2016 Media Guide

European Championships

Olympic Stadium, Amsterdam, Netherlands

6-10 July 2016
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Notes
BRITISH ATHLETICS TEAM STAFF

Team Leader
Neil Black

Team coaches
Benke Blomkvist
Fuzz Caan
Nick Dakin
David Harmer
Stephen Maguire
Christian Malcolm
David Parker
Peter Stanley
Craig Winrow

Medical, therapy and sport science team
Rob Chakraverty
Sarah Davies
Ross Tugwood
Andy Burke
James Davies
Wendy Hilton
Shane Kelly
Ed Mias
Poora Singh

Team managers
Lorna Dwyer
Maria Adey
Emma Wiltshire
Media

Liz Birchall
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Media Officer
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Team Hotel

NH Schiphol Airport Hotel
Kruisweg 495
2132 BA
Hoofddorp,
Netherlands
Phone: +31 20 655 0550 370
**Athlete profiles**

**Men**

**100m**

Name: Ojie Edoburun  
DOB: 02/06/1996  
Coach: Jonas Tawiah-Dodoo  
Club: Shaftesbury Barnet  
PB: 10.16 (2014)  
SB: 10.19

Name: James Ellington  
DOB: 06/09/1985  
Coach: Linford Christie  
Club: Newham & Essex Beagles  
PB: 10.11 (2016)  
SB: 10.11

Name: Richard Kilty  
DOB: 02/09/1989  
Coach: Benke Blomkvist  
Club: Middlesbrough  
PB: 10.05 (2015)  
SB: 10.14

**200m**

Name: Zharnel Hughes  
DOB: 13/07/1995  
Coach: Glen Mills  
Club: Shaftesbury Barnet  
PB: 20.02 (2015)  
SB: 20.62

Name: Nethaneel Mitchell-Blake  
DOB: 02/04/1994  
Coach: Dennis Shaver  
Club: Newham & Essex Beagles  
PB: 19.95 (2016)  
SB: 19.95

Name: Danny Talbot  
DOB: 01/05/1991  
Coach: Benke Blomkvist  
Club: Birchfield  
PB: 20.27 (2015)  
SB: 20.39

**400m**

Name: Martyn Rooney  
DOB: 03/04/1987  
Coach: Rana Reider  
Club: Croydon  
PB: 44.45 (2015)  
SB: 45.78

Name: Jarryd Dunn

**800m**

Name: Elliot Giles  
DOB: 26/05/1994  
Coach: Matthew Yates  
Club: Birchfield  
PB: 1:47.21 (2016)  
SB: 1:47.21

Name: Jamie Webb  
DOB: 01/06/1994  
Coach: Adrian Webb  
Club: Liverpool Harriers  
PB: 1:46.59 (2016)  
SB: 1:46.59

**1500m**

Name: Lee Emanuel  
DOB: 24/01/1985  
Coach: Joe Franklin  
Club: Sheffield & Dearne  
PB: 3:35.66i (2015)  
SB: 3:36.29

Name: Tom Lancashire  
DOB: 02/07/1985  
Coach: Steve Vernon  
Club: Bolton  
PB: 3:33.96 (2010)  
SB: 3:37.77

Name: Jake Wightman  
DOB: 11/07/1994  
Coach: Geoff Wightman  
Club: Edinburgh AC  
PB: 3:35.49 (2014)  
SB: 3:36.64

**5000m**

Name: Jonny Davies  
DOB: 28/10/1994  
Coach: Rob McKim  
Club: Reading AC  
PB: 13:23.94 (2016)  
SB: 13:23.94

Name: Jonathan Taylor  
DOB: 10/10/1987  
Coach: Gordon Surtees  
Club: Morpeth  
PB: 13:30.97 (2016)  
SB: 13:30.97
10,000m
Name: Dewi Griffiths
DOB: 09/08/1991
Coach: Kevin Evans
Club: Swansea
PB: 28:34.38
SB: 28:34.38

Name: Andy Vernon
DOB: 07/01/1986
Coach: Nic Bideau
Club: Aldershot Farnham & District
PB: 27:42.62 (2015)
SB: 28:48.75

3000m Steeplechase
Name: Rob Mullett
DOB: 31/07/1987
Coach: David Leach
Club: Lewes
PB: 8:22.42 (2016)
SB: 8:22.42

