

Men's 100 Metres

First Round Heat 1 3 + 2 to Final (Saturday)

2019 World Best: 9.81 Christian Coleman USA Stanford 30 Jun 19
 ETCh Record: 9.95 Christoph Lemaitre FRA Stockholm 18 Jun 11

		Age	(Days)	Born	2019	Personal Best
2,	SOKOLOV Oleksandr UKR - Ukraine	21y	246d	1997	10.39	10.17 -18
	2019 Ukrainian Indoor Champion at 60m // 200 pb: 21.21w -18 (21.24 -19). sf WJC 100 2016; ht ECH 100 2018; ht EIC 60 2019.1 Ukrainian indoor 60 2019 In 2019: 1 Ukrainian indoor 60; 4ht EIC 60; 2 Kropyvnytskyi 100 (3 200); 4 Ogre 200 (5 100); 1 Ukrainian under-23 100/200; sf under-23 ECH 100; 1 Ukrainian Teams 100					
3,	ZÍKOS Konstadínos GRE - Greece	21y	107d	1998	10.41	10.41 -19
	2019 European indoor finalist // 10.39w -18. 200 pb: 21.82 -17 (21.88 -19). sf EJC 100 2017; 5 EIC 60 2019. 1 Greek indoor 60 2018/2019 In 2019: 1 Greek indoor 60; 5 EIC 60; 1 Ioannina 100; 3 Trikala 200; 1 Lárissa 100; 6 Haniá 100; 1 Kalamatá 100; 1 Greek under-23 100; sf under-23 ECH 100					
4,	RODRÍGUEZ Angel David ESP - Spain	39y	105d	1980	10.49	10.14 -18
	Full name-Ángel David Rodríguez García 7x Spanish Champion at 100m, 6x at 60m 200 pb: 20.34w -11, 20.61 -08. 6 EJC 100 99; 8 WCP 100 2002; 4 ECP 100 2006/2008; sf ECH 100 2006/2010/2014/2016 (2018-ht); sf EIC 60 2007/2011/2015 (2009/2017-ht); qf WCH 100 2007/2009; sf WIC 60 2008/2010/2012/2018; qf OLY 100/200 2008; ht WCH 200 2009; ht OLY 100 2012; 5 ETCh 100 2014. 1 Spanish 100 2006/2007/2009/2010/2011/2013/2016 (1 200 2009/2010/2011) (1 indoor 60 2007/2008/2009/2010/2012/2017) In 2019: 1 Zaragoza 100; 1 Spanish Clubs 100; Two fourths and a second at 100m in the 'European Games' meetings, but Spain didn't make the final; 4 Pamplona 100; 1 Barcelona 100					
5,	LARSSON Henrik SWE - Sweden	19y	313d	1999	10.20	10.20 -19
	2019 European under-23 Champion at 100m // 10.14w -18. 200 pb: 20.71w -17, 20.85 -18. 1 European Youth Olympic Festival 100 2015; 2 European Youth 100 2016; 6 EJC 100 2017 (sf 200); 6 WJC 100 2018 also reached 200m final, but scratched; ht ECH 100 2018; 1 under-23 ECH 100 2019. 1 Swedish 200 2017 & indoor 60 2019. His older sister Agnes Larsson was 10 EJC SP 2015. Lives-Karlstad In 2019: Long indoor season at 60m including seven personal bests, the Swedish indoor title and a semi-final place at the European Indoor Championships; 6 Stockholm Diamond 200; 1 Huddinge 100/200; 1 Skara 100; 5 Turku 100; 4 Sollentuna 100; 1 Karlstad 100 'B'; 1 under-23 ECH 100 (ht 200)					
6,	VICAUT Jimmy FRA - France	27y	163d	1992	10.02	9.86 -15/16
	Co-holder of European 100m record (with Francis Obikwelu). Sixth in Daegu 2011 & London 2017, seventh in Rio 2016, eighth in Beijing 2015 200 pb: 20.30 -13. 7 World Youth 100 2009; 3 WJC 100 2010; 1 ECH 4x100 2010; 1 EJC 100/4x100 2011; 6 WCH 100 2011 (2 4x100); sf OLY 100 2012 (3 4x100); 1 EIC 60 2013; 1 ETCh 100 2013/2014; sf WCH 100/200 2013; sf ECH 100 2014 (scratched from final with hamstring injury); 8 WCH 100 2015; 3 ECH 100 2016 (2 4x100); 7 OLY 100 2016; 6 WCH 100 2017 (5 4x100); sf ECH 100 2018 (scratched from final with hamstring injury - same as 2014). 1 French indoor 60 2013 & 100 2013/2015/2016 (1 200 2016). Coach-Dimitri Demonière In 2019: 3 Liévin 60; 5 World Relays 4x100; 2 Prague 100; 1 Pontoise 100; 1 Marseille 100; 2 Lucerne 100; 6 Monaco Diamond 100; Won his heat and semi at the French Championships but scratched from the final as a precaution ("It is not an injury, it's just cold and I don't want to take the risk")					
7,	VELEBA Jan CZE - Czech Republic	32y	246d	1986	10.16	10.16 -19
	No-holder of Czech 100m record of 10.16 (with Zdeněk Stromšík) // 10.15w -19. 200 pb: 20.86 -12. sf EIC 60 2011/2015; 9 ETCh 200 2014 (10 100); sf ECH 100 2014/2016 (2010-ht); sf EIC 60 2017; ht ECH 100 2018. 1 Czech 100 2010/2014/2016/2019 & indoor 60 2011/2015/2016. 1 Slovak indoor 60 2014. He works as a furniture maker. The Czech time were out on the track for the sprint relay final at the 2018 European Championships, but they couldn't start because Veleba cramped up In 2019: 2 Plzeň 100; 3 St Polten 100; 8 Prague 100; 2 Geneva 4x100 (Czech record 38.62); 6 Ostrava 100 'B'; 1 Prague 100/200 (Jul 5); 2 Kladno 100; 1 Czech 100 (2 200)					

Men's 100 Metres

First Round Heat 2 3 + 2 to Final (Saturday)

2019 World Best: 9.81 Christian Coleman USA Stanford 30 Jun 19
 ETCh Record: 9.95 Christoph Lemaitre FRA Stockholm 18 Jun 11

		Age	(Days)	Born	2019	Personal Best
2,	POHL Michael GER - Germany	29y	264d	1989	10.18	10.22 -18
	2019 German Champion at 100m // 200 pb: 21.00 -18 (21.15 -19). sf WIC 60 2018. 1 South of Germany 100 2016; 2 German 100 2017; 2 German indoor 60 2018/2019 In 2019: 2 German indoor 60; 2 Weinheim 200 (May 25) 3 Jena 200 (8 100); 2 Rehlingen 100 'B'; 4 'European Games' final 100; 3 Regensburg 100; 4 Weinheim 100 (Jul 12); 2 Mannheim 100; 1 German 100 Late replacement for German record holder Julian Reus					
3,	AIKINES-ARYEETAY Harry GBR - Great Britain & NI	30y	344d	1988	10.11	10.08 -13
	DEFENDING EUROPEAN TEAM CHAMPION // 9.90w -17 (10.00w -19). 200 pb: 20.46 -11. 1 World Youth 100/200 2005; 1 WJC 100 2006 (3 4x100); 1 under-23 ECH 100 2009; 3 WCH 4x100 2009; dnf sf WIC 60 2010; sf WCH 100 2011/2013; 4 ECH 100 2012; 7 EIC 60 2013 (2011-ht); 1 ETCh 4x100 2013/2014/2017; sf COM 100 2014 (2 4x100); 3 ECH 100 2014 (1 4x100); 5 OLY 4x100 2016; 1 ETCh 100 2017; sf COM 100 2018 (1 4x100); 1 ECH 4x400 2018. 1 English 100 2011; 2 UK 100 2013/2014 (2015/2016-5, 2017-3, 2018-6). Stress fracture of back in 2007; hamstring tears in 2008, 2010 & 2012. Ghanaian descent In 2019: 6sf UK indoor 60; 1 Gliwice 100; 8 Hengelo 100; ht Geneva 100; 1 Berlin 100 'B'; 4 La Chaux-de-Fonds 100; ht Marseille 100. Second leg for British team which ran so well at the World Relays (3rd in 38.15 after 38.11 heat); ht London Diamond 100					
4,	OLSZEWSKI Remigiusz POL - Poland	26y	322d	1992	10.23	10.21 -18
	5x Polish Indoor Champion at 60m // 10.18w -18. 200 pb: 20.89 -15. sf WJC 200 2010; 4 under-23 ECH 100 2013 (2 4x100); sf WIC 60 2014/2016/2018; sf EIC 60 2015/2019; ht ECH 100 2018. 1 Polish indoor 60 2015/2016/2017/2018/2019 In 2019: 1 Polish indoor 60; 5sf EIC 60; 1 Wrocław 100; 2 Gliwice 100; 2 Ogre 100; 3 Bydgoszcz 100; 4 Chorzów 100					
5,	PUROLA Samuel FIN - Finland	19y	81d	2000	10.43	10.31 -17
	Two medals at 2017 European Junior Championships (though none in 2019) 200 pb: 20.84 -17. 2 EJC 100 2017 (3 200); sf WJC 100 2018; sf EIC 60 2019; sf EJC 100 2019. 1 Finnish indoor 200 2017/2018 & 60 2019 In 2019: 1 Finnish indoor 60; 6sf EIC 60; 8 Turku 100; sf EJC 100; 3 Finnish 100					
6,	CHUARD Sylvain SUI - Switzerland	23y	149d	1996	10.45	10.45 -19
	200 pb: 21.32 -19. 7 EJC 100 2015; sf EIC 60 2019. 1 Swiss under-23 100 2016/2018 In 2019: 2 Swiss indoor 60; 8sf EIC 60; 2 Geneva 100; 1 Zurich 100; 4 Zofingen 200; 3 Thun 100; Fifth & fourth at 100m in the 'European Games' meetings, but Switzerland didn't make the final; 4 Bulle 100 (1 200 'B'); ht Berne 200					
7,	JACOBS Lamont Marcell ITA - Italy	24y	317d	1994	10.03	10.03 -19
	He has been Italian Champion at both Long Jump & 100m // 200 pb: 20.61 -18. LJ pb: 8.48w -16, 8.07i -17, 7.95 -16 (8.05i -19). 9 EJC LJ 2013; 1 Mediterranean under -23 LJ 2016; 11 ECH LJ 2016; dnq EIC LJ 2017; sf ECH 100 2018. 1 Italian LJ 2016 & indoor LJ 2017; 1 Italian 100 2018/2019. Allegiance transferee from USA - born-El Paso (Italian mother), acquired Italian citizenship on January 14, 2010 and cleared by IAAF to compete for Italy from June 2012 In 2019: 2 Madrid IAAF Tour LJ; nm EIC LJ; 1 Castiglione della Pescaia 100; 1 Savona 100; 3 Turku 100; 2 Trieste 100; 1 Padua 100; 1 Italian 100					

Men's 200 Metres

First Round Heat 1 3 + 2 to Final (Sunday)

2019 World Best: 19.50 Noah Lyles USA Lausanne 5 Jul 19
 ETCh Record: 20.20 Ramil Guliyev TUR Vaasa 25 Jun 17

		Age	(Days)	Born	2019	Personal Best
2,	KILTY Richard GBR - Great Britain & NI	29y	341d	1989	20.39	20.34 -13
	Twice European Indoor Champion and 2014 World Indoor Champion at 60m 100 pb: 9.92w, 10.01 -16 (10.23 -19). sf WJC 200 2008 (5 4x100); 7 under-23 ECH 4x100 2011; 6 ETCh 100 2013; 1 WIC 60 2014; sf COM 100 2014 (2 4x100); 1 ECH 4x100 2014; 1 ECH 60 2015/2017 (2019-4); sf WCH 100 2015; 5 OLY 4x100 2016; sf COM 200 2018 (1 4x100). 2 UK 200 2013 & 4 100 2014. Wife-Dovilė Dzindaletaitė (LTU, 14.23 TJ), their son Richard junior born September 17, 2016 In 2019: 6 UK indoor 60; 5 Birmingham IAAF Tour 60; He was not selected by British Athletics for the European Indoor Championships [having not met their selection standards indoors or out], but then was a special invitation to compete by the Council of European Athletics; 4 EIC 60; ht Prague 100; 1 Haniá 100; 6 Šamorín 100; 3 Ostrava 100 'B'; 1 Lucerne 200; ht London Diamond 100 (1 4x100 in 37.60); 1 Lee Valley Sprints Evening 100/200					
3,	SŁOWIKOWSKI Przemysław POL - Poland	25y	262d	1993	20.77	20.77 -19
	2015 Polish Champion at 100m // 100 pb: 10.23 -18 (10.37 -19). 4 WJC 4x100 2012; 2 under-23 ECH 4x100 2013; 8 ETCh 100 2015; sf ECH 100 2016 (6 4x100; ht ECH 100 2018). 1 Polish 100 2015 In 2019: 2 Spała 60; 7 Łódź 60; 5 Polish indoor 60; 2 Łódź 100; 1 Piaseczno 200; dq Bydgoszcz 100; 5 Chorzów 100; 3 Sopot 100; 1 Goleniów 100; 3 Poznań 100 (4 200); 1 Joensuu 200 (4 100); dq Polish Teams 100					
4,	FALL Mouhamadou FRA - France	27y	165d	1992	20.34	20.34 -19
	2019 French Champion at 200m // 100 pb: 10.12 -19. 4 ECH 4x100 2018. 1 French 200 2019. Coach-Mickaël Hanany In 2019: 4ht Val-de-Reuil 60; dq/ht Liévin 60; dq/ht French indoor 60; 1 Tempe 100; 2 El Paso 200; 5 World Relays 4x100; 1 Lille 100' 3 Prague 100; 3 Montreuil 100; 1 Sarcelles 100/200; 2 Bruay La Buissière 100; ht Marseille 100; 1 French 200 (dq 100 final, false start)					
5,	KADESTÅL Kasper SWE - Sweden	20y	204d	1999	21.09	21.09 -19
	100 pb: 10.70 -18. 2 European Youth 200 2016; sf EJC 200 2017; sf WJC 200 2018 In 2019: 8 Swedish indoor 60; 1 Trelleborn 200; 2 Skara 200; 1 Gothenburg 200; 4 Karlstad 200; 7 under-23 ECH 200					
6,	REIS William SUI - Switzerland	20y	97d	1999	21.00	21.00 -19
	Twice Swiss Indoor Champion at 200m // 100 pb: 10.49 -19. sf WJC 200 2018. 1 Swiss indoor 200 2018/2019 In 2019: 1 Swiss indoor 200 (4 60); 1 Lausanne 100/200; 2 Zofingen 200 'C'; 2 Thun 200; 4 La Chaux-de-Fonds 200 'B'; sf under-23 ECH 200; 6 Berne 200					
7,	SMELYK Sergiy UKR - Ukraine	32y	112d	1987	20.73	20.30 -14
	DEFENDING EUROPEAN TEAM CHAMPION (he also won in 2015 from the 'B' race) 100 pb: 10.10 -16 (10.35 -19). ht OLY 200 2012; 4 WSG 200 2013 (1 4x100); sf WCH 200 2013 (2015/2017-ht); 3 ECH 200 2014 (2012-5, 2016/2018-sf); 1 ETCh 200 2015/2017 (2011-10, 2013-3, 2014-4); ht OLY 200 2016; 5 ECH 4x100 2018. 1 Ukrainian 100 2010/2012/2014/2017/2018 (1 200 2012/2013/2016/2018). Coach-Viktor Bryzgin (1 OLY 4x100 1988), husband of Olga Bryzgina (1 OLY 400 1988) IN 2019: 2 Haniá 200; 1 Dessau 100 'B'; 1 'European Games' final 100; 1 Ukrainian Teams 200					

