

2010 European Championships • Biographical Entry List (may include reserves)

Women's 100 Metres

Entrants: 34

Starting: July 28

	Age	(Days)	Born	Season's Best	Personal Best
BALYKINA Yuliya BLR 200 pb: 23.83 -10. ht EIC 60 2009. Ex-Ukraine, cleared to compete for Belarus from March 18, 2008 In 2010: 1 Belorussian indoor 60; 1 Belorussian Cup 100 (2 200); 2 Minsk 100; 2 Warsaw 100; 4 ETCh 100 'B'; 2 Belorussian 100; 5 Reims 100	26y	106d	1984	11.25	11.25 -10
NESTERENKO Yuliya BLR 2004 Olympic Champion at 100m where she broke 11 seconds in all four rounds, but she did not do so before or since 11.53w -09. 200 pb: 22.91 -04. 7 WCH 4x100 2003; 3 WIC 60 2004; 1 OLY 100 2004; 8 WCH 100 2005 (3 4x100); 6 ECH 100 2006 (3 4x100); 1 ECP 100 2008. 1 Polish Universities 100 2002. Husband is 400m runner Dmitriy Nesterenko ... member of the Dynamo Brest Sports Club, lives-Brest ... she studied and trained at a school for athletes in Minsk after she was discovered as a potential Olympian (Nestsiarenka is the Belorussian transliteration of her name as opposed to the Russian version with which we are more familiar) In 2010: dq Belorussian 100	31y	43d	1979	-	10.92 -04
NEVMERZHITSKAYA Alena BLR 2005 European Indoor 60m finalist ... 200 pb: 22.99 -06 (23.29w, 23.32 -10). 7 EIC 60 2005 (2007-ht); 3 WCH 4x100 2005; sf WIC 60 2006; sf ECH 100 2006 (3 4x100); 5 ECP 200 2007; 4 ETCh 200 'A' 2010. 1 Belorussian 100 2003/2006/2010 (1 200 2003); In 2010: 1 Belorussian Cup 200 (3 100); 1 Minsk 100; 4 ETCh 200 'A'; 1 Belorussian 100 (2 200); 8 Moscow "Open" (Jun 29) 200; 5 Barcelona 100 Timed at 11.05 in Belarus on June 26, then only 11.74 here in Barcelona 13 days later	29y	365d	1980	11.05	11.05 -10
EFTIMOVA Inna BUL Two medals at 2007 European Juniors ... 200 pb: 22.94 -08 (23.80 -10). ht World Youth 100/200 2005; ht WJC 100/200 2006; 2 EJC 100 2007 (3 200); ht WCH 100 2007; qf OLY 200 2008 (ht 100); sf EIC 60 2009; 1 International Military Champs 100 2009 (3 200). 1 Bulgarian 100/200 2008 In 2010: 3 Sofia 200; 4 Barcelona 100; 2 Ústí Nad Labem 100	22y	38d	1988	11.61	11.26 -08
LALOVA Ivet BUL Close fourth in Athens Olympic 100m & fifth at 200m, but then broke her leg in 2005 and never at that level since 200 pb: 22.36w, 22.51 -04 (23.71 -10). 4 World Youth 200 2001 (sf 100); sf WJC 100 2002; 1 EJC 100/200 2003; 4 OLY 100 2004 (5 200); 1 EIC 200 2005; qf WCH 100 2007; sf WIC 60 2008; sf OLY 100 2008 (qf 200). Father-Miroslav Lalov ran 10.4 for 100m in 1966 and was Bulgarian Champion at 200m that year, mother-Lilya was a pentathlete ... coach-Konstantin Milanov ... she broke her right femur while warming up to compete at the 2005 Athens Grand Prix - "I had to wait two months before I could start walking" In 2010: 6sf WIC 60; 1 Turkish Clubs 100/200; 1 Rieti 100; 1 ETCh 3rd League 100 'A' (2 200 'A'); 6 Zhukovskiy 200; 4 Cork 100; 7 Réthymno 100; 5 Heusden 200; 5 Liège 100	26y	70d	1984	11.43	10.77 -04
ARTYMATA Eleni CYP 2009 World finalist at 200m ... 200 pb: 22.64 -09 (23.12 -10). 3 EJC 100 2005 (5 200); 1 Small States Games 100 2005/2007/2009 (1 200 2007/2009); sf COM 100/2006 2006; sf ECH 200 2006; qf OLY 200 2008; 1 Mediterranean Games 200 2009; 8 WCH 200 2009. 1 Greek 200 2005/2006 In 2010: 1 ETCh 3rd League 200 'A' (2 100 'A'); 4 Réthymno 200	24y	73d	1986	11.71	11.437 -09
ČECHOVÁ Kateřina CZE 2007 European Junior bronze at 100m ... 11.35w -20. 200 pb: 23.63 -08 (23.73 -10). sf WJC 200 2006 (ht 100); 3 EJC 100 2007. 1 Czech 100 2008/2009/2010 In 2010: 1 Czech indoor 200 (2 60); 2 Czech Clubs 100/200 (May 22); 7 Ostrava 100; 1 Czech Clubs 100/200 (Jun 6); 7 Prague (Odlozil Memorial) 200; 4 ETCh 1st League 100 'A'; 4ht Wattenscheid 100; 1 Velenje 100; 1 Pardubice 100; 1 Ústí Nad Labem 100; 1 Czech 100	22y	128d	1988	11.44	11.44 -10
MURILLO Digna Luz ESP Ex-Colombia ... won sprint double at 2003 South American Championships 11.23w -03. 200 pb: 22.98 -04 (23.95 -10). sf OLY 4x100 2000; qf WCH 200 2003; 4 Pan-Am Games 200 2003; 1 South American 100/200 2003; 2 Ibero-American 100 2004; qf OLY 200 2004. 1 Spanish 100 2010. Became a Spanish citizen on January 28, 2009 and cleared to compete for Spain from January 28, 2010 In 2010: 1 Spanish Clubs indoor 60; 1 Spanish indoor 60; 4sf WIC 60; 1 Oviedo 100; 1 San Sebastián 100; 1 Salamanca 100; 2 European Clubs Cup 100 (3 200 'C'); 3 Ibero-American 100/4x100; 6 Huelva 200; 2 ETCh 100 'B' (4 200 'B'); 1 Spanish 100	29y	67d	1981	11.43	11.35 -03
ARRON Christine FRA European record holder at 100m ... sprint double bronze at 2005 World Championships 200 pb: 22.26 -99. 1 Mediterranean 200 97; 1 ECP 200 97/2005 (1 100 99/2003/2004/2005); 4 WCH 100 97 (99-6, 2003-5, 2007-6); 1 ECH 100/4x100 98; sf OLY 100 2000/2004 (2008-qf); 1 WCH 4x100 2003 (97-3, 99-2, 2005-4); 7 WIC 60 2004; 3 OLY 4x100 2004; 3 WCH 100/200 2005. 1 French 100 2000/2003/2004 (1 200 97/2004/2005). From family of athletes: father was a long jumper, grandfather & brother were sprinters ... son Ethan born June 28, 2002 ... born-Guadeloupe ... Coach-Pierre-Jean Vazel She's coming back from a stress fracture to her hip which flared up in July 2009 after she had returned from surgery on the same hip in November 2008; she was told that normally people are no supposed to recover so quickly after such injuries In 2010: 1 Amiens 100; 3 Tomblaine 100; 3 Reims 100; 2 French 100	36y	318d	1973	11.30	10.73 -98
MANG Véronique FRA IWinner over 100m at 2010 European Team Championships ... led off French relay team which won 2004 Olympic bronze 11.16w -10. 200 pb: 22.92 -04 (23.12 -10). 1 EJC 4x100 2003 (2 100); 1 ECP 4x100 2004; 3 OLY 4x100 2004; 1 Mediterranean Games 100 2005; sf ECH 100 2006; sf WIC 60 2010. 1 French 100 2006/2010. Born-Cameroon ... law student ... coach-Olivier Marchand In 2010: 2 French indoor 60; 4sf WIC 60; 1 Franconville 200; 1 French Clubs 100; 1 Forbach 100/200; 1 ETCh 100 'A'; 1 Nantes 200; 2 Tomblaine 100; 1 French 100; 1 La Roche Sur Yon 200	25y	224d	1984	11.20	11.20 -10
SOUMARÉ Myriam FRA 2010 World indoor finalist at 60m ... 11.32w -10. 200 pb: 23.01 -10. 3 under-23 ECH 100 2007; 2 Mediterranean Games 100 2009; qf WCH 100 2009; 8 WIC 60 2010. 1 French 100 2009 & indoor 60 2010. Coach-Olivier Darnal In 2010: 1 French indoor 60; 8 WIC 60; 7 Baie Mahault 100; 1 Franconville 400; 1 Montgeron 100; 3 Forbach 100; 2 Regensburg 200; 5 Montreuil 100; 2 Sotteville 200; 2 Hérouville 200; 2 Nantes 200; dnf Tomblaine 100; 2 La Chaux-de-Fonds 100; 2 French 200 (3 100)	23y	272d	1986	11.35	11.34 -09

TURNER Laura GBR	27y	350d	1982	11.11	11.11 -10
Now Britain's third-quickest of all-time at 100m ... 200 pb: 23.29 -07 (23.42 -10). 6 under-23 ECH 4x100 2003; 5 WSG 100 2005; 4 COM 100 2006 (2 4x100); sf WCH 100 2007 (4 4x100); sf WIC 60 2008; ht OLY 100 2008; 6 WCH 4x100 2009. Ran in heat of 2006 European 4x100m, so awarded silver medal won by team in final. 1 AAA 100 2005; 11 UK indoor 60 2007/2008; 1 UK 100/200 2010 ... coach-Linford Christie (formerly Madeleine Weston) In 2010: 3 Mt SAC Relays 200 (4 100); 1 La Jolla 100/200; 1 Pavia 100; 1 Manchester 100; 2 Regensburg 100 (3 200); 1 ETCh 100 'B' (3rd overall); 1 UK 100/200; 1 La Chaux-de-Fonds 100 (2 200); 3 Réthymno 100; 8ht Gateshead Diamond 100					
KWADWO Yasmin GER	19y	261d	1990	11.33	11.33 -10
2009 European Junior Champion at 100m ... s200 pb: 23.89 -09. f WJC 100 2008; 1 EJC 100/4x100 2009; sf WIC 60 2010. 1 German junior indoor 60 2008/2009; 1 German junior & under-23 100 2009; 1 German indoor 60 2010 In 2010: 4ht Karlsruhe 60; 4 Leipzig 60; 1 German indoor 60; 7sf WIC 60; 2 Rehlingen 100; 3 Wattenscheid 100; 2ht Wattenscheid 100; =1 Mannheim 100; 3 German 100					
MÖLLINGER Anne GER	24y	304d	1985	11.33	11.33 -10
2009 World relay bronze ... 200 pb: 23.50 -10. 2 under-23 ECH 4x100 2005; 3 WCH 4x100 2009 (ran second leg) In 2010: 1 German indoor 200 (2 60); 2 Forbach 100; 1 Regensburg 200 'B'; 1 ETCh 200 'B'; 2 Wattenscheid 100; =1 Mannheim 100; 1 Mannheim 200 (=1 100); 2 German 100					
SAILER Verena GER	24y	285d	1985	11.23	11.18 -09
2009 European Indoor bronze at 60m ... anchored Germany to 2009 World relay bronze 11.11w -09. 6 EJC 100 2003; 5 WJC 100 2004; sf ECH 100 2006; 1 under-23 ECH 100 2007 (2005-3); sf WIC 60 2008; 8 ECP 100 2008; 5 OLY 4x100 2008; 3 EIC 60 2009 (2007-sf); sf WCH 100 2009 (2007-qf); 3 WCH 4x100 2009. 1 German 100 2006/2007/2008/2009/2010. Former gymnast ... coach-Valeriy Bauer In 2010: 1 Rehlingen 100; 4 Hengelo 100; 1 Regensburg 100; 6 ETCh 100 'A'; 1 Wattenscheid 100; 1 German 100					
KOKLÓNI Yeoryía GRE	29y	82d	1981	11.24	11.24 -10
(Yeoryía = "Georgia") ... 2003 European under-23 Champion at 100m ... 2005 European indoor silver at 60m ... 2009 Mediterranean Champion at 100m ... 4x Greek Champion at 100m sf ECH 100 2002/2006; 1 under-23 ECH 100 2003 (2001-7); sf WIC 60 2004 (2003-ht); 2 EIC 60 2005 (2003-3); 6 WCP 100 2006; 1 Mediterranean Games 100 2009. 1 Greek 100 2006/2008/2009/2010 ... coach-Adónios Yiannoulákis In 2010: 1 Athens 100; 1 Greek 100; 3 ETCh 100 'A'					
McSWEENEY Ailis IRL	26y	297d	1983	11.40	11.40 -10
At Liège on July 13, 2010 with 11.40 she broke the Irish 100m record which had stood since 1978 to Michelle Walsh ht EIC 60 2005/2009; 2 WSG 100 2005; sf WIC 60 2006/2008; ht EIC 100 2006; sf WIC 60 2008. 1 Irish 100 2009/2010. Coach-John Sheehan In 2010: dq UK indoor 60 (false start); 3 Florø 100; 2 Cork 100; 6 Sint-Niklaas 100; 5 Loughborough 'international' 100 'B'; 1 Dublin 100; 1 Valbonne 100; 1 Geneva 100; 1 Namur 100; 2 Cork 100; 1 Irish 100; 1 Liège 100 'B'					
LEVORATO Manuela ITA	33y	134d	1977	11.48	11.14 -01
Sprint double bronze at 2002 European Championships ... Italian record holder at 100m & 200m 11.13w -01. 200 pb: 22.60 -99. 400 pb: 52.16 -02. 4 EJC 100 95; 7 WJC 100 96; 1 under-23 ECH 100/200 99; sf WIC 60 99/2004; sf WCH 200 99/2001; sf WCH 100 2001 (97-ht, 2005-qf); 2 ECP 100 2002 (98-7, 2000-3, 2001-6, 2005-4); 2 ECP 200 2002 (98-6, 99/2001-5, 2000-4); 3 ECH 100/200 2002 (ht 200 98); sf WIC 200 2003. 1 Italian 100 2001/2002/2010 In 2010: 1 Italian Clubs Cup 100; 3 Geneva 100; 5 ETCh 100 'B'; 1 Italian 100					
GRINČIKAITĖ Lina LTU	23y	86d	1987	11.42	11.31 -09
2008 Olympic semi-finalist at 100m ... 200 pb: 23.33 -08 (23.38 -10). 1 European Youth 100 2003; 7 World Youth 1000 2003; sf WJC 100 2004; 2 EJC 100 2005 (4 200); sf WIC 60 2006/2010; 6 WJC 100 2006 (sf 200); sf OLY 100 2008. 1 Lithuanian 100/200 2006 (1 100 2008/2010); 7 EIC 60 2009 (2005-sf, 2007-ht). 1 Lithuanian indoor 60 2004-2010 In 2010: 1 Lithuanian indoor 60 (7th time); 5sf WIC 60; 1 Lithuanian Universities 100; 1 Tartu 100/200; 1 Ostrava 100 'B'; 1 Kaunas 100; 1 Portuguese Clubs 100/200; 1 ETCh 1st League 100 'A' (4 200 'A'); 1 Lithuanian 100; 1 Valmiera 100					
ROZMAN Ivana MKD	21y	14d	1989	12.53	12.07 -09
FR of Macedonia indoor record holder at 60m ... ht EIC 60 2009 In 2010: 5 ETCh 3rd League 100 'A' (5 200 'B')					
AKINYEMI Folake NOR	20y	119d	1990	11.60	11.47 -09
2009 European junior silver at 100m ... 11.41w -09. 200 pb: 23.61 -10. sf WJC 100 2008 (ht 200); sf EIC 60 2009; 2 EJC 100 2009 (6 200). 1 Norwegian junior 100 2008 & English junior indoor 60 2009. 1 Bissett Games Girl's 100 2005 (at age 15) In 2010: 8sf WIC 60; 1 Oslo 100 (Jun 29); 4 Sollentuna 200; 3 Celle Ligue 200; 2 Donnas 100 (3 200)					
OKPARAEO Ezinne NOR	22y	146d	1988	11.26	11.26 -10
Norwegian record holder at 60m & 100m ... 2007 European Junior Champion at 100m ... 2009 European indoor silver at 60m 11.12w -09 (11.24w -10). 200 pb: 23.61 -08. ht EJC 100 2005; sf WJC 100 2006 (ht 200); ht EIC 60 2007; 1 EJC 100 2007; sf WIC 2008; qf OLY 100 2008; qf WCH 100 2009; 2 ETCh 100 'A' 2010. 1 Norwegian 100 2005/2006/2007/2008/2009. Born-Nigeria, she came to Norway aged 9 ... Student of marketing at Oslo University College ... coach-Leif Olav Alnes (who was the coach of 1994 European outdoor 200m Champion Geir Moen) In 2010: 1 Oslo; 1 Florø 100; 2 Oslo Diamond 100; 2 ETCh 100 'A' (5 200 'B'); 7 Sollentuna 200; 9 Barcelona 100					
POPOWICZ Marika POL	22y	90d	1988	11.42	11.38 -09
Double Polish sprint champion outdoors in 2009 & indoors in 2010 ... 200 pb: 23.15 -09 (23.33 -10). 1 EJC 4x100 2005 (2007-3); 6 World Youth 200 2005; sf WJC 100/200 2006; 5 EJC 100 2007; 3 under-23 ECH 100/200 2009 (2 4x100). 1 Polish 100/200 2009; 1 Polish indoor 60/200 2010 In 2010: 1 Polish indoor 60/200; 6ht WIC 60; 2 Cottbus 100; 2 Bydgoszcz 100 (6 200); 4 Warsaw 100					
TAVARES Sónia POR	24y	129d	1986	11.58	11.39 -09
200 pb: 23.43 -10. 6 EJC 100 2005; ht EIC 2007; 3 WSG 100 2009; qf WCH 100 2009. 1 Portuguese 100 2006/2007/2008 (1 200 2009) In 2010: 1 Portuguese indoor 60/200; 1 Salamanca 200 (3 100); 4 European Clubs Cup 100; 7 Ibero-American 100/200; 2 Portuguese Clubs 100/200; 5 ETCh 1st League 100 'A' (2 200 'B'); 1 Cáceres 100; 8 Barcelona 100					
OGRAZEANU Andreea ROU	20y	126d	1990	11.46	11.45 -09
2009 European Junior Champion at 200m ... 200 pb: 23.29 -09 (23.51 -10). ht WJC 100/200 2006; 1 EJC 200 2009 (3 100); ht WCH 200 2009. 1 Romanian 100 2009/2010 (1 200 2009) In 2010: 1 Bucharest 100 (May 21); 3 Brazzaville 100 (6 200); 1 Romanian 'International' 100/200; 2 Istanbul under-23 100; 5 Prague (Odlozil Memorial) 200; 2 ETCh 1st League 100 'B' (4 200 'B'); 1 Romanian 100 (2 200)					

