

NORWICH UNION GREAT BRITAIN
& NORTHERN IRELAND TEAM

uk:athletics

MEDIA:GUIDE

2008 UPDATE SHEET

12TH IAAF WORLD JUNIOR CHAMPIONSHIPS

Bydgoszcz, Poland July 8th - 13th 2008

NORWICH UNION GREAT BRITAIN AND NORTHERN IRELAND TEAM MANAGEMENT

Team Leader	Martin Rush	
Team Management	Aileen McGillivray Spencer Barden	
Team Coaches	Paula Dunn Harry King Mick Hill Mick Woods	Jared Deacon Graham Ravenscroft Craig Winrow
Medical	Dr. John Rogers	
Physiotherapists	James Moore Claire Wheller	
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TIMETABLE

Day 1 Tuesday 8th July

TIME	SEX	EVENT	ROUND
9:00	W	3000m Steeplechase	Heats
9:00	M	Discus Throw	Qualification
9:35	W	400m	Heats
9:45	M	Shot Put	Qualification
10:10	M	400m	Heats
10:20	M	Discus Throw	Qualification
10:50	W	100m	Heats
11:00	M	Long Jump	Qualification
11:40	W	Hammer Throw	Qualification
12:00	M	100m	Heats
13:00	W	Hammer Throw	Qualification

17:00	M	800m	Heats
17:00	W	High Jump	Qualification
17:05	W	Javelin Throw	Qualification
17:40	W	800m	Heats
17:50	W	Triple Jump	Qualification
18:15	M	1500m	Heats
18:25	W	Javelin Throw	Qualification
18:35	M	Shot Put	Final
18:50	W	100m	Semi-Final
19:15	M	100m	Semi-Final
19:40	W	5000m	Final

20:30 OPENING CEREMONY

Day 2 - Wednesday 9th July

9:00	M	100m	Decathlon Junior
9:00	M	Javelin Throw	Qualification
9:25	M	400m Hurdles	Heats
9:30	W	Pole Vault	Qualification
10:05	W	400m Hurdles	Heats
10:05	M	Long Jump	Decathlon Junior
10:25	M	Javelin Throw	Qualification
10:45	W	10,000m Race Walk	Final
11:30	M	Shot Put	Decathlon Junior

17:00	M	High Jump	Decathlon Junior
17:00	W	Hammer Throw	Final
17:30	M	800m	Semi-Final
17:50	W	400m	Semi-Final
18:05	M	Long Jump	Final
18:10	M	400m	Semi-Final

18:10	W	Shot Put	Qualification
18:30	W	800m	Semi-Final
18:50	M	10,000m	Final
18:50	M	Discus Throw	Final
19:35	M	400m	Decathlon Junior
19:55	W	100m	Final
20:10	M	100m	Final

Day 3 - Thursday 10th July

9:00	M	110m Hurdles	Decathlon Junior
9:20	M	3000m Steeplechase	Heats
9:30	M	Pole Vault	Qualification
9:50	W	200m	Heats
9:50	M	Discus Throw	Decathlon Junior
10:00	M	Triple Jump	Qualification
10:30	M	200m	Heats
11:00	M	Discus Throw	Decathlon Junior
11:15	W	100m Hurdles	Heats
11:55	W	400m Hurdles	Semi-Final
12:25	M	Hammer Throw	Qualification
12:50	M	Pole Vault	Decathlon Junior

13:45	M	Hammer Throw	Qualification
17:00	M	Javelin Throw	Decathlon Junior
17:20	W	High Jump	Final
17:30	W	Shot Put	Final
17:40	M	400m Hurdles	Semi-Final
18:00	M	Javelin Throw	Decathlon Junior
18:05	W	200m	Semi-Final
18:25	M	200m	Semi-Final
18:30	W	Triple Jump	Final
18:45	W	3000m Steeplechase	Final
19:05	M	400m	Final
19:05	W	Javelin Throw	Final
19:20	M	1500m	Final
19:40	W	400m	Final
20:00	M	1500m	Decathlon Junior

Day 4 - Friday 11th July

9:00	W	100m Hurdles	Heptathlon
9:20	W	Discus Throw	Qualification
9:25	M	110m Hurdles	Heats
9:45	W	High Jump	Heptathlon
10:05	W	1500m	Heats
10:15	W	Long Jump	Qualification
10:40	W	Discus Throw	Qualification
10:40	M	10,000m Race Walk	Final

