



**UKA MEDIA GUIDE INSERT IAAF WORLD INDOOR  
CHAMPIONSHIPS ISTANBUL 2012**

ISTANBUL, TURKEY, 9-11 MARCH 2012

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# AVIVA GB & NI TEAM MANAGEMENT

## Team Leaders

Charles van Commenee

## Team Managers

Jenny Close

Simon Nathan

Alison Wyeth

## Team Coaches

Fuzz Ahmed

Lloyd Cowan

Tony Lester

Toni Minichiello

John Nuttall

Julien Raffalli-Ebezant

## Therapy

Neil Black

Gordon Bosworth

Shane Kelly

Gerry Ramogida

Derry Suter

## Team Doctor

Noel Pollock

## Biomechanist

Paul Brice

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# AVIVA GB & NI TEAM

## MEN

60m

**Dwain Chambers**

High Jump

**Robbie Grabarz**

**Samson Oni**

400m

**Richard Buck**

**Nigel Levine**

Pole Vault

**Steve Lewis**

800m

**Andrew Osagie**

**Joe Thomas**

4 x 400m

**Michael Bingham**

**Richard Buck**

**James Forman**

1500m

**James Brewer**

**Lewis Moses**

**Luke Lennon Ford**

**Nigel Levine**

**Conrad Williams**

3000m

**Mo Farah**

60m Hurdles

**Andy Pozzi**

# AVIVA GB & NI TEAM

## WOMEN

60m

Asha Philip

Jodie Williams

400m

Shana Cox

Nadine Okyere

800m

Marilyn Okoro

3000m

Helen Clitheroe

60m Hurdles

Tiffany Porter

Pole Vault

Holly Bleasdale

Katie Byres

Long Jump

Shara Proctor

Triple Jump

Yamile Aldama

Pentathlon

Jessica Ennis

4 x 400m

Shana Cox

Laura Langowski

Christine Ohuruogu

Nadine Okyere

Nicola Sanders

Perri Shakes-Drayton

# AVIVA GB & NI TEAM PROFILES - MEN

\*Athletes not included in the UKA Media Guide

Name: **James Brewer**  
Club: Cheltenham  
Coach: Craig Winrow  
Date of Birth: 18/06/1988  
Event: 1500m  
P.B: 3:38.03 (2012)  
S.B: 3:38.03

Name: **Lewis Moses**  
Club: New Marske  
Coach: John Nuttall  
Date of Birth: 09/01/1987  
Event: 1500m  
P.B: 3:41.33 (2012)  
S.B: 3:41.33

Name: **Richard Buck**  
Club: City of York  
Coach: Steve Fudge  
Date of Birth: 14/11/1986  
Event: 400m  
P.B: 45.88 (2012)  
S.B: 45.88

Name: **Samson Oni**  
Club: Belgrave  
Coach: Trevor Llewelyn  
Date of Birth: 25/06/1981  
Event: High Jump  
P.B: 2.31m (2012)  
S.B: 2.31m

Name: **Dwain Chambers**  
Club: Belgrave Harriers  
Coach: Self  
Date of Birth: 05/04/1978  
Event: 60m  
P.B: 6.42 (2009)  
S.B: 6.58

Name: **Joe Thomas**  
Club: Cardiff  
Coach: Arwyn Davies  
Date of Birth: 29/01/1988  
Event: 800m  
P.B: 1:46.33 (2012)  
S.B: 1:46.33

Name: **James Forman**  
Club: Isle of Wight  
Coach: Andy Forman  
Date of Birth: 12/12/1991  
Event: 4 x 400m  
P.B: 46.74 (2012)  
S.B: 46.74

Name: **Conrad Williams**  
Club: Kent  
Coach: Linford Christie  
Date of Birth: 20/03/1982  
Event: 4 x 400m  
P.B: 46.20 (2012)  
S.B: 46.20

Name: **Robbie Grabarz**  
Club: Newham & Essex  
Coach: Fuzz Ahmed  
Date of Birth: 03/10/1987  
Event: High Jump  
P.B: 2.34m (2012)  
S.B: 2.34m