GUROVA Anna RUS	29y	90d	1981	11.24	11.24 -10
200 pb: 23.95w -06, 24.00 -07. 1 Russian 100 2010 (2009-6). Many appearances in heats & semi-finals of Russian sprint championships in 2004-2008; she reached her first final at 100m in 2009, placing sixth then went on to win in 2010. From-Krasnodar In 2010: 2 Russian Clubs 100; 1 Russian 100					
KATSURA Yuliya RUS	27y	61d	1983	11.22	11.22 -10
2010 Russian Indoor Champion at 200m ... 200 pb: 23.14w -09, 23.15i -10, 23.27 -09. sf WIC 60 2010. 1 Russian indoor 200 2010. Coach-Mikhail Gladyr In 2010: 1 Russian indoor 200 (3 60); 5sf WIC 60; 1 Russian Clubs 100; 3 Russian 100					
MEKHTI-ZADE Yuna RUS	24y	94d	1986	11.28	11.28 -10
200 pb: 23.69 -08. 2 EJC 4x100 2005; 5 under-23 ECH 100 2007 (1 4x100); 4 WSG 100 2007. 1 Russian under-23 100 2008. Graduate of Psychology from the Moscow Academy of Humanitarian Sciences ... her great grandfather was Iranian who emigrated from Iran to Azerbaijan during the second world war ... her father/coach-Ismael Mekhti-Zade was a former Azeri Champion at 400m Hurdles In 2010: 5 Russian indoor 60; 3 Russian Clubs 100; 1 Moscow Regional 100; 7 Warsaw 100; 1 Moscow (Kuts Memorial) 100; 2 Russian 100					
MURN Tina SLO	27y	55d	1983	11.84	11.48 -09
5 WSG 100 2009. 1 Slovenian 100 2009 In 2010: 2 Slovenian indoor 60; 2 Slovenian Cup 100; 5 ETCh 1st League 100 'B'; 5 Novo Mesto 100; 4 Slovenian 100					
MARONCELLI Sara SMR	28y	151d	1982	12.70	12.70 -10
ht WJC 100 2000; ht EIC 60 2002 In 2010: 4 ETCh 3rd League 100 'B'/200 'B'					
BERNTSSON Lena SWE	31y	266d	1978	11.62	11.50 -09
2009 European indoor finalist at 60m ... the same month she was 12th in the 53Kg category at the 2009 World Championships (90Kg Clean & Jerk + 70Kg Snatch) 200 pb: 23.66 -09 (24.52 -10). 100H pb: 13.74 -08. sf WIC 60 2008/2010; 5 EIC 60 2009; 10 ETCh 100 2009. 1 Swedish 100 2007/2009, 200 2009, 100H 2008 & indoor 60 2010 ... her father played in the Swedish football third division ... 1.62/54kg In 2010: 1 Swedish indoor 60; 7sf WIC 60; 5 Oslo Diamond 100; 1 Sävedalen 100; 4 Leiden 100 (6 200); 6 ETCh 1st League 100 'A'; 1 Jönköping 100 'B'; 4 Uden 200 (6 100); 7 Barcelona 100; 7 Karlstad 100					
POHREBNYAK Nataliya UKR	22y	159d	1988	11.45	11.28 -08
Fourth in 2007 European Junior 100m ... 200 pb: 23.22w -06, 23.44 -08. sf World Youth 100 2005; sf WJC 100 2006 (2004-ht); 4 EJC 100 2007 (2 4x100); ht WCH 100 2007; 6 ECP 100 2008; qf OLY 100 2008; 2 under-23 ECH 100 2009 (7 200). 1 Ukrainian 100 2006/2008/2009 In 2010: dq Ukrainian indoor 60; 2 Ukrainian Cup 100; 1 Warsaw 100; 1 Sofia 100; 3 Ukrainian 100; 8 Réthymno 100; 1 Biberach 100					
POVH Olesya UKR	22y	283d	1987	11.29	11.29 -10
200 pb: 23.92 -08. 1 Ukrainian 100 2010 (1 indoor 60 2010) In 2010: 1 Ukrainian indoor 60; 7sf WIC 60; 1 Donyetsk 100; 1 Ukrainian Cup 100; 5 ETCh 100 'A'; 1 Ukrainian 100					
RYEMYEN Mariya UKR	22y	360d	1987	11.30	11.30 -10
200 pb: 23.16 -10. 7 under-23 ECH 100 2009; sf WIC 60 2010. 1 Ukrainian 200 2010 In 2010: 2 Ukrainian indoor 60; 7sf WIC 60; 3 Donyetsk 200; 2 Ukrainian Cup 200 (3 100); 1 Ukrainian 200 (2 100)					

WORLD ALL-TIME LIST				2010 EUROPEAN LIST			
1.	10.49	Fl. Griffith Joyner USA	1988	1	11.05	A. Nevmerzhitskaya BLR	
2	10.64	Carmelita Jeter	2009	2	11.11	Laura Turner GBR	
3	10.65	Marion Jones USA	1998	3	11.20	Véronique Mang FRA	
=4	10.73	Christine Arron FRA	1998	4	11.22	Yuliya Katsura RUS	
	10.73	Shelly-Ann Fraser JAM	2009	5	11.23	Verena Sailer GER	
6	10.74	Merlene Ottey JAM	1996	=6	11.24	Anna Gurova RUS	
7	10.75	Kerron Stewart JAM	2009		11.24	Jodie Williams GBR	
8	10.76	Evelyn Ashford USA	1984		11.24	Yeoryia Koklóni GRE	
=9	10.77	Irina Privalova RUS	1994	9	11.25	Yuliya Balykina BLR	
	10.77	Ivet Lalova BUL	2004	10	11.26	Ezinne Okparaebo NOR	

2010 European Championships • Biographical Entry List (may include reserves)

Women's 10,000 Metres

Entrants: 21

Starting: July 28

	Age	(Days)	Born	Season's Best	Personal Best
KUDZELICH Sviatlana BLR	23y	82d	1987	32:53.64	32:53.64 -10
5000 pb: 15:57.22 -10. 3000 pb: 9:16.06 -10. 12 WJC 5000 2006; 2 under-23 ECH 5000 2009 (5 10,000); 5 ETCh 3000 2010. 1 Belorussian 5000 2009 In 2010: 1 Belorussian indoor 3000SC (2 3000); 17 Sendai Half Mar; 1 Belorussian Cup 3000; 11 European Cup 10,000; 5 ETCh 3000; 2 Belorussian 5000; 2 Minsk 1500					
MØLLER Maria Sig DEN	26y	291d	1983	-	33:18.40 -09
5000 pb: 16:16.81 -09. Half Mar pb: 72:50 -09. 11 World Student Games 5000 2007; 28 World Half Mar 2008 (2009-30). 1 Danish 5000 2007/2008 & Half Mar 2009 In 2010: 12 'Great' Manchester 10K; 2 Copenhagen 3000; 2 ETCh 3rd League 5000					
BARRACHINA Gemma ESP	24y	109d	1986	31:54.64	31:54.64 -10
5000 pb: 15:44.22 -10. 10 under-23 ECH 5000 2007. At EXC: 2007-35u23, 2008-25u23, 2009-38. 1 Spanish under-23 5000 2008. At WXC: 2005-103J, 2010-59. Coach-José Rios In 2010: 3 Spanish XC; 2 Catalanian 10,000; 59 WXC; 1 Oviedo 3000; 2 European Clubs Cup 5000; 3 Bilbao 5000; 3 Spanish 5000					
MARTÍN Jacqueline ESP	36y	105d	1974	32:59.93	32:59.93 -10
Spanish Cross Country Champion at long course in 2004 & short course in 2005 5000 pb: 15:27.82 -00 (16:28.88 -10). 1500 pb: 4:13.22 -96. 3000 pb: 8:59.22 -00. ht EIC 3000 2005. At WXC: 92-78J, 93-69J, 95-115, 98-42 short, 99-41 short, 2001-60 short, 2002-36 short, 2004-58 short, 2005-dnf long, 2008-40, 2009-42, 2010-52. At EXC: 97-21, 99-28, 2000-12, 2001-28, 2003-35, 2004-dnf ... coach-Vicente Egido In 2010: 6 Maliaño XC; 6 Spanish XC; 52 WXC (her 12th World Cross Country Championships); 9 Burgos road mile; 1 Prat de Llobregat 5000; 1 Mataró 3000; 14 European Cup 10,000					
PAVEY Jo GBR	36y	311d	1973	31:51.91	31:12.30 -08
2006 Commonwealth Games 5000m silver ... fourth in 2007 World 10,000m ... fifth in 2004 Olympic 5000m 5000 pb: 14:39.96 -06 (15:02.31 -10). 1500 pb: 4:01.79 -03. 3000 pb: 8:31.27 -02. Half Mar pb: 68:53 -08. 2 ECP 5000 2002/2003; 5 COM 5000 2002; 3 WCP 5000 2002; 10 WCH 1500 2003 (97-sf); 5 WIC 3000 2004; 5 OLY 5000 2004 (2000-12); dnf EIC 3000 2005 (calf injury); 1 ECP 3000 2006; 4 ECH 5000 2006 (2002-5); 4 WCH 10,000 2007; 9 WCH 5000 2007 (2001-11, 2005-15); 12 OLY 10,000 2008; 2 ETCh 5000 2010. At WXC: 2003-40 short. At EXC: 2004-3, 2006-8. 1 UK 5000 2007/2008 & 10,000 2010. Born-Honiton, lives-Teddington ... coach/husband-Gavin, their son Jacob Matthew born September 14, 2009 In 2010: 2 Dublin "Great Ireland" 10K; 5 "Great" Manchester 10K; 2 ETCh 5000; 1 UK 10,000; 13 Paris Diamond 5000					
MOCKENHAUPT Sabrina GER	29y	233d	1980	31:23.86	31:14.21 -08
Second in 2005 European Cross Country Championships ... fourth in 2007 European indoor 3000m ... she's now moved up to marathons 5000 pb: 14:59.88 -09 (15:06.93 -10). 3000 pb: 8:44.65 -03. Mar pb: 2:26.22 -08. 8 EIC 3000 2002; 3 ECP 3000 2003 (2001-6); dnf WCH 10,000 2003; 7 WIC 3000 2004; 17 WCH 10,000 2005; 8 ECH 10,000 2006 (2002-10); 6 ECH 5000 2006; 6 WCP 5000 2006 (2002-7); 4 EIC 3000 2007; 2 ECP 5000 2007 (2002/2005/2006-4, 2004-3); 13 OLY 10,000 2008; 1 ETCh 5000 2010 (2009-3). 1 German 5000 2007/2008/2009/2010 (1 10,000 2009/2010). At WXC: 98-39J, 99-31J. At EXC: 97-22J, 98-17J, 2000-17, 2001-38, 2003-15, 2004-5, 2005-2. Sergeant in the Bundeswehr (German Federal Armed Forces) ... coach-Heiner Weber Marathons (4): 1 Cologne 2007, 1 Frankfurt 2008, 17 WCH 2009, 1 Cologne 2009 In 2010: 1 German indoor 3000; 1 German XC; 1 Herdorf 10K; 3 Berlin Half Mar; 1 German 10,000; 1 Berlin 10K; 5 Hengelo 5000; 2 European Cup 10,000; 1 ETCh 5000; 1 German 5000					
KEFALÁ Konstadína GRE	32y	353d	1977	33:11.76	33:11.76 -10
2009 Balkan Cross Country Champion ... 1500 pb: 4:18.76 -10. 5000 pb: 16:47.87 -09. 3000SC pb: 9:54.01 -10. 8 ECP 3000SC 2004; 9 ETCh 3000/5000 2010. 1 Greek 3000SC 2004 & 10,000 2010. At WXC: 2008-67, 2009-61. Born-Las Vegas ... Graduate of Communications from University of Southern California ... coach-Dimitrios Theodoridis In 2010: 1 Athens 1500; 1 Greek 10,000; 4 Kalamáta 1500; 3 Greek 1500; 9 ETCh 3000/5000; 4 Kalamáta 1500; 1 Pátra 3000SC					
ERDÉLYI Zsófia HUN	22y	230d	1987	33:18.75	33:18.75 -10
2009 European under-23 silver at 10,000m ... 5000 pb: 16:09.38 -09 (16:12.42 -10). 12 WJC 3000SC 2006; 6 under-23 ECH 5000 2007 (7 10,000); 2 under-23 ECH 10,000 2009 (5 5000). At EXC: 2006-48J. 1 Hungarian 1500/5000 2007. Student of French Language and Literature at the University of Southern California In 2010: 1 Los Angeles 3000; 7 Stanford 10,000; 1 Westwood 1500/5000; 3 Berkeley 5000; 24 NCAA 10,000					
PAPP Krisztina HUN	27y	223d	1982	31:46.47	31:46.47 -10
2009 World finalist at 5000m ... 5000 pb: 15:08.65 -05 (15:47.36 -10). 1500 pb: 4:08.07 -06. 3000 pb: 8:44.49 -06 (8:48.25 -10). 4 EJC 3000 2001; ht WJC 1500 2000; 12 EIC 3000 2002; 1 under-23 ECH 10,000 2003 (4 5000); ht OLY 5000 2004/2008; 3 ECP 10,000 2006; 8 ECH 5000 2006; 6 WCP 3000 2006; 20 World Half Mar 2007; 14 WCH 5000 2009. At EXC: 99-55J, 2000-32J, 2001-30J, 2004-22, 2005-45. 1 Hungarian 1500 2006/2009, 5000 2004/2005 & 10,000 2005/2006. Coach-Ferenc Csoma In 2010: 2 Stanford 10,000; 17 Hengelo 5000; 2 ETCh 1st League 1500/3000; 11 Monaco Diamond 3000					
DAL RI Federica ITA	29y	305d	1980	32:55.12	32:55.12 -10
5000 pb: 15:39.21 -10. 1500 pb: 4:14.72 -06 (4:26.66 -10). 3000 pb: 9:03.76i -08, 9:11.68 -09. 6 ETCh 3000 2009 (7 5000 2010). At WXC: 99-88J, 2002-86 short, 2005-53 long, 2009-47. At EXC: 99-53J, 2008-38, 2009-19. 1 Italian 5000 2009/2010 & indoor 3000 2010 In 2010: 1 Italian indoor 3000; 6 Italian XC; 2 Rieti 10,000; 1 Rovereto 1500 (May 2); 2 Rovereto 5000 (May 16); 12 European Cup 10,000; 7 ETCh 5000; 1 Italian 5000					
KIBET Hilda NED	29y	123d	1981	33:09.08	30:51.92 -09
Ex-Kenya, became a Dutch citizen on October 13, 2007 ... 2008 European Cross Country Champion 5000 pb: 15:32.07 -04. Mar pb: 2:30:33 -09. Half Mar pb: 68:39 -10. Mar pb: 2:32:10 -07. 1 Hague Half Mar 2007; 6 Amsterdam 2007 (début); 15 OLY 10,000 2008. At WXC: 2008-5, 2009-6, 2010-10. At EXC: 2008-1. Physiotherapist ... began running seriously in 2002 ... cleared to represent the Netherlands from February 16, 2008 ... cousin of Lornah Kiplagat ... younger sister is 2009 World 5000m silver medalist Sylvia Kibet Marathons (2): 6 Amsterdam 2007; 3 Amsterdam 2009. Also paced New York 2005 In 2010: 4 Seville XC; 7 R'as Al Khaimah Half Mar (pb 68:39); 10 WXC; 4 Glasgow 10K; 6 Bangalore 10K; 10 Kenyan 10,000 (33:09.08 at altitude)					

GRØVDAL Karoline Bjerkeli NOR 20y 44d 1990 - -
 Twice European Junior Champion at steeplechase, now also at 5000m and Cross Country
 Road 10K pb: 31:29 -09. 5000 pb: 15:29.82 -09. 3000SC pb: 9:33.19 -07 (9:39.54 -10). Road 10K pb: 31:29 -09. 5 WJC 2006; 3 World Youth 2000SC 2007; 1 EJC 3000SC 2007/2009 (1 5000 2009); ht WCH 3000SC 2009; 3 ETCh 5000 2010 (7 3000SC). At EXC: 2006-2J, 2009-1J. 1 Norwegian 3000SC 2006/2009
 In 2010: 3 European Clubs Cup XC; 2 Mustasaari 3000SC; dnf WXC; 1 Rehlingen 3000SC; 2 Florø 1500; 10 Oslo Diamond 3000SC; 10 Rome Diamond 3000SC; 3 ETCh 5000 (7 3000SC)

She's never run a track 10,000m but one athlete per country can be entered to any event regardless of the standard (only when there are two or three all of them need to have achieved the standard)

AUGUSTO Jessica POR 28y 262d 1981 31:19.15 31:19.15 -10
 Second in 2008 European Cross Country Championships ... Portuguese steeplechase record holder (though she prefers flat races now)
 5000 pb: 14:37.07 -10. 3000SC pb: 9:18.54 -10. 3000 pb: 8:41.53 -07. 1500 pb: 4:08.32 -10. 6 EJC 3000 99 (12 1500); 8 WJC 3000 2000; 10 under-23 ECH 1500 2001 (dnf 5000 2003); 1 WSG 5000 2007; 15 WCH 5000 2007 (2005-ht); 8 WIC 3000 2008/2010; ht OLY 5000/3000SC 2008; 10 EIC 3000 2009. At WXC: 2000 -32J, 2001-57 short, 2004-61 short, 2005-31 short, 2006-dnf long, 2007-12, 2008-dnf, 2010-21. At EXC: 98-12J, 99-8J, 2000-1J, 2002-16, 2004-18, 2005-30, 2006-9, 2007-11, 2008-2, 2009-4. 1 Portuguese 5000 2006 & indoor 1500 2008. 1 Great North Run 2009 (2005-14, 2008-9). Coach-Elsa Amaral
 In 2010: 9 "Great Edinburgh" XC; 3 Valencia 1500; 4 Birmingham 2M (Set European indoor best 9:19.39); 1 Portuguese indoor 1500; 8 WIC 3000; 21 WXC; 1 Barcelona 10K (pb 32:08); 4 "Great Edinburgh" 10K; 2 "Great" Manchester 10K; 3 Ostrava 10,000; 1 Ibero-American 3000 (3 1500); 2 Huelva 3000SC; 1 ETCh 1st League 1500/3000SC; 6 Madrid 3000; 5 Paris Diamond 5000 (missed the Portuguese and former world record of Fernanda Ribeiro by just 0.62)

Personal bests by her this year at 1500m, 5000m, 10,000m, 10K & Steeplechase

FÉLIX Ana Dulce POR 27y 278d 1982 - 31:30.90 -09
 Team gold at 2008 & 2009 European Cross Country Championships ... Half Mar pb: 69:48 -09. 5000 pb: 15:08.02 -09 (15:44.89 -10). 13 World Half Mar 2008; 5 ETCh 5000 2009; 13 WCH 10,000 2009. At WXC: 2000-110J, 2001-70J, 2008-72, 2009-15. At EXC: 2000-23J, 2001-31J, 2008-17, 2009-6. Coach-Sameiro Araujo
 In 2010: 3 Elgoibar XC; 1 Portuguese XC; 1 Portuguese 5000

