



# BRITISH ATHLETICS

## 2013 MEDIA GUIDE

**EUROPEAN INDOOR CHAMPIONSHIPS**  
GOTHENBURG, SWEDEN, 1-3 MARCH 2013



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# GB & NI TEAM MANAGEMENT

## **Team Leaders**

Peter Eriksson

## **Team Managers**

Jenny Close

Alison Wyeth

## **Coaching Staff**

Fayyaz Ahmed

Malcolm Arnold

Lloyd Cowan

Terrence Mahon

Aston Moore

Rana Reider

## **Medical**

### **Team Doctor**

Dr Rob Chakraverty

### **Physiotherapists**

Toby Smith

Andy Burke

Shane Kelly

Wendy Hilton

### **Physiotherapists**

Toby Smith

### **Sports Psychologist**

Neville Warnke

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## **Media Contact Details**

Liz Birchall

Head of Marketing and Communications

Email: [lbirchall@britishathletics.org.uk](mailto:lbirchall@britishathletics.org.uk)

Mobile: +46 (0)738539790

+44 (0)7718 526 363 (UK)

Alex Ferguson

Senior Media Officer

Email: [aferguson@britishathletics.org.uk](mailto:aferguson@britishathletics.org.uk)

Mobile: +44 (0)7702 849 276

# GB & NI TEAM

## MEN

### 60M

Harry Aikines-Aryeetey  
Dwain Chambers  
James Dasaolu

### 400M:

Michael Bingham  
Nigel Levine  
Richard Strachan

### 800M:

Mukhtar Mohammed  
Michael Rimmer  
Joe Thomas

### 60MH:

Andrew Pozzi

### 4X400M:

Michael Bingham  
Richard Buck  
Luke Lennon-Ford  
Nigel Levine  
Richard Strachan  
Michael Warner

### HIGH JUMP:

Robbie Grabarz

### POLE VAULT:

Steve Lewis

### LONG JUMP:

Chris Tomlinson

## WOMEN

### 60M:

Asha Philip

### 400M:

Eilidh Child  
Shana Cox  
Perri Shakes-Drayton

### 800M:

Jenny Meadows (Captain)

### 1500M:

Laura Muir

### 3000M:

Lauren Howarth

### 4X400M:

Margaret Adeoye  
Meghan Beesley  
Eilidh Child  
Shana Cox  
Christine Ohuruogu  
Perri Shakes-Drayton

### POLE VAULT:

Holly Bleasdale

### LONG JUMP:

Shara Proctor

### TRIPLE JUMP:

Yamilé Aldama

# TIMETABLE

## THURSDAY, 28 FEBRUARY 2013

19:00 Shot Put Men Qualification Market Square

## DAY 1 - FRIDAY, 1 MARCH 2013 - MORNING

10:00	60m Hurdles	Women	Pentathlon	heat 1
10:05	Long Jump	Women	Qualification	
10:07	60m Hurdles	Women	Pentathlon	heat 2
10:30	60m Hurdles	Men	Round 1	heat 1
10:37	60m Hurdles	Men	Round 1	heat 2
10:40	High Jump	Women	Pentathlon	
10:44	60m Hurdles	Men	Round 1	heat 3
10:51	60m Hurdles	Men	Round 1	heat 4
11:00	400m	Women	Round 1	heat 1
11:06	400m	Women	Round 1	heat 2
11:12	400m	Women	Round 1	heat 3
11:18	400m	Women	Round 1	heat 4
11:30	60m Hurdles	Women	Round 1	heat 1
11:37	60m Hurdles	Women	Round 1	heat 2
11:40	Triple Jump	Men	Qualification	
11:44	60m Hurdles	Women	Round 1	heat 3
11:51	60m Hurdles	Women	Round 1	heat 4
12:02	400m	Men	Round 1	heat 1
12:08	400m	Men	Round 1	heat 2
12:14	400m	Men	Round 1	heat 3
12:20	400m	Men	Round 1	heat 4
12:26	400m	Men	Round 1	heat 5
12:35	3000m	Men	Round 1	heat 1
12:40	Shot Put	Women	Pentathlon	
12:47	3000m	Men	Round 1	heat 2

