MEDIA GUIDE

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

BRITISH ATHLETICS

2014 MEDIA GUIDE
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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

MEDIA LIAISON
Liz Birchall
Email: ibirchall@britishathletics.org.uk
Mobile: +44 (o) 7718 526363

Pete Matthews
Email: pmatthews@britishathletics.org.uk
Mobile: +44 (o) 7703 714 730

Craig Gunderson
Email: cgundersen@britishathletics.org.uk
Mobile: +44 (o) 7730 141 278
<table>
<thead>
<tr>
<th>Event</th>
<th>Runners</th>
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<tbody>
<tr>
<td>100m</td>
<td>Harry Aikines-Aryeetey, Dwain Chambers, James Dasaolu</td>
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<tr>
<td>200m</td>
<td>James Ellington, Adam Gemili, Danny Talbot</td>
</tr>
<tr>
<td>400m</td>
<td>Matthew Hudson-Smith, Martyn Rooney, Conrad Williams</td>
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<tr>
<td>800m</td>
<td>Andrew Osagie, Michael Rimmer</td>
</tr>
<tr>
<td>1500m</td>
<td>Charlie Grice, Chris O'Hare</td>
</tr>
<tr>
<td>5000m</td>
<td>Mo Farah, Tom Farrell, Andy Vernon</td>
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<tr>
<td>10000m</td>
<td>Mo Farah, Chris Thompson, Andy Vernon</td>
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<td>110mH</td>
<td>Lawrence Clarke, William Sharman, Andy Turner</td>
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<tr>
<td>400mH</td>
<td>Tom Burton, Seb Roger, Niall Flannery</td>
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<td>3000mSC</td>
<td>James Wilkinson</td>
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<tr>
<td>Decathlon</td>
<td>Ashley Bryant</td>
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<tr>
<td>20k Walk</td>
<td>Tom Bosworth</td>
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<tr>
<td>High Jump</td>
<td>Chris Baker</td>
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<td>Long Jump</td>
<td>JJ Jegede</td>
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<td>Greg Rutherford, Chris Tomlinson</td>
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<td>Triple Jump</td>
<td>Julian Reid</td>
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<td>Pole Vault</td>
<td>Luke Cutts, Steve Lewis, Jax Thoirs</td>
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<td>4x100m relay</td>
<td>Harry Aikines-Aryeetey, Dwain Chambers, James Dasaolu, James Ellington, Adam Gemili, Richard Kilty, Andrew Osagie, Michael Rimmer, Tom Farrell, Andy Vernon</td>
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<tr>
<td>4x400m relay</td>
<td>Michael Bingham, Matthew Hudson-Smith, Nigel Levine, Martyn Rooney, Conrad Williams, Rabah Yousif</td>
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### GB & NI TEAM - WOMEN

<table>
<thead>
<tr>
<th>Distance</th>
<th>Runners</th>
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<tbody>
<tr>
<td><strong>100m</strong></td>
<td>Desiree Henry, Ashleigh Nelson, Asha Philip</td>
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<tr>
<td><strong>200m</strong></td>
<td>Dina Asher-Smith, Bianca Williams, Jodie Williams</td>
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<tr>
<td><strong>400m</strong></td>
<td>Christine Ohuruogu</td>
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<tr>
<td><strong>800m</strong></td>
<td>Jessica Judd, Alison Leonard, Lynsey Sharp</td>
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<tr>
<td><strong>1500m</strong></td>
<td>Hannah England, Laura Muir, Laura Weightman</td>
</tr>
<tr>
<td><strong>5000m</strong></td>
<td>Emelia Gorecka, Jo Pavey</td>
</tr>
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<td><strong>10,000m</strong></td>
<td>Jo Pavey, Beth Potter</td>
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<tr>
<td><strong>100m Hurdles</strong></td>
<td>Tiffany Porter</td>
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<tr>
<td><strong>400m Hurdles</strong></td>
<td>Eilidh Child</td>
</tr>
<tr>
<td><strong>High Jump</strong></td>
<td>Morgan Lake</td>
</tr>
<tr>
<td><strong>Hammer</strong></td>
<td>Sophie Hitchon</td>
</tr>
<tr>
<td><strong>Javelin</strong></td>
<td>Goldie Sayers (Captain)</td>
</tr>
<tr>
<td><strong>4x100m relay</strong></td>
<td>Louise Bloor, Desiree Henry, Ashleigh Nelson, Anyika Onuora, Asha Philip, Bianca Williams, Jodie Williams</td>
</tr>
<tr>
<td><strong>4x400m relay</strong></td>
<td>Margaret Adeoye, Eilidh Child, Shana Cox, Emily Diamond, Kelly Massey, Christine Ohuruogu, Victoria Ohuruogu, Jodie Williams</td>
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</tbody>
</table>
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