MOREIRA Sara POR 24y 284d 1985 31:26.55 31:26.55 -10
 2009 European Indoor 3000m silver ... double World Student Games Champion in 2009
 5000 pb: 14:58.11 -09. 3000 pb: 8:43.27i -09, 9:15.00 -07. 1500 pb: 4:12.94 -09. 3000SC pb: 9:28.64 -09. 3 under-23 ECH 3000SC 2007; 13 WCH 3000SC 2007; ht OLY 3000SC 2008; 2 EIC 3000 2009; 10 WCH 5000 2009 (ht 3000SC) 4 ETCh 3000SC 2009 (7 1500); 1 WSG 5000/3000SC 2009; 6 WIC 3000 2010. 1 Portuguese 3000SC 2007/2008/2009. At WXC: 2008-50, 2009-16, 2010-27. At EXC: 2003-60J, 2007-13u23, 2008-35, 2009-10. Coach-Pedro Ribeiro
 In 2010: 1 Portuguese indoor 3000; 2 Portuguese XC; 6 WIC 3000; 27 WXC; 1 World University XC; 4 Hengelo 5000; 3 European Cup 10,000; 3 Huelva 3000; 1 ETCh 1st League 3000

ABITOVA Inga RUS 28y 144d 1982 - 30:31.42 -06
 DEFENDING EUROPEAN CHAMPION
 2006 European Champion at 10,000m more than one minute quicker than her previous best (and it's still her best)
 Mar pb: 2:22:19 -10. Half Mar pb: 69:53 -09. 11 World Youth 3000 99; 1 ECH 10,000 2006; 12 WCH 10,000 2007; 6 OLY 10,000 2008; 9 World Half Mar 2009. 1 Russian 10,000 2007/2008. At WXC: 2001-30J. At EXC: 2000-21J, 2001-4J, 2005-7, 2006-31. From Togliatti ... son, Yegor (7) ... coach-Vladimir Timofeyev
 Marathons (8): 6 Moscow 2004, 1 Belgrade 2005, 2 Mumbai 2006, dnf Osaka 2007, 9 London 2007, 6 London 2009, 1 Yokohama 2009, 2 London 2010
 In 2010: 2 London Marathon (pb 2:22:19)

SHOBUKHOVA Liliya RUS 32y 257d 1977 - 30:29.36 -09
 (Née Volkova) ... European record holder at 5000m ... 2006 European silver at 5000m ... 2009 Chicago Marathon winner
 Mar pb: 2:22:00 -10. Half Mar pb: 70:21 -08. 5000 pb: 14:23.75 -08. 3000 pb: 8:27.86i -06. 8:34.85 -04. 1500 pb: 4:03.78 -04. 5 ECP 3000 2001; 5 EIC 3000 2002/2005; 13 OLY 5000 2004; 1 ECP 5000 2005/2006 (2004-2, 2007-4); 9 WCH 5000 2005; 2 WIC 3000 2006; 2 ECH 5000 2006 (2002-17); 2 WCP 5000 2006. 25 World Half Mar 2007; 6 OLY 5000 2008; 19 WCH 10,000 2009. At WXC: 2001-64 short, 2002-23 short, 2005-32 short. At EXC: 2002-17, 2004-11, 2005-21. 1 Russian 5000 2002 & indoor 3000 2005/2006 ... she is qualified to work as a primary school teacher ... daughter Anna (5) ... coaches-Tatyana & Yevgeniy Senchenko
 Marathons (3): 3 London 2009, 1 Chicago 2009; 1 London 2010
 In 2010: 1 London (where she led after the pacemaker dropped out and then surged at 40K to run halves of 70:55 & 71:05)

SOKOLOVA Yelena RUS 30y 213d 1979 32:24.09 31:49.47 -09
 Mar pb: 2:31:54 -09 (2:38:03 -10). 5000 pb: 15:18.01 -08 (15:56.39 -10)
 Marathons (3): 8 Thessaloniki 2009, 6 Venice 2009, 11 Rome 2010
 In 2010: 3 Moscow 3000; 4 Moscow Regional 3000; 1 Russian Cup 5000; 3 Zhukovskiy 10,000; 3 Moscow (Kuts Memorial)

STRÄHL Martina SUI 23y 82d 1987 33:11.21 33:11.21 -10
 5000 pb: 16:30.91 -10. 1 European Mountain Running Champs 2009
 In 2010: 5 Kerzers 15K; 3 German 10,000; 4 Berne 5K; 1 Swiss 5000

ABEYLEGESSE Elvan TUR 27y 320d 1982 - 29:56.34 -08
 Double distance silver at 2008 Olympics ... Ethiopian origin, moved to Turkey in 1999 and at 5000m became that country's first world record holder in Bergen on June 11, 2004
 5000 pb: 14:24.68 -04 (14:31.52 -10). 3000 pb: 8:31.94 -02. 1500 pb: 3:58.28 -04. 5 World Youth 3000 99; 2 EJC 5000 99; 6 WJC 3000/5000 2000; 1 EJC 3000/5000 2001; 5 WCH 5000 2003/2007; 12 OLY 5000 2004 (8 1500); 3 ECH 5000 2006 (dnf 10,000); 2 WCH 10,000 2007 (2009-dnf); 2 OLY 5000/10,000 2008; 1 Mediterranean Games 10,000 2009. At WXC: 99-9J, 2000-90 short, 2001-22J, 2007-28. At EXC: 99-17J (team gold), 2000-3J, 2001-1J, 2002-3, 2003 -2 ... previously known as Elvan Can and/or Hewan Abeye ETH ... coach-Nikola Boric ... 38kg (apparently she's lost 3kg since Beijing)
 In 2010: 1 Ras Al Khaimah Half Mar; 4 San Juan 10K; 1 Gallipoli 15K; 11 Bangalore 10K; 1 Turkish Clubs; 1 ETCh 1st League 5000; 3 Paris Diamond 5000 (14:31.52, her second-fastest ever; she's since been at altitude in Iğdır province in Turkey, near to the border with Armenia, Azerbaijan and Iran)

ERDOĞAN Meryem TUR 20y 95d 1990 31:55.53 31:55.53 -10
 Ex-Ethiopia, formerly Mariam Hana Dingo ETH ... has lived in Turkey in 2006 and became a Turkish citizen in January 2010
 5000 pb: 15:42.1 -10. 4 ECP 10,000 2010. 1 Turkish 5000 2010
 In 2010: 1 Kalamáta; 4 European Cup 10,000; 1 Kalamáta; 1 Turkish 5000

WORLD ALL-TIME LIST				2010 EUROPEAN LIST			
1	29:31.78	Wang Junxia CHN	1993	1	31:13.58	Inês Monteiro POR	
2	29:53.80	Meselech Melkamu ETH	2009	2	31:19.15	Jessica Augusto POR	
3	29:54.66	Tirunesh Dibaba ETH	2008	3	31:23.86	Sabrina Mockenhaupt GER	
4	29:56.34	Elvan Abeylegesse TUR	2008	4	31:26.55	Sara Moreira POR	
5	29:59.20	Meseret Defar ETH	2009	5	31:46.47	Krisztina Papp HUN	
6	30:01.09	Paula Radcliffe GBR	2002	6	31:51.91	Jo Pavey GBR	
7	30:04.18	Berhane Adere ETH	2003	7	31:54.16	Rosa María Morató ESP	
8	30:07.15	Worknesh Kidane ETH	2003	8	31:54.64	Gemma Barrachina ESP	
9	30:07.20	Sun Yingjie CHN	2003	9	31:55.53	Meryem Erdoğan TUR	
10	30:11.53	Florence Kiplagat KEN	2009	10	32:02.04	Christelle Daunay FRA	

Women's 3000m Steeplechase

Entrants: 23

Starting: July 28

	Age	(Days)	Born	Season's Best	Personal Best
ABDULLAYEVA Layes AZE TRANSFEREE - Formerly Abelav Layes Tsige ETH 2010 World Junior 3000m bronze 3000 pb: 8:55.33 -10. 2 EJC 1500/3000SC 2009; 7 WIC 3000 2010; 3 WJC 3000 2010 In 2010: 1 Azeri indoor 1500/3000; 7 WIC 3000; 1 Tarsus Half Mar; 1 Azeri Cup 3000/5000; 1 Azeri 800/1500; 1 ETCh 3rd League 3000SC (2 1500); 1 Azeri under-23 800/3000SC; 3 WJC 3000	19y	60d	1991	9:54.89	9:54.89 -10
LUSTIGOVÁ Marcela CZE Czech record holder at steeplechase ... 1500 pb: 4:16.21 -07 (4:16.46 -10). ht EIC 1500 2009; 9 ETCh 3000SC 2009. At EXC: 2000-64J. 1 Czech 1500 2005/2007/2008/2010 & indoor 1500 2006/2008/2009 In 2010: 2 Czech indoor 1500; 2 Pliezhausen 3000; 1 Czech Clubs 1500; 1 European Clubs Cup 3000SC; 3 Regensburg 1500; 1 Istanbul 3000SC; 2 ETCh 1st League 3000SC; 8 Bottrop 1500; 1 Czech 1500	27y	259d	1982	9:41.85	9:41.85 -10
ARIAS Eva ESP 2009 World Steeplechase finalist ... 1500 pb: 4:08.56 -04. 3000 pb: 9:20.16 -06. ht WIC 1500 2003; 2 Ibero-American 1500 2004; ht ECH 1500 2006; 14 WCH 3000SC 2009. 1 Spanish 2009 ... coach-Antonio Postigo In 2010: 2 Catalanian 1500; 12 Barcelona 3000SC; 3 Spanish 3000SC	29y	295d	1980	10:01.48	9:25.14 -09
DOMÍNGUEZ Marta ESP 2009 World Steeplechase Champion ... twice European Champion at 5000m 10,000 pb: 30:51.69 -06. 5000 pb: 14:48.33 -03. 3000 pb: 8:28.80 -00. 1500 pb: 4:04.27 -10. 1 EJC 1500 93; 2 WJC 1500 94; sf WCH 1500 95; 3 under-23 ECH 5000 97 (3 1500); ht OLY 5000 2000; 2 WCH 5000 2001/2003 (99-9, 2005-14); 1 EIC 3000 2002 (96/98/2000-3, 2007-2); 1 ECH 5000 2002/2006 (98-3); 2 WIC 3000 2003 (95-6, 97-5, 2001/2004-4); 7 ECH 10,000 2006; dnf OLY 3000SC 2008 (fell on backstraight when in contention for a medal); 1 WCH 3000SC 2009. At WXC: 92-37J, 93-18J, 94-34J, 98-21 short, 2000-14 short, 2001-42 short. At EXC: 2007-1. 1 Spanish 1500 96 & 5000 2001/2002/2003 In 2010: 1 Huelva 3000SC; 2 Eugene Diamond 3000SC; 2 Barcelona 1500 (pb 4:04.27)	34y	267d	1975	9:17.07	9:07.32 -09
FUENTES-PILA Zulema ESP Former Spanish record holder ... 1500 pb: 4:04.72 -04. 3000 pb: 8:59.20 -04. 8 EIC 1500 2002 (2007-ht); ht WIC 1500 2003; 3 ECP 3000 2004; 7 ECH 2006; 6 ECP 2007; ht WCH 2007; 12 OLY 2008. 1 Spanish 2002. At WXC: 2003-25 short, 2004-65 short, 2005-50 short. At EXC: 2002-23. Has two sisters who are also international runners - Iris (2002 European 1500m finalist) & Margarita In 2010: 8 Burgos road mile; 1 Santander; 2 Ibero-American; 9 Barcelona; 2 Spanish	33y	64d	1977	9:46.26	9:29.40 -08
MORATÓ Rosa María ESP 2009 European Cross Country silver medallist ... 7x Spanish Champion at Steeplechase 10,000 pb: 31:54.16 -10. 5000 pb: 15:59.05 -07. 2 ECP 2006 (2004-3); ht ECH 2006; 8 WCH 2007 (2005-ht); ht OLY 2008; 1 Ibero-American 2010; 2 ETCh 2010. 1 Spanish 2003-2008/2010. At WXC: 97-61J, 98-85J, 2001-54 short, 2004-dnf short, 2005-45 long, 2006-36 long, 2007-20, 2008-dnf. At EXC: 98-10J, 2002-54, 2003-38, 2004-26, 2005-9, 2006-12, 2008-5, 2009-2. Coach-Octavio García In 2010: 4 Amorebieta XC; 2 Spanish XC; 1 Manresa 10,000 (pb 34:54.16); 29 WXC; 1 Oviedo; 3 Barcelona road mile; 1 San Sebastián; 1 European Clubs Cup 3000; 1 Ibero-American; 6 Huelva 3000; 2 Valencia; 2 ETCh; 10 Madrid 3000; 1 Catalanian 1500; 1 Spanish	31y	39d	1979	9:40.26	9:26.23 -07
ERIKSSON Sandra FIN 10 EJC 2007; 5 WJC 2008; 4 under-23 ECH 2009. At EXC: 2008-9J. 1 Finnish 2007/2008/2009 In 2010: 2 Finnish under-23 indoor; 1 Kuopio 3000; 1 Uusikaarlepyy 1500; 12 Oslo Diamond; 2 Tampere 1500; 9 ETCh; 3 Espoo 3000; 1 Jämsä; 1 Kristiinankaupunki; 4 Lappeenranta; 1 Uusikaarlepyy 3000; 9 Lapinlahti 1500	21y	54d	1989	9:54.20	9:45.50 -09
DUARTE Sophie FRA French record holder ... fifth in 2007 World Championships ... 1500 pb: 4:13.60 -09. 9 under-23 ECH 2003; 2 ECP 2007; 5 WCH 2007 (2009-15); ht OLY 2008; 2 ETCh 2009 (2010-5). At EXC: 2008-15. 1 French 2007/2008/2010. Born-Guadeloupe ... coach-Roger Milhau In 2010: 9 Oslo Diamond; 8 Rome Diamond; 5 ETCh; 1 French; 4 Liège	28y	362d	1981	9:37.82	9:25.62 -09
DEAN Hatti GBR 2009 English "National" Cross Country Champion ... three British steeplechase records within 36 days in June/July 2007 (but record since broken by Barbara Parker and Helen Clitheroe) 3000 pb: 8:58.77 -07. 1500 pb: 4:16.57 -07. 5000 pb: 16:06.53 -09. 10,000 pb: 33:31.76 -09. ht ECH 3000SC 2006; ht WCH 3000SC 2007; 7 ECP 3000SC 2008; 11 European Cup 10,000 2009. 1 AAA 3000SC 2006. At WXC: 2005-47 short, 2006-66 long, 2007-15. At EXC: 2007-26, 2008-8. 1 English Schools XC 99; 1 British Universities XC 2005. Played lacrosse for England ... works as a statistician for the civil service ... missed 2008 Olympic Games with a stress fracture to her ankle ... coach-Bud Baldaro In 2010: 1 Yorkshire 1500/2000SC; 2 Rehlingen 3000SC; 2 UK 3000SC; 1 Uden 3000SC	28y	176d	1982	9:40.00	9:38.56 -07
PARKER Barbara GBR Former British record holder at Steeplechase, the record stood for 43 days in 2008 1500 pb: 4:12.17 -08 (4:13.18 -10). 5000 pb: 15:39.76 -10. 16 under-23 ECH 2003; ht OLY 2008; ht WIC 3000 2010; 4 ETCh 2010. 1 UK 2010. 3 NCAA 2007, representing Florida State University ... now lives in Santa Monica ... coaches-Sean Burris (husband) & John Nuttall In 2010: 4 Boston 3000; 6 Birmingham 2M; 5ht WIC 3000; 6 Carlsbad 5K; 8 Stanford 5000; 9 Eagle Rock 1500; 1 Walnut; 4 ETCh; 1 UK; 6 Eugene Diamond	27y	262d	1982	9:35.17	9:35.17 -10
KOKKINARÍOU Iríni GRE Greek record holder ... 3000 pb: 9:17.74i -08 (9:55.07i -10). 5000 pb: 16:21.42 -08. ht ECH 2006; 9 WCP 2006; 1 Balkan 2007; 3 ECP 2007 (8 1500); ht WCH 2007/2009; ht OLY 2008; 12 ETCh 2010. 1 Greek 2007/2008. Coach-Theódoros Anagnóstou In 2010: 1 Greek indoor 3000; dnf Greek; 12 ETCh	29y	164d	1981	11:11.24	9:30.72 -08
TÓTH Livia HUN Hungarian record holder ... 2005 World Student Games Champion at steeplechase 1500 pb: 4:09.28 -03. 3000 pb: 8:58.53 -02. 2 under-23 ECH 2001; 13 EIC 3000 2002; ht ECH 1500 2002; ht WIC 3000 2003; ht WCH 2005/2009; 1 WSG 2005; ht ECH 2006. 1 Hungarian 2002-2005/2008/2009 (1 1500 2001/2002/2004). At EXC: 2004-37, 2005-54. Former high jumper, was second in Hungarian Championships for 13 year-olds In 2010: 9 ETCh 1st League; 2 Lappeenranta	30y	202d	1980	9:54.16	9:30.20 -05