# AVIVA GB & NI TEAM PROFILES - WOMEN

\*Athletes not included in the UKA Media Guide

Name: **Katie Byres**  
Club: Sale Harriers  
Coach: Julien Raffalli-Ebezant  
Date of Birth: 11/09/1993  
Event: Pole Vault  
P.B: 4.52 (2012)  
S.B: 4.52

Name: **Asha Philip**  
Club: Newham & Essex Beagles  
Coach: Christine Bowmaker  
Date of Birth: 25/10/1990  
Event: 60m  
P.B: 7.19 (2012)  
S.B: 7.19

Name: **Helen Clitheroe**  
Club: Preston  
Coach: John Nuttall  
Date of Birth: 02/01/1974  
Event: 3000m  
P.B: 8:39.81 (2011)  
S.B: 8:45.59

Name: **Jodie Williams**  
Club: Herts Phoenix  
Coach: Mike McFarlane  
Date of Birth: 28/09/1993  
Event: 60m  
P.B: 7.21 (2011)  
S.B: 7.29

Name: **Laura Langowski**  
Club: Coventry  
Coach: Nick Dakin  
Date of Birth: 10/10/1984  
Event: 4 x 400m  
P.B: 53.54 (2012)  
S.B: 53.54

Name: **Nadine Okyere**  
Club: Birchfield Harriers  
Coach: Joe Caines  
Date of Birth: 29/11/1986  
Event: 400m  
P.B: 53.01 (2012)  
S.B: 53.01

# AVIVA GB & NI WORLD INDOOR CHAMPIONSHIPS MEDALISTS & HIGHEST PLACING – MEN

EVENT	PLACING	MEDALIST(S)	YEAR
60m	1st	Jason Gardener	2004
60m	1st	Dwain Chambers	2010
60m	2nd	Linford Christie	1991
60m	2nd	Darren Braithwaite	1995
60m	2nd	Dwain Chambers	2008
60m	3rd	Jason Gardener	1999
60m	3rd	Jason Gardener	2003
60m	3rd	Mark Lewis-Francis	2001
200m	1st	John Regis	1989
200m	1st	Marlon Devonish	2003
200m	2nd	Ade Mafe	1985
200m	2nd	Ade Mafe	1989
200m	2nd	Christian Malcolm	2001
200m	2nd	Ade Mafe	1991
400m	1st	Jamie Baulch	1999
400m	1st	Daniel Caines	2001
400m	2nd	Todd Bennett	1985
400m	2nd	Jamie Baulch	1997
400m	2nd	Daniel Caines	2003
400m	3rd=	Jamie Baulch	2003
800m	1st	Tom McKean	1993
800m	3rd	Ikem Billy	1985
1500m	2nd	David Strang	1993
3000m	3rd	Rob Denmark	1991
60m Hurdles	1st	Colin Jackson	1999
60m Hurdles	2nd	Colin Jackson	1989
60m Hurdles	2nd	Colin Jackson	1993
60m Hurdles	2nd	Colin Jackson	1997
60m Hurdles	3rd	Jon Ridgeon	1985
60m Hurdles	3rd	Nigel Walker	1987
60m Hurdles	3rd	Tony Jarrett	1995



# AVIVA GB & NI WORLD INDOOR CHAMPIONSHIPS MEDALISTS & HIGHEST PLACING – MEN

EVENT	PLACING	MEDALIST(S)	YEAR
High Jump	3rd	Steve Smith	1993
Pole Vault	6th=	Steve Lewis	2010
Long Jump	2nd	Chris Tomlinson	2008
Triple Jump	1st	Phillips Idowu	2008
Triple Jump	2nd	Jonathan Edwards	2001
Shot	7th	Carl Myerscough	2004
Heptathlon	5th	Alex Kruger	1995
4x400m	3rd	GB & NI [Allyn Condon, Solomon Wariso, Adrian Patrick, Jamie Baulch]	1999
4x400m	2nd	GB & NI [Jamie Baulch, Tim Benjamin, Cori Henry, Daniel Caines]	2003
4x400m	3rd	GB & NI [Conrad Williams, Nigel Levine, Christopher Clarke, Richard Buck]	2010