Men's 200 Metres

First Round Heat 2 3 + 2 to Final (Sunday)

2019 World Best: 19.50 Noah Lyles USA Lausanne 5 Jul 19
 ETCh Record: 20.20 Ramil Guliyev TUR Vaasa 25 Jun 17

		Age	(Days)	Born	2019	Personal Best
2,	MÜLLER Steven GER - Germany	28y	328d	1990	20.42	20.42 -19
<p>2019 German Champion at 200m // 100 pb: 10.31w, 10.33 -18. sf ECH 200 2018. 1 German 200 2019 & indoor 200 2018. Former player of German League American Football (for the Paderborn 'Dolphins'). Tried athletics training to improve his speed and was so good, coaches persuaded him to change sports. Student of Sport & Mechanical Engineering at University of Kassel In 2019: 7 German indoor 60; 1 Pliezhausen 150 (4 300); 1 Menden 100/200; 1 Kassel 100/200; 1 Osterode 100/200; 4 Jena 100 (2 200 'E'); 2 Leixlip 200 (3 100); 3 Mannheim 200; 2 Rengensburg 200; 1 Weinheim 200 (1 100 'B'); 1 Paderborn 200 (6 100 'C'); 2 Rhede 200 (3 100); 1 German 200</p>						
3,	LEHTONEN Oskari FIN - Finland	22y	56d	1997	20.83	20.83 -19
<p>Third leg for team which broke the Finnish record at the 2018 European Championships (Eetu Rantala, Otto Ahlfors, him, Samuel Purota) 100 pb: 10.53 -19. 6 EJC 4x100 2015; 3 under-23 ECH 4x100 2017 (sf 200, ht 100); ht ECH 100 2018 (6 4x100). 1 Finnish 200 2018 & indoor 200 2019 In 2019: 1 Finnish indoor 200; 3 Lappeenranta 200; 1 Helsinki 200; 1 Somero 200; 2 Jämsä 100; 3 Tampere 200; sf under-23 ECH 200; 3 Joensuu 200 (5 100)</p>						
4,	MASLÁK Pavel CZE - Czech Republic	28y	169d	1991	20.62	20.46 -17
<p>A big indoor title every year for six years in 2013-2018 // 400 pb: 44.79 -14 (46.19i, 46.61 -19). ht World Youth 2007; 7 WJC 200 2010; 3 ETCh 200 2011; 3 under-23 ECH 200 2011/2013; 1 ECH 400 2012 (2016-2, 2018-sf); sf OLY 400 2012/2016; 1 EIC 400 2013/2015/2017 (2011-ht); 3 under-23 ECH 200 2013; 5 WCH 400 2013 (2011/2017-sf, 2015-ht); 1 WIC 400 2014/2016/2018 (2012-5). 1 Czech 100 2011, 200 2012/2013/2017/2019 & 400 2018. 1 Czech indoor 400 2015 (& 200 2016/2017/2018) In 2019: 2 Czech indoor 60; Withdrew ill from the European Indoor Championships; 3 Plzeň 100; 1 Turnov 100 (2 200); 7 Prague 400; 1 Leiden 200; 4 Ostrava 200; 4 Kladno 200 (5 100); 2 Nové Město nad Metují 200; 1 Czech 200</p>						
5,	TRIVIZÁS Panayiótis GRE - Greece	31y	260d	1987	20.85	20.58 -09
<p>4x Greek Indoor Champion at 200m // 100 pb: 10.24w, 10.36 -17. 400 pb: 47.19 -19. 6 Mediterranean Games 200 2018; 1 Balkan 200 2018; ht ECH 100 2018; ht EIC 60 2019. 1 Greek indoor 200 2016/2017/2018/2019 (1 60 2017). 1 Greek 200 2018 In 2019: 1 Greek indoor 200 (2 60); 6ht EIC 60; 2 Athens 400; 3 Haniã 400; 1 Vári 200; 1 Greek 200 (3 400)</p>						
6,	GARCÍA Samuel ESP - Spain	27y	248d	1991	20.93	20.59 -17
<p>2018 European 4x400m bronze // 400 pb: 45.00 -17 (46.29 -19). 4 WIC 4x400 2012; 8 ETCh 400 2013/2014/2015; 7 ECH 400 2014 (2016/2018-sf); 6 EIC 400 2017 (2013-ht, 2015-sf); ht WCH 400 2017 (5 4x400); 3 ECH 4x400 2018. 1 Spanish 400 2012/2014 (1 indoor 2013/2015). 1 Spanish 200 2017 In 2019: 1 Sabadell 400; 2 Rieti 200; 1 Málaga 200; 6 Huelva 400; 1 Barcelona 400 (Jul 10); 4 Barcelona 400 (Jul 17); 4 Pamplona 400 (Jul 27); 3 Pamplona 400 (Jul 30)</p>						
7,	DESALU Eseo ITA - Italy	25y	171d	1994	20.26	20.13 -18
<p>Sixth in 2018 European 200m final // 100 pb: 10.33 -18 (10.68 -19). ht WJC 200 2012; 5 EJC 200 2013; sf ECH 200 2014/2016; 1 World Military Games 200 2015; ht OLY 200 2016; 2 Mediterranean Games 200 2018 (1 4x100); 6 ECH 200 2018. 1 Italian 200 2016/2017. Born in Italy of Nigerian parents. Acquired Italian citizenship in 2012 and formally cleared by IAAF to compete for Italy from May 2, 2012. Coach-Giangiacomo Contini In 2019: ht Lignano 100; 5 Savona 200; 3 La Chaux-de-Fonds 200; ht Lignano Sabbiaodoro 100; 5 Padua 200; 6 London Diamond 200</p>						

Men's 400 Metres

First Round Heat 1 3 + 2 to Final (Saturday)

2019 World Best: 43.45 Michael Norman USA Torrance 20 Apr 19
 ETCh Record: 44.99 Jonathan Borlée BEL Budapest 19 Jun 10

		Age	(Days)	Born	2019	Personal Best
2,	RE Davide ITA - Italy	26y	146d	1993	44.77	44.77 -19
	In June 2019 (at La Chaux-de-Fonds) became the first Italian below 45 seconds for 400m 200 pb: 20.93 -18 (20.90 -19). sf World Youth 2009; ht ECH 2014; 4 under-23 ECH 2017; sf WCH 2017; 3 ETCh 2017; 6 WSG 2017; 1 Mediterranean Games 2018; sf ECH 2018 (6 4x400). 1 Italian 2017/2018 (1 200 2018). Former ski instructor. Coach-Maria Chiara Milardi In 2019: 1 Rieti 500; 1 World Relays 4x400 'B'; 1 Rieti; 4 Hengelo; 1 Geneva (Italian record 45.01); 2 La Chaux-de-Fonds (Italian record 44.77); 5 Monaco Diamond; 3 Italian 200					
3,	SCHNEIDER Patrick GER - Germany	26y	251d	1992	46.31	45.82 -18
	200 pb: 21.02 -16 (21.47 -19). 8 ECH 4x400 2016/2018; 3 ETCh 4x400 2017; sf ECH 2018. 2 German 2017/2018 In 2019: 2 Gemering 200; 5 Oorddegem; 1 La Chaux-de-Fonds 'C' (4 200 'C'); 3 Weinheim 200 'B'; 2 Augsburg 200; 1 Heusden; 4 German					
4,	PAPPÁS Mihail GRE - Greece	21y	166d	1998	46.44	46.44 -19
	3x Greek Champion // 200 pb: 21.44 -18 (21.76 -19). ht World Youth 2015; 7 Mediterranean under-23 2018; ht under-23 ECH 2019. 1 Greek 2017/2018/2019 In 2019: 1 Ioannina; 1 Trikala 200 'B'; 1 Thessaloniki 200; 1 Édessa; 1 Greek under-23; ht under-23 ECH; 1 Greek					
5,	SAIDY Fabrisio FRA - France	20y	25d	1999	45.79	45.79 -19
	New European under-23 Champion // 2 EJC 4x400 2017; 4 WJC 4x400 2018; 5 EIC 2019 (3 4x400, overtaking both Poland and Britain on the anchor); 1 under-23 ECH 2019 (3 4x400). 1 French indoor 2019. Coach-Marco Vecchio In 2019: 3 Miramas; 1 Eaubonne; 1 French under-23 indoor; 1 French indoor (set a French indoor "espoirs" record [U23] of 46.67); sf EIC (3 4x400); 2 World Relays 4x400 'B'; 6 Forbach; 1 Pontoise; 1 French under-23; 1 under-23 ECH (3 4x400)					
6,	OMELKO Rafał POL - Poland	30y	205d	1989	45.81	45.14 -16
	Second leg for Polish team which set a world indoor record at the 2018 World Indoor Championships 200 pb: 20.61w, 20.96 -17 (21.07 -19). 400H pb: 51.09 -10. ht ECH 400H 2010; 4 WSG 2013; sf WIC 2014 (4 4x400); sf ECH 2014 (2 4x400); 3 EIC 2015 (2 4x400); sf WSG 2015 (3 4x400); 6 ECH 2016 (2 4x400); sf OLY 2016 (7 4x400); 2 EIC 2017 (1 4x400); sf WCH 2017; sf WIC 2018 (1 4x400). 1 Polish 2016 (1 indoor 2014/2017). Lost a relay bronze medal at the 2013 European Indoor Championships when it was judged that he had pushed Richard Buck GBR In 2019: 2 Polish indoor; 3 Sopot 200; 4 Goleniów; 1 Poznań; 1 Kutno; 2 Kladno; 5 Padua; 1 Polish Teams 100 (pb 10.53)					
7,	ENVALL Christoffer FIN - Finland	28y	3d	1991	47.63	47.63 -19
	200 pb: 21.71 -17 (21.88 -19). 100 pb: 10.75 -18 (10.82 -19). 1 Finnish 2012/2013 & indoor 2019 In 2019: 1 Finnish indoor; 1 Kalajoki 100/200; 1 Alavus; 1 Vaasa; 1 Kruunupy 200; 2 Saarijärvi; 1 Pedersöre 100/200/400; 3 Raasepori 200; 1 Kokkola 100/400; 1 Ilmajoki 100/400; 3 Finnish					

Men's 400 Metres

First Round Heat 2 3 + 2 to Final (Saturday)

2019 World Best: 43.45 Michael Norman USA Torrance 20 Apr 19
 ETCh Record: 44.99 Jonathan Borlée BEL Budapest 19 Jun 10

		Age	(Days)	Born	2019	Personal Best
2,	COWAN Dwayne GBR - Great Britain & NI DEFENDING EUROPEAN TEAM CHAMPION 2017 World Championship relay bronze, with the quickest splits of the team. Down from 46.02 to 45.34 for 400m in 2017 200 pb: 20.65w -19, 20.73 -16 (21.11 -19). 1 ETCh 2017; sf WCH 2017 (3 4x400 with 44.2 split); sf COM 2018; sf ECH 2018 (2 4x400). 1 South of England 200 2014; 5 UK indoor 2015; 4 UK 2017. He is a late developer in athletics, football was his first sport. Coach/father Lloyd Cowan (competed at the 1994 Commonwealth Games for England at 110m Hurdles) In 2019: 3 Orlando 200; 5 Clermont Pure 200; 3 St George's; 6 Gainesville Jones; 5 World Relays 4x400; 4 Prague; 7 Chorzów; 2 La Chaux-de-Fonds 'B'	34y	220d	1985	45.77	45.34 -17
3,	DANYLENKO Danylo UKR - Ukraine Fourth at 2019 World Student Games // 400H pb: 50.50 -15 (52.05 -19). 6 WIC 4x400 2014; 6 ECH 4x400 2016; ht ECH 400H 2016/2018; 5 EIC 4x400 2017; 8 ETCh 400H 2017; ht ECH 400H 2018; ht EIC 400 2019; 4 WSG 400 2019. 1 Ukrainian 400H 2017 (2018-2). 1.90 tall In 2019: 2 Ukrainian indoor; 3ht EIC; 1 Kiev; 1 Kropyvnytskyi 400H; 5 Copenhagen; 4 WSG; 1 Ukrainian Teams	24y	303d	1994	46.09	46.09 -19
4,	ŠORM Patrik CZE - Czech Republic 3x Czech Champion // 200 pb: 21.02 -14. ht ECH 2014/2018; sf EIC 2015 (3 4x400); ht EIC 2017 (3 4x400); ht ETCh 2017; sf WIC 2018 (5 4x400). 1 Czech 2016/2017/2019 In 2019: 2 Czech indoor; 3 Ostrava; 5 Kladno; 6 Tabor; 1 Czech	25y	261d	1993	46.73	46.20 -14
5,	BENGTSTRÖM Carl SWE - Sweden New European Junior Champion at 400m hurdles // 47.17i -19. 400H pb: 50.20 -18 (50.32 -19). sf EJC 400 2017; sf WJC 400H 2018; 1 FIN v SWE 400H 2018; 1 EJC 400H 2019. 1 Swedish indoor 400 2018/2019. In 2018 he clocked 50.20 in his first ever 400m hurdles race, to break the Swedish junior record which had stood for 30 years to Niklas Wallenlind. Coach-Erik Olsson In 2019: 1 Swedish indoor 400; 4ht EIC 400; 7 Stockholm Diamond 400H; 2 Granada 400H; 1 Halmstad 200; 1 Swedish Teams 200/400; 1 Gothenburg 400; 1 EJC	19y	208d	2000	48.20	47.27 -18
6,	HUSILLOS Óscar ESP - Spain The apparent World Indoor Champion of 2018 in a European indoor record of 44.92 - until he was disqualified for a lane violation (he found out in the mixed zone while being interviewed by Spanish TV) 45.66i -19. 200 pb: 20.55w, 20.74 -19. sf WJC 200 2012; sf EIC 2017; 8 ETCh 200 2017; sf WCH 2017 (5 4x400); dq WIC final 2018 (lane); 6 ECH 2018 (3 4x400); 2 EIC 400/4x400 2019. 1 Spanish 2017/2018 (1 indoor 2017). Trademark black sleevelets In 2019: 1 Spanish indoor; 2 EIC 400/4x400; 1 Palencia 100/400; 8 Hengelo; 4 Padua 'B'; 2 Pamplona	26y	22d	1993	46.69	44.73 -18
7,	DEVANTAY Charles SUI - Switzerland 2018 Swiss Champion // 100 pb: 10.90w, 10.91 -17 (10.96 -19). 200 pb: 21.63 -19. ht WJC 2016; sf EJC 2017. 1 Swiss 2018 In 2019: 2 Swiss indoor; 1 Langenthal 300; 5 Geneva 'C'; 1 La Chaux-de-Fonds National; 5 Lausanne Diamond 'B'; sf under-3 ECH	21y	176d	1998	46.21	46.21 -19