# TIMETABLE

## FRIDAY, 1 MARCH 2013 - AFTERNOON

17:00	60m	Men	Round 1	heat 1
17:01	Long Jump	Women	Pentathlon	
17:07	60m	Men	Round 1	heat 2
17:14	60m	Men	Round 1	heat 3
17:15	Pole Vault	Women	Qualification	
17:21	60m	Men	Round 1	heat 4
17:28	60m	Men	Round 1	heat 5
17:40	800m	Women	Round 1	heat 1
17:45	High Jump	Men	Qualification	
17:46	800m	Women	Round 1	heat 2
17:52	800m	Women	Round 1	heat 3
18:05	60m Hurdles	Men	Semi-final	Semi-final 1
18:12	60m Hurdles	Men	Semi-final	Semi-final 2
18:20	60m Hurdles	Women	Semi-final	Semi-final 1
18:27	60m Hurdles	Women	Semi-final	Semi-final 2
18:35	800m	Men	Round 1	heat 1
18:40	Triple Jump	Women	Qualification	
18:41	800m	Men	Round 1	heat 2
18:45	Shot Put	Men	FINAL	
18:47	800m	Men	Round 1	heat 3
18:53	800m	Men	Round 1	heat 4
19:05	1500m	Women	Round 1	heat 1
19:13	1500m	Women	Round 1	heat 2
19:21	1500m	Women	Round 1	heat 3
19:30	800m	Women	Pentathlon	heat 1
19:36	800m	Women	Pentathlon	heat 2
19:45	60m Hurdles	Men	FINAL	
19:55	60m Hurdles	Women	FINAL	
20:00	Shot Put	Men	VC1 Market Square	
20:34	Pentathlon	Women	VC2 Market Square	
20:38	60m Hurdles	Men	VC3 Market Square	
20:42	60m Hurdles	Women	VC4 Market Square	

# TIMETABLE

## DAY 2 - SATURDAY, 2 MARCH 2013 - MORNING

11:30	Long Jump	Men	Qualification	
11:35	Pole Vault	Men	Qualification	
11:55	High Jump	Women	Qualification	
12:25	3000m	Women	Round 1	heat 1
12:37	3000m	Women	Round 1	heat 2
12:50	60m	Men	Heptathlon	heat 1
12:57	60m	Men	Heptathlon	heat 2
13:00	Shot Put	Women	Qualification Market Square	
13:10	1500m	Men	Round 1	heat 1
13:18	1500m	Men	Round 1	heat 2
13:26	1500m	Men	Round 1	heat 3
13:35	60m	Women	Round 1	heat 1
13:42	60m	Women	Round 1	heat 2
13:45	Long Jump	Men	Heptathlon	
13:49	60m	Women	Round 1	heat 3
13:56	60m	Women	Round 1	heat 4

## SATURDAY, 2 MARCH 2013-AFTERNOON

16:00	Long Jump	Women	FINAL	
16:05	Shot Put	Men	Heptathlon	
16:10	Pole Vault	Women	FINAL	
16:15	High Jump	Men	FINAL	
16:35	400m	Women	Semi-final	Semi-final 1
16:42	400m	Women	Semi-final	Semi-final 2
16:55	800m	Men	Semi-final	Semi-final 1
17:02	800m	Men	Semi-final	Semi-final 2
17:15	60m	Men	Semi-final	Semi-final 1
17:22	60m	Men	Semi-final	Semi-final 2
17:25	Triple Jump	Men	FINAL	
17:30	800m	Women	Semi-final	Semi-final 1
17:38	800m	Women	Semi-final	Semi-final 2
17:45	400m	Men	Semi-final	Semi-final 1
17:52	400m	Men	Semi-final	Semi-final 2
18:00	High Jump	Men	Heptathlon	
18:05	1500m	Women	FINAL	
18:20	3000m	Men	FINAL	
18:40	60m	Men	FINAL	

# TIMETABLE

19:00	High Jump	Men	VC5 Market Square
19:04	Long Jump	Women	VC6 Market Square
19:08	Triple Jump	Men	VC7 Market Square
19:12	Pole Vault	Women	VC8 Market Square
19:16	3000m	Men	VC9 Market Square
19:20	1500m	Women	VC10 Market Square
19:24	60m	Men	VC11 Market Square