17:00	M	High Jump	Qualification
17:00	W	Pole Vault	Final
17:05	W	100m Hurdles	Semi-Final
17:10	W	Shot Put	Heptathlon
17:35	W	4x100m Relay	Heats
17:50	M	Triple Jump	Final
18:00	M	4x100m Relay	Heats
18:20	W	400m Hurdles	Final
18:30	M	400m Hurdles	Final
18:40	M	Javelin Throw	Final
18:45	W	200m	Heptathlon
19:15	W	800m	Final
19:25	M	800m	Final
19:40	W	200m	Final
19:55	M	200m	Final

Day 5 - Saturday 12th July

15:00	W	Long Jump	Heptathlon
15:00	M	Hammer Throw	Final
16:15	M	Pole Vault	Final
16:45	W	Javelin Throw	Heptathlon
16:55	W	4x400m Relay	Heats
17:15	M	4x400m Relay	Heats
17:35	M	110m Hurdles	Semi-Final
17:40	W	Long Jump	Final
17:45	W	Javelin Throw	Heptathlon
17:55	W	100m Hurdles	Final
18:10	W	3000m	Final
18:25	W	4x100m Relay	Final
18:40	M	4x100m Relay	Final
19:00	W	800m	Heptathlon

Day 6 - Sunday 13th July

16:00	M	High Jump	Final
16:05	M	3000m Steeplechase	Final
16:05	W	Discus Throw	Final
16:30	M	110m Hurdles	Final
16:35	M	5000m	Final
17:00	W	1500m	Final
17:15	W	4x400m Relay	Final
17:35	M	4x400m Relay	Final

CLOSING CEREMONY

NORWICH UNION GREAT BRITAIN AND NORTHERN IRELAND TEAM

	MEN	WOMEN
100m	James Alaka	Ashlee Nelson Elaine O'Neill
200m	Chris Clarke Richard Kilty	Shaunna Thompson
400m	Nigel Levine Jordan McGrath	
800m	Chris Smith Rick Ward	Alison Leonard Lynsey Sharp
1500m	Dave Forrester James Shane	Emma Pallant Steph Twell
3000m		Jo Harvey Lauren Howarth
5000m		Emily Pidgeon
110mH	Alex Al-Ameen Edirin Okoro	
400mH	Nathan Woodward	Meghan Beesley
High Jump	Matthew Owens	
Pole Vault	Scott Huggins Andrew Marsh	Jade Ive
Shot	Jamie Stevenson	
Long Jump		Abigail Irozuru
Discus	Curtis Griffith Parker Brett Morse	Shaunagh Brown
Hammer	Peter Smith	Sophie Hitchon
Decathlon	Daniel Gardiner	
4x100m	Alaka Eugene Ayanful Junior Ejehu Kilty Dele Onifade Olafunmi Sobodu	Hollie Croxford Torema Dorsett Nelson O'Neill Anike Shand Whittingham Thompson
4x400m	Clarke Robert Davis Levine McGrath Louis Persent	

PROFILES FOR ATHLETE NOT FEATURED IN UK ATHLETICS MEDIA GUIDE 2008

Name: James Alaka
DOB: 08/09/89
Lives: London
Club: Blackheath & Bromley Harriers AC
Event: 100m
Coach: Clarence Callender
PB: 10.51 2007
SB: 10.52

Name: Matthew Owens
DOB: 19/04/89
Lives: Liverpool
Club: Liverpool Harriers
Event: HIGH JUMP
Coach: Jack Frost
PB: 2.15
SB: 2.15

Name: Eugene Ayanful
DOB: 14/05/90
Lives: Hornchurch
Club: Woodford Green & Essex Ladies
Event: 4 x 100m
Coach: Lloyd Cowan
PB: 10.71
SB: 10.71

Name: Shauna Thompson
DOB: 08/04/92
Lives: Manchester
Club: Sale Harriers
Event: 200m
Coach: Rober Gaisie
PB: 23.44
SB: 23.44

Name: Chris Smith
DOB: 01/02/89
Lives: Wirral
Club: Wirral
Event: 800m
Coach: Doug Hannah
PB: 1:48.20
SB: 1:48.20

Name: Scott Huggins
DOB: 24/07/89
Lives: Biggin Hill, Kent
Club: Blackheath & Bromley Harriers AC
Event: POLE VAULT
Coach: Allan Williams
PB: 5.10
SB: 5.10

Name: Junior Ejehu
DOB: 01/02/91
Lives: London
Club: Harrow AC
Event: 4 x 100m
Coach: Ayo Falola
PB: 10.64
SB: 10.64

