



# mediaguide2009

UPDATE SHEET

## 30TH EUROPEAN INDOOR CHAMPIONSHIPS

Turin, Italy 6-8th March 2009



## AVIVA GREAT BRITAIN AND NORTHERN IRELAND TEAM

### MEN

**60m:** Dwain Chambers (Belgrave Harriers); Craig Pickering (Marshall Milton Keynes); Simeon Williamson (Highgate Harriers);  
**400m:** Richard Buck (City of York); Nick Leavey (Thames Valley);  
**1500m:** Neil Speaight (Belgrave Harriers); Chris Warburton (Notts AC);  
**3000m:** Mark Draper (Bedford & County); Mo Farah (Newham & Essex);  
 Nick McCormick (Morpeth Harriers);  
**60m hurdles:** Allan Scott (Shaftesbury Barnet); Andy Turner (Sale Harriers);  
**High Jump:** Martyn Bernard (Wakefield Harriers); Samson Oni (Belgrave Harriers);  
**Pole Vault:** Steve Lewis (Newham & Essex);  
**Long Jump:** Greg Rutherford (Marshall Milton Keynes); Chris Tomlinson (Newham & Essex);  
**Shot:** Carl Myerscough (Blackpool, Wyre & Fylde);  
**4x400m:** Buck, Dale Garland (Birchfield Harriers); Leavey, Nigel Levine (Windsor, Slough, Eton & Hounslow); Phil Taylor (Liverpool, Pembroke & Sefton)

### WOMEN

**400m:** Donna Fraser (Croydon Harriers)  
**800m:** Jennifer Meadows (Wigan Harriers); Marilyn Okoro (Shaftesbury Barnet);  
**1500m:** Hannah England (Oxford City); Susan Scott (City of Glasgow Victoria Park)  
**3000m:** Katrina Wootton (Bedford & County);  
**60m hurdles:** Gemma Bennett (Shaftesbury Barnet); Sarah Claxton (Woodford Green & Essex Ladies);  
**Long Jump:** Kate Dennison (Sale Harriers Manchester)  
**Long Jump:** Jade Johnson (Herne Hill);  
**Pentathlon:** Kelly Sotherton (Birchfield Harriers);  
**4x400m:** Vicki Barr (Rugby & Northampton); Tara Bird (Woodford Green & Essex Ladies); Fraser; Kim Wall (Basildon AC); Dawn Wilson (Windsor, Slough, Eton & Hounslow)

### TEAM STAFF:

**Team Leader** - Charles van Commenee  
**Team Manager** - Simon Nathan  
**Team Official** - Jenny Close  
**Team Coaches** - Michael Khmel, Ian Stewart, Robert Weir, John Nuttall, Tony Lester and Aston Moore  
**Team Doctor** - Dr Rob Chakraverty  
**Team Physios** - Craig Ranson  
 Alison Thompson, James Moore /  
 STT: Derry Suter

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## EUROPEAN INDOOR TIMETABLE

TIME	SEX	EVENT	ROUND
<b>Friday, 6 March</b>			
09:30	W	60m Hurdles	Pentathlon
09:45	W	60m Hurdles	Round 1
10:00	M	Triple Jump	Qualification
10:10	M	60m Hurdles	Round 1
10:40	W	High Jump	Pentathlon
10:45	W	400m	Round 1
11:05	W	Shot Put	Qualification
11:15	M	400 m	Round 1
11:45	M	3000m	Round 1
12:15	W	Long Jump	Qualification
13:35	W	Shot Put	Pentathlon
15:00	Opening Ceremony		
15:45	W	60m Hurdles	Semi-final
15:50	W	Pole Vault	Qualification
16:00	W	Long Jump	Pentathlon
16:10	M	60m Hurdles	Semi-final
16:25	W	800m	Round 1
16:25	M	High Jump	Qualification
16:55	M	800m	Round 1
<b>17:00</b>	<b>W</b>	<b>Shot Put</b>	<b>Final</b>
17:25	W	1.500m	Round 1
17:40	W	Triple Jump	Qualifying
17:45	W	400m	Semi-final
18:05	M	400m	Semi-final
18:20	W	800m	Pentathlon
<b>18:40</b>	<b>W</b>	<b>60m Hurdles</b>	<b>Final</b>
<b>18:50</b>	<b>M</b>	<b>60m Hurdles</b>	<b>Final</b>

TIME	SEX	EVENT	ROUND
<b>Saturday, 7 March</b>			
09:30	W	60m	Round 1
09:35	M	Pole Vault	Qualification
09:35	W	High Jump	Qualification
09:40	M	Long Jump	Qualification
10:00	M	60m	Round 1
10:40	M	60m	Heptathlon