## DAY 3 - SUNDAY, 3 MARCH 2013 - MORNING

11:00	60m Hurdles	Men	Heptathlon	heat 1
11:05	Triple Jump	Women	FINAL	
11:07	60m Hurdles	Men	Heptathlon	heat 2
11:10	Shot Put	Women	FINAL	
11:15	400m	Women	FINAL	
11:30	800m	Men	FINAL	
11:45	800m	Women	FINAL	
11:58	Pole Vault	Men	Heptathlon	
12:00	400m	Men	FINAL	
12:10	3000m	Women	FINAL	
12:40	400m	Women	VC12 Market Square	
12:44	800m	Men	VC13 Market Square	
12:48	800m	Women	VC14 Market Square	
12:52	Shot Put	Women	VC15 Market Square	
12:56	Triple Jump	Women	VC16 Market Square	
13:00	400m	Men	VC17 Market Square	
13:04	3000m	Women	VC18 Market Square	



# TIMETABLE

## SUNDAY, 3 MARCH 2013 - AFTERNOON

16:30	60m	Women	Semi-final	Semi-final 1
16:33	Pole Vault	Men	FINAL	
16:37	60m	Women	Semi-final	Semi-final 2
16:40	High Jump	Women	FINAL	
17:00	Long Jump	Men	FINAL	
17:45	1000m	Men	Heptathlon	
18:00	1500m	Men	FINAL	
18:15	60m	Women	FINAL	
18:30	4x400m	Women	FINAL	
18:45	4x400m	Men	FINAL	
19:10	Heptathlon	Men	VC19 Market Square	
19:14	1500m	Men	VC20 Market Square	
19:18	60m	Women	VC21 Market Square	
19:22	Pole Vault	Men	VC22 Market Square	
19:26	High Jump	Women	VC23 Market Square	
19:30	Long Jump	Men	VC24 Market Square	
19:34	4x400 m	Women	VC25 Market Square	
19:38	4x400 m	Men	VC26 Market Square	

Note: All VCs will take place in the Market Square next to the arena.

# GB & NI PREVIOUS MEDALLISTS

## 2011

<b>NAME</b>	<b>MEDAL</b>	<b>EVENT</b>
Helen Clitheroe	<b>Gold</b>	Women's 3000m
Mo Farah	<b>Gold</b>	Men's 3000m
Jenny Meadows	<b>Gold</b>	Women's 800m
Dwain Chambers	<b>Silver</b>	Men's 60m
Tiffany Porter	<b>Silver</b>	Women's 60m hurdles
Richard Buck, Nick Leavey, Nigel Levine, Richard Strachan	<b>Silver</b>	Men's 4x400m
Lee McConnell, Jenny Meadows, Marilyn Okoro, Kelly Sotherton	<b>Silver</b>	Women's 4x400m
Richard Buck	<b>Bronze</b>	Men's 400m

## 2009

<b>NAME</b>	<b>MEDAL</b>	<b>EVENT</b>
Dwain Chambers	<b>Gold</b>	Men's 60m
Mo Farah	<b>Gold</b>	Men's 3000m
Richard Buck, Nick Leavey, Nigel Levine, Phillip Taylor	<b>Silver</b>	Men's 4x400m
Vicki Barr, Donna Fraser, Marilyn Okoro, Kim Wall	<b>Silver</b>	Women's 4x400m
Richard Buck	<b>Bronze</b>	Men's 400m

# GB & NI PREVIOUS MEDALLISTS

## 2007

<b>NAME</b>	<b>MEDAL</b>	<b>EVENT</b>
Jason Gardener	<b>Gold</b>	Women's 3000m
Phillips Idowu	<b>Gold</b>	Men's 3000m
Nicola Sanders	<b>Gold</b>	Women's 800m
Dale Garland, Steve Green, Philip Taylor, Robert Tobin	<b>Gold</b>	Men's 4x400m
Nathan Douglas	<b>Silver</b>	Women's 60m hurdles
Craig Pickering	<b>Silver</b>	Men's 60m
Kelly Sotherton	<b>Silver</b>	Women's Pentathlon
Martyn Bernard	<b>Bronze</b>	Men's High Jump
Emma Duck, Lee McConnell, Nicola Sanders, Kim Wall	<b>Bronze</b>	Women's 4x400m
Robert Tobin	<b>Bronze</b>	Men's 400m