BRITTON Fionnuala IRL	25y	306d	1984	9:42.49	9:41.36 -07
2007 World finalist ... 5000 pb: 16:16.26 -07. 1500 pb: 4:18.92 -06. 9 under-23 ECH 2005; ht ECH 2006; 12 WCH 2007; ht OLY 2008; 6 WSG 2009 (2005-11). At WXC: 2001-98J, 2002-72J, 2003-33J, 2004-75 long, 2005-75 short, 2007-14, 2008-36. At EXC: 2001-74J, 2002-49J, 2003-21J, 2005-39, 2006-2u23, 2007-7, 2009-11. 1 Irish 2008/2009. Coach-Pat Diskan In 2010: 4 Rehlingen; 2 Dessau; 1 Watford BMC; 3 ETCh 1st League; 1 Dublin 3000; 7 Barcelona; 5 Irish 1500					
O'REILLY Stephanie IRL	32y	155d	1978	9:48.94	9:48.94 -10
1500 pb: 4:19.54 -10. 2 Irish 3000SC 2008 & 1500 2010 In 2010: 2 Somerville 5K; 1 Holyoke 10K; 5 Penn Relays 5000; 5 Waltham; 1 Portland; 1 Concord MA Mile; 10 Barcelona; 2 Irish					
JURAVEL Oksana MDA	24y	155d	1986	9:49.92	9:46.88 -08
Moldovan record holder ... 7 EJC 2005; 10 under-23 ECH 2007; ht OLY 2008; 4 WSG 2009; ht WCH 2009. 1 Moldovan 2007/2008/2009 In 2010: 4 Istanbul; 1 ETCh 2nd League 1500/3000SC					
FRANKIEWICZ Wioletta POL	33y	49d	1977	9:25.77	9:17.15 -06
(Formerly Janowska) ... 2006 European Steeplechase bronze ... 1500 pb: 4:03.09 -04. 3000 pb: 8:44.22 -05. 5000 pb: 15:08.38 -05. 10,000 pb: 32:16.67 -04. ht WIC 3000 2003/2004; sf OLY 1500 2004; 9 EIC 1500 2005; 2 ECP 5000 2005 (2004-4); 14 WCH 3000SC 2005 (ht 1500); 3 ECH 3000SC 2006; 3 WCP 3000SC 2006; dnf WCH 3000SC 2007 (ht 1500); 3 ECP 3000SC 2008; 8 OLY 3000SC 2008. 1 Polish 5000 2002/2008/2010, 1500 2005, 10,000 2008 & 3000SC 2006. Defeated Kelly Holmes in Madrid & Zürich 2004, but then eliminated in Olympic 1500m semi-final after being elbowed ... coach-Zbigniew Król In 2010: 2 Polish indoor 3000 (3 1500); 1 Polish short course XC; dnf Shanghai Diamond 3000SC; 5 Oslo Diamond 3000SC; 5 Rome Diamond 3000SC; 6 ETCh 5000; 1 Polish 5000					
KOWALSKA Katarzyna POL	25y	112d	1985	9:30.79	9:26.93 -09
Twice European under-23 Champion ... 2009 World finalist ... 2007 European Cup winner 5000 pb: 15:50.65 -07. ht WJC 2004; 1 under-23 ECH 2005/2007; 8 ECH 2006; 8 WCP 2006; 1 ECP 2007 (2006-3); 12 WCH 2009 (2007-ht); 3 ETCh 2010 (2009-dnf). At WXC: 2010-36. At EXC: 2004-21J, 2006-9u23, 2007-3u23. 1 Polish 2009/2010 & XC 2009/2010 In 2010: 5 Portuguese XC; 1 Polish XC; 36 WXC; 1 Bydgoszcz 1500SC; 4 Shanghai Diamond; 6 Oslo Diamond; 7 Rome Diamond; 3 ETCh; 1 Polish					
BOBOCEL Ancuța ROU	22y	298d	1987	9:34.63	9:30.07 -08
Twice World & twice European junior steeplechase silver ... 1500 pb: 4:13.20 -10. 3000 pb: 8:59.78i -09, 9:10.58 -07. 2 EJC 3000SC 2003/2005; 2 WJC 3000SC 2004/2006; ht WCH 3000SC 2007/2009; ht OLY 3000SC 2008; 8 EIC 3000 2009; 1 under-23 ECH 2009 (2007-2); ht WIC 3000 2010. 1 Romanian 3000SC 2008/2010. At WXC: 2005-21J. At EXC: 2004-2J, 2005-1J, 2006-3J, 2007-1u23, 2008-5u23 In 2010: 1 Romanian indoor 1500/3000; 9ht WIC 3000; 3 Oderzo 5.5K; 6 Shanghai Diamond 3000SC; 7 Oslo Diamond 3000SC; 9 Rome Diamond 3000SC; 4 ETCh 1st League 3000SC (5 1500)					
KHARLAMOVA Lyubov RUS	29y	148d	1981	9:30.75	9:21.94 -02
Formerly Lyubov Ivanova ... 3000 pb: 8:53.58i -04. 1 under-23 ECH 2003; 2 ECP 2004/2005; 4 ECH 2006, then she failed a doping control test at the 2006 World Athletics Final, so received a two-year ban to November 2008 In 2010: 1 Moscow; 1 Russian Clubs; 1 Russian Cup; 1 Russian					
KUZMINA Lyudmila RUS	22y	349d	1987	9:34.88	9:34.88 -10
9 WSG 2009. 2 Russian under-23 2008 & senior 2010 In 2010: 13 Russian indoor 3000; 1 Volga; 2 Russian					
ZARUDNEVA Yuliya RUS	24y	93d	1986	9:23.00	9:08.39 -09
2009 World silver, improving from 9:54.9 to 9:08.39 that year ... 5000 pb: 16:02.81i -10. 150 pb: 4:04.59 -09 (4:10.50 -10). 2 WCH 2009; 1 ETCh 2010. 1 Russian 2009 (1 indoor 3000 2009). At EXC: 2008-3u23 In 2010: 7 Russian indoor 5000; 1 Volga 1500; 1 Russian Universities 1500; 1 ETCh; dnf Eugene Diamond					
JOHANSSON Ulrika SWE	35y	169d	1975	9:53.63	9:38.88 -09
4x Swedish Indoor Champion at 3000m ... 1500 pb: 4:15.56i -09, 4:15.77 -06. ht EIC 1500 2009; ht WCH 3000SC 2009; 10 ETCh 1500 2009 (11 3000SC, she was withdrawn with four laps remaining). 1 Swedish 3000SC 2009 (1 indoor 3000 2006/2007/2008/2009). At EXC: 2008-47, 2009-49 In 2010: 8ht WIC 1500; 2 Swedish XC; 1 Växjö; 3 Oslo 3000 (May 19); 11 Oslo Diamond; 4 Karlstad					
USLU Binnaz TUR	25y	138d	1985	10:07.67	10:07.67 -10
2004 European Junior Cross Country Champion & under-23 winner in 2006 ... 2005 European under-23 Champion at 5000m 5000 pb: 15:57.21 -05. 3000 pb: 9:06.82 -10. 800 pb: 2:00.94 -04 (2:04.43 -10). 1500 pb: 4:11.36 -10. 2 EJC 3000 2003; ht OLY 800 2004; 1 under-23 ECH 5000 2005; ht WCH 800 2005; 2 WSG 800 2005; 1 Balkan 5000 2006. Scratched from final of 2004 World Junior 800 with a leg injury. At WXC: 2003-98J, 2004-39J, 2005-24 short, 2006-59 short, 2007-dq. At EXC: 2003-10J, 2004-1J, 2005-28, 2006-1u23 Served two-year doping ban to March 23, 2009 In 2010: 6 Istanbul 1500; 3 ETCh 1st League 1500 (7 3000SC); 1 Ankara 800; 3 Turkish 800 (4 1500); 2 Romanian 1500					

WORLD ALL-TIME LIST				2010 EUROPEAN LIST			
1	8:58.81	Gulnara Galkina RUS	2008	1	9:17.07	Marta Dominguez ESP	
2	9:06.57	Yekaterina Volkova RUS	2007	2	9:18.54	Jessica Augusto POR	
3	9:07.32	Marta Dominguez ESP	2009	3	9:23.00	Yuliya Zarudneva RUS	
4	9:07.41	Eunice Jepkorir KEN	2008	4	9:25.77	Wioletta Frankiewicz POL	
5	9:08.39	Yuliya Zarudneva RUS	2009	5	9:30.79	Katarzyna Kowalska POL	
6	9:08.57	Milcah Chemos KEN	2009	6	9:34.63	Ancuța Bobocel ROU	
7	9:09.19	Tatyana Petrova RUS	2007	7	9:35.17	Barbara Parker GBR	
8	9:11.71	Milcah Chemos KEN	2010	8	9:37.82	Sophie Duarte FRA	
9	9:12.50	Jenny Barringer USA	2009	9	9:39.54	Karoline B. Grøvdal NOR	
10	9:12.52	Habiba Ghribi TUN	2009	10	9:38.91	Valeriya Mara UKR	

Women's Pole Vault

Entrants: 27

Starting: July 28

	Age	(Days)	Born	Season's Best	Personal Best
SHVEDOVA Anastasiya BLR (Née Ivanova) ... Ex-Russia, switched to Belarus in 2009 (Her Belorussian record is 4.60) dnq OLY 2004; 2 WSG 2003 (2001-13=). 1 Russian 2004 & Belorussian 2010 ... 1.74 tall In 2010: 2 Ostrava; 1 Belorussian; nh Reims; 1 Sollentuna; 3 Tangiers	31y	86d	1979	4.53	4.65 -07
ZAHARIÁDI Mariána CYP Cypriot record holder ... 9 EJC 2007; 5 World Youth 2007; 1 Balkan indoor 2009; dnq EIC 2009; 2 Mediterranean Games 2009; =5 EJC 2009; dnq WCH 2009; dnq WIC 2010. 1 Greek under-23 2008. She has dual citizenship with Greece and competed for that country at championships in 2007, but became eligible to compete of Cyprus in 2008, one year after the last of those appearances In 2010: 2 Greek indoor; dnq WIC; 2 Filothei; 1 Khania; 1 Haniá; 1 ETCh 3rd League; 3 Réthymno; nh Gateshead Diamond	20y	153d	1990	4.36	4.45 -09
MALÁČOVÁ Romana CZE dnq WJC 2006; 11 under-23 ECH 2009 (2007-12); dnq WCH 2009. 1 Czech 2008 In 2010: 3 Czech indoor; 1 Kladno; 2 Czech Clubs; 2 European Clubs Cup; 2 Czech Clubs; 1 Czech Universities; 1 Prague (Jun 20); =2 Prague (Jun 23); 1 Pardubice; 5 Biberach; 1 Kutná Hora; 1 Prague (Jul 13); 2 Czech	23y	74d	1987	4.41	4.41 -10
PTÁČNÍKOVÁ Jiřina CZE 2009 World Student Games Champion ... nh WJC 2002/2004; 4 EJC 2005 (2003-6); dnq ECH 2006; 5 ETCh 2009; 1 WSG 2009; dnq WCH 2009; 5 WIC 2010. 1 Czech 2009/2010 (1 indoor 2003/2009/2010). Partner-Petr Svoboda (Czech sprint hurdles record holder) ... coaches-Nikolaj Gorožkov & František Ptáčník ... 1.74 tall In 2010: 1 Czech indoor; 5 WIC; 3 Doha Diamond; 4 Ostrava; 1 Czech Clubs; 3 Rome Diamond; 1 ETCh 1st League; 1 Prague; 1 Madrid; 1 Glasgow "Super8"; 7 Gateshead Diamond; 1 Czech	24y	69d	1986	4.66	4.66 -10
HOLM Caroline Bonde DEN Danish record holder indoors ... 4.33i -10. dnq World Youth 2007; dnq WJC 2008; dnq EIC 2009; 3 EJC 2009. 1 Danish indoor 2009 In 2010: 2 Danish indoor; 2 Aubière; nh Rehlingen; 1 European Clubs Cup 'B'; 2 Copenhagen; 3 POL v GER under-23; 2 ETCh 3rd League; 1 Karlstad; 3 Sopot	20y	9d	1990	4.15	4.20 -09
AGIRRE Naroa ESP Spanish record holder at 4.50 (which she's done four times) ... 2004 Olympic & 2005 World finalist 4.56i -07. LJ pb: 6.36w -05, 6.35 -07. 5 Mediterranean Games 2001; =6 OLY 2004; 1 Ibero-American 2004; dnq EIC 2005/2007; 9 WCH 2005 (2003/2007/2009-dnq); 6 WIC 2006 (2004-dnq, 2008-9); 4 ECP 2006 (2004-7, 2007-5); 6 WIC 2006 (2003-dnq, 2008-9); 7 ECH 2006 (2002-10); dnq OLY 2008; 8 ETCh 2009. 1 Spanish 2006-2010 ... coach-Jon Karla Lizeaga ... 1.76 tall In 2010: 1 Spanish indoor; 1 Oviedo; 1 San Sebastián; 4 Ibero-American; 1 Valencia; 6 Madrid; 1 Spanish	31y	74d	1979	4.30	4.50 -06/07
PINERO Anna María ESP dnq World Youth 2003; 11 EJC 2005; 2 Ibero-American 2010; 9 ETCh 2010. 1 Spanish under-23 2006/2007 In 2010: 2 Spanish indoor; 1 Barcelona; 2 San Sebastián; 1 Mataró; 1 Barcelona; 2 Ibero-American; 9 ETCh; 7 Madrid; 1 Catalanian; 2 Spanish	24y	194d	1986	4.30	4.30 -10
NIKKANEN Minna FIN Finnish record holder ... 2007 European Junior Champion ... 6 World Youth 2005; 6 WJC 2006 (2004-dnq); 1 EJC 2007 (2003-8); dnq WCH 2007/2009; dnq EIC 2009; 2 under-23 ECH 2009; 5 ETCh 2010. 1 Finnish 2006/2009 & indoor 2005/2006/2007/2009/2010 ... 1.69 tall In 2010: 1 Finnish indoor; 1 Finnish under-23 indoor; 1 Espoo; 1 Eskilstuna; 1 Tampere; 5 ETCh; 2 Sollentuna; 1 Somero; 1 Lahti; 1 Tampere; 1 Turku	22y	109d	1988	4.40	4.46 -09
DENNISON Kate GBR Sixth at 2009 World Championships ... British record holder indoors & out, she set nine UK records in 2009 (3 in & 6 out) & three more indoors in 2010 3 European Youth 2001; 7 WJC 2002; =11 EJC 2003; 5 ECP 2006; dnq ECH 2006; dnq OLY 2008; 6 EIC 2009 (2007-dnq); 4 ETCh 2009 (2010-7=); 6 WCH 2009; dnq WIC 2010. 1 AAA indoor 2006. 1 UK 2007/2009/2010 & indoor 2007/2008/2009/2010. 1 English Schools 2001. Ex-Gymnast ... her older brother Bruce was an international gymnast ... she has a degree in Psychology from Staffordshire University ... born-Durban, moved to Britain aged 4 ... operations on both Achilles tendons in September 2008 ... coach-Steve Rippon ... 1.72 tall In 2010: 1 UK indoor; dnq WIC; 2 Bydgoszcz; 7 Rome Diamond; =7 ETCh; 1 UK; 4 Madrid; 5 Gateshead Diamond; 3 Jockgrim	26y	81d	1984	4.55	4.60 -10
GADSCHIEW Kristina GER 2 WSG 2007 (2009-3); 5 EIC 2009; 10 WCH 2009 ... 1.70 tall In 2010: 2 German indoor; 7 WIC; 8 Doha Diamond; nh Rehlingen; nh Ostrava; 1 German Universities; 3 Baunatal; 4 New York Diamond; 4 Wattenscheid; 1 Reims; 2 Mannheim; 3 Biberach; 4 German	26y	24d	1984	4.60	4.60 -10
HINGST Carolin GER Sixth in Beijing Olympics ... Outdoor pb: 4.66 -04. 3 under-23 ECH 2001; 10 WCH 2001/2005 (2003/2007-dnq); dnq ECH 2002; dnq WIC 2004/2010; 4 EIC 2005 (2007-dnq); 2 ECP 2005 (2004-nh, 2007-5); 6 OLY 2008 (2004-dnq). 1 German 2008 & indoor 2005/2010 ... coach-Andrei Tiwontchik (1996 Olympic bronze) ... 1.70 tall In 2010: 1 German indoor; dnq WIC (no heighted); 9 Doha Diamond; 2 Daegu; 1 Rehlingen; 4 Baunatal; 1 Regensburg; 2 Dillingen; 3 Wattenscheid; nh Mannheim; 1 Biberach; 3 German	29y	312d	1980	4.72	4.72 -10
RYZIH Lisa GER 2009 European Under-23 Champion ... former World Youth & World Junior Champion 1 World Youth 2003; 1 WJC 2004 (2006-nh final); 4 EJC 2007; 1 under-23 ECH 2009. 1 German under-23 2009 ... she vaulted 3.92 at age 13, a world age best ... her older sister is Anastasiya Reiberger (aka Nastja Ryzikh), who was the 1999 World Indoor Champion ... coach/father-Vladimir Ryzih ... born-Omsk ... 1.74 In 2010: 3 German indoor; 1 Aubière; 2 Sopot; 2 Regensburg; 1 POL v GER under-23; 5 Wattenscheid; 2 Reims; 2 Madrid; 3 Biberach; 2 German	21y	303d	1988	4.60	4.60 -10
SPIEGELBURG Silke GER Twice Olympic finalist ... won 2008 World Athletics Final ... 4.75i -09. 1 World Youth 2001; 8 WJC 2002; 1 EJC 2003/2005; 8 WIC 2006; 6 ECH 2006; 4 under-23 ECH 2007; 3 ECP 2008; 7 OLY 2008 (2004-13=); 2 EIC 2009 (2007-5); 4 WCH 2009 (2007-nh final); 2 ETCh 2010 (2009-3). 1 German 2006/2009/2010. Younger sister of Richard Spiegelburg (pb 5.85). On August 25, 2005 in Münster she broke the world junior record of Yelena Isinbaeva with 4.48 ... coach-Leszek Klima ... 1.73 tall In 2010: 1 Doha Diamond; =3 Daegu; 1 Baunatal; 2 Rome Diamond; 2 ETCh; 2 Wattenscheid; 3 Gateshead Diamond; 1 German; 4 Monaco Diamond	24y	133d	1986	4.71	4.71 -10

