

IAAF WORLD RELAYS

YOKOHAMA 2019

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BIOGRAPHICAL SUMMARIES

Here, in country code order, are summarised biographies of the 692 athletes initially entered for Yokohama 2019 (360 men, 332 women from 44 countries plus the Athlete Refugee Team/ART). Well up from totals of 512 / 289 / 223 / 34 at the same stage before Nassau 2017. The information has been based on the provisional entry list (7 May 19), so there may well be additional or adjusted information appearing on final start lists. Name, birthdate, age country and principal events are shown along with personal bests, their most significant achievements (international then domestic) and other data. This listing will include reserves and other athletes who were initially entered but will not compete.

Meeting Abbreviations		WJC	World Junior Championships
COM	Commonwealth Games	WSG	World Student Games
ECH	European Championships	WXC	World Cross Country Championships
ECP	European Cup	Additional Abbreviations	
EIC	European Indoor Championships	Dec	decathlon
ETCh	European Team Championships	dnq	did not qualify
EXC	European Cross Country Championships	h	hurdles
NCAA	National Collegiate Athletic Association Championships	Half Mar	half marathon
OLY	Olympic Games	Mar	marathon
WCH	World Championships	pb	personal best
WCP	World Cup	XC	cross-country
WIC	World Indoor Championships		

MEN

CHIENGJIEK James Nyang (ART) 2-3-1992 (27y) 2x2x400

Born-South Sudan, lives Kenya. He fled there from the conflict in South Sudan in 2002. He began training with the Tegla Loroupe Foundation in Kenya in 2013. Coach-Tegla Loroupe. ht OLY 400 2016 (52.89)

ANDREWS Nicholas (AUS) 2-2-1997 (22y) ShuttleH

2017 New South Wales State Champion at 100m // 110H pb: 13.79 -19. 100 pb: 10.32 -17 (10.66 -19). ht Youth Olympic Games 2014; sf WJC 2016. 1 New South Wales State 100 2017; 5 Australian 100 2017 (6 110H)

In 2019: 3 Canberra (Jan 13); 3 Canberra Classic; 2 Canberra AACT; 1 Sydney Classic; 2 New South Wales State; 1 Perth Classic; 5 Brisbane Classic; 2 Australian; 1 Australian Universities 100

BECK Alex (AUS) 7-2-1992 (27y) 4x400

2013 Australian Champion // 400 pb: 45.91 -15. 200 pb: 21.29 sf World Youth 2009; 7 WCH 4x400 2013; 6 COM 4x400 2014; 6 WSG 2015. 1 Australian 2013 (2015/2019-2, 2016/2017/2018-3)

In 2019: 1 Brisbane Pearson (5 200); 5 Newcastle; 2 Canberra Classic; 6 Brisbane Taurina 200; 1 Canberra AACT (6 200); 1 Brisbane Freeman; 1 Sydney Classic; 1 Queensland State; 2 Australian (ht 200); 3 Fukuroi

BROWNING Rohan (AUS) 31-12-1997 (21y) 4x100

2019 Australian Champion at 100m (though second in that final to Edward Osei-Nketia NZL)

100 pb: 10.08 -19 (third Australian all-time). 200 pb: 20.54w -17, 20.71 -18. 400 pb: 47.13 -19. ht WCH 4x100 2017; ht WSG 100 2017; sf COM 100 2018 (4 4x100). 1 Australian 100 2019. Student of Arts & Law, Sydney University. Born-Crows Nest, coach-Andrew Murphy

In 2019: 5 Sydney Classic 400 (pb 47.13); 1 Perth Classic 200; 2 Brisbane Classic 100 (1 4x100); 2 Australian 100

DORAN Jake (AUS) 17-11-2000 (18y) 4x100

Oceanian junior record holder at 100m // 100 pb: 10.15 -18 (10.30 -19). 200 pb: 20.76 -19. 5 Commonwealth Youth Games 100 2017; sf WJC 100 2018; 3 IAAF Continental Cup 4x100 2018. Coach-Paul Di Bella

In 2019: 1 Brisbane Nunn 200; 1 Brisbane Pearson 100; 2 Canberra Classic 200 (3 100); 4 Sydney 100; 3 Queensland State 100; 2 Perth Classic 100/200; 6 Brisbane Classic 100; 2 Australian junior 100; 2 Australian 200 (5 100); 6 Hiroshima 100; 1 Fukuroi 200

GOODWIN Murray (AUS) 16-1-1987 (32y) 4x400/Mix4x400

2018 Australian Champion // 400 pb: 46.24 -18. 200 pb: 21.34 -19. 1 Oceanian 2017; 1 Australian 2018. Won Australia's Stawell Gift (a lucrative handicap race of 120m) in 2015. His father Shane Goodwin was an 800m runner. Coach-Brett Robinson

In 2019: 1 Brisbane Nunn; 1 Brisbane Pearson 100 (3 200); 1 Brisbane Taurina; 2 Canberra AACT (7 200); 2 Queensland State; 4 Australian

GUNN Tyler (AUS) 23-10-1999 (19y) 4x400/Mix4x400

400 pb: 46.09 -19. 1 Australian junior 2018; 3 Australian 2019

In 2019: 1 Brisbane Nunn 200; 1 Canberra Classic; 3 Canberra AACT; 1 Brisbane Classic 4x400; 3 Australian (1 4x400, with New South Wales team, he ran anchor)

HALE Jack (AUS) 22-5-1998 (20y) 4x100

100 pb: 10.10w -18, 10.19 -19. 200 pb: 20.62 -18. sf World Youth 100/200 2015; sf WJC 100 2016; 4 COM 4x100 2018. 3 Australian 100 2019

In 2019: 1 Hobart 100; 1 Melbourne 100; 1 Canberra Classic 100; 1 Canberra 100 (Jan 28); 1 Anberra AACT 100; 1 Western Australia State 100; 1 Sydney Classic 100; 1 Perth Classic 100; 3 Brisbane Classic 100 (1 4x100); 3 Australian 100 (4 200/4x100); 5 Hiroshima 100; 1 Fukuroi 4x100

HALPIN Ian (AUS) 20-4-1993 (26y) 4x400/Mix4x400

400 pb: 46.39 -19. 200 pb: 21.51 -18 (21.65 -19)

In 2019: 1 Canberra AACT (2 100/200); 5 Sydney Treloar 100/200; 3 Canberra Classic; 4 Sydney Classic; 1 New South Wales State; 1 Brisbane Classic 4x400; 6 Australian (1 4x400)

HARTMANN Alex (AUS) 7-3-1993 (26y) 4x100

4x Australian Champion at 200m // 100 pb: 10.27 -19. 200 pb: 20.44w -18, 20.45 -16. ht OLY 200 2016; sf COM 200 2018. 1 Australian 200 2016/2018/2019 (and also 2015 when he was the first Australian finisher) (1 100 2016). He was third and fourth at 150m in two of the 2017 Melbourne "Nitro" meetings, racing Usain Bolt among others. Born-Elizabeth Vale, coaches-Travis Venema & Sean Bartle

In 2019: 1 Brisbane Nunn 100 (6 400); 1 Brisbane Pearson 200 (2 100); 3 Canberra Classic 200 (5 100); 2 Brisbane Taurina 200 (3 100); 1 Canberra AACT 200 (6 100); 6 Sydney Classic 100; 1 Brisbane Porter 100/200; 1 Queensland State 200 (2 100); 3 Perth Classic 100/200; 2 Brisbane Classic 200 (5 100, 1 4x100); 1 Australian 200 (7 100); 6 Fukuroi 200 (1 4x100)

HOLDSWORTH Zach (AUS) 23-7-1997 (21y) 4x100

100 pb: 10.29w, 10.36 -19. 200 pb: 21.17w -17, 21.24 -19

In 2019: 1 Canberra 100 (Jan 13); 6 Canberra Classic 100; 3 Canberra AACT 100; 5 Sydney Classic 100; 3 New South Wales State 100; 1 Brisbane Classic 100 (2 4x100); 8 Australian 100 (1 4x100)

HOUGH Nicholas (AUS) 20-10-1993 (25y) ShuttleH

2018 Commonwealth Games bronze. Former Youth Olympic Champion // 110H pb: 13.38 -18. 200 pb: 20.66 -13. 100 pb: 10.39 -13. 1 Youth Olympic Games 2010; 2 WJC 2012; 4 COM 2014; ht WCH 2015/2017; 6 WSG 2017; sf WIC 2018. 1 Australian 2014/2015/2017/2018/2019. His father Anthony was a 7676-point decathlete. Born-Westmead, coach-Anthony Benn

In 2019: (Unbeaten) 1 Canberra (Jan 13); 1 Sydney Treloar; 1 Canberra Classic; 1 New South Wales State; 1 Brisbane Classic; 1 Australian (5th time)