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

**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

3000m SC:
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 Taiwhah-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 Taiwh-Dodoo  
Club: Enfield & Haringey  
PB: 9.96 (2014)  
SB: 9.96

Name: Michael Bingham  
DOB: 13/04/1986  
Coach: George Williams  
Club: Birchfield Harriers  
PB: 44.74 (2011)  
SB: 45.13

4x400m relay
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: Jodie Williams
DOB: 17/05/1984
Coach: Lloyd Cowan
Club: Newham and Essex Beagles
PB: 49.41 (2013)
SB: 53.14

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 Hawkhill  
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: 15:07.45 (2012)  
SB: 32:11.04

**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

Hammer
Name: Sophie Hitchon
DOB: 11/07/1991
Coach: Tore Gustafsson
Club: Blackburn
PB: 72.97 (2013)
SB: 71.53

Javelin
Name: Goldie Sayers
DOB: 16/07/1982
Coach: Mark Roberson
Club: Belgrave Harriers
PB: 66.17 (2012)
SB: 62.75

4x100m Relay
Name: Louise Bloor
DOB: 21/09/1985
Coach: Toni Minichiello
Club: Trafford
PB: 11.48 (2013)
SB: 11.49

Name: Desiree Henry
PB: 11.23 (2014)
SB: 11.23

Name: Ashleigh Nelson
PB: 11.28 (2014)
SB: 11.28

Name: Anyika Onuora
DOB: 28/10/1984
Coach: Rana Reider
Club: Liverpool Harriers
PB: 11.18 (2011)
SB: 11.67

Name: Asha Philip
PB: 11.18 (2014)
SB: 11.18

Name: Bianca Williams
PB: 11.17 (2014)
SB: 11.17

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

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<thead>
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<th></th>
<th>Gold</th>
<th>Silver</th>
<th>Bronze</th>
<th>TOTAL</th>
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<td>Barcelona 2010</td>
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<td>Gothenburg 2006</td>
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<td>Munich 2002</td>
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<td>Helsinki 1994</td>
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<td>Split 1990</td>
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<td>Stuttgart 1986</td>
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<td>Athens 1982</td>
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<td><strong>Total</strong></td>
<td>51</td>
<td>37</td>
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## TIMETABLE

### DAY 1 – TUESDAY MORNING – 12TH AUGUST 2014

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

### DAY 1 – TUESDAY EVENING – 12TH AUGUST 2014

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<th>Time</th>
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### DAY 2 – WEDNESDAY EVENING – 13TH AUGUST 2014

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## DAY 3 – THURSDAY MORNING – 14TH AUGUST 2014

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### TIMETABLE

**DAY 3 - THURSDAY EVENING – 14TH AUGUST 2014**

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## DAY 4 – FRIDAY MORNING – 15TH AUGUST 2014

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## TIMETABLE

**DAY 4 – FRIDAY EVENING – 15TH AUGUST 2014**

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### TIMETABLE

**DAY 5 – SATURDAY MORNING – 16TH AUGUST 2014**

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**DAY 5 – SATURDAY EVENING – 16TH AUGUST 2014**

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### Day 6 – Sunday Morning – 17th August 2014

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### Day 6 – Sunday Evening – 17th August 2014

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