Name: Asha Philip
DOB: 25/10/1990
Coach: Christine Bowmaker
Club: Newham and Essex Beagles
PB: 11.18 (2014)
SB: 11.18

200m

Name: Dina Asher-Smith
DOB: 04/12/1995
Coach: John Blackie
Club: Blackheath & Bromley
PB: 22.74 (2014)
SB: 22.74

Name: Bianca Williams
DOB: 18/12/1993
Coach: Lloyd Cowan
Club: Enfield & Haringey
PB: 22.58 (2014)
SB: 22.58

Name: Jodie Williams
DOB: 28/09/1993
Coach: Christine Bowmaker
Club: Herts Phoenix
PB: 22.50 (2014)
SB: 22.50

400m

Name: Christine Ohuruogu
DOB: 17/05/1984
Coach: Lloyd Cowan
Club: Newham and Essex Beagles
PB: 49.41 (2013)
SB: 53.14

800m

Name: Jessica Judd
DOB: 07/01/1995
Coach: Rob Denmark
Club: Chelmsford AC
PB: 1:59.77 (2014)
SB: 1:59.77

Name: Alison Leonard
DOB: 17/03/1990
Coach: Bud Baldaro
Club: Blackburn
PB: 2:00.08 (2014)
SB: 2:00.08

Name: Lynsey Sharp
DOB: 11/07/1990
Coach: Rana Reider
Club: Edinburgh AC
PB: 1:59.67 (2014)
SB: 1:59.67

ATHLETE PROFILES - WOMEN

1500m

Name: Hannah England
DOB: 06/03/1987
Coach: Bud Baldaro
Club: Oxford City
PB: 4:01.89 (2011)
SB: 4:05.27

Name: Laura Muir
DOB: 09/05/1993
Coach: Andy Young
Club: Dundee Hawthill
PB: 4:00.07 (2014)
SB: 4:00.07

Name: Laura Weightman
DOB: 01/07/1991
Coach: Steve Cram
Club: Morpeth
PB: 4:00.17 (2014)
SB: 4:00.17

5000m

Name: Emelia Gorecka
DOB: 29/01/1994
Coach: Mick Woods
Club: Aldershot, Farnham and District
PB: 15:07.45 (2014)
SB: 15:07.45

Name: Jo Pavey
DOB: 20/09/1973
Coach: Gavin Pavey
Club: Exeter
PB: 14:39.96 (2006)
SB: 15:04.87

10,000m

Name: Jo Pavey
DOB: 20/09/1973
Coach: Gavin Pavey
Club: Exeter
PB: 30:53.20 (2012)
SB: 32:11.04

Name: Beth Potter
DOB: 27/12/1991
Coach: Mick Woods
Club: Shaftesbury Barnet
PB: 32:33.36 (2014)
SB: 32:33.36

100m hurdles

Name: Tiffany Porter
DOB: 13/11/1987
Coach: Rana Reider
Club: Woodford Green Essex Ladies
PB: 12.55 (2013)
SB: 12.65

400m hurdles

Name: Eilidh Child
DOB: 20/02/1987
Coach: Malcom Arnold
Club: Pitreavie
PB: 54.22 (2013)
SB: 54.39

ATHLETE PROFILES - WOMEN

High Jump

Name: Morgan Lake

DOB: 12/05/1997

Coach: Eldon Lake

Club: Windsor Slough Eton & Hounslow

PB: 1.94 (2014)

SB: 1.94

Name: Desiree Henry

PB: 11.23 (2014)

SB: 11.23

Name: Ashleigh Nelson

PB: 11.28 (2014)

SB: 11.28

Hammer

Name: Sophie Hitchon

DOB: 11/07/1991

Coach: Tore Gustafsson

Club: Blackburn

PB: 72.97 (2013)

SB: 71.53

Name: Anyika Onuora

DOB: 28/10/1984

Coach: Rana Reider

Club: Liverpool Harriers

PB: 11.18 (2011)

SB: 11.67

Javelin

Name: Goldie Sayers

DOB: 16/07/1982

Coach: Mark Roberson

Club: Belgrave Harriers

PB: 66.17 (2012)

SB: 62.75

Name: Asha Philip

PB: 11.18 (2014)

SB: 11.18

Name: Bianca Williams

PB: 11.17 (2014)

