



MEDIAGUIDE2011

EUROPEAN UNDER-23 CHAMPIONSHIPS

OSTRAVA, CZECH REPUBLIC
14-17 JULY 2011



CONTENTS

Aviva Great Britain and Northern Ireland Team Management	3
Aviva GB & NI Team	4
Profiles for athletes not in the UKA Media Guide 2011	5-6
Previous Performances	7-10
Timetable	11-15

AVIVA GB & NI TEAM MANAGEMENT

Team Leader

John Herbert

Team Doctor

Leon Creaney

Team Managers

Alison Wyeth

Maria Adey

Physiotherapists

Lily Devine

Andrew Walling

Team Coaches

Frank Attoh (Jumps)

Christine Bowmaker (Women's
Sprints/Relay)

Darrell Bunn (Combined Events)

Clarence Callender (Men's Sprints/Relay)

Lloyd Cowan (Hurdles)

Shaun Pickering (Throws)

Julien Raffalli (Vertical Jumps)

Graham Ravenscroft (Horizontal Jumps)

Martin Rush (Endurance)

Soft Tissue Therapist

Hannah Griffiths

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AVIVA GB & NI TEAM

MEN

100m

James Alaka

Andrew Robertson

200m

James Alaka

Danny Talbot

400m

Luke Lennon-Ford

Nigel Levine

800m

Mukhtar Mohammed

1500m

Dan Clorley

James Shane

5000m

Adam Bitchell

John McDonnell

Ross Millington

110m H

Lawrence Clarke

400m H

Niall Flannery

Jack Green

Nathan Woodward

4 x 100m

James Alaka

Richard Kilty

Andrew Robertson

Kieran Showler-Davis

Danny Talbot

Deji Tobais

4 x 400m

Jamie-Kerr Bowie

Harry Doran

Luke Lennon-Ford

Nigel Levine

Louis Persent

Thomas Phillips

High Jump

David Smith

Discus

Brett Morse

Lawrence Okoye

WOMEN

200m

Emily Diamond

800m

Lynsey Sharp

1500m

Stacey Smith

5000m

Emma Pallant

Stevie Stockton

Hannah Walker

10000m

Charlotte Purdue

400m H

Meghan Beesley

3000m SC

Eilish McColgan

4 x 100m

Emily Diamond

Annabelle Lewis

Ashleigh Nelson

Elaine O'Neill

Asha Philip

Torema Thompson

Pole Vault

Holly Bleasdale

Long Jump

Lorraine Ugen

Hammer

Sophie Hitchon

PROFILES FOR ATHLETES NOT IN THE UKA MEDIA GUIDE 2011

MEN

Name: **James Alaka**
Club: Blackheath & Bromley
Coach: Clarence Callender
Date of Birth: 08/09/1989
Event: 100m / 200m
P.B: 100m - 10.23 (10.22w)
200m - 20.71
S.B: 100m - 10.23
200m - 20.85

Name: **Adam Bitchell**
Club: Cardiff
Coach: James Thie
Date of Birth: 23/06/1991
Event: 5000m
P.B: 13:57.61
S.B: 13:57.61

Name: **Jamie Bowie**
Club: Inverness
Coach: Piotr Haczek
Date of Birth: 01/04/1989
Event: 4 x 400m
P.B: 46.78
S.B: 46.78

Name: **Dan Clorley**
Club: Luton
Coach: Tony Simmons
Date of Birth: 01/10/1990
Event: 1500m
P.B: 3:42.66
S.B: 3:42.66

Name: **Harry Doran**
Club: Liverpool Pembroke
Sefton
Coach: Raymond Twentyman
Date of Birth: 23/12/1990
Event: 4 x 400m
P.B: 47.51
S.B: 47.51

Name: **Niall Flannery**
Club: Gateshead
Coach: Nick Dakin
Date of Birth: 26/04/1991
Event: 400m H
P.B: 49.76
S.B: 49.76

