



BRITISH  
ATHLETICS

## 2016 MEDIA GUIDE

European Youth Championships

14-17 JULY 2016, TBILISI, GEORGIA



BBC SPORT



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## BRITISH ATHLETICS TEAM MANAGEMENT

### TEAM LEADER

Scott Grace

### TEAM MANAGERS

Jane Fylan

Pauline Holmes

### COACHES

#### Sprints

Harry King

Matthew Wood

#### Endurance

Charlotte Fisher

Spencer Duval

#### Jumps

Graham Ravenscroft

Zachary Kerin

Ellie Spain

#### Throws

Adrian Palmer

#### Combined Events

Tom Reynolds

### MEDICAL OFFICER

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### PHYSIOTHERAPIST

Claire Lawrence

### SOFT TISSUE THERAPIST

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## ATHLETE PROFILES – MEN

### 200m

Name: Jona Efoloko  
 D.O.B: 23/9/1999  
 Coach: John Smith  
 Club: Sale Harriers  
 PB: 21.12 (2015)  
 SB: 21.45

Name: Joseph Massimo  
 D.O.B: 9/01/2000  
 Coach: Stephen King  
 PB: 21.36 (2016)  
 SB: 21.36

### 400m

Name: Ellis Greatrex  
 D.O.B: 27/07/1999  
 Coach: Claudio Albanese  
 Club: Wolverhampton and  
 Bilston  
 PB: 47.47 (2016)  
 SB: 47.47

### 800m

Name: George Mills  
 D.O.B: 12/05/1999  
 Coach: Joanne Day  
 Club: Harrogate  
 PB: 1.49.06 (2016)  
 SB: 1.49.06

Name: Markhim Lonsdale  
 D.O.B: 09/01/2000  
 Coach: David Lowes  
 Club: Crook  
 PB: 1.49.07 (2016)  
 SB: 1.49.07

### 1500m

Name: Jake Heyward  
 D.O.B: 26/04/1999  
 Coach: Paul Darney  
 Club: Cardiff  
 PB: 3.46.50 (2016)  
 SB: 3.46.50

### 3000m

Name: Isaac Akers  
 D.O.B: 06/05/1999  
 Coach: Bill Boyd  
 Club: Corby  
 PB: 8.18.79 (2016)  
 SB: 8.18.79

Name: Alasdair Kinloch  
 D.O.B: 08/02/1999  
 Coach: Mark Hookway  
 Club: Tonbridge  
 PB: 8:18.21 (2016)  
 SB: 8:18.21

### 110m Hurdles

Name: Ethan Akanni  
 D.O.B: 05/05/1999  
 Coach: Tony Jarett  
 Club: Bexley  
 PB: 13.61 (2016)  
 SB: 13.61

Name: Jason Nicholson  
 D.O.B: 10/05/1999  
 Coach: Janice Kaufman  
 PB: 13.75 (2016)  
 SB: 13.75

### 400 Hurdles

Name: Alastair Chalmers  
 D.O.B: 31/03/2000  
 Coach: Dale Garland  
 Club: Guernsey  
 PB: 52.86 (2016)  
 SB: 52.86

Name: Alex Knibbs  
 D.O.B: 26/04/1999  
 Coach: Julie Feeney  
 Club: Amber Valley/Derby  
 PB: 53.12 (2016)  
 SB: 53.1



### **2000m Steeplechase**

Name: George Groom  
D.O.B: 20/10/1999  
Coach: Stephen Murphy  
Club: Shaftesbury Barnet  
PB: 5:57.08 (2016)  
SB: 5:57.08

### **High Jump**

Name: Joel Khan  
D.O.B: 30/09/1999  
Coach: Deirdre Elmhirst  
Club: Worcester  
PB: 2.09m (2016)  
SB: 2.09m

### **Decathlon**

Name: Sam Talbot  
D.O.B: 17/02/1999  
Coach: Eldon Lake  
Club: Exeter  
PB: 7035 (2016)  
SB: 7035

### **Javelin**

Name: Daniel Bainbridge  
D.O.B: 02/06/1999  
Coach: David Parker  
Club: City of Norwich  
PB: 72.41m (2016)  
SB: 72.41m