SB: 11.17

4x100m Relay

Name: Louise Bloor

DOB: 21/09/1985

Coach: Toni Minichiello

Club: Trafford

PB: 11.48 (2013)

SB: 11.49

Name: Jodie Williams

PB: 11.18 (2011)

SB: 11.20

ATHLETE PROFILES - WOMEN

4x400m Relay

Name: Margaret Adeoye

DOB: 22/04/1985

Coach: Linford Christie

Club: Enfield & Haringey

PB: 51.93 (2013)

SB: 52.48

Name: Eilidh Child

PB: 51.45i (2013)

SB: 52.40

Name: Shana Cox

DOB: 22/01/1985

Coach: George Williams

Club: Woodford Green Essex Ladies

PB: 50.84 (2008)

SB: 52.11

Name: Emily Diamond

DOB: 11/06/1991

Coach: Daniel Cossins

Club: Bristol & West

PB: 51.95 (2014)

SB: 51.95

Name: Kelly Massey

DOB: 11/01/1985

Coach: Stephen Ball

Club: Sale Harriers Manchester

PB: 52.19 (2014)

SB: 52.19

Name: Christine Ohuruogu

PB: 49.41

SB: 53.14

Name: Victoria Ohuruogu

DOB: 28/02/1993

Coach: Lloyd Cowan

Club: Newham and Essex Beagles

PB: 52.62

SB: 52.71

Name: Jodie Williams

PB: 54.33

SB: N/A

MEDALS IN THE LAST 30 YEARS

Medals

	Gold	Silver	Bronze	TOTAL
Helsinki 2012	4	2	1	7
Barcelona 2010	6	7	6	19
Gothenburg 2006	1	5	5	11
Munich 2002	5	2	5	12
Budapest 1998	9	4	3	16
Helsinki 1994	6	5	2	13
Split 1990	9	5	4	18
Stuttgart 1986	8	2	5	15
Athens 1982	3	5	1	9
	51	37	32	120

TIMETABLE

DAY 1 – TUESDAY MORNING – 12TH AUGUST 2014

Time	Event	Men/Women	Stage
10:04	100m	M	Decathlon
10:07	Shot Put	M	Qualifying
10:30	Pole Vault	W	Qualifying
10:34	1500m	W	Round 1
10:50	Javelin Throw	W	Qualifying
11:07	400m Hurdles	M	Round 1
11:35	Long Jump	M	Decathlon
11:40	100m	W	Round 1
12:16	Javelin Throw	W	Qualifying
12:23	3000m Steeplechase	M	Round 1
12:50	400m	M	Round 1
13:05	Shot Put	M	Decathlon
13:12	Triple Jump	M	Qualifying
13:32	100m Hurdles	W	Round 1

TIMETABLE

DAY 1 – TUESDAY EVENING – 12TH AUGUST 2014

Time	Event	Men/Women	Stage
17:15	Discus Throw	M	Qualifying
17:20	High Jump	M	Decathlon
18:00	400m	W	Round 1
18:32	100m	M	Round 1
18:45	Discus Throw	M	Qualifying
19:12	800m	M	Round 1
19:34	Shot Put	M	Final
19:52	400m	M	Decathlon
20:10	Long Jump	W	Qualifying
20:20	10,000m	W	Final
20:56	100m Hurdles	W	Semi-Final

TIMETABLE

DAY 2 – WEDNESDAY MORNING – 13TH AUGUST 2014

Time	Event	Men/Women	Stage
09:20	20km Race Walk	M	Final
10:05	100m Hurdles	M	Decathlon
10:07	High Jump	M	Qualifying
10:50	Discus Throw	M	Decathlon
10:55	400m Hurdles	W	Round 1
11:40	100m Hurdles	M	Round 1
12:03	Discus Throw	M	Decathlon
12:20	800m	W	Round 1
13:15	Hammer Throw	W	Qualifying
13:40	Pole Vault	M	Decathlon
14:35	Hammer Throw	W	Qualifying

TIMETABLE

DAY 2 – WEDNESDAY EVENING – 13TH AUGUST 2014

Time	Event	Men/Women	Stage
17:55	Javelin Throw	M	Decathlon
18:05	400m Hurdles	M	Semi-Final
18:20	100m	W	Semi-Final
18:30	Triple Jump	W	Qualifying
18:45	400m	M	Semi-Final
19:06	400m	W	Semi-Final
19:10	Javelin Throw	M	Decathlon
19:25	100m	M	Semi-Final
19:51	10,000m	M	Final
20:00	Long Jump	W	Final
20:25	100m	W	Final
20:35	Discus Throw	M	Final
20:37	1500m	M	Decathlon
21:08	800m	M	Semi-Final
21:34	100m Hurdles	W	Final
21:50	100m	M	Final

