

ExxonMobil Bislett Games 2010 • Biographical Summaries • Men

Men's 100 Metres Heat 1

18:55



Diamond League event

3 + 2 fastest to Final (21:00)

2010 World Best:	9.83	Asafa Powell JAM	Ostrava	27 May 10
	9.75w	Asafa Powell JAM	Doha	14 May 10

= Diamond League race leader

		Age	(Days)	Born	Season's Best	Personal Best
2,	POGNON Ronald FRA (Pronounced "Pon-yon") ... 2005 World relay gold ... 200 pb: 20.27 -05 (21.00 -10). 2 WJC 4x100 2000 (qf 200); 1 EJC 200 2001 (2 4x100); 1 under-23 ECH 100 2003; sf WCH 100 2003/2005 (2009-qf); sf OLY 100 2004 (2008-qf); 2 EIC 60 2005 (2007-3); 1 ECP 100 2005/2006; 1 WCH 4x100 2005 (qf 200); 4 ECH 100 2006 (3 4x100); 6 WCP 100 2006; 6 WIC 60 2010 (2004-ht). 1 French 100 2006/2009 & 200 2005/2008. Born-Martinique ... coach-Pierre-Jean Vazel In 2010: 2 French indoor 60; 6 WIC 60; 2 Réduit 200; 1 Montgeron 250; 6 Shanghai Diamond League 200; 1 Forbach 100	27y	200d	1982	10.30	9.99 -05
3,	FRATER Michael JAM 2005 World silver at 100m ... ran second leg for Olympic & World sprint relay champions, handing to Usain Bolt each time 9.94w -10. 200 pb: 20.45w, 20.63 -02. 5 WJC 100 2002; sf COM 100 2002; 1 Pan-Am 100 2003; sf OLY 100 2004; 2 WCH 100 2005 (2003-qf); dq sf COM 100 2006 (false start); 1 COM 4x100 2006; 6 OLY 100 2008 (1 4x100); 1 WCH 4x100 2009 (sf 100). 1 Jamaican 100 2006. 1 NCAA 100 2004 ... studied Political Science at Texan Christian University In 2010: 7 Kingston 100 (May 1); 1 Osaka 100; 4 Doha Diamond League 100; 2 Daegu 100; 1 Taipei 100	27y	241d	1982	10.15	9.97 -08
4,	THOMPSON Richard TRI Two Olympic silvers from Beijing 2008 ... was at Louisiana State University 200 pb: 20.18 -08 (20.86 -10). 1 North & Central American & Caribbean 100 2007; qf WCH 100 2007; 2 OLY 100/4x100 2008; 5 WCH 100 2009 (2 4x100). 1 Trinidad 100 2009. 1 NCAA indoor 60 & outdoor 100 2008 In 2010: 1 Coral Gables 200; 1 Baton Rouge 100; 3 Kingston 100 (May 1); 2 Sandy Grounds 100; 4 Rio 100	24y	362d	1985	10.12	9.89 -08
5,	SAIDY NDURE Jaysuma NOR Gambian and now Norwegian record holder at 100m & 200m ... became a Norwegian citizen in December 2006, they call him "Jays" 9.98w -10. 200 pb: 19.89 -07 (20.63w -10). ht WJC 200 2002; qf COM 200 2002; ht WCH 200 2003; 3 African Champs 100 2004; qf OLY 100/200 2004; sf WCH 200 2005 & 100 2009; sf COM 200 2006; sf OLY 200 2008 (qf 100). 1 Norwegian 100/200 2007 (1 100 2008). Has lived in Norway since 2001 (his home is 10km from Bislett stadium) ... passion for football – "I love watching the English Premier League" ... Coaches-Olav Tveita & Benjamin Jensen Injury-free since January 2010, his 2008 season was curtailed with tears to both hamstrings and in 2009 his dislocated his right knee In 2010: 3 Mt SAC Relays 200; 6 Doha Diamond League 100 (10.00w after 9.98w heat); 1 Florø 100/200	26y	154d	1984	9.98w	10.01 -08
6,	MARTINA Churandy AHO Fourth in Beijing Olympic 100m then originally second at 200m, only to be disqualified for a lane infringement after clocking 19.82; Official second placer Shawn Crawford later gave him the silver medal 9.76w -06. 200 pb: 20.11 -08 (20.48 -10). 400m pb: 46.13 -07. sf World Youth 100 99; qf WJC 100 2002 (2000-ht); 1 South American Games 100 2002 (2 200); qf OLY 100 2004; qf WCH 100 2005/2009 (2003-ht); 1 Central American & Caribbean Games 100 2006; 1 Pan-Am Games 100 2007; 5 WCH 100/200 2007; 4 OLY 100 2008 (200-dq); qf WCH 100 2009; sf WIC 60 2010. In 2008 he "won" a televised sprint race at 30m against a row of toppling dominoes, clocking 3.81 ... coach-Wendell Prince In 2010: 3sf WIC 60; 1 El Paso 100 (2 200); 4 Kansas Relays 100; 1 Ponce 100; 5 Shanghai Diamond League 200; 1 Hengelo 100	25y	335d	1984	10.03	9.93 -08
7,	FORSYTHE Mario JAM 200 pb: 20.84 -06. 3 Jamaican 100 2006. Coach-Glen Mills (same group as Usain Bolt) In 2010: 3 Kingston 100 (Apr 17); 5 Kingston 100 (May 1); 6 Daegu 100; 1 Rehlingen 100; 7 Ostrava 100; 2 Hengelo 100	24y	217d	1985	10.16	10.16 -09/10
8,	BERNTSEN Philip Bjørnå NOR 200 pb: 21.25 -08. ht WJC 100/200 2008. 1 Norwegian junior 100 2008. Coach-Leif Olav In 2010: 2 Florø 100	20y	173d	1989	10.59w	10.50 -08

ExxonMobil Bislett Games 2010 • Biographical Summaries • Men

Men's 100 Metres Heat 2

19:05



Diamond League event

3 + 2 fastest to Final (21:00)

2010 World Best: 9.83 Asafa Powell JAM Ostrava 27 May 10
9.75w Asafa Powell JAM Doha 14 May 10

= Diamond League race leader

The most legal sub-10s on electrical timing: 62 Asafa Powell JAM, 52 Maurice Greene USA, 28 Ato Bolton TRI, 27 Frankie Fredericks NAM, 21 Tyson Gay USA, 20 Usain Bolt JAM

		Age	(Days)	Born	Season's Best	Personal Best
2,	MOSELEY Ryan AUT	27y	239d	1982	10.29	10.21 -09
	South of England Champion at 100m in 2005 & 60m in 2009, now through marriage he is an Austrian citizen 200 pb: 20.83 -09 (21.25 -10). 400 pb: 47.99 -03. 8 EIC 60 2009; ht WCH 100 2009; sf WIC 60 2010. 1 South of England 100 2005 & indoor 60 2009. 1 Austrian 100/200 2008 (1 100 2009). Born-Barbados, came to Britain in 2000 to study engineering, but could not obtain British citizenship ... now divides his time between Salzburg & London ... issued with an Austrian passport on June 4, 2008 and cleared to compete for that country later that month ... Austrian wife-Catherine Huxy ... coach-Clarence Callender In 2010: 1 Austrian indoor 60; 6sf WIC 60; 2 Athens GA 200 'B'; 5 Atlanta 100; 6ht Ostrava 100; 2 Cottbus 100					
3,	LEWIS-FRANCIS Mark GBR	27y	273d	1982	10.21	10.04 -02
	Ran anchor for victorious sprint relay team in Athens 2004, became Britain's youngest Olympic Champion in athletics since 1936 9.97w -01. 200 pb: 20.78w -05, 20.89 -10. 1 World Youth 100 99; 1 WJC 100 2000; 3 WIC 60 2001 (2003-4); 1 ECP 100 2001/2003 (2004-dq, 2005-2); sf WCH 100 2001/2003/2007 (2005-qf); 1 EJC 100 2001 (99-2); 2 EIC 60 2002; 7 COM 100 2002 (2006-dq sf); 1 OLY 4x100 2004 (sf 100); 3 WCH 4x100 2005/2007; 5 ECH 100 2006 (1 4x100). Son-Romeo born July 13, 2002, daughter Rhaya born October 2, 2007 ... born-Birmingham, lives-Windsor ... coach-Linford Christie Coming back from operations on his left Achilles (March 2008) and right Achilles (March 2009) He won Oslo 100 in 2003 at age 20, defeating Asafa Powell among others In 2010: 4 UK indoor 60; 1 Manchester "Great City Games" 100; 2 Loughborough "International" 200 (pb 20.89); dq Ostrava 100 (false start); dq Hengelo 100 (false start)					
4,	POWELL Asafa JAM	27y	193d	1982	9.83	9.72 -08
	History's most prolific sub-10 second 100m sprinter .. two Olympic 100m fifths ... two World 100m bronzes 200 pb: 19.90 -06 (21.27 -10). 400 pb: 45.94 -09. 5 OLY 100 2004/2008; 1 COM 100/4x100 2006; 3 WCH 100 2007 & 2 4x100; 1 OLY 4x100 2008; 3 WCH 100 2009 & 1 4x100. 1 Jamaican 100 2004/2005/2007 (1 200 2006). Plays guitar & drums ... set World records at 100m of 9.77 in Athens 2005, Gateshead 2006 and Zurich 2006, then 9.74 in Rieti 2007 ... at Stockholm on July 22, 2008 was the only man to defeat Usain Bolt in a 100m final ... he has a collection eight cars including a Ferrari and two Mercedes and is currently restoring a 1972 Chevrolet Malibu ... coach-Stephen Francis Oslo 100m winner in 2006, 2007 & 2009 ... he says his weight has come down from 95 to nearly 90kg since last season on his coaches orders – "I've eased off on the fried chicken a bit" In 2010: 1 Kingston 400 'B' (Feb 20); 1 Kingston 200 (Apr 17); 1 Doha Diamond League 100 (9.81w after 9.75w heat); 1 Ostrava 100 (9.83 after 9.88 his 61st & 62nd legal sub-10s; also world best 9.07 at 100 yards)					
5,	CLARKE Lerone JAM	28y	357d	1981	10.11	9.99 -09
	Ran in heat of 2009 World 4x100, so awarded gold medal won by Jamaica in final 9.98w -10. 200 pb: 20.89 -10. 4 WCH 4x100 2005; sf WIC 60 2006 (2008/2010-ht); 2 Central American & Caribbean Champs 100 2009. Graduate of Visual Arts & PE from Lincoln University, Missouri ... he can play the drums ... known for wearing gloves while racing ... coach-Victor Thomas ... 1.66 tall In 2010: 4ht WIC 60; 1 Dakar 100; 6 Baie Mahault 100 (2 200); 5 Doha Diamond League 100; 4 Belém 100; 3 Rio 100; 2 Ostrava 100					
6,	MBANDJOCK Martial FRA	24y	233d	1985	10.14	10.06 -08
	2009 Mediterranean Games Champion at 100m ... 200 pb: 20.43 -09 (20.62 -10). sf WJC 200 2004; sf EIC 60 2007; 2 ECP 100 2007; 3 under-23 ECH 100 2007; qf WCH 100 2007; sf WIC 60 2008; sf OLY 200 2008; 2 ETCh 200 2009 (4 100); 1 Mediterranean Games 100 2009; sf WCH 100/200 2009. 1 French 100 2008 & 200 2009. Coach-John Smith In 2010: 2 Westwood 200; 1 Baie Mahault 100; 1 Fortaleza 100 'B'; 1 Belém 100; 2 Rio 200					
7,	KIMMONS Trell USA	24y	326d	1985	10.12	10.12 -10
	Fourth in 2010 World Indoor 60m ... 200 pb: 20.37 -09 (20.95 -10). 400 pb: 47.53 -10. 1 WJC 4x100 2004; 4 WIC 60 2010 In 2010: 2 US indoor 60; 4 WIC 60; 2 Coral Gables 200; 2 Monroe 400; 2 Ponce 100; 4 Daegu 100; 4 Ostrava 100; 3 Hengelo 100					