# AVIVA GB & NI WORLD INDOOR CHAMPIONSHIPS MEDALISTS & HIGHEST PLACING – WOMEN

EVENT	PLACING	MEDALIST(S)	YEAR
60m	2nd	Heather Oakes	1985
60m	2nd	Jeanette Kwakye	2008
200m	4th semi	Donna Fraser	1997
400m	6th	Sally Gunnell	1989
800m	2nd	Jane Finch	1985
800m	2nd	Jennifer Meadows	2010
800m	3rd	Jo Fenn	2004
1500m	2nd	Kelly Holmes	2003
3000m	1st	Yvonne Murray	1993
3000m	2nd	Yvonne Murray	1989
60m Hurdles	5th	Jacqui Agyepong	1995
High Jump	5th	Diana Davies	1987
High Jump	5th	Debbie Marti	1991
Pole Vault	9th= Qualifying	Kate Dennison	2010
Long Jump	4th	Jo Wise	1997
Triple Jump	1st	Ashia Hansen	1999
Triple Jump	1st	Ashia Hansen	2003
Triple Jump	2nd	Ashia Hansen	1997
Shot	8th	Judy Oakes	1995
Pentathlon	1st	Jessica Ennis	2010
Pentathlon	2nd	Kelly Sotherton	2008
4x400m	4th	GB & NI team	1995
4x400m	4th	GB & NI team	2003
4x400m	4th	GB & NI team	2010

# PREVIOUS AVIVA GB & NI WORLD INDOOR CHAMPIONSHIPS MEDAL TOTALS

YEAR	VENUE	TOTAL				MEN				WOMEN			
		G	S	B	T	G	S	B	T	G	S	B	T
1985	Paris, France	0	4	2	6	0	2	2	4	0	2	0	2
1987	Indianapolis, USA	0	0	1	1	0	0	1	1	0	0	0	0
1989	Budapest, Hungary	1	3	0	4	1	2	0	3	0	1	0	1
1991	Seville, Spain	0	2	2	4	0	2	2	4	0	0	0	0
1993	Toronto, Canada	2	2	1	5	1	2	1	4	1	0	0	1
1995	Barcelona, Spain	0	1	1	2	0	1	1	2	0	0	0	0
1997	Paris, France	0	3	0	3	0	2	0	2	0	1	0	1
1999	Maebashi, Japan	3	0	2	5	2	0	2	4	1	0	0	1
2001	Lisbon, Portugal	1	2	1	4	1	2	1	4	0	0	0	0
2003	Birmingham, GBR	2	2	3	7	1	1	3	5	1	1	0	2
2004	Budapest, Hungary	1	0	1	2	1	0	0	1	0	0	1	1
2006	Moscow, Russia	0	0	0	0	0	0	0	0	0	0	0	0
2008	Valencia, Spain	1	4	0	5	1	2	0	3	0	2	0	2
2010	Doha, Qatar	2	1	1	4	1	0	1	2	1	1	0	2
2012	Istanbul, Turkey												
<b>TOTAL</b>		<b>13</b>	<b>24</b>	<b>15</b>	<b>52</b>	<b>9</b>	<b>16</b>	<b>14</b>	<b>39</b>	<b>4</b>	<b>8</b>	<b>1</b>	<b>13</b>

