



# MEDIAGUIDE2011

## SPAR EUROPEAN TEAM CHAMPIONSHIPS

STOCKHOLM, SWEDEN  
18-19 JUNE 2011



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# AVIVA GREAT BRITAIN AND NORTHERN IRELAND TEAM MANAGEMENT

## **Team Leader**

Charles van Commenee

## **Team Managers**

Simon Nathan

Alison Wyeth

## **Team Co-ordinator**

Lorna Dwyer

## **Team Coaches**

Lloyd Cowan (Sprints/Relays)

Tony Lester (Sprints/Relays)

George Gandy (Endurance)

Trevor Painter (Endurance)

Malcolm Arnold (Hurdles)

Shaun Pickering (Throws)

Fuzz Ahmed (Jumps)

Dan Pfaff (Jumps)

Aston Moore (Jumps)

## **Team Doctors**

Robin Chakraverty

Paul Dijkstra

Noel Pollock

## **Physiotherapists**

Neil Black

Gordon Bosworth

Lily Devine

Gerry Ramogida

## **Soft Tissue Therapist**

Wendy Hilton

## **Sport Science**

Aki Salo

## **Media Attache**

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## **Media Attache**

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## **Team Hotel**

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# TIMETABLE

## FRIDAY 17 JUNE

### Test Competition

TIME	EVENT	GENDER	HEAT
16:00	High Jump		
16:03	100m	M	Heat 1
16:06	Long Jump	M	
16:10	100m	M	Heat 2
16:13	Javelin Throw	M	
16:20	800m	W	

### B-Races

TIME	EVENT	GENDER	HEAT
17:00	100m	M	Heat 1
17:06	100m	M	Heat 2
17:12	100m	W	Heat 1
17:18	100m	W	Heat 2
17:30	4 x 100m	M	
17:40	4 x 100m	W	

## SATURDAY 18 JUNE

TIME	EVENT	GENDER	HEAT
13:35	Hammer Throw	W	
14:35	<b>Opening Ceremony and start of Day 1</b>		
14:48	400m Hurdles	M	Heat 1
14:50	Shot Put	M	
14:53	Long Jump	M	
14:55	400m Hurdles	M	Heat 2
14:58	Pole Vault	W	
15:03	100m	W	Heat 1
15:10	100m	W	Heat 2
15:18	400m	M	Heat 1
15:24	400m	M	Heat 2
15:29	Javelin Throw	W	
15:33	800m	W	
15:36	High Jump	M	
15:41	100m	M	Heat 1
15:48	100m	M	Heat 2
15:56	3000m	W	
16:16	400m Hurdles	W	Heat 1
16:23	400m Hurdles	W	Heat 2

# TIMETABLE

## SATURDAY 18 JUNE

TIME	EVENT	GENDER	HEAT
16:33	Triple Jump	W	
16:34	1500m	M	
16:44	3000m Steeplechase	W	
16:54	Javelin Throw	M	
16:59	400m	W	Heat 1
17:06	400m	W	Heat 2
17:13	5000m	M	
17:34	4 x 100m	W	Heat 1
17:41	4 x 100m	W	Heat 2
17:48	4 x 100m	M	Heat 1
17:55	4 x 100m	M	Heat 2

## SUNDAY 19 JUNE

TIME	EVENT	GENDER	HEAT
13:35	Hammer Throw	M	
14:40	<b>Start of Day 2</b>		
14:47	Shot Put	W	
14:49	110m hurdles	M	Heat 1
14:51	Long Jump	W	
14:57	110m Hurdles	M	Heat 2
15:02	Pole Vault	M	
15:06	200m	W	Heat 1
15:13	200m	W	Heat 2
15:21	800m	M	
15:24	High Jump	W	
15:28	Discus Throw	M	
15:37	100m Hurdles	W	Heat 1
15:44	100m Hurdles	W	Heat 2
15:57	3000m	M	
16:16	1500m	W	
16:21	Triple Jump	M	
16:28	200m	M	Heat 1
16:35	200m	M	Heat 2
16:43	Discus Throw	W	
16:44	5000m	W	
17:04	3000m Steeplechase	M	
17:22	4 x 400m	W	Heat 1
17:32	4 x 400m	W	Heat 2
17:42	4 x 400m	M	Heat 1
17:52	4 x 400m	M	Heat 2
18:00	Victory Ceremony		