KIRIAKOPOÚLOU Nikoía GRE	24y	129d	1986	4.55	4.55 -10
Co-holder of Greek record with Afroditi Skafida ... 6 WJC 2004; 7 EJC 2005; 1 Balkan 2008; dng OLY 2008; dng EIC 2009; 6 ETCh 2009; 1 Mediterranean Games 2009; dng WCH 2009; nh WIC final 2010 (2008-dng). 1 Greek 2009 & indoors 2010 ... coach-Emmanouíl Karayiánnis ... 1.67 tall In 2010: 4 Dresden; 1 Athens; 1 Greek indoor; nh WIC final; 6 Doha Diamond; 2 Tangiers					
SKAFÍDA Afrodíti GRE	28y	130d	1982	4.40	4.55 -08
Co-holder of Greek record with Nikoía Kiriakopoúlou ... 4.45i -10. 8 under-23 ECH 2003; dng OLY 2004/2008; 4 ECP 2005/2007; 3 Mediterranean Games 2005; dng WCH 2005/2007; 6 WCP 2006; dng WIC 2010. 1 Greek 2005/2007/2008/2010... coach-Dimitrios Kittéas ... 1.67 tall In 2010: nh Greek indoor; dng WIC; 1 Athens; 3 Filothei; 1 Édessa; 1 Greek; 10 ETCh; 5 Réthymno					
PENA Tori IRL	22y	363d	1987	4.35	4.35 -10
(Victoria = Tori) ... Irish record holder with 4.15 on July 10, her first competition since she was cleared to compete for Ireland 3 NCAA 2010. Born / lives California, she has dual citizenship with Ireland through her grandparents In 2010: 9 NCAA indoor; 2 Westwood; 2 Gainesville; 1 La Jolla; 2 Westwood; 2 Berkeley; 3 NCAA West Regional; 1 Walnut; 3 NCAA; 13 US; 1 Irish (broke Irish record with 4.15)					
SCARPELLINI Elena ITA	23y	195d	1987	4.30	4.36 -08
Italian record holder indoors ... 4.40i -10. =7 WJC 2004 (2006-10); 3 EJC 2005; 10 under-23 ECH 2009; dng WIC 2010; 4 ETCh 2010. 1 Italian indoors & out 2010 In 2010: 1 Italian indoor; dng WIC; 1 Italian Clubs Cup; 9 Rome Diamond; 4 ETCh; 1 Italian					
GROOT Denise NED	20y	63d	1990	4.35	4.35 -10
2 European Youth Olympic Festival 2007; dng WJC 2008; 7 EJC 2009 In 2010: 1 Dutch indoor; 4 Belgian indoor; 1 Hoorn; 1 Lokeren; 6 Baunatal; 1 Dutch Clubs; 2 Geneva; 1 Nivelles; 1 Uden; 1 Dutch					
LARSÅSEN Cathrine NOR	23y	235d	1986	4.34	4.34 -10
Norwegian record holder indoors (4.31) & out (4.34) ... 9 under-23 ECH 2007; dng EIC 2009. 1 Norwegian 2005/2006/2007/2008/2009 ... 1.71 tall In 2010: 1 Stellenbosch; 3 Stokke; 1 Danish indoor; 1 Copenhagen; 2 Bydgoszcz (Jun 12); 6 ETCh; =2 Prague; 4 Sollentuna; 1 Oorddegem; 7 Réthymno; 2 Donnas; 6 Albertville; 2 Sopot					
ROGOWSKA Anna POL	29y	68d	1981	4.71	4.83 -05
2009 World Champion ... 2004 Olympic bronze ... 2006 World indoor silver ... Polish record holder indoors & out dng EIC 2002; =7 ECH 2002; 3 under-23 ECH 2003; 3 OLY 2004 (2008-10=); 2 EIC 2005 (2007-3); 1 ECP 2005 (2008-2); 2 WIC 2006 (2003-6=, 2008-6, 2010-3); 1 WCH 2009 (2003-7, 2005-6=, 2007-8); 3 ETCh 2010. 1 Polish 2009 & indoor 2010 ... started at 100m hurdles ... coaches-Jacek Torlinski (husband, his pb 4.85) / Leszek Klima ... 1.70 tall In 2010: 1 Polish indoor; 3 WIC; 3 Doha Diamond; 1 Bydgoszcz; 3 Rome Diamond; 3 ETCh; 2 Eugene Diamond; 1 Sopot; 7 Monaco Diamond					
HOMO Sandra-Helena POR	28y	60d	1982	4.30	4.35 -08/09
(Née Tavares) ... co-holder of Portuguese record with her older sister Elisabete 6 EJC 2001; 8 WSG 2003; dng EIC 2005; 11 WSG 2007; dng OLY 2008; 10 ETCh 2009; dng WCH 2009. 1 Portuguese 2008/2009/2010 ... 1.63 tall In 2010: 3 French indoor; 1 Portuguese indoor; 2 Franconville; 5 French Clubs; 3 Ivry-sur-Seine; 2 Aulnay-sous-Bois; 9 Reims; 2 French; 1 Portuguese					
TAVARES Maria Eleonor POR	24y	307d	1985	4.30	4.30 -09/10
Dual nationality with France ... 4.35i -09. dng WJC 2006; dng EIC 2007/2009 In 2010: 10 French indoor; 4 French Clubs; 5 Ivry-sur-Seine; 4 Pierre-Bénite; 1 Aulnay-sous-Bois; 8 Reims; 3 French; 3 Portuguese					
FEOFANOVA Svetlana RUS	30y	11d	1980	4.71	4.88 -04
Has complete set of World Championship medals and Olympic silver & bronze ... total of 10 world records (9 in & 1 out) 1 ECP 2000/2001/2002; 1 EIC 2002/2007 (2000-dng); 1 ECH 2002 (2006-4); 1 WIC 2003 (2001-2=, 2004/2006-3, 2008-5, 2010-2); 1 WCH 2003 (2001-2, 2007-3); 2 OLY 2004 (2000-dng, 2008-3); 1 ETCh 2010. 1 Russian 2001/2006/2007/2008 & indoor 2010. No-heighted at Sydney Olympics ... started as a gymnast at age 6, stopped at 18 when she felt she was too old for that sport ... "gymnastics has helped me not to be afraid of high jumps", she once competed against multi Olympic & World Champion gymnast Svetlana Khorkina ... coach-Vevgeniy Bondarenko ... 1.63 tall In 2010: 1 Russian indoor; 2 WIC; 1 ETCh; 1 Wattenscheid; 1 Gateshead Diamond; 2 Monaco Diamond					
GOLUBCHIKOVA Yuliya RUS	27y	123d	1983	4.65	4.75 -08
2009 European Indoor Champion ... fourth at 2008 Olympics, losing bronze on countback to Svetlana Feofanova 2 WJC 2002; =9 WSG 2005; =6 WCH 2007 (2009-dns final, injured); 1 ECP 2008 (2007-7); 4 OLY 2008; 1 EIC 2009 (2007-2); 2 ETCh 2009. 1 Russian 2009 (1 indoor 2007/2009) ... coach-Oleg Diazzdinov ... 1.75 tall In 2010: 4 Russian indoor; 7 Doha Diamond; 1 Daegu; 1 Russian Clubs; 3 Bydgoszcz; 5 Rome Diamond; 3 Eugene Diamond; 1 Russian; 5 Monaco Diamond					
SUTEJ Tina SLO	21y	262d	1988	4.50	4.50 -10
2006 World Junior silver ... 8 World Youth 2005; 2 WJC 2006; dng EIC 2007; 4 Mediterranean Games 2009; 7 WSG 2009; 5 under-23 ECH 2009. 2 NCAA 2010. 1 Slovenian 2006/2008/2010. Attends University of Arkansas In 2010: 11 NCAA indoor; 2 Fayetteville; 7 Texas Relays; 2 Fayetteville; 1 Penn Relays; 2 Fayetteville; 1 Knoxville; 2 NCAA West Regional; 2 NCAA; 2 ETCh 1st League; 1 Novo Mesto; 1 Slovenian					
SCHMID Anna Katharina SUI	20y	238d	1989	4.35	4.35 -10
2007 European Junior bronze ... 3 EJC 2007; dng WCH 2007. 1 Swiss 2007/2010 ... 1.65 tall In 2010: =3 Geneva; 1 ETCh 2nd League; 1 La Chaux-de-Fonds; 1 Berne; 1 Swiss					
PERSSON Hanna-Mia SWE	32y	167d	1978	4.23	4.40 -07
Swedish record holder indoors (4.40 in 2006) ... dng WCH 2001/2007; dng EIC 2002/2005/2007; dng ECH 2002/2006; dng WIC 2004/2006. 1 Swedish 99/2005/2007 (1 indoors 2001/2004). Ex-gymnast, started pole vaulting in 1999 ... firstly a gymnast, then a high jumper (pb 1.72 -98) ... coaches-Pekka Dahlhöjd & Thomas Kyöttälä ... 1.77 tall In 2010: 3 Swedish indoor; =4 Rehlingen; 4 Rehlingen; 3 Eskilstuna; 3 Karlskrona; 1 Stockholm; 5 Sollentuna; 1 Gothenburg					

WORLD ALL-TIME LIST				2010 EUROPEAN LIST		
1.	5.06	Yelena Isinbaeva RUS	2009	1	4.72	Carolin Hingst GER
2	4.92	Jenn Suhr USA	2008	=2	4.71	Anna Rogowska POL
3.	4.88	Svetlana Feofanova RUS	2004		4.71	Svetlana Feofanova RUS
	4.85	Fabiana Murer BRA	2010		4.71	Silke Spiegelburg GER
=4.	4.83	Stacy Dragila USA	2004	5	4.66	Jiřina Ptáčniková CZE
	4.83	Anna Rogowska POL	2005	6	4.65	Yuliya Golubchikova RUS
=6	4.82	Monika Pyrek POL	2007	=7	4.60	Lisa Ryzih GER
8	4.78	Tatyana Polnova RUS	2004		4.60	Anna Battke GER
9	4.77	Annika Becker GER	2002		4.60	Jillian Schwartz ISR
=10	4.75	Katerina Badurová CZE	2007		4.60	Kristina Gadschiew GER
	4.75	Yuliya Golubchikova RUS	2008			

2010 European Championships • Biographical Entry List (may include reserves)

Women's Hammer Throw

Entrants: 22 Starting: July 28

	Age	(Days)	Born	Season's Best	Personal Best
PCHELNIK Daryia BLR Twice Belorussian Champion ... dnq WCH 2005/2009; 1 WSG 2007 (2005-10); 4 OLY 2008; 3 ETCh 2010. 1 Belorussian 2008/2009 ... 1.86/91kg In 2010: 1 Belorussian winter; 1 Belém; 1 Río; 3 Ostrava; 1 Minsk; 3 ETCh; 4 Zhukovskiy; 5 Moscow "Open" (Jun 29)	28y	220d	1981	75.42	76.33 -08
TSANDER Olga BLR 76.66 in July 2005, but only 66.07 at the World Championships the following month ... 2001 European Cup winner DT pb: 59.82 -97. 2 EJC 2001; 10 WCH 2001; 4 WSG 2001 (99-8); 6 OLY 2004. Fouled out in qualifying at 2000 OLY & 2003 WCH and 2006 ECH final; dnq ECH 2002. 1 Belarus 2002/2003/2004/2005/2006 ... 1.74/83kg In 2010: 4 Belorussian winter; 10 Dakar; 2 Belorussian Cup; 1 Belorussian; 1 Minsk	34y	70d	1976	71.66	76.66 -05
THEODOROU Paraskevi CYP Cypriot record holder ... dnq EJC 2005. 1 Games of Small European States 2005; fouled out COM 2006; 11 under-23 ECH 2007; dnq OLY 2008; dnq WCH 2009. 1 Greek junior 2005; 1 Cypriot junior 2005 ... 1.65/70kg In 2010: 12 European Throws Cup; 2 Athens; nm Greek; 1 ETCh 3rd League	24y	135d	1986	62.68	69.29 -09
LEDVINOVÁ Lenka CZE Czech record holder ... SP pb: 15.22 -08 (14.56 -10). dnq World Youth 99; dnq ECH 2002/2006; dnq EJC 2003; 6 WJC 2004 (2002-dnq); 2 under-23 ECH 2007; 3 WSG 2007 (2009-11); dnq OLY 2008; 8 ETCh 2009; dnq WCH 2009. 1 Czech 2006/2007 ... 1.83/82kg In 2010: 1 Susice; 1 Plzen; 2 Prague; 5 Cottbus; 1 Czech Clubs; 1 Pardubice; 6 Moscow "Open" (Jun 29); 2 Nikliti; 2 Pardubice; 1 Prague (Jul 11); 1 Czech	24y	351d	1985	69.22	70.51 -09
ŠAFRÁNKOVÁ Kateřina CZE 2008 World junior silver ... 2 EJC 2007; 2 WJC 2008 (2006-11); 2 under-23 ECH 2009. 1 Czech 2008 ... 1.91/105kg In 2010: 1 Kolín; 1 Pardubice; 1 Prague; 1 Halle under-23; 1 Czech Clubs (May 22); 11 Ostrava; 2 Czech Clubs (Jun 6); 6 ETCh 1st League; 1 Pardubice; 2 Czech	21y	50d	1989	68.95	68.95 -10
CASTELLS Berta ESP Spanish record holder & 8x champion ... 2 World Youth 2001; 3 EJC 2001/2003; 9 WJC 2002; dnq ECH 2002; 8 WCP 2002; dnq WCH 2003/2005/2007/2009; dnq OLY 2004/2008; 3 under-23 ECH 2005; 5 ECP 2006 (2003/2004-8, 2007-7); 7 ETCh 2009 (2010-8). 1 Spanish 2003/2004/2005/2006/2007/2008/2009/2010 ... 1.74/73kg In 2010: 1 Oviedo; 1 San Sebastián; 2 European Clubs Cup; 2 Ibero-American; 1 Valencia; 8 ETCh; 1 Catalanian; 1 Spanish	26y	185d	1984	69.36	69.36 -10
KORPELA Merja FIN 3 EJC 99; 4 WJC 2000 (98-dnq); 5 under-23 ECH 2001 (2003-6); dnq ECH 2002/2006; dnq WCH 2007/2009; dnq OLY 2008; 7 ETCh 2010. 1 Finnish 2007/2008/2009... 1.70/75kg In 2010: 1 Finnish winter; 7 European Throws Cup; 7 Gothenburg; 1 Lapua; 1 Virrat; 1 Äänekoski; 7 ETCh; 1 Kuortane; 1 Saarijärvi; 1 Kaustinen; 1 Kauhajoki	29y	74d	1981	68.49	69.56 -09
FALZON Stéphanie FRA 2009 World finalist ... 4x French Champion ... 8 EJC 2001; 6 WJC 2002 (2000-dnq); 8 under-23 ECH 2005; dnq ECH 2006; dnq OLY 2008; 9 WCH 2009 (2007-dnq); 4 ETCh 2010 (2009-5). 1 French 2006/2008/2009/2010 ... 1.70/77kg In 2010: 4 European Throws Cup; 1 Talence; 7 Halle; 2 Río; 9 Ostrava; 1 Forbach; 1 Montreuil; 4 ETCh; 3 Zhukovskiy; 2 Reims; 1 French	27y	202d	1983	73.40	73.40 -08/10
HEIDLER Betty GER 2007 World Champion by a margin of just 2cm, then silver in 2009 ... fourth at 2004 Olympics dnq WJC 2000/2002; 9 EJC 2001; 4 OLY 2004 (2008-9); 2 under-23 ECH 2005 (2003-4); 5 ECH 2006; 1 ECP 2007 (2004-3, 2006-fouled out, 2008-6); 1 WCH 2007 (2003-11, 2005-dnq, 2009-2); 1 WSG 2009; 1 ETCh 2010 (2009-2). 1 German 2006/200/20108 ... after winning in Osaka in 2007 she also won a celebrity biathlon contest (ski-ing & shooting) in Germany including a perfect score in the shooting ... her great grandfather Martin Riefstahl participated in the 1936 Olympic torch relay ... coach-Michael Deyhle ... 1.75/79kg In 2010: 1 Pretoria; 1 European Throws Cup; 1 Halle; 1 Daegu; 1 Fränkisch-Crumbach; 2 Ostrava; 1 Cottbus; 2 Bydgoszcz; 1 ETCh; 2 Eugene Diamond; 1 German	26y	287d	1983	75.82	77.12 -09
KLAAS Kathrin GER Fourth at 2009 World Championships ... 8 EJC 2003; 4 under-23 ECH 2005; 6 ECH 2006; dnq OLY 2008; 3 WSG 2009; 4 WCH 2009 (2005-nm final, 2007-dnq) ... coach-Michael Dyhle (same as Betty Heidler) ... 1.68/72kg In 2010: 2 Pretoria; 5 European Throws Cup; 3 Halle; 3 Daegu; 2 Fränkisch-Crumbach; 4 Ostrava; 3 Cottbus; 3 Bydgoszcz; 2 Warsaw; 4 Bilbao; 1 Cork; 1 Réthymno; 2 German	26y	172d	1984	74.53	74.53 -10
PAPAYEORYÍOU Alexáandra GRE 2004 Olympic finalist ... 12 under-23 ECH 2001; 3 Mediterranean Games 2001/2005; 7 ECH 2002 (2006-9); 12 OLY 2004 (2008-dnq); 1 Balkan Games 2006; 8 WCP 2006; 5 ECP 2007 (2003-7, 2004-6); dnq WCH 2009. 1 Greek 2001/2002-2007/2009 ...her twin sister Athiná is a volleyball player ... coach-Emmanouil Manolópoulos ... 1.76/76kg In 2010: 1 Athens; 2 Greek; 1 Nikliti; 5 Réthymno	29y	222d	1980	68.30	70.73 -09
ORBÁN Éva HUN 2008 US Collegiate Champion for University of Southern California, where she is a student of Economics 11 World Youth 2001; dnq WJC 2002; 6 EJC 2003; dnq OLY 2004/2008; 11 under-23 ECH 2005; dnq WCH 2005/2009; 12 WSG 2007. 1 NCAA 2008 (2006/2008 -2, 2007-3). 1 Hungarian 2005/2006/2008/2009 ... 1.73/75kg In 2010: 7 Cottbus; 6 Bydgoszcz; 5 Warsaw	25y	240d	1984	69.73	70.18 -08
SALIS Silvia ITA 2009 Mediterranean Games Champion ... dnq World Youth 2001; 10 EJC 2003; 12 WJC 2004; dnq ECH 2006; 5 ECP 2008; dnq OLY 2008; 5 WSG 2009; 1 Mediterranean Games 2009; dnq WCH 2009. 1 Italian 2010 ... 1.79/72kg In 2010: 1 Savona (Feb 7); 1 Italian winter; 2 European Throws Cup; 5 Dakar; 1 Savona (May 25); 1 Italian Clubs Cup; 1 Italian; 2 Réthymno	24y	314d	1985	71.25	71.77 -09

MARGHIEVA Marina MDA	24y	30d	1986	72.14	72.53 -09
Moldovan record holder ... 8 EJC 2005; dnq OLY 2008; 7 WSG 2009; dnq WCH 2009. 1 Moldovan 2008/2009 ... Her younger sister Zalina (1 under-23 ECH 2009) also competing in Barcelona ... their coach/father-Soslan Marghiev ... 1.85/85kg In 2010: 2 Moldovan winter; 1 Ukrainian winter; 1 European Throws Cup 'B'; 2 Dakar; 2 Fortaleza; 2 Belém; 4 Río; 10 Ostrava; 1 European Clubs Cup; 5 Bydgoszcz; 4 Warsaw; 1 ETCh 2nd League; 8 Zhukovskiy; 3 Moscow "Open" (Jun 29); 3 Velenje; 3 Cork					
MARGHIEVA Zalina MDA	22y	173d	1988	71.50	71.56 -09
2009 European under-23 Champion ... 7 World Youth 2005; 4 WJC 2006; 5 EJC 2007; dnq OLY 2008; 8 WSG 2009; 1 under-23 ECH 2009; dnq WCH 2009. Her older sister Marina (Moldovan HT record holder) also competing in Barcelona... their coach/father-Soslan Marghiev ... 1.74/90kg In 2010: 1 Moldovan winter; 1 European Throws Cup under-23; 4 Halle; 6 Daegu; 7 Ostrava; 1 Rieti; 2 Moscow "Open" (Jun 29); 1 Velenje; 2 Cork					
HOLM Mona NOR	26y	357d	1983	67.96	67.96 -10
Norwegian record holder & 6x Champion ... dnq ECH 2006; dnq WCH 2007. 1 Norwegian 2004-2009 ... 1.69/78kg In 2010: 1 Potchefstroom; 6 European Throws Cup 'B'; 1 Tønsberg (Apr 18); 5 Gothenburg; 4 Halle 'B'; 1 Bore; 1 Florø; 1 Tønsberg (Jun 6); 1 Bærum; 10 ETCh; 1 Løten; 1 Aremark; 1 Bottnaryd; 1 Helsingborg; 1 Oslo (Jul 17)					
WŁODARCZYK Anita POL	24y	354d	1985	78.30	78.30 -10
2009 World Champion ... in Bydgoszcz on June 6, 2010 she lengthened the world record to 78.30 9 under-23 ECH 2007; 6 OLY 2008; 1 ETCh 2009; 1 WCH 2009. 1 Polish 2009. Former competitor in cycle speedway ... coach-Grzegorz Nowak ... 1.77/78kg She severed a ligament in her ankle when jumping up to celebrate her world title in Berlin 2009 and missed the rest of the season In 2010: 1 Dakar (75.13); 2 Halle (74.00); 4 Daegu (71.86); 1 Ostrava (75.74); 1 Biala Podlaska (75.01); 1 Bydgoszcz (world record 78.30 - "Now I want to be the first woman in history to throw over 80 metres"); 1 Warsaw (75.77)					
ZADURA Małgorzata POL	27y	298d	1982	70.36	70.36 -10
dnq OLY 2008; 11 WSG 2009; 11 ETCh 2010. 1 Polish 2010 ... 1.72/74kg In 2010: 1 Sosnowiec; 1 Warsaw; 1 Lublin; 1 Biala Podlaska; 1 Rzeszów; 11 Bydgoszcz; 7 Warsaw; 1 Lublin; 11 ETCh; nm Reims; 4 Cork; 1 Polish					
PERIE Bianca ROU	20y	57d	1990	73.52	73.52 -10
Six major golds already ... 1 World Youth 2005/2007; 1 WJC 2006/2008; 1 EJC 2007/2009; dnq WCH 2007/2009; dnq OLY 2008; 6 WSG 2009. 1 Romanian 2009/2010 ... 1.70/62kg In 2010: 1 Romanian winter; 9 European Throws Cup; 1 Onesti; 1 Bucharest (May 21); 1 Romanian 'International'; 2 ETCh 1st League; 1 Bucharest (Jul 3); 1 Romanian					
LYSENKO Tatyana RUS	26y	292d	1983	76.03	77.80 -06
DEFENDING EUROPEAN CHAMPION Former World record holder ... 5 European under-23 2003; 5 WSG 2003; 3 World Military 2003; dnq OLY 2004; 3 WCH 2005 (2009-6); 1 ECP 2006 (2007-dq); 1 ECH 2006; 2 WCP 2006. 1 Russian 2009/2010 ... 1.80/84kg Served two-year doping suspension to July 14, 2009 after failed an out-of-competition test on May 9, 2007. Her world record of 78.61 on May 26, 2007 and her European Cup win for that year were annulled In 2010: 1 Adler; 1 Russian winter; 3 European Throws Cup; 3 Dakar; 1 Moscow; 2 Daegu; 6 Ostrava; 4 Bydgoszcz; 3 Warsaw; 1 Russian Cup; 2 ETCh; 1 Zhukovskiy; 1 Moscow "Open" (Jun 29); 1 Eugene Diamond; 1 Russian					
ANDERSSON Tracey SWE	25y	234d	1984	69.28	69.28 -10
Swedish record holder ... 10 under-23 ECH 2005; dnq ECH 2006 In 2010: 1 Swedish indoor Weight; 7 European Throws Cup 'B'; 1 Gothenburg (May 6, Jun 1); 2 Gothenburg (May 13); 1 Jönköping; 1 Nyköping; 1 Eskilstuna; 5 ETCh 1st League					
ZOLOTUKINA Nataliya UKR	25y	205d	1985	70.30	70.30 -10
Twice European under-23 bronze ... 5 World Youth 2001; 5 EJC 2003; 10 WJC 2004; 3 under-23 ECH 2005/2007; dnq WCH 2005/2007; 10 ECH 2006; dnq WCH 2009; 5 ETCh 2010 ... 1.87/75kg In 2010: 2 Ukrainian winter; 4 European Throws Cup 'B'; 8 Dakar; 2 Kiev; 1 Ukrainian Cup; 3 Huelva; 5 ETCh; 1 Pudasjärvi; 2 Kuortane; 2 Saarijärvi; 1 Ukrainian; 4 Réthymno; 1 Kiev					

