




# mediaguide2009

## UPDATE SHEET

### 12TH IAAF WORLD CHAMPIONSHIPS BERLIN, GERMANY

15-23 August 2009



## AVIVA GREAT BRITAIN & NORTHERN IRELAND TEAM INFORMATION

### TEAM STAFF

**Team Leader**  
Charles van Commenee

**Team Managers**  
Simon Nathan  
Alison Wyeth

**Team Administrators**  
Michael Cavendish (Holding Camp only)  
Jenny Close (Championship only)

**Team Doctors**  
Paul Dijkstra  
Noel Pollock  
Rob Chakraverty (Holding Camp only)

**Team Physiotherapists**  
Craig Ranson  
Pierre McCourt  
Matt Lancaster  
James Moore  
Rone Thompson

**Soft Tissue Therapist**  
Wendy Hilton

**Team Coaches**  
Michael Khmel  
Tony Lester  
Lloyd Cowan  
Aston Moore  
Steve Rippon  
Robert Weir  
Ian Stewart  
John Nuttall

**Media Officers**  
Emma Pickles  
Claire Furlong  
Liz Birchall

**Sport Science**  
Aki Salo  
Dan Pfaff

### MEDIA CONTACTS

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### LOC CONTACT DETAILS

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## TIMETABLE

### 15 AUGUST 2009

10:05 M Shot Put Qualification  
10:10 W 100 Metres Hurdles Heptathlon  
10:50 W 3000 Metres Steeplechase Heats  
11:00 W Triple Jump Qualification  
11:20 W High Jump Heptathlon  
11:40 M 100 Metres Heats  
12:00 M Hammer Throw Qualification  
12:50 W 400 Metres Heats  
13:00 M 20 Kilometres Race Walk Final  
13:20 M Hammer Throw Qualification  
18:15 M 1500 Metres Heats  
18:20 W Shot Put Heptathlon  
18:50 M 100 Metres Quarter-Final  
19:00 W Pole Vault Qualification  
19:25 W 10,000 Metres Final  
20:15 M Shot Put Final  
20:20 M 400 Metres Hurdles Heats  
21:10 W 200 Metres Heptathlon

### 16 AUGUST 2009

10:05 W Shot Put Qualification  
10:10 W 800 Metres Heats  
10:45 W Javelin Throw Qualification  
11:00 M 3000 Metres Steeplechase Heats  
11:35 W Long Jump Heptathlon  
11:55 W 100 Metres Heats  
12:00 W 20 Kilometres Race Walk Final  
12:15 W Javelin Throw Qualification

18:05 W Javelin Throw Heptathlon  
18:35 W 100 Metres Quarter-Final  
19:00 M Triple Jump Qualification  
19:10 M 100 Metres Semi-Final  
19:25 W Javelin Throw Heptathlon  
19:40 W 400 Metres Semi-Final  
20:15 M 400 Metres Hurdles Semi-Final  
20:20 W Shot Put Final  
20:50 W 800 Metres Heptathlon  
21:35 M 100 Metres Final

### 17 AUGUST 2009

18:05 M Hammer Throw Final  
18:15 W 400 Metres Hurdles Heats  
18:45 W Pole Vault Final  
19:05 W 100 Metres Semi-Final  
19:30 W 800 Metres Semi-Final  
20:00 W Triple Jump Final  
20:10 M 1500 Metres Semi-Final  
20:30 W 3000 Metres Steeplechase Final  
20:50 M 10,000 Metres Final  
21:35 W 100 Metres Final

### 18 AUGUST 2009

10:05 M 200 Metres Heats  
10:05 M Discus Throw Qualification  
10:20 W High Jump Qualification  
11:05 M 400 Metres Heats  
11:35 M Discus Throw Qualification  
12:05 W 1500 Metres Heats

