



# mediaguide2009

## UPDATE SHEET

### EUROPEAN ATHLETICS JUNIOR CHAMPIONSHIPS

Novi Sad, Serbia 23-26 July 2009



## AVIVA GREAT BRITAIN AND NORTHERN IRELAND TEAM MANAGEMENT

### TEAM STAFF:

- Team Leader** - Alison Wyeth
- Team Management** - Lorna Dwyer
- Team Administrator** - James Thomas
- Team Coach** - Malcolm Arnold
- Team Coach** - Tony Hadley
- Team Coach** - Michael Johnston
- Team Coach** - Harry King
- Team Coach** - Mark Proctor
- Team Coach** - Graham Ravenscroft
- Team Coach** - Glynn Tromans

### TEAM STAFF:

- Medical** - Dr Andrew Franklyn-Miller
- Physiotherapist** - Chris Kellet
- Physiotherapist** - Toby Smith
- Soft Tissue Therapist** - Liz Soames

### UKA COMMUNICATIONS STAFF IN NOVI SAD:

- Liz Birchall
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## AVIVA GREAT BRITAIN AND NORTHERN IRELAND TEAM - MEN

100m	Eugene Ayanful, Max Galliers, Andrew Robertson
200m	Junior Ejehu
400m	Chris Clarke, James Hunter, Louis Persent
800m	Niall Brooks, Robbie Schofield
1500m	Dan Clorley, Simon Horsfield, Ross Murray
10,000m	Dewi Griffiths Simon Lawson
110m hurdles	Lawrence Clarke, Jack Meredith, Ben Reynolds
400m hurdles	Niall Flannery, Jack Green
3000m SC	James Wilkinson
4x100m	Ayanful; Ejehu; Galliers; Robertson; Olafunmi Sobodu; Deji Tobias
4x400m	Clarke; Markus Hunt; Hunter; Ross McDonald; Persent; Nathan Wake;
High Jump	Sam Bailey, Mike Edwards
Triple Jump	Kola Adedoyin, Ben Williams
Pole Vault	Andrew Sutcliffe
Shot	Curtis Griffith-Parker
Discus	Griffith-Parker
Hammer	Peter Smith
Javelin	Matthew Hunt, Daniel Pembroke
Decathlon	Ashley Bryant, Daniel Gardiner, David Guest

## BRITISH CHAMPIONS BY EVENT MEN

- 100 METRES - 10** Lincoln Asquith 1983 [10.34/-0.5], Elliot Bunney 1985 [10.38/+0.7], Jamie Henderson 1987 [10.21/+1.6], Darren Campbell 1991 [10.46/-0.4], Danny Joyce 1993 [10.63/+0.6], Dwain Chambers 1995 [10.41/-0.9] & 1997 [10.06/+2.0], Mark Lewis-Francis 2001 [10.09w/+2.4], Leon Baptiste 2003 [10.50/-0.2], Craig Pickering 2005 [10.51/+0.1]
- 200 METRES - 7** Mike McFarlane 1979 [20.89/+0.8], Ade Mafe 1985 [20.54/+0.8], Marcus Adam 1987 [20.95/+0.5], Darren Campbell 1991 [20.61w/+2.4], Marlon Devonish 1995 [21.04/-0.6], Christian Malcolm 1997 [20.51w/+2.5], Alex Nelson 2007 [20.83/-1.0]
- 400 METRES - 9** Peter Beaven 1970 [47.0=47.11], Todd Bennett 1981 [47.18], Roger Black 1985 [45.36], Peter Crampton 1987 [46.03], Wayne McDonald 1989 [47.27], David Grindley 1991 [45.41], Guy Bullock 1993 [46.13], Mark Hylton 1995 [45.97], Tim Benjamin 2001 [46.43]
- 800 METRES - 4** Steve Ovett 1973 [1:47.53], Ikem Billy 1983 [1:47.15], Craig Winrow 1989 [1:50.01], Curtis Robb 1991 [1:48.23]
- 1500 METRES - 1** Graham Williamson 1979 [3:38.96]
- 3000 METRES - 1** Steve Cram 1979 [8:05.18]
- 5000 METRES - 6** Nat Muir 1977 [13:49.1a], Steve Binns 1979 [13:44.37], Jon Richards 1983 [13:56.41], Paul Taylor 1985 [14:12.45], Simon Mugglestone 1987 [14:12.83], Mohamed Farah 2001 [14:09.91]
- 10000 METRES - 0** None
- 2000 METRES STEEPLECHASE - 2** Micky Morris 1975 [5:34.8a], Paul Davies-Hale 1981 [5:31.12]
- 110 METRES HURDLES - 4** Berwyn Price 1970 [14.1=14.21/0.0], Jon Ridgeon 1985 [13.46/+1.8], Tony Jarrett 1987 [13.72/+1.6], Chris Baillie 1999 [13.92w/+3.0]
- 400 METRES HURDLES - 1** Rhys Williams 2003 [51.15]
- HIGH JUMP - 2** John Hill 1985 [2.24], Steve Smith 1991 [2.29]
- LONG JUMP - 4** Steve Phillips 1991 [7.91/+0.4], Carl Howard 1993 [7.76/+0.7], Nathan Morgan 1997 [7.90/+0.5], Greg Rutherford 2005 [8.14/0.0]
- TRIPLE JUMP - 3** Aston Moore 1975 [16.16/+1.0], Tosi Fasinro 1991 [16.68w/+2.5], Tosin Oke 1999 [16.57/+0.6]
- DISCUS - 1** Emeka Udechuku 1997 [53.90]