WORLD ALL-TIME LIST				2010 EUROPEAN LIST			
1	78.30	Anita Włodarczyk	POL 2010	1	78.30	Anita Włodarczyk	POL
2	77.80	Tatyana Lysenko	RUS 2008	2	76.03	Tatyana Lysenko	RUS
3	77.32	Oksana Menkova	BLR 2008	3	75.82	Betty Heidler	GER
4	77.26	Gulfiya Khanafeyeva	RUS 2006	4	75.42	Daryia Pchel'nik	BLR
5	77.12	Betty Heidler	GER 2006	5	74.53	Kathrin Klaas	GER
6	76.90	Martina Hranová	SVK 2009	6	73.52	Bianca Perie	ROU
7	76.83	Kamila Skolimowska	POL 2007	7	73.40	Stéphanie Falzon	FRA
8	76.66	Olga Tsander	BLRL 2005	8	72.14	Marina Marghieva	MDA
9	76.63	Yekat. Khoroshikh	RUS 2006	9	71.90	Oksana Kondratyeva	RUS
10	76.62	Yipsi Moreno	CUB 2008	10	71.66	Olga Tsander	BLR

Women's 20 Kilometres Walk

Entrants: 24

Starting: July 28

	Age	(Days)	Born	Season's Best	Personal Best
MATVEYUK Alina BLR dq ECP junior 10K 2009 In 2010: 2 Belarus Universities indoor 3000 (3 5000); 3 Belarus Cup 20K; 1 Belorussian 20K Walk	19y	364d	1990	1:32:06	1:32:06 -10
YATSEVICH Nastassia BLR 6 under-23 ECH 20K 2005 (2007-dq); dnf ECP 20K 2007/2009 In 2010: 10 Russian winter 20K; 6 Alytus 20K; 2 Belorussian 20K	25y	191d	1985	1:32:29	1:32:28 -06
PELANTOVÁ Lucie CZE 28 ECP 20K 2009 (2007-51); 7 WSG 20K 2009; 45 WCP 20K 2010 (2006-59, 2008-64) In 2010: 9 Lugano 20K; 2 Olomouc 10K; 4 Dudince 20K; 3 Podebrady 20K; 45 WCP 20K; 1 Czech Clubs 3000; 1 Jablonec 10K	24y	82d	1986	1:32:57	1:32:57 -10
SCHINDLEROVÁ Zuzana CZE Top 20 at 2009 World Championships & 2010 World Cup ... 3000SC pb: 10:27.71 -09 (10:42.47 -10). 13 WSG 20K 2007; 26 OLY 20K 2008; 21 ECP 20K 2009 (2007-29); 2 under-23 ECH 2009 (2007-6); 19 WCH 20K 2009; 17 WCP 20K 2010 (2008-35) In 2010: 5 Olhão 20K; 7 Lugano 20K; 1 Olomouc 10K; 1 Dudince 20K; dnf Podebrady 20K; 1 Nová Paka 5000; 17 WCP 20K; 1 Czech Clubs 3000SC	23y	94d	1987	1:33:17	1:32:26 -09
PASCUAL Beatriz ESP Sixth in Beijing 2008 & Berlin 2009 ... 6 WJC 10,000 2000; 3 EIC 10,000 2001; 12 ECH 20K 2002 (2006-20); 4 under-23 ECH 20K 2003; 6 OLY 20K 2008; 6 ECP 20K 2009 (2003-26, 2005-25, 2007-9); 6 WCH 20K 2009 (2007-13); 11 WCP 20K 2010 (2002-19, 2004-18, 2008-25). 1 Spanish 20K 2005 & 10,000 2010 In 2010: 6 IAAF Challenge/Rio Maior 20K; 1 Oviedo 5000; 11 WCP 20K; 1 Valencia 5000; 1 La Coruña 20K; 1 Catalanian 5000; 1 Spanish 10,000	28y	80d	1982	1:31:41	1:27:44 -08
POVES Maria José ESP Eighth at 2008 World Cup, 10th in 2010 ... 19 ECH 20K 2006; 11 ECP 20K 2007 (2005-18); 12 WCH 20K 2007 (2005-28); 8 WCP 2008 (2004-33, 2006-18, 2010 -10); 17 OLY 20K 2008. 1 Spanish 20K 2005 In 2010: 1 Zuera 10K; 1 Zaragoza 20K; 1 Granollers 5K; 1 Spanish 20K; 1 Ejea de los Caballeros 10K; 1 Barcelona 5000; 10 WCP 20K; 3 Madrid 5K; 4 Spanish 10,000	32y	134d	1978	1:31:15	1:29:31 -08
TAKÁCS Julia ESP Born-Hungary, obtained Spanish citizenship on June 20, 2008 and officially cleared to compete for Spain one week later (as she had never competed internationally for Hungary) 6 WJC 10,000 2008; 11 ECP 20K 2009; 5 under-23 ECH 20K 2009; 26 WCP 20K 2010; 2 Ibero-American 10,000 2010 In 2010: 1 Madrid 10K; 2 Spanish 20K; 3 IAAF Challenge/Rio Maior 20K; 1 Madrid 5000; 26 WCP 20K; 1 Zaragoza 5000; 2 Madrid 5K; 2 Ibero-American 10,000; 2 Valencia 5000; 5 La Coruña 20K; 1 Spanish under-23 10,000; dq Spanish 10,000	21y	29d	1989	1:30:14	1:30:14 -10
VASCÓ Maria ESP 3rd-5th-7th in Olympic 20Ks, her bronze in Sydney 2000 made her the first (and only) Spanish woman athlete to win an Olympic medal ... 2010 World Cup winner 10K pb: 43:02 -98. 6 WJC 5000 92; 4 EJC 5000 93; 4 WJC 5000 94; 28 OLY 10K 96; 5 ECH 10K 98; 10 WCH 10K 99; 22 WCP 10K 97/99 (95-26); 3 OLY 20K 2000 (2004-7, 2008-5); 15 ECH 20K 2006 (2002-dnf); 3 WCH 20K 2007 (2001-5, 2003/2009-dnf, 2005-4); 1 ECP 20K 2009 (2001-7, 2007-5); 1 WCP 20K 2010 (2002-8, 2004-3, 2008-5). 1 Spanish 20K 96/98/2000-2004 (1 10,000 96-99/2001-2005). Born-Barcelona ... her husband is international race walker José Antonio González In 2010: 2 Granollers 5K; 3 Spanish 20K; 2 Ejea de los Caballeros 10K; 1 WCP 20K; 1 Madrid 5K; 2 Catalanian 5000	34y	214d	1975	1:31:55	1:27:36 -04
JACKSON Joanna GBR British record holder at 10K, 20K, 5000m & 3000m ... 7 COM 20K 2006; 25 WCH 20K 2007 (2009-dq); 45 WCP 20K 2008 (2006-54); 21 OLY 20K 2009; 27 ECP 20K 2009 (2005-48, 2007-38). 1 AAA senior & under-23 5000 2005; 1 British 10K 2005/2008 & 20K 2006/2009; 1 UK 3000 2007 & 5000 2008/2009/2010 ... she was North East England Champion at 5000m running in 2004 ... born-Middlesbrough ... studied Creative Digital Media at the University of Teeside ... coach/mother-Maureen Jackson In 2010: 1 Coventry 10K (British record 43:52); 4 Lugano 20K; 1 London 20K; 3 IAAF Challenge/Sesto San Giovanni 20K; 46 WCP 20K; 1 UK Inter-Counties 3000; 7 La Coruña 20K (1:30:41 to take 59 seconds off her British record); 1 UK 5000	25y	192d	1985	1:30:41	1:30:41 -10
SEEGER Melanie GER Fifth in Athens Olympic 20K ... 7th-8th-11th-14th at successive World Championships 4 EJC 5000 95; 4 WJC 5000 96; dnf ECH 10K 98; 3 under-23 ECH 10K 99 (97-8); 7 WCH 20K 2001 (99-33, 2003-8, 2005-11, 2007-14); 5 OLY 20K 2004 (2008-22); 10 ECH 20K 2006 (2002-14). At WCP 10K: 97-54. At WCP 20K: 99-42, 2002-25, 2004-9, 2006-21, 2008-15. At ECP 20K: 2001-15, 2003-9, 2005-26. Daughter Helena born June 29, 2009 ... coach-Michael Klabuhn In 2010: 1 Berlin-Brand indoor 3000; 7 Granollers 5K; 2 IAAF Challenge/Rio Maior 20K; 2 IAAF Challenge/Sesto San Giovanni 20K; 2 Kraków 10K	33y	201d	1977	1:29:20	1:28:17 -04
LOUGHNANE Olive IRL (Loughnane pronounced "Lock - Nan") ... 2009 World silver at 20K ... 13 ECH 20K 2002; 6 WCP 20K 2008 (99-91, 2002-dnf); 7 OLY 20K 2008 (2000-35, 2004-dnf); 4 ECP 20K 2009 (2000-29, 2001-26, 2003-8, 2005-dnf, 2007-25); 2 WCH 20K 2009 (2001-13, 2005-dq). 1 AAA 10,000 97. She coaches her younger sister Ann (2 World Youth 5000 2003) ... coach-Ivonne Cassin In 2010: 4 Granollers 5K; dnf IAAF Challenge/Rio Maior 20K; dq IAAF Challenge/Sesto San Giovanni 20K; 5 Kraków 10K; 2 La Coruña 20K; 1 Cork 3000	34y	195d	1976	1:28:36	1:27:45 -08
DI VINCENZO Sibilla ITA 17 WJC 10,000 2002. 1 Italian 5000 2005/2008/2009 & 20K 2010 In 2010: 1 Montalto di Castro 20K; 1 Italian indoor 3000; 1 Faenza 10,000; 1 Podebrady 20K; 1 Italian Clubs Cup 5000; 1 Florence 5000; 1 Italian 20K	27y	187d	1983	1:32:10	1:32:10 -10
AIDIETYTĖ Neringa LTU 22 ECP 20K 2007 (2005-40, 2009-dnf); dq WSG 20K 2009; 32 WCP 20K 2008 (2004-69) In 2010: 5 Alytus 20K; 2 Bedford 20K	27y	53d	1983	1:36:27	1:33:54 -07

SALTANOVIČ Kristina LTU	35y	158d	1975	1:32:42	1:30:44 -02
Lithuanian record holder ... top 20 at past three Olympics and World Cups ... eighth in 2009 Worlds 16 OLY 20K 2000 (2004-19, 2008-18); 7 ECH 20K 2002; 8 WCH 20K 2009 (99-18, 2003-14, 2005-12). At WCP 10K: 95-67, 97-65. 20K: 99-28, 2002-18, 2004-27, 2006-19, 2008-17, 2010-12; 3 ECP 20K 2009. She is married to her Portuguese National coach Luis Dias and lives in Portugal In 2010: 8 IAAF Challenge/Rio Maior 20K; 12 WCP 20K; 1 Povia de Varzim 3000; 2 Portuguese Clubs 3000					
VIRBALYTĖ Brigita LTU	25y	177d	1985	1:32:17	1:32:08 -09
5 World Youth 5000 2001; 5 ECP junior 10K 2003; 4 EJC 10,000 2003; 13 WCP junior 10K 2004; 9 WJC 10,000 2004; 8 under-23 ECH 20K 2007; 20 ECP 20K 2009; 24 WCH 20K 2009; 29 WCP 20K 2010 (2006-51, 2008-39) In 2010: 1 Prat de Llobergat 20K; 1 Lithuanian indoor 5000; 5 Spanish 20K; 2 Podebrady 20K; 29 WCP 20K; 4 Alytus 20K					
BUZIAK Paulina POL	23y	224d	1986	1:32:44	1:32:44 -10
4 World Youth 5000 2003; 14 ECP junior 10K 2005; 10 EJC 10,000 2005; 10 under-23 ECH 20K 2007; 16 ECP 20K 2009 (2007-42). 1 Polish indoor 3000 2009. Coach-Ilya Markov (Former World & European Champion at 20K) In 2010: 2 Polish indoor 3000; dnf Dudince 20K; 2 Zaniemysl 20K; 1 Biala Podlaska 3000; 10 Kraków 10K; 2 Polish 20K					
DYGACZ Agnieszka POL	25y	10d	1985	1:32:17	1:32:17 -10
6 WCP-junior 10K 2004; 13 under-23 ECH 20K 2007 (2005-14); 37 ECP 20K (2005-43, 2009-dnf); 29 WCP 20K 2008 (2010-39); 11 WSG 20K 2009; 28 WCH 20K 2009. 1 Polish 20K 2009/2010 & indoor 3000 2010. Coach-Ilya Markov (Former World & European Champion at 20K) In 2010: 3 Granollers 5K; 1 Polish indoor 3000; dnf Dudince 20K; dq Podebrady 20K; 1 Zaniemysl 20K; 39 WCP 20K; 7 Kraków 10K; 1 Polish 20K					
CABECINHA Ana POR	26y	89d	1984	1:31:14	1:27:46 -08
Eighth in 2008 Olympic 20K and again at 2010 World Cup ... 10 World Youth 5000 2001; 12 WJC 10,000 2002; 14 ECP junior 10K 2003; 3 EJC 10,000 2003; 4 under-23 ECH 20K 2005; 1 Ibero-American 10,000 2006; 8 OLY 20K 2008; 13 ECP 20K 2009; 8 WCP 20K 2010 (2006-12, 2008-11). 1 Portuguese 10,000 2005/2008/2010. Coach-Paulo Murta In 2010: 2 Olhão 20K; 3 Portuguese indoor 3000; 6 Lugano 20K; 5 IAAF Challenge/Rio Maior 20K; 8 WCP 20K; 1 Ibero-American 10,000; dnf La Coruña 20K; 1 Portuguese 10,000					
HENRIQUES Inês POR	30y	87d	1980	1:29:36	1:29:36 -10
Third at 2010 World Cup ... 22 WJC 5000 96 (98-24); 12 EJC 5000 99 (97-21); 10 under-23 ECH 10K 2001; 25 OLY 20K 2004; 12 ECH 20K 2006 (2002-15); 7 ECP 20K 2007 (2001-25, 2005-17, 2009-dq); 7 WCH 20K 2007 (2001-dq, 2005-27, 2009-11); 3 WCP 20K 2010 (2002-23, 2004-34, 2006-13, 2008-19). 1 Portuguese 10,000 2006/2009 In 2010: 1 Portuguese Clubs indoor 3000; 3 Olhão 20K; 2 Portuguese indoor 3000; 3 Lugano 20K; 7 IAAF Challenge/Rio Maior 20K; 3 WCP 20K; 1 Abrantes 3000; 3 Ibero-American 10,000; 2 Abrantes 5000; 4 La Coruña 20K; 2 Portuguese 10,000					
SANTOS Vera POR	28y	237d	1981	1:28:29	1:28:14 -08
Second & third at past two World Cups, fifth at 2009 World Championships 5 WJC 10,000 2000 (98-29); 7 ECH 20K 2002 (2008-8); 1 under-23 ECH 20K 2003; 7 ECP 20K 2005 (2003-19, 2007-18, 2009-dq); 2 WCP 20K 2010 (2002/2004 -36, 2006-2, 2008-3); 9 OLY 20K 2008; 5 WCH 20K 2009 (2003/2005-15, 2007-11) In 2010: 1 Portuguese Clubs indoor 3000; 1 Olhão 20K; 1 Portuguese indoor 3000; 1 IAAF Challenge/Rio Maior 20K; 1 IAAF Challenge/Sesto San Giovanni 20K; 2 WCP 20K; 1 Lisbon 3000; 1 Abrantes 5000; 1 Portuguese Clubs 3000; 3 La Coruña 20K; 3 Portuguese 10,000 3x below 1:30 already in 2010					
KANISKINA Olga RUS	25y	190d	1985	1:28:26	1:24:56 -09
2008 Olympic Champion ... twice World Champion ... 2006 European silver ... voted best Russian Sportswoman of the Year 2009 across all sports 2 under-23 ECH 20K 2005; 2 ECH 20K 2006; 2 ECP 20K 2007; 1 WCH 20K 2007; 1 WCP 2008 (2006-5); 1 OLY 20K 2008. 1 Russian 20K 2006. Student of mathematics at the Mordovian State University in Saransk ... apparently she is one of the few Russian athletes who knows by heart all the words to the State Anthem of the Russian Federation ... coach-Viktor Chyegin She finished last in her first Russian Championships at the age of 14, they gave her the prize of some sweets In 2010: 4 Russian winter 20K; 1 Kraków 10K					
KIRDYAPKINA Anisya RUS	20y	278d	1989	1:25:11	1:25:11 -10
(Née Kornikova) ... fourth at 2009 World Championships ... husband is double World 50K Champion Sergey Kiryapkin 1 ECP junior 10K 2007; 1 EJC 10,000 2007; 2 ECP 20K 2009; 4 WCH 20K 2009; 6 WCP 20K 2010 (2008-dq). 1 Russian 20K 2010 In 2010: 1 Russian winter 20K (1:25:11 - way inside the official world record, but won't be ratified as apparently there were no international judges); 6 WCP 20K; 1 Russian 20K					
SOKOLOVA Vera RUS	23y	50d	1987	1:25:35	1:25:26 -09
2003 World Youth Champion ... twice World Cup junior winner ... 1 World Youth 5000 2003; 1 EJC 10,000 2005; 1 WCP junior 10K 2004/2006; 3 WJC 10,000 2004 (2002-9, 2006-4); 1 ECP junior 10K 2005; 10 ECP 20K 2009; 14 WCH 20K 2009. 1 Russian 20K 2009 In 2010: 2 Russian winter 20K; 4 WCP 20K					
MALIKOVÁ Zuzana SVK	26y	360d	1983	1:34:11	1:32:14 -06
Czech record holder at 20K ... 10K pb: 45:56 -02. 8 WJC 10,000 2000; 6 EJC 10,000 2001; 5 WJC 10,000 2002 (2000-8); 22 OLY 20K 2004 (2008-31); 12 ECP 20K 2005 (2009-18); 5 under-23 ECH 20K 2005; 6 WSG 20K 2005/2007; 39 WCP 20K 2006 (2002-47, 2004/2008-dnf); 13 ECH 20K 2006; 18 WCH 20K 2007 (2009 -26). Coach/partner is Irish international Jamie Costin In 2010: 1 Nenagh 3000; 1 Irish indoor 3000; 2 Dudince 20K; 6 IAAF Challenge/Sesto San Giovanni 20K; 6 Kraków 10K; 1 Alytus 20K					