TIME	SEX	EVENT	ROUND
<b>Saturday, 7 March (continued)</b>			
11:05	W	3000m	Round 1
11:30	M	Shot Put	Qualifying
12:00	M	Long Jump	Heptathlon
<b>15:00</b>	<b>M</b>	<b>High Jump</b>	<b>Final</b>
<b>15:05</b>	<b>M</b>	<b>Triple Jump</b>	<b>Final</b>
15:10	M	Shot Put	Heptathlon
<b>15:15</b>	<b>W</b>	<b>Pole Vault</b>	<b>Final</b>
15:50	M	1500m	Round 1
16:15	W	800m	Semi-final
16:30	M	800m	Semi-final
<b>16:40</b>	<b>W</b>	<b>Long Jump</b>	<b>Final</b>
16:45	W	60m	Semi-final
17:00	M	60m	Semi-final
<b>17:15</b>	<b>M</b>	<b>3,000m</b>	<b>Final</b>
17:30	M	High Jump	Heptathlon
<b>17:35</b>	<b>W</b>	<b>1500</b>	<b>Final</b>
<b>17:45</b>	<b>W</b>	<b>400m</b>	<b>Final</b>
<b>17:55</b>	<b>M</b>	<b>400m</b>	<b>Final</b>

TIME	SEX	EVENT	ROUND
<b>Sunday 9th March</b>			
09:15	M	60m Hurdles	Heptathlon
10:30	M	Pole Vault	Heptathlon
<b>15:15</b>	<b>W</b>	<b>Triple Jump</b>	<b>Final</b>
<b>15:20</b>	<b>M</b>	<b>Shot Put</b>	<b>Final</b>
<b>15:25</b>	<b>M</b>	<b>Pole Vault</b>	<b>Final</b>
<b>15:40</b>	<b>W</b>	<b>High Jump</b>	<b>Final</b>
15:45	M	1000m	Heptathlon
<b>16:00</b>	<b>W</b>	<b>800m</b>	<b>Final</b>
<b>16:15</b>	<b>M</b>	<b>800m</b>	<b>Final</b>
<b>16:30</b>	<b>W</b>	<b>3,000m</b>	<b>Final</b>
<b>16:45</b>	<b>M</b>	<b>Long Jump</b>	<b>Final</b>
<b>16:50</b>	<b>M</b>	<b>1500m</b>	<b>Final</b>
<b>17:05</b>	<b>W</b>	<b>60m</b>	<b>Final</b>
<b>17:20</b>	<b>M</b>	<b>60m</b>	<b>Final</b>
<b>17:35</b>	<b>W</b>	<b>4x400m</b>	<b>Final</b>
<b>17:55</b>	<b>M</b>	<b>4x400m</b>	<b>Final</b>

## Profiles for athletes not in the UKA Media Guide 2009

**Name:** Dwain Chambers  
**DOB:** 5/4/78  
**Lives:** Middlesex  
**Club:** Belgrave Harriers  
**Event at this Championship:** 60m  
**Coach:**  
**PB:** 6.51i (2009)  
**SB:** 6.51i

**Name:** Dale Garland  
**DOB:** 13/10/80  
**Lives:** Guernsey  
**Club:** Birchfield Harriers  
**Event at this Championship:** 4x400m  
**Coach:** Malcolm Arnold  
**PB:** 46.89i (2005)  
**SB:** 47.22i

**Name:** Nick Leavey  
**DOB:** 27/8/86  
**Lives:** Uxbridge  
**Club:** Thames Valley Harriers  
**Event at this Championship:** 400m  
**Coach:** Ayo Afola  
**PB:** 46.60i (2009)  
**SB:** 46.60i

**Name:** Donna Fraser  
**DOB:** 7/11/72  
**Lives:** London  
**Club:** Croydon Harriers  
**Event at this Championship:** 400m  
**Coach:** Ayo Afola  
**PB:** 49.79 (2000)  
**SB:** 52.83

**Name:** Neil Speaight  
**DOB:** 9/9/78  
**Lives:** Huntingdon  
**Club:** Belgrave Harriers  
**Event at this Championship:** 1500m  
**Coach:** John Bicourt  
**PB:** 3:38.65i (2006)  
**SB:** 3:39.17i

**Name:** Susan Scott  
**DOB:** 26/9/77  
**Lives:** London  
**Club:** City of Glasgow Victoria Park  
**Event at this Championship:** 1500m  
**Coach:** Mark Rowland  
**PB:** 4:09.07i (2008)  
**SB:** 4:09.55i