Name: Abigail Irozuru
DOB: 03/01/90
Lives: Manchester
Club: Sale Harriers
Event: LONG JUMP
Coach: John Crotty
PB: 6.18
SB: 6.18

Name: Rick Ward
DOB: 14/06/89
Lives: Norfolk
Club: City of Norwich AC
Event: 800m
Coach: Pauline Ash
PB: 1:48.06
SB: 1:48.06

Name: Jamie Stevenson
DOB: 28/12/89
Lives: Loughborough
Club: Newham & Essex Beagles
Event: SHOT PUT
Coach: Geoffrey Capes
PB: 16.78
SB: 16.78

Name: Dele Onifade
DOB: 28/11/89
Lives: London
Club: Herne Hill Harriers
Event: 4 x 100m
Coach: Garth Francis
PB: 10.63
SB: 10.63

Name: Shaunagh Brown
DOB: 15/03/90
Lives: Gillingham, Kent
Club: Blackheath & Bromley Harriers AC
Event: DISCUS
Coach: John Hillier
PB: 51.18 2007
SB: 49.69

Name: James Shane
DOB: 18/12/89
Lives: Basildon, Essex
Club: Basildon
Event: 1500m
Coach: Martin Brown
PB: 3:45.29
SB: 3:45.29

Name: Curtis Griffith Parker
DOB: 27/09/90
Lives: Lewisham
Club: Cambridge Harriers
Event: discus
Coach: John Hillier
PB: 62.34
SB: 62.34

Name: Olafunmi Sobodu
DOB: 28/03/90
Lives: Colchester
Club: Blackheath & Bromley Harriers AC
Event: 4 x 100m
Coach: Carl Graham
PB: 10.49
SB: 10.62

Name: Lauren Howarth
DOB: 21/04/90
Lives: Wigan
Club: Leigh Harriers & AC
Event: 3000m
Coach: John Howarth
PB: 9:23.31
SB: 9:23.31

Name: Alex Al-Ameen
DOB: 02/03/89
Lives: Bromley
Club: Blackheath & Bromley Harriers AC
Event: 110mh
Coach: Anthony Jarrett
PB: 18.55
SB: 18.55

Name: Daniel Gardiner
DOB: 25/06/90
Lives: Leeds
Club: Leeds City Athletics Club
Event: DECATHLON
Coach: Mike Stayman
PB: 7207
SB: 7207

Name: Elaine O'Neill
DOB: 20/08/89
Lives: Chippenham, Wiltshire
Club: Woodford Green & Essex Ladies
Event: 100m
Coach: Harry King
PB: 11.73 2007
SB: 11.83

GREAT BRITAIN PERFORMANCES AT THE WORLD JUNIOR CHAMPIONSHIPS

The 12th edition of the World Junior Championships is being held in Bydgoszcz, Poland on the 8th-13th July 2008. Previous Championships have been held:

Venue	Dates	Venue	Dates
Athens, Greece	16-20 July 1986	Anancy, France	28 Jul- 2 Aug 1998
Sudbury, Canada	27-31 July 1988	Santiago, Chile	17-22 Oct 2000
Plovdiv, Bulgaria	8-12 Aug 1990	Kingston, Jamaica	16-21 July 2002
Seoul, Korea	16-20 Sep 1992	Grosseto, Italy	12-18 July 2004
Lisbon, Portugal	20-24 Jul 1994	Beijing, China	15-20 Aug 2006
Sydney, Australia	21-25 Aug 1996		

Medals won for Great Britain and Northern Ireland

	MEN			WOMEN			TOTAL
	G	S	B	G	S	B	
1986	3	2	1	--	1	-	8
1988	-	2	1	1	-	1	5
1990	-	2	2	1	2	2	9
1992	2	2	-	-	-	-	4
1994	2	1	3	-	-	2	8
1996	-	3	2	-	1	-	6
1998	3	1	1	1	-	1	7
2000	2	-	1	1	-	-	4
2002	-	-	-	1	1	1	3
2004	-	-	-	-	-	-	0
2006	1	-	4	-	-	-	5
TOTAL	13	13	16	5	5	7	59