WORLD ALL-TIME LIST				2010 EUROPEAN LIST			
1.	1:24.50	Olimpiada Ivanova RUS	2001	1	1:25:11	Anisya Kirdyapkina RUS	
2	1:24:56	Olga Kaniskina RUS	2009	2	1:25:35	Vera Sokolova RUS	
3	1:25:11	Anisya Kirdyapkina RUS	2010	3	1:25:52	Tatyana Sibileva RUS	
4	1:25:18	Tatyana Gudkova RUS	2000	4	1:28:05	Beatriz Pascual ESP	
5	1:25:20	Olga Polyakova RUS	2000	5	1:28:26	Olga Kaniskina RUS	
6	1:25:26	Vera Sokolova RUS	2009	6	1:28:29	Vera Santos POR	
7	1:25:29	Irina Stankina RUS	2000	7	1:28:33	Tatyana Mineyeva RUS	
8	1:25:32	Yelena Shumkina RUS	2009	8	1:28:36	Olive Loughnane IRL	
9	1:25:46	Tatyana Shemyakina RUS	2008	9	1:28:54	Lyudmila Arkhipova RUS	
10	1:25:52	Larisa Yemelyanova RUS	2009	10	1:29:20	Melanie Seeger GER	
Best non-Russian:							
	1:26:11	Ryta Turova BLR	2006				

2010 European Championships • Biographical Entry List (may include reserves)

Women's 400 Metres

Entrants: 24

Starting: Start date:

	Age	(Days)	Born	Season's Best	Personal Best
HOROZIČ Jasna BIH 1 ETCh 3rd League 'A' 2009 ... In 2010: 2 Rijeka	19y	191d	1991	54.58	54.58 -10
STAMBOLOVA Vania BUL DEFENDING EUROPEAN CHAMPION 2009 World Student Games Champion at 400m hurdles 400H pb: 54.55 -06 (54.57 -10). 1 Balkan 400H 2005; 2 WIC 400 2006 (2010-3); 1 ECH 400 2006; 2 WCP 400 2006; 1 WSG 400H 2009; sf WCH 400H 2009 (2005-ht). Served two-year doping suspension 2007-2009 In 2010: 3 WIC 400; 1 Sofia 200 (May 26); 1 Kalamáta 400; 1 Khania 400; 1 St. Pölten 400H; 1 Sofia 200; 1 Kalamáta 400; 6 Moscow "Open" (Jun 29) 400; 2 Madrid 400H; 3 Réthymno 400H; 7 Lausanne Diamond 400; 2 Barcelona 400	26y	242d	1983	50.88	49.53 -06
BARTONIČKOVÁ Jitka CZE 200 pb: 23.94w -06 (24.05 -10). ht ECH 2006; 4 WIC 4x400 2008; 10 ETCh 2009. 1 Czech 2005/2007/2010 (1 indoor 2004/2006). Coach-Martina Blažková In 2010: 2 Czech indoor; 4 WIC 4x400; 1 Susice; 3 Czech Clubs 200 (May 22); 1 Czech Clubs (2 200) (Jun 6); 2 Zeulenroda; 1 Prague 200; 1 Czech	24y	218d	1985	53.13	52.91 -06
ROSOLOVÁ Denisa CZE (Née Scerbová) ... 2004 World Junior Long Jump Champion ... 2007 European indoor Long Jump bronze ... Czech record holder at Indoor Pentathlon 200 pb: 23.03 -10. Heptathlon pb: 6104 -08. Pentathlon pb: 4632i -08. 2 World Youth LJ 2003 (2001-10); dnq WIC LJ 2004/2008; 1 WJC LJ 2004; dnq OLY LJ 2004/2008; dnq EIC LJ 2005; 1 EJC LJ 2005 (2003-4); dnf ECH Heptathlon 2006; 3 EIC LJ 2007; 2 under-23 ECH LJ 2007; dnq WCH LJ 2007; ht WIC 60H 2008; dnf OLY Hep 2008; 10 EIC Pentathlon 2009; sf WIC 400 2010. 1 Czech LJ 2004/2007/2008 & 200 2008/2010. Husband-is tennis player Lukas Rosol ... Coach-Aleš Duda ... 1.75/63kg In 2010: 1 Czech indoor 400; 6sf WIC; 1 Ostrava (pb 50.85, beat good field including Shericka Williams & Christine Ohuruogu); 1 European Clubs Cup 200; 7 Oslo Diamond; 3 Prague (Odložil Memorial) 200; 1 ETCh 1st League 200 'A'; 5 Gateshead Diamond; 1 Czech 200	23y	341d	1986	50.85	50.85 -10
GARRIDO Begoña ESP 1 Spanish 2007 In 2010: 3 Spanish indoor; 1 Madrid; 1 Spanish Universities; 3 Salamanca; 2 San Fernando; 4 Ibero-American 4x400; 2 Huelva 800 'B'; 5 ETCh 'B'; 2 Cáceres; 1 Alcalá de Henares; 2 Spanish	25y	147d	1985	54.31	54.14 -09
MÄGI Maris EST Estonian record holder indoors (52.98 in 2010) ... 200 pb: 23.87 -10. 8 European Youth 2003; ht EIC 2005; 5 EJC 2005; sf WJC 2006 (2004-ht); sf EIC 2009 (2007-ht). 1 Estonian 2006/2007/2008/2009/2010 (1 400H 2009, 1 200 2010) In 2010: 6sf WIC; 1 ETCh 1st League 'A'; 1 Kohila; 1 Sollentuna; 1 Kose 200; 1 Estonian 200/400	22y	351d	1987	52.68	52.68 -10
HURTIS-HOUAIRI Muriel FRA Former European Champion at 200m, now moved up ... 100 pb: 10.96 -02. 200 pb: 22.31 -99 (23.69 -10). 2 EJC 200 97; 1 WJC 200 98 (2 4x100); 1 EIC 200 2000/2002; 1 ECP 200 2000/2002/2004/2007/2008 (99-3); sf OLY 200 2000/2008 (2004-qf); 2 WCH 4x100 2001; 1 ECH 200/4x100 2002; 1 WIC 200 2003 (2001-5); 3 WCH 200 2003 (1 4x100); 5 WIC 60 2004; 3 OLY 4x100 2004; sf ECH 200 2006. 1 French 200 2000/2002/2007/2008 (1 400 2010) ... son Lehyan born March 21, 2005 ... coach-Jacques Piasenta ... 1.80 tall In 2010: 1 Tremblay-en-France 400; 4 Regensburg 200; 5 Sotteville 200; 3 Tomblaine; 1 French 400; 1 Bondoufle 400; 1 Castres 800	31y	125d	1979	51.41	51.41 -10
MICHANOL Virginie FRA 100 pb: 11.88 -08. 200 pb: 23.36 -03. 400H pb: 58.34 -09. sf WJC 200 2002; 3 EJC 200 2003 (2 4x400); 2 under-23 ECH 4x400 2007; 8 ECP 2008; ht EIC 2009; ht WIC 2010. 1 French indoor 2010. Born-Albi ... coach-François Pépin In 2010: 1 French indoor; 3ht WIC; 1 Réduit; 1 Montgeron; 1 Forbach; 1 Marseille; dnf Montreuil; 5 ETCh 'A'; 2 Tomblaine; 1 Metz; 1 La Chaux-de-Fonds; 3 French	25y	40d	1985	52.02	51.83 -08
McCONNELL Lee GBR 2003 World finalist ... twice World relay medallist ... 2002 Commonwealth silver & European bronze 200 pb: 23.16 -08 (23.60 -10). 400H pb: 55.25 -06. HJ pb: 1.88 -00. 5 WCH 4x400 2001 (2003-6); 2 COM 400 2002; 3 ECH 400 2002; 4 WCP 400 2002; 2 ECP 400 2003; 7 WCH 400 2003 (2005/2007-sf); sf OLY 400 2004/2008; 3 EIC 4x400 2005/2007; 3 WCH 4x400 2005; 3 COM 400H 2006; sf ECH 400H 2006 (4 4x400); 3 WCH 4x400 2007. 1 UK 400 2008/2010. 1 Scottish HJ 98/99/2000 (1 400 2001 & 200 2005). Decided to give up high jumping when she did not clear her target of 1.90 in 2000 ... former swimmer & figure skater ... born/lives-Glasgow ... coach-Rodger Harkins ... 1.80 tall She anchored Britain to fourth place at the Athens Olympic 4x400m relay; now the team have been promoted to bronze following the disqualification of the United States In 2010: 5 WIC 4x400; 4 Manchester 200 Straight; 3 Rehlingen 400; 4 Hengelo 200; 1 Oordgegem 400; 1 Geneva 400 (2 200); 1 UK 400; 2 Glasgow "Super8" 200	31y	292d	1978	51.55	50.82 -02
DERVÉNI Agni GRE 200 pb: 23.86 -07 (24.16 -10). 9 ETCh 2009; 6 Mediterranean Games 2009. 1 Greek 2009 In 2010: 1 Édessa; 3 Kalamáta (May 29); 4 Khania; 1 Greek; 3 ETCh 'B'; 3 Kalamáta (Jun 29); 4 Réthymno 200 'B'	22y	263d	1987	53.16	52.98 -08
PETRÁHN Bárbara HUN 7x Hungarian Champion ... 200 pb: 23.17 -02 (23.85 -10). sf WJC 96; 5 EJC 97 (2 4x400); qf OLY 2000 (2008-ht); ht WIC 2004; sf ECH 2006 (98-ht); sf WCH 2007 (2005-ht). 1 Hungarian 96/99/2002/2004/2005/2006/2007/2008 (1 200 2007) In 2010: 1 Hungarian indoor 200; 2 Florø 200/400; 1 Zalaegerszeg 100/200; 2 Istanbul; 4 ETCh 1st League 'A' (6 200 'A'); 6 Tomblaine; 3 Metz; 1 Velenje 200 'B'; 4 Cork; 1 Veszprém; 1 Székesfehérvár 100/200	31y	315d	1978	52.95	51.50 -06
CUDDIHY Joanne IRL (Pronounced "Cud-ee-hee") ... Irish record holder ... national champion of three different countries in 2010 200 pb: 23.33 -06 (23.38 -10). 6 WJC 2002 (2000-ht); 2 EJC 2003 (2001-7); 4 WSG 2003; ht WIC 2004; sf WSG 2005; 8 ECH 2006; sf WCH 2007; ht OLY 2008. 1 Australian, Irish & New Zealand 2010 ... 1.84 tall In 2010: 3 Melbourne; 1 Christchurch 200; 1 New Zealand (2 200); 1 Australian (2 200); 1 Fukuroi; 1 Osaka; 1 Irish (3 200)	26y	77d	1984	51.94	50.73 -07

GRENOT Libania ITA	27y	16d	1983	51.14	50.30 -09
Full name-Libania Grenot Martinez 3x Cuban Champion, now the Italian record holder 200 pb: 22.93 -09. 5 World Youth 99; ht WCH 4x400 2001; 4 Pan-Am Games 2003; 3 Central American & Caribbean 2005; sf OLY 2008; 1 ETCh 2009; 1 Mediterranean Games 2009; sf WCH 2009 (2005-ht). 1 Cuban 2003/2004/2005. 1 Italian 2009/ 2010 In 2010: 1 Turin; 4 ETCh 'A'; 1 Italian					
MILANI Marta ITA	23y	141d	1987	52.27	52.27 -10
800 pb: 2:05.98 -10. sf WJC 2006; 6 under-23 ECH 2009. 1 Italian junior 2006 & under-23 2009 In 2010: 2 Pavia; 1 Mariano Comense; 2 Gavardo; 1 Italian Clubs Cup 400/800; 4 Turin; 2 Italian; 1 Pergine Valsugana					
BEDNAREK Agata POL	22y	29d	1988	53.12	53.12 -10
sf under-23 ECH 2009. 1 Polish 2009/2010 In 2010: 2 Biala Podlaska; 1 Polish Universities 200; 1 Warsaw under-23; 2 POL v GER under-23; 2 ETCh 'B'; 1 Polish					
FIROVA Tatyana RUS	27y	291d	1982	50.88	50.08 -06
2008 Olympic relay silver with 49.20 split on third leg to put Russia in front, temporarily 1 EJC 99; 1 ECP 4x400 2003; 3 under-23 ECH 2003 (1 4x400); 1 WSG 2003; ht OLY 4x400 2004 (awarded silver); ht WCH 4x400 2005 (awarded gold); ht ECH 4x400 2006 (awarded gold); 6 OLY 2008 (2 4x400); 3 WCH 4x400 2009 ... coach-Aleksandr Abramov In 2010: 1 Moscow "Winter"; 1 Moscow Champs indoor; =1 Russian indoor (with Natalya Nazarova); 2 WIC 400/4x400; 4 Zhukovskiy 200; 3 Moscow "Open" (Jun 29); 1 Moscow (Kuts Memorial); 3 Russian					
KRIVOSHAPKA Antonina RUS	23y	7d	1987	50.56	49.29 -09
2009 World bronze ... 2009 European Indoor Champion (when she ran the first lap in 23.12 and the second in 28.06!) 1 European Youth Olympics 2003; 2 World Youth 2003; ht WJC 2004; 1 EIC 400/4x400 2009; 3 WCH 400/4x400 2009. 1 Russian in/out 2009. Student of Volgograd Sports Academy ... Coach-Vladimir Tipayev In 2010: 1 South of Russia; 2 Moscow "Open" (Jun 29); 5 Eugene Diamond; 4 Russian					
USTALOVA Kseniya RUS	22y	195d	1988	50.33	50.33 -10
Winner at 2010 European Team Championships ... 2009 European under-23 Champion 2 EJC 2007 (1 4x400); 1 under-23 ECH 2009 (1 4x400); 1 ETCh 2010. 1 Russian 2010 In 2010: 2 Russian Clubs; 1 Russian Cup; 1 ETCh 'A'; 1 Russian					
NORDQUIST Helene SWE	29y	209d	1980	53.43	53.43 -10
1 Swedish 2008 In 2010: 3 Eskilstuna; 1 Leiden; 5 ETCh 1st League 'A'; 1 Stockholm 200; 4 Karlstad					
REDIF Meliz TUR	21y	124d	1989	52.89	52.89 -10
Turkish record holder ... 200 pb: 23.87 -10. sf WJC 2008. 1 Turkish 2008 (1 200 2008/2010) In 2010: 1 Turkish Universities 100/200; 1 Istanbul 300; 1 Turkish Clubs; 1 Bursa 200; 3 Istanbul; 5 ETCh 1st League 200 'B'; 2 Turkish; 1 Ankara					
SAKA Pinar TUR	24y	265d	1985	53.49	53.49 -10
Turkish record holder indoors (53.04 in 1999) ... ht WJC 200/400 2004; ht EIC 2009. 1 Turkish 2009 In 2010: 1 Bursa; 5 Istanbul; 3 ETCh 1st League 'B'					
KARANDYUK Kseniya UKR	24y	37d	1986	52.48	52.19 -06
3 EJC 4x400 2005; 3 under-23 ECH 4x400 2007 In 2010: 4 Ukrainian Cup; 2 Ukrainian; 1 Vinnitsa					
PRYSTUPA Darya UKR	22y	244d	1987	52.06	52.06 -10
1 Ukrainian 2010 In 2010: 2 ETCh 4x400 'A'; 1 Ukrainian (5 200); 1 Sopot					
YEFREMOVA Antonina UKR	29y	9d	1981	50.81	50.70 -02
(Pronounced "Ye-FREM-ova") ... 2001 European under-23 Champion ... 2002 European Cup winner ... fourth in 2008 World Indoors sf WJC 2000; 1 under-23 ECH 2001 (2 4x100); 1 ECP 2002 (2004/2005-2); 6 ECH 2002; ht WIC 2003; sf WCH 2003 (2005-ht); sf OLY 2004 (2008-ht); 4 WSG 2007; 4 WIC 2008 (2010-ht). 1 Ukrainian 2002-2005. Business student at the Donyetsk Academy ... coach-Valeriy Doroschenko In 2010: 1 Ukrainian indoor; 4ht WIC; 5 Donyetsk 200; 1 Ukrainian Cup; 2 ETCh 'A'; 4 Moscow "Open" (Jun 29); dq Ukrainian; 1 Barcelona					

WORLD ALL-TIME LIST				2010 EUROPEAN LIST	
1	47.60	Marita Koch GDR	1985	1	50.16 Anastasiya Kapachinskaya RUS
2	47.99	Jar. Kratochvílová TCH	1983	2	50.33 Kseniya Ustalova RUS
3	48.25	Marie-José Pérec FRA	1996	3	50.56 Antonina Krivoshapka RUS
4	48.27	Olga Bryzgina UKR	1985	4	50.79 Tatyana Firova RUS
5	48.59	Tatjana Kocembová TCH	1983	5	50.81 Antonina Yefremova UKR
6	48.63	Cathy Freeman AUS	1996	6	50.85 Denisa Rosolová CZE
7	48.70	Sanya Richards USA	2006	7	50.87 Kseniya Zadorina RUS
8	48.83	Val. Brisco-Hooks USA	1984	8	50.88 Christine Ohuruogu GBR
9	48.89	Ana Guevara MEX	2003	9	50.88 Vania Stambolova BUL
10	49.05	Ch. Cheesborough USA	1994	10	50.88 Natalya Nazarova RUS

