

## Men's 200 Metres

Starts: Sunday, May 30  
(14:59)

2021 World Best:	19.81	Terrance Laird USA	Austin	27 Mar 21
	<i>19.65w</i>	<i>Kenny Bednarek USA</i>	<i>Miramar</i>	<i>10 Apr 21</i>
ETCh Record:	20.20	Ramil Guliyev TUR	Vaasa	25 Jun 17
ECP Record, if better:	20.11	Linford Christie GBR	Lille	25 Jun 95
Tokyo Olympic Standard:	<b>20.24</b>			

Ukraine's entrant would have been the 2015 & 2017 champion Sergiy Smelyk. But there is still one former winner in the field, Karol Zalewski, who won at Braunschweig 2014

	Age	(Days)	Born	2021	Personal Best
<b>19</b> GOMEZ VILLADIEGO Jesus ESP 100 pb: 10.53 -21. sf European Youth 100 2016. Coach-Cesar Lobato Garcia In 2021: 1 Antequera 200 (3x); 2 Valencia 60; 1 Spanish under-23 indoor 60; dq/ht Spanish indoor 60; 1 Córdoba 100; 4ht World Relays 4x100; 1 Andalucían Clubs 200; 1 Barcelona 100	21y	270d	1999	<b>20.87</b>	<b>20.87 -21</b>
<b>104</b> ZÉZÉ Ryan FRA 100 pb: 10.25 -18. 3 Mediterranean under-23 100 2018; 3 under-23 ECH 200 2019 (2 4x100). His older brother is Mickael Méba Zézé (1 French 200 2018). Parents-Ivorian. Coach-Laurence Bily In 2021: 1 Miramas 'Elite' 200 'B' (2 60); 2ht Mondeville 'Elite' 60; 4 Eaubonne 60; 4 Val-de-Reuil 60; 5 French indoor 60; 1 Montpellier 200	23y	121d	1998	<b>20.75</b>	<b>20.71 -19</b>
<b>134</b> MORGAN-HARRISON Andrew GBR 2020 UK 200m Champion indoors & out // 20.69w -20. 100 pb: 10.37 -21. 7 English Schools 100 2016; 1 UK indoor 200 2020 (2018-3); 1 British Universities indoor 200 2020; 1 UK 200 2020. Student of sport rehabilitation at the University of Hull. Younger brother David Morgan-Harrison (10.89 for 100m in 2021). Coach-Alex O'Gorman (formerly Pam Piercy) In 2021: 1 Nuneaton Spring Open 200 (2 100); 1 Loughborough Open 100/200; 1 Loughborough International 200	23y	82d	1998	<b>20.84</b>	<b>20.74 -20</b>
<b>153</b> ANSAH Owen GER Anchored Germany to victory at 4x200 in the 2021 World Relays // 100 pb: 10.43w, 10.44 -21. 3 German indoor 200 2020 In 2021: 1 Frankfurt 200 (6 60); 1 Hamburg 60; Chemnitz 60 race 4; 1 Leipzig 200; 4ht German indoor 60; 1 World Relays 4x200 (19.96 split); 1 Mannheim 'Road to Tokyo' 200 (4 100)	20y	182d	2000	<b>20.66</b>	<b>20.66 -21</b>
<b>192</b> DESALU Eseosa ITA Sixth in 2018 European 200m final // 100 pb: 10.29 -20 (10.38 -21). 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; 2 ETCh 200 2019; sf WCH 200 2019. 1 Italian 200 2016/2017. Born in Italy of Nigerian parents. Acquired Italian citizenship in 2012 and formally cleared by World Athletics to compete for Italy from May 2, 2012. Coach-Sebastian Bacchieri In 2021: 2 World Relays 4x100 (led off team); 3ht Savona 100	27y	100d	1994	-	<b>20.13 -18</b>
<b>258</b> ZALEWSKI Karol POL Led off the world indoor record breaking Polish 4x400m team at the 2018 World Indoor Championships 400 pb: 45.11 -18 (46.52i -21). 100 pb: 10.24w, 10.25 -13 (10.65 -21). 4 WJC 200 2012 (4 4x100, 2 4x400); dq ETCh 200 2013; 1 under-23 ECH 200 2013 (2 4x100); sf WCH 200 2013 (2015-ht); 1 ETCh 200 2014 (7 100); 8 ECH 200 2014(2016-sf); sf EIC 400 2015 (2 4x400); 1 under-23 ECH 200 2015 (2 4x400); 5 ETCh 200 2015 (2017-6); 4 ECH 400 2018; dns sf EIC 2019. 1 Polish 100/200 2013/2014/2016/2017/2020, 1 200 2015. (1 indoor 200 2014/2015 & 400 2015/2019/2021). Club-AZS AWF Katowice. Coach-Zbigniew Ludwichowski In 2021: 1 Toruń PZLA 'Control' 200/300; 1 Polish indoor 400 (he was due to run the 4x400 at the European Indoors in Toruń, but Polish squad forced to withdraw due to cases of coronavirus infection); dq World Relays 4x100 final; 2 Gdańsk 100	27y	296d	1993	<b>21.39i</b>	<b>20.26 -16</b>
<b>287</b> SANTOS Delvis POR 100 pb: 10.52 -19 (10.66 -21). 1 Portuguese junior 200 & indoor 60 2018 In 2021: 1 Lisbon 200; 1 Lisbon Trials 200; 1 Alpiarça 60; 2 Portuguese indoor 60; 1 Pombal 60; 1 Lisbon 60; 1 Lisbon Trials 200; 3 World Relays 4x200 (dq/ht 4x100)	21y	337d	1999	<b>20.78</b>	<b>20.78 -21</b>

## Men's 800 Metres

Starts: Sunday, May 30  
(13:44)

2021 World Best:	1:43.91	Wyclife Kinyamal KEN	Doha	28 May 21
	<i>1:43.63i</i>	<i>Elliot Giles GBR</i>	<i>Torun</i>	<i>17 Feb 21</i>
ETCh Record:	1:45.11	Giordano Benedetti ITA	Cheboksary	21 Jun 15
ECP Record, if better:	1:44.28	Wilson Kipketer DEN	Seville	23 Jun 02
Tokyo Olympic Standard:	<b>1:45.20</b>			