110m Hurdles
Name: Lawrence Clarke
DOB: 12/03/1990
Coach: Samba-Koundy Giscard
Club: Windsor Slough Eton & Hounslow
PB: 13.31 (2012)
SB: 13.42

Name: David King
DOB: 13/06/1994
Coach: James Hillier
Club: City of Plymouth
PB: 13.54 (2016)
SB: 13.54

Name: Andrew Pozzi
DOB: 15/05/1992
Coach: Malcolm Arnold
Club: Stratford-upon-Avon
PB: 13.31 (2016)
SB: 13.31

400m Hurdles
Name: Tom Burton
DOB: 29/10/1988
Coach: Nick Dakin
Club: Tamworth
PB: 49.36 (2015)
SB: 49.62

Name: Jack Green
DOB: 06/10/1991
Coach: Jane Plews
Club: Kent
PB: 48.60 (2012)
SB: 49.05

Name: Rhys Williams
DOB: 27/02/1984
Coach: Adrian Thomas
Club: Cardiff
PB: 48.84 (2013)
SB: 49.22

High Jump
Name: Chris Baker
DOB: 02/02/1991
Coach: Sharon Heveran
Club: Sale Harriers Manchester
PB: 2.36i (2016)
SB: 2.36i

Name: Robbie Grabarz
DOB: 03/10/1987
Coach: Fuzz Caan
Club: Newham & Essex Beagles
PB: 2.37m (2012)
SB: 2.33mi

Pole Vault
Name: Luke Cutts
DOB: 13/02/1988
Coach: Trevor Fox
Club: Sheffield & Dearne
PB: 5.83 (2014)
SB: 5.70mi

Long Jump
Name: Greg Rutherford
DOB: 17/11/1986
Coach: Dan Pfaff
Club: Marshall Milton Keynes
PB: 8.51m (2014)
SB: 8.31m

Triple Jump
Name: Nathan Douglas
DOB: 04/12/1982
Coach: Aston Moore
Club: Oxford City
PB: 17.64m (2005)
SB: 16.58m

Name: Julian Reid
DOB: 23/09/1988
Coach: Birchfield
Club: Aston Moore
Hammer

Name: Chris Bennett
DOB: 17/12/1989
Coach: Mick Jones
Club: Shaftesbury Barnet
PB: 76.45m (2016)
SB: 76.45m

Name: Mark Dry
DOB: 11/10/1987
Coach: Tore Gustafsson
Club: Woodford Green Essex Ladies
PB: 76.93m (2015)
SB: 76.26m

Name: Nick Miller
DOB: 01/05/1993
Coach: Tore Gustafsson
Club: Border
PB: 77.55m (2015)
SB: 76.93m

Decathlon

Name: Ashley Bryant
DOB: 17/05/1991
Coach: Aston Moore
Club: Windsor Slough Eton & Hounslow
PB: 8141 (2014)
SB: 8056

4x100m relay

Name: Harry Aikines-Aryeetey
DOB: 29/08/1988
Coach: Benke Blomkvist
Club: Sutton & District
PB: 10.08 (2014)
SB: 10.18

Name: James Dasaolu
DOB: 05/09/1987
Coach: Steve Fudge
Club: Croydon
PB: 9.91 (2013)
SB: 10.11

Name: Ojie Edoburun
Name: James Ellington
Name: Adam Gemili
Name: Zharnel Hughes
Name: Richard Kilty

Name: Nethaneel Mitchell-Blake
Name: Danny Talbot
Name: Chiijulu Ujah
DOB: 05/03/1994
Coach: Jonas Tawiah-Dodoo
Club: Enfield & Haringey
SB: 10.06

4x400m relay

Name: Jarryd Dunn
Name: Jack Green
Name: Matthew Hudson-Smith
DOB: 26/10/1994
Coach: Tony Hadley
Club: Birchfield
PB: 44.75 (2014)
SB: 44.88

Name: Nigel Levine
DOB: 30/04/1989
Coach: Linford Christie
Club: Windsor Slough Eton & Hounslow
PB: 45.11 (2012)
SB: 45.89

Name: Delano Williams
DOB: 23/12/1993
Coach: Neil Harrison
Club: Enfield & Haringey
PB: 45.42 (2015)
SB: 45.50

Name: Rabah Yousif
DOB: 11/12/1986
Coach: Carol Williams
Club: Newham & Essex Beagles
PB: 44.54 (2015)
SB: 45.52

