



BRITISH ATHLETICS

2015 MEDIA GUIDE

2015 EUROPEAN ATHLETICS U23 CHAMPIONSHIPS
9-12 JULY, TALLIN, ESTONIA



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GREAT BRITAIN & NORTHERN IRELAND TEAM MANAGEMENT

TEAM LEADER

Alison Wyeth

MEDIA OFFICERS

Peter Matthews

Tel: 077730141278

TEAM MANAGERS

Maria Adey

Amanda Evans

TEAM COACHES

Nick Dakin

James Thie

David Harmer

James Hillier

Lorraine Shaw

Kelly Sotherton

MEDICAL

Moiz Moghul

Alex O'Gorman

Jemma Oliver

Pedro Phillipou

Wendy Hilton

GB & NI TEAM - MEN

200m

Leon Reid
(James Hillier)

800m

Jamie Webb
(Adrian Webb)

Theo Blundell
(Craig Winrow)

1500m

Neil Gourley
(Gordon Lockie)

Cameron Boyek
(David Lowes)

5000m

Jonathan Davies
(Rob McKim)

10,000m

Marc Scott
(Steve Gulley)

Kieran Clements (Ricardo Santos)

110mH

David Omoregie
(Benke Blomkvist)

David King
(James Hillier)

Khai Riley-La Borde (Ray Gibbins)

High Jump

Chris Kandu
(Fuzz Ahmed)

Hammer

Nick Miller
(John Baumann)

GB & NI TEAM - WOMEN

400m

Kirsten McAslan
(Trevor Painter)

Seren Bundy-Davies
(Stephen Ball)

800m

Katie Snowden
(Alasdair Donaldson)

Adelle Tracey
(Craig Winrow)

1500m

Melissa Courtney
(Mark Pauley)

Rhianwedd Price
(Houston Franks)

5000m

Calli Thackery
(Joe Franklin)

Bethan Knights
(Shayla Houlihan)

10,000m

Rhona Auckland
(Joyce Hogg)

Alice Wright
(David Walker)

Becky Straw
(Bud Baldaro)

100mH

Yasmin Miller
(Lloyd Cowan)

400mH

Shona Richards
(Marina Armstrong)

3000m S/C

Iona Lake (Pauline Ash)

Elizabeth Bird
(Peter Farrell)

Long Jump

Jazmin Sawyers
(Alan Lerwill)

Shot

Sophie McKinna
(Mike Winch)

Hammer

Rachel Hunter
(Ian Hunter)

4x400m Relay

Kirsten McAslan

Seren Bundy-Davies

Zoey Clark
(Eddie McKenna)

Victoria Ohuruogu
(Chris Zah)

Amy Allcock
(Nick Dakin)

Jessica Turner
(Nick Dakin)

ATHLETE PROFILES - MEN

200m:

Name: Leon Reid
DOB: 26/07/1994
Coach: James Hillier
Club: Birchfield Harriers
PB: 20:62
SB: 20:62

800m:

Name: Jamie Webb
DOB: 1/6/1994
Coach: Adrian Webb
Club: Liverpool Harriers
PB: 1:47:33
SB: 1:47:33

800m:

Name: Theo Blundell
DOB: 30/11/1992
Coach: Craig Winrow
Club: Birchfield Harriers
PB: 1:47:14
SB: 1:47:14

1500m:

Name: Neil Gourley
DOB: 7/2/95
Coach: Gordon Lockie
Club: Glasgow city
PB: 3:41:14
SB: 3:41:14

1500m:

Name: Cameron Boyek
DOB: 9/10/1993
Coach: David Lowes
Club: Shildon
PB: 3:40:62
SB: 3:40:62

5000m:

Name: Jonathan Davies
DOB: 28/10/94
Coach: Rob McKim
Club: Reading AC
PB: 13:43.74
SB: 13:43.74

10,000m:

Name: Marc Scott
DOB: 21/12/93
Coach: Steve Gulley
Club: Richmond & Zetland
PB: 28:30:33
SB: 28:30:33

10,000m:

Name: Kieran Clements
DOB: 20/11/93
Coach: Ricardo Santos
Club: Ipswich
PB: 28:57:57
SB: 28:57:57

ATHLETE PROFILES - MEN

110mH:

Name: David Omoregie
DOB: 1/11/95
Coach: Benke Blomkvist
Club: Cardiff
PB: 13:53
SB: 13:55

Hammer:

Name: Nick Miller
DOB: 1/5/93
Coach: John Baumann
Club: Border
PB: 76:97
SB: 76:97