## BRITISH CHAMPIONS BY EVENT MEN

- HAMMER - 0** None
- JAVELIN - 1** Steve Backley 1987 [75.14]
- DECATHLON - 1** Daley Thompson 1977 [7647/7568]
- 10000 METRES TRACK WALK - 0** None
- 4x100 METRES RELAY - 7** GBR {Trevor McKenzie, Elliot Bunney, Richard Ashby, John Regis} 1985 [39.80], GBR {Ray Burke, Tony Jarrett, Jamie Henderson, Marcus Adam} 1987 [40.20], GBR {Allyn Condon, Danny Joyce, Paul Bolton, Ejike Wodu, Julian Golding} 1993 [40.01], GBR {Dwain Chambers, Marlon Devonish, Daniel Money, Jamie Henthorn, Mark Findlay} 1995 [39.43], GBR {Uvie Ugono, Findlay, Christian Malcolm, Chambers, Steve Topliss/Webb} 1997 [39.62], GBR {Tyrone Edgar, Dwayne Grant, Tim Benjamin, Mark Lewis-Francis} 2001 [39.24], GBR {Andrew Matthews, Laurence Oboh, Monu Miah, Leon Baptiste, James Ellington} 2003 [40.37]
- 4x400 METRES RELAY - 7** GBR {Mark Tyler, John Rigg, Ade Mafe, Roger Black} 1985 [3:07.18], GBR {Richard Hill, Gareth Bakewell, Gary Patterson, Peter Crampton} 1987 [3:07.89], GBR {Kent Ulyatt, Adrian Patrick, Mark Richardson, David Grindley, Allyn Condon, Carl Southam} 1991 [3:07.22], GBR {Nick Budden, Condon, Paul Slythe, Guy Bullock, Iwan Thomas} 1993 [3:07.39], GBR {Geoff Dearman, Steve McHardy, Tom Lerwill, Mark Hylton} 1995 [3:07.09], GBR {Richard Buck, Set Osho, Richard Strachan, Martyn Rooney, Stephen Johnson, Kris Robertson} 2005 [3:06.67], GBR {Nigel Levine, Robert Davis, Louis Persent, Jordan McGrath} 2007 [3:08.21]

## AVIVA GREAT BRITAIN AND NORTHERN IRELAND TEAM - WOMEN

100m	Torema Dorsett
200m	Emily Diamond, Shauna Thompson
400m	Laura Wake
800m	Leigh Lennon, Alison Leonard, Jenny Tan
1500m	Stacey Smith, Josephine Moultrie
3000m	Kate Avery, Beth Potter, Louise Small
5000m	Charlotte Purdue
100m hurdles	Stephanie Gaynor
400m hurdles	Lauren Bouchard, Ese Okoro
3000m SC	Nicola Hood, Louise Webb
4x100m	Diamond; Dorsett; Rachel Giwa; S Thompson; Jodie Williams
High Jump	Katarina Thompson
Long Jump	Abigail Irozuru, K Thompson, Lorraine Ugen
Pole Vault	Sally Scott, Maria Seager
Discus	Shaunagh Brown
Hammer	Sophie Hitchon
Heptathlon	K Thompson