Half Marathon

Name: Matt Bond
DOB: 17/07/1982
Coach: Norman Poole
Club: Sale Harriers Manchester
PB: 64:29 (2012)
SB: 64:36

Name: Callum Hawkins
DOB: 22/06/1992
Coach: Robert Hawkins
Club: Kilbarchan
SB: 62:36

Name: Jonny Hay  
DOB: 12/02/1992  
Coach: Mick Woods  
Club: Aldershot Farnham & District  
PB: 64:09 (2014)  
SB: 64:53

Name: Lee Merrien  
DOB: 26/04/1979  
Coach: Gavin Smith  
Club: Newham & Essex Beagles  
PB: 64:07 (2016)  
SB: 64:07

Name: Tsegai Tewelde  
DOB: 08/12/1989  
Coach: John MacKay  
Club: Shettleston/Glasgow City  
SB: 63:34
### Women

#### 100m

<table>
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<tr>
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<th>Club</th>
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<tbody>
<tr>
<td>Desiree Henry</td>
<td>26/08/1995</td>
<td>Rana Reider</td>
<td>Enfield &amp; Haringey</td>
<td>11.06 (2016)</td>
<td>11.06</td>
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<tr>
<td>Dina Asher-Smith</td>
<td>04/12/1995</td>
<td>John Blackie</td>
<td>Blackheath &amp; Bromley</td>
<td>22.07 (2015)</td>
<td>22.72</td>
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<tr>
<td>Jodie Williams</td>
<td>28/09/1993</td>
<td>Ryan Freckleton</td>
<td>Herts Phoenix</td>
<td>22.46 (2014)</td>
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#### 200m

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<tr>
<td>Dina Asher-Smith</td>
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<td>John Blackie</td>
<td>Blackheath &amp; Bromley</td>
<td>22.07 (2015)</td>
<td>22.72</td>
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<tr>
<td>Jodie Williams</td>
<td>28/09/1993</td>
<td>Ryan Freckleton</td>
<td>Herts Phoenix</td>
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#### 400m

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<tr>
<td>Christine Ohuruogu</td>
<td>17/05/1984</td>
<td>Lloyd Cowan</td>
<td>Newham &amp; Essex Beagles</td>
<td>49.41 (2013)</td>
<td>52.00</td>
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<tr>
<td>Anyika Onuora</td>
<td>28/10/1984</td>
<td>Rana Reider</td>
<td>Liverpool Harriers</td>
<td>50.87 (2015)</td>
<td>51.55</td>
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#### 800m

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<th>Club</th>
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<tr>
<td>Alison Leonard</td>
<td>17/03/1990</td>
<td>Bud Baldero</td>
<td>Blackburn Harriers</td>
<td>2:00:08 (2014)</td>
<td>2:00:71</td>
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#### 1500m

<table>
<thead>
<tr>
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<th>Club</th>
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<th>SB</th>
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</thead>
<tbody>
<tr>
<td>Jenny Meadows</td>
<td>17/04/1981</td>
<td>Trevor Painter</td>
<td>Wigan &amp; District</td>
<td>1:57.93 (2009)</td>
<td>2:00.74</td>
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<tr>
<td>Adelle Tracey</td>
<td>27/05/1993</td>
<td>Craig Winrow</td>
<td>Guildford &amp; Godalming</td>
<td>2:01.10 (2015)</td>
<td>2:01.24</td>
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#### 5000m

<table>
<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Steph Twell</td>
<td>17/08/1989</td>
<td>Mick Woods</td>
<td>Aldershot Farnham &amp; District</td>
<td>14:54.08 (2010)</td>
<td>14:59.00</td>
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<tr>
<td>Laura Whittle</td>
<td>27/06/1985</td>
<td></td>
<td>Royal Sutton Coldfield</td>
<td>15:08.58 (2016)</td>
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#### 10,000m

<table>
<thead>
<tr>
<th>Name</th>
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<th>PB</th>
<th>SB</th>
</tr>
</thead>
</table>
Name: Jo Pavey  
DOB: 20/09/1973  
Coach: Gavin Pavey  
Club: Exeter  
PB: 30:53.20 (2012)  
SB: 33:22.76

Name: Rosie Clarke  
DOB: 17/11/1991  
Coach: David Harmer  
Club: Epsom & Ewell  
PB: 9:52.20 (2016)  
SB: 9:52.20