# GB & NI PREVIOUS MEDALLISTS

## 2005

<b>NAME</b>	<b>MEDAL</b>	<b>EVENT</b>
Jason Gardener	<b>Gold</b>	Men's 60m
Chris Lambert	<b>Silver</b>	Men's 200m
John Mayock	<b>Silver</b>	Men's 3000m
Daniel Cossins, Richard Davenport, Dale Garland, Gareth Warburton	<b>Silver</b>	Men's 4x400m
Donna Fraser, Lee McConnell, Catherine Murphy, Melanie Purkiss	<b>Silver</b>	Women's 4x400m
Kelly Sotherton	<b>Silver</b>	Women's Pentathlon

## 2002

<b>NAME</b>	<b>MEDAL</b>	<b>EVENT</b>
Jason Gardener	<b>Gold</b>	Men's 60m
Colin Jackson	<b>Gold</b>	Men's 60m Hurdles
Ashia Hansen	<b>Silver</b>	Men's Triple Jump
Mark Lewis-Francis	<b>Silver</b>	Men's 60m
Christian Malcolm	<b>Silver</b>	Men's 200m
Michael East	<b>Bronze</b>	Men's 1500m
John Mayock	<b>Bronze</b>	Men's 3000m

# GB & NI MEDAL TABLE

YEAR	GOLD	SILVER	BRONZE	TOTAL
2011	3	4	1	8
2009	2	2	-	4
2007	4	3	3	10
2005	1	4	1	6
2002	2	3	2	7
2001	2	1	2	5
1998	3	1	2	6
1996	1	3	-	4
1994	5	-	2	7
1992	2	1	2	5
1990	2	1	2	5
1989	4	4	1	9
1988	2	2	2	6
1987	2	1	3	6
1986	1	1	1	3
1985	3	-	2	5
1984	2	1	1	4
1983	-	3	-	2
1982	-	-	2	2
1981	-	-	2	2
1980	-	-	1	1
1979	1	1	2	4
1978	0	1	2	3
1977	3	2	-	5
1976	1	2	1	4
1975	3	1	-	4
1974	1	1	-	2
1973	1	-	-	1
1972	-	-	-	0
1971	2	1	1	4
1970	2	-	-	2
Total	55	44	38	137

Note: Totals include both individual and team medals, with medals in the team competition counting as one medal

