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BRITISH ATHLETICS TEAM MANAGEMENT

**TEAM LEADER**
Scott Grace

**TEAM MANAGERS**
Jane Fylan
Pauline Holmes

**PHYSIOTHERAPIST**
Jane Fylan
Pauline Holmes

**SOFT TISSUE THERAPIST**
Pauline Holmes

**COACHES**

**Sprints**
Harry King
Matthew Wood

**Endurance**
Charlotte Fisher
Spencer Duval

**Jumps**
Graham Ravenscroft
Zachary Kerin
Ellie Spain

**Throws**
Adrian Palmer

**Combined Events**
Tom Reynolds

**MEDICAL OFFICER**
Dr Hamish Reid

**PHYSIOTHERAPIST**
Claire Lawrence

**SOFT TISSUE THERAPIST**
Katie Flatters

**MEDIA**
Alex Ferguson
+44 (0) 7702 849 276
aferguson@britishathletics.org.uk
# Athlete Profiles – Men

## 200m
- Name: Jona Efoloko  
  D.O.B: 23/9/1999  
  Coach: John Smith  
  Club: Sale Harriers  
  SB: 21.45

- Name: Joseph Massimo  
  D.O.B: 9/01/2000  
  Coach: Stephen King  
  PB: 21.36 (2016)  
  SB: 21.36

## 3000m
- Name: Isaac Akers  
  D.O.B: 06/05/1999  
  Coach: Bill Boyd  
  Club: Corby  
  PB: 8.18.79 (2016)  
  SB: 8.18.79

- Name: Alasdair Kinloch  
  D.O.B: 08/02/1999  
  Coach: Mark Hookway  
  Club: Tonbridge  
  PB: 8.18.21 (2016)  
  SB: 8.18.21

## 400m
- Name: Ellis Greatrex  
  D.O.B: 27/07/1999  
  Coach: Claudio Albanese  
  Club: Wolverhampton and Bilston  
  PB: 47.47 (2016)  
  SB: 47.47

- Name: Jason Nicholson  
  D.O.B: 10/05/1999  
  Coach: Janice Kaufman  
  PB: 13.75 (2016)  
  SB: 13.75

## 400 Hurdles
- Name: Alastair Chalmers  
  D.O.B: 31/03/2000  
  Coach: Dale Garland  
  Club: Guernsey  
  PB: 52.86 (2016)  
  SB: 52.86

- Name: Alex Knibbs  
  D.O.B: 26/04/1999  
  Coach: Julie Feeney  
  Club: Amber Valley/Derby  
  PB: 53.12 (2016)  
  SB: 53.1

## 110m Hurdles
- Name: Ethan Akanni  
  D.O.B: 05/05/1999  
  Coach: Tony Jarett  
  Club: Bexley  
  PB: 13.61 (2016)  
  SB: 13.61

- Name: Markhim Lonsdale  
  D.O.B: 09/01/2000  
  Coach: David Lowes  
  Club: Crook  
  PB: 1.49.07 (2016)  
  SB: 1.49.07

## 800m
- Name: George Mills  
  D.O.B: 12/05/1999  
  Coach: Joanne Day  
  Club: Harrogate  
  PB: 1.49.06 (2016)  
  SB: 1.49.06

- Name: Jake Heyward  
  D.O.B: 26/04/1999  
  Coach: Paul Darney  
  Club: Cardiff  
  PB: 3.46.50 (2016)  
  SB: 3.46.50

## 1500m
- Name: Alex Knibbs  
  D.O.B: 26/04/1999  
  Coach: Julie Feeney  
  Club: Amber Valley/Derby  
  PB: 53.12 (2016)  
  SB: 53.1
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## ATHLETE PROFILES – WOMEN

### 200m
Name: Alisha Rees  
D.O.B: 16/04/1999  
Coach: Willy Russell  
Club: Edinburgh AC  
PB: 23.64 (2016)  
SB: 23.64  

Name: Lucy Pygott  
D.O.B: 30/10/1999  
Coach: Mick Woods  
Club: Aldershot, Farnham & District  
PB: 9.31.84 (2016)  
SB: 9.31.84

### 800m
Name: Isabelle Boffey  
D.O.B: 13/04/2000  
Coach: Douglas Stone  
Club: Enfield & Haringey  
PB: 2.06.68 I (2016)  
SB: 2.06.68  

Name: Anna Burt  
D.O.B: 12/07/2000  
Coach: Kevin Brunt  
Club: Bath  
PB: 2.06.23 (2016)  
SB: 2.06.23

### 5000m Race Walk
Name: Sophie Lewis-Ward  
D.O.B: 07/04/1999  
Coach: Noel Carmody  
Club: Cambridge Harriers  
PB: 24.24.27 (2016)  
SB: 24.24.27

### 1500m
Name: Sabrina Sinha  
D.O.B: 19/04/1999  
Coach: Peter Mullervy  
Club: Cambridge Harriers  
PB: 4.17.48 (2016)  
SB: 4.17.48  