## BRITISH CHAMPIONS BY EVENT WOMEN

- 100 METRES - 1** Sonia Lannaman 1973 [11.73/+0.3]
- 200 METRES - 4** Helen Golden/Hogarth 1970 [24.3=24.34/-5.2], Katharine Merry 1993 [23.35/+0.8], Vernicha James 2001 [22.93/+1.4], Hayley Jones 2009 [23.37/-0.2]
- 400 METRES - 1** Donna Fraser 1991 [52.54]
- 1500 METRES - 1** Morag MacLarty 2005 [4:15.12]
- 3000 METRES - 0** None
- 5000 METRES - 1** Emily Pidgeon 2005 [16:14.71]
- 10000 METRES - 0** None
- 2000 METRES STEEPLECHASE - 0** None
- 100 METRES HURDLES - 2** Keri Maddox 1991 [13.39/-0.4], Diane Allahgreen 1993 [13.42/+0.5]
- POLE VAULT - 0** None
- LONG JUMP - 2** Fiona May 1987 [6.64w/+2.9], Yinka Idowu 1991 [6.60w/+2.3]
- TRIPLE JUMP - 0** None
- SHOT - 0** None
- HAMMER - 0** None
- JAVELIN - 1** Fatima Whitbread 1979 [58.20]
- HEPTATHLON - 1** Jessica Ennis 2005 [5891]
- 5000 METRES TRACK WALK - 0** None
- 4x100 METRES RELAY - 2** GBR {Diane Allahgreen, Katharine Merry, Sophia Smith, Debbie Mant} 1993 [44.31], GBR {Anike Shand-Whittingham, Ashlee Nelson, Hayley Jones, Asha Philip} 2007 [44.52]
- 4x400 METRES RELAY - 1** GBR {Kim Wall, Olivia Hines, Vernicha James, Lisa Miller} 2001 [3:34.63]

## PREVIOUS CHAMPIONSHIP MEDALS

Year	Venue	Gold	Silver	Bronze	Total
		ALL	ALL	ALL	ALL
1970	Paris	3	4	1	8
1973	Duisburg	2	3	3	8
1975	Athens	2	2	3	7
1977	Donetsk	2	2	8	12
1979	Bydgoszcz	5	2	4	11
1981	Utrecht	2	3	4	9
1983	Schwechat	3	1	9	13
1985	Cottbus	8	5	5	18
1987	Birmingham	9	1	3	13
1989	Varaždin	2	5	4	11
1991	Thessaloniki	11	4	2	17
1993	San Sebastián	8	2	4	14
1995	Nyíregyháza	5	2	4	11
1997	Ljubljana	5	3	5	13
1999	Riga	2	5	3	10
2001	Grosseto	6	5	6	17
2003	Tampere	3	5	8	16
2005	Kaunas	6	5	3	14
2007	Hengelo	4	6	4	14
	TOTAL	88	65	83	236

# AVIVA GREAT BRITAIN AND NORTHERN IRELAND TEAM

Profiles for athletes not in the UKA Media Guide 2009

Name: Kate Avery  
DOB: 10/10/91  
Club: Shildon  
Coach: Bob Ashwood  
Event at this championship: 3000m  
SB: 9.15.42  
PB: 9.15.42

Name: Ashley Bryant  
DOB: 17/05/91  
Club: Windsor Slough Eton & Hounslow  
Coach: Ian Grant  
Event at this championship: Decathlon  
SB: 7267  
PB: 7267

Name: Eugene Ayanful  
DOB: 14/05/90  
Club: Woodford Green with Essex Ladies  
Coach: Christine Bowmaker  
Event at this championship: 4x100m relay  
SB: 10.44  
PB: 10.44

Name: Lawrence Clarke  
DOB: 12/03/90  
Club: Windsor Slough Eton & Hounslow  
Coach: Malcolm Arnold  
Event at this championship: 110m Hurdles  
SB: 13.57  
PB: 13.57

Name: Sam Bailey  
DOB: 15/09/91  
Club: Chelmsford  
Coach: Carol Jackson  
Event at this championship: High Jump  
SB: 2.15m  
PB: 2.15m