	Age	(Days)	Born	2021	Personal Best
<b>17</b> <b>GARCÍA Mariano</b> ESP	<b>23y</b>	247d	1997	<b>1:45.66i</b>	<b>1:45.67 -19</b>
Fourth at 2019 European Indoor Championships // 1500 pb: 3:41.93 -20 (3:41.16 -21). 4 EIC 2019 (2021-sf); ht WCH 2019. 1 Spanish 2019/2020 & indoor 2019 In 2021: 1 Valencia Grand Prix; 2 Spanish Clubs indoor; 1 Liévin 'Gold' Tour 'B'; 2 Luxembourg; 3 Spanish indoor; 1 Madrid 'Gold' Tour; 3sf EIC; 5 Nerja 1000; 7 Andújar 1500					
<b>80</b> <b>KHATIR Nasredine</b> FRA	<b>26y</b>	120d	1995	<b>1:47.28i</b>	<b>1:46.49 -16</b>
sf WJC 2014; sf EIC 2021 (2019-ht). 2 French indoor 2019. Born-Narbonne. Coach-Gilles Garcia In 2021: 1 Miramas; 1 Eaubonne; 4 French indoor; 5sf EIC					
<b>148</b> <b>WIGHTMAN Jake</b> GBR	<b>26y</b>	323d	1994	<b>1:45.47</b>	<b>1:44.61 -18</b>
Fifth at 2019 World Championships 1500m // 1500 pb: 3:29.47 -20 (3:34.48i -21). Mile pb: 3:52.02 -19. 1 EJC 1500 2013; ht COM 1500 2014; 2 ETCh 1500 2017; 6 WIC 1500 2018; 3 COM 1500 2018 (4 800); 3 ECH 1500 2018 (2016-7); 5 WCH 1500 2019 (2017-sf). 1 Scottish 800 2015; 1 UK indoor 1500 2018. Father/coach-Geoff Wightman (6 ECH Marathon 1990), mother/first coach-Susan Tooby (12 OLY Marathon 1988). Both of his parents also competed at the Commonwealth Games: Susan Tooby 6th at 10,000m in Edinburgh 1986; Geoff Wightman 8th at Marathon in Auckland 1990 In 2021: 2 Staten Island 'Gold' Tour 1500; 3 Ostrava Golden Spike 800					
<b>170</b> <b>REUTHER Marc</b> GER	<b>24y</b>	340d	1996	-	<b>1:44.93 -20</b>
1:46.21i -21. 1500 pb: 3:40.03 -18. 5 World Youth 2013; ht WJC 2014; 7 EJC 2015; 3 under-23 ECH 2017; ht WCH 2017/2019; dq/ht ECH 2018 (obstruction); 4 ETCh 2019; ht EIC 2021. 1 German 2019/2020 & indoor 2018 In 2021: 1 Erfurt; 3 Dortmund; 7 Torun 'Gold' Tour; 3 German indoor; 4ht EIC					
<b>183</b> <b>BARONTINI Simone</b> ITA	<b>22y</b>	145d	1999	<b>1:48.95</b>	<b>1:46.64 -20</b>
7x Italian Champion (5 out + 2 in) // 3 European Youth 2016; sf EJC 2017; 5 WJC 2018; ht ECH 2018; 8 under-23 ECH 2019; 6 ETCh 2019; sf EIC 2021 (2019-ht). 1 Italian 2019/2020 & indoor 2017/2018/2019/2020/2021. 1.87 tall In 2021: 2 Ancona 400 (Jan 17); 1 Ancona (Jan 24); 8 Ostrava Czech Indoor Gala; 1 Italian under-23 indoor; 1 Italian indoor; 6sf EIC; 2 Savona					
<b>222</b> <b>BORKOWSKI Mateusz</b> POL	<b>24y</b>	58d	1997	<b>1:45.74</b>	<b>1:45.42 -18</b>
2019 European under-23 Champion, 2021 European indoor silver // 1500 pb: 3:41.97 -15. 3 EJC 2015; ht WJC 2016; 12 WSG 1500 2017; 5 ECH 2018; ht EIC 2019; 1 under-23 ECH 2019 (2017-4); 2 EUC 2021 (2017/2019-ht). 1 Polish 2019 & indoor 2019/2020 In 2021: 4 Ostrava Czech Indoor Gala; 2 Liévin 'Gold' Tour 'B'; 5 Torun 'Gold' Tour; 3 Polish indoor; 2 EIC (though he had been disqualified from his semi-final, temporarily, for obstructing Andreas Kramer); 4 Ostrava Golden Spike; 2 Dessau					
<b>281</b> <b>PEREIRA Nuno</b> POR	<b>20y</b>	183d	2000	<b>1:50.64</b>	<b>1:49.21 -20</b>
2019 European Junior Champion at 1500m (after a dramatic last 100m when he overhauled long-time leader Joshua Lay GBR) 1:49.25i -21. 1500 pb: 3:40.35 -21. 1 EJC 1500 2019; ht EIC 1500 2021. At EXC: 2018-67J, 2019-dnfJ. 1 Portuguese 800 2020 & indoor 1500 2019. Born/lives-Funchal, Madeira In 2021: 3 Pombal 1500; 2 Portuguese indoor 800/1500; 9ht EIC 1500; 2 Maia Ribeiro 1500; 1 Lisbon Inclusao 800					

## Men's 3000 Metres

Starts: Sunday, May 30  
(15:36)

2021 World Best:	7:33.24	Joshua Cheptegei UGA	Ostrava	19 May 21
	7:24.98i	Getnet Wale ETH	Liévin	9 Feb 21
ETCh Record:	7:50.99	Richard Ringer GER	Braunschweig	22 Jun 14
ECP Record, if better:	7:41.08	Dieter Baumann GER	München	22 Jun 97
Tokyo Olympic Standard:	<b>None</b>			