ExxonMobil Bislett Games 2010 • Biographical Summaries • Men

Men's 800 Metres

21:10

Diamond League event



= Diamond League race leader

2010 World Best: 1:43.00 David Rudisha KEN Doha 14 May 10

The Bislett Stadium record and former world record of Sebastian Coe (1:42.33) dates back to 1979. His splits then were 24.6, 26.0 (50.6), 24.8 (1:15.4) & 27.0. He is here as a guest of the meeting.

		Age	(Days)	Born	Season's Best	Personal Best
1a,	RIMMER Michael GBR 2006 European finalist ... 3x UK Champion ... 1500 pb: 3:41.1 -10. 4 World Youth 2003 (2001-sf); 8 WJC 2004; 3 Commonwealth Youth Games 2004; 8 EJC 2005; 8 ECH 2006; 2 ECP 2007; sf WCH 2007/2009; sf OLY 2008. 1 AAA 2006 & UK 2007/2008/2009. Coach-Norman Poole (trains with Tom Lancashire among others) In 2010: 1 Stretford 1500; 2 Dakar; 1 Stretford BMC; 6 Doha Diamond League; 7 Ostrava	24y	121d	1986	1:45.96	1:44.68 -08
1b,	ROTH Thomas NOR sf EJC 2009. 1 Norwegian junior 2009 & indoor 2010 In 2010: 1 Norwegian indoor; 1 Trondheim 600; 1 Oslo (May 19); 1 Lillestrøm	19y	113d	1991	1:48.16	1:48.16 -10
2,	CHOGE Augustine KEN Full name-Augustine Kiprono Choge 2006 Commonwealth Games Champion at 5000m ... in 2004 at age 17 he became the youngest man to break 13 minutes for 5000m 1500 pb: 3:29.47 -09 (3:32.30 -10). Mile pb: 3:50.22 -09. 3000 pb: 7:28.78 -05. 5000 pb: 12:53.66 -05. 1 East African youth 800/1500/3000 2003; 1 World Youth 3000 2003; 1 World Junior 5000 2004; ht WCH 5000 2005; 1 COM 5000 2006; 9 OLY 1500 2008 (ran with stress fracture); 5 WCH 1500 2009; 11 WIC 3000 2010. At WXC: 2003-4J, 2005-1J, 2006-7 short, 2008-12. Anchored Kenya to world 4x1500m record in Brussels 2009 ... coach-Brother Colm O'Connell In 2010: 1 Düsseldorf 1500; 1 Stockholm 3000; 11 WIC 3000; 1 Shanghai Diamond League 1500 (beat Asbel Kiprop)	23y	134d	1987	-	1:44.86 -09
3a,	SOM Bram NED 2006 European Champion ... 5 WJC 98; 3 EJC 99; ht OLY 2000; sf WCH 2001/2003 (2007-ht); 5 WIC 2003; 1 ECH 2006 (2002-6); 2 WCP 2006; 7 WCH 2009 (2007-ht) 1 Dutch 2000/2001/2003/2004/2006/2009. Born-Terborg ... Sergeant in Dutch Army ... coach-Honoré Hoedt ... his older sister Kim ran 59.27 for 400m hurdles in 1999 In 2010: 1 Lisse 1000 (world lead 2:17.01); 4 Hengelo	30y	104d	1980	1:47.02	1:43.45 -06
3b,	KSZCZOT Adam POL (Kszczot pronounced "Ksh-choť") 2010 World indoor bronze ... 2009 European under-23 Champion 3 EJC 2007; 4 WJC 2008; 4 EIC 2009; 9 ETCh 2009; 1 under-23 ECH 2009; sf WCH 2009; 3 WIC 2010. 1 Polish junior 800/1500 2008 & indoor 800 2009/2010 In 2010: 1 Polish indoor; 3 WIC; 4 Ostrava	20y	275d	1989	1:45.74	1:45.72 -09
4,	KIRWA YEGO Alfred KEN Gold in Osaka 2007, silver in Berlin 2009, bronze in Beijing 2008 1500 pb: 3:33.69 -09. 2 WJC 2004; 3 African Champs 2006; 1 WCH 2007 (2005-ht, 2009-2); 3 OLY 2008. In 2007 he won only three of his 15 races: these were the heat, semi and final at the World Championships ... coach-Claudio Berradeli (same as Janeth Jepkosgei) In 2010: 5 Hengelo	23y	188d	1986	1:47.20	1:42.67 -09
5,	LEWANDOWSKI Marcin POL 2009 European under-23 silver ... 2009 World finalist ... 1500 pb: 3:42.86 -06. 7 EJC 1500 2005; 4 WJC 2006; 8 WSG 2007; 2 ECP 2008; sf OLY 2008; 6 EIC 2009; 8 WCH 2009. At WXC: 2006-90 short. 1 Polish 1500 2008. He was advanced to the 2009 world final after having been tripped up in the semi-finals In 2010: 1 Pliezhausen 600; 3 Ostrava; 2 Hengelo	22y	356d	1987	1:45.04	1:43.84 -09
6,	KAKI Abubaker SUD Unbeaten at 12 finals in 2008 including World Indoor & World Junior titles, but then flopped at the Olympic Games when he was eliminated after a rough semi-final ... good form again in early 2009, but then fell in his World Championship semi-final 1000 pb: 2:13.93 -08. 1500 pb: 3:39.71 -08. 3 World Youth 2005; 3 Arab 2005; 6 WJC 2006; 2 Arab junior 2006; 1 African Games 2007; 1 Arab Games 800/1500 2007; 1 WIC 2008/2010; 1 WJC 2008; sf OLY 2008; sf WCH 2009 (2008-ht) ... he races in a silver chain which his mother gave him for good luck in 2005 ... won with a world junior record in Oslo 2008, then pulled up injured there in 2009 ... coach-Jama Aden In 2010: 1 Stuttgart indoor; 1 Stockholm indoor; 1 WIC; 1 Hengelo (17 wins from his last 18 finals at 800m, with the one loss being when he dnf'd in Oslo 2009 – though of course he went out in the semis in Beijing 2008 & Berlin 2009)	20y	348d	1989	1:45.66	1:42.69 -08
7,	RUDISHA David KEN Full name-David Lekuta Rudisha African record holder ... 2006 World Junior Champion ... 2008 African Champion 400 pb: 45.50 -10. 1 WJC 2006 (4 4x400); 1 African junior 2007; 1 African Champs 2008; sf WCH 2009. 1 Kenyan 2009. His father Daniel Rudisha anchored Kenya to silver medals in the 1968 Olympic 4x400m (with a 44.0 split). Coach-Colm O'Connell With his 1:42.01 in Rieti on September 6, 2009 he broke the African record which had stood for 25 years and also set the fastest time of the decade In 2010: 1 Melbourne (Feb 20); 3 Sydney 400 (pb 45.50); 1 Melbourne (1:43.15); 1 Doha Diamond League (1:43.00); 1 Ostrava (1:44.03)	21y	168d	1988	1:43.00	1:42.01 -09
8,	TANGUI Sammy KEN PACEMAKER – 49.0 to 400m Full name-Sammy Rono Tangui ... 400 pb: 46.00 -05. 1 African Junior 400 2003 (2 200). Training partner of David Rudisha In 2010: paced Hengelo, Doha, Ostrava 800s	28y	63d	1982	-	1:49.39 -08