RALPH Joshua (AUS) 27-10-1991 (27y) 2x2x400

2014 Australian Champion at 800m // 800 pb: 1:45.79 -15 (1:45.99 -19).

400 pb: 46.34 -13 (47.27 -19). 4 World Relays 4x800 2014/2017; ht COM 800 2014/2018; ht WCH 800 2015. 1 Australian 800 2014 (2017/2018/2019-2). Born-Wahroonga
In 2019: 3 New South Wales State 400; 3 Perth Classic 800; 2 Australian 800; 1 Australian Universities 800

SOLOMON Steven (AUS) 16-5-1993 (25y) 4x400
(Male) 2012 Olympic finalist while still a junior (and his pb still dates back to that moment)

400 pb: 44.97 -12. =3 WJC 2012 (4 4x400); 8 OLY 2012; 7 WCH 4x400 2013; sf COM 2014; ht WCH 2017; 7 COM 2018 (dq 4x400 after he lined up in the wrong place on the anchor leg in the relay). 1 Australian 2011/2012/2014/2016/2017/2019. 1 Australian junior 2011/2012. Won Australian senior title in 2011 at age 17, then retained it in 2012 at 18. Was at Stanford University, now he is pursuing a Masters in Management Studies at Duke University in Durham, North Carolina. Born-St Leonards, coach-Mark Mueller (and for strength, Iryna Dvoskina & Jake Holt)
In 2019: 1 Brisbane Classic 4x400; 1 Australian

STEVENS Luke (AUS) 8-6-1994 (24y) 4x400/Mix4x400
400 pb: 46.05 -16. 200 pb: 20.90 -16 (21.05 -19). 2 Australian 2016
In 2019: 3 Melbourne Velocity; 4 Canberra Classic; 3 Sydney Classic; 1 Victoria State; 6 Brisbane Classic (1 200)

WILLIAMS Trae (AUS) 5-5-1997 (22y) 4x100
"Quadzilla". 2014 Youth Olympic bronze at 100m and now Australia's fastest man in a decade
100 pb: 10.10 -18 (10.24w, 10.29 -19). 200 pb: 20.83 -18 (20.96 -19). 3 Youth Olympic Games 100 2014; sf WJC 200 2016 (ht 100); ht WCH 4x100 2017; sf COM 10 2018 (4 4x100). 1 Australian 100 2018 (and also in 2017 when he was second in the final to Joseph Millar NZL). He was a member of the North Queensland Cowboys youth rugby league team. His older sister Carla Williams was Australian Junior Champion at 100m in 2012. Born-South Brisbane, coach/father-Daniel Williams. 1.70 tall
In 2019: 7 Brisbane Nunn 400; 1 Brisbane Croker 100 (2 200); 1 Brisbane Taurima 200 (2 100); 2 Canberra AACT 100 (dq 200); 4 Australian 100; 1 Fukuroi 4x100

ADDERLEY Anthony (BAH) 25/08-1994 (24y) 4x200
200 pb: 20.89 -18 (21.16 -19). 100 pb: 10.65 -18. 400 pb: 47.49 -17. ht World Youth 200 2011. 2 Bahamian 200 2018
In 2019: 1 Nassau 200; 6 Tampa; 200 6 Coral Gables 200

COLEBROOK Andre (BAH) 8-3-1994 (25y) 4x400
400 pb: 46.60 -17 (47.27 -19). 400H pb: 49.81 -19. 800 pb: 1:50.81 -15. ht World Youth 800 2011. 1 Bahamian 400H 2018
In 2019: 1 Hammond 400H (3 400); 4 Florida Relays 400H; 1 Lakes Charles; 4 Tuscaloosa

FERGUSON O'Jay (BAH) 17/10-1993 (25y) 4x400
400 pb: 46.14 -12 (46.89 -19). 200 pb: 20.93 -14. 3 WJC 4x400 2012; ht WCH 4x400 2013/2017
In 2019: 4 Athens GA; 2 Coral Gables; 3 Penn Relays 4x400

GARDINER Steven (BAH) 12-9-1995 (23y) 4x400
2017 World silver after going sub-44 in the semis // 400 pb: 43.87 -18. 200 pb: 19.75 -18 (20.04 -19). sf WJC 200 2014 (6 4x400); sf WCH 2015 (dq/ht 4x400); sf OLY 2016 (3 4x400); 2 WCH 2017 (but no relay medal as Bahamas were eliminated in the heats having rested Gardiner). 1 Bahamian 2015/2016/2017
In 2019: 1 Columbia 300 (Jan 19); 1 Columbia 300 (Feb 16); 1 Orlando 4x400; 1 Coral Gables 200

HART Shavez (BAH) 6-9-1992 (26y) 4x200
Won sprint double at 2014 & 2015 Bahamian Championships // 200 pb: 20.23 -15. 100 pb: 10.08w -13. 10.10 -15. 400 pb: 46.43 -15 (49.08 -19). 1 Central American & Caribbean Champs 4x100 2013 (4 100); qf WCH 100 2013; sf COM 100 2014 (2018-ht); 2 WIC 4x400 2016; ht OLY 100/200 2016. 1 Bahamian 100/200 2014/2015 (1 100 2016/2018 & 200 2017). Studied Sport Management at Texas A&M University (A&M = Agricultural and Mechanical)
In 2019: 4 Orlando 400; 1 Jacksonville 100 'B'; 1 Coral Gables 100 'D' (4 100 'B'); 4 Clermont Pure 100 'B'

MOULTRIE Rico (BAH) 9-1-2000 (19y) 4x200
200 pb: 20.93w, 20.98 -19. 100 pb: 10.56 -19

In 2019: 4 Carifta Games 100/200, plus 3 junior 200m wins and 2 junior 100m second places in Nassau

NEWBOLD Stephen (BAH) 5-8-1994 (24y) 4x200/4x400
Former World Youth Champion at 200m // 400 pb: 45.80 -16 (47.59 -19). 200 pb: 20.76 -13. ht WJC 2010; 1 World Youth 200 2011; 2 WJC 4x100 2012 (3 4x400); 5 Central American Champs 2016; ht OLY 4x400 2016 (awarded bronze medal won by Bahamas in the final); 2 COM 4x400 2018
In 2019: 2 Nassau 200 (Jan 12); 2 Nassau 200 (Feb 16); 4 Coral Gables

RESIAS Cliff (BAH) 8-11-1996 (22y) 4x200
100 pb: 10.23 -18 (10.44 -19). 200 pb: 20.46 -18 (21.00w, 21.29i -19). 400 pb: 47.34 -19. 4 Central American & Caribbean Junior 100 2014; ht WJC 100 2014
In 2019: 1 Lake Charles 100; 1 Hammond 100 (2 200); 3 Florida Relays 200 'C' (4 100 'D'); 4 Tuscaloosa 100; 5 Baton Rouge 100 (7 200 'D'); 3 Hattiesburg 400

RUSSELL Alonzo (BAH) 8-2-1992 (27y) 4x400
Olympic, Commonwealth & World indoor relay medallist // 400 pb: 45.25 -16 (45.53 -19). 200 pb: 20.65 -18. 2 COM 4x400 2014/2018; 4 Pan-Am Games 4x400 2015; 7 North/Central America & Caribbean 2015 (2 4x400); sf WIC 2016 (2 4x400); 3 OLY 4x400 2016; dq ht WIC 2018; 6 Central American & Caribbean Games 2018; 6 North/Central American & Caribbean 2018. 1 Bahamian 2018. He has a twin sister called Aloniqua. Coach-Ken Harden
In 2019: 2 Florida Relays; 1 Coral Gables; 3 Penn Relays 4x400

SMITH Teray (BAH) 28-9-1994 (24y) 4x200/4x400
Twice Commonwealth Games 200m semi-finalist // 400 pb: 46.79 -17 (47.53 -19). 200 pb: 20.25 -17 (21.09i -19). 100 pb: 10.32 -14. 1 Central American & Caribbean junior 100 2012; 7 WJC 200 2012; sf COM 200 2014/2018; ht WCH 200 2015/2017; ht OLY 200 2016; 2 COM 4x400 2018. Business student at Auburn University. Coach-Ralph Spry
"I'm going to run for prime minister of the Bahamas one day", he claimed in January 2017
In 2019: 3 Columbia 300 (Jan 19); 1 Columbia 200 'B' (Feb 16); 3 Coral Gables 400; 5 Clermont Pure; 3 Penn Relays 4x400

BORLÉE Dylan (BEL) 20-9-1992 (26y) 4x400
Up to four European Championship relay golds now (2 in + 2 out) // 400 pb: 45.55 -18 (46.49 -19). 2 under-23 ECH 4x400 2013; 4 WCH 4x400 2013; 2 EIC 2015 (1 4x400); 1 ECH 4x400 2016; 4 OLY 4x400 2016; 3 WIC 4x400 2018; 1 ECH 2018 (sf 400); 1 EIC 4x400 2019 (2017-2). 1 Belgian indoor 2015. Younger brother of international 400m runners Jonathan & Kevin. 1.90 tall
In 2019: 4 Liévin; 3 Belgian indoor; 1 EIC 4x400; 2 La Jolla 200; 4 Torrance; 2 Irvine