Name: Lennie Waite  
DOB: 04/02/1986  
Coach: Steve Sisson  
Club: Aldershot Farnham & District  
PB: 9:35.91 (2016)  
SB: 9:35.91

Name: Lucy Hatton  
DOB: 08/11/1994  
Coach: Toni Minichiello  
Club: Corby  
PB: 12.84 (2015)  
SB: 13.18

Name: Tiffany Porter  
DOB: 13/11/1987  
Coach: Rana Reider  
Club: Woodford Green Essex Ladies  
PB: 12.51 (2014)  
SB: 12.72

Name: Serita Solomon  
DOB: 01/03/1990  
Coach: Michelle Bovell  
Club: Blackheath & Bromley  
PB: 12.87 (2015)  
SB: 13.36

Name: Isobel Pooley  
DOB: 21/12/1992  
Coach: Fuzz Caan  
Club: Aldershot Farnham & District  
PB: 1.97m (2015)  
SB: 1.88m

Name: Shara Proctor  
DOB: 16/09/1988  
Coach: Rana Reider  
Club: Birchfield Harriers  
PB: 7.07m (2015)  
SB: 6.911

Name: Jazmin Sawyers  
DOB: 21/05/1994  
Coach: Alan Lerwill  
Club: City of Stoke  
PB: 6.75m (2016)  
SB: 6.75m

Name: Lorraine Ugen  
DOB: 22/08/1992  
Coach: Shawn Jackson  
Club: Thames Valley  
PB: 6.93i (2015)  
SB: 6.93i

Name: Laura Samuel  
DOB: 19/02/1991  
Coach: Aston Moore  
Club: Birchfield Harriers  
PB: 14.09m (2016)  
SB: 14.09m

Name: Rachel Wallader  
DOB: 01/09/1989  
Coach:  
Club: Windsor Slough Eton & Hounslow  
PB: 17.53m (2016)  
SB: 17.53m

Name: Jade Lally  
DOB: 30.03.1987  
Coach: Andrew Neal  
Club: Shaftesbury Barnet  
PB: 65.10m (2016)  
SB: 65.10m

Name: Sophie Hitchon  
DOB: 11/07/1991  
Coach: Tore Gustafsson  
Club: Blackburn  
PB: 73.86m (2015)  
SB: 71.86m

Name: Goldie Sayers  
DOB: 16/07/1982
Coach: Mark Roberson  
Club: Belgrave  
PB: 66.17 (2012)  
SB: 58.79

Heptathlon

Name: Morgan Lake  
DOB: 12/05/1997  
Coach: Eldon Lake  
Club: Windsor Slough Eton & Hounslow  
PB: 6148 (2014)  
SB: 5951

4x100m relay

Name: Dina Asher-Smith  
SB: 11.08

Name: Louise Bloor  
DOB: 21/09/1985  
Coach: Toni Minichiello  
Club: Trafford  
PB: 11.43 (2015)  
SB: N/A

Name: Desiree Henry

Name: Shannon Hylton  
DOB: 19/12/1996  
Coach: John Blackie  
Club: Blackheath & Bromley  
PB: 11.59 (2014)  
SB: N/A

Name: Daryll Neita  
DOB: 29/08/1996  
Coach: Jonas Tawiah-Dodoo  
Club: Shaftesbury Barnet  
PB: 11.23 (2016)  
SB: 11.23

Name: Asha Philip

4x400m relay

Name: Margaret Adeoye  
DOB: 22/04/1985  
Coach: Linford Christie  
Club: Enfield & Harengy  
PB: 51.93 (2013)  
SB: 53.04

Name: Seren Bundy-Davies  
DOB: 30/12/1994  
Coach: Stephen Ball  
Club: Trafford  
PB: 51.26 (2016)  
SB: 51.26

Name: Emily Diamond  
DOB: 11/06/1991  
Coach: Jared Deacon  
Club: Bristol & West  
PB: 51.23 (2016)  
SB: 51.23

Name: Eilidh Doyle  
DOB: 20/02/1987  
Coach: Malcolm Arnold  
Club: Pitreavie  
PB: 52.28 (2011)  
SB: N/A

Name: Kelly Massey  
DOB: 11/01/1985  
Coach: Stephen Ball  
Club: Sale Harriers  
PB: 51.96 (2014)  
SB: 53.06