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Men's 1500 Metres

18:30

Promotion event



= Diamond League race leader

2010 World Best: 3:32.20 Augustine Choge KEN Shanghai 23 May 10

		Age	(Days)	Born	Season's Best	Personal Best
1,	MAYS Jermaine GBR 2009 UK 1500m Champion ... 2006 AAA Steeplechase Champion ... 3000SC pb: 8:30.41 -07. ht under-23 ECH 3000SC 2003; 8 ECP 3000SC 2004 (injured in mid-race).1 English Schools Steeplechase 99/2001 (2000-2); 1 AAA junior 3000SC 2001; 1 AAA 3000SC 2006; 1 UK 1500 2009 ... coach-Ken Pike In 2010: 4 Mt SAC Relays 1500; 9 Oregon Relays 1500; 2 Loughborough "International" 800; 1 Stretford 1500	27y	163d	1982	3:42.76	3:39.85 -07
2,	MÅKESTAD Kjetil NOR 1 Nordic under-23 2004; 4 Norwegian 2007 In 2010: 9 Oslo 3000 (May 19)	24y	353d	1985	3:46.28i	3:45.26 -07
3,	DIRSHE Rizak SWE Swedish record holder at 800m ... 2006 European 1500m finalist ... 800 pb: 1:45.45 -03 (1:49.79 -10). 6 ECP 800 2000; ht WIC 800 2001/2004; sf ECH 800 2002 (98-ht); ht WCH 800 2003/2005; 9 ECH 1500 2006; ht EIC 800 2007; 9 ETCh 1500 2009. 1 Swedish indoor 800 99/2004 & 1500 2003/2006. 1 Swedish 800 2002/2004 & 1500 2005. Born-Mogadishu ... came to Sweden as a refugee in early 90s ... coach-Ola Thorsson In 2010: 1 Swedish indoor 1500; 9 Doha Diamond League 800; 8 Rehlingen 1500	38y	150d	1972	3:42.61	3:38.47 -06
4,	VELDE Morten NOR 800 pb: 1:49.57 -06. 1 Norwegian 1500 2006/2007/2008 In 2010: 10 Oslo 3000 (May 19)	25y	166d	1984	3:52.51	3:39.58 -09
5,	McCORMICK Nick GBR Former AAA Champion at 1500m ... 5000 pb: 13:25.34 -06. 3000 pb: 7:51.17 -08. ht WCH 1500 2005; 5 COM 1500 2006; 12 ECH 5000 2006; 4 ECP 3000 2007. 1 UK indoor 3000 2008/2009. At WXC: 2000-116J. 1 AAA 1500 2005. His first sport was squash, he was in top 20 in the UK as an under-16 ... born-Hexham, lives-Chester-le-Street ... coach-John Nuttall ... 1.91 tall In 2010: 1 Alsager 5M; 1 Armagh 5K; 4 Lucerne; 1 North East England 800; 5 Rehlingen 1500; 15 Hengelo 3000	28y	266d	1981	3:41.02	3:35.74 -05
6,	INGEBRIGTSEN Henrik NOR Norwegian junior record holder at 1500m ... 3000 pb: 7:58.15 -10. 3000SC pb: 8:52.56 -09. sf EJC 800 2009 (ht 1500); 1 Nordic junior 3000SC 2009. At EXC: 2008-23J, 2009-12J. Concentrating on running after not being selected for the Norwegian national junior team as a cross country skier In 2010: 2 Stavanger 8K; 1 Oslo 3000 (May 19); 3 Nijmegen 1500 (set Norwegian junior record 3:42.06)	19y	100d	1991	3:42.06	3:42.06 -10
7,	STEVENSON Ricky GBR Ran second leg for English team which set a British record at 4x1500m in Brussels 2009 Mile pb: 3:57.90 -09. 3000 pb: 7:55.9 -10. ht EJC 1500 2007; 5 under-23 ECH 1500 2009. At EXC: 2006-57J, 2009-8u23. 1 English junior 1500 2007. 1 British Universities indoor 3000 2008/2009. Coach-Steve Shaw In 2010: 1 "Great Edinburgh" 4K XC; 1 British Universities indoor 3000; 1 Shildon 3000 (pb 7:55.9); 6 Rehlingen 1500	21y	201d	1988	3:41.05	3:40.2 -09
8,	RODRÍGUEZ Álvaro ESP 2007 European under-23 Champion ... ht World Youth 2000SC 2003; dnf EJC final 2005; 7 WJC 2006; 1 under-23 ECH 2007; 2 WSG 2007; 7 EIC 2009; ht WIC 2010. At WXC: 2006-65J. At EXC: 2004-36J, 2005-26J, 2006-73J. Plays the piano In 2010: 5ht WIC; 3 Burgos (road)	23y	10d	1987	3:38.06i	3:35.76 -09
9,	CHAMNEY Thomas IRL Sixth in US Collegiate Championships indoors & out in 2006, representing the University of Notre Dame 800 pb: 1:45.41 -09. ht World Youth 800 2001; ht ECH 800 2006; sf EIC 800 2007; ht OLY 800 2008; ht WCH 800/1500 2009. 1 Irish 800 2006/2008/2009 ... 1.90 tall In 2010: 9 "Rás na hÉireann" XC; 2 Catalunya	26y	48d	1984	3:42.98	3:37.67 -09
10,	KOWAL Yoann FRA 2009 European indoor bronze at 1500m ... 3000SC pb: 8:34.66 -08. 11 under-23 ECH 3000SC 2007; 3 EIC 1500 2009; 3 ETCh 1500 2009; 6 under-23 ECH 1500 2009; ht WCH 1500 2009. At WXC: 2005-106J. At EXC: 2007-67u23, 2009-75u23. 1 French 1500 2008. Born-Nogent le Rotrou ... coach-Patrick Petit Breuil In 2010: 2 French indoor 1500	23y	7d	1987	3:39.28i	3:35.39 -09
11,	OLMEDO Manuel ESP 2008 European Cup winner at 800m ... 3:39.82i -10. 800 pb: 1:45.13 -07 (1:46.27 -10). 8 EJC 800 2001; 8 WJC 800 2002 (2000-ht); 2 under-23 ECH 800 2005 (2003-3); sf ECH 800 2006; sf WCH 800 2007 (2003/2005-ht); sf WIC 800 2008; 1 ECP 800 2008; sf OLY 800 2008 (2004-ht); 5 EIC 800 2009 (2002/2007-sf). 1 Spanish 800 2007/2008 (1 indoor 800 2002/2007) In 2010: 2 Spanish indoor 1500; 1 Burgos Mile (road); 3 Hengelo 800	27y	18d	1983	3:39.82i	3:42.29 -07
12,	KIPCHIRCHIR Alex KEN Full name-Alex Kipchirchir Rono World #1 at 1500m & Commonwealth Champion at 800m in 2006 but no big wins since Mile pb: 3:50.25 -03. 800 pb: 1:45.0 -06 (1:46.29 -08). 1 WJC 800 2002; 7 WCH 1500 2005; 1 COM 800 2006; 1 African Champs 800/1500 2006; 1 WCP 1500 2006. In Rieti 2003 he set a world junior mile record (since broken), of 3:50.25, just 0.05 behind Hicham El Guerrouj in that race In 2010: 1 Philadelphia Medley Relay (ran opening leg of 1200m in 2:52.83); 10 Shanghai Diamond League	25y	189d	1984	3:39.22	3:30.46 -04

13,	KEALEY Mitch AUS	26y	127d	1984	3:36.00	3:36.00 -10
	800 pb: 1:48.17 -10. Mile pb: 3:57.27 -08. ht World Youth 2001; 9 WSG 2007; ht OLY 2008. 1 Australian 2008. Graduate of Exercise Science from the University of Queensland ... from-Brisbane ... coach-Roy Rankin In 2010: 1 Brisbane 800; 2 Newcastle 3000; 2 Hobart 1500; 3 Sydney 1500; 4 Australian 1500					
14,	Bikila DABA Demma ETH	20y	321d	1989	-	3:35.27 -08
	PACEMAKER – 1:53 to 800m, 2:22 to 1000m 2008 World junior bronze ... 5000 pb: 13:34.00 -09. 3000 pb: 7:42.63 -07. 9 African Games 2007; 6 African Champs 2008; 3 WJC 2008; ht OLY 2008. Helped pace 2007 Brussels 10,000m & 2008 Oslo mile					

ExxonMobil Bislett Games 2010 • Biographical Summaries • Men

Exxon Mobil Dream Mile

21:50

Diamond League event



= Diamond League race leader

2010 World Best: 3:56.14 Boaz Lalang KEN Des Moines 24 Apr 10
3:55.26 Nick Willis NZL Boston 6 Feb 10

The aim is for an even pace and not what happened in the Shanghai 1500m where 400m was reached in 53.88