Men's 110 Metres Hurdles

First Round Heat 1 3 + 2 to Final (Sunday)

2019 World Best:	12.98	Grant Holloway USA	Austin	7 Jun 19
ETCh Record:	13.20	Sergey Shubenkov RUS	Braunschweig	22 Jun 14
	13.20	Orlando Ortega ESP	Lille	25 Jun 17

		Age	(Days)	Born	2019	Personal Best
2,	KHOMENKO Kyrylo UKR - Ukraine	24y	245d	1994	13.88	13.88 -19
	Good progress from 14,36 to 13.88 already in 2019 // 1 Ukrainian under-23 2015 In 2019: 7 Ukrainian indoor; 2 Kiev; 1 Kropyvnytskyi (May 26); 4 Kropyvnytskyi (Jun 11); 1 Almaty; 2 Kiev City; 1 Ukrainian Teams					
3,	LAKKA Elmo FIN - Finland	26y	121d	1993	13.49	13.49 -19
	10x Finnish Champion (5 in + 5 out) // 110H pb: 13.60 -18. 100 pb: 10.40w -15, 10.57 -14. 9 ETCh 2015; sf ECH 2016/2018; 1 FIN v SWE 2018; 8 EIC 2019 (2017-ht). 1 Finnish 2015/2016/2017/2018/2019 (1 indoor 2014/2015/2016/2017/2019) In 2019: 2 Athlone; 1 Finnish indoor; 8 EIC; 1 Oordegem IFAM; 5 Turku; 1 Jyväskylä; 2 Kuortane; 3 La Chaux-de-Fonds; 5 Lucerne 'B'; Weinheim; 1 Finnish					
4,	DOUVALÍDIS Konstadínos GRE - Greece	32y	152d	1987	13.46	13.33 -15
	Greek record holder indoors & out. 19x Greek Champion (12 out + 7 in) 100 pb: 10.42 -13. 200 pb: 20.91 -13/14 (21.28 -19). dnf World Youth 2003; 2 EJC 2005; 3 WJC 2006; 1 under-23 ECH 2007; 2 ECP 2008 (2007-5); 6 OLY 2008/2012; 5 ETCh 2011/2017; 8 ECH 2012 (2010-ht, 2014/2016/2018-sf); 5 EIC 2015/2019 (2009/2013-sf); sf WCH 2015 (2007/2013/2017-ht); sf WIC 2018. 1 Greek 2007/2008/2010/2011/2012/2013/2014/2015/2016/2017/2018/2019 (1 indoor 2009/2012/2013/2014/2015/2017/2019). Mother-Greek, father-American. Full-name-Konstadínos Douvalídis-Ricks (mother's name is Douvalídis, father's is Ricks) In 2019: 1 Greek indoor; 5 EIC; 1 Édessa; 4 Hengelo; 4 Chorzów; 2 wins during the 'European Games' meetings, but Greece didn't make the final; 1 Árgos Orestikó; 1 Kavála; 1 Vári; 1 Greek (1 200 'B')					
5,	TRABER Gregor GER - Germany	26y	249d	1992	13.37	13.21 -16
	2014 World indoor finalist // TJ pb: 15.33 -09. 7 World Youth TJ 2009; sf WJC 2010; 3 under-23 ECH 2013; 5 WIC 2014 (2012-ht); sf WCH 2015; sf OLY 2016; 5 ECH 2018 (2012/2014/2016-sf). 1 German 2015/2018/2019 (1 indoor 2011/2012/2019). Club-Stadtwerke Tübingen. Coach-Gisela Hölzle In 2019: 1 German indoor; 1 Mannheim (2x); 1 German					
6,	MARTINOT-LAGARDE Pascal FRA - France	27y	321d	1991	13.34	12.95 -14
	Ran his best race in two years to become European Champion in Berlin 2018 (two thousandths ahead of Sergey Shubenkov) 4 EJC 2009; 1 WJC 2010; 2 ETCh 2013/2015 (2014-3); 2 WIC 2014/2016 (2012-3, 2018-5); 3 ECH 2014; 1 EIC 2015 (2013-3, 2017/2019-2); 4 WCH 2015 (2013-ht); 4 OLY 2016; 1 Athletics World Cup 2018; 1 ECH 2018 (2014-3); 3 IAAF Continental Cup 2018. 1 French 2014/2018 & indoor 2012/2013/2014/2016/2017/2019. Missed 2017 outdoor season with an injury to his left foot. His older brother Thomas Martinot Lagarde is also an international hurdler, but has himself been injury for much of the past three years. Coach-Benjamin Crouzet In 2019: 1 French indoor; 2 EIC; 6 Lausanne Diamond; 6 Székesfehérvár; 4 London Diamond; 2 French					
7,	HOLM Jonatan SWE - Sweden	25y	213d	1994	13.75	13.75 -19
	1 Swedish under-23 2016 (indoors & out); 1 Swedish indoor 2018 In 2019: 2 Varberg; 1 Sundsvall					

Men's 110 Metres Hurdles

First Round Heat 2 3 + 2 to Final (Sunday)

2019 World Best:	12.98	Grant Holloway USA	Austin	7 Jun 19
ETCh Record:	13.20	Sergey Shubenkov RUS	Braunschweig	22 Jun 14
	13.20	Orlando Ortega ESP	Lille	25 Jun 17

		Age	(Days)	Born	2019	Personal Best
2,	SYKORA Jirí CZE - Czech Republic	24y	201d	1995	14.12	14.12 -19
	2017 European under-23 Champion at Decathlon // pbs in Decathlon events: 100: 10.85w/10.86; LJ: 7.64; SP: 14.95; HJ: 2.05i/2.03; 400: 48.80; 110H: 14.12; DT: 50.99; PV: 4.70i/4.60; JT: 63.36; 1500: 4:36.47. Decathlon pb: 8121 -16 (8104 -19) 7 World Youth Octathlon 2011; 1 WJC Decathlon 2014; dnf ECH Decathlon 2014/2016; 25 OLY Decathlon 2016; 10 EIC Heptathlon 2017/2019; 1 under-23 ECH Decathlon 2017 (2015-dnf). 1 Czech LJ 2013, 110H 2019 & indoor Heptathlon 2019. 1.90/91kg In 2019: 2 Czech indoor 60H (10 SP); 10 EIC Heptathlon; 2 Prague DT; 9 Plzeň DT; 1 ETCh First League Decathlon; 1 Czech 110H					
3,	FOFANA Hassane ITA - Italy	27y	102d	1992	13.44	13.44 -19
	Allegiance transferee from the Ivory Coast - cleared by the IAAF to compete for Italy from November 9, 2011 ht EIC 2015/2017; 5 ETCh 2015 (2014-9); sf ECH 2016/2018 (2014-ht); ht WIC 2018. 1 Italian 2013/2014/2015/2016/2019 (1 indoor 2015/2017/2018) In 2019: 2 Savona; 2 Turku; 4 'European Games' final (after three wins in earlier matches); 2 Padua; 1 Italian					
4,	ORTEGA Orlando ESP - Spain	28y	11d	1991	13.05	12.94 -15
	DEFENDING EUROPEAN TEAM CHAMPION Allegiance transferee from Cuba - Entered Spain on July 28, 2013 and apparently considered to be a Spanish resident from that date, (therefore enabling him to compete at the Olympic Games after three years). Gained Spanish citizenship on September 8, 2015 and cleared by the IAAF to represent Spain from July 29, 2016 Sixth in London Olympics for Cuba, second in Rio for Spain dnf/ht WJC 2010; 3 Pan-American Games 2011; sf WIC 2012; 2 OLY 2016 (2012-6); 1 ETCh 2017; 7 WCH 2017 (2013-ht); 3 ECH 2018; 4 EIC 2019 (2017-7). 1 Cuban 2011 & Spanish 2017/2018. His first sports were taekwondo and boxing In 2019: Long indoor season including 1 Spanish indoor & 4 EIC; 4 Shanghai Diamond; 1 Nanjing; 9 Rome Diamond; 1 Hengelo; 1 Boston; 1 Sanford Diamond; 1 Lausanne Diamond					
5,	JOSEPH Jason SUI - Switzerland	20y	302d	1998	13.41	13.39 -18
	2017 European Junior Champion, 2019 European under-23 Champion // 13.38w -18. 100 pb: 10.46w -18, 10.56 -17. 1 EJC 2017; ht WIC 2018; sf ECH 2018; 1 under-23 ECH 2019. 1 Swiss 2018 (1 indoor 2017/2018/2019) In 2019: 1 Swiss indoor; 1 Zofingen; 1 Geneva; 8 Lausanne Diamond; 1 under-23 ECH					
6,	CZYKIER Damian POL - Poland	26y	363d	1992	13.49	13.28 -17
	(Say it like "Chick-Ear") Twice fourth at European Championships // sf EIC 2015/019 (2017-ht); 4 ECH 2016/2018; sf OLY 2016; 4 ETCh 2017 (2015-6); sf WCH 2017; 3 WSG 2017 (2015-4); sf WIC 2018; 1 Manchester 'Great' CityGames 2018 (beat Pozzi & Merritt). 1 Polish 2016/2017/2018 & indoor 2017/2018/2019. His father Dariusz Czykier was a footballer in the Polish League, playing in 230 matches and scoring 33 goals In 2019: 1 Polish indoor; 7sf EIC (then anchored the 4x400 team to fourth place); 2 Łódź; 1 Bydgoszcz; 3 Chorzów; 2 Copenhagen; 2 Leverkusen; 1 Polish Teams					
7,	FILLERY Cameron GBR - Great Britain & NI	20y	280d	1998	13.60	13.60 -19
	Rapid improvement already in 2019 to win European under-23 bronze sf EJC 2017; 3 under-23 ECH 2019; 1 English under-23 2018/2019; 4 UK 2018; 2 UK indoor 2019. Coach-Michael Baker In 2019: 2 UK indoor; 2 British Universities; 3 Loughborough International; 2 Lee Valley 'HurdleFest'; 2 Loughborough v Army v East Midland; 1 Budapest; 4 Bydgoszcz; 1 English under-23; 1 Nottwil; 3 under-23 ECH; dq London Diamond (false start) Four personal bests already this year: from 14.08 to 13.90, 13.72, 13.68 and 13.60					

Men's 400 Metres Hurdles

First Round Heat 1 3 + 2 to Final (Saturday)

2019 World Best: 47.12 Karsten Warholm NOR London 20 Jul 19
 ETCh Record: 48.46 Karsten Warholm NOR Vaasa 24 Jun 17

		Age	(Days)	Born	2019	Personal Best
2,	SIBILIO Alessandro ITA - Italy	20y	104d	1999	50.72	50.34 -17
	World & European junior relay golds // 400 pb: 46.48 -19. 1 European Youth 2016; 2 EJC 2017 (1 4x400); 8 WJC 2018 (1 4x400). 1 Italian 2019. Born-Naples In 2019: 3 Italian under-23 indoor 400; 6 Italian indoor 400; 1 Grosseto 400; 1 L'Aquila 400; 3 Gliwice; 1 Italian under-23; 1 Conegliano; 1 Orvieto 400; ht under-23 ECH; 1 Italian					
3,	VAILLANT Ludvy FRA - France	24y	147d	1995	49.35	48.42 -18
	Strong fourth at 2018 European Championships // 400 pb: 45.25 -18 (45.93 -19). 8 EJC 2013; 7 under-23 400 2015 (1 4x400); 5 ETCh 2017; 3 under-23 ECH 400H/4x400 2017; sf WCH 2017 (8 4x400); 1 Mediterranean Games 2018; 3 Athletics World Cup 400 2018; 4 ECH 400H/4x400 2018. 1 French 2018. Coach-Jean-Claude Berquier In 2019: 2 World Relays 4x400 'B'; 1 Fort-de-France; 3 Huelva; 3 Montgeron 400 (Jun 25); 8 Stanford Diamond; 5 Montgeron 200 (Jul 14); 2 French					
4,	McALISTER Chris GBR - Great Britain & NI	23y	249d	1995	49.39	49.39 -19
	He is TVH's British League team captain (TVH = Thames Valley Harriers) 400 pb: 47.57 -16 (47.99i 19). 1 English Schools 2014; 2 English under-23 2016 (2017-3); 4 UK 2018. Works as a Civil Servant. Coach-Marina Armstrong In 2019: 2 British League div 1/May 12; 2 Stockholm Diamond 'B'; 1 British League div 1/Jun 9; 1 Geneva 'B'; 1 British League div 1/Jul 6; 2 Lucerne; 8 London Diamond; 2 Berne (pb down from 49.62 to 49.39, just outside the World Championship qualifier of 49.30)					
5,	BRAND Dany SUI - Switzerland	23y	167d	1996	49.83	49.14 -17
	2017 European under-23 silver // 400 pb: 48.32 -16 (48.59i -19). ht WJC 2014; 5 EJC 2015; ht ECH 2016/2018; 2 under-23 ECH 2017; 6 WSG 2019 (2017-7). 1 Swiss 2018 In 2019: 1 Potchefstroom 200 (Jan 29); 2 Potchefstroom 300 (3 200) (Feb 5); 3 Swiss indoor 400; 1 Langenthal 300H; 1 Zofingen 200/300H; 1 Lausanne (Jun 1); 7 Geneva; 4 La Chaux-de-Fonds; 5 Lausanne Diamond; 6 WSG; 5 Berne					
6,	NECHYPORENKO Denys UKR - Ukraine	29y	214d	1990	50.80	50.08 -14
	400 pb: 48.54 -18 (48.93 -19). 7 ETCh 2014 (2013-10); sf ECH 2014/2018 (2016-ht). 1 Ukrainian 2013/2014/2018 In 2019: 1 Kiev; 1 Turnov; 5 Sollentuna; 7 Poznań; 1 Ukrainian Teams (5 400)					
7,	FERNÁNDEZ Sergio ESP - Spain	26y	130d	1993	49.78	48.87 -16
	Spanish record holder. 2016 European silver // 400 pb: 47.21 -16 (48.10 -17). ht WJC 2012; 8 under-23 ECH 2015; 2 ECH 2016 (2014-ht, 2018-7); sf OLY 2016; 2 ETCh 2017; ht WCH 2017. 1 Spanish 2014/2015/2016/2017/2018. In 2016 with 48.87, he broke José Alonso's Spanish record which dated back to the epic 1987 World Championship final. From-Pamplona In 2019: 1 Granada; 2 Huelva; 1 Pamplona					