Name: Erin Wallace  
D.O.B: 18/05/2000  
Coach: Dudley Walker  
Club: Giffnock North  
PB: 4.20.63 (2016)  
SB: 4.20.63

### Heptathlon
Name: Niamh Emerson  
D.O.B: 22/04/1999  
Coach: David Feeney  
Club: Amber Valley  
PB: 5815 (2016)  
SB: 5815

### 1500m
Name: Kathleen Faes  
D.O.B: 13/12/2000  
Coach: Nikolaas Faes  
Club: Tonbridge  
PB: 9.37.36 (2016)  
SB: 9.37.36

Name: Abby Ward  
D.O.B: 19/04/1999  
Coach: Ian Hill  
Club: Wakefield  
PB: 1.89m i (2016)  
SB: 1.89m i

### Long Jump
Name: Eleanor Broome  
D.O.B: 06/02/1999  
Coach: Ian Roberts  
Club: Rugby and Northampton  
PB: 6.26m (2016)  
SB: 6.26m
**Long Jump**
Name: Holly Mills  
D.O.B: 15/04/2000  
Coach: James Coney  
Club: Andover  
PB: 6.29m (2015)  
SB: 6.24m

**Pole Vault**
Name: Jessica Robinson  
D.O.B: 26/06/1999  
Coach: Ellie Spain  
Club: Windsor Slough Eton & Hounslow  
PB: 4.05m (2016)  
SB: 4.05m
## TIMETABLE

### DAY ONE

#### Morning

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DAY TWO

Morning
09:00  Shot Put  G Q A/B
09:05  400m Hurdles  G R1
09:20  Hammer Throw  G QA
09:45  400m Hurdles  B R1
10:05  Pole Vault  B QA/B
10:20  High Jump  G QA/B
10:25  1,500m  G R1
10:50  800m  B R1
11:05  Hammer Throw  G QB
11:30  100m Hurdles  G A/B
11:35  Long Jump Heptathlon  G A/B
12:10  110m Hurdles  B R1

Evening
15:50  3,000m  B MC
16:00  Javelin Throw  Heptathlon  G A/B
16:05  100m Hurdles  G SF
16:25  Triple Jump  G FINAL
16:33  110m Hurdles  B SF
16:55  800m  G SF
17:25  2,000m SC  B R1
17:30  Shot Put  B FINAL
17:55  200m  G R1
18:00  Hammer Throw  B FINAL
18:30  200m  B R1
18:55  Triple Jump  G MC
19:05  Long Jump  B FINAL
19:10  400m  G SF
19:35  400m  B SF
19:50  Shot Put  G MC
19:55  Discus Throw  G FINAL
20:00  800m Heptathlon  G
20:25  3,000m  G FINAL
20:40  Heptathlon  G MC
20:50  100m  G FINAL
21:05  100m  B FINAL
21:10  Hammer Throw  B MC
21:16  Long Jump  B MC
# DAY THREE

## Morning

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## Evening

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<td>800m</td>
<td>W</td>
<td>Final</td>
</tr>
<tr>
<td>21:50</td>
<td>1500m</td>
<td>M</td>
<td>Final</td>
</tr>
</tbody>
</table>
DAY FOUR

Morning
09:00  110m Hurdles Decathlon  B
09:55  Discus Throw Decathlon  B  A/B
12:30  Pole Vault Decathlon  B  A/B

Evening
15:32  400m  G  MC
15:38  400m  B  MC
15:44  1,500m  B  MC
15:50  Javelin Throw  B  MC
16:00  Discus Throw  B  FINAL
16:05  High Jump  B  MC
16:15  Long Jump  G  FINAL
16:20  200m  B  MC
16:35  High Jump  G  FINAL
17:15  400m Hurdles  G  FINAL
17:40  400m Hurdles  B  FINAL
17:43  200m  B  MC
17:50  Javelin Throw Decathlon  B  A/B
18:10  800m  B  FINAL
18:15  Pole Vault  B  FINAL
18:20  Discus Throw  B  MC
18:27  400m Hurdles  G  MC
18:35  Triple Jump  B  FINAL
18:40  1,500m  G  FINAL
18:50  400m Hurdles  B  MC
19:00  Long Jump  G  MC
19:15  2,000m Steeplechase  B  FINAL
19:25  800m  B  MC
19:32  High Jump  G  MC
19:39  1,500m  G  MC
19:50  Javelin Throw  G  FINAL
19:55  1,500m Decathlon  B
20:10  2,000 Steeplechase  B  MC
20:30  Medley Relay  G  FINAL
20:40  Decathlon  B  MC
21:00  Medley Relay  B  FINAL
21:05  Triple Jump  B  MC
21:11  Pole Vault  B  MC
21:17  Javelin Throw  G  MC
Banquet Medley Relay  G  MC
Banquet Medley Relay  B  MC