	Age	(Days)	Born	2021	Personal Best
<b>36</b> <b>MECHAAL Adel</b> ESP DEFENDING EUROPEAN TEAM CHAMPION Fourth place in 2017 World 1500m and also in 2018 European 10,000m 3000 pb: 7:35.28 -17. 10,000 pb: 27:50.56 -18. 5000 pb: 13:15.40 -16. 1500 pb: 3:33.91 -19. 800 pb: 1:47.69 -19. 5 ETCh 1500 2013 (2015-6); ht WIC 1500 2014; ht ECH 1500 2014; 2 ECH 5000 2016; ht OLY 1500/5000 2016; 1 EIC 3000 2017 (2015-6, 2021-3); 4 WCH 1500 2017 (2019-ht); 5 WIC 3000 2018; 4 ECH 10,000 2018; 1 ETCh 3000 2019; 46 World Half Mar 2020. 1 Spanish 1500/5000 2015/2017, 1 indoor 3000 2015/2017/2018/2020/2021 & 1500 2015/2018. At WXC: 2015-68, 2017-43. At EXC: 2015 -3, 2016-8, 2017-2. Born-Morocco, gained Spanish citizenship in February 2013, wife-Emine Hatun Tuna TUR (1 EXC-j 2014) In 2021: 1 Turkish indoor 3000; 11 Liévin 'Gold' Tour 3000; 1 Spanish indoor 3000 (5th time); 3 EIC 3000; dnf Gateshead Diamond 5000	30y	176d	1990	7:46.52i	7:35.28 -17
<b>99</b> <b>SCHRUB Yann</b> FRA 2019 World Student Games silver at 5000m // 7:49.27i -21. 10,000 pb: 28:22.19 -21. 5000 pb: 13:45.20 -19. 1500 pb: 3:46.46 -19 (3:59.12 -21). ht World Youth 3000 2013; 2 WSG 5000 2019. At EXC: 2018-18u23, 2019-18. 1 French under-23 indoor 1500 2017 In 2021: 3 Metz 3000; 2 French indoor 3000; 1 Vichy 1500; 2 Pacé 10,000	25y	70d	1996	-	8:10.00 -19
<b>105</b> <b>ANDERSON Tom</b> GBR 2012 English under-23 Champion at 5000m // 7:54.33i -21. 1500 pb: 3:44.98 -21. 5000 pb: 13:34.05 -20 (13:38.38 -21). 10,000 pb: 29:14.30 -16. Half Mar pb: 64:03 -16. Marathon pb: 2:19:36 -17. 3 English 5000 2010; 9 UK 5000 2011; 1 English under-23 5000 2012; 1 Indianapolis Half Mar 2014. Coach-Andrew Hobbell Marathons (2): 16 Chicago 2016, 31 London 2017 In 2021: 4 Seattle Mile (Jan 30); 2 Seattle 3000 (Feb 13); 5 Oregon Relays 1500; 14 Irvine 5000	31y	138d	1990	-	7:55.99 -20
<b>163</b> <b>GRAU Martin</b> GER 2015 World Student Games Steeplechase Champion // 7:56.20i -20 (7:59.83i -21). 3000SC pb: 8:24.29 -14 (8:34.25 -21). 11 WJC 3000SC 2010; 3 EJC 3000SC 2011; 2 ETCh 3000SC 2014 (2015-4, 2019-6); 13 ECH 3000SC 2014 (2018-ht); 1 WSG 3000SC 2015 (2017-6); ht WCH 3000SC 2019. At EXC: 2011-53J. 1 German 3000SC 2015/2017/2018 (2019-2). His twin brother Bastian Grau is also an international distance runner (he was 45th at the 2011 European Junior Cross Country Championships, ahead of Martin who was 53rd) In 2021: 1 Erfurt 3000; 4 German indoor 3000; 3 Leverkusen 2000SC; 9 Ostrava Golden Spike 3000SC	29y	64d	1992	-	8:12.83 -15
<b>186</b> <b>BOUIH Yassin</b> ITA 2018 World indoor finalist at 3000m // 7:47.98i -21. 1500 pb: 3:38.53 -20 (3:41.57i -21). ht World Youth 1500 2013; 7 EJC 1500 2015 (2017-8); 8 EIC 1500 2017; 6 ETCh 3000 2017; 11 WIC 3000 2018; ht EIC 3000 2021. At WXC: 2015-82J. At EXC: 2014-41J, 2015-18J, 2016-31u23. 1 Italian indoor 1500/3000 2017/2018/2020. Coach-Vittorio Di Saverio In 2021: 1 Ancona 1500; 10 Liévin 'Gold' Tour 3000; 2 Italian indoor 3000; 5ht EIC 3000	24y	186d	1996	-	8:00.32 -19
<b>238</b> <b>KOZŁOWSKI Patryk</b> POL 10,000 pb: 29:22.71 -21. 5000 pb: 14:06.01 -20. 1500 pb: 3:39.66 -19. 800 pb: 1:47.90 -18. sf EJC 800 2017; 10 under-23 ECH 1500 2019; 10 ETCh 3000 2019. 2 Polish 10,000 2021. At EXC: 2017-44J In 2021: 2 Polish 10,000; 1 Gdańsk 3000	22y	201d	1998	8:04.18	8:04.18 -21
<b>278</b> <b>NADER Isaac</b> POR Full name-Isaac Zambujeiro Nader // 7:57.45i -21. 1500 pb: 3:37.15 -21. 800 pb: 1:47.93 -20 (1:48.95 -21). 10,000 pb: 29:57.34 -19. 15 European Youth 3000 2016; ht EIC 1500/3000 2021. At EXC: 2017-79J, 2018-62J, 2019-68u23. 1 Portuguese 1500 2020 & 1 indoor 1500/3000 2021 In 2021: 1 Lisbon 800; 1 Braga 800; 1 Pombal 1500; 1 Portuguese indoor 1500; 9ht EIC 1500 & 9ht EIC 3000; 1 Maia Ribeiro 1500; 4 Andújar 1500	21y	286d	1999	-	8:01.66 -19

## Men's 3000m Steeplechase

Starts: Sunday, May 30  
(13:55)

2021 World Best:	8:09.47	Getnet Wale ETH	Ostrava	19 May 21
ETCh Record:	8:25.50	Yoann Kowal FRA	Braunschweig	22 Jun 14
ECP Record, if better:	8:13.32	Mariano Scartezzini ITA	Zagreb	16 Aug 81
Tokyo Olympic Standard:	<b>8:22.00</b>			