### 18 AUGUST 2009

18:05 M Triple Jump Final  
18:10 W 100 Metres Hurdles Heats  
18:55 M 200 Metres Quarter-Final  
19:25 W Javelin Throw Final  
19:35 W 400 Metres Final  
19:50 M 3000 Metres Steeplechase Final  
20:15 W 400 Metres Hurdles Semi-Final  
20:50 M 400 Metres Hurdles Final

### 19 AUGUST 2009

10:05 M 100 Metres Decathlon  
10:10 W Discus Throw Qualification  
10:45 W 5000 Metres Heats  
11:00 M High Jump Qualification  
11:15 M Long Jump Decathlon  
11:35 M 110 Metres Hurdles Heats  
11:40 W Discus Throw Qualification  
12:10 W 200 Metres Heats  
13:00 M Shot Put Decathlon

18:05 M High Jump Decathlon  
18:15 M 400 Metres Semi-Final  
18:45 W 100 Metres Hurdles Semi-Final  
19:25 M 200 Metres Semi-Final  
19:45 W 200 Metres Quarter-Final  
20:10 M Discus Throw Final  
20:25 M 1500 Metres Final  
20:45 M 400 Metres Decathlon  
21:15 W 100 Metres Hurdles Final  
21:35 W 800 Metres Final

### 20 AUGUST 2009

10:05 M 110 Metres Hurdles Decathlon  
10:10 M Pole Vault Qualification  
11:10 M Discus Throw Decathlon  
11:45 M 800 Metres Heats  
12:30 M Discus Throw Decathlon  
13:45 W Hammer Throw Qualification

14:25 M Pole Vault Decathlon  
15:20 W Hammer Throw Qualification  
18:05 M Javelin Throw Decathlon  
18:10 M Long Jump Qualification  
18:15 M 110 Metres Hurdles Semi-Final  
18:55 M 5000 Metres Heats  
19:10 W High Jump Final  
19:30 M Javelin Throw Decathlon  
19:50 W 200 Metres Semi-Final  
20:15 W 400 Metres Hurdles Final  
20:35 M 200 Metres Final  
20:55 M 110 Metres Hurdles Final  
21:15 M 1500 Metres Decathlon

### 21 AUGUST 2009

09:10 M 50KM Race Walk Final  
  
17:05 M Javelin Throw Qualification  
17:30 M 200 Metres T11 Final  
17:40 W 200 Metres T11 Final  
18:00 W Long Jump Qualification  
18:30 M Javelin Throw Qualification

19:15 M High Jump Final  
19:30 M 4x100 Metres Relay Heats  
20:00 W 1500 Metres Semi-Final  
20:20 W Discus Throw Final  
20:30 M 800 Metres Semi-Final  
21:00 W 200 Metres Final  
21:20 M 400 Metres Final

### 22 AUGUST 2009

11:45 M Marathon Final

18:05 M Long Jump Final  
18:10 W 4x100 Metres Relay Heats  
18:15 M Pole Vault Final  
18:55 M 4x400 Metres Relay Heats  
19:30 W Hammer Throw Final  
19:35 W 5000 Metres Final  
20:00 W 4x100 Metres Relay Final  
20:15 W 4x400 Metres Relay Heats  
20:50 M 4x100 Metres Relay Final

### 23 AUGUST 2009

11:15 W Marathon Final

16:15 W Long Jump Final  
16:20 M Javelin Throw Final  
16:25 M 5000 Metres Final  
17:00 W 1500 Metres Final  
17:25 M 800 Metres Final  
17:50 W 4x400 Metres Relay Final  
18:15 M 4x400 Metres Relay Final