BORLÉE Jonathan (BEL) 22-2-1988 (31y) 4x400
Belgian record holder, but no individual medal until Berlin 2018 // 400r pb: 44.43 -12, 200 pb: 20.31 -12 (21.07 -19). 5 World Youth 400 2005; 4 WJC 400 2006; sf OLY 400 2008 (4 4x400 with 43.6 split); 2 WIC 4x400 2010 (2016-6); 7 ECH 400 2010 (3 4x400); 3 EIC 4x400 2011; 4 ECH 200 2012 (1 4x400); 6 OLY 400 2012 (5 4x400); 4 WCH 400 2013 (2011-5, 2015-sf); 1 EIC 4x400 2015/2019; ht OLY 200/400 2016. (4 4x400); sf WCH 2017 (4 4x400); 3 WIC 4x400 2018; 3 ECH 2018 (1 4x400). 1 NCAA 400 2009. 1 Belgian 400 2006/2011/2015. His mother-Edith De Martelaere was an international sprinter and he has a twin brother Kevin and younger brother Dylan who are also international 400m runners, while their elder sister Olivia ran the first leg for the Belgian 4x100m relay team which won upgraded 2008 Olympic gold
In 2019: 1 EIC 4x400; 4 Torrance 200

BORLÉE Kevin (BEL) 22-2-1988 (31y) 4x400/Mix4x400
Surprise European Champion in 2010 when he went from fifth to first in the last 50m. 2011 world bronze
400 pb: 44.56 -12 (46.69i -19). 200 pb: 20.72 -11 (20.99 -19). sf World Youth 200 2005; sf WJC 2006; 6 ECP 2007; sf OLY 2008 (4 4x400); sf WCH 2009 (4 4x400); 1 ECH 2010 (3 4x400); 4 IAAF Continental Cup 2010 (2018-7); 3 EIC 4x400 2011; 3 WCH 2011 (2013/2015-sf); 1 ECH 4x400 2012; 5 OLY 2012 (5 4x400); sf ECH 2014 (7 4x400 with 43.6 split); 1 EIC 4x400 2015/2019 (2017-2); 4 ECH 2016 (1 4x400); ht OLY 2016 (4 4x400); sf WCH 2017 (4 4x400 with 43.60 split); 3 WIC 4x400 2018; 2 ECH 2018 (1 4x400 with 43.91 split). 1 Belgian 2013/2014/2017 & indoor 2019. His father/coach Jacques was an international 400m

runner as his twin brother Jonathan and younger brother Dylan, while their elder sister Olivia ran the first leg for the Belgian 4x100m relay team which won 2007 world bronze & upgraded 2008 Olympic gold. Kevin is the younger of the twins by five minutes
In 2019: 1 Liévin; 1 Belgian indoor; 1 EIC 4x400; 1 La Jolla 200

SACOOR Jonathan (BEL) 1-9-1999 (19y) 4x400/Mix4x400
2018 World Junior Champion. He and three Borlées became European relay champions in 2018

400 pb: 45.03 -18 (46.43 -19). 3 EJC 2017; 1 WJC 2018; 3 WIC 4x400 2018; 1 ECH 4x400 2018. 1 Belgian indoor 2018. Coach-Jacques Borlée

In 2019: He's transferred to the University of Tennessee in Knoxville; 2ht US South East Conference indoor; 7 Florida Relays (2 200 'H'); 3 Tennessee Relays; 3 Gainesville Jones (5 200 'D')

VANDERBEMDEN Robin (BEL) 10-2-1994 (25y) 4x400/Mix4x400
400 pb: 45.65 -17 (48.12i -19). 200 pb: 20.40w, 20.43 -18. 8 EJC 200 2013; 8 Francophone Games 200 2013; 8 under-23 ECH 2015; 5 WCH 4x400 2015; 6 WIC 4x400 2016 (sadly he dropped the baton for the team which included him and three Borlée brothers); gold ECH 4x400 2016/2018 (ran heats both times); 2 EIC 4x400 2017. 1 Belgian indoor 60 2013/2017

In 2019: 3 Luxembourg; 3ht Ghent IFAM 60

WATRIN Julien (BEL) 27-6-1992 (26y) 4x400/Mix4x400
Multiple European relay golds // 400 pb: 45.64 -14 (47.21i -19). 200 pb: 20.80 -13. 100 pb: 10.31w, 10.39 -10. 7 WJC 100 2010 (sf 200); 4 Francophone Games 200 2013; ht ECH 2014; 1 EIC 4x400 2015/2019 (2017-2); sf ECH 2016 (1 4x400); 4 OLY 4x400 2016. 1 Belgian 2016 & 100 2012

In 2019: 3 Ghent IFAM; 2 Belgian indoor; 1 EIC 4x400

VASILEUSKI Aliaksandr (BLR) 5-1-1992 (27y) 2x2x400
400 pb: 47.75 -18. 600 pb: 1:54.87i -17. 3 Belarusian 400 2018

AMOS Nijel (BOT) 15-3-1994 (25y) Mix4x400
Full name-Nijel Carlos Amilfitano Amos (Nijel pronounced "Knee-gel")
World #1 in 2014 with three Diamond League wins and golds at the Commonwealth Games & African Championships
400 pb: 45.55 -17 (46.38 -19). 800 pb: 1:41.73 -12 (1:44.29 -19). 200 pb: 21.34 -15. 5 World Youth 800 2011; 3 Commonwealth Youth Games 800 2011; 1 WJC 800 2012; 2 OLY 800 2012 (set a world junior record behind David Rudisha); 1 WSG 800 2013; 1 COM 800 2014; 1 African Champs 800 2014/2016/2018; 1 IAAF Continental Cup 800 2014 (2018-3); ht OLY 800 2016; 5 WCH 800 2017 (2015-sf)
In 2019: 3 Azusa 400; 1 Doha Diamond 800

EPPIE Lee (BOT) 18-5-1999 (19y) Mix4x400
Full name-Lee Bhekempilo Eppie // 400 pb: 46.47 -18 (46.56 -19). 2 African Junior 4x400 2017
In 2019: 1 Gaborone (Mar 9); 1 Gaborone Lefika 4x400; 5 Gaborone International

MAKWALA Isaac (BOT) 29-9-1986 (32y) 4x400
Reigning African Games & Commonwealth Games Champion // 400 pb: 43.72 -15 (47.00 -19). 200 pb: 19.77 -17. 100 pb: 10.20 -14. ht WCH 400 2009; sf COM 400 2010 (5 4x400); 7 African Games 400 2011; 1 African Champs 400 2012/2014 (2008-2, 2016-4); ht WCH 200 2013; sf COM 400 2014 - "Scotland was too cold for me"; 2 African Champs 200 2014; 2 IAAF Continental Cup 400 2014 (6 200); 5 WCH 400 2015; 1 African Games 400 2015 (2 4x400); sf OLY 400 2016 (2012-ht); 5 OLY 4x400 2016; 6 WCH 200 2017, but "heartbroken" he could not take part in the final of his main event after being diagnosed with an infectious disease (Norovirus). Coach-Justice Dipeba
At Madrid 2017, he became the first man to go sub-20/200m and sub-44/400m on the same day (in fact within two hours)
In 2019: 6 Gaborone International

MASASA Thuto (BOT) 21-8-2000 (18y) 4x100
100 pb: 10.53 -19. 200 pb: 21.12 -19. 1 Botswanan junior 100 2018
In 2019: 1 Gaborone 100 (Feb 28); 1 Gaborone 100 (2 200) (Mar 9); 1 Gaborone International 100 'C'

MASILO Boitumelo (BOT) 5-8-1995 (23y) 4x400
400 pb: 45.69 -17 (45.76 -19). 800 pb: 1:45.87 -16 (1:47.89 -19). 8 African Games 800 2015; 4 African Champs 800 2016; ht OLY 800 2016. Coach-Justice Dipeba

In 2019: 1 Gaborone 600 (Jan 31); 2 Gaborone 400 (Feb 28); 1 Gaborone Lefika 4x400; 5 Potchefstroom 800; 2 Gaborone 800;

MOTHIBI Karabo (BOT) 15-10-1996 (22y) 4x100
Third leg for Botswanan sprint relay team which set a national record of 39.01 in Gaborone on March 30, 2019
100 pb: 10.17w, 10.29 -16. 200 pb: 20.44w -16, 20.66 -17 (20.89 -19). 400 pb: 48.02 -19. sf World Youth 100 2013 (2013-ht); 6 African Champs 100 2016; ht COM 100 2018. 1 Botswanan 100 2016
In 2019: 3 Gaborone 400 'C' (Feb 28); 3 Gaborone 300 (Jan 31); 1 Francistown 200; 1 Sasolburg 100; 3 Potchefstroom 200; 1 Gaborone International 100

MOTUKISI Charles (BOT) 1-1-1991 (28y) 4x100
Led off Botswanan sprint relay team which set a national record of 39.01 in Gaborone on March 30, 2019
100 pb: 10.34 -17 (10.46 -19). 200 pb: 21.05 -13. 5 WSG 4x100 2011 (2013-6); 7 African Champs 4x100 2016; sf African Champs 200 2018
In 2019: 1 Gaborone 100 (Feb 28); 2 Gaborone 4x100 (Mar 30); 4 Gaborone International 100