Name: **Richard Kilty**
Club: Gateshead
Coach: Linford Christie
Date of Birth: 02/09/1989
Event: 4 x 100m
P.B: 10.43 (10.40w)
S.B: 10.43 (10.40w)

Name: **Luke Lennon-Ford**
Club: Birchfield Harriers
Coach: Linford Christie
Date of Birth: 05/05/1989
Event: 400m
P.B: 46.03
S.B: 46.03

Name: **John McDonnell**
Club: Luton
Coach: John Stoker
Date of Birth: 22/11/1991
Event: 5000m
P.B: 13:56.17
S.B: 13:56.17

Name: **Ross Millington**
Club: Stockport
Coach: Steve Vernon
Date of Birth: 19/09/1989
Event: 5000m
P.B: 13:36.39
S.B: 13:36.39

Name: **Mukhtar Mohammed**
Club: Sheffield
Coach: Mustafa Mohamed
Date of Birth: 01/12/1990
Event: 800m
P.B: 1:46.92
S.B: 1:47.13

Name: **Lawrence Okoye**
Club: Croydon
Coach: John Hillier
Date of Birth: 06/10/1991
Event: Discus
P.B: 63.25m
S.B: 63.25m

Name: **Louis Persent**
Club: Colchester
Coach: Stephen Garnham
Date of Birth: 18/07/1990
Event: 4 x 400m
P.B: 46.56
S.B: 47.47

Name: **Thomas Phillips**
Club: UC Davis
Coach: TBC
Date of Birth: 23/04/1989
Event: 4 x 400m
P.B: 47.28
S.B: 48.8

Name: **Andrew Robertson**
Club: Sale Harriers Manchester
Coach: John Smith
Date of Birth: 17/12/1990
Event: 100m
P.B: 10.29 (10.26w)
S.B: 10.29 (10.26w)

Name: **James Shane**
Club: Newham & Essex Beagles
Coach: Martin Brown
Date of Birth: 18/12/1989
Event: 1500m
P.B: 3:39.11
S.B: 3:39.11

Name: **David Smith**
Club: Giffnock North
Coach: Ken Allan
Date of Birth: 14/07/1991
Event: High Jump
P.B: 2.22m
S.B: 2.22m

PROFILES FOR ATHLETES NOT IN THE UKA MEDIA GUIDE 2011

Name: **Danny Talbot**
Club: Birchfield Harriers
Coach: Dan Cossins
Date of Birth: 01/05/1991
Event: 200m
P.B: 20.54
S.B: 20.54

Name: **Deji Tobais**
Club: Windsor, Slough, Eton & Hounslow
Coach: Simon Duberley
Date of Birth: 31/10/1991
Event: 4 x 100m
P.B: 10.30 (10.28w)
S.B: 10.47 (10.28w)

Name: **Nathan Woodward**
Club: Tamworth
Coach: Nick Dakin
Date of Birth: 17/10/1989
Event: 400m H
P.B: 49.06
S.B: 49.06

WOMEN

Name: **Meghan Beesley**
Club: Birchfield
Coach: Nick Dakin
Date of Birth: 15/11/1989
Event: 4 x 400m
P.B: 56.21
S.B: 56.21

Name: **Emily Diamond**
Club: Bristol & West
Coach: Jared Deacon
Date of Birth: 11/06/1991
Event: 200m
P.B: 23.41
S.B: 23.41

Name: **Annabelle Lewis**
Club: Kingston Upon Hull
Coach: Stephen Wymark
Date of Birth: 20/03/1989
Event: 4 x 100m
P.B: 11.73/11.7 (11.69w)
S.B: 11.93 (11.78w)

Name: **Eilish McColgan**
Club: Dundee Hawkhill Harriers
Coach: Liz McColgan
Date of Birth: 25/11/1990
Event: 3000m SC
P.B: 9:55.13
S.B: 9:55.13