**AVIVA Great Britain & Northern Ireland Team****MEN**

**100m:** Dwain Chambers (Belgrave); Tyrone Edgar (Newham & Essex Beagles); Simeon Williamson (Highgate)

**200m:** Chambers; Marlon Devonish (Coventry Godiva)

**400m:** Michael Bingham (Unattached); Martyn Rooney (Croydon); Robert Tobin (Basingstoke & Mid Hants)

**800m:** Michael Rimmer (Liverpool Pembroke & Sefton)

**1500m:** Andy Baddeley (Harrow); James Brewer (Cheltenham & County); Tom Lancashire (Bolton)

**5000m:** Mo Farah (Newham & Essex Beagles)

**110mH:** Gianni Frankis (Newham & Essex Beagles); Will Sharman (Belgrave Harriers); Andy Turner (Sale)

**400mH:** David Greene (Swansea); Rhys Williams (Cardiff)

**4x100m:** Harry Aikines-Aryeetey (Sutton & District); Devonish; Edgar; Rikki Fitton (Victoria Park & Tower Hamlets); Craig Pickering (Marshall Milton Keynes); Williamson

**4x400m:** Bingham; Chris Clarke (Marshall Milton Keynes); Nigel Levine (Bedford & County); Rooney; Tobin; Conrad Williams (Kent)

**Pole Vault:** Luke Cutts (Dearnside); Steve Lewis (Newham & Essex Beagles)

**Long Jump:** Greg Rutherford (Marshall Milton Keynes); Chris Tomlinson (Newham & Essex Beagles)

**Triple Jump:** Larry Achike (Shaftesbury); Nathan Douglas (Oxford); Phillips Idowu (Belgrave)

**Shot:** Carl Myerscough (Blackpool, Wyre & Fylde)

**Javelin:** Mervyn Luckwell (Marshall Milton Keynes)

**WOMEN**

**200m:** Emily Freeman (Wakefield)

**400m:** Christine Ohuruogu (Newham & Essex Beagles); Nicola Sanders (Windsor, Slough, Eton & Hounslow)

**800m:** Jenny Meadows (Wigan); Marilyn Okoro (Shaftesbury); Jemma Simpson (Newquay & Par)

**1500m:** Lisa Dobriskey (Ashford); Charlene Thomas (Wakefield); Stephanie Twell (Aldershot, Farnham & District)

**3000mSC:** Helen Clitheroe (Preston)

**Marathon:** Paula Radcliffe (Bedford & County)

**20k Race Walk:** Joanna Jackson (Redcar)

**100mH:** Sarah Claxton (Woodford Green & Essex Ladies); Jessica Ennis (City of Sheffield)

**400mH:** Eilidh Child (Pitreevie); Perri Shakes-Drayton (Victoria Park & Tower Hamlets)

**Pole Vault:** Kate Dennison (Sale)

**Javelin:** Goldie Sayers (Belgrave)

**Hammer:** Zoe Derham (Birchfield)

**Heptathlon:** Ennis; Louise Hazel (Birchfield)

**4x100m:** Emma Ania (Shaftesbury Barnet); Montell Douglas (Blackheath & Bromley); Jeanette Kwakye (Woodford Green & Essex Ladies); Joice Maduaka (Woodford Green & Essex Ladies); Anyika Onuora (Liverpool); Laura Turner (Harrow AC)

**4x400m:** Vicki Barr (Rugby & Northampton); Lee McConnell (Shaftesbury Barnet); Ohuruogu; Okoro; Sanders; Shakes-Drayton

**Profiles for athletes not in the UKA Media Guide 2009**

Name: Dwain Chambers  
DOB: 05/04/78  
Event: 100m/200m  
Club: Belgrave Harriers  
Coach: Daniel Plummer  
Lives: London  
PB: 9.97(1999)/20.31(2001)  
SB: 10.06/20.50

Name: Will Sharman  
DOB: 12/09/84  
Event: 110m Hurdles  
Club: Belgrave Harriers  
Coach: n/a  
Lives: Nottingham  
PB: 13.44  
SB: 13.44

Name: Andy Turner  
DOB: 09/09/80  
Event: 110m Hurdles  
Club: Sale Harriers  
Coach: Lloyd Cowan  
Lives: Sutton  
PB: 13.27 (2007)  
SB: 13.30

Name: Rhys Williams  
DOB: 27/02/84  
Event: 400m Hurdles  
Club: Cardiff AAC  
Coach: Malcolm Arnold  
Lives: Cardiff  
PB: 49.09 (2006)  
SB: 49.38