NGOZI Zibani (BOT) 31-10-1982 (36y) 4x100
200 pb: 21.61 -18. 400 pb: 46.27 -19
In 2019: 1 Francistown; 1 Gaborone International 'C'

NKOBOLO Onkabetse (BOT) 22-7-1993 (25y) 4x400
Third leg for Botswanan team which won 2018 Commonwealth title, he put Isaac Makwala in a perfect position to win (after which all four team members did press-ups information)
400 pb: 45.10 -15 (45.95 -19). ht WCH 2015; 3 African Games 2015 (2 4x400); 1 African Champs 4x400 2016; 1 African Champs 4x400 2016; 5 OLY 4x400 2016; 1 COM 4x400 2018; 6 African Champs 400 2018. Coach-Justice Dipeba
In 2019: 2 Gaborone 300 (Jan 31); 1 Gaborone 'C'; 7 Sasolburg; 1 Potchefstroom; 3 Gaborone 4x400; 2 Gaborone International

PHOKEDI Onneile (BOT) 20-12-1999 (19y) 4x400
400 pb: 46.25 -19. 4 African Junior 4017 (2 4x400). 1 Botswanan junior 2018
In 2019: 1 Gaborone (Feb 28); 1 Gaborone Lefika 4x200 (2 4x400); 4 Gaborone International

SCOTCH Leungo (BOT) 28/02-1996 (23y) 4x400/Mix4x400
400 pb: 45.75 -19. 200 pb: 21.55 -16. ht WJC 2014; 1 African Junior 4x100 2015; sf African Champs 2018. 1 Botswanan 2018
In 2019: 4 Gaborone (Feb 28); 4 Sasolburg; 1 Potchefstroom; 3 Gaborone International

SEKGOPI Thabiso (BOT) 2-2-1998 (21y) 4x100
100 pb: 10.54w -18, 10.63 -17. 200 pb: 21.22w, 21.43 -15. ht WJC 4x100 2014/2016; 2 African Youth 200 2015 (4 100); 6 Commonwealth Youth Games 200 2015; ht World Youth 200 2015; 6 African Junior 200 2017 (8 100)

THEBE Baboloki (BOT) 18-3-1997 (22y) 4x400
Twice African Champion. Fourth at 2017 World Championships // 400 pb: 44.02 -17 (45.34 -19). 200 pb: 20.21 -16. 100 pb: 10.29 -15. 2 Youth Olympic Games 200 2014; 1 African Youth Games 200 2014 (3 100); sf WJC 200 2014/2016; 1 African Champs 400 2016/2018; 2 WJC 4x400 2016 (43.5 split in heat); dns sf OLY 2016 (injured); 4 WCH 2017 (pipped on line by fast-finishing Abdalelah Haroun QAT); 2 COM 2018 (1 4x400). Coach-Mogomotsi Otsetswe. 1.86 tall
In 2019: 1 Gaborone (Feb 28); 2 Gaborone Lefika 4x100; 1 Gaborone International

CARVALHO Lucas (BRA) 16-7-1993 (25y) Mix4x400
2018 South American Games Champion // 400 pb: 45.37 -17 (46.16 -19). 110H pb: 14.10 -14. sf WJC 110H 2012; 4 South American 2017 (2 4x400); 1 South American Games 2018; 1 Ibero-American 2018. 1 Brazilian 2017/2018
In 2019: 2 São Paulo; 2 Mt SAC Relays 'B'; 1 Irvine

de OLIVEIRA Paulo Andre (BRA) 20-8-1998 (20y) 4x100/4x200
Twice Brazilian Champion at 100m // 100 pb: 10.02 -18/19. 200 pb: 20.29 -19. 400 pb: 46.46 -19. 8 World Youth 100 2015; 5 WJC 100 2016; 2 Pan-American junior 100. 1 Brazilian 100 2017/2018
In 2019: 2 San Diego 100 (Mar 23); 1 Irvine 100 (2x); 1 San Diego 100 (Apr 5); 1 Claremont 100/200; 1 Azusa 100; 1 Mt SAC Relays 100/200

do NASCIMENTO Rodrigo (BRA) 26-9-1994 (24y) 4x100/4x200
 100 pb: 10.14 -18 (10.19 -19). 200 pb: 20.47 -18 (20.96 -19). 3 Brazilian 100 2014/2016
 In 2019: 1 São Paulo 100; Azusa 100; 3 Torrance 100 'C'; 2 Irvine 100 (3 200)

dos SANTOS Vitor (BRA) 1-2-1996 (23y) 4x100/4x200
 Full name-Vitor Hugo dos Santos
 Brazilian 100m Champion in 2015 while still a junior, then retained title in 2016
 100 pb: 10.11 -16. 200 pb: 20.50 -16. 400 pb: 46.74 -18. 2 World Youth 200 2013 (6 100); 1 South American Junior 200 2013 & 100 2015; sf WJC 100/200 2014; sf WJC 100/200 2014, though in the 200m he was disqualified for going out of his lane; 2 Pan-Am Games 4x100 2015; ht OLY 100 2016 (6 4x100). 1 Brazilian 100 2015/2016. Coach-Victor Fernandes
 In 2019: 8 Bragança Paulista 400; 4 São Paulo 400 'B' (sf 100); 6 Azusa 100; 5 Irvine 200

RUSO Alexander (BRA) 26-7-1994 (24y) Mix4x400
 400 pb: 45.55 -17 (46.69 -19). 2 South American Junior 2013; 8 OLY 4x400 2016; 7 World Relays 4x400 2017. 2 Brazilian 2018
 In 2019: 2 Bragança Paulista; 5 São Paulo; 4 Azusa; 5 Mt SAC Relays 'B'; 3 Irvine

SILVA Derick (BRA) 23-4-1998 (21y) 4x100/4x200
 100 pb: 10.10 -18. 200 pb: 20.23 -18 (20.92 -19). 2 World Youth 100 2015 (4 200); 7 WJC 100 2016. 3 Brazilian 100/200 2018
 In 2019: ht São Paulo 100/200; 5 Azusa 100; 6 Mt SAC Relays 200 (7 100); 2 Irvine 200

SOUZA Hugo (BRA) 5-3-1987 (32y) Mix4x400
 Full name-Hugo Balduino de Souza
 Twice Brazilian Champion // 400 pb: 45.09 -14 (46.61 -19). 100 pb: 10.47 -11. 200 pb: 20.68 -09. 2 South American 200 2009; 6 WCH 4x400 2013; 2 South American Games 2014; 7 Pan-Am Games 2015; 8 OLY 4x400 2016. 1 Brazilian 2014/2015
 In 2019: 1 Bragança Paulista; 3 São Paulo

VIDES Jorge Henrique (BRA) 24-11-1992 (26y) 4x100/4x200
 Twice Ibero-American Champion at 200m // 100 pb: 10.08 -18 (10.33 -19). 200 pb: 20.34 -18. 3 South American 200 2013 (1 4x100); 1 Ibero-American 200 2014 (2 100); 1 Ibero-American 200 2018 (2 100). 1 Brazilian 200 2016. Coach-Paulo Servo
 In 2019: 5 São Paulo 100; 3 Azusa 100; 3 Irvine 100

BLAKE Jerome (CAN) 18-8-1995 (23y) 4x100
 100 pb: 10.18w, 10.23 -18 (10.26w -19). 200 pb: 20.38 -18 (20.72 -19). 400 pb: 48.16 -18 (48.19 -19). 5 North/Central American & Caribbean 200 2018. 2 Canadian 200 2018 (6 100)
 In 2019: 2 Las Vegas 100/200; 4 Florida Relays 200 (3 4x100); 1 Burnaby 400; 3 Baton Rouge LSU 4x100

BOATENG Bismark (CAN) 15-3-1992 (27y) 4x100
 100 pb: 10.14 -18 (10.25w -19). 200 pb: 20.76 16 (21.22w -19). sf WSG 100 2015; 3 Francophone Games 100 2014; sf COM 200 2018. 2 Canadian 100 2018. Born-Ghana
 In 2019: 3 Baton Rouge LSU 100/4x100; 1 Florida Relays 200 'B' (3 4x200 'B')

BROWN Aaron (CAN) 27-5-1992 (26y) 4x100
 Relay bronzes in Moscow 2013, Beijing 2015 and Rio 2016 // 100 pb: 9.95w, 9.96 -16. 200 pb: 19.98 -18 (20.20 -19). 400 pb: 46.33 -19.2 World Youth 100 2009; 3 WJC 200 2010 (5 100); 3 Pan-Am junior 100 2011; sf OLY 200 2012; 3 WCH 4x100 2013/2015; sf WCH 100 2013/2015; sf COM 100 2014; ht OLY 100 2016 (3 4x100); dq ht WCH 200 2017 (6 4x100); 2 COM 200 2018; 2 North/Central American & Caribbean 200 2018. 1 Canadian 100 2013/2018 & 200 2015/2018. Lives-Toronto. 1.98 tall
 Disaster for him in London 2017: won his 200m heat in 20.08 but disqualified for stepping on the line on the bend. The final was won in a slower time, 20.09
 In 2019: 3 Tampa 400 (pb 46.33); 1 Florida Relays 4x100/4x200; 2 St George's 100; 3 Doha Diamond 200

