



# 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

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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