	Age	(Days)	Born	2021	Personal Best
<b>8</b> <b>CARRO Fernando</b> ESP DEFENDING EUROPEAN TEAM CHAMPION 2018 European silver, then a 13-second improvement in Monaco 2019 to break the Spanish record 3000 pb: 7:47.02 -21. 5000 pb: 13:35.68 -19. 10,000 pb: 28:28.68 -18. ht World Youth 3000 2009; 4 EJC 2011; 7 under-23 ECH 2013; ht OLY 2016; 2 ECH 2018 (2016-9); 1 ETCh 2019 (2015-6); 11 WCH 2019 (2015/2017-ht). At WXC: 2010-81J, 2011-69J, 2019-40. At EXC: 2010-61J, 2013-43u23, 2014-12u23, 2018-51, 2019-19. 1 Spanish 3000SC 2018/2019/2020. He has the words "we had nothing," tattooed on his leg - a reference to the post-Civil War poverty that afflicted his village of Canillejas In 2021: 3 Valencia Grand Prix 3000; 8 Barcelona Catalonia International 1500; 4 Spanish indoor 3000; 1 Ibiza 3000	<b>29y</b>	<b>58d</b>	1992	<b>8:05.69</b>	<b>8:05.69 -19</b>
<b>62</b> <b>BELHADJ Mehdi</b> FRA 2014 World Junior finalist // 3000 pb: 7:58.09i -21. 1500 pb: 3:38.13 -19. 14 WJC 2014; ht EIC 1500 2019. At WXC: 2013-56J. At EXC: 2013-12J, 2018-53. Coach-Philippe Dupont In 2021: 3 French indoor 3000; 2 Andújar	<b>25y</b>	<b>354d</b>	1995	<b>8:29.75</b>	<b>8:22.06 -20</b>
<b>137</b> <b>NORMAN Phil</b> GBR 2020 UK Champion // 5000 pb: 13:46.80 -21. 1500 pb: 3:43.57 -18. 1 English Schools under-17 1500SC 2006; 1 English junior 2007; 1 UK 2020 (201902). Coach-Mark Brace Narrowly missed the World Championships qualifying standard (of 8:29.0) four times in 2019 but still invited by World Athletics to compete, only for UK Athletics to turn down the request. He tweeted "to say I'm gutted to here the news is an understatement. Time to rebuild for Tokyo and remove any doubt." In 2021: 1 London Battersea Park 5000; 1 Birmingham University 2000SC; 2 Ostrava Golden Spike (gained Olympic qualifying standard); 8 Gateshead Diamond	<b>31y</b>	<b>222d</b>	1989	<b>8:20.12</b>	<b>8:20.12 -21</b>
<b>157</b> <b>BEBENDORF Karl</b> GER Twice German Champion // 1500 pb: 3:39.02 -19 (3:40.88i -21). 800 pb: 1:47.33i -21, 1:49.21 -18. 7 EIC 1500 2019 (2021-ht); ht WCH 2019. 1 German 2019/2020 In 2021: 3 Erfurt 800; 4 Dortmund 1500; 4 Luxembourg 1500; 3 German indoor 1500; 6ht EIC 1500; 1 Dresden 2000SC; 1 Dessau 2000SC	<b>25y</b>	<b>22d</b>	1996	-	<b>8:27.52 -19</b>
<b>220</b> <b>ZOGLAMI Osama</b> ITA Allegiance transferee from Tunisia - Has lived in Italy since 1998, acquired Italian citizenship on July 13, 2013 and cleared by World Athletics to represent Italy from July 5, 2013 5000 pb: 14:04.55 -19. 1500 pb: 3:41.28 -20. 7 EJC 2013; 3 under-23 ECH 2015; 6 Mediterranean Games 2018; ht ECH 2018; ht WCH 2019. At EXC: 2013-43J. 2 Italian 2019 (2015/2016/2017-2). His twin brother Ala Zoglami (Steeplechase pb 8:26.18 -17) has an almost identical career, he was Italian Champion in 2017 and ran in the heats of the London World Championships) In 2021: 3 Ostrava Golden Spike	<b>26y</b>	<b>345d</b>	1994	<b>8:20.29</b>	<b>8:20.29 -21</b>
<b>259</b> <b>ZALEWSKI Krystian</b> POL 2014 European steeplechase silver (originally crossed the line in third, but that was the year Mahiedine Mekhissi was disqualified for removing his shirt) Marathon pb: 2:10:58 -21. Half Mar pb: 61:32 -21 (68:02 -18). 10,000 pb: 28:39.95 -19 (29:06.36 -21). 5000 pb: 13:45.94 -15 (15:00.03 -21). 1500 pb: 3:44.02 -10. 8 EJC 2007; 7 WJC 2008; 3 under-23 ECH 2009; 2 ECH 2014 (2012/2018-7); 1 ETCh 2015 (2011-11, 2012-7, 2013-8, 2017/2019-3); 9 WCH 2015 (2013-dq ht (ran inside border), 2017/2019-ht); ht OLY 2016; 34 World Half Mar 2020. At WXC: 2008-71J, 2010-105, 2013-55. At EXC: 2007-44J, 2008-53J. 1 Polish 2014/2015/2016/2017/2018/2019 (1 5000 2015/2016/2017/2018/2019, 1 10,000 2019/2020/2021) Coach-Jacek Kostrzeba; Club-Barnim Goleniów In 2021: 18 Djibouti Half Mar; 1 Polish 10,000	<b>32y</b>	<b>49d</b>	1989	-	<b>8:16.20 -14</b>
<b>266</b> <b>BARROS Etson</b> POR European youth & junior medallist // 1500 pb: 3:51.93 -19. 3 European Youth 2000SC 2018; 13 Youth Olympic combined 2000SC/XC 2018; 3 EJC 2019. At EXC: 2019-4J In 2021: dnf Portuguese indoor 1500; 1 Lisbon Liberdade 2000SC; 2 Maia Ribeiro	<b>20y</b>	<b>75d</b>	2001	<b>8:42.84</b>	<b>8:42.84 -21</b>

## Men's 110 Metres Hurdles

Starts: Sunday, May 30  
(13:13)

2021 World Best:	13.07	Grant Holloway USA	Gainesville	17 Apr 21
	<i>13.04w</i>	<i>Grant Holloway USA</i>	<i>Miramar</i>	<i>10 Apr 21</i>
ETCh Record:	13.20	Sergey Shubenkov RUS	Braunschweig	22 Jun 14
	13.20	Orlando Ortega ESP	Lille	25 Jun 17
ECP Record, if better:	13.10	Colin Jackson GBR	Rome	27 Jun 93
Tokyo Olympic Standard:	<b>13.32</b>			

