



BRITISH
ATHLETICS

2016 MEDIA GUIDE

European Youth Championships

14-17 JULY 2016, TBILISI, GEORGIA



BBC SPORT



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BRITISH ATHLETICS TEAM MANAGEMENT

TEAM LEADER

Scott Grace

TEAM MANAGERS

Jane Fylan

Pauline Holmes

COACHES

Sprints

Harry King

Matthew Wood

Endurance

Charlotte Fisher

Spencer Duval

Jumps

Graham Ravenscroft

Zachary Kerin

Ellie Spain

Throws

Adrian Palmer

Combined Events

Tom Reynolds

MEDICAL OFFICER

Dr Hamish Reid

PHYSIOTHERAPIST

Claire Lawrence

SOFT TISSUE THERAPIST

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ATHLETE PROFILES – MEN

200m

Name: Jona Efoloko
 D.O.B: 23/9/1999
 Coach: John Smith
 Club: Sale Harriers
 PB: 21.12 (2015)
 SB: 21.45

Name: Joseph Massimo
 D.O.B: 9/01/2000
 Coach: Stephen King
 PB: 21.36 (2016)
 SB: 21.36

400m

Name: Ellis Greatrex
 D.O.B: 27/07/1999
 Coach: Claudio Albanese
 Club: Wolverhampton and
 Bilston
 PB: 47.47 (2016)
 SB: 47.47

800m

Name: George Mills
 D.O.B: 12/05/1999
 Coach: Joanne Day
 Club: Harrogate
 PB: 1.49.06 (2016)
 SB: 1.49.06

Name: Markhim Lonsdale
 D.O.B: 09/01/2000
 Coach: David Lowes
 Club: Crook
 PB: 1.49.07 (2016)
 SB: 1.49.07

1500m

Name: Jake Heyward
 D.O.B: 26/04/1999
 Coach: Paul Darney
 Club: Cardiff
 PB: 3.46.50 (2016)
 SB: 3.46.50

3000m

Name: Isaac Akers
 D.O.B: 06/05/1999
 Coach: Bill Boyd
 Club: Corby
 PB: 8.18.79 (2016)
 SB: 8.18.79

Name: Alasdair Kinloch
 D.O.B: 08/02/1999
 Coach: Mark Hookway
 Club: Tonbridge
 PB: 8:18.21 (2016)
 SB: 8:18.21

110m Hurdles

Name: Ethan Akanni
 D.O.B: 05/05/1999
 Coach: Tony Jarett
 Club: Bexley
 PB: 13.61 (2016)
 SB: 13.61

Name: Jason Nicholson
 D.O.B: 10/05/1999
 Coach: Janice Kaufman
 PB: 13.75 (2016)
 SB: 13.75

400 Hurdles

Name: Alastair Chalmers
 D.O.B: 31/03/2000
 Coach: Dale Garland
 Club: Guernsey
 PB: 52.86 (2016)
 SB: 52.86

Name: Alex Knibbs
 D.O.B: 26/04/1999
 Coach: Julie Feeney
 Club: Amber Valley/Derby
 PB: 53.12 (2016)
 SB: 53.1



2000m Steeplechase

Name: George Groom
D.O.B: 20/10/1999
Coach: Stephen Murphy
Club: Shaftesbury Barnet
PB: 5:57.08 (2016)
SB: 5:57.08

High Jump

Name: Joel Khan
D.O.B: 30/09/1999
Coach: Deirdre Elmhirst
Club: Worcester
PB: 2.09m (2016)
SB: 2.09m

Decathlon

Name: Sam Talbot
D.O.B: 17/02/1999
Coach: Eldon Lake
Club: Exeter
PB: 7035 (2016)
SB: 7035

Javelin

Name: Daniel Bainbridge
D.O.B: 02/06/1999
Coach: David Parker
Club: City of Norwich
PB: 72.41m (2016)
SB: 72.41m

Discus

Name: James Tomlinson
D.O.B: 11/01/2000
Coach: Paul Jensen
Club: Pembrokeshire
PB: 58.93m (2016)
SB: 58.93m

Triple Jump

Name: Jude Bright-Davies
D.O.B: 27/03/1999
Coach: David Johnson
Club: Thames Valley
PB: 15.39m (2016)
SB: 15.39m

Hammer

Name: Jake Norris
D.O.B: 30/06/1999
Coach: Paul Dickenson
Club: WSEH
PB: 61.70m (2016)
SB: 61.70m



ATHLETE PROFILES – WOMEN

200m

Name: Alisha Rees
D.O.B: 16/04/1999
Coach: Willy Russell
Club: Edinburgh AC
PB: 23.64 (2016)
SB: 23.64