### **Discus**

Name: James Tomlinson  
D.O.B: 11/01/2000  
Coach: Paul Jensen  
Club: Pembrokeshire  
PB: 58.93m (2016)  
SB: 58.93m

### **Triple Jump**

Name: Jude Bright-Davies  
D.O.B: 27/03/1999  
Coach: David Johnson  
Club: Thames Valley  
PB: 15.39m (2016)  
SB: 15.39m

### **Hammer**

Name: Jake Norris  
D.O.B: 30/06/1999  
Coach: Paul Dickenson  
Club: WSEH  
PB: 61.70m (2016)  
SB: 61.70m



## ATHLETE PROFILES – WOMEN

### 200m

Name: Alisha Rees  
D.O.B: 16/04/1999  
Coach: Willy Russell  
Club: Edinburgh AC  
PB: 23.64 (2016)  
SB: 23.64

Name: Lucy Pygott  
D.O.B: 30/10/1999  
Coach: Mick Woods  
Club: Aldershot, Farnham & District  
PB: 9.31.84 (2016)  
SB: 9.31.84

### 800m

Name: Isabelle Boffey  
D.O.B: 13/04/2000  
Coach: Douglas Stone  
Club: Enfield & Haringey  
PB: 2.06.68 I (2016)  
SB: 2.06.68

### 5000m Race Walk

Name: Sophie Lewis-Ward  
D.O.B: 07/04/1999  
Coach: Noel Carmody  
Club: Cambridge Harriers  
PB: 24.24.27 (2016)  
SB: 24.24.27

Name: Anna Burt  
D.O.B: 12/07/2000  
Coach: Kevin Brunt  
Club: Bath  
PB: 2.06.23 (2016)  
SB: 2.06.23

### Heptathlon

Name: Niamh Emerson  
D.O.B: 22/04/1999  
Coach: David Feeney  
Club: Amber Valley  
PB: 5815 (2016)  
SB: 5815

### 1500m

Name: Sabrina Sinha  
D.O.B: 19/04/1999  
Coach: Peter Mullervy  
Club: Cambridge Harriers  
PB: 4.17.48 (2016)  
SB: 4.17.48

### High Jump

Name: Ada' Ora Chigbo  
D.O.B: 02/01/1999  
Coach: Ken Holmes  
Club: North Somerset  
PB: 1.8m3 (2016)  
SB: 1.83m

Name: Erin Wallace  
D.O.B: 18/05/2000  
Coach: Dudley Walker  
Club: Giffnock North  
PB: 4.20.63 (2016)  
SB: 4.20.63

Name: Abby Ward  
D.O.B: 19/04/1999  
Coach: Ian Hill  
Club: Wakefield  
PB: 1.89m i (2016)  
SB: 1.89m i

### 3000m

Name: Kathleen Faes  
D.O.B: 13/12/2000  
Coach: Nikolaas Faes  
Club: Tonbridge  
PB: 9.37.36 (2016)  
SB: 9.37.36

### Long Jump

Name: Eleanor Broome  
D.O.B: 06/02/1999  
Coach: Ian Roberts  
Club: Rugby and Northampton  
PB: 6.26m (2016)  
SB: 6.26m



### **Long Jump**

Name: Holly Mills  
D.O.B: 15/04/2000  
Coach: James Coney  
Club: Andover  
PB: 6.29m (2015)  
SB: 6.24m

### **Pole Vault**

Name: Jessica Robinson  
D.O.B: 26/06/1999  
Coach: Ellie Spain  
Club: Windsor Slough Eton &  
Hounslow  
PB: 4.05m (2016)  
SB: 4.05m



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## TIMETABLE

### DAY ONE

#### Morning

09:00	5,000m RW	G	FINAL
09:05	Shot Put	B	Q A/B
09:35	Hammer Throw	B	Q A
09:45	100m H Heptathlon	G	
10:10	100m	B	R1
10:40	High Jump Heptathlon	G	A/B
10:50	100m	G	R1
11:15	Hammer Throw	B	Q B
11:30	400m	B	R1
12:05	400m	G	R1