Name: **Elaine O'Neill**
Club: Woodford Green with Essex Ladies
Coach: Tom Crick
Date of Birth: 20/08/1989
Event: 4 x 100m
P.B: 11.39
S.B: 11.67w

Name: **Emma Pallant**
Club: Aldershot, Farnham & District
Coach: Mick Woods
Date of Birth: 04/06/1989
Event: 5000m
P.B: 15:54.40
S.B: 15:54.40

Name: **Asha Philip**
Club: Newham & Essex Beagles
Coach: Mike McFarlane
Date of Birth: 25/10/1990
Event: 4 x 100m
P.B: 11.37
S.B: 11.62 (11.59w)

Name: **Lynsey Sharp**
Club: Edinburgh AC
Coach: Dave Sunderland
Date of Birth: 11/07/1990
Event: 800m
P.B: 2:01.98
S.B: 2:01.98

Name: **Stacey Smith**
Club: Gateshead
Coach: Mick Woods
Date of Birth: 04/02/1990
Event: 1500m
P.B: 4:07.421
S.B: 4:07.421

Name: **Stevie Stockton**
Club: Vale Royal
Coach: George Gandy
Date of Birth: 23/08/1989
Event: 5000m
P.B: 16:10.63
S.B: 16:10.63

Name: **Torema Thompson**
Club: Enfield & Haringey
Coach: Frank Adams
Date of Birth: 15/02/1990
Event: 4 x 100m
P.B: 11.61 (11.54w)
S.B: 11.87/11.8 (11.54w)

Name: **Lorraine Ugen**
Club: Blackheath & Bromley
Coach: Frank Attoh
Date of Birth: 22/08/1991
Event: Long Jump
P.B: 6.46m
S.B: 6.46m

Name: **Hannah Walker**
Club: Birchfield
Coach: Bud Baldaro
Date of Birth: 09/08/1991
Event: 5000m
P.B: 15:48.69
S.B: 15:48.69

PREVIOUS TOP AVIVA GB & NI U23 PERFORMANCES - MEN

EVENT	MEDAL	MEDALIST(S)	YEAR
100m	Gold	Jon Barbour [10.26w/+2.2]	2001
100m	Gold	Simeon Williamson [10.10/+0.2]	2007
100m	Gold	Harry Aikines-Aryeetey [10.15/+1.5]	2009
100m	Silver	Leevan Yearwood [10.26/+1.5]	2009
100m	Bronze	Rion Pierre [10.28/+1.5]	2009
100m	Silver	Christian Malcolm [10.28/+0.7]	1999
100m	Silver	Craig Pickering [10.14/+0.2]	2007
100m	Bronze	Marlon Devonish [10.32w/+2.8]	1997
200m	Gold	Julian Golding [20.46/+0.3]	1997
200m	Gold	Chris Lambert [20.34/+0.7]	2003
200m	Gold	Toby Sandeman [20.37/-0.2]	2009
200m	Silver	Christian Malcolm [20.47/-0.6]	1999
200m	Bronze	Rikki Fitton [21.02/-1.9]	2007
400m	Gold	Mark Hylton [45.71]	1997
400m	Gold	Robert Tobin [46.81]	2005
400m	Silver	Tim Benjamin [45.86]	2003
400m	Silver	Nigel Levine [45.78]	2009
1500m	Silver	James Brewer [3:51.33]	2009
5000m	Gold	Chris Thompson [13:58.62]	2003
5000m	Silver	Mohamed Farah [13:58.88]	2003
5000m	Silver	Mohamed Farah [14:10.96]	2005
110m H	Gold	David Hughes [13.56w/+2.9]	2005
110m H	Silver	Gianni Frankis [13.57/-0.7]	2009
110m H	Bronze	Chris Baillie [13.85/+0.4]	2001
110m H	Bronze	Callum Priestley [13.63/-0.7]	2009
400m H	Gold	Matt Elias [49.57]	2001
400m H	Gold	Rhys Williams [49.60]	2005
400m H	Gold	David Greene [49.58]	2007
400m H	Gold	Lloyd Gumbs [49.62]	2009
High Jump	Gold	Ben Challenger [2.30]	1999
Long Jump	Bronze	Nathan Morgan [7.99/+1.8]	1999
Triple Jump	Gold	Gary White [16.33/-0.2]	2007
Triple Jump	Bronze	Tayo Erogbogbo [16.28/-1.1]	1997
Pole Vault	Silver	Luke Cutts [5.60]	2009