Men's 400 Metres Hurdles

First Round Heat 2 3 + 2 to Final (Saturday)

2019 World Best: 47.12 Karsten Warholm NOR London 20 Jul 19
 ETCh Record: 48.46 Karsten Warholm NOR Vaasa 24 Jun 17

		Age	(Days)	Born	2019	Personal Best
2,	MÜLLER Vít CZE - Czech Republic	22y	342d	1996	49.59	49.59 -19
	400 pb: 46.56 -18 (46.63i, 47.19 -19). ht EJC 2015; sf ECH 2016 (2018-ht); 6 ETCh 2017; ht EIC 400 2019; 8 WSG 2019. 1 Czech 2017/2019 In 2019: 4 Czech indoor 400; 5ht EIC 400; 7 Prague; 6 Ostrava 400; 8 WSG; 1 Czech					
3,	NÁKOS Konstadínos GRE - Greece	25y	131d	1994	50.98	50.98 -19
	4x Greek Champion // 7 Mediterranean under-23 2016; 3 Balkan 2016. 1 Greek 2016/2017/2018/2019 (1 indoor 400 2019) In 2019: 1 Greek indoor 400; 2 Ioannina 400; 1 Trikala; 3 Oordegem 'C'; 1 Schimatari; 1 Lárissa 400; 1 Haniá 400 'B'; 2 Kalamatá; 1 Vári; 1 Greek					
4,	CAMPBELL Luke GER - Germany	24y	260d	1994	49.54	49.14 -18
	Multiple US Collegiate Champion (division 3) and both hurdles disciplines 110H pb: 13.63w, 13.82 -14. sf ECH 2018. 1 NCAA div 3 110H/400H 2014/2015/2016 (1 110H 2013); 1 NCAA div 3 indoor 60H 2014/2015/2016. 1 German 2017/2018. Born-Germany, then grew up in the USA. Mother-German, father-American, he holds dual citizenship. Studied Sport Science and Psychology at Salisbury University in Wicomico County, Maryland In 2019: 3 German indoor 60H (5 200); 4 Geneva "B"; 4 Huelva; 3 La Chaux-de-Fonds; 1 Lausanne Diamond National; 2 German					
5,	WIDLUND Hampus SWE - Sweden	26y	178d	1993	50.44	50.44 -19
	110H pb: 13.81 -19. 400 pb: 48.75 -19. 2 Swedish 400H 2015/2018 In 2019: 1 Skruv 110H; 1 Stockholm Diamond National 400H; 1 Norrköpping 110H; 2 Sollentuna 400H; 1 Swedish Teams 110H; 2 Swedish Teams 400; 1 Gothenburg 110H/400H; 2 Karlstad 110H; 2 Sundsvall 110H					
6,	MÖRÖ Oskari FIN - Finland	26y	190d	1993	50.24	49.04 -16
	Finnish record holder. Fourth at 2016 European Championships // 400 pb: 47.40 -14. dq Youth Olympic Games final 2010 (illegal hurdle clearance); 7 EJC 2011; 6 WJC 2012; 4 ETCh 2015; 6 under-23 ECH 2015; 4 ECH 2016 (2012-ht, 2014-ht); sf OLY 2016. 1 Finnish 2012/2014/2015/2017/2019 (1 indoor 400 1013/2016) In 2019: 1 Turku; 6 Copenhagen; 3 La Chaux-de-Fonds 'B'; 6 Lucerne; 5 Liège; 1 Finnish					
7,	DOBEK Patryk POL - Poland	25y	177d	1994	48.99	48.40 -15
	2019 World Student Games bronze // 400 pb: 46.12 -19. 3 World Youth 2011; sf WJC 2012 (2 4x400); 2 EJC 2013 (2 4x400); 2 ETCh 2015 (2017-3); 1 under-23 ECH 2015; 7 WCH 2015 (2017-sf); ht OLY 2016; 5 WSG 2017; 2 Athletics World Cup 2018; 5 ECH 2018 (2014-sf); 3 WSG 2019 (2017-5). 1 Polish 2014/2015/2016/2017/2018 In 2019: 6 Polish indoor 400; 4 Shanghai Diamond; 2 Nanjing; 8 Rome Diamond; 6 Rehlingen; 6 Oslo Diamond; 1 Szczecin 400; 1 Biatogard 400; 3 WSG 400H/4x400					

Men's Javelin Throw

2019 World Best: 90.61 Magnus Kirt EST Kuortane 22 Jun 19
 ETCh Record: 88.27 Tero Pitkämäki FIN Vaasa 25 Jun 17

		Age	(Days)	Born	2019	Personal Best
1,	TSÍTSOS Dimitrios GRE - Greece 2019 European junior bronze // 3 EJC 2019. 1 Greek junior 2019. 1.86/87kg In 2019: 1 Tripoli; 1 Jena; 1 Greek junior; 3 EJC	18y	315d	2000	77.79	77.79 -19
2,	QUIJERA Manu ESP - Spain New Spanish record holder // 4 World Youth 2015; 6 EJC 2017; 1 Mediterranean under-23 2018; 5 under-23 ECH 2019. His older brother Nicolás Quijera is also an 80m javelin thrower (pb 80.21, 1 Spanish 2016/2018). Coach-Idoia Mariezkurrena In 2019: 1 Castellón; 1 Spanish Universities; 1 Andújar; 1 Madrid; 1 Zaragoza; 2 Córdoba; 1 Pamplona (Jun 23); 1 Spanish under-23; 5 under-23 ECH; 3 Pamplona (Jul 27)	21y	208d	1998	81.31	81.31 -19
3,	NYCHYPORCHUK Oleksandr UKR - Ukraine 7 EJC 2011; 10 ECH 2014 (2012/2016-dnq); 11 WSG 2015. 1.85/86kg In 2019: 1 Ukrainian winter; 3 European Throws Cup 'B'; 3 Tartu; 5 Šamorín; 1 Kiev; 1 Ukrainian Teams	27y	116d	1992	81.99	81.99 -19
4,	FRALESSO Mauro ITA - Italy dnq WJC 2012; 7 ETCh 2017. 1 Italian 2018/2019. 1.95/92kg In 2019: 1 Lucca; 2 European Throws Cup; 1 Savona; 2 Conegliano; 1 Nembro; 6 Marseille; 1 Italian	26y	208d	1993	81.79	81.79 -19
5,	VADLEJCH Jakub CZE - Czech Republic DEFENDING EUROPEAN TEAM CHAMPION 2017 World silver, with a personal best 12 World Youth 2007; 10 WJC 2008; 8 EJC 2009; 8 OLY 2016 (2012-dnq); 1 ETCh 2017; 2 WCH 2017 (2015-dnq); 8 ECH 2018 (2010/2014-dnq, 2016-9).1 Czech 2014/2015/2017/2019. 1.91/93kg In 2019: 6 Shanghai Diamond; 2 Nanjing; 1 Prague; 5 Oslo Diamond; 3 Ostrava; 6 Monaco Diamond; 1 Czech	28y	303d	1990	85.75	89.73 -17
6,	WEBER Julian GER - Germany Former European Junior Champion // 1 EJC 2013; 5 under-23 ECH 2015; 9 OLY 2016; 1 Athletics World Cup 2018. 2 German 2014/2016. Former handball player who threw a 700gm 52.27 for fun with his first attempt at age 16. Club-USC Mainz. 1.91/98kg In 2019: 1 Rostock; 2 Rehlingen; 8 Turku; 2 German	24y	345d	1994	86.60	88.29 -16
7,	MOUTARDE Lukas FRA - France Former Youth Olympic Champion // 1 Youth Olympic Games 2014; 6 World Youth 2015; 10 WJC 2016; 3 EJC 2017; 6 Mediterranean Games 2018. 1 French 2019. Coach/father-Frederic Moutarde. 1.94/85kg In 2019: 1 Offenbourg; 3 French under-23 winter; 9 European under-23 Throws Cup; 1 Tomblaine; 1 Neufchâteau; 1 Grenoble; 2 St-Louis; 1 Carquefou; 1 French under-23; 1 Cerizay; 1 French	21y	130d	1998	78.53	78.53 -19
8,	HEWSON Tom GBR - Great Britain & NI 3x English Schools Champion // 1 English Schools 2017/2018/2019; 1 Welsh junior 2018/2019; 2 English junior 2019 In 2019: 2 Loughborough winter; 1 Bath; 1 Hampshire; 3 Loughborough Festival; 1 Welsh junior; 2 English junior; 9 Pihitipudas; 1 English Schools (70.80, his first >70m); 1 Cardiff	18y	318d	2000	70.80	70.80 -19
9,	AMB Kim SWE - Sweden 6x Swedish Champion // dnq WJC 2008; 4 under-23 ECH 2011; dnq OLY 2012/2016; 10 WCH 2013 (2015-11); 5 ETCh 2014 (2012-7); dnq ECH 2014. 1 Swedish 2011/2012/2013/2015/2016/2018. He works as an accountant. Coach/father-Björn Amb. 1.80/87kg In 2019: 1 Bålsta; 2 Halle; 3 Jena; 4 Dessau; 5 Kuortane; 2 Karlstad; 4 Lucerne	29y	9d	1990	82.15	84.61 -13
10,	KUUSELA Toni FIN - Finland 5 EJC 2013. 1 Finnish under-23 2013. 1.83/82kg In 2019: 2 Potchefstroom; 5 Vantaa; 2 Kuortane; 3 Virrat; 6 Turku; 8 Kuortane; 3 Pihitipudas; 3 Tampere; 7 Lucerne; 7 Monaco Diamond; 3 Finnish Replaces London Olympic medalist Antti Ruuskanen (heel)	25y	200d	1994	83.40	83.40 -19
11,	WIELAND Simon SUI - Switzerland Surprise new European Junior Champion // 8 WJC 2018. 1 Swiss junior 2018. Trains in Zurich with Swiss national coach Terry McHugh (21x Irish Champion) His older brother Stefan Wieland is the Swiss Champion at Shot Put (and goes in that event for Switzerland in Bydgoszcz 2019) There is a further older brother Lukas Wieland (JT pb 75.11 in 2013) In 2019: 11 European under-23 Throws Cup; 1 Halle; 1 EJC (when he set successive personal bests of 74.26, 78.29 & 79.44 in rounds 1-2-3)	18y	235d	2000	79.44	79.44 -19
12,	KRUKOWSKI Marcin POL - Poland Polish record holder // 4 World Youth 2009; dnq WJC 2010; 2 EJC 2011; 9 under-23 ECH 2013; dnq OLY 2016; 9 WCH 2017 (2013/2015-dnq); 2 Athletics World Cup 2018; 4 ECH 2018 (2016-6). 1 Polish 2015/2016/2017/2018. Coach/father-Michal Krukowski. 1.85/96kg In 2019: 1 Kielce; 3 Shanghai Diamond; 3 Nanjing; 1 Wrocław; 7 Turku; 9 Oslo Diamond; 7 Ostrava; 1 Sopot; 1 Warsaw; 5 Monaco Diamond; 1 Cetniewo	27y	55d	1992	85.63	88.09 -17

Women's 100 Metres

First Round Heat 1	3 + 2 to Final (Saturday)			
2019 World Best:	10.73	Elaine Thompson JAM	Kingston	21 Jun 19
	10.73	Shelly-Ann Fraser-Pryce JAM	Kingston	21 Jun 19
ETCh Record:	11.11	Ivet Lalova BUL	Stara Zagora	20 Jun 15

		Age	(Days)	Born	2019	Personal Best
2,	NEITA Daryll GBR - Shaftesbury Barnet H (Pronounced 'Neater') Britain's youngest athletics medallist in Rio 2016, then a World Championship relay medal in 2017 11.13w -19. 200 pb: 23.03 -19. 4 EJC 100 2015; 2 ECH 4x100 2016; ht OLY 100 2016 (3 4x100); sf WCH 100 2017 (2 4x100); sf ECH 100 2018 (gold 4x100 after running in heat). 1 English Schools under-17 100 2012; 1 English junior indoor 60 2015; 1 English junior 100 2015; 2 UK 100 2016/2017/2018; 2 UK indoor 60 2018 In 2019: 1 Newham Open (11.13w twice); 1 Lee Valley 100; 1 Mannheim 100; 8 Lucerne 100; ht London Diamond 100; 100/11.31 & 200/23.03 pb at Lee Valley Sprints evening (Jul 31)	22y	344d	1996	11.21	11.14 -17
3,	RATNIKOVA Viktoriya UKR - Ukraine 200 pb: 24.16 -19. ht under-23 ECH 100/200 2019. 7 Ukrainian 100 2018; 1 Ukrainian under-23 100/200 2019 In 2019: 2 Kropyvnytskyi 100 (May 25); 1 Kropyvnytskyi 100 (Jun 11); 1 Ukrainian under-23 100/200; ht under-23 ECH 100/200; 1 Ukrainian Teams 100	20y	86d	1999	11.61	11.61 -19
4,	DOSSO Zaynab ITA - Italy Allegiance transferee from Ivory Coast - has lived in Italy since 2010, acquired Italian citizenship in 2016 and cleared by IAAF to represent Italy from June 11, 2016 200 pb: 24.18w 16, 24.27 -16. sf EJC 100 2017. 1 Italian 100 2019 In 2019: 2 Italian under-23 indoor 60; 4 Italian indoor 60; 1 Grosseto 100; 3 Rieti 100; 4 Savona 100; 1 Italian under-23 100; 8 La Chaux-de-Fonds 100; ht under-23 ECH 100; 1 Italian 100	19y	331d	1999	11.44	11.44 -19
5,	SEIDLOVÁ Klára CZE - Czech Republic Czech record holder at 60m // 11.30w -18. 200 pb: 23.40w -18, 23.66 -17 (23.80 -19). 3 EJC 100 2013 (6 200); sf EIC 60 2017/2019; sf WIC 60 2018; ht ECH 100 2018. 1 Czech 100 2017/2018 & indoor 60 2018/2019 In 2019: 1 Czech indoor 60; 8 Düsseldorf IAAF Tour 60; 8sf EIC 60; 2 Plzeň 100; 5 European Clubs Cup 100; 2 St Pölten 100; 4 'European Games' final 100; 1 Tábor 100 (3 200); 1 Czech 100 (3 200)	25y	152d	1994	11.38	11.38 -19
6,	SWOBODA Ewa POL - Poland Two European titles already in 2019: indoor 60m (Glasgow) & under-23 100m (Gävle) 11.10w -16. 200 pb: 23.79 -18. 4 World Youth 100 2013; 5 WJC 100 2014; 1 EJC 100 2015 (2 4x100); 2 WJC 100 2016 (4 4x100); sf OLY 100 2016; 1 under-23 ECH 100 2017; sf WCH 100 2017; sf ECH 100 2018; 1 EIC 60 2019 (2015-8, 2017-3); 1 under-23 ECH 100 2019. 1 Polish 100 2017 & indoor 60 2015/2017/2018/2019. Two big false start disqualifications, from races she could have won - 2014 Youth Olympic 100m final and 2017 European Team Championships 100m In 2019: 1 Polish indoor 60 (4th time); 1 EIC 60; 2 Bydgoszcz 100; 1 under-23 ECH 100 (3 4x100);	22y	14d	1997	11.15	11.12 -16
7,	LATVALA Hanna-Maari FIN - Finland 2013 World Student Games 200m silver. 18x Finnish Champion across 60m, 100m & 200m 11.23w -14. 200 pb: 22.98 -13/14 (23.65 -19). ht ECH 100 2012; sf EIC 60 2013/2015; 2 WSG 200 2013 (4 100); sf WIC 60 2014; 7 ECH 200 2014 (sf 100). 1 Finnish 100/200 2012/2013/2014/2015/2017 & 200 2019; 1 Finnish indoor 60 2012/2013/2014/2015 (1 200 2013/2014/2015) In 2019: 7 European Clubs Cup 100; 1 Lahti 100; 5 Turku 100; ht Geneva 100; 1 Jyväskylä 100; 3 Kuortane 100; 4 La Chaux-de-Fonds 200 (2 100 'B'); 8 Lausanne Diamond 100 'B'; 6 Lucerne 200 'B' (ht 100); 1 Finnish 200 (2 100)	31y	283d	1987	11.38	11.30 -14