#### Evening

16:20	5,000m RW	G	MC
16:30	Discus Throw	G	Q A
16:40	High Jump	B	Q A/B
17:10	Shot Put Heptathlon	G	A/B
17:30	800m	G	R1
17:55	Discus Throw	G	Q B
18:15	Triple Jump	G	Q A/B
18:25	100m	B	SF
18:50	Pole Vault	G	Q A/B
19:00	100m	G	SF
19:25	Javelin Throw	B	Q A
19:35	1500m	B	R1
20:00	Long Jump	B	Q A/B
20:15	200m Heptathlon	G	
20:50	Javelin Throw	B	Q B
20:55	2,000m Steeplechase	G	R1
<b>21:30</b>	<b>3,000m</b>	<b>B</b>	<b>FINAL</b>



**DAY TWO****Morning**

09:00	Shot Put	G	Q A/B
09:05	400m Hurdles	G	R1
09:20	Hammer Throw	G	QA
09:45	400m Hurdles	B	R1
10:05	Pole Vault	B	Q A/B
10:20	High Jump	G	Q A/B
10:25	1,500m	G	R1
10:50	800m	B	R1
11:05	Hammer Throw	G	Q B
11:30	100m Hurdles	G	A/B
11:35	Long Jump Heptathlon	G	A/B
12:10	110m Hurdles	B	R1

**Evening**

15:50	3,000m	B	MC
16:00	Javelin Throw Heptathlon	G	A/B
16:05	100m Hurdles	G	SF
<b>16:25</b>	<b>Triple Jump</b>	<b>G</b>	<b>FINAL</b>
16:30	110m Hurdles	B	SF
16:55	800m	G	SF
17:25	2,000m SC	B	R1
<b>17:30</b>	<b>Shot Put</b>	<b>B</b>	<b>FINAL</b>
17:55	200m	G	R1
<b>18:00</b>	<b>Hammer Throw</b>	<b>B</b>	<b>FINAL</b>
18:30	200m	B	R1
18:55	Triple Jump	G	MC
<b>19:05</b>	<b>Long Jump</b>	<b>B</b>	<b>FINAL</b>
19:10	400m	G	SF
19:35	400m	B	SF
19:50	Shot Put	G	MC
<b>19:55</b>	<b>Discus Throw</b>	<b>G</b>	<b>FINAL</b>
20:00	800m Heptathlon	G	
<b>20:25</b>	<b>3,000m</b>	<b>G</b>	<b>FINAL</b>
20:40	Heptathlon	G	MC
<b>20:50</b>	<b>100m</b>	<b>G</b>	<b>FINAL</b>
21:05	<b>100m</b>	<b>B</b>	<b>FINAL</b>
21:10	Hammer Throw	B	MC
21:16	Long Jump	B	MC

## DAY THREE

### Morning

09:00	Javelin	G	Q A
09:15	100m Decathlon	B	
<b>09:45</b>	<b>10,000 RW</b>	<b>B</b>	<b>FINAL</b>
10:00	Long Jump Decathlon	B	A/B
10:25	Javelin Throw	G	Q B
11:00	Medley Relay	G	R1
11:35	Shot Put Decathlon	B	A/B
11:55	Discus Throw	B	Q A
12:05	Medley Relay	B	R1
12:25	Long Jump	G	Q A/E
13:20	Discus Throw	B	Q B