PREVIOUS TOP AVIVA GB & NI U23 PERFORMANCES - MEN

EVENT	MEDAL	MEDALIST(S)	YEAR
4 x 100m Relay	Gold	Daniel Money, Marlon Devonish, Jamie Henthorn, Ross Baillie [38.99]	1997
4 x 100m Relay	Gold	Christian Malcolm, Henthorn, John Stewart, Mark Findlay [38.96]	1999
4 x 100m Relay	Gold	Tyrone Edgar, Chris Lambert, Darren Chin, Dwayne Grant, Tim Abeyie [39.31]	2003
4 x 100m Relay	Gold	Ryan Scott, Craig Pickering, Rikki Fifton, James Ellington [38.95]	2007
4 x 100m Relay	Gold	Ryan Scott, Toby Sandeman, Rion Pierre, Leevan Yearwood [39.09]	2009
4 x 100m Relay	Silver	Jonathan Oparka, Jon Barbour, Darren Chin, Ben Lewis, James Chatt [39.45]	2001
4 x 400m Relay	Gold	David Naismith, Adam Potter, James Chatt, Matt Elias, Richard McDonald [3:05.24]	2001
4 x 400m Relay	Silver	Andrew Steele, Rhys Williams, Richard Davenport, Robert Tobin, Adam Charlton, Gareth Warburton [3:04.83]	2005
4 x 400m Relay	Bronze	Geoff Dearman, Elias, Peter Brend, Naismith, Michael Parper, Richard David [3:03.58]	1999

EVENT	POSITION	ATHLETE(S)	YEAR
800m	4th	Simon Lees [1:47.82]	2001
10000m	5th	Adam Sutton [29:27.49]	2003
3000m SC	4th	Mark Buckingham [8:41.26]	2005
Shot Put	Non Placed	8dq Carl Myerscough [18.09]	1999
Discus	7th	Emeka Udechuka [57.87]	1999
Discus	7th	Emeka Udechuka [57.25]	2001
Hammer	7th	Alex Smith [68.75]	2009
Javelin	7th	Stuart Faben [72.96]	1997
Decathlon	13th	Ben Hazell [7319]	2005
20km Walk	Non Finished		