		Age	(Days)	Born	Season's Best	Personal Best
1,	HOLUŠA Jakub CZE	22y	104d	1988	-	-
2007 European Junior Champion at 3000m Steeplechase ... 800 pb: 1:45.87 -10. 400 pb: 48.19 -09. 1500 pb: 3:42.15 -09, 3:41.48i -08. 3000SC pb: 8:50.30 -07. 7 World Youth 2000SC 2005; 1 EJC 3000SC 2007; ht OLY 800 2008; 8 ETCh 800 2009; 3 under-23 ECH 1500 2009. At EXC: 2005-75J, 2007-42J. Coach-Josef Vedra In 2010: 1 Czech indoor 800; 5 WIC 800; 2 Attnang Mile (road); 5 Ostrava 800						
2,	AL-GARNI Mohamed QAT	17y	337d	1992	-	-
2010 Arab Junior Champion at 800m & 1500m ... 1500 pb: 3:39.06 -09 (3:39.74 -10). 800 pb: 1:47.98 -10. 5 World Youth 2009; ht WCH 2009; 2 Asian Indoor Champs 1500 2010 In 2010: 2 Asian Indoor Champs 1500; 1 Arab junior 800/1500						
3,	GATHIMBA Gideon KEN	30y	86d	1980	-	3:52.98 -09
Twice Kenyan Champion ... 1500 pb: 3:33.63 -08. 3000 pb: 7:46.65 -09. 1 World Military Games 2007; 2 African Champs 2008; ht WIC 2010. 1 Kenyan 2008/2009. Ran second leg for Kenyan team which set a world 4x1500m record in Brussels 2009 In 2010: 3ht WIC						
4,	van der WESTHUIZEN Peter RSA	25y	164d	1984	3:57.96	3:56.26 -09
800 pb: 1:49.57 -05. 1500 pb: 3:35.33 -09 (3:38.72 -10). sf WCH 2009; ht WIC 2010. 11 NCAA indoor mile 2008, representing the University of Nebraska where he studied nutrition science and dietetics .. coach/father Glen van der Westhuizen In 2010: 6ht WIC; 1 Kansas Relays; 3 Des Moines Mile (road); 4 Drake Relays Mile; 2 Kingston; 1 Ponce						
5,	Tanui BIWOTT William KEN	20y	91d	1990	-	3:49.49 -09
Full-name-William Biwott Tanui World Junior record holder at one mile, set in Oslo 2009 1500 pb: 3:31.70 -09 (3:33.67 -10). Great end to 2009 season while still a junior: world record at 4x1500m & wins in Rieti and at the World Athletics Final ... coaches-Patrick Sang & Joseph Chelimo ... his father said he would support him for two years to see whether he could become a professional runner (2009 was his second year, so he would have proved his point by winning \$30,000 from the World Athletics Final alone) In 2010: 4 Shanghai Diamond League						
6,	HIGUERO Juan Carlos ESP	31y	305d	1978	-	3:52.49 -02
Olympic 1500m finalist in Sydney & Beijing ... double bronze at 2006 Europeans ... 2007 European Indoor Champion ... 2008 World indoor bronze 1500 pb: 3:31.57 -06. 800 pb: 1:45.87 -07. 3000 pb: 7:43.97 -08 (7:49.00 -10). 3 EJC 5000 97; 5 ECH 1500 2002; 8 WIC 1500 2003 (2001 -9, 2004-ht); 1 ECP 1500 2003/2005 (2006-2); 6 WCH 1500 2005 (2003-11, 2007-13, 2009-sf); 3 ECH 1500/5000 2006; 1 EIC 1500 2007 (2000-6, 2002/2005-2); 3 WIC 1500 2008; 4 OLY 1500 2008 (2000-8, 2004-sf). 1 Spanish 1500 2000/2002/2003/2006/2007 (1 indoor 2002/2003/2004/2005). At WXC: 96-51J, 97-26J, 2005-39 short, 2006-31 short. At EXC: 97-4J ... coach-Antonio Serrano In 2010: 4 Spanish indoor; 1 Barcelona Mile (road); 2 Burgos Mile (road); 10 Hengelo 3000						
7,	LALANG Boaz KEN	21y	116d	1989	3:56.14	3:56.14 -10
2010 World indoor silver at 800m ... missed the 2008 Olympic 800m final by 0.02 and one place 800 pb: 1:44.68 -08 (1:45.02 -10). 1500 pb: 3:37.62 -08. sf OLY 800 2008; 2 Fifth Avenue Mile 2009; 2 WIC 800 2010. Coach-James Li (same as Bernard Lagat) In 2010: 2 WIC; 1 Des Moines (road); 1 Drake Relays Mile; 2 Ostrava 800						
8,	GEBREMEDHIN Mekonnen ETH	21y	235d	1988	-	3:50.74 -09
Full name-Mekonnen Gebremedhin Woldegiorgis Fourth at 2010 World Indoor Championships 800 pb: 1:47.8 -06. 1500 pb: 3:33.35 -10. ht World Youth 800 2003; sf WJC 800 2006; sf WCH 2007 (2009-ht); 4 WIC 2010 (2008-6) In 2010: 4 WIC; 3 Shanghai Diamond League (pb 3:33.35)						
9,	KIPROP Asbel KEN	20y	339d	1989	3:58.03i	3:48.50 -09
Full name-Asbel Kipruto Kiprop 2008 Olympic 1500m gold at 19 to become the youngest-ever Olympic medallist in that event, but only after the disqualification of Rashid Ramzi – "I don't feel happy in the way I should have felt. We cannot go back to Beijing again and recite the national anthem." 1500 pb: 3:31.20 -09 (3:32.22 -10). 800 pb: 1:43.17 -09 (1:43.45 -10). 1 African Games 1500 2007; 4 WCH 1500 2007/2009; 3 African Champs 800 2008; 1 OLY 1500 2008; sf WCH 800 2009. 1 Kenyan 1500 2007. He reportedly give up high school to concentrate on athletics ... his father David Kebenei was also a 1500m runner ... coach-Jimmy Beauttah ... Absel is 1.91 (6-3) tall At the 2009 World Championships, he ran half a second faster than the leaders on the last lap, but was too far back at the bell) In 2010: 4 Melbourne 1500; 4 Nakuru 1500; 1 Nyeri 800; 2 Doha Diamond League 800; 2 Shanghai Diamond League 1500						

10,	BADDELEY Andy GBR	27y	349d	1982	3:55.64i	3:49.38 -08
World's fastest miler in 2008 ... eighth in Beijing Olympics (moved up from ninth now that Rashid Ramzi has been officially disqualified) 1500 pb: 3:34.36 -08. 800 pb: 1:46.32 -07. 2 WSG 1500 2005; 12 COM 1500 2006 (fell); 6 ECH 1500 2006; 2 ECP 1500 2007 (2006-6); 9 WCH 1500 2007 (2009-sf); 1 ECP 3000 2008; 8 OLY 1500 2008. At EXC: 2007-11. 1 AAA 1500 2006; 1 UK 1500 2007. 1 British Universities 5000 2005. At WXC: 2001-80J, 2004-93 short. At EXC: 2007-11. In 2004, graduated from Cambridge University in Aerospace Engineering ... born-Upton, lives-Teddington ... wife-Louise Craigie ran 3:43 in 2008 New York Marathon ... coach-Andy Hobdell ... 1.86 tall						
Won 2008 Oslo "Dream" Mile						
In 2010: 1 Melbourne 5000 (pb 13:20.85); 1 Boston Mile (road); 9 Ostrava 800						
11,	RONO Geoffrey KEN	23y	44d	1987	-	3:58.60i -06
Ran third leg for Kenyan team which set world 4x1500m record in Brussels 2009 1500 pb: 3:32.55 -08 (3:33.92 -10). 800 pb: 1:45.13 -08 (1:46.43 -10). 1 African junior 800/1500 2005; 4 WJC 1500 2006; 7 African Games 1500 2007; 5 African Champs 1500 2008. Once held world junior indoor mile best (3:58.60 in 2006) In 2010: 1 Nakuru 800; 4 Dakar 800; 5 Shanghai Diamond League 1500						
12,	MEKONNEN Deresse ETH	22y	227d	1987	-	3:48.95 -09
Full name-Deresse Mekonnen Tsigu Twice World Indoor Champion ... 2009 World silver 1500 pb: 3:32.18 -09. 3000 pb: 7:32.93 -09. 5000 pb: 13:07.75 -09. 5 African Games 2007; 1 WIC 2008/2010; 4 African Champs 2008; sf OLY 2008; 2 WCH 2009 (2007-ht)						
Won 2009 Oslo "Dream" Mile						
In 2010: 1 Stuttgart indoor; 1 Birmingham indoor (beat good field in 3:33.10, fifth on world all-time list indoors); 1 WIC; dnf Shanghai Diamond League (dropped out with a sore calf he says was due to training on hard track surfaces in Ethiopia)						
13,	CHEBOI Collins KEN	22y	252d	1987	-	-
PACEMAKER 2 – 2:49 to 1200m ... 1500 pb: 3:36.24 -09 (3:36.43 -10). 1 Oslo Golden League 2009 (the 1500, not the Dream Mile) In 2010: 4 Sydney; 5 Melbourne; 7 Dakar 3000; paced Shanghai Diamond League						
14,	ESHO Benson KEN	23y	122d	1987	-	-
PACEMAKER 1 – 55 to 400m, 1:52 to 800m Former World Youth Champion at 1500m 800 pb: 1:46.25 -04. 1500 pb: 3:35.80 -05. 3000 pb: 7:50.69 -09. 1 World Youth 1500 2003; 2 WJC 1500 2004 In 2010: paced Hengelo 3000						

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Men's 5000 Metres

21:20

Diamond League event



= Diamond League race leader

2010 World Best: 12:51.21 Eliud Kipchoge KEN Doha 14 May 10

Two echelons, from 1-11 on inside then 12-20 on outside
US record (12:56.27) under threat from Lagat and / or Solinsky