Half Marathon

Name: Alyson Dixon  
DOB: 24/09/1978  
Coach: Self-coached  
Club: Sunderland Strollers  
PB: 70.38 (2014)  
SB: 72.57

Name: Tina Muir  
DOB: 06/08/1988  
Coach: Steve Picucci  
Club: Bedford & County  
PB: 73.21 (2015)  
SB: 75.12

Name: Lily Partridge  
DOB: 09/03/1991  
Coach: Self-coached  
Club: Aldershot Farnham & District  
PB: 70.31 (2015)  
SB: N/A

Name: Charlotte Purdue  
DOB: 10/06/1991  
Coach: Nic Bideau  
Club: Aldershot Farnham & District  
PB: 71.43 (2014)  
SB: 73.20

Name: Gemma Steel  
DOB: 12/11/1985  
Coach: Rob Denmark  
Club: Charnwood  
PB: 68.13 (2014)  
SB: N/A
# Timetable

## Day 1

### Morning

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Gender</th>
<th>Group</th>
</tr>
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<tbody>
<tr>
<td>10:45</td>
<td>Hammer Throw</td>
<td>W</td>
<td>Qual. Gr. A</td>
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<tr>
<td>10:50</td>
<td>100m</td>
<td>M</td>
<td>Decathlon</td>
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<tr>
<td>11:05</td>
<td>High Jump</td>
<td>W</td>
<td>Qual. Gr. A and Gr. B</td>
</tr>
<tr>
<td>11:40</td>
<td>100m Hurdles</td>
<td>W</td>
<td>Heats</td>
</tr>
<tr>
<td>11:45</td>
<td>Long Jump</td>
<td>M</td>
<td>Decathlon</td>
</tr>
<tr>
<td>12:00</td>
<td>Discus Throw</td>
<td>W</td>
<td>Qual. Gr. A</td>
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<tr>
<td>12:05</td>
<td>Hammer Throw</td>
<td>W</td>
<td>Qual. Gr. B</td>
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<tr>
<td>12:10</td>
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<td>Heats</td>
</tr>
<tr>
<td>12:40</td>
<td>100m</td>
<td>M</td>
<td>Heats</td>
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<td>13:10</td>
<td>400m</td>
<td>W</td>
<td>Heats</td>
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<td>13:15</td>
<td>Discus Throw</td>
<td>W</td>
<td>Qual. Gr. B</td>
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<td>13:25</td>
<td>Shot Put</td>
<td>M</td>
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### Evening

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<td>17:05</td>
<td>Javelin Throw</td>
<td>M</td>
<td>Qual. Gr. A</td>
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<td>17:05</td>
<td>400m Hurdles</td>
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<td>Heats</td>
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<td>17:30</td>
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<td>Heats</td>
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### Day 2

#### Morning

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<td>Triple Jump</td>
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## Day 4

### Morning

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### Evening

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Day 5

**Morning**
09:30  Half Marathon  W  Final  
09:50  Half Marathon  M  Final  

**Evening**
17:00  High Jump  M  Final  
17:05  400m Hurdles  W  Final  
17:10  Hammer Throw  M  Final  
17:15  3000m  W  Final  
17:15  Steeplechase  W  Final  
17:25  Triple Jump  W  Final  
17:30  Shot Put  M  Final  
17:35  4x100m Relay  W  Final  
17:45  1500m  W  Final  
17:55  4x100m Relay  M  Final  
18:10  5000m  M  Final  
18:30  800m  M  Final  
18:40  4x400m Relay  W  Final  
18:50  4x400m Relay  M  Final
British medallists from the 2014 European Championships

Gold:
Eilidh Child – 400m Hurdles
James Dasaolu – 100m
Mo Farah – 5000m and 10,000m
Adam Gemili – 200m
Jo Pavey – 5000m
Tiffany Porter – 100m Hurdles
Martyn Rooney – 400m
Greg Rutherford – Long Jump
Men’s 4x100m relay
Women’s 4x100m relay
Men’s 4x400m relay

Silver
Matthew Hudson-Smith – 400m
William Sharman – 110m hurdles
Lynsey Sharp – 800m
Andy Vernon – 10,000m
Jodie Williams – 200m

Bronze
Harry Aikines-Aryeetey – 100m
Ashleigh Nelson – 100m
Chris O’Hare – 1500m
Andy Vernon – 5000m
Laura Weightman – 1500m
Women’s 4x400m Relay
## Medal Table from the 2014 European Championships in Zurich

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