### Evening

15:40	10,000m RW	B	MC
15:46	Discus Throw	G	MC
15:52	3,000m	G	MC
16:00	400m Hurdles	G	SF
<b>16:05</b>	<b>Pole Vault</b>	<b>G</b>	<b>FINAL</b>
16:10	High Jump Decathlon	B	SF
16:15	100m	G	MC
16:25	400m Hurdles	B	SF
<b>16:30</b>	<b>Hammer Throw</b>	<b>G</b>	<b>FINAL</b>
16:50	200m	G	SF
17:15	200m	B	SF
17:40	800m	B	SF
17:55	100m	B	MC
<b>18:05</b>	<b>Shot Put</b>	<b>G</b>	<b>FINAL</b>
<b>18:10</b>	<b>100m Hurdles</b>	<b>G</b>	<b>FINAL</b>
<b>18:25</b>	<b>110m Hurdles</b>	<b>B</b>	<b>FINAL</b>
<b>18:40</b>	<b>800M</b>	<b>G</b>	<b>FINAL</b>
18:45	High Jump	B	SF
18:47	Hammer Throw	G	MC
18:55	400m Decathlon	B	
19:10	Triple Jump	B	Q A/B
19:15	Javelin Throw	B	FINAL
<b>19:20</b>	<b>2,000M Steeplechase</b>	<b>G</b>	<b>FINAL</b>
19:30	100m Hurdles	G	MC
<b>19:40</b>	<b>400m Hurdles</b>	<b>G</b>	<b>FINAL</b>
19:45	110m Hurdles	B	MC

**DAY THREE CONTINUED**

<b>19:55</b>	<b>400m</b>	<b>G</b>	<b>FINAL</b>
<b>20:10</b>	<b>1,500M</b>	<b>B</b>	<b>FINAL</b>
<b>20:25</b>	<b>200m</b>	<b>G</b>	<b>FINAL</b>
<b>20:35</b>	<b>200m</b>	<b>B</b>	<b>FINAL</b>
20:37	800m	G	MC
20:43	Pole Vault	G	MC
20:49	Shot Put	G	MC
20:55	2,000m Steeplechase	G	MC

**Evening**

<b>18:45</b>	<b>Javelin Throw</b>	<b>W</b>	<b>Final</b>
19:15	110m Hurdles	M	Semi-Final
<b>19:20</b>	<b>Pole Vault</b>	<b>W</b>	<b>Final</b>
19:40	4x100m Relay	M	Heats
<b>19:45</b>	<b>Triple Jump</b>	<b>M</b>	<b>Final</b>
20:00	4x100m Relay	W	Heats
20:20	400m Hurdles	W	Semi-Final
<b>20:35</b>	<b>Discus Throw</b>	<b>M</b>	<b>Final</b>
20:45	800m	W	Heptathlon
<b>21:05</b>	<b>5000m</b>	<b>W</b>	<b>Final</b>
<b>21:30</b>	<b>110m Hurdles</b>	<b>M</b>	<b>Final</b>
<b>21:40</b>	<b>800m</b>	<b>W</b>	<b>Final</b>
<b>21:50</b>	<b>1500m</b>	<b>M</b>	<b>Final</b>

**DAY FOUR****Morning**

09:00	110m Hurdles Decathlon	B	
09:55	Discus Throw Decathlon	B	A/B
12:30	Pole Vault Decathlon	B	A/B

**Evening**

15:32	400m	G	MC
15:38	400m	B	MC
15:44	1,500m	B	MC
15:50	Javelin Throw	B	MC
16:00	Discus Throw	B	FINAL
16:05	High Jump	B	MC
16:15	Long Jump	G	FINAL
16:20	200m	B	MC
16:35	High Jump	G	FINAL
17:15	400m Hurdles	G	FINAL
17:40	400m Hurdles	B	FINAL
17:43	200m	B	MC
17:50	Javelin Throw Decathlon	B	A/B
18:10	800m	B	FINAL
18:15	Pole Vault	B	FINAL
18:20	Discus Throw	B	MC
18:27	400m Hurdles	G	MC
18:35	Triple Jump	B	FINAL
18:40	1,500m	G	FINAL
18:50	400m Hurdles	B	MC
19:00	Long Jump	G	MC
19:15	2,000m Steeplechase	B	FINAL
19:25	800m	B	MC
19:32	High Jump	G	MC
19:39	1,500m	G	MC
19:50	Javelin Throw	G	FINAL
19:55	1,500m Decathlon	B	
20:10	2,000 Steeplechase	B	MC
20:30	Medley Relay	G	FINAL
20:40	Decathlon	B	MC
21:00	Medley Relay	B	FINAL
21:05	Triple Jump	B	MC
21:11	Pole Vault	B	MC
21:17	Javelin Throw	G	MC
	Banquet Medley Relay	G	MC
	Banquet Medley Relay	B	MC