		Age	(Days)	Born	Season's Best	Personal Best
1,	ABSHERO Ayele ETH	19y	158d	1990	-	13:11.38 -09
2009 World Junior Cross Country Champion ... 3000 pb: 7:43.30 -10. 10,000 pb: 27:54.29 -09. 4 African junior 5000 2009. 1 Nijmegen "Seven Hills Run" 15K 2007 (the race in which Kenenisa Bekele placed third, injured). At WXC: 2008-2J, 2009-1J, 2010-25. His older brother is Tessema "Abshiro", who ran a 2:08:26 marathon in 2008 In 2010: 2 Ethiopian Trial XC; 25 WXC; 5 Hengelo 3000						
2,	DABA Bekana ETH	21y	309d	1988	13:11.78i	12:59.22 -09
Half Mar pb: 61:23 -10. ht WCH 5000 2007/2009. Won 2009 Carlsbad road 5K In 2010: 3 Boston 5000 indoor; 4 New York Central Park to Battery Park Half Mar; 3 Carlsbad 5K						
3,	SALEL Daniel KEN	19y	175d	1990	13:15.89i	13:15.89i -10
Full name-Daniel Lemashon Selal ... Outdoor 5000 pb: 13:27.22 -10. 10,000 pb: 27:07.85 -10. 3000 pb: 7:38.91 -10. 1500 pb: 3:38.79 -09. 1 World Youth 3000 2007 In 2010: 2 Stanford 10,000; 8 Ostrava 3000						
4,	ROTICH Lucas KEN	20y	49d	1990	-	12:58.70 -09
Full name-Lucas Kimeli Rotich Third in 2008 World Cross Country Championships junior race ... 12:58.70 for 5000m while still a junior 3000 pb: 7:37.33 -10. 2 World Youth 3000 2007. At WXC: 2008-3J, 2010-19. Born-Kapsoiya ... coaches-Patrick Sang & Joseph Chelimo In 2010: 2 Kenyan XC; 19 WXC; 6 Ostrava 3000						
5,	KUMA Abera ETH	19y	277d	1990	13:20.78	13:20.78 -10
5 World Youth 3000 2007; 1 African junior 5000 2009. At WXC: 2010-17 In 2010: 3 Ethiopian Trial XC; 17 WXC; 8 Doha Diamond League 5000; 11 Hengelo 3000						
6,	KISORIO Mathew KEN	21y	19d	1989	-	13:02.40 -09
2008 World Junior silver at 5000m ... sixth in the 2009 World Cross Country Championships, his father was third in the same race 26 years earlier 10,000 pb: 27:15.44 -09. 3000 pb: 7:34.29 -09. 1 African junior 5000/10,000 2007; 2 WJC 5000 2008. At WXC: 2007-3J, 2008-6J, 2009-6. Won the 2007 Kenyan junior trial for the World Cross Country Championships ... full name-Mathew Kipkoach Kisorio He is the fourth of seven children of the late Some Moge, who was Kenya's first medallist at the World Cross Country Championships with a bronze in Gateshead 1983 In 2010: 20 Kenyan XC; 8 Lisbon Half Mar; 6 Dakar 3000; dnf Stanford 10,000; 3 Hengelo 3000						
7,	BIWOTT Yusuf KEN	23y	204d	1986	-	12:58.49 -07
Full name-Yusuf Kibet Biwot ... 3000 pb: 7:31.68 -10. 1500 pb: 3:34.04 -06. At WXC: 2006-20 short (team gold). 4 World Athletics Final 3000 2006 In 2010: 34 Kenyan XC; 1 Ostrava 3000; 4 Hengelo 3000						
8,	BEZABEH Alemayehu ESP	23y	255d	1986	-	13:10.10 -09
2009 European Cross Country Champion ... highest-placed European in 2008 Olympic 5000m 3000 pb: 7:45.98 -05. 11 OLY 5000 2008; ht WCH 5000 2009. At WXC: 2009-31, 2010-14. At EXC: 2008-7, 2009-1. Born-Ethiopia, moved to Spain in 2004, became a Spanish citizen on July 25, 2008 and immediately cleared to compete for Spain because he never competed for Ethiopia ... coach-Manuel Pascua His older brother Sisay Bezabeh defected to Australia in 1996 and placed 60th for that country in the 2004 Olympic marathon In 2010: 1 European Clubs Cup XC; 1 Spanish XC; 14 WXC						
9,	SHAHEEN Saif Saaed QAT	27y	232d	1982	-	12:48.81 -03
Formerly- Stephen Cherono KEN, his Arab name means "the Falcon of Qatar" ... world record holder & twice World Champion at Steeplechase 1500 pb: 3:33.51 -06. 3000 pb: 7:32.46 -09 (7:46.82 -10). 3000SC pb: 7:53.63 -04. 1 COM 3000SC 2002; 1 WCH 3000SC 2003/2005; 2 WIC 3000 2006; 1 WCP 5000/3000SC 2006 (unique double); ht WCH 5000 2009. At WXC: 2004-5 short, 2005-4 short & 8 long, 2006-9 short, 2009-13. Issued with a Qatari passport on August 9, 2003 ... fifth of 10 children including older brothers Christopher Kosgei (1 WCH 3000SC 95) and Abraham Cherono (2 WJC 3000SC 98) ... unbeaten at steeplechase races 2002-2008 (28 successive wins including heats & 2000m races up to and including the 2006 World Cup), streak ended when he did not finish in Athens on July 13 2008 ... hampered by Achilles and knee injuries in 2007/2008 In 2010: 1 Karlsruhe 3000; 3 Birmingham 3000						
10,	BEKELE Tariku ETH	23y	134d	1987	-	12:52.45 -08
2006 World Junior Champion at 5000m ... younger brother of Kenenisa 3000 pb: 7:29.11 -06. 1500 pb: 3:37.26 -08. 2 World Youth 3000 2003; 1 WJC 5000 2006 (2004-3); 3 African Games 5000 2007; 5 WCH 5000 2007 (2005-7); 1 WIC 3000 2008 (2006-6, 2010-4); 6 OLY 5000 2008. At WXC: 2005-6J, 2006-3J, 2007-dnf. Helped to pace his brother to world 10,000m record in Brussels 2005, and did so right on target In 2010: 4 WIC 3000; 2 Dakar 3000						
11,	MERGA Imane ETH	21y	231d	1988	13:05.20	12:55.66 -09
Fourth in 2009 World 10,000 ... 10,000 pb: 27:15.94 -09. 3 African junior 10,000 2007; 4 WCH 10,000 2009; 1 World Athletics Final 5000 2009 (just one hundredth between first and third). 1 French 10,000 2008 In 2010: 10 Ethiopian Trial XC; 1 Dongio 10K; 3 Doha Diamond League 5000						