PREVIOUS TOP AVIVA GB & NI U23 PERFORMANCES - WOMEN

EVENT	MEDAL	MEDALIST(S)	YEAR
100m	Silver	Abi Oyepitan [11.58/-1.2]	2001
100m	Silver	Montell Douglas [11.66/-2.0]	2007
400m	Gold	Allison Curbishley [50.85]	1997
400m	Gold	Helen Karagounis [51.78]	2003
400m	Silver	Thieme/Karagounis [52.75]	2001
400m	Silver	Christine Ohuruogu [50.73]	2005
800m	Gold	Rebecca Lyne [2:04.66]	2003
800m	Silver	Jemma Simpson [2:06.16]	2005
1500m	Gold	Abby Westley [4:15.48]	2007
1500m	Silver	Lisa Dobriskey [4:12.95]	2003
1500m	Silver	Lizi Braithwaite [4:16.45]	2007
1500m	Bronze	Kelly Caffel [4:12.30]	2001
5000m	Gold	Laura Kenney [16:22.28]	2007
5000m	Bronze	Emily Pidgeon [16:04.71]	2009
10,000m	Bronze	Louise Damen [33:29.82]	2003
100m H	Silver	Diane Allahgreen [13.03/+1.9]	1997
100m H	Silver	Julie Pratt [13.40/-0.4]	1999
100m H	Bronze	Jessica Ennis [13.09/-0.3]	2007
400m H	Gold	Natasha Danvers/Danvers-Smith [56.00]	1999
400m H	Gold	Perri Shakes-Drayton [55.26]	2009
400m H	Silver	Vicki Jamison/Kennedy [57.43]	1997
400m H	Silver	Eilidh Child [55.32]	2009
400m H	Bronze	Sian Scott [57.02]	2005
Long Jump	Gold	Jade Johnson [6.52/+1.0]	2001
Discus	Gold	Eden Francis [57.29]	2009
Discus	Bronze	Jade Nicholl [54.44]	2009
Hammer	Bronze	Lyn Sprules [61.70]	1997
Hammer	Bronze	Sarah Holt [62.55]	2009
4 x 100m Relay	Gold	Susan Burnside/Deacon, Helen Roscoe, Sabrina Scott, Abi Oyepitan [44.31]	2001
4 x 100m Relay	Gold	Annabelle Lewis, Joey Duck, Lucy Sargent, Elaine O'Neill [43.89]	2009
4 x 400m Relay	Gold	Vicki Jamison/Kennedy, Jo Sloane, Jeina Mitchell, Allison Curbishley [3:32.81]	1997

PREVIOUS TOP AVIVA GB & NI U23 PERFORMANCES - WOMEN

EVENT	MEDAL	MEDALIST(S)	YEAR
4 x 400m Relay	Gold	Karen Gear, Jenny Meadows, Tracey Duncan, Helen Thieme/Karagounis} [3:31.74]	2001
4 x 400m Relay	Silver	Meadows, Danielle Halsall, Kim Wall, Karagounis [3:30.44]	2003
4 x 400m Relay	Silver	Kim Wall, Sian Scott, Lisa Miller, Christine Ohuruogu [3:31.64]	2005

EVENT	POSITION	ATHLETE(S)	YEAR
200m	7th	Helen Roscoe [23.96/-0.3]	2001
200m	7th	Danielle Norville [23.69/+1.0]	2003
3000m SC	8th	Lizzie Hall [10:16.94]	2005
High Jump	9th	Susan Jones/Moncrieff [1.85]	1999
Pole Vault	5th	Zoe Brown [4.20]	2005
Pole Vault	5th	5Rhian Clarke/Rusteberg [3.80]	1997
Triple Jump	Not contested		
Shot Put	6th	Eden Francis [16.23]	2009
Javelin	4th	Kirsty Morrison [54.14]	1997
Heptathlon	5th	Nicola Gautier [5685]	1999
10km Walk	Not contested		
20km Walk	Not contested		

YEAR	VENUE	TOTAL				MEN				WOMEN			
		G	S	B	T	G	S	B	T	G	S	B	T
1997	Turkey	5	2	3	10	3	0	2	5	2	2	1	5
1999	Göteborg	3	3	2	8	2	2	2	6	1	1	0	2
2001	Amsterdam	6	3	2	11	3	1	1	5	3	2	1	6
2003	Bydgoszcz	5	4	1	10	3	2	0	5	2	2	1	5
2005	Erfurt	3	5	1	9	3	2	0	5	0	3	1	4
2007	Debrecen	6	3	2	11	4	1	1	6	2	2	1	5
2009	Kaunas	7	6	5	18	4	5	2	11	3	1	3	7
TOTAL		35	26	16	77	22	13	8	43	13	13	8	34

TIMETABLE

DAY 1**Thursday, 14 July 2011 - Morning**

TIME	EVENT	GENDER	HEAT
10:00	100m Decathlon	Men	
10:00	Pole Vault	Men	QAB
10:00	Shot Put	Men	QAB
10:00	Discus Throw	Women	QA
10:15	High Jump	Women	QAB
10:20	100m	Women	R1
10:50	100m	Men	R1
11:00	Long Jump Decathlon	Men	AB
11:05	Discus Throw	Women	QB
11:20	3000m Steeple Chase	Women	R1
11:55	400m Hurdles	Women	R1
12:20	Shot Put Decathlon	Men	AB
12:25	400m Hurdles	Men	R1