Name: Luke Cutts  
DOB: 13/02/88  
Event: Pole Vault  
Club: City of Sheffield  
Coach: Trevor Fox  
Lives: Rotherham  
PB: 5.62i  
SB: 5.62i

Name: Carl Myerscough  
DOB: 21/10/79  
Event: Shot  
Club: Blackpool, Wyre & Fylde  
Coach: Robert Weir  
Lives: California  
PB: 21.92 (2003)  
SB: 20.26

Name: Mervyn Luckwell  
DOB: 27/11/84  
Event: Javelin  
Club: Marshall Milton Keynes  
Coach: John Tait  
Lives: Milton Keynes  
PB: 81.05m  
SB: 81.05m

Name: Charlene Thomas  
DOB: 06/05/82  
Event: 1500m  
Club: Wakefield Harriers  
Coach: Aaron Thomas  
Lives: Leeds  
PB: 4:05.06  
SB: 4:05.06

Name: Louise Hazel  
DOB: 06/10/85  
Event: Heptathlon  
Club: Birchfield Harriers  
Coach: Julie Hollman  
Lives: Birmingham  
PB: 6043  
SB: 6043

Name: Joice Maduaka  
DOB: 30/09/73  
Event: 4x100m  
Club: Woodford Green with Essex Ladies  
Coach: Loren Seagrave  
Lives: London  
PB: 11.23 (2006)  
SB: 11.43

Name: Vicki Barr  
DOB: 14/04/82  
Event: 4x400m  
Club: Rugby & Northampton  
Coach: Ayo Falola  
Lives: London  
PB: 52.44 (2008)  
SB: 52.67

**Previous British medallists - MEN****100 METRES**

GOLD: Linford Christie 1993 [9.87/+0.3]  
BRONZE: Christie 1987 [10.14/+1.0], Dwain Chambers 1999 [9.97/+0.2], Darren Campbell 2003 [10.08/0.0]

**200 METRES**

SILVER: John Regis 1993 [19.94/+0.3]  
BRONZE: Regis 1987 [20.18/-0.4]

**400 METRES**

SILVER: Roger Black 1991 [44.62]

**800 METRES**

SILVER: Peter Elliott 1987 [1:43.41]

**1500 METRES**

GOLD: Steve Cram 1983 [3:41.59]

**5000 METRES**

BRONZE: Jack Buckner 1987 [13:27.74]

**3000 METRES STEEPLECHASE**

BRONZE: Colin Reitz 1983 [8:17.75]

**110 METRES HURDLES**

GOLD: Colin Jackson 1993 [12.91/+0.5] & 1999 [13.04/+1.0]  
SILVER: Jon Ridgeon 1987 [13.29/+0.5], Tony Jarrett 1993 [13.00/+0.5] & 1995 [13.04/-0.1], Jackson 1997 [13.05/0.0]  
BRONZE: Jackson 1987 [13.38/+0.5], Jarrett 1991 [13.25/+0.7]

**400 METRES HURDLES:**

BRONZE: Kriss Akabusi 1991 [47.86]

**HIGH JUMP**

BRONZE: Steve Smith 1993 [2.37]

**TRIPLE JUMP**

GOLD: Jonathan Edwards 1995 [18.29/+1.3] & 2001 [17.92/+0.7]  
SILVER: Edwards 1997 [17.69/+0.3]  
BRONZE: Edwards 1993 [17.44/+0.1] & 1999 [17.48/+0.4]

**JAVELIN**

SILVER: Steve Backley 1995 [86.30] & 1997 [86.80]  
BRONZE: Mick Hill 1993 [82.96]

**DECATHLON**

GOLD: Daley Thompson 1983 [8666/8714]  
SILVER: Dean Macey 1999 [8556]  
BRONZE: Macey 2001 [8603]