12,	LAGAT Bernard USA	35y	174d	1974	-	12:59.22 -06
2007 World Champion at 1500m & 5000m ... twice World Indoor Champion at 3000m... 2000 Olympic 1500m bronze & 2004 silver for Kenya, now representing the USA 1500 pb: 3:26.34 -01. Mile pb: 3:47.28 -01. 3000 pb: 7:32.49 -10. 800 pb: 1:46.00 -03. 1 WSG 1500 99; 2 WCH 1500 2001; 1 African Champs 1500 2002; 1 WCP 1500 2002; 2 WIC 1500 2003; 1 WIC 3000 2004/2010 (2001-6); 2 OLY 1500 2004 (2000-3, 2008-sf); 1 WCH 1500/5000 2007; 9 OLY 5000 2008; 2 WCH 5000 2009 (3 1500). 1 US 1500/5000 2006/2008 (1 5000 2007). Was at Washington State University where he obtained degrees in both Management Information Systems and Decision Science ... married Gladys Tom on October 10, 2004, their son Miika Kimutai Lagat born January 12, 2006, and daughter Gianna born November 2, 2008 ... coach-James Li						
His shoe sponsor has given him special shoes with pictures of his children on the tongues – son Mika on the right and daughter Gianna on the left						
In 2010: 4 Birmingham 1500; 1 US indoor 3000; 1 WIC 3000; 2 Drake Relays; 3 Ostrava 3000 (pb 7:32.49)						
13,	CHEPKOK Vincent KEN	21y	333d	1988		12:51.45 12:51.45 -10
Full name-Vincent Kiprop Chepkok 2009 Kenyan Armed Forces Cross Country Champion 3000 pb: 7:37.40 -09. 10,000 pb: 28:23.46 -06. 9 WCH 5000 2010. At WXC: 2007-2J. 1 Kenyan junior XC 2008 In 2010: 9 Kenyan XC; 2 Nakuru 5000; 2 Doha Diamond League 5000; 1 Hengelo 3000						
14,	SOLINSKY Chris USA	25y	180d	1984		13:35.5 13:12.24 -07
New US record holder at 10,000m, he's the fastest 10,000m runner not born in Africa ... 2009 World finalist at 5000m 10,000 pb: 26:59.60 -10. 3000 pb: 7:36.90 -07. 1500 pb: 3:37.27 -07. ht WIC 3000 2008; WCH 5000 2009. 1 NCAA 5000 indoors & out 2007, representing the University of Wisconsin where he studied history ... lives-Portland-Oregon... German descent ... coach-Jerry Schumaker In 2010: 3 US indoor 3000; 1 Stanford 10,000 (set US record 26:59.60, halves of 13:35.5 / 13:24.1)						
15,	 KIPCHOGE Eliud KEN	25y	210d	1984		12:51.21 12:46.53 -04
Two Olympic medals and two World Championship medals at 5000m, all before his 24th birthday 10,000 pb: 26:49.02 -07. 3000 pb: 7:27.72 -04. Mile pb: 3:50.40 -04. 1500 pb: 3:33.20 -04 (3:38.36 -10). 1 WCH 5000 2003 (2005-4, 2007 -2, 2009-5); 3 WIC 3000 2006; 2 OLY 5000 2008 (2004-3). At WXC: 2002-5J, 2003-1J, 2004-4 long, 2005-5 long. Set a world junior 5000m record of 12:52.61 in Oslo on June 26, 2003. Kipchoge = born near the grain storage bin ... daughter Lynne Jebet born October 19, 2006 ... training partners include Brimin Kipruto (1 OLY 3000SC 2008) and Bernard Kipyego In 2010: 3 "Great Edinburgh" XC; 1 Carlsbad 5K; 1 Doha Diamond League 5000 (12:51.21, the world's fastest since 2008); 9 Shanghai Diamond League 1500						
16,	SOI Edwin KEN	24y	93d	1986	-	12:52.40 -06
Full name-Edwin Cheruiyot Soi 2008 Olympic 5000m bronze ... 3000 pb: 7:31.48 -09 (7:46.21 -10). 10,000 pb: 27:14.83 -06. 4 WIC 3000 2008; 3 OLY 5000 2008. At WXC: 2006-8 short, 2007-9. Self-coached ... Italian-managed, he stays in Trento when competing in Europe ... as of 2008 he owns a small block of flats and five-acre farm in his home town of Kericho ... wife-Caroline, their daughter Chelangat born July 5, 2005 He won 3000m & 5000m double at 2007 World Athletics Final, then the 5000m again in 2008 In 2010: 2 "Great" Edinburgh 10K; 8 Hengelo 3000						
17,	KWALIA James QAT	25y	356d	1984	-	12:54.58 -03
TRANSFEEE – Formerly: KEN (has retained original name which in full is James Kwalia Chepkurui) 2009 World bronze at 5000m ... reigning Asian Indoor & Asian Indoor Games Champion at 300m 3000 pb: 7:28.28 -04. Mile pb: 3:50.39 -03. 3 World Youth 3000 2001; 13 WCH 5000 2005; 1 Asian Champs 5000 2005/2009; 1 Asian Games 5000 2006; 3 Asian Indoor Champs 3000 2008; 9 WIC 3000 2008; 8 OLY 5000 2008; 3 WCH 5000 2009; 1 Asian Indoor Games 3000 2009 & Indoor Champs 2010; 8 WIC 3000 2010. At WXC: 2005-15 short. Received Qatar passport on August 5, 2004 and cleared to compete for that country from October 28, 2004 In 2010: 1 Asian Indoor Champs 3000; 8 WIC 3000; 17 Hengelo 3000						
18,	BIRGEN Bethwel KEN	21y	301d	1988	-	-
PACEMAKER 1 – laps of 61-62 seconds (aiming for 7:41 to 3000m) ... 3000 pb: 7:39.65 -10. 1500 pb: 3:35.60 -10 In 2010: 3 Nakuru 1500; 2 Rehlingen 1500 (pb 3:35.60); 9 Ostrava 3000						
19,	Ndiwa LIMO Remi KEN	22y	121d	1988	-	-
PACEMAKER 2 – 7:41 to 3000m Full name-Remi Limo Ndiwa Former World Junior Champion at 1500m 3000 pb: 7:35.44 -10. 1500 pb: 3:35.10 -07. 3 African junior 1500 2005 (4 800); 1 WJC 1500 2006. From-Eldoret In 2010: 4 Ostrava 3000; dnf Hengelo 3000						
20,	GENETI Markos ETH	26y	4d	1984		13:18.64i 13:00.25 -05
2004 World indoor bronze at 3000m ... 1500 pb: 3:33.83 -05. 1 World Youth 3000 2001; 2 WJC 5000 2002; 4 African Games 5000 2003; 2 Afro-Asian Games 5000 2003; 3 WIC 3000 2004; sf WCH 1500 2005. At WXC: 2007-15. Oldest of six children In 2010: 5 Boston 5000; 4 Carlsbad 5K; 2 Boston Mile (road)						

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Men's 400 Metres Hurdles

20:15

Diamond League event



= Diamond League race leader

2010 World Best: 47.72 Javier Culson PUR Ponce 22 May 10

The Bislett Stadium record of Ed Moses (47.67) dates back to 1979 and was set from lane 1

		Age	(Days)	Born	Season's Best	Personal Best
1,	TOTSÅS Andreas NOR 1 Norwegian 2007/2008/2009 ... In 2010: 1 Oslo (May 22); 2 Floro	28y	338d	1981	51.70	50.86 -08
2,	van ZYL L. J. RSA 2006 Commonwealth Games & twice African Champion ... 400 pb: 45.82 -09. 3 World Youth Medley Relay 2001; 1 WJC 2002 (2004-4); 2 WJC 4x400 2004; 6 WCH 2005 (2007-ht, 2009-sf); 1 COM 2006; 1 African Champs 2006/2008; 2 WCP 2006; 1 African Games 2007; 5 OLY 2008. 1 South African junior 2002/2003. 1 South African 2003/2005/2006/2008 ... superstition-hangs his running vest above his bed before a race ... actual first names are Louis Jacobus ... coach-Hennie Kotze In 2010: 1 Durban; 1 Potchefstroom; dq South African (false start); 1 Johannesburg; 2 South African Universities; 3 Doha Diamond League	24y	319d	1985	49.45	47.94 -09
3,	GREENE David GBR ("Dai") ... 2007 European under-23 Champion ... 2009 World finalist 400 pb: 46.81 -07. 2 EJC 2005; ht ECH 2006; 1 under-23 ECH 2007; 1 ETCh 2009; 7 WCH 2009. 1 Welsh 2006; 1 UK 2009. Born-Llanelli ... former footballer (he played for Swansea City schoolboys until age 16) ...graduate of Leisure and Sports Management at the University of Wales Institute, Cardiff, now based at Bath University where he trains with Rhys Williams (3 ECH 400H 2006) ... coach-Malcolm Arnold (formerly Darryl Maynard) In 2010: 2 Ostrava	24y	54d	1986	49.05	48.27 -09
4,	CLEMENT Kerron USA World record holder at indoor 400m ... twice World Champion at 400m Hurdles, he was the only individual man to successfully defend his world tile in Berlin 2009 Outdoor 400 pb: 44.48 -07. 400H pb: 47.24 -05. 1 WJC 400/4x400 2004; 1 WCH 400H 2007/2009 (2005-4); 2 OLY 400H 2008 (ran in heat of 4x400, so awarded gold won by USA in final); 1 WCH 4x400 2009. 1 US 400H 2005/2006. 1 NCAA 400H 2004/2005. Broke Michael Johnson's world indoor record at 400m with 44.57 in 2005. Born and grew up in Port-of-Spain, Trinidad & Tobago, moved to Texas in 1998 ... began as a cross country runner ... ideal stride pattern: 13 all the way ... coach-Bobby Kersee In 2010: 1 US indoor 400 'B'; 1ht WIC 4x400 (awarded gold medal won by USA in final); 2 Mt SAC Relays 200 'B'; 1 Kingston; 2 Doha Diamond League; 1 Ostrava	24y	216d	1985	48.55	47.24 -05
5,	JACKSON Bershawn USA "Batman" ... 2005 World Champion at 400m hurdles ... 2008 Olympic bronze ... 2009 World bronze 400 pb: 45.45 -05. 3 WJC 400H 2002; dq/ht WCH 400H 2003; 1 WCH 400H 2005; sf WCH 400H 2007; 3 OLY 400H 2008; 3 WCH 400H 2009. Ran in heat of 2007 World 4x400, so awarded gold medal won by USA in final. 1 US junior 400H 2002 & senior 2003/2008. 1 US indoor 400 2010. Born-Miami, middle of three children ... studied accountancy at St Augustine's University, Raleigh, North Carolina ... partner-Shannon Broxton, their daughters Shawnti (5) & Shari (1) ... coach-George Williams ... 1.73 tall In 2010: 1 US indoor 400; 1 WIC 4x400 (5th in individual 400m after he was obstructed by David Gillick IRL); 1 Greensboro; 1 Doha Diamond League; 2 Manchester "Great City Games" 200H Straight	27y	27d	1983	48.36	47.30 -05
6,	PHILLIPS Isa JAM Isa is pronounced like "icer" ... 2007 US Collegiate Champion ... 2008 Central American & Caribbean Champion sf World Youth 2001; 2 Pan-Am junior 2003; sf WCH 2007/2009; 1 Central American & Caribbean Champs 2008; sf OLY 2008. 1 NCAA 2007. 1 Jamaican 2009. Was a student of Political Science at Louisiana State University ... coach-Dennis Shaver ... 1.96 tall In 2010: 2 Drake Relays; 2 Kingston; 6 Doha Diamond League; 3 Ostrava	26y	42d	1984	48.87	48.05 -09
7,	TINSLEY Michael USA 2006 US Collegiate Champion ... 110H pb: 13.86 -04. 1 NCAA 2006 (2005-3). Was a student of Criminal Justice at Jackson State University ... coach-Maurice Pierce In 2010: 3 Oxford MS 400; dq Kingston; 2 Ponce; 7 Doha Diamond League; 1 California Relays	26y	43d	1984	48.46	48.02 -07
8,	GAYMON Justin USA Unlucky fourth in 2008 US Olympic Trials – behind the three men who went on to sweep the medals in Beijing 1 North, Central America & Caribbean under-23 2008. 3 NCAA 2007/2009 (dq 2008 final with trailing leg). Was at University of Georgia. Coach-John Stuart (same as Torrin Lawrence) In 2010: 2 Athens GA; 3 Fortaleza; 1 Belém; 1 Río	23y	173d	1986	49.17	48.46 -08