Name: Dan Clorley  
DOB: 01/10/90  
Club: Luton  
Coach: Tony Simmons  
Event at this championship: 1500m  
SB: 3.46.92  
PB: 3.46.92

Name: Lauren Bouchard  
DOB: 21/04/91  
Club: Chelmsford  
Coach: Steve Mitchell  
Event at this championship: 400m hurdles  
SB: 58.72  
PB: 58.72

Name: Emily Diamond  
DOB: 11/06/91  
Club: Bristol & West  
Coach: Dan Cossins  
Event at this championship: 200m and 4x100m relay  
SB: 11.80 and 23.85  
PB: 11.80 and 23.85

Name: Shaunagh Brown  
DOB: 15/03/90  
Club: Blackheath & Bromley  
Coach: John Hillier  
Event at this championship: Discus  
SB: 50.81m  
PB: 51.18m (2007)

Name: Mike Edwards  
DOB: 11/07/90  
Club: Alabama University  
Coach: Victor Houston  
Event at this championship: High Jump  
SB: 2.16m  
PB: 2.16m

Name: Stacey Smith  
DOB: 04/02/90  
Club: Gateshead Harriers  
Coach: Mick Woods  
Event at this championship: 1500m  
SB: 4.17.75  
PB: 4.17.75

Name: Louise Webb  
DOB: 09/02/91  
Club: Team Southampton  
Coach: Todd Bennett  
Event at this championship: 3000m steeplechase  
SB: 10.15.92  
PB: 10.15.92

Name: Olafunmi Sobodu  
DOB: 28/03/90  
Club: Blackheath & Bromley  
Coach: Carl Graham  
Event at this championship: 4x100m relay  
SB: 10.65  
PB: 10.49 (2006)

Name: Jodie Williams  
DOB: 28/09/93  
Club: Herts Phoenix  
Coach: Mike McFarlane  
Event at this championship: 4x100m relay  
SB: 11.39  
PB: 11.39

Name: Jenny Tan  
DOB: 09/03/91  
Club: Fife  
Coach: Liz McColgan  
Event at this championship: 800m  
SB: 2.05.47  
PB: 2.05.47

Name: James Wilkinson  
DOB: 13 July 90  
Club: Leeds  
Coach: Phil Townsend  
Event at this championship: 3000m steeplechase  
SB: 8.58.76  
PB: 8.58.76

Name: Lorraine Ugen  
DOB: 22/08/91  
Club: Blackheath & Bromley  
Coach: Guy Spencer  
Event at this championship: Long Jump  
SB: 6.29m  
PB: 6.29m

Name: Laura Wake  
DOB: 03/05/91  
Club: Herts Phoenix  
Coach: Dave Rice  
Event at this championship: 400m  
SB: 54.07  
PB: 54.07

Name: Junior Ejehu  
DOB: 01/02/91  
Club: Woodford Green with Essex Ladies  
Coach: Ayo Falola  
Event at this championship: 200m and 4x100m relay  
SB: 21.30  
PB: 21.30

Name: Max Galliers  
DOB: 28/01/90  
Club: Windsor Slough Eton & Hounslow  
Coach: Self Coached  
Event at this championship: 100m and 4x100m relay  
SB: 10.52  
PB: 10.52

Name: Stephanie Gaynor  
DOB: 27/09/90  
Club: Herts Phoenix  
Coach: Lloyd Cowan  
Event at this championship: 100m hurdles  
SB: 13.81  
PB: 13.81

Name: Rachel Giwa  
DOB: 08/07/90  
Club: Ilford  
Coach: Mike Afilaka  
Event at this championship: 4x100m relay  
SB: 11.94  
PB: 11.91 (2008)

Name: Jack Green  
DOB: 06/10/91  
Club: Kent  
Coach: June Plews  
Event at this championship: 400m hurdles  
SB: 51.72  
PB: 51.72

Name: Curtis Griffith-Parker  
DOB: 27/09/90  
Club: Cambridge Harriers  
Coach: John Hillier  
Events at this championship: Shot and Discus  
SB: SP 19.30m; DT 61.17m  
PB: SP 19.30m; DT 62.34m (2008)

Name: Dewi Griffiths  
DOB: 09/08/91  
Club: Carmarthen  
Coach: Kevin Evans  
Event at this championship: 10,000m  
SB: 30.30.2  
PB: 30.30.2