	Age	(Days)	Born	2021	Personal Best
<b>32</b> <b>MARTÍNEZ Asier</b> ESP Full name-Asier Martínez Etxarte Fourth at 2021 European Indoor Championships and still improving sf EJC 2019; 4 EIC 2021. 1 Spanish 2020 & indoor 2021 In 2021: 1 San Sebastián; 3 Miramas 'Elite'; 1 Spanish under-23 indoor; 1 Spanish indoor; 4 EIC; 1 Pamplona 200/110H; 2 Castellón 100	<b>21y</b>	37d	2000	<b>13.34</b>	<b>13.34 -21</b>
<b>82</b> <b>KWAOU-MATHEY Just</b> FRA sf under-23 ECH 2019. 3 French 2020. Coach-Fabien Lamboloz In 2021: 4 Miramas 'Elite'; 1 Mondeville 'Elite'; 5 Val-de-Reuil; 4 French indoor; 1 Angers; 1 Albi	<b>21y</b>	177d	1999	<b>13.38</b>	<b>13.38 -21</b>
<b>129</b> <b>KING David</b> GBR 3x UK Champion, 2x UK Indoor Champion // sf ECH 2016/2018; ht WCH 2017; sf WIC 2018; ht COM 2018; sf EIC 2019 (2017-ht). 1 British Universities 2013; 1 English under-23 2014/2015/2016; 1 UK 2017/2019/2020; 1 UK indoor 2019/2020 In 2021: 2 Phoenix; 5ht Fayetteville American Track League 3; 1 Lee Valley UK Trial; 1 Phoenix Antelope Invitational 'B'; 6 Des Moines Drake Relays; 1 Chula Vista High Performance #3	<b>26y</b>	351d	1994	<b>13.53</b>	<b>13.48 -17</b>
<b>155</b> <b>BALNUWEIT Erik</b> GER 8x German Champion indoors, but never outdoors (3x 2nd) // 13.32w -14. sf WJC 2006; 5 EJC 2007; ht OLY 2012; 5 EIC 2013 (2009/2021-sf); 7 ETCh 2013 (2011-9); 4 WSG 2013; ht WCH 2013; 6 WIC 2014; sf ECH 2014/2018; 4 EIC 2015 (2017-ht, 2021-sf). 1 German indoor 2009/2013/2014/2015/2016/2017/2018/2021. Coach-Reinhard Lier In 2021: 5 Karlsruhe 'Gold' Tour; 5 Düsseldorf; 3 Berlin ISTAF; 6ht Liévin 'Gold' Tour; 1 German indoor; 5sf EIC; 1 World Relays Mixed Shuttle Hurdles Relay (2nd leg); 1 Mannheim 'Road to Tokyo'; 4 Weinheim	<b>32y</b>	250d	1988	<b>13.68</b>	<b>13.44 -13</b>
<b>211</b> <b>PERINI Lorenzo</b> ITA 2018 Mediterranean Games Champion // sf World Youth 2011; sf WJC 2012; 2 EJC 2013; 3 under-23 ECH 2015; sf ECH 2016/2018 (2014-ht); 7 ETCh 2017; 1 Mediterranean Games 2018; sf EIC 2019; 4 WSG 2019. 1 Italian 2017/2018/2020 & indoor 2019/2020. He is studying to be a dentist. His father Maurizio was Italian Universities Champion at 100H in 1980. Coach-Giorgio Ripamonti In 2021: 1 Ancona; 5 Metz; 7ht Liévin 'Gold' Tour; 1 Modena; dnf Savona; 2 Rieti	<b>26y</b>	312d	1994	<b>13.72</b>	<b>13.46 -19</b>
<b>224</b> <b>CZYKIER Damian</b> POL (Say it like "Chick-Ear") Twice fourth at European Championships outdoors, and twice fourth at European Team Championships 100 pb: 10.28w -17, 10.71 -12. 4 ECH 2016/2018; sf OLY 2016; 4 ETCh 2017/2019 (2015-6); sf WCH 2017; 3 WSG 2017 (2015-4); sf WIC 2018; 6 EIC 2021 (2015/2019-sf, 2017-ht). 1 Manchester 'Great' CityGames 2018 (beat Pozzi & Merritt). 1 Polish 2016-2020 & indoor 2017-2021. His father Dariusz Czykier was a footballer in the Polish League, playing in 230 matches and scoring 33 goals. He studied Civil Engineering at the Warsaw University of Technology, where he wrote a thesis on the efficiency of bus line #103 in the Polish Capital. Club-KS Podlasie Białystok In 2021: 1 Toruń 'National'; 3 Toruń 'National'; dq Karlsruhe 'Gold' Tour; 1 Düsseldorf; 5 Liévin 'Gold' Tour; 4 Łódź OrLEN Cup; 4 Toruń 'Gold' Tour; 1 Polish indoor; 3 Polish indoor; 6 EIC; 2 World Relays Mixed Shuttle Hurdles Relay; 1 Łomża	<b>28y</b>	292d	1992	<b>13.43</b>	<b>13.28 -17</b>
<b>276</b> <b>LARRINAGA Abdel-Kader</b> POR Allegiance transferee from Cuba - cleared by World Athletics to represent Portugal from November 1, 2019 pbs in Decathlon events 100: 11.04; LJ: 7.50; SP: 13.87; HJ: 2.07; 400: 50.23; 110H: 13.80w, 14.02; DT: 41.07; PV: 3.90; JT: 54.81; 1500: 4:37.60 Decathlon pb: 7439 -19 3 Cuban Decathlon 2013; 1 Portuguese Decathlon 2019 & indoor 60H 2021. Coach-David Gómez ESP In 2021: 2 Lisbon; 1 Alpiarça; 1 Portuguese indoor; 1 Lisbon Liberdade; 1 Portuguese Clubs	<b>26y</b>	321d	1994	<b>14.04</b>	<b>14.02 -20</b>

## Men's Pole Vault

Starts: Sunday, May 30  
(13:00)

2021 World Best:	5.91	Chris Nilsen USA	Walnut	9 May 21
	6.10i	Armand Duplantis SWE	Belgrade	24 Feb 21
ETCh Record:	6.01	Renaud Lavillenie FRA	Leiria	21 Jun 09
Tokyo Olympic Standard:	5.80			

	Age	(Days)	Born	2021	Personal Best
<b>28</b> LEYVA Isidro ESP 5.55i -21. dng World Youth 2015; 7 European Youth 2016; 7 EJC 2017. 1 Spanish indoor 2021 In 2021: 1 Nerja; 1 Valencia Grand Prix; 4 Mondeville 'Elite'; 1 Spanish under-23 indoor; 1 Spanish indoor; 1 Córdoba; 1 Andalucían Clubs; 1 Nerja; 2 Barcelona	22y	35d	1999	5.52	5.52 -21
<b>83</b> LAVILLENIE Valentin FRA 2021 European indoor silver. Younger brother of 2012 Olympic Champion Renaud Lavillenie 5.80i -21. 5 Mediterranean Games 2013; 3 under-23 ECH 2013; =6 WCH 2019 (2013-nh final, 2017-dnf); 2 EIC 2021 (2015-6). 1 French indoor 2021. Fractured his left heel in May 2018, nine months out from competition. 1.70 tall In 2021: 2 Bordeaux; 8 Karlsruhe 'Gold' Tour; 3 Tourcoing; 8 Rouen; 9 Liévin 'Gold' Tour; 3 Val-de-Reuil; 1 French indoor (his first senior French title - compared with the 18 won by his brother); 2 EIC; 3 Ostrava Golden Spike; nh Gateshead Diamond	29y	318d	1991	5.60	5.82 -19
<b>180</b> ZERNIKEL Oleg GER 2014 World junior bronze // 5.72i -21. =4 World Youth 2011; 6 EJC 2013; 3 WJC 2014; 5 under-23 ECH 2017; 4 EIC 2021. 2 German indoor 2020. 1.84 tall In 2021: 1 Leverkusen; 6 Karlsruhe 'Gold' Tour; 3 Berlin ISTAF; 2 Dortmund; 3 German indoor; 4 EIC; 1 Leverkusen; 2 Dessau; 3 Rehlingen	26y	44d	1995	5.50	5.60 -20
<b>187</b> CAPELLO Matteo Cristoforo ITA 17 EJC 2015; 10 WJC 2016; 9 under-23 ECH 2017. 1 Italian under-23 2017/2018. Attends University of Northern Iowa. 1.70 tall In 2021: 1 Terre Haute; 1 Marion; 1 Vincennes; 1 Louisville; 1 Owensboro; 1 Terre Haute; 1 NJCAA	24y	38d	1997	5.50	5.50 -21
<b>250</b> SOBERA Robert POL Former European Champion outdoors // 5.81i -15. nh EJC final 2009; 4 WJC 2010; =6 EIC 2013 (2021-7); 4 ETCh 2013; 2 under-23 ECH 2013 (2011-11); 6 WIC 2014/2016; 3 WSG 2015; 15 WCH 2015 (2013/2019-dng); 1 ECH 2016 (2014-nh final, 2018-dng); dng OLY 2016. 1 Polish 2014 (1 indoor 2014). Former acrobat. Club-AZS AWF Wrocław. Coach-Dariusz Łoś. 1.91 tall In 2021: 4 Berlin ISTAF; 5 Łódź Orlen Cup; nh Toruń 'Gold' Tour; 2 Polish indoor; 7 EIC; nh Rehlingen; 1 Oleśnica	30y	131d	1991	5.60	5.80 -14
<b>273</b> FERREIRA Diogo POR Portuguese record holder. 2017 World Student Games Champion // 5.52i -21. 7 Ibero-American 2010; nh ECH final 2014 (2016-dng); dng EIC 2015; dng WCH 2017 (nh); 1 WSG 2017. 1 Portuguese 2010/2014/2016/2017/2018 (1 indoor 2014/2017). 1.75 tall In 2021: 1 Lisbon (6x); 3 Mondeville 'Elite'; 1 Portuguese indoor; 1 Fátima	30y	304d	1990	5.35	5.71 -17
<b>318</b> COPPELL Harry GBR British record holder. At the 2013 World Youth Championships, he became the first British athlete to win a global Pole Vault title 1 World Youth 2013; 10 WJC 2014; 9 EJC 2015; dns WCH 2019 (aggravated a hip injury in warm-up). 2 UK indoor 2018 (=) / 2019; 1 UK 2019/2020. In September 2017 he and his partner Emily Borthwick (1.91 HJ) had to barricade themselves in their hotel for two days when Hurricane Irma struck during their 2017 holiday in Cuba. Coach-Scott Simpson. 1.75 tall In 2021: 3 Gateshead Diamond	24y	322d	1996	5.45	5.85 -21