TIMETABLE

DAY 3 – THURSDAY MORNING – 14TH AUGUST 2014

Time	Event	Men/Women	Stage
09:10	20km Race Walk	W	Final
10:05	100m Hurdles	W	Heptathlon
10:07	Hammer Throw	M	Qualifying
10:15	Pole Vault	M	Qualifying
10:50	200m	W	Round 1
11:25	200m	M	Round 1
11:32	Hammer Throw	M	Qualifying
12:05	High Jump	W	Heptathlon
12:08	5000m	W	Round 1

TIMETABLE

DAY 3 - THURSDAY EVENING - 14TH AUGUST 2014

Time	Event	Men/Women	Stage
17:30	Javelin Throw	M	Qualifying
18:10	400m Hurdles	W	Semi-Final
18:38	800m	W	Semi-Final
18:45	Javelin Throw	M	Qualifying
19:15	100m Hurdles	M	Semi-Final
19:19	Pole Vault	W	Final
19:45	200m	W	Semi-Final
19:50	Shot Put	W	Heptathlon
20:10	Triple Jump	M	Final
20:15	200m	M	Semi-Final
20:40	Javelin Throw	W	Final
20:45	3000m Steeplechase	M	Final
21:15	200m	W	Heptathlon
21:50	100m Hurdles	M	Final

TIMETABLE

DAY 4 – FRIDAY MORNING – 15TH AUGUST 2014

Time	Event	Men/Women	Stage
09:00	50km Race Walk	M	Final
10:04	Shot Put	W	Qualifying
10:10	Discus Throw	W	Qualifying
10:15	5000m	M	Round 1
10:35	High Jump	W	Qualifying
11:13	3000m Steeplechase	W	Round 1
11:30	Discus Throw	W	Qualifying
11:40	Long Jump	W	Heptathlon
11:55	1500m	M	Round 1

TIMETABLE

DAY 4 – FRIDAY EVENING – 15TH AUGUST 2014

Time	Event	Men/Women	Stage
18:04	Javelin Throw	W	Heptathlon
18:50	400m	M	Final
19:10	400m	W	Final
19:15	Javelin Throw	W	Heptathlon
19:25	1500m	W	Final
19:30	Long Jump	M	Qualifying
19:46	High Jump	M	Final
19:55	800m	M	Final
20:25	200m	W	Final
20:40	Hammer Throw	W	Final
20:52	400m Hurdles	M	Final
21:15	800m	W	Heptathlon
21:49	200m	M	Final

TIMETABLE

DAY 5 – SATURDAY MORNING – 16TH AUGUST 2014

Time	Event	Men/Women	Stage
09:00	Marathon	W	Final

DAY 5 – SATURDAY EVENING – 16TH AUGUST 2014

Time	Event	Men/Women	Stage
15:00	Hammer Throw	M	Final
15:03	Pole Vault	M	Final
15:10	4x100m Relay	W	Round 1
15:35	4x100m Relay	M	Round 1
16:05	800m	W	Final
16:20	4x400m Relay	W	Round 1
16:40	Triple Jump	W	Final
16:45	Discus Throw	W	Final
16:48	4x400m Relay	M	Round 1
17:15	400m Hurdles	W	Final
17:40	5000m	W	Final

TIMETABLE

DAY 6 – SUNDAY MORNING – 17TH AUGUST 2014

Time	Event	Men/Women	Stage
09:00	Marathon	M	Final

DAY 6 – SUNDAY EVENING – 17TH AUGUST 2014

Time	Event	Men/Women	Stage
15:00	Shot Put	W	Final
15:05	1500m	M	Final
15:16	High Jump	W	Final
15:22	4x400m Relay	W	Final
15:42	4x400m Relay	M	Final
15:56	Long Jump	M	Final
16:08	3000m Steeplechase	W	Final
16:11	Javelin Throw	M	Final
16:30	5000m	M	Final
17:05	4x100m Relay	M	Final
17:22	4x100m Relay	W	Final





BRITISH
ATHLETICS

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