Thursday, 14 July 2011 - Afternoon

TIME	EVENT	GENDER	HEAT
15:30	Javelin Throw	Men	QA
16:15	Long Jump	Men	QAB
16:30	High Jump Decathlon	Men	AB
16:35	800m	Women	R1
16:50	Javelin Throw	Men	QB
17:00	800m	Men	R1
17:20	Shot Put	Men	Final
17:25	100m	Women	SF
17:45	100m	Men	SF
18:05	10,000m	Men	Final
18:10	Javelin Throw	Women	QA
18:40	Triple Jump	Women	QAB
18:45	400m	Women	R1
19:10	400m	Men	R1
19:15	Javelin Throw	Women	QB
19:30	Shot Put	Men	Medal Ceremony
19:40	400m Decathlon	Men	
19:55	10,000m	Men	Medal Ceremony

TIMETABLE

DAY 2**Friday, 15 July 2011 - Morning**

TIME	EVENT	GENDER	HEAT
10:00	Shot Put	Women	QAB
10:00	Hammer Throw	Women	QA
10:05	100m Hurdles	Women	R1
10:10	Pole Vault	Women	QAB
10:30	High Jump	Men	QAB
10:45	110m Hurdles	Men	R1
11:05	Hammer Throw	Men	QB
11:15	110m Hurdles Decathlon	Men	
11:45	3000m Steeple Chase	Men	R1
12:15	Discus Throw Decathlon	Men	A
13:15	Discus Throw Decathlon	Men	B

Friday, 15 July 2011 - Afternoon

TIME	EVENT	GENDER	HEAT
15:15	Pole Vault Decathlon	Men	AB
15:25	Discus Throw	Women	Final
15:30	400m Hurdles	Women	SF
15:45	Triple Jump	Women	Final
15:50	400m Hurdles	Men	SF
16:10	100m	Women	Final
16:25	100m	Men	Final
16:40	800m	Women	Final
16:55	800m	Men	Final
17:00	100m	Women	Medal Ceremony
17:07	100m	Men	Medal Ceremony
17:20	10,000m	Women	Final
17:30	Javelin Throw Decathlon	Men	A
17:35	Shot Put	Women	Final
18:00	800m	Women	Medal Ceremony
18:07	800m	Men	Medal Ceremony
18:20	Long Jump	Men	Final
18:25	400m	Women	SF
18:30	Javelin Throw Decathlon	Men	B
18:35	Discus Throw	Men	Medal Ceremony
18:45	400m	Men	SF

TIMETABLE

18:55	Triple Jump	Women	Medal Ceremony
19:05	200m	Women	R1
19:20	10,000m	Women	Medal Ceremony
19:30	200m	Men	R1
19:50	Shot Put	Women	Medal Ceremony
20:00	1500m Decathlon	Men	

DAY 3**Saturday, 16 July 2011 - Morning**

TIME	EVENT	GENDER	HEAT
10:00	Hammer Throw	Men	QA
10:10	1500m	Women	R1
10:30	Long Jump	Women	QAB
10:35	1500m	Men	R1
11:00	100m Hurdles Heptathlon	Women	
11:10	Hammer Throw	Men	QB
11:15	200m	Women	SF
11:30	200m	Men	SF
11:50	High Jump Heptathlon	Women	AB
11:50	4 x 400m	Women	R1
12:05	Triple Jump	Men	QAB
12:10	4 x 400m	Men	R1
12:25	Discus Throw	Men	QB
13:35	Discus Throw	Men	QB