110mH:

Name: David King
DOB: 13/6/94
Coach: James Hillier
Club: City of Plymouth
PB: 13.69
SB: 13.69

110mH:

Name: Khai Riley-La Borde
DOB: 8/11/95
Coach: Ray Gibbins
Club: Enfield and Haringey
PB: 13:77
SB: 13:77

High Jump:

Name: Chris Kandu
DOB: 10/9/95
Coach: Fuzz Ahmed
Club: Enfield and Haringey
PB: 2.26i
SB: 2.26i

ATHLETE PROFILES - WOMEN

400m:

Name: Kirsten McAslan
DOB: 1/9/93
Coach: Trevor Painter
Club: Sale Harriers
PB: 52:28i
SB: 52:28i

400m, 4 x 400m relay:

Name: Seren Bundy-Davies
DOB: 30/12/94
Coach: Stephen Ball
Club: Trafford
PB: 51:72
SB: 51:72

800m:

Name: Katie Snowden
Event: 800m
DOB: 9/3/94
Coach: Alasdair Donaldson
Club: Herne Hill
PB: 2:01:77
SB: 2:01:77

800m:

Name: Adelle Tracey
DOB: 27/5/93
Coach: Craig Winrow
Club: Guildford & Godalming
PB: 2:01:40
SB: 2:01:40

1500m:

Name: Melissa Courtney
DOB: 30/08/93
Coach: Mark Pauley
Club: Shaftesbury Barnet
PB: 4:09:74
SB: 4:09:74

1500m:

Name: Rhianwedd Price
DOB: 11/8/94
Coach: Houston Franks
Club: Cardiff
PB: 4:09:56
SB: 4:09:56

5000m:

Name: Calli Thackery
DOB: 9/1/93
Coach: Joe Franklin
Club: Hallamshire
PB: 15:42:57
SB: 15:42:57

5000m:

Name: Bethan Knights
DOB: 28/09/95
Coach: Shayla Houlihan
Club: Bristol and West
PB: 16:02:49
SB: 16:02:49

ATHLETE PROFILES - WOMEN

10,000m:

Name: Rhona Auckland
DOB: 11/5/93
Coach: Joyce Hogg
Club: Banchory Stonehaven
PB: 32:28:32
SB: 32:28:32

10,000m:

Name: Becky Straw
DOB: 26/4/95
Coach: Bud Baldaro
Club: Birchfield Harriers
PB: 33:52:91
SB: 33:52:91

100mH:

Name: Yasmin Miller
Event: 100mH
DOB: 24/5/95
Coach: Lloyd Cowan
Club: Derby
PB: 13:13
SB: 13:34

400mH:

Name: Shona Richards
DOB: 1/9/95
Coach: Marina Armstrong
Club: Windsor
PB: 56:16
SB: 57:18

3000m SC:

Name: Iona Lake
DOB: 15/1/93
Coach: Pauline Ash
Club: City of Norwich
PB: 9:56:64
SB: 9:56:64

3000m SC:

Name: Elizabeth Bird
DOB: 4/10/94
Coach: Peter Farrell
Club: Shaftesbury Barnet
PB: 9:54:76
SB: 9:54:76

Long Jump:

Name: Jazmin Sawyers
Event: Long Jump
DOB: 21/5/94
Coach: Alan Lerwill
Club: City of Stoke
PB: 6:67
SB: 6:51

Shot Put:

Name: Sophie McKinna
DOB: 31/8/94
Coach: Mike Winch
Club: Great Yarmouth
PB: 17:12
SB: 16:41

ATHLETE PROFILES - WOMEN

Hammer:

Name: Rachel Hunter
DOB: 30/8/93
Coach: Ian Hunter
Club: Shaftesbury Barnet
PB: 66:30
SB: 65:63

4 x 400m relay:

Name: Amy Allcock
DOB: 24/8/93
Coach: Nick Dakin
Club: Aldershot
PB: 52:83
SB: 53:19

4 x 400m relay:

Name: Zoey Clark
DOB: 25/10/94
Coach: Eddie McKenna
Club: Thames Valley
PB: 53:11
SB: 53:11

4 x 400m relay:

Name: Jessica Turner
DOB: 8/8/95
Coach: Nick Dakin
Club: Amber Valley
PB: 53:92
SB: 53:92

4 x 400m relay:

Name: Victoria Ohuruogu
DOB: 28/2/93
Coach: Chris Zah
Club: Newham and Essex Beagles
PB: 52:62
SB: 53:00