COLE Austin (CAN) 1-1-1998 (21y) Mix4x400
 400 pb: 46.33 -18 (46.65 -19). 7 Pan-American Junior 2017
 In 2019: 5 Edmonton 60; 1 Edmonton 300; 1 Winnipeg 300; 1 Florida Relays 'F'; 1 Baton Rouge LSU

DE GRASSE Andre (CAN) 10-11-1994 (24y) 4x100
 (Pronounced De Grass, not De Grassi)
 Two World Championship bronzes in 2015, then three Olympic medals in 2016, then two injury-ruined years
 100 pb: 9.69w -17, 9.91 -16. 200 pb: 19.58w, 19.80 -16 (20.20 -19). 2 Pan-Am junior 100 2013 (3 200); sf COM 200 2014; 1 Pan-Am Games 100/200 2015; =3 WCH 100 2015 (3 4x100); 2 OLY 200 2016 (3 100/4x100). 1 NCAA 100/200 2015; 1 Canadian 100 2015/2016/2017 (1 200 2017). Right hamstring tear in 2017, then the same hamstring went in 2018. Partner-Nia Ali (1 WIC 60H 2014/2016), their daughter Yuri born June 23, 2018. Coach-Rana Reider (formerly Stuart McMillan)
 In 2019: 1 Florida Relays 4x100/4x200 (same line-up each time with him anchoring: Gavin Smellie, Aaron Brown, Brendon Rodney, Andre De Grasse); 2 St George's 200

HARPER Daniel (CAN) 28-8-1989 (29y) Mix4x400
 2013 World Student Games relay gold // 400 pb: 45.60 -12 (47.76 -19). 200 pb: 20.80 -17. 6 WJC 2008; 3 WSG 2009 (2013-8); 1 WSG 4x400 2013; ht Pan-Am Games 2015. 1 Canadian 2010. Coach-Frank Bucca
 In 2019: 2 Ann Arbor; 2 Geneva OH 300/400; 4 Florida Relays 'C'; 1 Baton Rouge 'F'

OSEI Philip (CAN) 30-10-1990 (28y) Mix4x400
 Twice Canadian Champion // 400 pb: 45.23 -15 (47.47 -19). 2 North/Central American & Caribbean under-23 2012; 4 Francophone Games 2013; sf COM 2014; 6 North/Central America & Caribbean 2015; ht WIC 2014. 1 Canadian 2013/2015. Born/lives-Toronto
 In 2019: 1 Ann Arbor; 1 Montréal 300; 1 Geneva OH; 4 Florida Relays; 1 Baton Rouge LSU 'D'

RODNEY Brendon (CAN) 9-4-1992 (27y) 4x100
 Third leg for team which won World 4x100m bronze in 2015 and Olympic bronze in 2016
 100 pb: 10.18 -17 (10.53 -19). 200 pb: 19.96 -16 (20.63 -19). 400 pb: 45.96 -16 (48.46 -19). 5 WSG 200 2013 (1 4x400); sf COM 200 2014; 3 WCH 4x100 2015 (sf 200); 3 OLY 4x100 2016 (ht 200); ht WCH 100 2017 (having made it through the preliminary round) (6 4x100). 1 Canadian 200 2014/2016. Student of Exercise Science at Long Island University Brooklyn in New York City. Coach-Simon Hodnett
 In 2019: 2 Kingston Jackson 400 'B'; 3 Kingston Wolmer 100 'B'; 1 Spanish Town 200 (2 100); 1 Florida Relays 4x100/4x200; 4 St George's 200; 2 Penn Relays 4x100

SMELLIE Gavin (CAN) 26-6-1986 (32y) 4x100
 2013 World relay bronze // 100 pb: 9.97w -17, 10.01 -18. 200 pb: 20.16w -15, 20.38 -17 (20.89 -19). 6 Pan-Am junior 200 2005; 5 WSG 200 2007 (2009-6); qf WCH 200 2009; sf WCH 100 2013 (3 4x100); sf WIC 60 2014; 8 COM 200 2014; dq ht Pan-Am Games 100 2015; ht WCH 100 2017; sf COM 100 2018; 5 North/Central American & Caribbean 100 2018. Born-Jamaica, moved to Canada at age 12. Studied Business at the University of Western Kentucky. Coach-Earl Letford
 Led off the ill-fated Canadian sprint relay squad at the London Olympics who finished third, but were then disqualified because of a lane infringement; One year later in Moscow he led off the team which originally placed fourth, but were then promoted to bronze following Britain's disqualification

In 2019: 3 Ann Arbor 60; 2 Guelph 60; 6 Gainesville 200 (1 4x100/4x200); 1 Coral Gables 100 (4 20.90); 3 Baton Rouge LSU 4x100; 2 Penn Relays 4x100

BAO Leer (CHN) 28-2-1995 (24y) 4x200
 200 pb: 20.84 -18 (21.68i -19). 100 pb: 10.60 -18 (10.80 -19). 7 Chinese National Games 200 2017; 3 Chinese 200 2018
 In 2019: ht Zhaoqing 100; 2 Huangshi 4x200

BIE Ge (CHN) 2-8-1992 (26y) 4x200
 Third leg for Chinese relay team which won at the 2017 Asian Championships
 200 pb: 20.39 -18. 100 pb: 10.49 -16 (10.78 -19). 4 Asian Champs 200 2017 (1 4x100); 5 IAAF Relays 4x200 2017; 8 Asian Games 200 2018. 1 Chinese 200 2017; 3 Chinese National Games 200 2017
 In 2019: 1 Zhaoqing 120 (ht 100); ht Huangshi 100

FENG Zhiqiang (CHN) 14-4-1998 (21y) Mix4x400
 400 pb: 46.59 -17 (47.15 -19). 400H pb: 49.66 -17 (50.71 -19). 2 Asian Junior 400H 2016. 1 Chinese National Games 400H 2017
 In 2019: 1 Torrance 400; 3 Zhaoqing 400; ht Asian Champs 400H (5 mixed 4x400)

JIANG Hengnan (CHN) 6-10-1995 (23y) **4x100**
 100 pb: 10.22 -18 (10.44w, 1.0.61 -19). 200 pb: 21.45 -16. sf WSG 100 2017. 8 Chinese 100 2018
 In 2019: 4 Claremont CA 400 (1 4x100); 1 Norwalk 4x100; 2 Los Angeles 100 (1 4x100) (Mar 9); 8 San Diego 100; dq Asian Champs 4x100 final (after 39.06 heat, he was on the anchor)

LI Jiming (CHN) 14-3-1996 (23y) **ShuttleH**
 110H pb: 13.97 -16 (14.46 -19). 6 Chinese 2018
 In 2019: 3 Nanjing indoors; ht Zhaoqing

LIANG Jinsheng (CHN) 12-1-1996 (23y) **4x100**
 Second leg for Chinese relay team which won at the 2017 Asian Championships
 100 pb: 10.32 -16. 200 pb: 20.52 -15, 21.33w -19). 2 Asian junior 200 2014; ht WJC 200 2014 (4 4x100); sf Asian Champs 200 2017 (1 4x100). 1 Chinese junior 100 2015; 3 Chinese 100 2018
 In 2019: 2 Nanjing 60; 1 Chinese Indoor Grand Prix Final 60. He was disqualified from both the 200m and 4x100m at the Asian Championships (lane infringements)

LIN Junhong (CHN) 16-9-1998 (20y) **4x200**
 200 pb: 20.79 -18 (21.33 -19). 100 pb: 10.71 -18. 7 Chinese 200 2018
 In 2019: 6 Zhaoqing 200 (2 4x200 'B'); 2 Huangshi 4x200

LU Zhiqian (CHN) 17-3-1994 (25y) **4x400**
 Opening leg for team which broke Chinese record to win silver at 2019 Asian Championships (him, Wu Lei, Yang Lei, Wu Yuang)
 400 pb: 46.08 -17. 2 Asian Champs 4x400 2019. 2 Chinese National Games 2017
 In 2019: 5 Norwalk 200 'B'; 3 Los Angeles (Mar 2); 3 Los Angeles (Mar 9); 4 Zhaoqing (2 4x400); 1 Huangshi 4x400; 2 Asian Champs 4x400

LUO Wenyi (CHN) 14-4-1998 (21y) **4x200**
 200 pb: 20.82 -18 (21.19i -19). 100 pb: 10.42 -15 (10.50 -19). sf World Youth 100/200 2015; ht WJC 100 2016. 4 Chinese 200 2018
 In 2019: Full indoor season including sprint wins in Nanjing & Hangzhou; 3 Zhaoqing 200 (8 100, 4 x100); 1 Huangshi 4x200 'B'