Women's 100 Metres

First Round Heat 2 3 + 2 to Final (Saturday)

2019 World Best:	10.73	Elaine Thompson JAM	Kingston	21 Jun 19
	10.73	Shelly-Ann Fraser-Pryce JAM	Kingston	21 Jun 19
ETCh Record:	11.11	Ivet Lalova BUL	Stara Zagora	20 Jun 15

		Age	(Days)	Born	2019	Personal Best
2,	BUSK Daniella SWE - Sweden	25y	363d	1993	11.85	11.58 -14
	100 pb: 11.53w -14. 200 pb: 23.61 -15 (23.92 -19). 8 under-23 ECH 100 2013; 7 ETCh 100 2014 (2015-11); ht ECH 100 2014. 1 Swedish 100/200 2015 In 2019: 3 Swedish indoor 200; 2 Oslo 200; 4 Skara 100; 2 Gothenburg 200; 3 Karlstad 100; 1 Varberg 100 (4 200); 1 Sundsvall 100					
3,	BESTUE Jael ESP - Spain	18y	318d	2000	11.43	11.43 -19
	Full name-Jael Bestue Ferrara 2017 World Youth silver at 200m, 2019 European Junior bronze at 100m 200 pb: 23.31 -18 (23.32 -19). 4 European Youth 200 2016; 2 World Youth 200; sf WJC 200 2018; ht ECH 200 2018; ht EIC 60 2019; 3 EJC 100 2019. 1 Spanish 200 2018 (1 indoor 200 2018 & 60 2019) In 2019: 1 Spanish indoor 60; 5ht EIC 60; 1 Barcelona 100 (2x) & 200 92x); 1 L'Hospitalet de Llobregat 200; 1 San Sebastian 100; 1 Zaragoza 100; 1 Spanish Clubs 100; 1 Spanish junior 100; 3 EJC 100; 1 Pamplona 200					
4,	ZAHI Carolle FRA - France	25y	58d	1994	11.23	11.01 -18
	DEFENDING EUROPEAN TEAM CHAMPION // 200 pb: 22.78w -19, 23.02 -18 (23.15 -19). ht WIC 60 2016; 1 Mediterranean under-23 100 2016; 1 ETCh 100 2017; ht WCH 100 2017; 1 Mediterranean Games 200 2018; 7 ECH 100 2018; sf EIC 60 2019. 1 French 100 2017/2018 (1 200 2018). Born-Abidjan (CIV), came to France at age 9. Acquired French citizenship on November 10, 2015 and cleared by IAAF to compete for France on March 2, 2016 (she never competed for CIV). Coach-Alex Menal In 2019: 6sf EIC 60; 1 World Relays 4x200; 1 Montgeron 200; 1 Montreuil 100; 2 French 100					
5,	SPANOUĐÁKI-HATZIRÍGA Rafailía GRE - Greece	25y	63d	1994	11.42	11.27 -18
	Second at 2018 Mediterranean Games 100m // 200 pb: 23.24 -18. 2 Balkan indoor 60 2017; ht EIC 60 2017/2019; 2 Mediterranean Games 100 2018; ht ECH 100 2018. 1 Greek 100 2018/2019 & indoor 60 2018/2019 In 2019: 1 Greek indoor 60; dq/ht EIC 60 (false start); 1 Athens 100; 2 Filothei 100; 1 Kalamata 100; 3/3 wins at the 'European Games', but team out in semis; 1 Vári 100; 1 Greek 100					
6,	KORA Salomé SUI - Switzerland	25y	62d	1994	11.13	11.13 -19
	Led off Swiss team which won at 2019 World Student Games (her, Sarah Atcho, Ajla Del Ponte, Samantha Dagry) 200 pb: 23.92 -16 (23.99 -19). sf ECH 100 2016/2018 (4 4x100); sf WCH 100 2017; 3 WSG 100 2017 (2019-4); 1 WSG 4x100 2019. 2 Swiss 100 2016/2017 In 2019: 7 Oordegem IFAM 100; 2 Lausanne 100 (4 200 (Jun 1); 2 Zofingen 100; 1 Thun 100; 4 La Chaux-de-Fonds 100; 8 Lausanne Diamond 100; 4 WSG 100 (1 4x100)					
7,	KWAYIE Lisa Marie GER - Germany	22y	285d	1996	11.22	11.22 -19
	Double sprint bronze at 2019 World Student Games // 200 pb: 22.88 -19. 3 WJC 4x100 2014 (ht 100); sf ECH 100 2018 (3 4x100, led off team); sf EIC 60 2019; 3 WSG 100/200 2019. 1 German indoor 60 2019. Born-Ghana In 2019: 1 German indoor 60; 5 Düsseldorf IAAF Tour 60; 4sf EIC 60; 3 World Relays 4x100; 1 Cologne 100/200; 2 Dessau 100; 1 Berlin 200 (Jun 9); 3 Berlin 100 (Jun 22); 3 WSG 100/200; 2 German 200 (4 100)					

Women's 200 Metres

First Round Heat 1 3 + 2 to Final (Sunday)

2019 World Best: 22.00 Elaine Thompson JAM Kingston 23 Jun 19
 ETCh Record: 22.45 Dafne Schippers NED Heraklion 21 Jun 15

	Age	(Days)	Born	2019	Personal Best
2, BRYZGINA Yelizaveta UKR - Ukraine	29y	254d	1989	23.80	22.44 -10
200m silver & relay gold at 2010 European Championships. Her parents were both Olympic Champions: Olga Vladykina (1 OLY 400 1988) & Viktor Bryzgin (1 OLY 4x100 1988) 100 pb: 11.42 -16 (11.85 -19). 400 pb: 52.67i -12 (53.77i -16). 2 EJC 200/4x100 2007; ht WJC 100/200 2008; ht EIC 60 2009; 1 ETCh 200 2010; 2 ECH 200 2010 (1 4x100); 2 IAAF Continental Cup 200 2010; 4 WSG 200 2011; sf WCH 200 2011 (dq sf 2013); ht OLY 200 2016; ht ECH 200 2018. 1 Ukrainian 200 2012/2013 In Barcelona 2010 she anchored Ukraine to gold at 4x100m - just as her father did for the USSR at the same championships in 1986. Interestingly (for statisticians) she has exactly the same pb at 200m as her mother, 22.44 (though not near that level since she failed a doping test at the 2013 World Championships, and was banned in 2013-2015) In 2019: 1 Kiev 200; 1 Ukrainian Teams 200					
3, WESSOLLY Jessica-Bianca GER - Germany	22y	240d	1996	23.05	22.89 -18
2019 World Student Games 200m silver // 100 pb: 11.36 -19. 4 Athletics World Cup 200 2018; sf ECH 200 2018; 2 WSG 200 2019. 1 German 200 2018 In 2019: 2 German indoor 200; 1 Weinheim 200 'C' (May 15); 2 Cologne 200; 1 Jena 200 'B'; 2 Kuortane 200; 1 Mannheim 100/200 (Jun 30); 2 WSG 200 (sf 100); 1 Mannheim 200 (Jul 19); 3 German 200					
4, HOOPER Gloria ITA - Italy	27y	158d	1992	23.56	22.89 -16
Sprint double winner at the 2015 & 2016 Italian Championships // 100 pb: 11.34 -16 (11.74 -19). 400 pb: 53.12 -13 (54.39 -19). ht WJC 200 2010; 7 EJC 200 2011 (2 4x100); dq/sf ECH 200 2012; ht OLY 200 2012/2016; ht EIC 60 2013; 3 under-23 ECH 200/4x100 2013; sf WCH 200 2015 (2013/2017-ht); ht WIC 60 2016; sf ECH 100/200 2016; sf EIC 60 2017; sf ECH 200 2018 (7 4x100). 1 Italian 100 2013. 1 Italian 100/200 2015/2016 (1 200 2017). Parents from Ghana. Coach-June Plews (same as UK 400m hurdler Jack Green) In 2019: 5 World Relays 4x100; 5 Savona 400; 1 Gillingham 100/400; 5 La Chaux-de-Fonds 200; 1 Rieti 400; 1 Italian 200					
5, KAMBUNDJI Mujinga SUI - Switzerland	27y	52d	1992	22.90	22.42 -17
2018 World indoor bronze at 60m (beaten only by Ivorians Ahouré & Ta Lou) 100 pb: 10.95 -18 (11.15 -19). 6 World Youth 200 2009; sf WJC 100/200 2010; 5 EJC 100/200 2011; ht ECH 100 2012; ht OLY 200 2012; ht WCH 200 2013; 4 ECH 100 2014 (5 200 but in the relay she lost grip of the baton as she came out of the blocks on leg 1); sf WCH 100/200 2015; 3 ECH 100 2016 (sf 200); sf OLY 100/200 2016; 4 EIC 60 2017 (2013-ht, 2015/2019-5); sf WCH 100/200 2017 (5 4x100); 3 WIC 60 2018; 4 ECH 100/200/4x100 2018. 1 Swiss 100/200 2009/2012/2013/2014/2017 (1 100 2011/2014/2018). 1 Swiss indoor 200 2011 & 60 2014/2015/2016/2017/2018/2019. Swiss/Congolese heritage. British coach-Steve Fudge (same group as Asha Philip and Ojje Edoburun). She has finished fourth in the most recent European Championships in four events: 60m, 100m, 200m & 4x100m In 2019: 1 Swiss indoor 60 (6th time in a row); 5 EIC 60; 5 Tomblaine 100; 9 Stanford Diamond 100; 7 Lausanne Diamond 100; 6 Lucerne 200 (ht 100); 6 London Diamond 200; 1 Berne 100					
6, LATVALA Hanna-Maari FIN - Finland	31y	283d	1987	23.65	22.98 -13/14
2013 World Student Games 200m silver. 18x Finnish Champion across 60m, 100m & 200m 100 pb: 11.23w, 11.30 -14 (11.38 -19). ht ECH 100 2012; sf EIC 60 2013/2015; 2 WSG 200 2013 (4 100); sf WIC 60 2014; 7 ECH 200 2014 (sf 100). 1 Finnish 100/200 2012/2013/2014/2015/2017 & 200 2019; 1 Finnish indoor 60 2012/2013/2014/2015 (1 200 2013/2014/2015) In 2019: 7 European Clubs Cup 100; 1 Lahti 100; 5 Turku 100; ht Geneva 100; 1 Jyväskylä 100; 3 Kuortane 100; 4 La Chaux-de-Fonds 200 (2 100 'B'); 8 Lausanne Diamond 100 'B'; 6 Lucerne 200 'B' (ht 100); 1 Finnish 200 (2 100)					
7, SEVILLA Paula ESP - Spain	22y	42d	1997	23.27	23.27 -19
Led off the Spanish sprint relay team which won at the 2017 European under-23s 100 pb: 11.40 -19. 6 WJC 4x100 2016; 1 under-23 ECH 4x100 2017; ht ECH 200 2018; 4 under-23 ECH 100 2019. 1 Spanish indoor 60 2018 In 2019: 4 Spanish indoor 60; 5ht EIC 60; 1 Pamplona 200 (May 11); 2 Puertollano 100; 1 Barcelona 200 (Jun 1); 1 Ciudad Real 100/200; 1 Spanish Clubs 200; 1 Spanish under-23 100; 4 under-23 ECH 200 (6 4x100); 1 Pamplona 100 (Jul 27); 2 Barcelona 200 (Aug 3)					

Women's 200 Metres

First Round Heat 2 3 + 2 to Final (Sunday)

2019 World Best: 22.00 Elaine Thompson JAM Kingston 23 Jun 19
 ETCh Record: 22.45 Dafne Schippers NED Heraklion 21 Jun 15