EUROPEAN ATHLETICS U23 CHAMPIONSHIPS MEDAL TABLE 2013

RANK	NATION	GOLD	SILVER	BRONZE	TOTAL
1	Russia	4	7	3	14
2	France	4	3	2	9
3	Great Britain	4	3	1	8
4	Ukraine	3	0	1	4
5	Spain	1	3	0	4
6	Sweden	1	2	3	6
7	Germany	1	2	2	5
8	Italy	1	2	2	5
9	Belarus	1	1	2	4
10	Poland	1	1	1	3
11	Czech Republic	1	0	4	5
12	Serbia	1	0	1	2
13	Azerbaijan	1	0	0	1
13	Netherlands	1	0	0	1
13	Portugal	1	0	0	1
16	Bosnia and Herzegovina	0	1	0	1
16	Turkey	0	1	0	1
18	Ireland	0	0	3	3
19	Bulgaria	0	0	1	1
TOTAL		26	26	26	78

PREVIOUS TOP 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	Gold	James Alaka [10.45/-1.5]	2011
100m	Gold	Adam Gemili	2013
100m	Silver	Deji Tobais	2013
100m	Silver	Leevan Yearwood [10.26/+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
100m	Bronze	Rion Pierre [10.28/+1.5]	2009
100m	Bronze	Andrew Robertson [10.52/-1.5]	2011
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	Silver	James Alaka [20.60/-1.4]	2011
200m	Silver	Danny Talbot	2013
200m	Bronze	Rikki Fifton [21.02/-1.9]	2007
400m	Gold	Mark Hylton [45.71]	1997
400m	Gold	Robert Tobin [46.81]	2005
400m	Gold	Nigel Levine [46.10]	2011
400m	Silver	Tim Benjamin [45.86]	2003
400m	Silver	Nigel Levine [45.78]	2009
400m	Bronze	Luke Lennon-Ford [46.22]	2011
800m	Bronze	Mukhtar Mohammed [1:48.01]	2011
1500m	Silver	Charlie Grice	2013
1500m	Silver	James Brewer [3:51.33]	2009
1500m	Silver	James Shane [3:50.58]	2011
5000m	Silver	Tom Farrell	2013

PREVIOUS TOP GB & NI U23 PERFORMANCES - MEN

EVENT	MEDAL	MEDALIST(S)	YEAR
5000m	Gold	Chris Thompson [13:58.62]	2003
5000m	Silver	Mohamed Farah [13:58.88]	2003
5000m	Silver	Mohamed Farah [14:10.96]	2005
5000m	Silver	Ross Millington [14:22.78]	2011
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
110m H	Bronze	Lawrence Clarke [13.62/-0.4]	2011
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
400m H	Gold	Jack Green [49.13]	2011
400m H	Silver	Nathan Woodward [49.28]	2011
400m H	Silver	Sebastian Rodger	2013
High Jump	Gold	Ben Challenger [2.30]	1999
High Jump	Bronze	Allan Smith	2013
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
Discus	Gold	Lawrence Okoye [60.70]	2011
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
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 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 100m Relay	Silver	Andrew Robertson, Kieran Showler-Davis, Richard Kilty, Daniel Talbot [39.10]	2011
4 x 400m Relay	Gold	David Naismith, Adam Potter, James Chatt, Matt Elias, Richard McDonald [3:05.24]	2001
4 x 400m Relay	Gold	Nigel Levine, Thomas Phillips, Jamie Bowie, Luke Lennon-Ford [3:03.53]	2011
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
4 x 400m Relay	Gold	Deji Tobias, Dannish Walker-Khan, Danny Talbot, Adam Gemili	2013

PREVIOUS TOP 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
100m	Silver	Jodie Williams	2013
200m	Gold	Jodie Williams	2013
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
800m	Gold	Lynsey Sharp [2:00.65]	2011
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
1500m	Bronze	Laura Muir	2013
5000m	Gold	Laura Kenney [16:22.28]	2007
5000m	Bronze	Emily Pidgeon [16:04.71]	2009
5000m	Bronze	Stevie Stockton [15:58.51]	2011
5000m	Bronze	Kate Avery	2013
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
400m H	Bronze	Meghan Beesley [55.69]	2011