## Men's Triple Jump

Starts: Sunday, May 30  
(15:15)

2021 World Best:	17.40 17.46w	Fabrice Zango Hugues BUR <i>Jordan A. Diaz CUB</i>	Montpellier Havana	8 May 21 21 May 21
ETCh Record:	18.07i	<i>Fabrice Zango Hugues BUR</i>	Aubière	16 Jan 21
ECP Record, if better:	17.59	Nelson Évora POR	Leiria	21 Jun 09
Tokyo Olympic Standard:	17.77	Khristo Markov BUL	Budapest	11 Aug 85
	18.43w	<i>Jonathan Edwards GBR</i>	Lille	24 Jun 95

	Age	(Days)	Born	2021	Personal Best
<b>55</b> TORRIJOS Pablo ESP Full name-Pabo Torrijos Navarro 2015 European indoor silver. Spanish record holder 17.23w -18, 17.18i -20. LJ pb: 7.56w -14, 7.53 -12. dnq World Youth LJ/TJ 2009; 6 EJC 2011; 8 under-23 ECH 2013; 8 ECH 2014; dnq WCH 2015; 2 EIC 2015 (2017-9, 2019-dnq); 7 WIC 2016; dnq OLY 2016; 3 ETCh 2017 (2014-6); 10 WCH 2017; 5 ECH 2018 (2016-8); 2 Ibero-American 2018. 1 Spanish 2013/2014/2015/2017/2018/2020 & indoor 2014/2015/2016/2017/2019/2020. Coach-Claudio Veneziano In 2021: 1 Castellón	29y	17d	1992	16.77	17.09 -20
<b>92</b> RAFFIN Melvin FRA 2016 World junior bronze, 2017 European junior bronze // 17.20i -17 (17.09i -21). 100 pb: 10.67 -17. 11 World Youth 2015; 3 WJC 2016; 5 EIC 2017 (2021-dnq); 3 EJC 2017; dnq WCH 2018. 1 French indoor 2020/2021. Coaches-Laurence Bily & Teddy Tamgho In 2021: 2 Aubière; 2 Miramas 'Elite'; 2 Liévin 'Gold' Tour; 4 Val-de-Reuil; 2 French indoor; dnq EIC (which was a big upset); 4 Montpellier; 3 Ostrava Golden Spike	22y	294d	1998	16.71	16.85 -17
<b>116</b> DOUGLAS Nathan GBR European silver medallist outdoors (2006) & indoors (2007). British #1 in 2005, 2013, 2018 & 2020 16.07w-21. dnq under-23 ECH 2003; dnq OLY 2004/2008; 7 WIC 2006; 4 ECP 2006 (2005-5); 2 ECH 2006 (2010-10, 2018-6); 2 EIC 2007 (2005-4, 2019-7); 10 WCH 2009 (2005-dnq); 4 COM 2010 (2014-11, 2018-5); 3 ETCh 2013. 1 AAA 2004/2005; 1 AAA indoor 2006; 1 UK indoor 2007/2018; 1 UK 2016/2018/2020. Sports Science Graduate from Loughborough University. Coach-Aston Moore In 2021: 1 Loughborough Elite; 2 Lee Valley UK Trial; 3 Chula Vista High Performance #2; 8 Walnut Golden Games; 3 Loughborough International	38y	177d	1982	15.94	17.64 -05
<b>165</b> HESS Max GER Great breakthrough in 2016 to become the youngest-ever European (outdoor) Champion at triple jump 17.52i -17, 17.24w -17 (17.01i -21). LJ pb: 8.03i, 7.57 -15. 8 World Youth 2013; 2 WJC 2014; dnq EIC LJ 2015; 2 WIC 2016 (2018-11); 1 ECH 2016 (2018-dnq); dnq OLY 2016; 3 EIC 2017/2019/2021; 1 ETCh 2017; 3 under-23 ECH 2017; 3 EIC 2019. 1 German 2016/2017/2019/2020 & indoor 2016/2017/2018/2019/2021 In 2021: 1 Chemnitz; 1 Leverkusen; nm Chemnitz; 3 Val-de-Reuil; 1 German indoor; 3 EIC; 1 Dresden; 1 Chemnitz; 2 Ostrava Golden Spike	24y	320d	1996	16.97	17.20 -16
<b>185</b> BOCCHI Tobia ITA Silvers at Youth Olympics and European Junior Championships // 16.90w, 16.89i -21. dnq World Youth 2013; 2 Youth Olympic Games 2014; 2 EJC 2015; dnq WJC 2016; 4 under-23 ECH 2019; 4 EIC 2021 (2019-dnq). 1 Italian indoor 2021. Former rugby player. Coach-Renato Conte In 2021: 1 Ancona; 2 Metz; 4 Liévin 'Gold' Tour; 1 Italian indoor; 4 EIC; 4 Walnut Golden Games	24y	53d	1997	16.72	16.73 -19
<b>253</b> ŚWIDERSKI Adrian POL 14x Polish Champion (9 in + 5 out) // 16.67i -21. 2 under-23 ECH 2007; 5 ETCh 2014/2019 (2010-8); 9 ETCh 2015; 8 EIC 2021 (2015/2017-dnq). 1 Polish 2010/2015/2018/2019/2020 (1 indoor 2009/2010/2011/2012/2015/2016/2017/2019/2021). Club-WKS Śląsk Wrocław In 2021: 1 Toruń 'National' (Jan 23); 1 Toruń 'National' (Jan 30); 1 Ostrava Czech Indoor Gala; 1 Toruń PZLA 'Control'; 1 Polish indoor; 8 EIC; 1 Gdańsk	34y	245d	1986	15.90	16.81 -15
<b>283</b> PICHARDO Pedro Pablo POR Full name (which he prefers)-Pedro Pablo Pichardo Peralta Twice World Championship silver medallist, each time behind 18m men 17.36i -21. LJ pb: 7.81 -15. 1 WJC 2012; 2 WCH 2013/2015 (2019-4); 3 WIC 2014; 1 Pan-Am Games 2015; 1 EIC 2021. Started triple jumping at 17, previously he was a hurdler and high jumper - as was his father Jorge Andres Pichardo. Pedro is a football fan and supporter of Barcelona FC. 1.85 / 71kg Allegiance transferee from Cuba - gained Portuguese citizenship on November 23, 2017 having been recruited by Benfica Sporting Club. Cleared by World Athletics to represent Portugal from August 1, 2019 In 2021: 1 Portuguese indoor; 1 EIC	27y	334d	1993	-	18.08 -15