Name: Nicola Hood  
DOB: 06/07/90  
Club: Victoria Park City of Glasgow  
Coach: Graham Smith  
Event at this championship: 3000m steeplechase  
SB: 10.24.23  
PB: 10.24.23

Name: Markus Hunt  
DOB: 30/10/90  
Club: Chelmsford  
Coach: Brian McKenzie  
Event at this championship: 4x400m relay  
SB: 48.12  
PB: 48.04 (2008)

Name: Matthew Hunt  
DOB: 01/10/90  
Club: Kingston Upon Hull  
Coach: Mick Hill  
Event at this championship: Javelin  
SB: 71.90m  
PB: 71.90m

Name: James Hunter  
DOB: 04/06/09  
Club: Liverpool Harriers  
Coach: Stan Roberts / Brian Scobie  
Event at this championship: 400m  
SB: 47.23  
PB: 47.23

Name: Abigail Irozuru  
DOB: 03/01/90  
Club: Sale Harriers  
Coach: John Crotty  
Event at this championship: Long Jump  
SB: 6.12m  
PB: 6.18m (2008)

Name: Simon Lawson  
DOB: 28/03/90  
Club: Cardiff  
Coach: Self Coached  
Event at this championship: 10,000m  
SB: 30.03.9  
PB: 30.03.9

Name: Leigh Lennon  
DOB: 22/05/91  
Club: Newham & Essex  
Coach: Don Lennon  
Event at this championship: 800m  
SB: 2.05.93  
PB: 2.05.93

Name: Ross McDonald  
DOB: 09/10/90  
Club: Birchfield Harriers  
Coach: Tony Hadley  
Event at this championship: 4x400m relay  
SB: 48.01  
PB: 48.01

Name: Josephine Moultrie  
DOB: 19/11/90  
Club: Victoria Park  
Coach: Bill Parker  
Event at this championship: 1500m  
SB: 4.18.99  
PB: 4.18.99

Name: Ese Okoro  
DOB: 04/07/90  
Club: Birchfield Harriers  
Coach: Lloyd Cowan  
Event at this championship: 400m hurdles  
SB: 59.76  
PB: 59.76

Name: Daniel Pembroke  
DOB: 16/07/91  
Club: Windsor Slough Eton & Hounslow  
Coach: Kevin Pembroke  
Event at this championship: Javelin  
SB: 71.45m  
PB: 71.45m

Name: Ben Reynolds  
DOB: 26/09/90  
Club: Windsor Slough Eton & Hounslow  
Coach: Tom Reynolds  
Event at this championship: 110m Hurdles  
SB: 13.82  
PB: 13.82

Name: Maria Seager  
DOB: 15/05/90  
Club: Woodford Green with Essex Ladies  
Coach: Christian North  
Event at this championship: Pole Vault  
SB: 4.05m  
PB: 4.05m

Name: Robbie Schofield  
DOB: 12/12/90  
Club: Newham & Essex  
Coach: Don Lennon  
Event at this championship: 800m  
SB: 1.49.82  
PB: 1.49.82

Name: Louise Small  
DOB: 27/03/92  
Club: Aldershot Farnham & District  
Coach: Mick Woods  
Event at this championship: 3000m  
SB: 9.18.82  
PB: 9.18.82

## TIMETABLE (Please note - Serbia is 1hr ahead of UK)

### 1st Day Thursday, 23 July

TIME	EVENT	SEX	ROUND
9:30	100 m Dec	Men	
9:55	10 000 m Walk	Women	Final
10:00	High Jump	Men	Qual. AB
10:20	Shot Put	Women	Qual. AB
10:25	Long Jump Dec	Men	AB
11:05	100 m	Women	Round 1
11:30	Hammer Throw	Women	Qual. A
11:35	100 m	Men	Round 1
12:05	Shot Put Dec	Men	AB
12:10	400 m	Women	Round 1
12:40	400 m	Men	Round 1
12:40	Hammer Throw	Women	Qual. B
15:45	Discus Throw	Men	Qual. A
15:50	High Jump Dec	Men	AB
16:00	800 m	Women	Round 1
16:35	400 m	Men	Semi Final
16:55	400 m	Women	Semi Final
16:55	Discus Throw	Men	Qual. B
17:05	Long Jump	Women	Qual. AB
17:10	1500 m	Men	Round 1
17:15	Pole Vault	Women	Qual. AB
17:30	100 m	Women	Semi Final
17:45	100 m	Men	Semi Final
18:05	3000 m	Women	Round 1
18:10	Shot Put	Women	Final
18:15	Javelin Throw	Men	Qual. A
18:35	3000 m Steeple	Women	Round 1
18:55	Triple Jump	Men	Qual. AB
19:10	10000 m	Men	Final
19:25	Javelin	Men	Qual. B
19:55	400 m Dec	Men	