PREVIOUS TOP GB & NI U23 PERFORMANCES - WOMEN

EVENT	MEDAL	MEDALIST(S)	YEAR
Pole Vault	Gold	Holly Bleasdale [4.55]	2011
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	Gold	Sophie Hitchon	2013
Hammer	Bronze	Lyn Sprules [61.70]	1997
Hammer	Bronze	Sarah Holt [62.55]	2009
Hammer	Bronze	Sophie Hitchon [69.59]	2011
200m	7th	Helen Roscoe [23.96/-0.3]	2001
200m	7th	Danielle Norville [23.69/+1.0]	2003
3000m SC	6th	Eilish McColgan [9:52.02]	2011
High Jump	9th	Susan Jones/Moncrieff [1.85]	1999
Triple Jump	Not contested		
Shot Put	6th	Eden Francis [16.23]	2009
Javelin	4th	Kirsty Morrison [54.14]	1997
Hepathlon	Gold	Katarina Johnson-Thompson	2013
Heptathlon	5th	Nicola Gautier [5685]	1999
10km Walk	Not contested		
20km Walk	Not contested		

PREVIOUS TOP GB & NI U23 PERFORMANCES - WOMEN

EVENT	MEDAL	MEDALIST(S)	YEAR
4 x 400m Relay	Gold	Vicki Jamison/Kennedy, Jo Sloane, Jeina Mitchell, Allison Curbishley [3:32.81]	1997
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
4 x 100m Relay	Silver	Annie Tagoe, Corrine Humphreys, Rachel Johncock, Jodie Williams	2013

TIMETABLE

DAY 1 - THURSDAY MORNING 9 JULY 2015

TIME	EVENT	MEN/WOMEN	QUALIFYING
10:00	Shot Put	W	Q A+B
10:05	Hammer Throw	M	Q A
10:10	100m	M	R1
10:55	100m	W	R1
11:22	Long Jump	M	Q A+B
11:25	Hammer Throw	M	Q B
11:35	100m H Hep	W	
11:40	Pole Vault	W	Q A+B
12:15	400m	W	R1
12:35	High Jump Hep	W	A+B
12:55	400m	M	R1

TIMETABLE

DAY 1 - THURSDAY EVENING 9 JULY 2015

TIME	EVENT	MEN/WOMEN	QUALIFYING
15:00	Javelin Throw	W	Q A
15:05	Shot Put Hep	W	A+B
16:00	3000m SC	W	R1
16:05	Pole Vault	M	Q A+B
16:20	Javelin Throw	W	Q B
16:30	Triple Jump	W	Q A+B
16:40	1500m	M	R1
17:15	200m Hep	W	
17:50	800m	W	R1
17:55	Discus Throw	M	Q A
18:00	High Jump	M	Q A+B
18:30	10,000m	M	Final
18:54	Shot Put	W	Final
19:10	Discus Throw	M	Q B
19:15	100m	W	SF
19:30	10,000m	M	MC
19:40	100m	M	SF

TIMETABLE

DAY 2 - FRIDAY MORNING 10 JULY 2015

TIME	EVENT	MEN/WOMEN	QUALIFYING
10:00	Hammer Throw	W	Q A
10:15	100m H	W	R1
10:50	110m H	M	R1
11:15	Hammer Throw	W	Q B
11:30	1500m	W	R1
11:50	High Jump	W	Q A+B
11:55	Long Jump Hep	W	A+B
12:00	800m	M	R1
12:40	400m H	W	R1
13:10	400m H	M	R1

TIMETABLE

DAY 2 - FRIDAY EVENING 10 JULY 2015

TIME	EVENT	MEN/WOMEN	QUALIFYING
15:10	Javelin Throw Hep	W	A
15:55	20km Race Walk	M	Final
16:00	3000m SC	M	R1
16:20	Javelin Throw Hep	W	B
16:27	Shot Put	W	MC
16:35	Triple Jump	W	Final
16:40	200m	W	R1
17:10	200m	M	R1
17:42	100m H	W	SF
17:50	Hammer Throw	M	Final
18:00	Pole Vault	W	Final
18:05	110m H	M	SF
18:20	20km Race Walk	W	Final
18:25	800m	W	SF
18:40	800m Hep	W	Final
19:05	Long Jump	M	Final
19:07	Triple Jump	W	MC
19:15	10,000m	W	Final
19:40	Discus Throw	M	Final
19:55	400m	W	SF
19:58	Hammer Throw	M	MC
20:05	Heptathlon	W	MC
20:15	400m	M	SF
20:25	10,000m	W	MC
20:29	Pole Vault	W	MC
20:38	100m	W	Final
20:42	Long Jump	M	MC
20:50	100m	M	Final