UK GOLD MEDALLISTS

MEN	WOMEN
100m	Christian Malcolm 1998, Mark Lewis-Francis 2000, Harry Aikines-Aryeetey 2006
200m	Christian Malcolm 1998
800m	David Sharpe 1986
110m hurdles	Colin Jackson 1986
High jump	Steve Smith 1992
Triple jump	Larry Achike 1994
Javelin	David Parker 1998
4x100m	Jamie Henderson, Philip Goedluck, David Kirton, Jon Ridgeon 1986 Allyn Condon, Darren Campbell, Jamie Baulch, Jason Fergus 1992 Jason Gardener, Julian Golding, Ian Mackie, Trevor Cameron [& Marlon Devonish, Kevin Mark ran in heat] 1994 Tyrone Edgar, Dwayne Grant, Tim Benjamin, Mark Lewis-Francis 2000
WOMEN	
200m	Diane Smith 1990, Vernicha James 2002
100mh hurdles	Julie Pratt 1998
Long jump	Fiona May 1988
4x400m	Kim Wall, Jennifer Meadows, Helen Thieme, Lisa Miller [& Heather Brookes ran in heat] 2000

UK SILVER MEDALLISTS

MEN	WOMEN
100m	Jason Livingstone 1990, Darren Campbell 1992, Jason Gardener 1994
200m	Darren Campbell 1992
800m	Kevin McKay 1988, Tom Lerwill 1996
110mh	Jon Ridgeon 1986
High jump	Ben Challenger [tie] 1996
Discus	Emeke Udechuku 1998
Javelin	Mark Roberson 1986, Steve Backley 1988
Decathlon	Dean Macey 1996
4x400m	David Grindley, Adrian Patrick, Craig Winrow, Mark Richardson [& James Stevenson ran in heat] 1990

WOMEN

3000m	Philippa Mason 1986
100m hurdles	Keri Maddox 1990
400m hurdles	Vicki Jamieson 1996
4x100m	Annabel Soper, Diane Smith, Donna Fraser, Katharine Merry 1990
4x400m	Kim Wall, Amy Spencer, Vernicha James, Lisa Miller 2002

UK BRONZE MEDALLISTS

MEN	WOMEN
100m	Jamie Henderson 1986
200m	Ian Mackie 1994, Tim Benjamin 2000, Alex Nelson 2006
400m	Mark Richardson 1990, Martyn Rooney 2006
1500m	Johan Boakes 1986
400m Hurdles	Noel Levy 1994
Long jump	Nathan Morgan 1996
Shot	Carl Myerscough 1998
Decathlon	David Bigham 1990
4x100m	Courtney Rumbolt, Lloyd Stapleton, Darren Braithwaite, Jamie Henderson 1988 Rion Pierre, Alex Nelson, Wade Bennett-Jackosn, Harry Aikines-Aryeetey 2006
4x400m	Guy Bullock, Nick Budden, Noel Levy, Mark Hylton [& Jared Deacon ran in heat] 1994 Kris Stewart, Tom Lerwill, Mark Rowlands, Geoff Dearman 1996 Chris Clarke, Grant Baker, Kris Robertson, Martyn Rooney 2006
WOMEN	
200m	Sarah Wilhelmly 1998
100m Hurdles	Diane Allahgreen 1994
High Jump	Lea Haggett 1990
Long jump	Joanne Wise 1988
Javelin	Amanda Liverton 1990
4x100m	Diane Allahgreen, Susan Williams, Sinead Dudgeon, Rebecca Drummond 1994 Jade Lucas-Reed, Jeanette Kwakye, Amy Spencer, Vernicha James [& Danielle Norville ran in heat] 2002

HIGHEST UK PLACINGS AT OTHER EVENTS

MEN	WOMEN
5000m	10 John Nuttall 1986, Mohammed Farah 2000
10,000m	no competitors
20km road	no competitors
3000m steeple	4 Tom Hanton 1986 (at 2000mSt), Alastair O'Connor 1990
Pole vault	4 Neil Winter 1992
Hammer	7 Gareth Cook 1988
10,000m walk	17 Darrell Stone 1988

WOMEN

100m	4 Asha Philip 2006
400m	5 Lisa Miller 2002
800m	4 Lynne Robinson 1988, Jemma Simpson 2002
1500m	4 Lisa Dobriskey 2002, Dani Barnes 2004
5000m	6 Sian Edwards 2006
10000m	no competitors (held 1986-94)
3000m steeple	9 Ruth Senior 2006
Pole vault	7 Kate Dennison 2002
Triple jump	no competitors (first held 1992)
Shot	20 [dnq] Julie Dunkley 1998
Discus	7 Claire Smithson 2000
Hammer	14 [dnq] Carys Parry 1998
Heptathlon	6 Jade Surman 2006
5000m walk	5 Vicky Lupton 1990

