



mediaguide2009

UPDATE SHEET

SPAR EUROPEAN TEAM CHAMPIONSHIPS

Leiria Portugal 20-21 June 2009



AVIVA GREAT BRITAIN AND NORTHERN IRELAND TEAM MANAGEMENT

TEAM STAFF:

Team Leader - Charles van Commenee
Team Management - Simon Nathan
Team Management - Alison Wyeth
Team Coach - Michael Khmel
Team Coach - Frank Attoh
Team Coach - Steve Rippon
Team Coach - John Nuttall
Team Coach - Tony Lester
Team Coach - Rober Weir
Physiotherapist - Matt Lancaster
Physiotherapist - Pierre McCourt
Physiotherapist - Rone Thompson
Physiotherapist - Craig Ranson
Soft Tissue Therapist - Paula Clayton
Team Doctor - Robin Chakraverty
Sport Science - Aki Salo
Media Officer - Chris Broadbent

UKA Press Officer

Chris Broadbent T: 07701 099 763 E:cbroadbent@uka.org.uk

Local Organising Committee:

Venue - Estadio Magalhães Pessoa
 LOC President - Jorge Salcedo
 LOC Event Coordinator - Celia Mendes

Federação Portuguesa de Atletismo

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AVIVA GREAT BRITAIN AND NORTHERN IRELAND TEAM - MEN

100m: Dwain Chambers (Belgrave Harriers);

Pole Vault: Steve Lewis (Newham & Essex);

200m: Rikki Fitton (Victoria Park & Tower Hamlets);

Long Jump: Chris Tomlinson (Newham & Essex);

400m: Tim Benjamin (Cardiff AAC);

Triple Jump: Phillips Idowu (Belgrave Harriers);

800m: Colin McCourt (Dundee Hawkhill);

Shot: Carl Myerscough (Blackpool, Wyre & Fylde);

1500m: Tom Lancashire (Bolton Harriers);

Discus: Abdul Buhari (Newham & Essex);

3000m: Nick McCormick (Morpeth Harriers);

Hammer: Andy Frost (Woodford Green & Essex Ladies);

5000m: Mo Farah (Newham & Essex);

Javelin: Mervyn Luckwell (Marshall Milton Keynes);

110m hurdles: Andy Turner (Sale Harriers);

4x100m: Harry Aikines-Aryeetey (Sutton & District); James Dasaolu (Croydon Harriers); Marlon Devonish (Coventry Godiva); Tyrone Edgar (Newham & Essex); Fitton; Simeon Williamson (Highgate Harriers);

400m hurdles: David Greene (Swansea Harriers);

4x400m: Benjamin; Greene; Nigel Levine (Windsor, Slough, Eton & Hounslow); Richard Strachan (Trafford AC); Rob Tobin (Basingstoke & Mid Hants); Conrad Williams (Kent AC)

3000m steeplechase: Stuart Stokes (Sale Harriers);

High Jump: Samson Oni (Belgrave Harriers);

AVIVA GREAT BRITAIN AND NORTHERN IRELAND TEAM - WOMEN

100m: Ashlee Nelson (City of Stoke);

Pole Vault: Kate Dennison (Sale Harriers);

200m: Christine Ohuruogu (Newham & Essex);

Long Jump: Phyllis Agbo (Thames Valley);

400m: Lee McConnell (Shaftesbury Barnet);

Triple Jump: Nadia Williams (Shaftesbury Barnet);

800m: Jenny Meadows (Wigan & District);

Shot: Alison Rodger (Sale Harriers);

1500m: Hannah England (Oxford City);

Discus: Eden Francis (Birchfield Harriers);

3000m: Steph Twell (Aldershot, Farnham & District);

Hammer: Zoe Derham (Birchfield Harriers);

5000m: Laura Kenney (Royal Sutton Coldfield);

Javelin: Laura Whittingham (Sale Harriers);

100m hurdles: Gemma Bennett (Shaftesbury Barnet);

4x100m: Montell Douglas (Blackheath & Bromley); Emily Freeman (Wakefield Harriers); Joice Maduaka (Woodford Green & Essex Ladies); Nelson; Kadi-Ann Thomas; Laura Turner (Harrow AC);