Name: Lucy Pygott
D.O.B: 30/10/1999
Coach: Mick Woods
Club: Aldershot, Farnham & District
PB: 9.31.84 (2016)
SB: 9.31.84

800m

Name: Isabelle Boffey
D.O.B: 13/04/2000
Coach: Douglas Stone
Club: Enfield & Haringey
PB: 2.06.68 I (2016)
SB: 2.06.68

5000m Race Walk

Name: Sophie Lewis-Ward
D.O.B: 07/04/1999
Coach: Noel Carmody
Club: Cambridge Harriers
PB: 24.24.27 (2016)
SB: 24.24.27

Name: Anna Burt
D.O.B: 12/07/2000
Coach: Kevin Brunt
Club: Bath
PB: 2.06.23 (2016)
SB: 2.06.23

Heptathlon

Name: Niamh Emerson
D.O.B: 22/04/1999
Coach: David Feeney
Club: Amber Valley
PB: 5815 (2016)
SB: 5815

1500m

Name: Sabrina Sinha
D.O.B: 19/04/1999
Coach: Peter Mullervy
Club: Cambridge Harriers
PB: 4.17.48 (2016)
SB: 4.17.48

High Jump

Name: Ada' Ora Chigbo
D.O.B: 02/01/1999
Coach: Ken Holmes
Club: North Somerset
PB: 1.8m3 (2016)
SB: 1.83m

Name: Erin Wallace
D.O.B: 18/05/2000
Coach: Dudley Walker
Club: Giffnock North
PB: 4.20.63 (2016)
SB: 4.20.63

Name: Abby Ward
D.O.B: 19/04/1999
Coach: Ian Hill
Club: Wakefield
PB: 1.89m i (2016)
SB: 1.89m i

3000m

Name: Kathleen Faes
D.O.B: 13/12/2000
Coach: Nikolaas Faes
Club: Tonbridge
PB: 9.37.36 (2016)
SB: 9.37.36

Long Jump

Name: Eleanor Broome
D.O.B: 06/02/1999
Coach: Ian Roberts
Club: Rugby and Northampton
PB: 6.26m (2016)
SB: 6.26m

Long Jump

Name: Holly Mills
D.O.B: 15/04/2000
Coach: James Coney
Club: Andover
PB: 6.29m (2015)
SB: 6.24m

Pole Vault

Name: Jessica Robinson
D.O.B: 26/06/1999
Coach: Ellie Spain
Club: Windsor Slough Eton &
Hounslow
PB: 4.05m (2016)
SB: 4.05m

TIMETABLE

DAY ONE

Morning

09:00	5,000m RW	G	FINAL
09:05	Shot Put	B	Q A/B
09:35	Hammer Throw	B	Q A
09:45	100m H Heptathlon	G	
10:10	100m	B	R1
10:40	High Jump Heptathlon	G	A/B
10:50	100m	G	R1
11:15	Hammer Throw	B	Q B
11:30	400m	B	R1
12:05	400m	G	R1

Evening

16:20	5,000m RW	G	MC
16:30	Discus Throw	G	Q A
16:40	High Jump	B	Q A/B
17:10	Shot Put Heptathlon	G	A/B
17:30	800m	G	R1
17:55	Discus Throw	G	Q B
18:15	Triple Jump	G	Q A/B
18:25	100m	B	SF
18:50	Pole Vault	G	Q A/B
19:00	100m	G	SF
19:25	Javelin Throw	B	Q A
19:35	1500m	B	R1
20:00	Long Jump	B	Q A/B
20:15	200m Heptathlon	G	
20:50	Javelin Throw	B	Q B
20:55	2,000m Steeplechase	G	R1
21:30	3,000m	B	FINAL



DAY TWO**Morning**

09:00	Shot Put	G	Q A/B
09:05	400m Hurdles	G	R1
09:20	Hammer Throw	G	QA
09:45	400m Hurdles	B	R1
10:05	Pole Vault	B	Q A/B
10:20	High Jump	G	Q A/B
10:25	1,500m	G	R1
10:50	800m	B	R1
11:05	Hammer Throw	G	Q B
11:30	100m Hurdles	G	A/B
11:35	Long Jump Heptathlon	G	A/B
12:10	110m Hurdles	B	R1