		Age	(Days)	Born	2019	Personal Best
2,	WILLIAMS Jodie GBR - Herts Phoenix	25y	315d	1993	22.75	22.46 -14
Commonwealth Games & European silvers at 200m in 2014 // 22.46w -19. 100 pb: 11.13w -14, 11.17 -19. 400 pb: 51.22 -19. 1 World Youth 100/200 2009; 1 WJC 100 2010 (2 200); 1 World Youth 100/200 2009; 1 WJC 100 2010 (2 200); 4 EIC 60 2011; 1 EJC 100/200 2011; ht WIC 60 2012; 1 under-23 ECH 200 2013 (2 100/4x100); sf WCH 200 2013; 2 COM 200 2014 (3 4x100); 2 ECH 200 2014 (1 4x100); 4 WCH 4x100 2015; 6 ECH 200 2016 (2018-sf); sf OLY 200 2016.1 UK 200 2014. Unbeaten in 151 races until her second place in the 2010 World Junior 200m final. Younger sister-Hannah Williams (3 WIC 4x400 2018) In 2019: 3 Tempe 100; 3 Mt SAC Relays 100 (6 200)1 Lubbock 200 (2 100); 1 Baie Mahault 100; 4 Kingston Racers 200 (8 100); 2 Berlin 100; 1 La Chaux-de-Fonds 400 (pb down to 51.22); 4 Lucerne 200 (7 100)						
3,	SPANOUĐÁKI-HATZIRÍGA Rafailia GRE - Greece	25y	63d	1994	-	23.24 -18
Second at 2018 Mediterranean Games 100m // 100 pb: 11.27 -18 (11.42 -19). 2 Balkan indoor 60 2017; ht EIC 60 2017/2019; 2 Mediterranean Games 100 2018; ht ECH 100 2018. 1 Greek 100 2018/2019 & indoor 60 2018/2019 In 2019: 1 Greek indoor 60; dq/ht EIC 60 (false start); 1 Athens 100; 2 Filothei 100; 1 Kalamata 100; 3/3 wins at the 'European Games', but team out in semis; 1 Vári 100; 1 Greek 100						
4,	LILJA Lisa SWE - Sweden	22y	259d	1996	23.58	23.58 -19
100 pb: 11.92 -18. 400 pb: 54.25 -19. 1 Swedish 200 2018; 1 Swedish indoor 200 2019 In 2019: 1 Swedish indoor 200; 2 Borås 200; 1 Skata 200; 1 Halmstad 200; 3 Swedish Teams 400; 1 Gothenburg 200; sf WSG 200; 3 Varberg 200						
5,	PARÉ Maroussia FRA - France	23y	21d	1996	23.17	23.17 -19
Twice French Indoor Champion at 200m // 23.05w -15. 100 pb: 11.37w -19, 11.52 -15 (11.53 -19). 3 EJC 200 2015; 1 Mediterranean under-23 200 2016 (2018-3); 7 under-23 ECH 200 2017 (2 4x100). 1 French indoor 200 2017/2019. Coach-Alain Lastecoueres In 2019: 1 French indoor 200 (4 60); 1 L'Etang Sale 200; 1 Limoges 200; 2 Argentan 100; 3 Poitiers 200; 1 Mont De Marsan 200; 2 Pontoise 100; 6 Montgeron 100 (Jun 25); 5 Marseille 200; 2 Lausanne Diamond 100 C'; 1 Talence 100; 1 Montgeron 100/200 (Jul 13/14); 3 French 200						
6,	KIELBASIŃSKA Anna POL - Poland	29y	44d	1990	23.12	22.94 -15
Led off Polish 4x400m team which won at the 2019 European Indoor Championships in Glasgow 400 pb: 51.57 -19. 100 pb: 11.31w -18, 11.34 -15 (11.52 -19). 100H pb: 13.30w -15, 13.50 -14. 3 EJC 200 2009 (2 4x100); 1 under-23 ECH 200 2011 (4 100); ht WCH 200 2011; ht OLY 200 2012 (2016-ht); sf WIC 60 2014; sf WCH 200 2015 (2017-ht); sf ECH 200 2016/2018; 2 ETCh 200 2017; 1 EIC 4x400 2019. 1 Polish 100 2014 & 200 2015/2016/2017 & indoor 200 2014/2016/2018 In 2019: 3 Polish indoor 400; 1 EIC 4x400 (1st leg); 1 World Relays 4x400 (3rd leg); 1 Wrocław 200; 1 Gliwice 100/200; 4 Bydgoszcz 400; 4 Chorzów 400; 1 Sopot 400						
7,	PÍRKOVÁ Marcela CZE - Czech Republic	23y	196d	1996	23.56	23.30 -17
400 pb: 53.44i -19. 53.57 -17. 100 pb: 11.51 -19. ht ECH 200 2016/2018; ht ETCh 400 2017. 1 Czech indoor 400 2017; 1 Czech 200 2019 In 2019: 4 Czech indoor 400; 1 Plzeň 100; ht Dessau 100; 4 Ostrava 300 'B'; sf WSG 100/200; 1 Czech 200 (3 100)						

Women's 400 Metres

First Round Heat 1 3 + 2 to Final (Saturday)

2019 World Best: 49.05 Shauna Miller-Uibo BAH Gainesville 27 Apr 19
 ETCh Record: 50.50 Perri Shakes-Drayton GBR Gateshead 22 Jun 13

		Age	(Days)	Born	2019	Personal Best
2,	BOKESA Aauri Lorena ESP - Spain Full name-Aauri Lorena Bokesa Abia 9x Spanish Champion (6 out + 3 in) ht OLY 2012/2016; 5 ETCh 2013 (2009-9, 2011-10, 2014-6, 2015-7); 4 WSG 2013; sf WCH 2013 (2015-ht); 8 ECH 2014 (2012/2016-sf); sf EIC 2017 (2013/2015-ht). 1 Spanish 2009/2011/2012/2013/2015/2016 (1 indoor 2012/2013/2016). Former basketball professional, moved to athletics in 2008. Coach-Jorge Marín In 2019: 2 Spanish indoor; 4ht EIC; 1 Oordegem 'B'; 1 Lausanne; 1 Geneva 'C'; 4 La Chaux-de-Fonds 'B'; 2 Lucerne; 2 Berne	30y	237d	1988	52.70	51.66 -14
3,	VONDROVÁ Lada CZE - Czech Republic 2019 European under-23 silver at 400m flat (then sixth at 400m hurdles the following day, five races in three days) 400H pb: 56.78 -19. sf World Youth 400H 2015; 7 EJC 400H 2017; sf WIC 400 2018; ht ECH 400 2018; 2 under-23 ECH 400 2019. 1 Czech indoor 400 2019 In 2019: 1 Czech indoor 400; 3ht EIC 400; 1 Prague 200/800/100 'C' May 11/12; 1 Turnov 200 (4 100); 1 Prague 150/500 (May 3); 1 Prague under-23 400/400H; 7 Ostrava 300; 2 under-23 ECH 400 (6 400H); 1 Czech 400 (She's made a late switch [with compatriot Zuzana Hejnová] from the 400m hurdles; which makes sense as she is quicker than Hejnová on the flat)	19y	337d	1999	51.71	51.71 -19
4,	CHOKAIRY Amira FIN - Finland 200 pb: 25.22 -19. 1 Finnish 2019 In 2019: 6 Raasepori 200; 2 Turku; 2 Jämsä; 2 Tuusula 200 'B'; 1 Riihimäki 200 'B'; 2 Tampere; 1 Finnish	23y	354d	1995	55.41	55.41 -19
5,	CHIGBOLU Maria Benedicta ITA - Italy European Championships relay bronze in 2016 // 200 pb: 23.37 -18 (23.62 -19). 2 Mediterranean Games 2013; ht EIC 2015; 4 ETCh 2017; ht WCH 2015/2017; sf ECH 2016 (3 4x400); ht OLY 2016 (5 4x400); sf ECH 2018 (5 4x400). 2 Italian 2013/2015/2016/2019. Her grandfather Julius Chigbolu was ninth at the 1956 Olympics in the high jump (2.00) for Nigeria In 2019: 2 Rieti 150 (Apr 14); 3 World Relays 4x400; 1 Rieti 100/200 (Jun 12); 2 Bydgoszcz 'B'; 1 Florence; 2 La Chaux-de-Fonds; 4 Padua; 2 Italian	30y	13d	1989	51.69	51.67 -15
6,	ŚWIĘTY-ERSETIC Justyna POL - Poland 2018 European Champion, then anchored Poland to relay gold 90 minutes later (both victories hard fought) 3 under-23 ECH 2013 (1 4x400); 4 WIC 2014/2018 (2016-5); sf EIC 2015 (3 4x400); 6 ETCh 2015 (2014-9); 2 WIC 4x400 2016/2018; 6 ECH 2016 (2014-sf); sf OLY 2016; 3 EIC 2017 (1 4x400); 3 WCH 4x400 2017; 3 Athletics World Cup 2018; 1 ECH 400/4x400 2018; 6 IAAF Continental Cup 2018; 6 EIC 2019 (1 4x400). 1 Polish 2013/2016 & indoor 2012/2014/2015/2016/2017/2018. Married Polish international wrestler Dawid Ersetic on September 16, 2017. Coach-Aleksander Matusinski In 2019: 2 Sätra 'B'; 2 Toruń IAAF Tour; 3 Liévin; 2 Eaubonne; 2 Polish indoor; 6 EIC (1 4x400); Anchored Poland to 4x400 victory at the World Relays in Yokohama; 7 Shanghai Diamond; 5 Rome Diamond; 2 Bydgoszcz; 2 Chorzów; 6 Ostrava 300; 6 Lausanne Diamond; 5 Székesfehérvár; 5 London Diamond	26y	248d	1992	50.85	50.41 -18
7,	SPELMEYER Ruth Sophia GER - Germany 3x German Champion (2 out + 1 in) // 200 pb: 23.43 -16 (23.72 -19). 100 pb: 11.78w -16, 11.83 -14 (11.99 -19). sf WJC 200 2008; 4 EJC 200 2009 (1 4x100); ht EIC 2015; sf ECH 2016; sf OLY 2016; 6 EIC 4x400 2017; sf WCH 2017 (6 4x400). 1 German 2016/2017 (1 indoor 2015). Missed 2018 with a stress fracture In 2019: 3 Oordegem 'B'; 1 Osterode 100/200; 2 Dessau; 2 Göttingen 200; 3 Regensburg; 3 Paderborn 200 'B'; 1 Heusden; 5 German	28y	324d	1990	52.79	51.43 -16

Women's 400 Metres

First Round Heat 2 3 + 2 to Final (Saturday)

2019 World Best: 49.05 Shaunae Miller-Uibo BAH Gainesville 27 Apr 19
 ETCh Record: 50.50 Perri Shakes-Drayton GBR Gateshead 22 Jun 13

		Age	(Days)	Born	2019	Personal Best
2,	KLYMYUK Kateryna UKR - Ukraine	24y	68d	1995	51.97	51.97 -19
	Third leg for winning team at 2019 World Student Games (Mariya Mykolenko, Anastasiya Holeneva, her, Tetyana Melnyk) 200 pb: 24.19 -19. 8 WSG 2015/2019; 3 under-23 ECH 4x400 2017; 4 WIC 4x400 2018; ht EIC 2019; 1 WSG 4x400 2019. 1 Ukrainian 2017 In 2019: 3 Ukrainian indoor; 1 Balkan indoor 4x400; 3ht EIC; 2 Kropyvnytskyi; 8 WSG (1 4x400); 1 Ukrainian Teams					
3,	HJELMER Moa SWE - Sweden	29y	51d	1990	53.66	51.13 -12
	2012 European 400m Champion. Winner of 11 Swedish titles at 100m, 200m or 400m, indoors & out 100 pb: 11.58w -13, 11.65 -15. 200 pb: 23.16w -11, 23.19 -13 (23.51w, 23.71 -19). sf World Youth 200 2007; sf WJC 400 2008; 12 ETCh 400 2009; 3 EJC 400 2009; 9 ETCh 200 2011; 2 under-23 ECH 200 2011; sf WCH 400 2011 (ht 200); sf WIC 400 2012; 1 ECH 400 2012; ht OLY 400 2012; 3 EIC 400 2013; ht WCH 200/400 2013. Daughter Wilma born May 22, 2014 In 2019: 2 Swedish indoor 200/400; 1 Sollentuna 400 (2 200) (Jun 7); 1 Huddinge 200/400; 4 Sollentuna 400 (Jun 18); 1 Swedish Teams 200/400; 1 Varberg 200					
4,	ALLCOCK Amy GBR - AFD	25y	350d	1993	52.21	51.36 -18
	Relay bronzes at 2018 World indoors & 2018 European outdoors // 200 pb: 23.48 -17 (23.71 -19). 100 pb: 11.71 -17. 3 WIC 4x400 2018; sf ECH 2018 (3 4x400). 1 English Schools 300 2008/2009; 1 British Universities Indoor 400 2015; 3 UK 2018 (2017-5) In 2019: 6 UK indoor 60; 2 Geneva; 4 Goleniów; 3 Kortrijk (1 200 'C')					
5,	SANANES Deborah FRA - France	23y	287d	1995	51.55	51.55 -19
	2018 European relay silver (2nd leg) // 200 pb: 23.70 -15 (23.92i -19). 1 Mediterranean under-23 2016; sf EIC 2017 (5 4x400); 7 ETCh 2017; 8 under-23 ECH 2017; ht WCH 2017; 2 ECH 4x400 2018; sf EIC 2019 (4 4x400). 1 French 2019 (1 indoor 2014/2018/2019). Coach-Bruno Gajjer In 2019: 1 French indoor; 5sf EIC (4 4x400); 1 Vénissieux; 1 Geneva; 3 Tomblaine; 1 La Chaux-de-Fonds; 1 French					
6,	SPRUNGER Léa SUI - Switzerland	29y	157d	1990	51.61i	50.52 -18
	Reigning European Champion at 400m indoors & 400m hurdles outdoors 400H pb: 54.29 -17 (55.13 -19). 200 pb: 22.38 -16. Heptathlon pb: 5651 -11. 100 pb: 11.34 -14. 13 World Youth Heptathlon 2007; 10 WJC Heptathlon 3 EJC Heptathlon 2009; 16 under-23 ECH Heptathlon 2011; ht OLY 200 2012; sf ECH 200 2014; 5 WCH 400H 2017 (2015-sf); dq/sf WIC 400 2018; 1 ECH 400H 2018 (2016-3); 1 EIC 400 2019 (2013/2015-sf, 2017-5). Her older sister Ellen Sprunger is an international Heptathlete (pb 6124 -12), 19th in London 2012 Olympics In 2019: 4 Swiss indoor 60; 1 EIC 400 (6 4x400); 7 World Relays 4x400; 9 Rome Diamond 400H; 7 Oslo Diamond 400H; 3 Geneva 400H; 5 Lausanne Diamond 400H; 6 Monaco Diamond 400H; 1 Berne 400H					
7,	MOURTÁ Déspina GRE - Greece	23y	65d	1996	53.51	52.96 -18
	800 pb: 2:07.18 -18 (2:09.75 -19). ht ECH 2018. 1 Greek 2014/2019 In 2019: 2 Greek indoor 800; 1 Pátra (May 4); 1 Trípoli 800; 5 Haniá; 1 Pírgos; 2 Pátra (Jul 10); 1 Greek (2 800) Late replacement for 2018 European silver medallist María Belibasáki					

Women's 100 Metres Hurdles

First Round Heat 1 3 + 2 to Final (Sunday)

2019 World Best: 12.32 Danielle Williams JAM London 20 Jul 19
 ETCh Record: 12.66 Cindy Billaud FRA Braunschweig 22 Jun 14