# AVIVA GREAT BRITAIN AND NORTHERN IRELAND TEAM

## MEN

100m Dwain Chambers	400m H Dai Greene (c)	High Jump Samson Oni
200m Danny Talbot	3000m SC Luke Gunn	Pole Vault Steve Lewis
400m Conrad Williams	4 x 100m Harry Aikines Aryeetey Marlon Devonish	Long Jump Chris Tomlinson
800m Gareth Warburton	James Ellington Christian Malcolm Craig Pickering	Triple Jump Kola Adedoyin
1500m James Shane	Danny Talbot	Shot Greg Beard
3000m Andy Baddeley	4 x 400m Michael Bingham Richard Buck Dai Greene	Discus Brett Morse
5000m Andy Vernon	Nick Leavey Andrew Steele Conrad Williams	Javelin James Campbell
110m H Andy Turner		Hammer Andy Frost

# AVIVA GREAT BRITAIN AND NORTHERN IRELAND TEAM

## WOMEN

100m Anyika Onuora	400m H Perri Shakes Drayton	High Jump Emma Perkins
200m Abi Oyepitan	3000m SC Eilish McColgan	Pole Vault Holly Bleasdale
400m Shana Cox	4 x 100m Jeanette Kwakye Ashleigh Nelson	Long Jump Shara Proctor
800m Jenny Meadows	Tiffany Ofili-Porter Anyika Onuora Abi Oyepitan	Triple Jump Yasmine Regis
1500m Charlene Thomas	Laura Turner	Shot Rebecca Peake
3000m Stevie Stockton	4 x 400m Kelly Massey Lee McConnell Jenny Meadows	Discus Jade Nicholls
5000m Helen Clitheroe	Nicola Sanders Perri Shakes Drayton Kelly Sotherton	Javelin Goldie Sayers
100m H Tiffany Ofili-Porter		Hammer Sophie Hitchon

# PROFILES FOR ATHLETES NOT IN THE UKA MEDIA GUIDE 2011 - MEN

Name: **Kola Adedoyin**  
Club: Newham & Essex Beagles  
Coach: Frank Attoh  
Date of Birth: 08/04/1991  
Event: Triple Jump  
P.B: 15.93m (22/05/2010)  
S.B: 15.81m

Name: **Andy Frost**  
Club: Woodford Green  
& Essex Ladies  
Coach: Alan Bertram  
Date of Birth: 17/04/1981  
Event: Hammer  
P.B: 72.79 (22/05/2011)  
S.B: 72.79

Name: **Andy Vernon**  
Club: Aldershot, Farnham  
& District  
Coach: Nick Anderson  
Date of Birth: 07/01/1986  
Event: 5000m  
P.B: 13:27.85 (15/04/2011)  
S.B: 13:27.85

Name: **Greg Beard**  
Club: Belgrave  
Coach: Mark Chapman  
Date of Birth: 10/09/1982  
Event: Shot  
P.B: 18.13m (25/08/2003)  
S.B: 17.56m

Name: **Luke Gunn**  
Club: Derby  
Coach: Bud Baldaro  
Date of Birth: 22/03/1985  
Event: 3000m SC  
P.B: 8:28.48 (28/06/2008)  
S.B: 8:38.18

Name: **Gareth Warburton**  
Club: Cardiff  
Coach: Darrell Maynard  
Date of Birth: 23/04/1983  
Event: 800m  
P.B: 1:46.47 (13/08/2010)  
S.B: 1:47.74

Name: **James Campbell**  
Club: Cheltenham  
Coach: Mick Hill  
Date of Birth: 01/04/1988  
Event: Javelin  
P.B: 80.38m (18/07/2010)  
S.B: 80.18m (01/05/2011)

Name: **Nick Leavey**  
Club: Woodford Green  
& Essex Ladies  
Coach: Simon Duberley  
Date of Birth: 27/08/1986  
Event: 4 x 400m  
P.B: 400m - 46.46 (31/07/2010)  
S.B: 400m - 46.69