MO Youxue (CHN) 10-2-1996 (23y) **4x200**
 Led off the Chinese sprint relay team which won silver at the Beijing World Championships
 100 pb: 10.22w -17, 10.35 -13 (10.44 -19). 200 pb: 20.76w, 20.96 -15 (21.74 -19). 1 World Youth 100 2013 (7 200); sf WJC 100 2014 (4 4x100); 1 Asian Champs 4x100 2015; 2 WCH 4x100 2015; 5 IAAF Relays 4x200 2017
 In 2019: 60m best of 6.65 indoors. 3 Zhaoqing 100 (1 4x100); 1 Huangshi 200 (1 4x200 'B')

PAN Haitao (CHN) 16-1-1995 (24y) **4x400**
 400 pb: 46.97 -16 (47.69 -19). ht Asian Champs 2019. 8 Chinese 2018
 In 2019: 2 Los Angeles 'B'; 4 Los Angeles (Mar 9); 2 Zhaoqing 4x400 (ht 400); 2 Huangshi 4x400; ht Asian Champs

QUAN Yingrui (CHN) 18-11-1997 (21y) **4x200**
 100 pb: 10.41 -19. 4 Chinese junior 100 2016
 In 2019: Indoor sprint wins at Nanjing & Hangzhou; 5 Zhaoqing 100; 3 Huangshi 100

SU Bingtian (CHN) 29-8-1989 (29y) **4x100**
 2015 World Championship relay silver. 2018 World Indoor 60m silver
 100 pb: 9.90w, 9.91 -18. 200 pb: 21.23 -08. 1 Asian Indoor Games 60 2009; 1 East Asian Games 100 2009; 1 Asian Champs 100 2011/2013 (1 4x100 2015); 3 WSG 100 2011; sf OLY 100 2012; ht WCH 100 2013; 2 Asian Games 100 2014 (1 4x100); 2 WCH 4x100 2015 (9 100); 4 OLY 4x100 2016 (sf 100); 8 WCH 100 2017 (4 4x100); 2 WIC 60 2018 (2014-4, 2016-5); 1 Asian Games 100 2018 (3 4x100). 1 Chinese 100 2011/2012/2013
 Born in a rural area in China's south-eastern province of Guangdong. Coach Yuan Guoqiang set China's first national record of the electrical timing era, clocking 10.61 in 1978 before improving to 10.52
 In 2019: 1 Athlone 60; 1 Birmingham IAAF Tour 60; 1 Düsseldorf IAAF Tour 60 (unbeaten indoors)

SUN Zhenjiang (CHN) 25-1-1999 (20y) **ShuttleH**
 110H pb: 13.75 -19. 4 Chinese junior 2018
 In 2019: 2 Chinese Indoor Grand Prix Final; 1 Zhaoqing; 2 Huangshi

WU Lei (CHN) 9-7-1996 (22y) **4x400**
 Second leg for team which broke Chinese record to win silver at 2019 Asian Championships (Lu Zhiqian, him, Yang Lei, Wu Yuang)
 400 pb: 46.17 -19. 200 pb: 21.72 -18. ht World Youth 2009; 2 Asian Champs 4x400 2019. 1 Chinese Universities 2018; 3 Chinese 2018. Wears glasses
 In 2019: Indoor 400m wins at Nanjing & Hangzhou; 1 Zhaoqing 400/4x400; 1 Huangshi 4x400; 2 Asian Champs 4x400

WU Yuang (CHN) 18-3-1998 (21y) **4x400/Mix4x400**
 Former Asian Youth Champion. Anchor leg for team which broke Chinese record to win silver at 2019 Asian Championships (Lu Zhiqian, Wu Lei, Yang Lei, him)
 400 pb: 45.83 -17 (47.46 -19). 200 pb: 21.68 19. 1 Asian Youth 2015; sf World Youth 2015; sf WJC 2016. 3 Chinese National Games 2017
 In 2019: 2 Norwalk 200 'B'; 1 Los Angeles (Mar 2); 2 Los Angeles (Mar 9); 1 Zhaoqing 4x400; 1 Huangshi 4x400; 2 Asian Champs 4x400

WU Zhiqiang (CHN) 10-4-1994 (25y) **4x100**
 2019 Asian Championship 100m bronze // 100 pb: 10.18 -19. 200 pb: 21.12 -15. 1 Monaco Diamond 4x100 2017; 4 WCH 4x100 2017; 7 Asian Indoor Champs 60 2018; 3 Asian Champs 100 2019. 2 Chinese 100 2017. Ran in heats of 2015 Asian Championships 4x100, so awarded a gold medal won by China in the final
 In 2019: 1 Claremont CA 100/4x100; 1 Norwalk 100/4x100; 1 Los Angeles 100; 3 San Diego 100; 3 Asian Champs 100 (but sadly the the Chinese sprint real team, with him starting, were disqualified in the final after a good 39.06 heat)

XIE Zhenye (CHN) 17-8-1993 (25y) **4x100**
 Twice fourth in world indoor 60m finals. Chinese record holder at 200m
 100 pb: 9.97 -18, 9.91w -17 (10.14w -19). 200 pb: 20.16 -18 (20.33 -19). 1 Youth Olympic Games 200 2010; 1 Asian junior 200 2012 (2 100); 5 WJC 200 2012 (8 100); ht WCH 200 2013; 1 Asian Games 4x100 2014; 4 Asian Champs 100 2015 & 200 2019; 2 WCH 4x100 2015 (dq ht 200 for running out of lane); 4 WIC 60 2016/2018; 4 OLY 4x100 2016; 4 WCH 4x100 2017; 1 Athletics World Cup 200 2018 (China's only male winner of the meeting, but then then didn't enter 14 events). 1 Chinese 100 2017. From-Zhejiang Province. Coach-Tao Jianrong
 In 2019: 1 Florida Relays 100 (3 4x100); 1 Asian Champs 200 (earlier the top Chinese team of Wu Zhiqiang, him, Liang Jinsheng & Jiang Hengnan were disqualified from the 4x100)

XU Zhouzheng (CHN) 26-12-1995 (23y) **4x100**
 2018 Asian Games relay bronze // 100 pb: 10.21 -18 (10.36 -19). 200 pb: 20.89w -19, 21.25 -12. 5 Athletics World Cup 100 2018; sf Asian Games 100 2018 (3 4x100); sf Asian Champs 100 2018. 1 Chinese 100 2016/2018. Ran in heats of 2017 Asian Championships 4x100, so awarded gold medal won by China in final (he deputised for Xu Haiyang)
 In 2019: 5 Florida Relays 100 (3 200 'B'); sf Asian Champs 100

YANG Lei (CHN) 9-3-1995 (24y) **4x400/Mix4x400**
 Third leg for team which broke Chinese record to win silver at 2019 Asian Championships (Lu Zhiqian, Wu Lei, him, Wu Yuang)
 400 pb: 46.19 -18 (47.25 -19). sf Asian Games 2018; 2 Asian Champs 4x400 2019. 2 Chinese 2016/2018; 4 Chinese National Games 2017
 In 2019: 2 Norwalk 200; 2 Los Angeles (Mar 2); 1 Los Angeles (Mar 9); 1 Zhaoqing 4x400; 1 Huangshi 4x400; 1 Asian Champs 4x400

YU Yang (CHN) 9-9-1999 (19y) **4x400**
 400 pb: 47.11 -17 (47.20 -19). 200 pb: 21.31 -19. sf World Youth 200 2015
 In 2019: 1 Norwalk 200; 1 Los Angeles 'B'; 7 Zhaoqing (2 4x400)

ZENG Jianhang (CHN) 17-9-1998 (20y) **ShuttleH**
 110H pb: 13.65 -18 (13.69w, 13.85 -19). 6 Asian Games 2018; 7 Asian Champs 2019. 1 Chinese Grand Prix Final 2018
 In 2019: Indoor wins at Nanjing & Hangzhou; 1h Zhaoqing; 7 Asian Champs

BALOYES Bernardo (COL) 6-1-1994 (25y) **4x400**
 Colombian record holder at 200m // 400 pb: 45.68 -14 (46.31 -19). 200 pb: 20.00 -18 (20.09 -19). 100 pb: 10.20 -10. sf World Youth 200 2011; ht WCH 200 2013; 2 Ibero-American 200 2014 (2016-4); ht OLY 200 2016; 1 South American 200 2017 (2013-2); ht WCH 200 2017; 3 South American Games 200 2018 (1 4x100/4x400); 1 Central American &

Caribbean Games 200 2018. 1 Colombian 200 2013/2017/2018 & 400 2014

In 2019: 2 Boston IAAF Tour; 1 Metz 200; 3 Coral Gables 400; 2 Clermont Rure 200; 1 Bragança Paulista 200; 1 Medellín Restrepo 200

HERRERA Yilmar Andres (COL) 29-4-1996 (23y) 4x400

Anchored Colombia to relay gold at 2018 South American Games (team of Bernardo Baloyes, Yelsin Robledo, Diego Armando Palomeque, him) 400 pb: 45.48 -17 (47.00 -19). 200 pb: 21.04 -18. 3 South American 2017 (1 4x400); ht WCH 2017; 2 South America Games 2018 (1 4x400); 3 Central American & Caribbean Games Champs 4x400 2019. 1 Colombian 2107