Evening

15:50	3,000m	B	MC
16:00	Javelin Throw Heptathlon	G	A/B
16:05	100m Hurdles	G	SF
16:25	Triple Jump	G	FINAL
16:30	110m Hurdles	B	SF
16:55	800m	G	SF
17:25	2,000m SC	B	R1
17:30	Shot Put	B	FINAL
17:55	200m	G	R1
18:00	Hammer Throw	B	FINAL
18:30	200m	B	R1
18:55	Triple Jump	G	MC
19:05	Long Jump	B	FINAL
19:10	400m	G	SF
19:35	400m	B	SF
19:50	Shot Put	G	MC
19:55	Discus Throw	G	FINAL
20:00	800m Heptathlon	G	
20:25	3,000m	G	FINAL
20:40	Heptathlon	G	MC
20:50	100m	G	FINAL
21:05	100m	B	FINAL
21:10	Hammer Throw	B	MC
21:16	Long Jump	B	MC

DAY THREE

Morning

09:00	Javelin	G	Q A
09:15	100m Decathlon	B	
09:45	10,000 RW	B	FINAL
10:00	Long Jump Decathlon	B	A/B
10:25	Javelin Throw	G	Q B
11:00	Medley Relay	G	R1
11:35	Shot Put Decathlon	B	A/B
11:55	Discus Throw	B	Q A
12:05	Medley Relay	B	R1
12:25	Long Jump	G	Q A/E
13:20	Discus Throw	B	Q B

Evening

15:40	10,000m RW	B	MC
15:46	Discus Throw	G	MC
15:52	3,000m	G	MC
16:00	400m Hurdles	G	SF
16:05	Pole Vault	G	FINAL
16:10	High Jump Decathlon	B	SF
16:15	100m	G	MC
16:25	400m Hurdles	B	SF
16:30	Hammer Throw	G	FINAL
16:50	200m	G	SF
17:15	200m	B	SF
17:40	800m	B	SF
17:55	100m	B	MC
18:05	Shot Put	G	FINAL
18:10	100m Hurdles	G	FINAL
18:25	110m Hurdles	B	FINAL
18:40	800M	G	FINAL
18:45	High Jump	B	SF
18:47	Hammer Throw	G	MC
18:55	400m Decathlon	B	
19:10	Triple Jump	B	Q A/B
19:15	Javelin Throw	B	FINAL
19:20	2,000M Steeplechase	G	FINAL
19:30	100m Hurdles	G	MC
19:40	400m Hurdles	G	FINAL
19:45	110m Hurdles	B	MC

DAY THREE CONTINUED

19:55	400m	G	FINAL
20:10	1,500M	B	FINAL
20:25	200m	G	FINAL
20:35	200m	B	FINAL
20:37	800m	G	MC
20:43	Pole Vault	G	MC
20:49	Shot Put	G	MC
20:55	2,000m Steeplechase	G	MC

Evening

18:45	Javelin Throw	W	Final
19:15	110m Hurdles	M	Semi-Final
19:20	Pole Vault	W	Final
19:40	4x100m Relay	M	Heats
19:45	Triple Jump	M	Final
20:00	4x100m Relay	W	Heats
20:20	400m Hurdles	W	Semi-Final
20:35	Discus Throw	M	Final
20:45	800m	W	Heptathlon
21:05	5000m	W	Final
21:30	110m Hurdles	M	Final
21:40	800m	W	Final
21:50	1500m	M	Final

DAY FOUR**Morning**

09:00	110m Hurdles Decathlon	B	
09:55	Discus Throw Decathlon	B	A/B
12:30	Pole Vault Decathlon	B	A/B

Evening

15:32	400m	G	MC
15:38	400m	B	MC
15:44	1,500m	B	MC
15:50	Javelin Throw	B	MC
16:00	Discus Throw	B	FINAL
16:05	High Jump	B	MC
16:15	Long Jump	G	FINAL
16:20	200m	B	MC
16:35	High Jump	G	FINAL
17:15	400m Hurdles	G	FINAL
17:40	400m Hurdles	B	FINAL
17:43	200m	B	MC
17:50	Javelin Throw Decathlon	B	A/B
18:10	800m	B	FINAL
18:15	Pole Vault	B	FINAL
18:20	Discus Throw	B	MC
18:27	400m Hurdles	G	MC
18:35	Triple Jump	B	FINAL
18:40	1,500m	G	FINAL
18:50	400m Hurdles	B	MC
19:00	Long Jump	G	MC
19:15	2,000m Steeplechase	B	FINAL
19:25	800m	B	MC
19:32	High Jump	G	MC
19:39	1,500m	G	MC
19:50	Javelin Throw	G	FINAL
19:55	1,500m Decathlon	B	
20:10	2,000 Steeplechase	B	MC
20:30	Medley Relay	G	FINAL
20:40	Decathlon	B	MC
21:00	Medley Relay	B	FINAL
21:05	Triple Jump	B	MC
21:11	Pole Vault	B	MC
21:17	Javelin Throw	G	MC
	Banquet Medley Relay	G	MC
	Banquet Medley Relay	B	MC

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