## Men's Discus Throw

Starts: Sunday, May 30  
(14:11)

2021 World Best:	69.71	Daniel Ståhl SWE	Helsingborg	22 May 21
ETCh Record:	68.76	Gerd Kanter EST	Budapest	20 Jun 10
ECP Record, if better:	68.76	Lars Riedel GER	Lille	25 Jun 95
Tokyo Olympic Standard:	<b>66.00</b>			

	Age	(Days)	Born	2021	Personal Best
<b>33</b> <b>MARTÍNEZ Lois Maikel</b> ESP	<b>39y</b>	<b>361d</b>	<b>1981</b>	<b>61.87</b>	<b>67.98 -19</b>
Bronze at 2003 Pan-American Games for Cuba (as Loy Maikel) // 6 WJC 2000 (98-dnq); 3 Pan-Am Games 2003; dnq WCH 2003/2015; dnq OLY 2004/2016; 2 Central American & Caribbean Champs 2005; 12 ECH 2016 (2018-dnq); 5 ETCh 2019 (2017-6). 1 Spanish 2018/2020. His father is Juan Martinez CUB (6 OLY 92). 1.85/85kg Allegiance transferee from Cuba - has lived in Spain since 2009, gained Spanish citizenship on August 5, 2015 (after an eight-year struggle) and cleared by World Athletics to compete for Spain from August 7, 2015. 1.87/120kg In 2021: 3 Spanish winter; 1 León; 1 Castellón (3x); 1 Córdoba; 9 European Throws Cup					
<b>72</b> <b>DJOUHAN Lolassonn</b> FRA	<b>30y</b>	<b>12d</b>	<b>1991</b>	<b>62.43</b>	<b>65.10 -17</b>
5x French Champion // dnq WJC 2010; 3 under-23 ECH 2013; 3 ETCh 2017 (2013-12, 2015-5, 2019-8); dnq WCH 2017; 3 Athletics World Cup 2018; 10 ECH 2018. 1 French 2012/2015/2016/2018/2019. Coach-Jacques Pelgas. 1.88/118kg In 2021: 1 Salon-de-Provence; 1 French winter; 8 European Throws Cup; 1 Castiglione della Pescaia					
<b>139</b> <b>OKOYE Lawrence</b> GBR	<b>29y</b>	<b>236d</b>	<b>1991</b>	<b>65.56</b>	<b>68.24 -12</b>
British record holder. 2011 European under-23 Champion. 2012 Olympic finalist 6 WJC 2010; 1 under-23 ECH 2011; 11 ECH 2012; 12 OLY 2012. 1 English junior & English Schools 2010; 1 English under-23 2012; 1 UK 2012 (2019-2). At London 2012 he threw 65.38 in qualifying, but then 61.03 in the final. 1.98 / was 134kg, size 13 shoes, 2.12m arm-span. In 2013, he announced that he'd signed a contract with an professional American football team, the San Francisco 49ers. In 2013-2017 he was later linked with further "National Football League" teams Arizona Cardinals, New York Jets, Dallas Cowboys, Chicago Bears and Miami Dolphins, but eventually played in the Canadian Football League for the Montreal Alouettes but since switched again to a separate league, that of the Alliance of American Football. Returned to athletics at the London Diamond League on July 21, 2019 In 2021: 1 Manchester Trafford Open; 1 Loughborough Spring Throws; 1 Winchester Invitation; 1 Winchester Inter-Club; Loughborough Charnwood Open; 1 Loughborough International					
<b>179</b> <b>WROBEL David</b> GER	<b>30y</b>	<b>106d</b>	<b>1991</b>	<b>67.30</b>	<b>67.30 -21</b>
9 WJC 2010; 8 under-23 ECH 2013; dnq WCH 2019. 2 German 2019. The tattoo on his right arm says "Mut & Kraft" (Courage & Strength). Lives-Magdeburg. Coach-Armin Lemme (pb 68.50 for GDR in 1982). 1.95/130kg He's a former gymnast, volleyball player, ice hockey player, handball player, soccer player, table tennis player & swimmer! In 2021: 3 Neubrandenburg Abendsportfest; 4 European Throws Cup; 2 Halle; 3 Neubrandenburg SCN					
<b>196</b> <b>FALOCI Giovanni</b> ITA	<b>35y</b>	<b>229d</b>	<b>1985</b>	<b>61.81</b>	<b>65.30 -19</b>
2013 World Student Games silver // SP pb: 17.64 -15. 7 under-23 ECH 2007; dnq ECH 2012; 2 WSG 2013 (2011-7); dnq WCH 2013/2019; dnq ECH 2014/2018; 4 Mediterranean Games 2018 (2013-5); 4 ETCh 2019 (2009-5, 2011-9, 2013-7). 1 Italian 2011/2013/2018/2019/2020. 1.93/108kg In 2021: 3 Italian winter; 1 Latina; 12 European Throws Cup; 2 Castiglione della Pescaia					
<b>256</b> <b>URBANEK Robert</b> POL	<b>34y</b>	<b>31d</b>	<b>1987</b>	<b>63.13</b>	<b>66.93 -12</b>
2014 European & 2015 World Championship bronzes // 7 under-23 ECH 2009; 5 WSG 2011; 3 ECH 2014 (2012-6, 2016-9, 2018-dnq); 1 ETCh 2015 (2017-2); 3 WCH 2015 (2013-6, 2017-7, 2019-dnq); 10 OLY 2016 (2012-dnq). 1 Polish 2017. Coach-Gerd Kanter. 2.00/122kg In 2021: 10 European Throws Cup; 1 Warsaw Szelest; 4 Rehlingen					
<b>288</b> <b>LIMA Edujose</b> POR	<b>25y</b>	<b>88d</b>	<b>1996</b>	<b>57.37</b>	<b>60.83 -18</b>
SP pb: 15.83 -18 (15.25 -21). 1 Portuguese 2019/2020 In 2021: 1 Lisbon (4x); 1 Portuguese winter; 1 Leiria Lançamentos; 1 Portuguese Clubs					