400m hurdles: Eilidh Child (Pitreavie AAC);

3000m steeplechase: Helen Clitheroe (Preston Harriers);

4x400m: Vicki Barr (Rugby & Northampton); McConnell; Ohuruogu; Nicola Sanders (Windsor, Slough, Eton & Hounslow)

High Jump: Stephanie Pywell (Sale Harriers);

AVIVA GREAT BRITAIN AND NORTHERN IRELAND TEAM - MEN

Profiles for athletes not in the UKA Media Guide 2009

NON LOTTERY FUNDED ATHLETES

Name: Dwain Chambers
DOB: 05/04/1978
Club: Belgrave Harriers
Event: 100m
PB: 9.97
SB: 10.06

Name: Colin McCourt
DOB: 11/12/1984
Club: Dundee Hawkhill
Event: 800m
PB: 1:46.73
SB: 1:48.13

Name: Nick McCormick
DOB: 11/09/1981
Club: Morpeth Harriers
Event: 3000m
PB: 7:50.50i
SB: 7:50.50i

Name: Andy Turner
DOB: 19/09/1980
Club: Sale Harriers
Event: 110mh
PB: 13.27
SB: 13.30

Name: Stuart Stokes
DOB: 05/12/1976
Club: Sale Harriers
Event: 3000m sc
PB: 8:23.66

Name: Samson Oni
DOB: 25/06/1981
Club: Belgrave Harriers
Event: high jump
PB: 2.30i
SB: 2.29i

Name: Carl Myerscough
DOB: 21/10/1979
Club: Blackpool, Wyre & Fylde
Event: shot
PB: 21.92
SB: 20.26

Name: Abdul Buhari
DOB: 26/06/1982
Club: Newham & Essex Beagles
Event: discus
PB: 61.30
SB: 58.05

Name: Andy Frost
DOB: 17/04/1981
Club: Woodford Green & Essex Ladies
Event: hammer
PB: 72.62
SB: 70.36

Name: Mervyn Luckwell
DOB: 27/11/1984
Club: Marshall Milton Keynes
Event: javelin
PB: 81.05
SB: 81.05

Name: Richard Strachan
DOB: 18/11/1986
Club: Leeds City
Event: 4x400m
PB: 45.74
SB: 45.74

AVIVA GREAT BRITAIN AND NORTHERN IRELAND TEAM - WOMEN

Profiles for athletes not in the UKA Media Guide 2009

NON LOTTERY FUNDED ATHLETES

Name: Gemma Bennett
DOB: 04/01/1984
Club: Shaftesbury Barnet
Event: 100m hurdles
PB: 13.02
SB: 13.40

Name: Stephanie Pwell
DOB: 12/06/1987
Club: Sale Harriers
Event: 100m hurdles
PB: 1.90
SB: 1.82

Name: Nadia Williams
DOB: 17/11/1981
Club: Shaftesbury Barnet
Event: triple jump
PB: 13.63
SB: 13.63

Name: Alison Rodger
DOB: 29/10/1984
Club: Sale Harriers
Event: shot
PB: 15.88
SB: 15.79i

Name: Zoe Derham
DOB: 24/11/1980
Club: Birchfield Harriers
Event: hammer
PB: 68.63
SB: 68.00

Name: Laura Whittingham
DOB: 24/11/1980
Club: Sale Harriers
Event: javelin
PB: 52.88
SB: 52.58

Name: Joice Maduaka
DOB: 30/09/1973
Club: Woodford Green and Essex Ladies
Event: 4x100m
PB: 11.23
SB: 11.43

Name: Vicki Barr
DOB: 14/04/1982
Club: Rugby & Northampton
Event: 4x400m
PB: 52.44
SB: 52.73