**4x100 METRES RELAY**

SILVER: GBR [Colin Jackson, Tony Jarrett, John Regis, Linford Christie, Jason John, Darren Braithwaite] 1993 [37.77], GBR [Jason Gardener, Darren Campbell, Marlon Devonish, Dwain Chambers, Allyn Condon] 1999 [37.73]  
BRONZE: GBR [Jarrett, Regis, Braithwaite, Christie] 1991 [38.09], GBR [Braithwaite, Campbell, Dougie Walker, Julian Golding, Chambers, Devonish] 1997 [38.14], GBR [Gardener, Devonish, Christian Malcolm, Mark Lewis-Francis] 2005 [38.27], GBR [Malcolm, Craig Pickering, Devonish, Lewis-Francis] 2007 [37.90]

**4x400 METRES RELAY**

GOLD: GBR [Roger Black, Derek Redmond, John Regis, Kriss Akabusi, Ade Mafe, Mark Richardson] 1991 [2:57.53]  
SILVER: GBR [Redmond, Akabusi, Black, Phil Brown, Mark Thomas, Todd Bennett] 1987 [2:58.86], GBR [Iwan Thomas, Black, Jamie Baulch, Richardson, Mark Hylton] 1997 [2:56.75],  
BRONZE: GBR [Ainsley Bennett, Garry Cook, T. Bennett, Brown, Akabusi] 1983 [3:03.53]

**Previous British medallists - WOMEN****200 METRES:**

BRONZE: Kathy Cook 1983 [22.37/+1.5]

**400 METRES**

GOLD: Christine Ohuruogu 2007 [49.61]  
SILVER: Nicola Sanders 2007 [49.65]

**800 METRES**

SILVER: Kelly Holmes 2003 [2:00.18]  
BRONZE: Holmes 1995 [1:56.95]

**1500 METRES**

SILVER: Kelly Holmes 1995 [4:03.04]  
BRONZE: Hayley Tullett 2003 [3:59.95]

**10000 METRES**

GOLD: Liz McColgan 1991 [31:14.31]  
SILVER: Paula Radcliffe 1999 [30:27.13]

**MARATHON**

GOLD: Paula Radcliffe 2005 [2:20:57]

**400 METRES HURDLES**

GOLD: Sally Gunnell 1993 [52.74]  
SILVER: Gunnell 1991 [53.16]

**JAVELIN**

GOLD: Fatima Whitbread 1987 [76.64]  
SILVER: Whitbread 1983 [69.14]

**HEPTATHLON**

SILVER: Denise Lewis 1997 [6654] & 1999 [6724]  
BRONZE: Kelly Sotherton 2007 [6510]  
4x100 METRES RELAY  
SILVER: GBR [Joan Baptiste, Kathy Cook, Bev Catlender, Shirley Thomas] 1983 [42.71]

**4x400 METRES RELAY**

BRONZE: GBR [Linda Keough/Staines, Phylis Smith, Tracy Goddard/Joseph, Sally Gunnell] 1993 [3:23.41], GBR [Lee McConnell, Donna Fraser, Nicola Sanders, Christine Ohuruogu] 2005 [3:24.44], GBR [Christine Ohuruogu, Marilyn Okoro, Lee McConnell, Nicola Sanders] 2007 [3:20.04]

**Statistics**

Date, Venue	Gold	Silver	Bronze	Total	Medal table
2007 Osaka	1	1	3	5	10 <sup>th</sup>
2005 Helsinki	1	0	2	3	16 <sup>th</sup>
2003 Paris	0	1	2	3	30 <sup>th</sup>
2001 Edmonton	1	0	1	2	19 <sup>th</sup>
1999 Seville	1	4	2	7	12 <sup>th</sup>
1997 Athens	1	4	1	6	10 <sup>th</sup>
1995 Gothenburg	1	3	1	5	13 <sup>th</sup>
1993 Stuttgart	3	3	4	10	4 <sup>th</sup>
1991 Tokyo	2	2	3	7	5 <sup>th</sup>
1987 Rome	1	3	4	8	7 <sup>th</sup>
1983 Helsinki	2	2	3	7	6 <sup>th</sup>