Summary of placings by event

MEN	1st	2nd	3rd	4th	5th	6th	7th	8th
100m	3	3	1	2	3	2	1	1
200m	1	1	3	1	2	1	1	1
400m	-	-	2	2	2	-	4	-
800m	1	2	-	-	2	1	-	1
1500m	-	-	1	-	1	1	-	1
5000m	-	-	-	-	-	-	-	-
10000m	-	-	-	-	-	-	-	-
20km Rd	-	-	-	-	-	-	-	-
2/3000m steeple	-	-	-	1	-	-	-	-
110m hurdles	1	1	-	2	2	1	1	1
400m hurdles	-	-	1	1	-	1	1	-
High jump	1	1	-	-	-	-	1	1
Pole vault	-	-	-	1	-	-	-	-
Long jump	-	-	1	1	-	-	-	-
Triple jump	1	-	-	1	-	-	-	-
Shot	-	-	1	-	1	-	-	-
Discus	-	1	-	-	-	1	-	-
Hammer	-	-	-	-	-	-	1	-
Javelin	1	2	-	-	-	-	1	2
Decathlon	-	1	1	-	-	-	-	-
5/10 km walk	-	-	-	-	1	-	-	-
4 x 100mR	4	-	2	1	-	-	1	-
4 x 400mR	-	1	3	1	3	-	-	-

WOMEN

100m	-	-	-	1	-	2	1	1
200m	2	-	1	-	2	-	1	1
400m	-	-	-	-	1	-	-	-
800m	-	-	-	2	-	-	1	-
1500m	-	-	-	2	-	-	-	1
3000m	-	1	-	2	-	1	-	-
5000m	-	-	-	-	-	1	-	-
10000m	-	-	-	-	-	-	-	-
100mh	1	1	1	-	1	1	-	1
400mh	-	1	-	-	-	1	-	1
High jump	-	-	1	1	-	-	-	1
Pole vault	-	-	-	-	-	-	1	-
Long jump	1	-	1	1	-	-	-	1
Triple jump	-	-	-	-	-	-	-	-
Shot	-	-	-	-	-	-	-	-
Discus	-	-	-	-	-	-	1	-
Hammer	-	-	1	1	1	1	-	-
Javelin	-	-	-	-	-	-	-	-
Heptathlon	-	-	-	-	-	1	-	1
10km walk	-	-	-	-	-	-	-	-
4 x 100mR	-	1	2	2	1	2	-	-
4 x 400mR	1	1	-	-	1	-	-	1

above placings include ties

World Junior Record set by UK athlete at World Junior Championships

MEN High jump: 2.37 Steve Smith 1992

Youngest UK gold medallist

15yr 245d Diane Smith women's 200m 1990

Best British Performances at each event

MEN

100m	10.12	Christian Malcolm 1998
	10.12	Mark Lewis-Francis 2000
200m	20.44	Christian Malcolm 1998
400m	45.87	Martyn Rooney 2006
800m	1:47.27	Tom Lerwill (sf) 1996
1500m	3:42.48	Tom Lancashire (ht) 2004
5000m	14:03.09	Jon Brown (13th) 1990
3000m steeple	8:44.68	Alastair O'Connor 1990
110m hurdles (3'6")	13.44	Colin Jackson 1986
400m hurdles	50.91	Noel Levy (sf) 1994
High jump	2.37	Steve Smith 1992
Pole vault	5.30	Neil Winter 1992
Long jump	7.74	Nathan Morgan 1996
	7.74w	Stewart Faulkner 1988
Triple jump	16.53/16.67w	Larry Achike 1994
Shot (7.25kg)	18.12	Carl Myerscough 1998
6kg	18.48	Chris Gearing (13th q) 2004
Discus (2kg)	57.99	Emeka Udechuku 1998
Hammer (7.25kg)	62.58	Gareth Cook 1988
6kg	72.03	Alex Smith (q) 2006
Javelin	75.40	Steve Backley 1988
Decathlon	7488	David Bigham 1990
10 km walk	44:57.50	Darrell Stone 1988
4 x 100mR	39.05	Tyrone Edgar, Dwayne Grant, Tim Benjamin, Mark Lewis-Francis 2000
4 x 400mR	3:03.80	David Grindley, Adrian Patrick, Craig Winrow, Mark Richardson 1990

WOMEN

100m	11.45	Asha Philip (ht) 2006
200m	22.93	Vernicha James 2002
400m	53.20	