Name: **Dwain Chambers**  
Club: Belgrave  
Coach: self-coached  
Date of Birth: 05/04/1978  
Event: 100m  
P.B: 9.97 (22/08/1999)  
S.B: 10.01

Name: **Andrew Steele**  
Club: Trafford  
Coach: Stephen Ball  
Date of Birth: 19/09/1984  
Event: 4 x 400m  
P.B: 44.94 (18/08/2008)  
S.B: 46.17

Name: **James Ellington**  
Club: Belgrave  
Coach: John Powell  
Date of Birth: 06/09/1985  
Event: 4 x 100m  
P.B: 10.23 (12.06.2010)  
[10.12 +3.5 22/05/2011]  
S.B: 10.39 [10.12 +3.5]

Name: **Danny Talbot**  
Club: Birchfield  
Coach: Dan Cossins  
Date of Birth: 01/05/1991  
Event: 200m, 4 x 100m  
P.B: 100m - 10.21 (22/05/2011)  
200m - 20.54 (28/05/2011)  
S.B: 100m - 10.21  
200m - 20.54



# PROFILES FOR ATHLETES NOT IN THE UKA MEDIA GUIDE 2011 - WOMEN

Name: **Helen Clitheroe**  
Club: Preston  
Coach: John Nuttall  
Date of Birth: 02/01/1974  
Event: 5000m  
P.B: 15:49.98 [24/05/2008]  
S.B: n/a

Name: **Shana Cox**  
Club: Unattached  
Coach: Chris Johnson  
Date of Birth: 22/01/1985  
Event: 400m  
P.B: 50.84 [31/05/2008]  
S.B: 51.24

Name: **Kelly Massey**  
Club: Sale  
Coach: Stephen Ball  
Date of Birth: 11/01/1985  
Event: 4 x 400m  
P.B: 52.65 [04/06/2011]  
S.B: 52.65

Name: **Jade Nicholls**  
Club: Shaftesbury Barnet  
Coach: Andrew Neal  
Date of Birth: 30/03/1987  
Event: Discus  
P.B: 58.38m [04/09/2010]  
S.B: 57.35m

Name: **Anyika Onuora**  
Club: Liverpool Harriers  
Coach: Lloyd Cowan  
Date of Birth: 28/10/1984  
Event: 100m, 4 x 100m  
P.B: 11.18 [29/05/2011]  
S.B: 11.18

Name: **Abi Oyepitan**  
Club: Shaftesbury Barnet  
Coach: Tony Lester  
Date of Birth: 30/12/1979  
Event: 200m, 4 x 100m  
P.B: 100m – 11.17 [25/07/2004]  
200m – 22.50 [23/08/2004]  
S.B: 100m – 11.65 [11.62 +2.4]  
200m – 23.21 [22.85 +2.4]

Name: **Rebecca Peake**  
Club: Sale  
Coach: Gert Damkat  
Date of Birth: 22/06/1983  
Event: Shot  
P.B: 16.76m [15/08/2010]  
S.B: 16.16m

Name: **Emma Perkins**  
Club: Worthing  
Coach: Fuzz Ahmed  
Date of Birth: 04/09/1985  
Event: High Jump  
P.B: 1.82m [30/05/2011]  
S.B: 1.82m

Name: **Yasmine Regis**  
Club: Windsor, Slough, Eton & Hounslow  
Coach: Peter Stanley  
Date of Birth: 12/12/1986  
Event: Triple Jump  
P.B: 13.75m [30/05/2009]  
[13.82 +3.3 13/06/2009]  
S.B: 13.68m

Name: **Stevie Stockton**  
Club: Vale Royal  
Coach: George Gandy  
Date of Birth: 23/08/1989  
Event: 3000m  
P.B: 9:08.36 [22/05/2011]  
S.B: 9:08.36

Name: **Laura Turner**  
Club: Harrow  
Coach: Linford Christie  
Date of Birth: 12/08/1982  
Event: 4 x 100m  
P.B: 11.11 [04/07/2010]  
[11.09 +4.5 07/07/2007]  
S.B: 11.52 [11.35 +2.4]