**Name:** Chris Warburton  
**DOB:** 23/8/83  
**Lives:** Nottingham  
**Club:** Notts AC  
**Event at this Championship:** 1500m  
**Coach:** George Gandy  
**PB:** 3:39.50  
**SB:** 3:41.13i

**Name:** Katrina Wootton  
**DOB:** 2/9/85  
**Lives:** Dunstable  
**Club:** Bedford & County  
**Event at this Championship:** 3000m  
**Coach:** Andrew Hobbell  
**PB:** 8:50.69i (2008)  
**SB:** 8:56.91i

**Name:** Mark Draper  
**DOB:** 28/6/84  
**Lives:** Dunstable  
**Club:** Bedford & County  
**Event at this Championship:** 3000m  
**Coach:** Andy Hodbell  
**PB:** 7:56.44i (2009)  
**SB:** 7:56.44i

**Name:** Gemma Bennett  
**DOB:** 4/1/84  
**Lives:** London  
**Club:** Shaftesbury Barnet  
**Event at this Championship:** 60m hurdles  
**Coach:** Lloyd Cowan  
**PB:** 8.06i (2009)  
**SB:** 8.06i

**Name:** Nick McCormick  
**DOB:** 11/9/81  
**Lives:** Hexham  
**Club:** Morpeth Harriers  
**Event at this Championship:** 3000m  
**Coach:** John Nuttall  
**PB:** 7:50.50i (2009)  
**SB:** 7:50.50i

**Name:** Vicky Barr  
**DOB:** 14/4/82  
**Lives:** London  
**Club:** Rugby & Northampton  
**Event at this Championship:** 4 x 400m  
**Coach:** Ayo Afola  
**PB:** 52.44 (2008)  
**SB:** 52.94i

**Name:** Andy Turner  
**DOB:** 19/9/80  
**Lives:** London  
**Club:** Sale Harriers  
**Event at this Championship:**  
**Coach:** Lloyd Cowan  
**PB:** 7.55 (2007)  
**SB:** 7.57

**Name:** Tara Bird  
**DOB:** 22/7/87  
**Lives:** Woodford Green  
**Club:** Woodford Green & Essex Ladies  
**Event at this Championship:** 4 x 400m  
**Coach:** Ayo Afola  
**PB:** 53.83  
**SB:** 54.30i

**Name:** Samson Oni  
**DOB:** 25/6/81  
**Lives:** London  
**Club:** Belgrave Harriers  
**Event at this Championship:** High Jump  
**Coach:** Trevor Llewellyn  
**PB:** 2.30 (2008)  
**SB:** 2.29i

**Name:** Kim Wall  
**DOB:** 21/4/83  
**Lives:** Loughborough  
**Club:** Basildon AC  
**Event at this Championship:** 4 x 400m  
**Coach:** Nick Dakin  
**PB:** 53.02i (2005)  
**SB:** 53.88i

**Name:** Carl Myerscough  
**DOB:** 21/10/79  
**Lives:** Caleifornia, USA  
**Club:** Blackpool, Wyre & Fylde  
**Event at this Championship:** Shot  
**Coach:**  
**PB:** 21.49i (2003)  
**SB:** 20.38

**Name:** Dawn Wilson  
**DOB:** 16/12/81  
**Lives:** Woodford Green  
**Club:** Windsor, Slough, Eton & Hounslow  
**Event at this Championship:** 4 x 400m  
**Coach:** Ayo Afola  
**PB:** 53.34 (2008)  
**SB:** 54.19i

**Name:** Phil Taylor  
**DOB:** 20/3/85  
**Lives:** Ormskirk  
**Club:** Liverpool, Pembroke & Sefton  
**Event at this Championship:** 4 x 400m  
**Coach:** Callum Orr  
**PB:** 47.16i (2009)  
**SB:** 47.16

## European Indoor Statistics

**European Indoor Championships have been as follows:**

1990: Glasgow GBR	2000: Gent BEL
1992: Genova ITA	2002: Vienna AUT
1994: Paris FRA	2005: Madrid ESP
1996: Stockholm SWE	2007: Birmingham GBR
1998: Valencia ESP	

## Medals won by British athletes at previous European Indoor Championships

Date	MEN			WOMEN			
	G	S	B	G	S	B	TOTAL
1990	2	1	1	-	-	1	5
1992	2	1	2	-	-	-	5
1994	5	-	2	-	-	-	7
1996	1	3	-	-	-	-	4
1998	2	1	1	1	-	1	6
2000	2	1	2	-	-	-	5
2002	2	2	1	-	1	-	6
2005	1	3	-	-	1	1	6
2007	3	2	2	1	1	1	10