In 2019: 4 Medellín Restrepo

PALOMEQUE Diego Armando (COL) 4-2-1993 (26y) 4x400

Colombian record holder at 100m // 400 pb: 45.25 -16 (46.02 -19). 200 pb: 20.32 -17. 100 pb: 10.07w -16, 10.11 -17 (10.67 -19). 1 South American junior 200 2011; ht WJC 400 2012; 3 South American under-23 200 2014; 1 South American 100 2015 (2 200, 3 4x100); 3 Ibero-American 100 2016 (1 4x400); ht OLY 400 2016; 1 South American 100 2017 (1 4x400, 2 4x100); ht WCH 100 2017. Served two year doping ban 2012-2014 after failing a doping control test in the London Olympic Village just before the 2012 Games

In 2019: 1 Colombian Clubs 400; 2 Medellín Restrepo 400 (3 100)

ROBLEDO Yelsin (COL) 3-11-1995 (23y) 4x400

400 pb: 47.11 -17 (47.50 -19). 800 pb: 1:48.11 -19. 4 South American 800 2017; 2 South American Games 800 2018

In 2019: 1 Colombian Clubs 800 (5 400); 7 Medellín Restrepo 400

SOLÍS John Alexander (COL) 24-6-1993 (25y) 4x400

Second leg for the Colombian team which won at the 2017 South American Championships (Diego Armando Palomeque, him, Yilmar Andrés Herrera, Jhon Perlaza)

400 pb: 46.50 -16 (46.85 -19). 1 South American 4x400 2017; ht WCH 4x400 2017

In 2019: 2 Colombian Clubs; 3 Medellín Restrepo

DESENSKÝ Michal (CZE) 1-3-1993 (26y) 4x400

400 pb: 46.39 -15 (46.95i -19). 200 pb: 21.09w -15, 21.22 -13. sf WJC 200 2012; 4 ECH 4x400 2016; 5 WIC 4x400 2018; ht ECH 2018. 1 Czech indoor 2016/2017/2018

In 2019: 1 Prague 300; 1 Vienna T&F 'D'; 3 Czech indoor

JIRKA Jan (CZE) 5-10-1993 (25y) 4x100

2018 Czech Champion at 200m // 100 pb: 10.43w -14, 10.17 -18. 200 pb: 20.56w -18, 20.75 -18. ht WJC 200 2012; 3 under-23 ECH 200 2015 (2 4x100); ht ECH 200 2018. 1 Czech 200 2018

In 2019: 3 Prague 60; 5 Czech indoor 60

KUBEŠ Jirí (CZE) 3-4-1995 (24y) 4x100/4x400

100 pb: 10.79 -18. 200 pb: 21.18w -18, 21.20 -17. 400 pb: 48.92 -16. 1 Czech under-23 110H 2017

In 2019: 1 Prague 60H (3 200) (Jan 20); 2 Prague 300 (3 60H) (Jan 22); 5 Ostrava National 60 'B'; 4 Czech indoor 60H (5 200)

MASLÁK Pavel (CZE) 21-2-1991 (28y) 4x100/4x400

A big indoor title now every year for six years (three World, three European)

400 pb: 44.79 -14 (46.19i -19). 200 pb: 20.46 -17. 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. & 400 2018 1 Czech indoor 400 2015 (& 200 2016/2017/2018). Coach-Dalibor Kupka

In 2019: 1 Prague 150/3000; 2 Ulsteinvik 400 (1.54 behind Karsten Warholm); 1 Karlsruhe IAAF Tour 400; 1 Toruń IAAF Tour 400; 1 Ostrava 300; 2 Czech indoor 60; 2 Düsseldorf IAAF Tour 400; Withdrew ill from the European Indoor Championships

MÜLLER Vít (CZE) 31-8-1996 (22y) 4x400

400 pb: 46.56 -18 (46.63i -19). 400H pb: 49.92 -17. ht EJC 400H 2015; sf ECH 400H 2016 (20180ht); 6 ETCh 400H 2017; ht EIC 2019. 1 Czech 400H 2017

In 2019: 1 Prague (Jan 7); 1 Prague 300 (Jan 11); 1 Prague 200/400 (Jan 20); 1 Dortmund 400 'B'; 1 Ostrava National 200; 4 Czech indoor 400; 5ht EIC 400

SORM Patrik (CZE) 21-11-1993 (25y) 4x400

Twice European indoor relay bronze // 400 pb: 46.20 -14 (46.83i -19). 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

In 2019: 1 Prague 300 'B'; 3 Ulsteinvik; 1 Chemnitz; 2 Czech indoor

STROMSÍK Zdenek (CZE) 25-11-1994 (24y) 4x100

Czech record holder at 100m // 100 pb: 10.11w, 10.16 -18. 200 pb: 21.13 -18. ht WJC 100 2014; 4 EJC 100 2013; 6 ETCh 100 2017; ht WIC 60 2018; sf ECH 100 2018. 1 Czech 100 2017/2018 & indoor 60 2019

In 2019: 1 Ostrava 60 (Jan 12); 1 Jablonec 60; 4 Dortmund 60; 5 Berlin ISTAF 60; 4 Ostrava 60 (Feb 12); 1 Czech indoor 60; 7sf EIC 60

TESAŘ Jan (CZE) 26-3-1990 (29y) 4x400

Twice European indoor relay bronze // 400 pb: 45.73 -15 (46.26i -19). 400H pb: 50.54 -18. sf ECH 400 2012; 11 ETCh 400 2014; ht ECH 400 2014; sf EIC 400 2015 (3 4x400); 4 ECH 4x400 2016; sf EIC 400 2017 (3 4x400); ht EIC 400 2019. 1 Czech 400 2013 (1 indoor 2014/2019). 1.84 tall

In 2019: 1 Prague 200/800 (Jan 12); 1 Prague 400 (Jan 20); 3 Ostrava 300; 1 Czech indoor 400; 5ht EIC 400

VELEBA Jan (CZE) 6-12-1986 (32y) 4x100

Former Czech record holder at 100m // 100 pb: 10.23 -10. 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 & indoor 60 2011/2015/2016. 1 Slovak indoor 60 2014. He works as a furniture maker. Same coach (Dalibor Kupka) as Pavel Maslák

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

ZÁLESK Dominik (CZE) 23-8-1995 (23y) 4x100

2018 World indoor semi-finalist at 60m // 100 pb: 10.29 -18. 200 pb: 21.32 -18. qf WSG 100 2017; sf WIC 60 2018; ht ECH 2018. 1 Czech indoor 60 2018

In 2019: 4 Jablonec 60 (Jan 19); 1 Jablonec 60 (Jan 30); 5 Sătra 60

ANDUJAR Yoandry (DOM) 5-7-1990 (28y) 4x100

Second leg for sprint relay team which won at 2016 Ibero-American Championships with a Dominican Republic record 38.52 (Mayovanex De Oleo, him, Stanly Del Carmen, Yancarlos Martinez)

100 pb: 10.20 -15 (10.35w, 10.43 -19). 200 pb: 20.51w -16, 20.66 -15 (20.71w, 21.04 -19). 6 Central American & Caribbean Games 100 2014; 5 Pan-American Games 4x100 2015; 5 Ibero-American 100 2016 (1 4x100)

4 Coral Gables 100/200 (1 4x100) (Mar 16); 1 Orlando 200 'B' (2 100 'B') (1 4x100); 3 Florida Relays 200 'E' (3 4x100); 3 Coral; Gables 200 'H' (1 4x100); 6 Claremont Pure 200 'B' & 100 'C'; 7 Gainesville Jones 200 'B' (8 100 'C')

DE OLEO Mayovanex (DOM) 26-5-1993 (25y) 4x100

Led off sprint relay team which won at 2016 Ibero-American Championships with a Dominican Republic record 38.52 (him, Yoandry Andujar, Stanly Del Carmen, Yancarlos Martinez)

100 pb: 10.29 -17 (10.32 -19). 200 pb: 21.32 -15 (21.52w -19). 1 Ibero-American 4x100 2016

In 2019: 1 Coral Gables 100 (1 4x100); (Mar 16); 5 Orlando 100 (4 200 'B', 1 4x100); 5 Florida Relays 200 'D' (3 4x100); 3 Coral Gables 100 (1 4x100) (Apr 13); 5 Clermont Pure 100 'C'; 4 Gainesville Jones 100 'D'

DEL CARMEN Stanly (DOM) 20-9-1995 (23y) 4x100

2016 Ibero-American Champion at 100, then third leg for relay team which won in Dominican Republic record 38.52 (Mayovanex de Oleo, Yoandry Andujar, him, Yancarlos Martinez)

100 pb: 10.18 -15 (10.66 -19). 200 pb: 20.26w, 20.46 -16 (21.68 -19). 6 Central American & Caribbean junior 100 2014; sf WJC 100 2014 (ht 200); 1 Ibero-American 100/4x100 2016; 2 Central American Champs 100/200 2016; ht OLY 200 2016. Coach-Jose Ludwig Rubio (same as Luguelin Santos)