TIMETABLE

DAY 3 - SATURDAY MORNING 11 JULY 2015

TIME	EVENT	MEN/WOMEN	QUALIFYING
09:40	100m Dec	M	00:00
10:00	Discus Throw	W	Q A
10:35	Long Jump Dec	M	A+B
11:15	Discus Throw	W	Q B
11:20	4 x 400m Relay	W	R1
11:50	4 x 400m Relay	M	R1
12:00	Long Jump	W	Q A+B
12:10	Shot Put Dec	M	A+B
12:45	Javelin Throw	M	Q A
14:00	Javelin Throw	M	Q B

TIMETABLE

DAY 3 - SATURDAY EVENING 11 JULY 2015

TIME	EVENT	MEN/WOMEN	QUALIFYING
15:45	High Jump Dec	M	A+B
15:48	20km Race Walk	W	MC
15:52	20km Race Walk	M	MC
16:00	400m H	W	SF
16:20	400m H	M	SF
16:25	Triple Jump	M	Q A+B
16:32	Discus Throw	M	MC
16:40	200m	W	SF
16:50	100m	W	MC
17:00	200m	M	SF
17:10	100m	M	MC
17:22	3000m SC	W	Final
17:27	Javelin Throw	W	Final
17:40	1500m	M	Final
17:55	100m H	W	Final
18:03	Pole Vault	M	Final
18:10	110m H	M	Final
18:13	3000m SC	W	MC
18:17	1500m	M	MC
18:25	400m	W	Final
18:30	100m H	W	MC
18:40	400m	M	Final
18:43	110m H	M	MC

TIMETABLE

DAY 3 - SATURDAY EVENING 11 JULY 2015

TIME	EVENT	MEN/WOMEN	QUALIFYING
18:51	High Jump	M	Final
18:55	800m	M	SF
19:12	400m	W	MC
19:20	800m	W	Final
19:25	400m	M	MC
19:33	Hammer Throw	W	Final
19:37	400m Dec	M	
19:56	Javelin Throw	M	MC
20:00	800m	W	MC
20:10	5000m	M	Final
20:27	Pole Vault	M	MC
20:35	200m	W	Final
20:40	5000m	M	MC
20:50	200m	M	Final

TIMETABLE

DAY 4 - SUNDAY MORNING 12 JULY 2015

TIME	EVENT	MEN/WOMEN	QUALIFYING
09:30	110m H Dec	M	
10:20	Discus Throw Dec	M	A
11:00	Shot Put	M	Q A+B
11:25	Discus Throw Dec	M	B
11:40	4 x 100m Relay	W	R1
12:00	4 x 100m Relay	M	R1
13:15	Pole Vault Dec	M	A+B

TIMETABLE

DAY 4 - SUNDAY EVENING 12 JULY 2015

TIME	EVENT	MEN/WOMEN	QUALIFYING
14:30	Discus Throw	W	Final
14:35	Hammer Throw	W	MC
14:50	High Jump	M	MC
15:15	200m	W	MC
15:40	Triple Jump	M	Final
15:50	200m	M	MC
16:00	400m H	W	Final
16:09	High Jump	W	Final
16:10	Discus Throw	W	MC
16:20	Javelin Throw Dec	M	A
16:25	400m H	M	Final
16:31	400m H	W	MC
16:50	1500m	W	Final
16:58	400m H	M	Final
17:07	3000m SC	M	Final
17:25	Javelin Throw Dec	M	B
17:27	1500m	W	MC
17:31	Triple Jump	M	MC
17:40	800m	M	Final
17:45	3000m SC	M	MC
17:55	Long Jump	W	Final
18:00	5000m	W	Final

TIMETABLE

DAY 4 - SUNDAY EVENING 12 JULY 2015

TIME	EVENT	MEN/WOMEN	QUALIFYING
18:20	800m	M	MC
18:30	Shot Put	M	Final
18:35	4 x 100m Relay	W	Final
18:42	High Jump	W	MC
18:43	Javelin Throw	M	Final
18:50	4 x 100m Relay	M	Final
18:54	5000m	W	MC
19:05	1500m Dec	M	Final
19:25	4 x 100M	W	MC
19:35	4 x 400m Relay	W	Final
19:42	4 x 100m	M	MC
19:50	4 x 400m Relay	M	Final
19:56	Long Jump	W	MC
20:00	Shot Put	M	MC
20:04	Decathlon	M	MC
20:08	Javelin Throw	M	MC



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