TIMETABLE

Saturday, 20 June

TIME	EVENT	SEX
15.30	Hammer Throw	M
15.32	100m extra heat 1	W
15.35	Pole Vault	W
13.39	100m extra heat 2	W
15.40	Triple Jump	W
15.46	100m extra heat 1	M
15.53	100m extra heat 2	M
16.00	400m hurdles heat 1	M
16.07	400m hurdles heat 2	M
16.10-15	Hammer Throw (final attempts)	M
16.20	High Jump	M
16.21	100m heat 1	W
16.28	100m heat 2	W
16.30	Shot Put	M
16.30-36	Triple Jump (final attempts)	W
16.40	400m heat 1	M
16.45	Discus Throw	W
16.46	400m heat 2	M
16.53	800m	W
17.01	100m heat 1	M
17.08	100m heat 2	M
17.10-15	Shot Put (final attempts)	M
17.19	3.000m	W
17.30-35	Discus Throw (final attempts)	W
17.37	400m hurdles heat 1	W
17.43	400m hurdles heat 2	W
17.48	1.500m	M
17.50	Long Jump	M
17.57	3.000m steeplechase	W
18.10	Javelin Throw	W
18.13	400m heat 1	W
18.19	400m heat 2	W
18.25	5.000m	M
18.40-46	Long Jump (final attempts)	M
18.48	4 x 100m heat 1	W
18.55	4 x 100m heat 2	W
18.58-19.04	Javelin Throw (final attempts)	W
19.06 4 x	100m heat 1	M
19.13 4 x	100m heat 2	M

Saturday, 20 June

TIME	EVENT	SEX
15.15	Hammer Throw	W
15.20	Pole Vault	M
15.24	4 x 100m extra heat 1	W
15.27	Triple Jump	M
15.31	4 x 100m extra heat 2	W
15.38	4 x 100m extra heat 1	M
15.45	4 x 100m extra heat 2	M
15.55-16.00	Hammer Throw (final attempts)	W
16.05	High Jump	W
16.13	Shot Put	W
16.17-23	Triple Jump (final attempts)	M
16.25	110m hurdles heat 1	M
16.30	Discus Throw	M
16.32	110m hurdles heat 2	M
16.40	200m heat 1	W
16.47	200m heat 2	W
16.53-58	Shot Put (final attempts)	W
17.00	800m	M
17.06	100m hurdles heat 1	W
17.13	100m hurdles heat 2	W
17.15-20	Discus Throw (final attempts)	M
17.23	3.000m	M
17.35	Long Jump	W
17.37	1.500m	W
17.52	200m heat 1	M
17.55	Javelin Throw	M
17.58	200m heat 2	M
18.04	5.000m	W
18.23-29	Long Jump (final attempts)	W
18.31	3.000m steeplechase	M
18.42	4 x 400m heat 1	W
18.47-51	Javelin Throw (final attempts)	M
18.53	4 x 400m heat 2	W
19.02	4 x 400m heat 1	M
19.11	4 x 400m heat 2	M

RESULTS

THE SPAR EUROPEAN TEAM CHAMPIONSHIPS WAS PREVIOUSLY
THE SPAR EUROPEAN CUP

Top 3 results from the 2008 SPAR European Cup Championships are below:

Aviva GB&NI Men's team	1st	Emma Ania	100m	2nd	
Mo Farah	5000m	1st	Helen Clitheroe	3000m	2nd
Marlon Devonish	200m	1st	Jade Johnson	Long Jump	2nd
Phillips Idowu	triple jump	1st	Kate Reed	500m	2nd
Men's 4 x 100m (Devonish, Edgar, Christian Malcolm, Rikki Fitton)	1st	Christine Ohuruogu	200m	2nd	
Tyrone Edgar	100m	1st	Men's 4 x 400m (Rob Tobin, Dale Garland, Conrad Williams, Rooney)	2nd	
Jenny Meadows	800m	1st	Aviva GB&NI Women's team	3rd	
Andy Baddeley	3000m	1st	Steve Lewis	pole vault	3rd
Nicola Sanders	400m	1st	Andrew Lemoncello	3000msc	3rd
Martyn Rooney	400m	1st	Susan Scott	1500m	3rd
Women's 4 x 100m (Montell Douglas, Jeanette Kwakye, Ania, Anyika Onoura)	2nd				

COMPETING NATIONS

THE SPAR EUROPEAN TEAM CHAMPIONSHIPS WAS PREVIOUSLY
THE SPAR EUROPEAN CUP

CZECH REPUBLIC	POLAND
FRANCE	PORTUGAL
GERMANY	RUSSIA
GREAT BRITAIN & NORTHERN IRELAND	SPAIN
GREECE	SWEDEN
ITALY	UKRAINE