		Age	(Days)	Born	2019	Personal Best
2,	KORTE Annimari FIN - Finland	31y	122d	1988	12.72	12.72 -19
<p>Down from 13.14 to a Finnish record 12.72 so far in 2019 // sf World Youth 2005; sf WJC 2006; dq EJC final 2007 (false start); ht ECH 2018. 1 Finnish junior 2006; 2 Finnish 2018 (2019-3). Studied Communications at Clemson University and Sports Journalism at St Mary's University College, Twickenham. She was well known as a journalist on the Diamond League circuit. Moved to Spain in 2017, lives-Valencia Former Finnish junior champion who has finally fulfilled her promise after years of injury and illness in 2012-2017 (principally a chronic back problem and an allergic inflammatory condition meaning she cannot eat cereals and many fruits & vegetables) In 2019: 1 Valencia; 1 European Clubs Cup; 1 Pamplona; 1 Lahti (2x); 2 Turku; 6 Šamorin; 4 Jyväskylä; 4 Kuortane; 2 Lucerne; 2 Joensuu; 3 Finnish</p>						
3,	ROLEDER Cindy GER - Germany	29y	353d	1989	12.90	12.59 -15
<p>2016 European gold, 2015 World silver, 2018 European bronze // Heptathlon pb: 6055 -15. 4 EJC 2007; sf WJC 2008; 3 under-23 ECH 2011; 3 IAAF Continental Cup 2014; 3 ETCh 2015 (2011-6); 2 WCH 2015 (2011-sf); 1 ECH 2016 (2010-sf, 2012-6, 2014/2018-3); 5 OLY 2016 (2012-sf); 5 WIC 2018 (2012-ht, 2014-6); 1 EIC 2017 (2011-sf, 2015-4, 2019-2). 1 German 2011/2019 & (1 indoor 2012/2015/2018). Club-LAC Erdgas Chemnitz. Coaches-Wolfgang Kühne & Jan May In 2019: 2 German indoor; 2 EIC; 6 Nanjing; 4 Stockholm Diamond; 3 Hengelo; 4 Oslo Diamond; 1 Weinheim (ht 100); ht London Diamond; 1 German</p>						
4,	PESIRÍDOU Elisávet GRE - Greece	27y	178d	1992	13.19	12.93 -16
<p>12x Greek Champion (6 in + 6 out) // 100 pb: 11.68 -15. sf World Youth 2009; 6 ECH 2016 (2014-ht, 2018-sf); ht OLY 2016; 1 Balkan 2017 (1 indoor 2017/2018); sf EIC 2017 (2015-ht); 4 ETCh 2017; ht WCH 2017; ht WIC 2018; 2 Mediterranean Games 2018. 1 Greek 2014/2015/2016/2017/2018/2019 (1 indoor 2013/2014/2015/2016/2017/2018) In 2019: 1 Haniá; 2 Filothei; dq Šamorin; 1 Tábor; 1 Nové Město nad Metují; 1 Greek</p>						
5,	QUENOT Fanny FRA - France	28y	311d	1990	12.96	12.96 -19
<p>6 Mediterranean Games 2018. 2 French indoor 2018. Coach-Thomas Verro In 2019: 1 Vénissieux; 2 Grenoble; 1 Forbach; 2 Pontoise; 2 Hérouville; 2 'European Games' final; 4 Marseille; 1 Montgeron; 2 French (where she broke 13 sec for the first time)</p>						
6,	ZBÄREN Noemi SUI - Switzerland	25y	150d	1994	13.21	12.71 -15
<p>2012 World Junior Heptathlon silver // pbs in Heptathlon events: 100H: 12.71; HJ: 1.83i/1.78; SP: 11.33; 200: 23.95w/24.91; LJ: 6.04; JT: 33.79; 800: 2:28.39. Heptathlon pb: 5627 -14 3 Youth Olympic Games Heptathlon 2010; 2 World Youth Heptathlon 2011; 2 WJC Heptathlon 2012; ht OLY Heptathlon 2012; 1 EJC Heptathlon 2013; ht WCH Heptathlon 2013; sf ECH Heptathlon 2014. 1 Swiss 100H 2013/2014/2015 (1 indoor 60H 2013/2015/2019) In 2019: 1 Swiss indoor; 1 Basle 100H/200H; 7 Weinheim (May 25); 1 Langenthal; 1 Thun; 6 La Chaux-de-Fonds; 8 Lucerne; 6 Weinheim (Jul 12); 3 Berne</p>						
7,	SKOGSTRÖM Malin SWE - Sweden	24y	123d	1995	13.72	13.57 -18
<p>pbs in Heptathlon events: 100H: 13.56w/13.57; HJ: 1.73; SP: 12.33i/11.72; 200: 25.28w/25.32; LJ: 5.95; JT: 40.29; 800: 2:21.92. Heptathlon pb: 5574 -17 9 EJC Heptathlon 2013; 11 under-23 ECH Heptathlon 2017 In 2019: 8 Swedish indoor 60H; 5 Stockholm Diamond 100H; 6 Kara 100H; 2 Sollentuna 100H (Jun 2); 4 Sollentuna 100H (Jun 40); 3 Swedish Teams 100H; 5 Gothenburg 100H; 3 Karlstad 100H; 3 Varberg 100H</p>						

Women's 100 Metres Hurdles

First Round Heat 2 3 + 2 to Final (Sunday)

2019 World Best: 12.32 Danielle Williams JAM London 20 Jul 19
 ETCh Record: 12.66 Cindy Billaud FRA Braunschweig 22 Jun 14

		Age	(Days)	Born	2019	Personal Best
2,	OFILI Cindy GBR - WG with EL	25y	4d	1994	13.06	12.60 -15
Fourth at the Rio Olympics (with her older sister 7th) // 100 pb: 11.39 -15. sf WCH 2015; 4 OLY 2016. 2 NCAA 2015 (2016-4); 1 NCAA indoor 2016 (2014-6); 2 UK 2015/2016; 1 UK indoor 2019. Younger sister of 2014 European Champion Tiffany Ofili Porter. They both have dual nationality as their mother, Lilian, was born in London (though unlike Tiffany, Cindy never competed for the USA). Coach-James Henry Ruptured her Achilles tendon when competing at the Boston Games on June 4, 4017 In 2019: 1 UK indoor ("the new Achilles is definitely holding up well", though she missed qualifying for the European Indoor Championships); 3 Colombia; 1 Oxford OH; 6 Des Moines; 5 Baie Mahault; 5 Kingston Racers; ht London Diamond						
3,	KOUDELOVÁ Lucie CZE - Czech Republic	25y	34d	1994	13.34	13.12 -16
Czech Champion in 2018 & 2019 // 13.05w -16. sf World Youth 2011; ht ECH 2014; ht EIC 2015; 5ht ETCh 2017. 1 Czech 2018/2019 & indoor 2017 In 2019: 2 Czech indoor; 1 Prague (May 11); 4 St. Polten; 1 Prague (May 30); sf WSG (7 4x100); 5 Tábor; 2 Czech						
4,	JEREZ Caridad ESP - Spain	28y	198d	1991	13.22	12.94 -15
Full name-Caridad Jerez Castellanos 11x Spanish Champion (6 in + 5 out) Heptathlon pb: 5245 -12. ht WJC 2010; ht EIC 2015/2017/2019; 7 ETCh 2015; ht WCH 2015; sf ECH 2016/2018 (2014-ht). 1 Spanish 2011/2014/2015/2016/2018 (1 indoor 2014/2015/2016/2017/2018/2019) In 2019: 1 Spanish indoor; 7ht EIC; 1 Barcelona; 1 Sean Sebastian; 1 Grenada; 2 Spanish Clubs. She won her race in the quarter-final round of the 'European Games'						
5,	PLOTITSYNA Hanna UKR - Ukraine	32y	220d	1987	13.07	12.89 -17
9x Ukrainian Indoor Champion at 60m hurdles // 100 pb: 11.63 -17. 400 pb: 53.11 -11. 3 under-23 ECH 4x400 2007; 3 ETCh 2013/2017 (2014-4, 2015-6); 4 WSG 2013; ht OLY 2016; 4 EIC 2017 (2013/2019-sf, 2015-8); sf WCH 2017 (2013/2015-ht); sf WIC 2018 (2014/2016-sf); ht ECH 2018. 1 Ukrainian 2013/2014/2015/2016/2017/2018 & indoor 2009/2012/2013/2014/2015/2016/2017/2018/2019 In 2019: 1 Ukrainian indoor; 6sf EIC; 1 Tartu; 3 Lahti; 7 Turku; 1 Šamorín; 3 'European Games' final; 4 Tampere; 6 Padua; 1 Ukrainian Teams						
6,	BOGLIOLO Luminosa ITA - Italy	24y	37d	1995	12.78	12.78 -19
New World Student Games Champion // sf WSG 2017; 2 Mediterranean Games 2018; sf ECH 2018; sf EIC 2019; 1 WSG 2019. 1 Italian 2018/2019 & indoor 2019. Former alpine skier In 2019: 1 Italian indoor; 5sf EIC; 1 Cinisello Balsamo; 1 Savona; 1 Bydgoszcz; 1 Tomblaine; 1 La Chaux-de-Fonds; 1 WSG; ht Padua; 1 Italian						
7,	KOŁECZEK Karolina POL - Poland	26y	206d	1993	12.75	12.75 -19
Sixth at 2018 European Championships // sf WJC 2012/2018; 2 under-23 ECH 2013/2015; 8 Francophone Games 2013; sf ECH 2014/2016; sf EIC 2015 (2017/2019-ht); 4 ETCh 2015 (2014-6, 2017-dq); sf WCH 2015; ht OLY 2016; 4 WSG 2017; 5 Athletics World Cup 2018; 6 ECH 2018. 1 Polish 2013/2014/2015/2016/2017 & indoor 2013/2015. Coach-Jerzy Maciukiewicz In 2019: 8 Toruń IAAF Tour; 2 Polish indoor; 6ht EIC; 1 Chorzów; 1 Kuortane (2x); 2 Marseille; 6 Monaco Diamond; 1 Polish Teams						

Women's 400 Metres Hurdles

First Round Heat 1 3 + 2 to Final (Sunday)
 2019 World Best: 52.20 Dalilah Muhammad USA Des Moines 28 Jul 19
 ETCh Record: 53.70 Vanya Stambolova BUL Novi Sad 18 Jun 11

		Age	(Days)	Born	2019	Personal Best
2,	HEJNOVÁ Zuzana CZE - Czech Republic	32y	233d	1986	54.11	52.83 -13
	In Beijing 2015 became the first woman to retain a world title at 400m Hurdles (but then fourth at both Rio 2016 & London 2017) 400 pb: 51.27i, 51.90 -13 (52.44 -19). 100H pb: 13.36 -11. 1 World Youth 2003; 2 WJC 2004 (2002-5); 1 EJC 2005 (2003-3); 3 under-23 ECH 2007; 1 ETCh 2010/2011 (2009-3); 4 ECH 2010 (2006/2018-sf); 2 WIC 4x400 2010; 7 EIC Pentathlon 2011; 3 OLY 2012 (2008-7, 2016-4); 1 WCH 2013/2015 (2005/2007/2009-sf, 2017-4), 2011-7); ht EIC 800 2015; 2 EIC 400 2017 (2013-4) In 2019: 2 Czech indoor 400; 1 Prague; 3 Rome Diamond; 1 Copenhagen; 2 Lausanne Diamond; 3 Monaco Diamond; 2 London Diamond; 2 Czech 400 (She's made a late switch [with compatriot Lada Vondrová] from the 400m flat)					
3,	LINKIEWICZ Joanna POL - Poland	29y	99d	1990	55.57	55.25 -16
	2016 European silver, 2017 World Student Games silver // 400 pb: 53.41i -18, 53.72 -13 (54.55i -19). 4 Francophone Games 2013; 3 EIC 4x400 2015; 1 WSG 400H/4x400 2015; 2 ECH 2016 (2014-8, 2018-sf); sf OLY 2016; 5 ETCh 2017 (2011-9, 2013/2014-6); sf WCH 2017 (2015-ht); 2 WSG 2017; silver WIC 4x400 2018; 6 Athletics World Cup 2018. 1 Polish 2013/2015/2016/2017/2018 & indoor 400 2011 In 2019: 4 Osaka; 1 Wrocław; 2 Gliwice; 4 Prague; 1 Rehlingen; 3 Copenhagen; 4 Goleniów; 2 La Chaux-de-Fonds; 1 Polish Teams					
4,	KIÁFA Ánna GRE - Greece	21y	145d	1998	58.38	58.38 -19
	2019 Greek Champion // 400 pb: 55.71 -19. sf World Youth 2015; ht WJC 2016; sf EJC 2017 In 2019: 2 Athens 400; 1 Athens; 2 Schimatari; 5 Haniá 400 'B'; 2 Kalamatá; 2 Greek under-23; 2 Pátra 100 1 Vári; 1 Greek (5 100)					
5,	BEESLEY Meghan GBR - Birchfield H	29y	267d	1989	55.20	54.52 -15
	2018 was her year: UK Champion at her eighth attempt, then European bronze medallist from lane 1 in Berlin 400 pb: 52.79 -11 (53.00i, 54.42 -19). 100H pb: 13.21 -15 (13.95 -19). 200 pb: 23.53 -15 (24.05i -19). Heptathlon pb: 5291 -08. 6 EJC 2007 (2 4x400); 3 WJC 2008; 7 COM 2010 (2 4x400); 3 under-23 ECH 2011; 8 WSG 2011; sf WCH 2013/2015/2017; 3 WIC 4x400 2018; ht COM 2018; 2 Athletics World Cup 2018; 3 ECH 2018 (2012-sf); 4 IAAF Continental Cup 2018. 1 UK 2018 (2010/2014/2015/2017-2, 2011/2012/2013-3). 1 UK indoor 400 2016. As a schoolgirl she competed in Heptathlons against double Winter Olympic Champion Lizzie Yarnold. Coach-Michael Baker In 2019: 5 UK indoor 400; 6 Doha Diamond; 1 Loughborough International (6 100H); 3 Prague; 8 Oslo Diamond; 2 Geneva; 6 Székesfehérvár; 6 London Diamond					
6,	CHABOUDEZ Aurelie FRA - France	26y	92d	1993	56.62	55.51 -15
	Former Youth Olympic Champion // pbs in Heptathlon events: 100H: 13.96; HJ: 1.74i/1.72; SP: 12.13i/11.57; 200: 24.20i/24.36; LJ: 6.02i/5.92; JT: 38.42; 800: 2:14.67. Heptathlon pb: 5660 -11 1 Youth Olympic Games 2010; 2 EJC 2011; 17 ECP Heptathlon 2011; 2 WJC 2012; 1 Mediterranean under-23 2014; 8 ETCh 2015; 3 under-23 ECH 2015 (2013-4); sf WCH 2015; sf ECH 2016/2018; 3 Athletics World Cup 2018. 1 French 2018. Coach-Bruno Gajer In 2019: 6 Long Beach 400; 1 Montbéliard; 2 Geneva 'B'; 4 Huelva; 4 La Chaux-de-Fonds 'B'; 6 Marseille; 2 French					
7,	PALMQVIST Hanna SWE - Sweden	23y	201d	1996	57.31	57.31 -19
	200 pb: 24.18 -19. 100 pb: 11.75 -19. sf under-23 ECH 2017. 1 Swedish 2016/2017 In 2019: 5 Oordegem IFAM 'B'; 3 Stockholm Diamond National; 1 Oslo Diamond National; 1 Nivelles 100 'B'; 1 Lokeren; 3 Gothenburg 'B 100; ht WSG 200					

Women's 400 Metres Hurdles

First Round Heat 2 3 + 2 to Final (Sunday)