# TIMETABLE

## DAY 1

Friday, 9 March 2012

TIME	EVENT	GENDER	HEAT
09:30	High Jump	W	Qualification
09:35	400m	W	Heats
09:55	Shot Put	M	Qualification
10:00	800m	M	Heats
10:40	Triple Jump	W	Qualification
10:45	3000m	W	Heats
11:25	60m Hurdles	W	Pentathlon
11:35	60m	M	Heptathlon
11:50	800m	W	Heats
12:05	High Jump	W	Pentathlon
12:20	400m	M	Heats
12:35	Long Jump	M	Heptathlon
12:55	1500m	M	Heats
13:45	Shot Put	W	Pentathlon
17:00	60m Hurdles	W	Heats
17:05	Long Jump	W	Pentathlon
17:35	60m	M	Heats
17:40	Shot Put	M	Heptathlon
18:20	Long Jump	M	Qualification
18:30	1500m	W	Heats
18:50	High Jump	M	Heptathlon
19:05	3000m	M	Heats
<b>19:15</b>	<b>Shot Put</b>	<b>M</b>	<b>Final</b>
19:35	800m	W	Pentathlon
19:50	400m	W	Semi-Final
20:10	400m	M	Semi-Final

# TIMETABLE

## DAY 2

**Saturday, 10 March 2012**

TIME	EVENT	GENDER	HEAT
09:30	60m Hurdles	M	Heptathlon
09:35	Triple Jump	M	Qualification
09:40	60m Hurdles	M	Heats
10:05	Shot Put	W	Qualification
10:10	60m	W	Heats
10:30	Pole Vault	M	Heptathlon
11:20	4 x 400m	M	Heats
11:25	High Jump	M	Qualification
11:45	Long Jump	W	Qualification
11:50	4 x 400m	W	Heats
<b>17:00</b>	<b>Pole Vault</b>	<b>M</b>	<b>Final</b>
<b>17:05</b>	<b>Triple Jump</b>	<b>W</b>	<b>Final</b>
17:10	60m Hurdles	W	Semi-Final
17:30	60m	M	Semi-Final
<b>18:00</b>	<b>1500m</b>	<b>W</b>	<b>Final</b>
<b>18:10</b>	<b>Shot Put</b>	<b>W</b>	<b>Final</b>
<b>18:15</b>	<b>High Jump</b>	<b>W</b>	<b>Final</b>
18:20	1000m	M	Heptathlon
<b>18:40</b>	<b>400m</b>	<b>W</b>	<b>Final</b>
<b>18:50</b>	<b>Long Jump</b>	<b>M</b>	<b>Final</b>
<b>19:00</b>	<b>1500m</b>	<b>M</b>	<b>Final</b>
<b>19:30</b>	<b>400m</b>	<b>M</b>	<b>Final</b>
<b>19:45</b>	<b>60m Hurdles</b>	<b>W</b>	<b>Final</b>
<b>20:00</b>	<b>60m</b>	<b>M</b>	<b>Final</b>

# TIMETABLE

## DAY 3

**Sunday, 11 March 2012**

<b>TIME</b>	<b>EVENT</b>	<b>GENDER</b>	<b>HEAT</b>
<b>14:00</b>	<b>Pole Vault</b>	<b>W</b>	<b>Final</b>
<b>14:05</b>	<b>Long Jump</b>	<b>W</b>	<b>Final</b>
14:15	60m	W	Semi-Final
14:45	60m Hurdles	M	Semi-Final
<b>15:10</b>	<b>3000m</b>	<b>M</b>	<b>Final</b>
<b>15:30</b>	<b>High Jump</b>	<b>W</b>	<b>Final</b>
<b>15:35</b>	<b>800m</b>	<b>W</b>	<b>Final</b>
<b>15:50</b>	<b>3000m</b>	<b>W</b>	<b>Final</b>
<b>16:10</b>	<b>Triple Jump</b>	<b>M</b>	<b>Final</b>
<b>16:20</b>	<b>800m</b>	<b>M</b>	<b>Final</b>
<b>16:40</b>	<b>4 x 400m</b>	<b>W</b>	<b>Final</b>
<b>17:05</b>	<b>60m</b>	<b>W</b>	<b>Final</b>
<b>17:20</b>	<b>60m Hurdles</b>	<b>M</b>	<b>Final</b>
<b>17:40</b>	<b>4 x 400m</b>	<b>M</b>	<b>Final</b>

# NOTES

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