## Men's Hammer Throw

Starts: Sunday, May 30  
(13:04)

2021 World Best:	81.98	Rudy Winkler USA	Eugene	23 Apr 21
ETCh Record:	81.64	Pawet Fajdek POL	Cheboksary	20 Jun 15
ECP Record, if better:	82.90	Juri Tamm URS	Moscow	17 Aug 85
Tokyo Olympic Standard:	<b>77.50</b>			

Gold &amp; silver medallists from Doha 2019 in this lineup

	Age	(Days)	Born	2021	Personal Best
<b>9</b> CIENFUEGOS Javier ESP Full name-Javier Cienfuegos Pinilla Spanish record holder. Seventh at 2019 World Championships dnq World Youth 2007; 8 ECP 2008; 12 WJC 2008; 3 EJC 2009 (2007-dnq); 2 under-23 ECH 2011; dnq OLY 2012/2016; 12 ECH 2016 (2010/2012/2014/2018-dnq); 1 Ibero-American 2018; 4 ETCh 2019 (2009-7, 2010-12, 2011/2013-8, 2014-10, 2015-9); 7 WCH 2019 (2009/2011/2013/2015-dnq). 1 Spanish 2009/2010/2012/2013/2014/2015/2016/2018/2019/2020. 1.87/110kg In 2021: 1 Montijo; 1 Spanish winter; 1 Control de Marcas; 1 Córdoba; 1 Castellón; 4 Andújar	<b>30y</b>	319d	1990	<b>76.87</b>	<b>79.38 -19</b>
<b>65</b> BIGOT Quentin FRA 2019 World silver // dnq World Youth 2009; 7 WJC 2010; 1 EJC 2011; dnq ECH 2012/2018; dnq OLY 2012; 3 under-23 ECH 2013; 3 Athletics World Cup 2018; 2 ETCh 2019 (2013-3, 2014-dq, 2017-4); 2 WCH 2019 (2013-dnq, 2017-4). 1 French 2017/2018/2019. Two-year doping ban in 2014-2016. Son Tobias born on December 1, 2020 (same day as Quentin's birthday). Coach-Pierre-Jean Vazel. 1.77/90kg In 2021: 3 Andújar	<b>28y</b>	179d	1992	<b>78.99</b>	<b>78.99 -21</b>
<b>109</b> BENNETT Chris GBR British #1 in 2016, when he won the UK title, reached the European Championship final and went to the Olympics 10 ECH 2016; dnq OLY 2016; 10 COM 2018 (2014-12). 1 English under-23 2011; 1 UK 2016 (2010-10, 2011-6, 2012-5, 2013-9, 2014/2017-4, 2020-2). 1 Scottish 2015/2018/2019 (2009/2012/2014-2). Coach-Mick Jones (1 COM 2002). 1.88/115kg In 2021: 2 Loughborough Elite Winter Throws; 1 Linwood; 1 Loughborough Spring Throws; 2 European Throws Cup; 2 Loughborough International	<b>31y</b>	164d	1989	<b>75.69</b>	<b>76.45 -16</b>
<b>174</b> SCHWANDKE Tristan GER Twice German Champion // dnq World Youth 2009; dnq WJC 2010; 7 EJC 2011; 7 ETCh 2019. 1 German 2019/2020. Works as a mechanical engineer. His father Elmo is his strength coach, his mother Sabine was a champion bodybuilder. 1.84/93kg In 2021: 1 European Throws Cup 'B'; 1 Halle; 1 Hassloch	<b>29y</b>	6d	1992	<b>76.71</b>	<b>76.71 -21</b>
<b>195</b> FALLONI Simone ITA dnq EJC 2009; dnq WJC 2010; 4 under-23 ECH 2013; dnq ECH 2016/2018; dnq WCH 2017; 6 WSG 2017 (2015-8). 2 Italian 2015/2016/2018/2019/2020. 1.90/108kg In 2021: 1 Livorno; 1 Latina; 1 Rieti Perseo; 12 European Throws Cup; 2 Castiglione della Pescaia	<b>29y</b>	246d	1991	<b>76.33</b>	<b>76.33 -21</b>
<b>227</b> FAJDEK Paweł POL (Say it like Fie-dek (fie rhymes with thigh)) 4x World Champion // 4 WJC 2008; 1 under-23 ECH 2011 (2009-8); 1 WSG 2011/2013; dnq OLY 2012/2016 ("I had no energy, I was not able to throw. It's a nightmare."); 1 ETCh 2013/2015/2017 (2011-2, 2014-2); 1 WCH 2013/2015/2017/2019 (2011-11); 1 Francophone Games 2013; 1 WSG 2015; 1 ECH 2016 (2014-3, 2018-2). 1 Polish 2012/2014/2015/2016/2019. Lost only once in each year in 2015-2016-2017. Studies at London 2017 showed that he gained the most speed with each of his four turns, and he released his hammer at the most optimum angle (46.2°). Coach-Szymon Ziolkowski (1 OLY 2000). 1.86/126kg In 2021: 4 European Throws Cup; 1 Andújar	<b>31y</b>	360d	1989	<b>81.62</b>	<b>83.93 -15</b>
<b>262</b> ANTUNES Ruben POR dnq WCH 2018. 1 Portuguese 2020 In 2021: 2 Portuguese winter; 2 Leiria Lançamentos; 1 Leiria Lançamentos; 2 Antalya; 3 European Throws Cup under-23; 7 Andújar; 1 Portuguese Clubs	<b>22y</b>	25d	1999	<b>71.05</b>	<b>71.05 -21</b>