

NORWICH UNION GREAT BRITAIN  
& NORTHERN IRELAND TEAM

uk:athletics

# MEDIA:GUIDE

## 2008 UPDATE SHEET

### 12TH IAAF WORLD JUNIOR CHAMPIONSHIPS

Bydgoszcz, Poland July 8th - 13th 2008

### NORWICH UNION GREAT BRITAIN AND NORTHERN IRELAND TEAM MANAGEMENT

<b>Team Leader</b>	Martin Rush	
<b>Team Management</b>	Aileen McGillivray Spencer Barden	
<b>Team Coaches</b>	Paula Dunn Harry King Mick Hill Mick Woods	Jared Deacon Graham Ravenscroft Craig Winrow
<b>Medical</b>	Dr. John Rogers	
<b>Physiotherapists</b>	James Moore Claire Wheller	
<b>Soft Tissue Therapist</b>	Alan Henderson	

#### UK Athletics Communications Staff in Bydgoszcz:

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#### Team Hotel

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### TIMETABLE

#### Day 1 Tuesday 8th July

TIME	SEX	EVENT	ROUND
9:00	W	3000m Steeplechase	Heats
9:00	M	Discus Throw	Qualification
9:35	W	400m	Heats
9:45	M	Shot Put	Qualification
10:10	M	400m	Heats
10:20	M	Discus Throw	Qualification
10:50	W	100m	Heats
11:00	M	Long Jump	Qualification
11:40	W	Hammer Throw	Qualification
12:00	M	100m	Heats
13:00	W	Hammer Throw	Qualification

17:00	M	800m	Heats
17:00	W	High Jump	Qualification
17:05	W	Javelin Throw	Qualification
17:40	W	800m	Heats
17:50	W	Triple Jump	Qualification
18:15	M	1500m	Heats
18:25	W	Javelin Throw	Qualification
18:35	M	Shot Put	Final
18:50	W	100m	Semi-Final
19:15	M	100m	Semi-Final
19:40	W	5000m	Final

#### 20:30 OPENING CEREMONY

#### Day 2 - Wednesday 9th July

9:00	M	100m	Decathlon Junior
9:00	M	Javelin Throw	Qualification
9:25	M	400m Hurdles	Heats
9:30	W	Pole Vault	Qualification
10:05	W	400m Hurdles	Heats
10:05	M	Long Jump	Decathlon Junior
10:25	M	Javelin Throw	Qualification
10:45	W	10,000m Race Walk	Final
11:30	M	Shot Put	Decathlon Junior

17:00	M	High Jump	Decathlon Junior
17:00	W	Hammer Throw	Final
17:30	M	800m	Semi-Final
17:50	W	400m	Semi-Final
18:05	M	Long Jump	Final
18:10	M	400m	Semi-Final

18:10	W	Shot Put	Qualification
18:30	W	800m	Semi-Final
18:50	M	10,000m	Final
18:50	M	Discus Throw	Final
19:35	M	400m	Decathlon Junior
19:55	W	100m	Final
20:10	M	100m	Final

#### Day 3 - Thursday 10th July

9:00	M	110m Hurdles	Decathlon Junior
9:20	M	3000m Steeplechase	Heats
9:30	M	Pole Vault	Qualification
9:50	W	200m	Heats
9:50	M	Discus Throw	Decathlon Junior
10:00	M	Triple Jump	Qualification
10:30	M	200m	Heats
11:00	M	Discus Throw	Decathlon Junior
11:15	W	100m Hurdles	Heats
11:55	W	400m Hurdles	Semi-Final
12:25	M	Hammer Throw	Qualification
12:50	M	Pole Vault	Decathlon Junior

13:45	M	Hammer Throw	Qualification
17:00	M	Javelin Throw	Decathlon Junior
17:20	W	High Jump	Final
17:30	W	Shot Put	Final
17:40	M	400m Hurdles	Semi-Final
18:00	M	Javelin Throw	Decathlon Junior
18:05	W	200m	Semi-Final
18:25	M	200m	Semi-Final
18:30	W	Triple Jump	Final
18:45	W	3000m Steeplechase	Final
19:05	M	400m	Final
19:05	W	Javelin Throw	Final
19:20	M	1500m	Final
19:40	W	400m	Final
20:00	M	1500m	Decathlon Junior

#### Day 4 - Friday 11th July

9:00	W	100m Hurdles	Heptathlon
9:20	W	Discus Throw	Qualification
9:25	M	110m Hurdles	Heats
9:45	W	High Jump	Heptathlon
10:05	W	1500m	Heats
10:15	W	Long Jump	Qualification
10:40	W	Discus Throw	Qualification
10:40	M	10,000m Race Walk	Final

17:00	M	High Jump	Qualification
17:00	W	Pole Vault	Final
17:05	W	100m Hurdles	Semi-Final
17:10	W	Shot Put	Heptathlon
17:35	W	4x100m Relay	Heats
17:50	M	Triple Jump	Final
18:00	M	4x100m Relay	Heats
18:20	W	400m Hurdles	Final
18:30	M	400m Hurdles	Final
18:40	M	Javelin Throw	Final
18:45	W	200m	Heptathlon
19:15	W	800m	Final
19:25	M	800m	Final
19:40	W	200m	Final
19:55	M	200m	Final

#### Day 5 - Saturday 12th July

15:00	W	Long Jump	Heptathlon
15:00	M	Hammer Throw	Final
16:15	M	Pole Vault	Final
16:45	W	Javelin Throw	Heptathlon
16:55	W	4x400m Relay	Heats
17:15	M	4x400m Relay	Heats
17:35	M	110m Hurdles	Semi-Final
17:40	W	Long Jump	Final
17:45	W	Javelin Throw	Heptathlon
17:55	W	100m Hurdles	Final
18:10	W	3000m	Final
18:25	W	4x100m Relay	Final
18:40	M	4x100m Relay	Final
19:00	W	800m	Heptathlon

#### Day 6 - Sunday 13th July

16:00	M	High Jump	Final
16:05	M	3000m Steeplechase	Final
16:05	W	Discus Throw	Final
16:30	M	110m Hurdles	Final
16:35	M	5000m	Final
17:00	W	1500m	Final
17:15	W	4x400m Relay	Final
17:35	M	4x400m Relay	Final

#### CLOSING CEREMONY

### NORWICH UNION GREAT BRITAIN AND NORTHERN IRELAND TEAM

	MEN	WOMEN
100m	James Alaka	Ashlee Nelson Elaine O'Neill
200m	Chris Clarke Richard Kilty	Shaunna Thompson
400m	Nigel Levine Jordan McGrath	
800m	Chris Smith Rick Ward	Alison Leonard Lynsey Sharp
1500m	Dave Forrester James Shane	Emma Pallant Steph Twell
3000m		Jo Harvey Lauren Howarth
5000m		Emily Pidgeon
110mH	Alex Al-Ameen Edirin Okoro	
400mH	Nathan Woodward	Meghan Beesley
High Jump	Matthew Owens	
Pole Vault	Scott Huggins Andrew Marsh	Jade Ive
Shot	Jamie Stevenson	
Long Jump		Abigail Irozuru
Discus	Curtis Griffith Parker Brett Morse	Shaunagh Brown
Hammer	Peter Smith	Sophie Hitchon
Decathlon	Daniel Gardiner	
4x100m	Alaka Eugene Ayanful Junior Ejehu Kilty Dele Onifade Olafunmi Sobodu	Hollie Croxford Torema Dorsett Nelson O'Neill Anike Shand Whittingham Thompson
4x400m	Clarke Robert Davis Levine McGrath Louis Persent	