## British Medallists at 2007 European Indoors, Birmingham

Jason Gardener	Gold	Men's 60m
Craig Pickering	Silver	Men's 60m
Robert Tobin	Bronze	Men's 400m
Martyn Bernard	Bronze	Men's High Jump
Phillips Idowu	Gold	Men's Triple Jump
Nathan Douglas	Silver	Men's Triple Jump
Dale Garland, Steven Green Philip Taylor, Robert Tobin	Gold	Men's 4x 400m
Kelly Sotherton Nicola Sanders	Silver Gold	Women's Pentathlon Women's 400m
Emma Duck, Lee McConnell Nicola Sanders, Kim Wall	Bronze	Women's 4x400m

## Previous British medallists at European Indoor Championships by Event- MEN

### 60 METRES

**GOLD** 9 Barrie Kelly 1966, Mike McFarlane 1985 [6.61], Linfof Christie 1988 [6.57] & 1990 [6.56], Jason Livingston 1992 [6.53], Colin Jackson 1994 [6.49], Jason Gardener 2000 [6.49], 2002 [6.49] & 2005 [6.55]  
**SILVER** 4 Bob Frith 50m 1968 [5=8.53u], Jason John 1996 [6.64], Gardener 1998 [6.59], Mark Lewis-Francis 2002 [6.55]  
**BRONZE** 4 Frith 50m 1969 [5.8], Michael Rosswess 1989 [6.59], 1992 [6.62] & 1994 [6.54]

### 200 METRES

**GOLD** 3 Linford Christie 1986 [21.10], Ade Mafe 1989 [20.92], Christian Malcolm 2000 [20.54]  
**SILVER** 4 Mafe 1984 [21.13], John Regis 1989 [21.00], Malcolm 2002 [20.65], Chris Lambert 2005 [20.69]  
**BRONZE** 4 Regis 1987 [20.54], Christie 1988 [20.83], Allyn Condon 1998 [20.68], Julian Golding 2000 [21.05]

### 400 METRES

**GOLD** 4 Todd Bennett 1985 [45.56] & 1987 [46.81], Du'aine Ladejo 1994 [46.53] & 1996 [46.12]  
**SILVER** 3 Ainsley Bennett 1983 [46.43], Brian Whittle 1988 [45.98] & 1989 [46.49]  
**BRONZE** 2 Paul Harmsworth 1987 [46.92], David Grindley 1992 [46.60]

### 800 METRES

**GOLD** 5 Sebastian Coe 1977 [1:46.54], Rob Harrison 1985 [1:49.09], David Sharpe 1988 [1:49.17], Steve Heard 1989 [1:48.84], Tom McKean 1990 [1:46.22]  
**SILVER** 2 Phil Lewis 1971 [1:50.5a?], Peter Elliott 1983 [1:47.58]  
**BRONZE** 1 Phil Norgate 1984 [1:48.39]

### 1500 METRES

**GOLD** 5 John Whetton 1966 [3:43.8], 1967 [3:48.7] & 1968 [3:50.9=3:50.99u], Matthew Yates 1992 [3:42.32], David Strang 1994 [3:44.57]  
**SILVER** 1 Anthony Whiteman 1996 [3:44.78]  
**BRONZE** 4 Walter Wilkinson 1969 [3:46.4], John Robson 1979 [3:42.8a], Tony Morrell 1990 [3:44.83], Michael East 2002 [3:50.52]

### 3000 METRES

**GOLD** 5 Ian Stewart 1969 [7:55.4], Ricky Wilde 1970 [7:46.85], Peter Stewart 1971 [7:53.6a?], I. Stewart 1975 [7:58.6a], John Mayock 1998 [7:55.09]  
**SILVER** 2 Mayock 1992 [7:48.47] & 2005 [7:51.46]  
**BRONZE** 4 Ray Smedley 1976 [8:02.2a], Rod Finch 1994 [7:53.99], Mayock 2000 [7:49.97] & 2002 [7:48.08]

## Previous British medallists at European Indoor Championships by Event- WOMEN

### 60 METRES

**GOLD** 2 Andrea Lynch/Saunders 1975 [7.17], Bev Kinch 1984 [7.16]  
**SILVER** 2 Lynch/Saunders 1974 [7.17], Sonia Lannaman 1976 [7.25]  
**BRONZE** 4 Mary Rand 1966 [7.4], Madeleine Cobb 50m 1969 [6.5], Wendy Hoyte 1982 [7.27], Heather Oakes 1985 [7.22]