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Men's Pole Vault

17:50

Diamond League event



2010 World Best:	5.91	Steve Hooker AUS	Sydney	27 Feb 10
	6.01i	Steve Hooker AUS	Doha	13 Mar 10

= Diamond League race leader

		Age	(Days)	Born	Season's Best	Personal Best
1,	BALNER Michal CZE 5.76i -10. dnq WCH 2007; dnq EIC 2009; =6 WIC 2010. 1 Czech 2007 & indoor 2009/2010. Coach-Boleslav Patera In 2010: =6 WIC; 9 Dessau; 2 Cottbus	27y	265d	1982	5.60	5.63 -09
2,	LEWIS Steven GBR British #1 since 2006 ... 2006 Commonwealth bronze ... won 2003 World Youth bronze to become Britain's first ever global pole vault medallist 5.75i -09 (5.72i -10). 3 World Youth 2003; 9 WJC 2004; 5 EJC 2005; 3 COM 2006; 3 ECP 2008 (2006-5=, 2007-6); dnq WIC 2008; dnq OLY 2008; 4 EIC 2009 (2007-dnq); =7 WCH 2009 (2007-dnq). 1 AAA 2006 & UK 2007. 1 UK indoor 2008/2009/2010. Training includes rock-climbing ... born-Stoke, lives-Loughborough ... his older brother Simon started vaulting but gave up when he was defeated by Steven ... coach-Steve Rippon ... 1.92 tall In 2010: 1 UK indoor; =6 WIC; 7 Shanghai Diamond League	24y	15d	1986	5.40	5.72 -09
3,	CZERWINSKI Przemyslaw POL 2008 Olympic finalist ... same coach (Vyatcheslav Kalinichenko UKR) as Monika Pyrek 5.82i -10. 8 WJC 2002; 7 under-23 ECH 2005; 5 WSG 2005; dnq WIC 2006; =5 ECP 2006; 5 ECH 2006; dnq EIC 2007. 1 Polish 2006/2007/2008. Student of PE at the University of Szczecin ... 1.85 tall In 2010: 2 Polish indoor; 1 Donyetsk indoor (absolute pb 5.82)	26y	311d	1983	-	5.80 -06
4,	STRAUB Alexander GER 2007 World Student Games Champion ... 5.75i -10. dnq WJC 2002; 10 under-23 ECH 2005; 1 WSG 2007; 3 EIC 2009; =7 WCH 2009; 3 WIC 2010. 1 German 2009. Student of Chemical Engineering at University of Stuttgart ... coach-Ivan Macura-Böhm ... 1.79 tall In 2010: 2 German indoor; 3 WIC; 4 Dessau; nh Cottbus	26y	233d	1983	5.40	5.81 -08
5,	MAZURYK Maksym UKR Former World Junior Champion ... fourth in 2009 Worlds ... 5.70i -10. 1 WJC 2002; 3 under-23 ECH 2003 (2005-6); 8 ECH 2006; 6 WIC 2008 (2006/2010-dnq); dnq OLY 2008; 4 WCH 2009 (2007-11) ... 1.90 tall In 2010: 1 Ukrainian indoor; dnq WIC; 3 Shanghai Diamond League	27y	63d	1983	5.60	5.82 -08
6,	MOHR Malte GER 2010 World indoor silver ... 5.83i -10. dnq EIC 2009; 2 ETCh 2009; 14 WCH 2009; 2 WIC 2010. 1 German under-23 2008 & indoor 2010. Coach-Leszek Klima was fourth in 1977 European Indoor Championships for Poland ... 1.93 tall In 2010: 1 German indoor; 2 WIC; 1 Rechberghausen; 1 Shanghai Diamond League	23y	315d	1986	5.70	5.80 -09
7,	GRIPICH Aleksandr RUS Reigning World Student Games Champion ... 5.70i -10. 1 WSG 2009; 5 WCH 2009; dnq WIC 2010. 1 Russian under-23 indoor 2008. 1.90 tall In 2010: 1 Krasnodar; 2 Russian indoor; dnq WIC; 2 Shanghai Diamond League; 1 European Clubs Cup	23y	256d	1986	5.60	5.75 -09
8,	MILES Derek USA Fourth in 2008 Olympics ... US Champion indoors in 2003 & outdoors in 2008 5.70i -10. 7 WSG 97; 5 WIC 2003 (2008-8); =6 WCH 2003 (2009-nh final); nh Pan-Am Games 2007; 4 OLY 2008 (2004-7). Coach-Earl Bell ... born-Sacramento ... employed as an academic adviser at Arkansas State University ... favourite hobby is paragliding ... lives-Jonesboro, Arkansas ... 1.91 tall In 2010: 2 US indoor; =4 WIC; 2 Drake Relays; 1 Lincoln NB; 1 California Relays	37y	248d	1972	5.80	5.85 -08
9,	LAVILLENIE Renaud FRA 2009 World bronze & up from 5.65 to a French record 6.01 outdoors in 2009 5.85i -10. 10 under-23 ECH 2007; dnq WIC 2008/2010; 1 EIC 2009; 1 ETCh 2009; 3 WCH 2009. 1 French under-23 indoor 2007/2008 ... coach-Damien Innocencio ... 1.76 tall In 2010: 1 French indoor; dnq WIC; 4 French Clubs 110H (10 LJ); 1 Forbach	23y	259d	1986	5.50	6.01 -09
10,	HOKKER Steve AUS 2010 World Indoor Champion ... 2009 World Champion (while injured)... 2008 Olympic Champion (the first Australian to win an Olympic Gold at a field event since 1948) ... 2006 Commonwealth Champion ... only Sergey Bubka has ever gone higher than Hooker's indoor 6.06 in 2009 6.06i -09 (6.01i -10). 4 WJC 2000; =11 WSG 2003; 1 COM 2006; 1 WCP 2006; 1 OLY 2008 (2004-dnq); 1 WCH 2009 (2005-dnq, 2007-9); 1 WIC 2010 (2008-3). 1 Australian 2008/2010 ... Mother-Erica Hooker was 1978 Commonwealth LJ silver medallist ... father-Bill represented Australia at 400m, 400m hurdles and 800m ... based-Perth ... coach-Alex Parnov (previously Mark Stewart) ... unexpected talent - "I make a good coffee, I love my coffee" ... 1.87 tall In Beijing 2008 he had third-time clearances in both qualifying and at four successive heights in the final! ... in 2009 he won 10/12 finals, losing only in Reims & Stockholm In 2010: 1 Perth (4x, including 5.91 on Feb 27); 1 Sydney; 1 Melbourne; 1 WIC (6.01); 1 Australian; 6 Shanghai Diamond League (5.50 - "il felt great, my body was fine and then when I got into the competition it wasn't happening")	27y	323d	1982	5.91	6.00 -08

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Men's Shot Put

18:40

Diamond League event



= Diamond League race leader

2010 World Best: 22.10 Cory Martin USA Tucson 22 May 10

On Wednesday in Baunatal (Germany), Dylan Armstrong improved his Canadian record from 21.04 to 21.58, defeating Ralf Bartels (20.63)