2010 European Championships • Biographical Entry List (may include reserves)

Women's 400 Metres Hurdles

Entrants: 32

Starting: July 27

	Age	(Days)	Born	Season's Best	Personal Best
SHAROYAN Amaliya ARM Armenian record holder ... In 2010: 1 ETCh 3rd League 'B' (2 'A')	22y	38d	1988	60.89	60.89 -10
OUÉDRAOGO Elodie BEL Ran third leg for Belgian sprint relay team which won 2007 World bronze & 2008 Olympic silver 100 pb: 11.40 -05. 200 pb: 23.11 -04. 100H pb: 13.34 -03. LJ pb: 6.20 -01. sf WJC 100H 2000; 4 ECH 4x100 2002; 5 under-23 ECH 100 2003; 3 WSG 200 2005; 3 WCH 4x100 2007; 2 OLY 4x100 2008; sf WCH 400H 2009 (2007-ht) In 2010: 2 Rehlingen; 3 Rabat; Here: 3/h2-55.80	29y	151d	1981	55.80	55.72 -07
STAMBOLOVA Vania BUL 2006 European Champion at 400m ... 2009 World Student Games Champion at 400m hurdles 400 pb: 49.53 -06 (50.88 -10). 1 Balkan 400H 2005; 2 WIC 400 2006 (2010-3); 1 ECH 400 2006; 2 WCP 400 2006; 1 WSG 400H 2009; sf WCH 400H 2009 (2005-ht). Served two-year doping suspension 2007-2009 In 2010: 3 WIC 400; 1 Sofia 200 (May 26); 1 Kalamáta 400; 1 Khamnia 400; 1 St. Pölten 400H; 1 Sofia 200; 1 Kalamáta 400; 6 Moscow "Open" (Jun 29) 400; 2 Madrid 400H; 3 Réthymno 400H; 7 Lausanne Diamond 400; 2 Barcelona 400; Here: 1/h3-54.77	26y	242d	1983	54.57	54.55 -06
HORVAT Nikolina CRO Croatian record holder ... 400 pb: 53.62 -08 (54.50 -10). ht European Youth Olympics 2003; ht WJC 2004; 6 EJC 2005; ht ECH 2006; 7 under-23 ECH 2007; ht OLY 2008. 1 Croatian 2007/2010 In 2010: 1 Croatian Cup; 7 Turin; 3 ETCh 2nd League; 1 Nova Gorica; 1 Croatian (2 400); 2 Slovenian 400	23y	313d	1986	56.64	56.28 -08
BERGROVÁ Zuzana CZE 400 pb: 53.03 -10. 4 EJC 2003; ht 400H 2006; 4 WIC 4x400 2008/2010. 1 Czech 400 2004 & 400H 2007/2010. Coach-Martina Blažková In 2010: 3 Czech indoor 200; 4 WIC 4x400; 1 Czech Clubs 400H (May 22); 7 Ostrava 400; 3 European Clubs Cup 400 'C'; 1 Czech Clubs 400H (Jun 6); 5 Prague (Odlozil Memorial); 2 ETCh 1st League 'A'; 2 Biberach; 1 Czech; Here: 4/h3-56.55	25y	245d	1984	55.96	55.96 -10
HEJNOVÁ Zuzana CZE Czech record holder ... Beijing Olympic finalist ... winner at 2010 European Team Championships 100H pb: 13.60 -08. 400 pb: 52.61 -09. 1 World Youth 2003; 2 WJC 2004 (2002-5); 1 EJC 2005 (2003-3); sf WCH 2005/2007/2009; sf ECH 2006; 3 under-23 ECH 2007; 7 OLY 2008; 1 ETCh 2010 (2009-3). 1 Czech 400 2006/2009. Coach-Martina Blažková In 2010: 2 Czech indoor 200; 4 WIC 4x400; 1 European Clubs Cup 400H; 4 Rome Diamond; 1 Prague (Odlozil Memorial); 1 ETCh 1st League 'A'; 2 Czech 200; Here: 1/h2-55.36	23y	221d	1986	54.13	54.13 -10
VOLFOVÁ Kristina CZE sf EJC 2007. 1 Czech 2008 In 2010: 3 Czech indoor 400; 2 Czech Clubs; 7 Prague (Odlozil Memorial); 1 Prague (Jun 20); 1 Pardubice; 2 Czech	22y	72d	1988	57.42	57.42 -10
PETERSEN Sara DEN Danish record holder ... 400 pb: 53.85i -09. ht WJC 2004; 4 EJC 2005; sf WJC 2006; 6 under-23 ECH 2007/2009; sf EIC 400 2009; 3 WSG 2009; 6 under-23 ECH 2009; sf WCH 2009. 1 Danish 2002/2005-2008 In 2010: 1 Chambéry 'B'; 2 Celle Ligure; 4 Tangiers	23y	110d	1987	57.28	56.40 -09
FORCADELL Laia ESP 4x Spanish Champion ... 2006 Ibero-American Champion ... 400 pb: 54.22 -06 (55.27 -10). 5 EIC 4x400 2005; 9 ECP 400 2006; 1 Ibero-American 2006 (2010-3); ht ECH 2006; 6 ECP 2007; ht OLY 2008; ht WCH 2009; 6 Mediterranean Games 2009. 1 Spanish 2007/2008/2009/2010 ... coach-Armando Álvarez In 2010: 1 Barcelona; 1 Santander; 1 Mataró; 3 Catalunya; 3 Ibero-American; 5 ETCh 'B'; 8 Madrid; 1 Catalanian; 1 Barcelona; 1 Spanish	28y	52d	1982	57.73	56.24 -08
RANTA Ilona FIN 6x Finnish Champion ... 100 pb: 11.58 -07. 200 pb: 23.97 -05/06. 400 pb: 54.28 -07. 6 EJC 2001; ht WCH 2005/2007; dnf ht ECH 2006; ht EIC 60 2007; 4 WSG 2007 (1 4x100). 1 Finnish 2001/2005/2006/2007/2008/2009 In 2010: 1 Finnish indoor 60; 1 Málaga 200; 1 Copenhagen; 2 Leiden; 4 ETCh 'B'; 4 Espoo; 2 Jämsä 200; 4 Lappeenranta; 3 Lapinlahti	27y	273d	1982	56.94	56.94 -10
CHILD Eilidh GBR (Eilidh is pronounced "A - Lee") ... European under-23 silver in 2009 400 pb: 53.71 -08. 2 under-23 ECH 2009 (2007-5); sf WCH 2009; 2 ETCh 2010 (2009-4). 1 AAA under-17 300H 2001/2003; 1 English under-23 2007/2008. Former Scottish Schools Champion at swimming ... PE Teacher at Perth Grammer School (Scotland) ... coach-Stuart Hogg In 2010: 1 Loughborough 'international'; 1 Bydgoszcz; 2 ETCh 'A'; 4 Madrid; 6 Gateshead Diamond; Here: 2/h3-55.82	23y	158d	1987	55.17	55.17 -10
SHAKES-DRAYTON Perri GBR 2009 European under-23 Champion ... twice UK Champion ... 400 pb: 51.81 -09 (52.42 -10). 800 pb: 2:09.86 -10. 8 WJC 2006; 2 EJC 400H/4x400 2007; 1 under-23 ECH 2009; sf WCH 2009. 1 UK 2008/2010; 2 UK 400 2009. Her cousin Roschelle Shakes played football for Arsenal and England ... coach-Chris Zah In 2010: 5 WIC 4x400; 1 British Universities 400; 1 Middlesex 800; 1 Loughborough 'international' 400; 1 Turin 400H; 2 Prague (Odlozil Memorial); 3 ETCh 4x400 'A' (4th overall, 50.51 split); 1 UK; 4 Gateshead Diamond; Here: 2/h1-55.35	21y	218d	1988	54.91	54.91 -10
KOHLMANN Fabienne GER Former European Junior Champion ... 400 pb: 52.30 -10. 800 pb: 2:00.72 -10. 1 European Youth Olympic Festival 2005; 1 EJC 2007 (3 4x400); 8 WJC 400 2008. 1 German 2010 In 2010: 2 German indoor 800; 1 Pliezhhausen 600/300H; 1 Rehlingen 400H; 1 Dessau 800 (pb down from 2:05.32 to 2:00.72); 1 Baunatal 400H; 2 Regensburg 400; 6 ETCh 'A'; 1 Madrid; 1 Biberach; 1 German; Here: 2/h4-55.69	20y	264d	1989	55.69	55.69 -10

CAREY Michelle IRL	29y	158d	1981	57.58	56.19 -08
8x Irish Champion ... 400 pb: 52.67 -06 (53.73 -10). ht under-23 ECH 2003; ht WSG 2003; ht ECH 2006; ht WCH 2007/2009; ht OLY 2008. 1 AAA under-23 2002/2003. 1 Irish 2001/2002/2003/2004/2005/2007/2008/2009 (99-2). 1 British Universities 2004 ... coach-Nick Dakin In 2010: 5 Westwood; 4 Loughborough 'international'; 7 Geneva; 3 Nivelles; 3 Tarare; 5 Chambéry; 3 Irish 400					
FURLONG Brona IRL	23y	247d	1986	57.75	57.75 -10
400 pb: 55.00 -08. sf EIC 400 2009. 1 Irish under-23 2007; 1 Irish Universities 400H/TJ 2010 In 2010: 1 Irish Universities 400/400H; 1 Pavia; 1 Geneva 'B'; 4 Nivelles; 2 Namur; 3 Chambéry; 2 Irish					
KINNEY Justine IRL	22y	112d	1988	57.13	57.13 -10
1 Irish 2010. 1 English Schools 2006; 1 Midland 2008 In 2010: 2 Mt SAC Relays 'B'; 2 Pavia; 1 UK League div 1/Jun 5; 3 Geneva; 6 ETCh 1st League 'A'; 1 La Chaux-de-Fonds; 1 Irish					
ÓLAFSDÓTTIR-JOHNSON Kristin Birna ISL	25y	204d	1985	58.31	58.31 -10
Heptathlon pb: 5402 -06. 100H pb: 13.94 -06. dnf under-23 ECH Heptathlon 2007 In 2010: 1 Conway; 1 Raleigh Relays 400H 'B'; 2 Sävedalen 100H (4 LJ); 2 Eskilstuna 100H/400H; 3 Leiden 100H 'B'; 4 Leiden 400H (3 100 'B'); 1 ETCh 3rd League 400H 'A' (4 100H)					
GENTILI Manuela ITA	32y	171d	1978	55.78	55.78 -10
Finally won the Italian title in 2010 after being second in 2007, 2008 & 2009 In 2010: 1 Enna; 1 Basel; 1 Rieti; 9 Rome Diamond; 5 ETCh 'A'; 1 Italian; Here: 4/h1-56.14					
ZUNDA Ieva LAT	32y	8d	1978	56.02	55.59 -04
400 pb: 52.32 -04 (53.33 -10). ht OLY 2004/2008; sf WCH 2009 *2003-ht). 1 Latvian 98/99/2002/2003/2005/2007/2009/2010 In 2010: 4 Dakar; 1 Liepaja 400/400H; 1 Tartu 400/400H; 1 Modena 400/400H; 1 ETCh 2nd League; 2 Espoo; 1 Réthymno 'B'; 1 Latvian; 4 Liège; 1 Karlstad; Here: 3/h4-56.02					
TOMB Stine NOR	23y	335d	1986	57.10	57.10 -10
400 pb: 53.49 -09 (54.64 -10). 1 Norwegian 400 2005. Based-Sweden In 2010: 5 Khania 400; 1 Eskilstuna 400H; 3 Leiden 400H; 1 ETCh 'B'; 4 Sollentuna; 1 Gothenburg 400 (3 200); 4 Karlstad; 4 Lapinlahti					
KOŚCIELNIAK Marzena POL	20y	212d	1989	56.52	56.52 -10
100H pb: 13.76 -09 (13.84 -10). ht WJC 2008. 1 Polish junior 2007/2008 & senior 2010 In 2010: 2 Bydgoszcz 400; 3 Warsaw under-23 400; 4 POL v GER under-23; 1 Polish (4 100); Here: 4/h4-56.52					
LOPES Patrícia POR	28y	17d	1982	56.78	56.78 -10
9x Portuguese Champion ... 400 pb: 53.05 -10. ht WJC 400 2000; 2 EJC 2001; ht EIC 400 2009. 1 Portuguese 2002-2010 (1 400 2005/2007/2008) In 2010: 1 Salamanca; 4 European Clubs Cup; 2 Ibero-American; 1 Abrantes 200; 1 Portuguese Clubs; 5 ETCh 1st League 'A'; 1 Tarare; 1 Chambéry; 2 Bottrop; 1 Portuguese (2 400)					
MOROȘANU Angela ROU	24y	2d	1986	54.87	53.95 -09
2007 European under-23 Champion at 400m Hurdles ... 400 pb: 52.48 -05. 100 pb: 11.47 -05. 200 pb: 22.91 -06. 8 WJC 2004; 3 EJC 200/400 2005; sf WIC 60/400 2006; 8 ECH 200 2006 (sf 400H); 4 EIC 400 2007; 1 under-23 ECH 2007; 5 WIC 400 2008; sf OLY 2008; 8 WCH 2009. At the 2005 European Indoor Championships she was the only finisher in her 200m heat after the other two entrants were disqualified for false starts ... based-Kansas In 2010: 1 Tampa; 1 Tallahassee; 1 Atlanta; 2 Bydgoszcz; 7 Rome Diamond; 3 Prague (Odlozil Memorial); 2 ETCh 1st League 'A'; 2 Madrid; 4 Réthymno; 3 Gateshead Diamond; 1 Romanian; Here: 1/h1-55.11					
ANTYUKH Natalya RUS	29y	32d	1981	54.00	54.00 -10
2004 Olympic bronze at 400m flat, now she is world class at 400m hurdles where she progressed from 58.30 to 54.11 in 2009 and now 54.00 400 pb: 49.85 -04. 200 pb: 22.75 -04. ht WCH 400 2001; 1 EIC 400/4x400 2002; 1 ECH 4x400 2002; 1 WIC 4x400 2003/2006; 3 OLY 2004 (1 4x400); 1 ECP 400 2005 (2001-3); sf WCH 400 2005 (1 4x400); 2 EIC 4x400 2007; 6 WCH 400 2007 (4 4x400); 4 EIC 400 2009 (1 4x400); 6 WCH 400H 2009 (bronze 4x400). Born-St Petersburg ... coach-Yekaterina Kulikova She anchored Russian to Olympic relay silver in 2004, now team are promoted to Olympic Champions following the retrospective disqualification of Crystal Cox who had ran in the heats for the US team which went on to win the final In 2010: 2 Shanghai Diamond 400H; 1 Russian Clubs 200; 3 Rome Diamond 400H; 1 ETCh 400H 'A'; 1 Russian 400H; 2 Monaco Diamond 400H; Here: 1/h4-54.29					
ISAKOVA Yevgeniya RUS	31y	243d	1978	55.17	53.93 -06
DEFENDING EUROPEAN CHAMPION ... 400 pb: 52.14 -06. 1 ECH 2006; 6 WCH 2007. 1 Russian 2006. Coach-Gennadiy Zhubryakova In 2010: 1 Moscow; 1 Russian Cup; 2 Reims; 2 Réthymno; 2 Russian; 6 Monaco Diamond; Here: 2/h2-55.64					
IVANOVA Natalya RUS	29y	33d	1981	55.71	54.36 -07
400 pb: 50.79 -04 (52.27 -10). 200 pb: 23.26 -04. 5 WJC 400 2000; 4 EIC 400 2002; 5 ECH 2006 (1 4x400); 2 EIC 4x400 2007; sf WCH 2009. Ran in 2004 Olympic 4x400m heat, so awarded silver medal won by Russia in final In 2010: 3 Russian Clubs 400; 1 Russian Clubs; 2 Moscow (Jun 7); 1 Russian Cup 'B'; 1 ETCh 4x400 'A'; 1 Moscow (Kuts Memorial); 3 Russian; Here: 3/h3-55.83					
PERSSON Sofie SWE	23y	193d	1987	57.23	57.23 -10
s400pb: 53.41 -10. sf WJC 400 2006. At University of Mississippi In 2010: 1 Memphis 400; 1 Alabama Relays; 4 Florida Relays 'B'; 1 Oxford MS; 3 Baton Rouge 400; 3 Drake Relays 'B'; 3 Knoxville; 2 ETCh 1st League 'B'; 2 Sollentuna; 3 Helsingborg 200; 5 Karlstad 400					
ENGIN Birsen TUR	29y	282d	1980	56.69	56.69 -10
2010 Turkish Champion at both 400m flat & hurdles ... 400 pb: 53.52 -10 In 2010: 2 Bursa; 1 Turkish Clubs; 1 Istanbul 'B'; 4 ETCh 1st League 'A'; 1 Ankara 400; 1 Turkish400/400H					
GÜRLER Özge TUR	25y	41d	1985	58.08	56.33 -07
Turkish record holder at 400m flat & hurdles ... 400 pb: 53.11 -07. LJ pb: 6.00 -06. sf WJC 400 2004; ht ECH 2006; 6 WSG 2007; ht WCH 2007. 1 Turkish 2003/2005/2008/2009 (1 200 2005) In 2010: 3 Istanbul 300; 2 Sofia; 2 Turkish; 1 Ankara; 1 Plovdiv					

RABCHENYUK Anastasiya UKR**26y 317d 1983 55.29 53.96 -08**

2008 European Cup winner, then fourth at the Olympics ... 400 pb: 52.64 -06 (53.4 -10). 7 EJC 2001; 6 under-23 ECH 2003; 8 ECH 2006; 2 WSG 2007 (2003-3, 2005-sf); 1 ECP 2008 (2004-7); 4 OLY 2008; 2 ETCh 2009; 7 WCH 2009 (2007-ht). 1 Ukrainian 2003/2004/2005/2006/2007/2008 ... coach-Vladimir Fedorets

At the 2008 Ukrainian athletics award ceremony she won the title "Beauty of Athletics" ... married her partner Sergey Basenko on October 3, 2008, the wedding took place at an athletics stadium

In 2010: 4 Shanghai Diamond; 1 Ukrainian Cup; 5 Bydgoszcz; 3 ETCh 'A'; 5 Madrid; 5 Réthymno

TITIMETS Hanna UKR**21y 145d 1989 55.58 55.58 -10**

8 EJC 2007; 4 WJC 2008; 4 under-23 ECH 2009; ht WCH 2009. 1 Ukrainian 2010

In 2010: 3 Ukrainian Cup; 4 Turin; 6 Prague (Odlozil Memorial); 1 Ukrainian;

Here: 3/h1-55.58

YAROSHCHUK Hanna UKR**20y 246d 1989 55.60 55.60 -10**

2 EJC 4x100 2007; 6 WJC 2008 (2 4x400); 8 under-23 ECH 2009. 1 Ukrainian 2009

In 2010: 2 Ukrainian Cup; 5 Rabat; 2 Ukrainian 200/400H; 2 Réthymno 'B'; 3 Liège; 1 Tangiers;

Here: 4/h2-55.88

WORLD ALL-TIME LIST				2010 EUROPEAN LIST			
1	52.34	Yuliya Pechonkina RUS	2003	1	54.00	Natalya Antyukh RUS	
2	52.42	Melaine Walker JAM	2009	2	54.13	Zuzana Hejnová CZE	
3	52.61	Kim Batten USA	1995	3	54.57	Vania Stambolova BUL	
4	52.62	Tonya Buford USA	1995	4	54.87	Angela Moroşanu ROU	
5	52.63	Lashinda Demus USA	2009	5	54.91	Perri Shakes-Drayton GBR	
6	52.74	Sally Gunnell GBR	1993	6	54.96	Anna Jesień POL	
7	52.77	Fani Halkia GRE	2004	7	55.17	Eilidh Child GBR	
8	52.79	S. Farmer-Patrick USA	1993	8	55.29	Anastasiya Rabchenyuk UKR	
9	52.82	Deon Hemmings JAM	1988	9	55.32	Yevgeniya Isakova RUS	
10	52.89	Daimi Pernía CUB	1999	10	55.58	Hanna Titimets UKR	