### 200 METRES

**SILVER** 1 Joan Baptiste 1983 [23.37]

### 400 METRES

**GOLD** 5 Marilyn Neufville 1970 [53.01], Verona Bernard/Elder 1973 [53.04], 1975 [52.68] & 1979 [51.80], Sally Gunnell 1989 [52.04]  
**SILVER** 1 Elder 1977 [52.75]  
**BRONZE** 2 Rosemary Stirling/Wright 1969 [54.8], Elder 1981 [52.37]

### 800 METRES

**GOLD** 1 Jane Colebrook/Finch 1977 [2:01.12]  
**BRONZE** 3 Rosemary Stirling/Wright 1971 [2:06.6a], Liz Barnes/Laban 1980 [2:01.5a], Lorraine Baker 1990 [2:02.42]

### 1500 METRES

**GOLD** 2 Margaret Beacham 1971 [4:17.2a?], Mary Stewart/Cotton 1977 [4:09.37]

### 3000 METRES

**GOLD** 1 Yvonne Murray/Murray-Mooney 1987 [8:46.06]  
**SILVER** 2 Murray/Murray-Mooney 1986 [9:01.31], Nicky Morris 1989 [9:12.37]  
**BRONZE** 3 Paula Fudge 1982 [8:56.96], Murray/Murray-Mooney 1985 [9:00.94], Wendy Sly 1988 [8:51.04]

### 60 METRES HURDLES

**GOLD** 4 Alan Pascoe 50m 1969 [6.6], Colin Jackson 1989 [7.59], 1994 [7.41] & 2002 [7.40]  
**SILVER** 6 Michael Parker 1966 [7.8], Berwyn Price 1976 [7.80], Jackson 1987 [7.63], Jon Ridgeon 1988 [7.57], Tony Jarrett 1990 [7.58] & 2000 [7.53]  
**BRONZE** 1 Nigel Walker 1987 [7.65]

### HIGH JUMP

**GOLD** 1 Dalton Grant 1994 [2.37]  
**SILVER** 1 Grant 1989 [2.33]  
**BRONZE** 1 Geoff Parsons 1986 [2.28]

### POLE VAULT

Highest Placing: 6th Mike Bull 1972 [5.00]

### LONG JUMP

**GOLD** 1 Lynn Davies 1967 [7.85]  
**SILVER** 1 Davies 1969 [7.76]  
**Highest Placing since 1970:** 5 Phil Scott 1973 [7.48]

### TRIPLE JUMP

**GOLD** 2 Jonathan Edwards 1998 [17.43]  
**SILVER** 2 Keith Connor 1978 [16.53], Francis Agyepong 1996 [16.93]  
**BRONZE** 1 Aston Moore 1981 [16.73]

### SHOT

**GOLD** 2 Geoff Capes 1974 [20.95] & 1976 [20.64]  
**SILVER** 3 Capes 1975 [19.98], 1977 [20.46] & 1979 [20.23]  
**BRONZE** 1 Capes 1978 [20.11]

### HEPTATHLON

no athlete finished

### 5000 METRES WALK

**Highest Placing:** 12th Andi Drake 1990 [20:10.83]

### 4x400 METRES RELAY

**SILVER** 1 GBR {Dale Garland, Daniel Cossins, Richard Davenport, Gareth Warburton} 2005 [3:09.53]

### 60 METRES HURDLES

**BRONZE** 2 Christine Perera/Bell 50m 1969 [7.4], Diane Allahgreen 1998 [8.02]

### HIGH JUMP

**SILVER** 1 Linda Knowles/Hedmark 1967 [1.73]  
**BRONZE** 1 Mary Rand 1966 [1.65]  
**Highest Placing since 1970:** 4th Diana Davies 1986 [1.90]

### POLE VAULT

**Highest Placing:** 4th Janine Whitlock 1998 [4.25]

### LONG JUMP

**GOLD** 1 Sue Hearnshaw/Telfer 1984 [6.70]  
**SILVER** 2 Mary Rand 1966 [6.53], Sue Scott/Reeve 1969 [6.18]  
**BRONZE** 1 Reeve 1978 [6.48]

### TRIPLE JUMP

**GOLD** 1 Ashia Hansen 1998 [15.16]  
**SILVER** 1 Hansen 2002 [14.71]

### SHOT

**BRONZE** 1 Judy Oakes 1979 [15.66]

### PENTATHLON

**SILVER** 1 Kelly Sotherton 2005 [4733]

### 3000 METRES WALK

**Highest Placing:** 12th Lisa Langford/Kehler 1988 [13:32.30]

### 4x400 METRES RELAY

**BRONZE** 1 GBR {Melanie Purkiss, Donna Fraser, Catherine Murphy, Lee McConnell} 2005 [3:29.81]