# GB & NI TEAM PROFILES MEN

## 60M

**Name:** Harry Aikines-Aryeetey

**Date of Birth:** 29/08/1988

**Coach:** Rana Reider

**60m PB:** 6.55i

**60m SB:** 6.69i

### **Indoor Championship record:**

2011 – European Indoor Championships 60m 6th

**Name:** Dwain Chambers

**Date of Birth:** 05/04/1978

**Coach:** Rana Reider

**60m PB:** 6.41i

**60m SB:** 6.58i

### **Indoor Championship record:**

2012 – World Indoor Championships 60m bronze

2011 – European Indoor Championships 60m silver

2010 – World Indoor Championships 60m gold

2009 – European Indoor Championships 60m gold

2008 – World Indoor Championships 60m silver

## 400M:

**Name:** Michael Bingham

**Date of Birth:** 13/04/1986

**Coach:** George Harrison

**400m PB:** 44.74 (45.69i)

**400m SB:** 46.42i

### **Indoor Championship record:**

2012 – IAAF World Indoor Championships 4x400 silver

**Name:** Nigel Levine

**Date of Birth:** 30/04/1989

**Coach:** Linford Christie

**400m PB:** 45.11 (45.71i)

**400m SB:** 46.34i

### **Indoor Championship record:**

2011 – European Indoor Championships 4x400m silver

2010 – World Indoor Championships 4x400m bronze

2009 – European Indoor Championships 4x400m silver

**Name:** Richard Strachan

**Date of Birth:**

**Coach:** Linford Christie

**400m PB:** 45.70 (46.22i)

**400m SB:** 46.22i

### **Indoor Championship record:**

2011 – European Indoor Championships 4x400m silver & 400m 5th

# GB & NI TEAM PROFILES MEN

## 800M:

**Name:** Mukhtar Mohammed

**Coach:** Mustafa Mohammed

**800m PB:** 1:45.90 (1:46.58i)

**800m SB:** 1:46.58i

### **Indoor record:**

2013 – British Athletics European Trials & UK Championships silver

**Name:** Michael Rimmer

**Date of Birth:** 03/02/1986

**Coach:** Norman Poole

**800m PB:** 1:43.89 (1:46.55i)

**800m SB:** 1:46.55i

**Name:** Joe Thomas

**Date of Birth:** 29/01/1988

**Coach:** Arwyn Davies

**800m PB:** 1:46.20 (1:46.33i)

**800m SB:** 1:47.79i

### **Indoor record:**

2013 – British Athletics European Trials & UK Championships gold

2012 – World Indoor Championships semi-finalist

## 60M HURDLES:

**Name:** Andrew Pozzi

**Date of Birth:** 15/05/1992

**Coach:** Malcolm Arnold

**60mh PB:** 7.56i

**60mh SB:** 7.58i

### **Indoor Championship record:**

2012 – World Indoor Championships 60mh 4th

## 4X400M:

(Squad includes Bingham, Levine and Strachan)

**Name:** Richard Buck

**Date of Birth:** 14/11/1986

**Coach:** Steve Fudge

**400m PB:** 45.61 (45.88i)

**400m SB:** 46.47i

### **Indoor Championship record:**

2012 – World Indoor Championships 4x400m silver

2011 – European Indoor Championships 400m bronze & 4x400m silver

2010 – World Indoor Championships 4x400m bronze

2009 – European Indoor Championships 4x400m silver

2005 – European Junior Championships 4x400m gold

# GB & NI TEAM PROFILES MEN

**Name:** Luke Lennon-Ford  
**Date of Birth:** 05/05/1989  
**Coach:** Linford Christie  
**400m PB:** 45.23 (46.89i)  
**400m SB:** 47.09i

**Indoor Championship record:**  
2012 – World Indoor Championships  
4x400m ht  
2010 – World Indoor Championships  
4x400m ht

**Name:** Michael Warner  
**Date of Birth:** 29/11/1990  
**Coach:** Grant Barker  
**400m PB:** 46.52 (47.25i)  
**400m SB:** 47.25i

**Indoor Championship record**  
2013 – British Athletics European Trials  
& UK Championships semi-finalist

## HIGH JUMP

**Name:** Robbie Grabarz  
**Date of Birth:** 03/10/1987  
**Coach:** Fayyaz Ahmed  
**HJ PB:** 2.37m (2.34m(i))  
**HJ SB:** 2.31m(i)

**Indoor Championship record:**  
2012 – World Indoor Championships  
HJ 6=

## POLE VAULT

**Name:** Steve Lewis  
**Date of Birth:** 20/05/1986  
**Coach:** Dan Pfaff, Scott Simpson  
**PV PB:** 5.82m (5.77m(i))  
**PV SB:** 5.62m(i)

**Indoor Championship record:**  
2010 – World Indoor Championships  
PV 6th  
2009 – European Indoor  
Championships PV 4th

## LONG JUMP

**Name:** Chris Tomlinson  
**Date of Birth:** 15/09/1981  
**Coach:** Rana Reider  
**LJ PB:** 8.35m (8.18m(i))  
**LJ SB:** 7.88m(i)

**Indoor Championship record:**  
2008 – World Indoor Championships  
LJ silver  
2007 – European Indoor  
Championships LJ 5th