Name: **Eilish McColgan**  
Club: Dundee Hawkhill  
Coach: Liz McColgan  
Date of Birth: 25/11/1990  
Event: 3000m SC  
P.B: 9:58.13 [04/06/2011]  
S.B: 9:58.13

# AVIVA GB & NI AT THE SPAR EUROPEAN TEAM CHAMPIONSHIPS

## TEAM OVERALL

YEAR	VENUE	WINNER	POINTS	GB & NI	POINTS
2009	LEIRIA, POR	GERMANY	326.5	3RD	303
2010	BERGEN, NOR	RUSSIA	379.5	2ND	317
2011	STOCKHOLM, SWE				

## MEN

EVENT	BEST POSITION	BEST PERFORMER	PERFORMANCE	YEAR
100	1	DWAIN CHAMBERS	10.07	2009
100	1	DWAIN CHAMBERS	9.99	2010
200	1	DWAIN CHAMBERS	20.55	2009
400	1	TIM BENJAMIN	45.57	2009
400	1	MARTIN ROONEY	45.67	2010
800	2	MICHAEL RIMMER	1:45.62	2010
1500	1	COLIN MCCOURT	3:46.70	2010
3000	4	NICK MCCORMICK	8:03.45	2009
5000	1	MO FARAH	13:43.01	2009
5000	1	MO FARAH	13:46.93	2010
110H	1	ANDY TURNER	13.42	2009
110H	1	ANDY TURNER	13.48	2010
400H	1	DAVID GREENE	49.26	2010
400H	1	DAVID GREENE	49.53	2010
3000SC	5	LUKE GUNN	8:38.65	2010
HJ	2	TOM PARSONS	2.25	2010
PV	6	STEVEN LEWIS	5.55	2009
LJ	3	CHRIS TOMLINSON	7.98	2010
TJ	2	PHILLIPS IDOWU	17.50	2009
TJ	2	PHILLIPS IDOWU	17.12	2010
SP	5	CARL MYERSCOUGH	19.91	2010
DT	7	ABDUL BUHARI	58.79	2009
HT	11	ALEX SMITH	66.72	2010
JT	8	MERVYN LUCKWELL	72.40	2009
JT	8	MERVYN LUCKWELL	71.80	2010
4X100	2	JEFFREY LAWAL-BALOGUN CRAIG PICKERING MARLON DEVONISH TYRONE EDGAR	39.00	2010
4X400	1	CONRAD WILLIAMS ROBERT TOBIN RICHARD STRACHAN TIM BENJAMIN	3:00.82	2009

## WOMEN

EVENT	BEST POSITION	BEST PERFORMER	PERFORMANCE	YEAR
100	1	EMILY FREEMAN	11.42	2009
200	3	CHRISTINE OHURUOGU	23.40	2009
400	4	LEE MCCONNELL (3RD IN RACE 2, 4TH OVERALL)	51.92	2009
800	4	EMMA JACKSON	2:04.53	2009
800	4	HANNAH ENGLAND	1:59.94	2009
1500	2	HANNAH ENGLAND	4:05.70	2010
3000	4	STEPH TWELL	9:09.65	2009
5000	2	JO PAVEY	15:17.87	2010
100H	8	ANGELITA BROADBELT-BLAKE (3RD IN RACE B, 8TH OVERALL)	13.33	2010
400H	2	EILIDH CHILD	56.48	2010
3000SC	4	BARBARA PARKER	9:44.81	2010
HJ	9	STEPHANIE PYWELL	1.80	2010
PVQ	4	KATE DENNISON	4.55	2009
LJ	7	JADE JOHNSON	6.26	2010
TJ	10	NADIA WILLIAMS	13.21	2009
TJ	10	NADIA WILLIAMS	13.38	2010
SP	9	REBECCA PEAKE	15.67	2010
DT	7	PHILLIPA ROLES	53.33	2010
HT	6	ZOE DERHAM	65.59	2009
JT	2	GOLDIE SAYERS	59.25	2010
4X100	2	LAURA TURNER, KADI-ANN THOMAS, EMILY FREEMAN, JOICE MADUAKA	43.44	2009
4X400	3	VICKY BARR, EILIDH CHILD, JENNY MEADOWS, LEE MCCONNELL	3:29.29	2009



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