Saturday, 16 July 2011 - Afternoon

TIME	EVENT	GENDER	HEAT
15:25	Hammer Throw	Women	Final
15:40	Long Jump	Men	Medal Ceremony
15:57	Decathlon	Men	Medal Ceremony
16:00	400m H	Women	Final
16:00	Shot Put Heptathlon	Women	AB
16:15	400m Hurdles	Men	Final
16:25	High Jump	Women	Final
16:30	400m	Women	Final
16:40	400m	Men	Final
16:43	400m Hurdles	Women	Medal Ceremony
16:50	400m Hurdles	Men	Medal Ceremony
17:00	Pole Vault	Men	Final

TIMETABLE

Saturday, 16 July 2011 - Afternoon

TIME	EVENT	GENDER	HEAT
17:05	100m Hurdles	Women	SF
17:15	400m	Women	Medal Ceremony
17:25	Javelin Throw	Men	Final
17:30	110m Hurdles	Men	SF
17:40	Hammer Throw	Women	Medal Ceremony
17:50	200m	Women	Final
17:55	400m	Men	Medal Ceremony
18:05	200m	Men	Final
18:15	200m Heptathlon	Women	
18:25	200m	Women	Medal Ceremony
18:40	200m	Men	Medal Ceremony
18:50	110m Hurdles	Men	Final
19:00	Javelin Throw	Women	Final
19:02	High Jump	Women	Medal Ceremony
19:09	100m Hurdles	Women	Medal Ceremony
19:20	5000m	Men	Final
19:40	110m Hurdles	Men	Medal Ceremony
19:47	Javelin Throw	Men	Medal Ceremony
20:00	3000m Steeple Chase	Women	Final
20:12	5000m	Men	Medal Ceremony

DAY 4**Sunday, 17 July 2011 - Morning**

TIME	EVENT	GENDER	HEAT
08:00	20km Walk	Men	Final
10:00	20km Walk	Women	Final

Sunday, 17 July 2011 - Afternoon

TIME	EVENT	GENDER	HEAT
13:30	Long Jump Heptathlon	Women	AB
13:30	Hammer Throw	Men	Final
14:15	Pole Vault	Men	Medal Ceremony
14:22	3000m Steeple Chase	Women	Medal Ceremony
14:29	Javelin Throw	Women	Medal Ceremony
14:40	20km Walk	Women	Medal Ceremony
14:47	20km Walk	Men	Medal Ceremony

TIMETABLE

Sunday, 17 July 2011 - Afternoon

TIME	EVENT	GENDER	HEAT
15:00	Long Jump	Women	Final
15:05	High Jump	Men	Final
15:15	Pole Vault	Women	Final
15:20	4 x 100m	Women	R1
15:25	Javelin Throw Heptathlon	Women	AB
15:30	Hammer Throw	Men	Medal Ceremony
15:45	4 x 100m	Men	R1
16:00	1500m	Women	Final
16:20	1500m	Men	Final
16:35	5000m	Women	Final
16:55	1500m	Women	Medal Ceremony
17:05	Triple Jump	Men	Final
17:10	4 x 100m	Women	Final
17:20	Discus Throw	Men	Final
17:30	1500m	Men	Medal Ceremony
17:40	3000m Steeple Chase	Men	Final
17:50	Long Jump	Women	Medal Ceremony
17:57	5000m	Women	Medal Ceremony
18:10	800m Heptathlon	Women	
18:20	4 x 100m	Women	Medal Ceremony
18:27	4 x 100m	Men	Medal Ceremony
18:40	4 x 400m	Women	Final
18:45	3000m Steeple Chase	Men	Medal Ceremony
18:52	Heptathlon	Women	Medal Ceremony
19:05	4 x 400m	Men	Final
19:10	High Jump	Men	Medal Ceremony
19:17	Pole Vault	Women	Medal Ceremony
19:24	Triple Jump	Men	Medal Ceremony
19:31	Discus Throw	Men	Medal Ceremony
CB	4x400m	Women	Medal Ceremony
CB	4x400m	Men	Medal Ceremony



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