# GB & NI TEAM PROFILES WOMEN

## 60M

**Name:** Asha Philip

**Date of Birth:** 25/10/1990

**Coach:** Christine Bowmaker

**60m PB:** 7.15i

**60m SB:** 7.15i

**Indoor Championship record:**

2013 – British Athletics European Trials & UK Championships 60m gold

2012 – World Indoor Championships 60m semi-finalist

## 400M

**Name:** Eilidh Child

**Date of Birth:** 20/02/1987

**Coach:** Malcolm Arnold

**400m PB:** 51.50i

**400m SB:** 51.50i

**Indoor Championship record:**

2013 – British Athletics European Trials & UK Championships 400m gold

**Name:** Shana Cox

**Date of Birth:** 22/01/1985

**Coach:** Lloyd Cowan

**400m PB:** 50.81(52.13i)

**400m SB:** 52.97i

**Indoor Championship record:**

2012 – World Indoor Championships 4x400m gold & 400m 5th place

**Name:** Perri Shakes-Drayton

**Date of Birth:** 21/12/1988

**Coach:** Chris Zah

**400m PB:** 51.26 (51.37i)

**400m SB:** 51.37i

**Indoor Championship record:**

2012 – World Indoor Championships 4x400m gold

## 800M

**Name:** Jenny Meadows

**Date of Birth:** 17/04/1981

**Coach:** Trevor Painter

**800m PB:** 1:57.93 (1:58.43i)

**800m SB:** 2:02.86i

**Indoor Championship record:**

2011 – European Indoor Championships 800m gold

2010 – World Indoor Championships 800m silver

## 1500M

**Name:** Laura Muir

**Date of Birth:** 09/05/1993

**Coach:** Andy Young

**1500m PB:** 4:12.39i

**1500m SB:** 4:12.39i

**Indoor record:**

2013 – British Athletics European Trials & UK Championships 1500m gold

# GB & NI TEAM PROFILES WOMEN

## 3000M

**Name:** Lauren Howarth  
**Date of Birth:** 21/04/1990  
**Coach:** Peter Riley  
**3000m PB:** 8:52.00i  
**3000m SB:** 8:52.00i

**Indoor Championship record:**  
2013 – British Athletics European Trials  
& UK Championships 3000m gold

## 4X400M

(Squad includes Child, Cox and Shakes-Drayton):

**Name:** Margaret Adeoye  
**Date of Birth:** 22/04/1985  
**Coach:** Linford Christie  
**400m PB:** 52.45j  
**400m SB:** 52.45j

**Indoor Championship record:**  
2013 – British Athletics European Trials  
& UK Championships 200m gold

**Name:** Meghan Beesley  
**Date of Birth:** 15/11/1989  
**Coach:** Nick Dakin  
**400m PB:** 52.79 (52.80i)  
**400m SB:** 52.80(i)

**Indoor Championship record:**  
2013 – British Athletics European Trials  
& UK Championships 400m bronze

**Name:** Christine Ohuruogu  
**Date of Birth:** 17/05/1984  
**Coach:** Lloyd Cowan  
**400m PB:** 49.61  
**400m SB:** N/A

**Indoor Championship record:**  
2012 – World Indoor Championships  
4x400m gold

## POLE VAULT

**Name:** Holly Bleasdale  
**Date of birth:** 02/11/1991  
**Coach:** Dan Pfaff, Scott Simpson  
**PV PB:** 4.87m(i)  
**PV SB:** 4.77m(i)

**Indoor Championship record:**  
2012 – World Indoor Championships  
PV bronze

## LONG JUMP

**Name:** Shara Proctor  
**Date of birth:** 16/09/1988  
**Coach:** Rana Reider  
**LJ PB:** 6.95m (6.89m(i))  
**LJ SB:** 6.78m(i)

**Indoor Championship record:**  
2012 – World Indoor Championships  
LJ bronze

# GB & NI TEAM PROFILES WOMEN

## TRIPLE JUMP

**Name:** Yamilé Aldama

**Date of birth:** 14/08/1972

**Coach:** Frank Attoh

**TJ PB:** 15.29m (14.90m(i))

**TJ SB:** 13.91m(i)

### **Indoor Championship record:**

2012 – World Indoor Championships

TJ gold

2004 – World Indoor Championships

TJ silver

2006 – World Indoor Championships

TJ bronze

statistics correct as of 21/02/2013



BRITISH  
ATHLETICS

Athletics House · Alexander Stadium · Walsall Road  
Perry Barr · Birmingham · B42 2BE

Tel: 0121 713 8400 · Fax: 0121 713 8452

[www.britishathletics.org.uk](http://www.britishathletics.org.uk)