		Age	(Days)	Born	Season's Best	Personal Best
1,	CHRISTENSEN Kim DEN 19.68i -10. dng EIC 2007/2009. 1 Danish 2006 & indoor 2009. Based-Copenhagen ... 1.87/123kg In 2010: 1 Danish indoor; 7 European Throws Cup; 2 Chula Vista (Apr 29); 2 Chula Vista (May 6); 1 European Clubs Cup 'B'	26y	63d	1984	18.81	19.65 -09
2,	LYZHYN Pavel BLR 2003 European under-23 Champion ... 2007 European indoor silver ... DT pb: 61.72 -07. 4 EJC 99 (2 DT); 4 WJC 2000 (7 DT); 8 under-23 ECH 2001; 1 under-23 ECH 2003; 5 WSG 2005; 10 ECH 2006 (2002-dng); 2 EIC 2007 (2002-6); 5 OLY 2008 (2004-dng); 6 WCH 2009 (2003/2005/2007-dng); 6 WIC 2010. 1 Belorussian 2001/2004 ... 1.88/120kg In 2010: 2 Belorussian indoor; 6 WIC; 2 Belarus Cup	29y	72d	1981	21.21	21.21 -10
3,	NELSON Adam USA Medals at every Olympics or World Championships outdoors in 2000-2007 22.40i -08 (20.91i -10). 1 Pan-Am Junior 93; 1 WJC 94; 2 WSG 99; 2 OLY 2000/2004; 2 WIC 2001; 1 WCP 2002; 1 WCH 2005 (2001/2003/2007-2, 2009-5). 1 US 2000/2002/2004; 1 NCAA 97. 1 British Cup 98. Graduated from New Hampshire's Dartmouth College with a Bachelor's degree in government studies ... lost 2004 Olympic title only on countback ... shoulder surgery June 2007 ... wife-Laci Braswell, their daughter Caroline born September 13, 2008 ... coach-Don Babbitt (same as Reese Hoffa). ... 1.83/120kg He won in Oslo in 2000 In 2010: Indoor best of 20.91i in Bydgoszcz, then he tore his left pectoral on February 14 while bench-pressing and needed surgery to repair the muscle	34y	332d	1975	20.91i	22.51 -02
4,	ARMSTRONG Dylan CAN Canadian record holder indoors & out ... 2007 Pan-American Champion ... fourth at 2008 Olympics (when he was pushed out of the medals in the final round) HT pb: 71.51 -03. 1 Pan-Am Junior HT 99; 2 WJC HT 2000; dng WCH HT 2001; 1 Pan-Am Games SP 2007; 9 WCH SP 2007 (2009-dng); 4 OLY SP 2008; 4 WIC 2010 1 Canadian HT 2001/2002; 1 Canadian SP 2005/2006/2007/2008/2009. Was at University of Texas ... hometown-Kamloops, BC ... 1.93/114kg In 2010: 4 WIC; 4 Doha Diamond League; 2 Halle; 1 Baunatal (Canadian record 21.58)	29y	140d	1981	21.58	21.58 -10
5,	HOFFA Reese USA 2007 World Champion ... also that year, he had the world's longest put, 22.43 21.20i -10. HT pb: 60.05 -02. 9 WSG 2001; 1 Pan-Am Games 2003; 1 WIC 2006 (2004/2008-2); 2 WCP 2006; 1 WCH 2007 (2003-dng, 2009-4); 7 OLY 2008 (2004-dng). 1 US indoor 2006 & outdoor 2007/2008. Studied Health & PE at the University of Georgia ... lives-Athens, Georgia ... coach-Don Babbitt (same as Adam Nelson)... married hammer thrower Renata Foerst on November 26, 2005 ... 1.80/141kg In 2010: 4 US indoor; 1 Athens GA; 2 Drake Relays; 3 Doha Diamond League	32y	239d	1977	21.14	22.43 -07
6,	BARTELS Ralf GER 2006 European Champion, winning in the last round ... twice world bronze medallist 21.44i -10. 1 EJC 97 (95-4); 1 WJC 96; 6 under-23 ECH 99; 1 World Military 2002; 3 WCP 2002; 8 OLY 2004 (2008-dng); 1 ECP 2005 (2001/2002-4, 2003-5, 2004/2006-3); 3 WCH 2005/2009 (2001-dng, 2003-5, 2007-7); 1 ECH 2006 (2002-3); 3 EIC 2009 (2002-dng); 3 WIC 2010 (2003/2004-dng). 1 German 2003/2004/2005/2006/2007/2008. Sergeant on German Army ... based-Neubrandenburg ... coach-Gerald Bergmann ... hobbies-hunting and fishing, the biggest thing he's shot is a Moose ... 1.87/136kg In 2010: 1 German indoor; 3 WIC (set absolute pb 21.44); 2 Doha Diamond League; 1 Halle; 2 Baunatal	32y	103d	1978	21.14	21.37 -09
7,	MAJEWSKI Tomasz POL 2008 Olympic Champion ... he has improved every year in 2001-2009 21.20i -10. 4 under-23 ECH 2003; 1 WSG 2005 (2003-5); 8 ECH 2006; 3 WIC 2008 (2004-4, 2006-7, 2010-5); 2 ECP 2008 (2003/2004-4, 2006-6, 2007-3); 1 OLY 2008 (2004-dng); 1 EIC 2009 (2005-dng); 1 ETCh 2009; 2 WCH 2009 (2005-9, 2007-5). 1 Polish 2002/2003/2004/2007/2008/2009 (1 indoor 2004/2005/2006/2008/2009/2010) ... graduate of Political Science ... coach-Henryk Olszewski (was former Polish Head Coach) ... 2.04/130kg In 2010: 1 Polish indoor; 5 WIC (Polish indoor record 21.20); 5 Doha Diamond League; 1 Taipei	28y	278d	1981	20.45	21.95 -09
8,	CANTWELL Christian USA 2009 World Champion ... 2008 Olympic silver ... three times World Indoor Champion 21.95i -10. 2 Pan-Am junior DT 99; 1 WIC 2004/2008/2010 (2006-dng); 2 OLY 2008; 1 WCH 2009 (2005-5). 1 US 2005/2009 & indoor 2007/2008/2010. Studied hotel & restaurant management at the University of Missouri ... lives-Columbia, Missouri ... married international shot putter Terri Steer on October 29, 2005 ... coaches-Rick McGuire & Brett Halter ... youngest of five sisters & three brothers ... has four dogs including a bulldog named after Lance Armstrong and a miniature dachshund named after Mohammed Ali ... 1.96/150kg In 2010: 1 US indoor; 1 WIC; 1 Drake Relays; 1 Kingston; 1 Osaka; 1 Doha Diamond League	29y	246d	1980	21.82	22.54 -04

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Men's Javelin Throw

20:20



Diamond League event (first staging of season)

2010 World Best: 90.37 Andreas Thorkildsen NOR Florø 29 May 10

= Diamond League race leader

It is Pitkämäki 26 v Thorkildsen 25 in their 51 meetings. At the Bislett Games they have met five times with Pitkämäki ahead in odd years (2005, 2007, 2009) and Thorkildsen in even years (2006, 2008)

		Age	(Days)	Born	Season's Best	Personal Best
1,	MANNIO Ari FIN 2009 European under-23 Champion ... 3 EJC 2005; 2 WJC 2006 (2004-6); 1 under-23 ECH 2009 (2007-4). 1 Finnish under-23 2008/2009 ... 1.85/104kg In 2010: 1 Dessau	22y	316d	1987	82.00	85.70 -09
2,	WIRKKALA Teemu FIN Former World Youth & European Junior Champion ... 1 World Youth 2001; 7 WJC 2003; 1 EJC 2003; 6 under-23 ECH 2005; dnq ECH 2006; 5 OLY 2008; 9 WCH 2009 (2007-12). 1 Finnish 2009. Coach-Hannu Kangas (trains with Pitkämäki) ... 1.87/89kg In 2010: 3 Dessau	26y	141d	1984	80.01	87.23 -09
3,	MARTINEZ Guillermo CUB 2009 World silver ... 1 Central American & Caribbean Champs 2006/2009; 1 Pan-Am Games 2007; 2 WCH 2009 (2005-10, 2007-9). 1 Cuban 2004/2005/2006 ... from-Camagüey ... coach-Isbel Luaces... 1.90/110kg In 2010: 1 Havana (4x including 86.38 on February 26, his third-best ever); 1 Baie Mahault; 1 Cuban National Games; 1 Cottbus	28y	341d	1981	86.38	87.17 -06
4,	VASILEVSKIS Vadims LAT 2004 Olympic silver, when he set personal bests in qualifying & final ... fourth at the last two World Championships 8 WJC 2000; 7 EJC 2001; dnq ECH 2002; 7 under-23 ECH 2003; 2 World Military 2003; 2 OLY 2004 (2008-9); 4 ECH 2006; 1 WSG 2007; 4 WCH 2007/2009 (2005-dnq) ... coach-Valentina Eiduka ... his second sport is mountain biking ... has two younger sisters (Jana & Dana) who were javelin throwers ... 1.88/102kg In 2010: 2 Dessau	28y	150d	1982	81.20	90.73 -07
5,	RUUSKANEN Antti FIN 3 EJC 2003; 2 under-23 ECH 2005; 6 WCH 2009. 1 Finnish under-23 2005/2006 ... in Kuortane 2008 became the first Finn to defeat Tero Pitkämäki in four years ... coach-Antero Puranen (5 OLY JT 80) ... 1.90/85kg	26y	103d	1984	-	87.33 -08
6,	FRYDRYCH Petr CZE 2009 European under-23 silver ... 11 World Youth 2005; dnq WJC 2006; 9 EJC 2007; 6 ETC 2009; 2 under-23 EH 2009; 10 WCH 2009. 1 Czech junior 2007 & under-23 2009. Coach-Jan Zelezny In 2010: 2 Olomouc; 2 Shanghai Diamond League; 1 Ostrava	22y	142d	1988	88.23	88.23 -10
7,	PITKÄMÄKI Tero FIN 2007 World Champion & 2008 Olympic bronze ... dnq WJC 2000; 6 EJC 2001; 3 under-23 ECH 2003; 1 ECP 2006; 2 ECH 2006; 1 WCH 2007 (2005-4, 2009-5); 3 OLY 2008 (2004-8). 1 Finnish 2004/2005/2006/2007 ... ex-cross country skier, he was fifth in the Finnish Championships at age 14 ... coach-Hannu Kangas ... partner is heptathlete Niina Kelo (15 ECH Heptathlon 2006) ... he ran a marathon in 2004 ... at the Berlin World Championships he had an ear infection and a temperature of 39° on the day of the final ... lives-Seinoki, he's currently having a house of 400m ² built in nearby Ilmajoki, due for completion in 2011 ... 1.95/92kg In 2010: 1 Sydney; 1 Melbourne; 2 Florø	27y	167d	1982	84.64	91.53 -05
	He's been concentrating lately on trying to achieve the optimum angle of release which for him he says is 35-38°					
8,	THORKILDSEN Andreas NOR Uniquely (for a javelin thrower), he now holds Olympic, World & European titles 1 European Youth 99; 2 WJC 2000; 2 EJC 2001 (99-7); 4 under-23 ECH 2003; 1 OLY 2004/2008; 1 ECH 2006 (2002-dnq); 1 WCP 2006; 1 WCH 2009 (2001-dnq, 2003-11, 2005/2007-2). 1 Norwegian 2001/2003/2004/2005/2006/2009. He set six Norwegian records in 2005/2006 up to 91.59 ... father-Tomm was a 10.7 100 sprinter, mother-Bente Amundsen was Norwegian 100H champion ... partner-Christina Vukicevic (Norwegian record holder at 100H) ... coach-Åsmund Martinsen ... 1.90//90kg In 2010: 1 Shanghai Diamond League; 1 Florø (90.37, his fourth-longest ever but "I still feel I'm lacking a bit of something")	28y	64d	1982	90.37	91.59 -06

His personal best was set in Oslo four years ago on June 2, but "my overall goal is to collect as many championship medals as I can. Jan [Zelezny] had 11, I'd like to get 12"