### 3rd Day Saturday, 25 July

TIME	EVENT	SEX	ROUND
9:30	Discus Throw	Women	Qual. A
9:35	100 m h Hep	Women	
10:05	10 000 m Walk	Men	Final
10:30	High Jump Hep	Women	AB
10:35	Shot Put	Men	Qual. AB
10:40	Discus Throw	Women	Qual. B
11:00	Long Jump	Men	Qual. AB
11:30	4x400 m	Women	Round 1
11:50	Javelin Throw	Women	Qual. AB
11:55	4x400 m	Men	Round 1
15:00	400 m h	Women	Semi Final
15:15	400 m h	Men	Semi Final
15:30	200 m	Women	Semi Final
15:30	Pole Vault	Women	Final
15:40	Hammer Throw	Men	Qual. A
15:45	200 m	Men	Semi Final
15:50	Shot Put Hep	Women	AB
16:05	800 m	Men	Semi Final
16:30	100 m h	Women	Final
16:50	110 m h	Men	Final
17:00	High Jump	Men	Final
17:05	Hammer Throw	Men	Qual. B
17:10	800 m	Women	Final
17:25	3000 m Steeple	Women	Final
17:45	Shot Put	Men	Final
17:50	200 m	Women	Final
18:10	200 m	Men	Final
18:30	1500 m	Men	Final
18:45	Triple Jump	Women	Qual. AB
18:50	3000 m	Women	Final
18:50	Javelin Throw	Men	Final
19:15	5000 m	Men	Final
19:50	200 m Hep	Women	

### 2nd Day Friday, 24 July

TIME	EVENT	SEX	ROUND
9:30	110 m h Dec	Men	
9:50	110 m h	Men	Round 1
10:10	Pole Vault	Men	Qual. AB
10:25	100 m h	Women	Round 1
10:30	Discus Throw Dec	Men	A
11:00	1500 m	Women	Round 1
11:10	High Jump	Women	Qual. AB
11:25	800 m	Men	Round 1
11:35	Discus Throw Dec	Men	B
12:00	400 m h	Women	Round 1
12:35	400 m h	Men	Round 1
13:45	Pole Vault Dec	Men	AB
15:05	Hammer Throw	Women	Final
16:00	100 m h	Women	Semi Final
16:05	Triple Jump	Men	Final
16:15	110 m h	Men	Semi Final
16:35	800 m	Women	Semi Final
16:50	Javelin Throw Dec	Men	AB
16:55	100 m	Women	Final
17:05	100 m	Men	Final
17:15	3000 m Steeple	Men	Round 1
17:55	400 m	Women	Final
18:05	Long Jump	Women	Final
18:10	400 m	Men	Final
18:25	200 m	Women	Round 1
18:30	Discus Throw	Men	Final
19:00	200 m	Men	Round 1
19:30	1500 m Dec	Men	

### 4th Day Sunday, 26 July

TIME	EVENT	SEX	ROUND
9:45	Long Jump Hep	Women	AB
10:30	4X100 m	Women	Round 1
11:00	4X100 m	Men	Round 1
11:00	Javelin Throw Hep	Women	
15:00	Hammer Throw	Men	Final
15:30	Pole Vault	Men	Final
15:45	High Jump	Women	Final
16:00	400 m h	Women	Final
16:05	Triple Jump	Women	Final
16:10	400 m h	Men	Final
16:25	800 m	Men	Final
16:40	Discus Throw	Women	Final
16:45	4x100 m	Women	Final
17:00	1500 m	Women	Final
17:20	4x100 m	Men	Final
17:40	3000 m Steeple	Men	Final
18:00	Long Jump	Men	Final
18:05	800 m Hep	Women	
18:25	Javelin Throw	Women	Final
18:30	5000 m	Women	Final
19:05	4x400 m	Women	Final
19:40	4x400 m	Men	Final



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