2019 World Best: 52.20 Dalilah Muhammad USA Des Moines 28 Jul 19
 ETCh Record: 53.70 Vanya Stambolova BUL Novi Sad 18 Jun 11

		Age	(Days)	Born	2019	Personal Best
2,	RYZHYKOVA Anna UKR - Ukraine (Née Yaroshchuk) European Championship silvers in 2014 (relay) & 2018 (hurdles) 400 pb: 52.11 -14 (52.73i -19). 2 EJC 4x100 2007; 6 WJC 400H 2008; 1 under-23 ECH 400H 2011; 1 WSG 400H 2011/2013; sf OLY 400H 2012; 5 WCH 400H 2013 (2011/2015-sf); 1 ETCh 400H 2014 (2013-2); 2 ECH 400H 2018 (2010-sf, 2012-3, 2014-ht); 2 ECH 4x400 2014; 3 IAAF Continental Cup 400H 2018. 1 Ukrainian 400H 2009/2010/2012/2018 (1 200 2010) In 2019: 2 Ukrainian indoor 400; 1 Balkan indoor 4x400; 4sf EIC 400; 3 Doha Diamond; 6 Rome Diamond; 6 Oslo Diamond; 8 Monaco Diamond; 4 London Diamond; 1 Ukrainian Teams. In January she was confirmed as World Student Games of 2013, when her her compatriot Anna Titimets was stripped of that title for a doping offence	29y	258d	1989	54.64	54.35 -12
3,	FOLORUNSO Ayomide ITA - Italy Twice World Student Games Champion // 400 pb: 52.25 -18 (52.43 -19). 7 WJC 2014; 3 EJC 2015; 4 ECH 2016 (2018-sf); sf OLY 2016 (5 4x400); 1 under-23 ECH 2017; sf WCH 2017; 1 WSG 2017; 2 Mediterranean Games 2018; sf EIC 2019 (3 4x400). 1 Italian 2016/2018 & indoor 400 2016. Came to Italy from Nigeria at age eight, acquired Italian citizenship on July 3, 2013 In 2019: 2 Italian indoor 400; 6sf EIC (fell, then 3 4x400); 3 World Relays 4x400; 1 Modena 100; 3 Savona 200; 1 Imola; 8 Rome Diamond; 1 Florence; 1 Milan 200; 1 Nembro 400; 3 Marseille; 1 WSG; 1 Italian	22y	295d	1996	54.75	54.75 -19
4,	GIGER Yasmin SUI - Switzerland 2017 European Junior Champion. 2019 European under-23 bronze // 400 pb: 52.91 -19. 2 European Youth 2016; ht EIC 400 2017/2019; 1 EJC 2017; ht WCH 2017; 3 WJC 2018; sf ECH 2018; 6 EIC 4x400 2019; 3 under-23 ECH 2019. 1 Swiss indoor 800 2015 (at age 15) & 400 2017/2019 In 2019: 1 Swiss indoor 400; 4ht EIC 400 (6 4x400); 1 Frauenfeld; 1 Zürich 400; 5 Geneva; 3 La Chaux-de-Fonds 'B'; 1 Lausanne Diamond 400 'B'; 3 under-23 ECH	19y	276d	1999	56.37	55.90 -17
5,	LEHIKONEN Viivi FIN - Finland Former European Youth Champion // 400 pb: 54.56 -18 (55.56 -19). 1 European Youth 2016; 3 EJC 2017; sf WJC 2018; ht ECH 2018; 7 under-23 ECH 2019. 1 Finnish 2018 In 2019: 5 Oordegem 200 'E'; 1 Helsinki 400; 2 Turku (Jun 4); 1 Turku (Jun 11); 2 Jyväskylä; 4 Kuortane; 2 Gothenburg; 7 under-23 ECH; 2 Finnish	19y	347d	1999	58.02	56.49 -17
6,	BAUMANN Jackie GER - Germany Twice German Champion. Daughter of an Olympic Champion // sf WJC 2014; ht ECH 2016; ht OLY 2016; 7 ETCh 2017; 7 uner-23 ECH 2017 (2018-8); ht WCH 2017. 1 German 2015/2016. Coach/mother-Isabelle Baumann. Father-Dieter Baumann (1 OLY 5000 1992). Missed 2018 with injury In 2019: 4 Rehlingen; 3 Geneva 'B'; 2 La Chaux-de-Fonds 'B'; 8 Lucerne; 2 German	23y	350d	1995	56.43	55.72 -17
7,	CELESTE PARALLUELO Salma ESP - Spain In Glasgow 2019 became the second-youngest athlete ever to compete at a European Indoor Championships 400 pb: 53.83i, 54.04 -19. ht EIC 400 2019. 1 Spanish under-16 300H 2018. 3 Spanish indoor 400 2019. She is world class at football (played in the Spanish team which beat Mexico 2-1 in the 2018 FIFA World under-17 Cup Final). "I have no preferences, they are two incredible worlds and two sports that I really enjoy," she says In 2019: 3 Spanish indoor 400; 6ht EIC 400; 1 Zaragoza 400H; 1 Getafe 400H; 1 Spanish Clubs 400; 2 Huelva 400H; 1 Spanish youth 400H; 1 Huesca 400H; 6 Barcelona 400; 1 European Youth Olympic Festival 400H (Her 57.43 in Heulva on June 3 is the fastest in the world by any under-18 in 2019, the next best 58.33)	15y	269d	2003	57.43	57.43 -19

Women's Discus Throw

2019 World Best: 69.39 Yaime Pérez CUB Sotteville 16 Jul 19
 ETCh Record: 65.83 Zinaida Sendriūtė LTU Tallinn 21 Jun 15

		Age	(Days)	Born	2019	Personal Best
1,	SEMENOVA Nataliya UKR - Ukraine (Née Fokina) 2012 European bronze // 6 WJC 2000; 1 EJC 2001; 1 under-23 ECH 2003; 1 WSG 2003 (2005-8); dng OLY 2004/2008/2012/2016; 8 WCH 2007 (2005-9, 2015-12, 2013-dng); 2 ECP 2008 (2004-7, 2007-3); 1 ETCh 2009 (2013-4, 2014-5, 2015-4, 2017-4); 3 ECH 2012 (2006-9, 2014-dng, 2016-6). 1 Ukrainian 2008/2011/2013/2014/2015/2016/2017. Her husband Oleksiy Semenov is a 65.86 discus thrower. 1.78/75kg In 2019: 1 Kiev; 1 Ukrainian Teams	37y	33d	1982	60.06	64.70 -08
2,	OSAKUE Daisy ITA - Italy 2019 World Student Games Champion // SP pb: 15.89i, 15.74 -18 (15.74i, 15.70 -19). HJ pb: 1.72 -19. HT pb: 45.52 -18. 11 Mediterranean Games DT 2018; 5 ECH 2018; 1 WSG 2019. 1 NCAA div DT 2 2018. 1 Italian under-23 SP/DT 2017. Attends Angelo State University, Texas In 2019: Rare double performance at NCAA div 2 indoor championships: 4 SP & 10 HJ; 1 Abeline DT (Mar 16); 1 Kingsville SP/DT; 1 Texas Relays DT (11 SP); 2 San Angelo SP (nm DT); 1 Canyon DT (nm HT); 1 Abeline DT (3 SP) (Apr 25); 2 Portales SP (20 DT); 1 NCAA div 2 DT (9 SP); 1 Mondovi SP/DT; 1 La Spezia SP/DT; 2 Nembro DT; 1 WSG DT; 5 Italian DT	23y	205d	1996	61.69	61.69 -19
3,	STAŇKOVÁ Eliška CZE - Czech Republic 7x Czech Champion // 10 ECH 2014 (2012-dng, 2016-14, 2018-12); 5 ETCh 2017 (2014-7). 1 Czech 2012/2014/2015/2016/2017/2018/2019 In 2019: 1 Plzeň; 3 Gliwice; 1 Prague; 1 Pardubice; 2 Kladno; 1 Czech	34y	270d	1984	58.81	60.48 -16
4,	VITA Claudine GER - Germany 2019 World Student Games silver // SP pb: 18.09i -17, 17.90 -16. 2 World Youth 2013; 5 WJC 2014; 1 EJC 2015 (2 SP); 1 under-23 ECH 2017 (5 SP); 1 Athletics World Cup 2018; 4 ECH 2018; 2 WSG 2019. Coaches-Dieter Kollark & Franka Dietzsch (3x World Champion at Discus Throw). 1.77/74kg In 2019: 1 Berlin indoor; 1 Kienbaum; 1 Neubrandenburg (Apr 10); 1 Neubrandenburg (May 1); 3 Schönebeck; 4 Neubrandenburg (May 26); 1 Cologne; 6 Hale; 9 Rabat Diamond; 2 WSG; 5 German	22y	323d	1996	66.64	66.64 -19
5,	ROBERT-MICHON Mélina FRA - France DEFENDING EUROPEAN TEAM CHAMPION 2016 Olympic silver and medals from Moscow 2013 & London 2017 2 WJC 98; 1 under-23 ECH 2001 (99-12); 3 WSG 2001 (99-8); 2 ECP 2003 (2000-5, 2001-6, 2002-8, 2004/2008-4, 2006-7, 2007-5, 2008-4); 1 Mediterranean Games 2009; 1 ETCh 2013/2014/2015/2017 (2009-2, 2011-4); 2 WCH 2013 (2003-11, 2007-12, 2009-8, 2015-10, 2017-3); 2 ECH 2014 (98/2006-dng, 2002-12, 2012-6, 2016-5); 4 IAAF Continental Cup 2014; 2 OLY 2016 (2000/2004-dng, 2008-7, 2012-5). 1 French 2000-2009/2012-2017/2019. Born-Voiron. Coach-Jérôme Simian. Two daughters, Elyssa born 2010 & Enora born 2018. 1.80/85kg Half the population of her village (Colombe) turned out to welcome her home from Rio In 2019: 2 Vénissieux (Feb 10); 1 French winter; 4 European Throws Cup; 1 Vénissieux (May 5); 1 Grenoble; 8 Stockholm Diamond; 8 Halle; 10 Rabat Diamond; 2 Montgeron; 1 Aubière; 3 Sotteville; 1 French (17th time)	40y	22d	1979	62.41	66.73 -16
6,	LAW Kirsty GBR - Sale H Manchester 11x Scottish Champion, 3x second at UK Championships // 11 COM 2014; 10 ETCh 2015; dng ECH 2018. 1 AAA under-17 2003, junior 2004 & under-23 2006; 1 Scottish 2007/2008/2009/2011-2018; 2 UK 2013/2017/2018 (2011/2012/2014/2015/2016-3). Coach-Zane Duquemin. 1.73/88kg She is a big fan of Cliff Richard (multi-million selling record artist from Britain) and has his signature as a tattoo In 2019: 6 Chula Vista; 11 La Jolla; 7 Long Beach; 1 Irvine; 2 Lisse; 1 Loughborough International; 5 Halle 'B'; 1 UK League div 2/Jun 9; 1 Loughborough Invitational; 1 UK League div 2/Jul 6; 1 La Roche-sur-Yon; 3 Varburg	32y	302d	1986	57.66	57.79 -12
7,	KAMGA Vanessa SWE - Sweden HT pb: 61.22 -18 (57.46 -19). JT pb: 35.11 -18. 11 EJC 2017; dng ECH 2018; 5 under-23 ECH 2019. 1 Swedish 2017/2018 In 2019: 3 Swedish indoor Weight Throw; 1 Swedish under-23 indoor SP/Weight Throw; 1 Swedish under-23 winter; 2 European Throws Cup under-23; 1 Clermont FL HT (4 DT); 1 Gainesville DT/HT; 1 Växjö under-23; 1 Bålsta; 9 Stockholm Diamond; 2 Halle 'B'; 1 Huddinge; 1 Oslo; 4 Geneva; 5 Copenhagen; 1 Swedish Teams; 1 Bottnaryd; 3 Poznań; 5 under-23 ECH; 2 Varberg	20y	263d	1998	59.06	59.06 -19
8,	SIPPONEN Salla FIN - Finland 3x Finnish Champion // dng EJC 2013; 10 WJC 2014; 5 under-23 ECH 2017; dng ECH 2018. 1 Finnish 2016/2017/2018. 1.78/73kg In 2019: 1 Pori; 1 Finnish winter; 1 Tampere; 6 European Throws Cup; 3 Halle 'B'; 4 Copenhagen; 1 Keuruu; 1 Lohja; 3 Tampere; dng WSG; 2 Lapinlahti; 1 Finnish	24y	149d	1995	57.79	58.36 -18
9,	TANNER Chantal SUI - Switzerland dng under-23 ECH 2017/2019. 1 Swiss under-23 2017/2018; 1 Swiss 2018 In 2019: 1 Zurich; 8 European under-23 Throws Cup; 1 Basle; 1 Lausanne; 1 Zofingen; 1 Lucerne; dng under-23 ECH	22y	87d	1997	52.10	52.10 -19
10,	ZABAWSKA Daria POL - Poland 2017 European under-23 silver // dng WJC 2014; 4 WSG 2017; 4 WSG 2017; 2 under-23 ECH 2017 (2015-4); 5 Athletics World Cup 2018; dng ECH 1018. 1 Polish under-23 2017. Mother-Krystyna Danilczyk-Zabawska (2 WIC SP 1999), father-Przemysław Zabawski (SP pb 19.63 in 2001) In 2019: 12 European Throws Cup; 1 Białystok; 2 Toruń; 2 Łódź (2x); 1 Gliwice; 2 Gdańsk; 3 Zeueneroda; dng WSG; 7 Sotteville; 1 Polish Teams; 1 Cetniewo	24y	115d	1995	62.36	62.36 -19
11,	ANAGNOSTOPOULOU Hrisoula GRE - Greece 9x Greek Champion // 10 World Youth 2007; 9 EJC 2009; dng WJC 2010; 4 under-23 ECH 2011 (2013-5); 3 Mediterranean Games 2013/2018; 1 Balkan 2015/2016 (2013/2014-2); dng WCH 2015/2017; 5 World Military Games 2015; 9 ECH 2016 (2014-dng, 2018-10); dng OLY 2016; 3 ETCh 2017 (2013-9). 1 Greek 2011-2019. Coast guard officer. 1.75/85kg In 2019: 10 European Throws Cup; 1 Thessaloniki (2x); 1 Tripoli; 1 Athens; 1 Schimatari; 11 Halle; 1 Iraklion; 2 Tampere; 1 Greek	27y	347d	1991	58.77	61.53 -17
12,	KINTANA June ESP - Spain Full name-June Kintana Lazzara // 8 WJC 2014 (2012-dng); 4 under-23 ECH 2017 (2015-12). 2 Spanish 2018 In 2019: 1 León (4x, also 2nd 2x); 1 Castellón; 1 Jaén; 1 Spanish Universities; 1 Pamplona (4x); 1 Spanish Clubs; 7 Huelva; 7 Leiria	24y	119d	1995	55.72	56.30 -17