In 2019: 7 Coral Gables 100 (May 16); 1 Orlando 100 'D' (1 4x100); 7 Florida Relays 200 'E'; 6 Coral Gables 100 'B' (Apr 13); 3h Clermont Pure 100; 8 Gainesville Jones 100 'B'O

MARTINEZ Yancarlos (DOM) 8-7-1992 (26y) 4x100

Dominican Republic record holder at both sprints. Anchored relay team

which won at 2016 Ibero-American Championships with a Dominican Republic record 38.52 (Mayovanex De Oleo, Yoandry Andujar, Stanly Del Carmen, him)

100 pb: 10.19 -16 (10.36 -19). 200 pb: 20.16w -19, 20.19 -16 (20.60 -19). 4 Central American & Caribbean Games 100 2014; 7 Pan-Am Games 200 2015 (sf 100); 2 North/Central America & Caribbean 200 2015; sf WCH 200 2015 (ht 100); 1 Ibero-American 200/4x100 2016; ht OLY 200 2016. At the 2015 Pan-American Games, he broke the Dominican Republic 100m record of Juan Núñez (10.16) which had stood since 1983. Former baseball player, but was forced to give up that sport with an injured wrist. 1.67 tall

In 2019: 2 Coral Gables 100/200 (Mar 16); 1 Orlando 200 (4 100, 1 4x100); 1 Florida Relays 200 'C' (3 4x100); 2 Coral Gables 200 'H' (1 4x100) (Apr 13); 1 Clermont Pure 200 B' (5 100 'E'); 3 Des Moines 200

VALDEZ Cristofer (DOM) 1-11-1994 (24y) 4x100

100 pb: 10.09w, 10.22 -18 (10.36 -19). 200 pb: 21.28 -17 (21.54w -19). 4 Central American Champs 100 2016
In 2019: 2 Coral Gables 100 (Apr 13); 5 Florida Relays 200 'G' (3 4x100); 1 Coral Gables 4x100 (Apr 13); 5 Gainesville Jones 100 'C'

CETRE David (ECU) 19-7-1996 (22y) 4x200

200 pb: 21.62w, 21.70 -18. 400 pb: 47.13 -18. 4 Ibero-American 400 2016; 6 South American under-23 400 2018

PERLAZA Carlos (ECU) 10-6-1996 (22y) 4x200

200 pb: 21.13 -18 (21.64 -19). 400 pb: 47.64 -18 (48.83 -19). 5 Ibero-American 400 2018; 2 South American under-23 200 2018 (7 400)
In 2019: 2 Ecuadorian 400 (3 100/200)

QUIÑONEZ Alex (ECU) 11-8-1989 (29y) 4x200

2012 Olympic finalist at 200m. Ecuadorian record holder in both sprints
200 pb: 19.93 -18 (19.99w, 20.19 -19). 100 pb: 10.09 -13/18. 6 Pan-American Games 200 2011; 1 Ibero-American 100/200 2012; 7 OLY 200 2012; sf WCH 200 2013 (2015-dq ht/false start); 1 South American 200 2013/2015 (1 100 2013); 2 South American Games 200 2014 (3 100); 1 South American Games 200 2018 (2 100); 3 IAAF Continental Cup 200 2018

In 2019: 3 Sabadell 60 (ht 200); 5 Madrid IAAF Tour 60; 1 Florida Relays 200; 2 Coral Gables 200; 1 Clermont Pure 200; 2 Doha Diamond 200

VALENCIA Jhon Jairo (ECU) 6-12-1993 (25y) 4x200

200 pb: 21.05 -13. 100 pb: 10.42w, 10.43 -13. 1 South American 4x100 2015. 1 Ecuadorian 200 2013/2014/2017 (1 100 2017)

AHLFORS Otto (FIN) 29-1-1994 (25y) 4x100

Second leg for team which broke the Finnish record at the 2018 Europeans (Eetu Rantala, him, Oskari Lehtonen, Samuel Purola)
100 pb: 10.34w, 10.44 -16. 200 pb: 21.65 -13. 6 ECH 4x100 2018. 1 Finnish indoor 60 2017

In 2019: 1 Jyväskylä 60; 1 Tampere 60; 2 Finnish indoor 60

LEHTONEN Oskari (FIN) 14-6-1997 (21y) 4x100

Third leg for team which broke the Finnish record at the 2018 Europeans (Eetu Rantala, Otto Ahlfors, him, Samuel Purola)
100 pb: 10.65 -18. 200 pb: 20.88 -18. 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

MYLLYMÄKI Ville (FIN) 15-1-1990 (29y) 4x100

Twice Finnish Indoor Champion at indoor 60m // 100 pb: 10.38 -16. 200 pb: 21.40 -16. sf EIC 60 2015. 1 Finnish indoor 60 2014/2015/2016 (1 200 2013/2016). 1 Finnish 100 2016

In 2019: 2 Tampere 60; 2 Helsinki 60; 2 Jyväskylä 60; 2 Tampere 60; 4 Finnish indoor 60

PUROLA Samuel (FIN) 19-5-2000 (18y) 4x100

Two medals at 2017 European Junior Championships, and still a junior to the end of 2019

100 pb: 10.31 -17. 200 pb: 20.84 -17. 2 EJC 100 2017 (3 200); sf WJC 100 2018; sf EIC 60 2019. 1 Finnish indoor 200 2017/2018 & 60 2019
In 2019: 2 Sätra 60; 1 Finnish indoor 60; 6sf EIC 60

RANTALA Eetu (FIN) 5-6-1993 (25y) 4x100

First leg for team which broke the Finnish record at the 2018 Europeans (him, Otto Ahlfors, Oskari Lehtonen, Samuel Purola)

100 pb: 10.30 -14. 200 pb: 21.08 -14. sf WJC 100 2012; sf ECH 100 2014; sf EIC 60 2017; 6 ECH 4x100 2018. 1 Finnish 100/200 2014 & 100 2018; 1 Nordic under-23 100/200 2014
In 2019: 1 Oulu 60; 3 Finnish indoor 60

SAARINEN Roope (FIN) 20-2-1994 (25y) 4x100

100 pb: 10.58 -17. 200 pb: 20.99 -18. sf EJC 200 2013. 1 Finnish under-23 indoor 200 2016

In 2019: 1 Helsinki 200 'B'; 3 Helsinki 60; 7 Nordic International 60 (1 200 'B'); 2 Finnish indoor 200

ANNE Mame-Ibra (FRA) 7-11-1989 (29y) 4x400

European relay bronzes outdoors in 2014 & indoors in 2019 // 400 pb: 45.26 -15. 3 under-23 ECH 4x400 2009; 5 under-23 ECH 2011; 3 Mediterranean Games 2013; 1 ETCh 2014 (2015-2); sf ECH 2014 (3 4x400); ht WCH 2015; 7 ECH 2016; 3 EIC 4x400 2010. 1 French 2013/2014. In 2006 he was selected by France for the World Junior Championships but withdrew after suffering a pulmonary embolism. Coach-Marc Vecchio

In 2019: 1 Eaubonne; 2 French indoor; 3 EIC 4x400

ATINE-VENEL Teddy (FRA) 16-3-1985 (34y) 4x400

Twice French Champion // 400 pb: 45.39 -17. ht WJC 2004; 1 ECP 4x400 2008; 2 Mediterranean Games 2009; sf WCH 2009 (2011-ht); sf ECH 2010; 3 ECH 4x400 2014 (2018-4); 1 ETCh 4x400 2015; 6 WCH 4x400 2015 (2017-8); 5 ETCh 2017 (2011-6); ht WCH 2007. 1 French 2015/2017. His elder brother Didier is also a 400m runner (47.23 -10). Heavily tattooed, including a necklace of blood & tears

BELOCIAN Wilhem (FRA) 22-6-1995 (23y) ShuttleH

European Championship bronzes indoors & out // 110H pb: 13.15w, 13.25 -16. 3 World Youth Medley Relay 2011; 1 EJC 2013; 1 WJC 2014 (2012-3); 3 EIC 2015 (2019-7); 3 ECH 2016; dq/ht OLY 2016. Lives-Guadeloupe. Coach-Ketty Cham

COURBIERE Nicolas (FRA) 28-4-1993 (26y) Mix4x400

2019 European indoor relay bronze // 400 pb: 46.45 -17. 1 under-23 ECH 4x400 2015; 3 EIC 4x400 2018 (2017-4). 3 French indoor 2017. Coach-Bruno Gajer

In 2019: 1 Lyon; 1 Miramas; 4 French indoor; 3 EIC 4x400

DAUTREMER Gautier (FRA) 14-3-1995 (24y) 4x200

2017 European under-23 silver at 200m // 200 pb: 20.66 -17 (21.17i -19). 100 pb: 10.44 -17. sf World Youth 100 2011 (ht 200); 3 Mediterranean under-23 200 2016; 2 under-23 ECH 200 2017

In 2019: 3 Nantes 200 'B'; 4 Reims 60; 1 Eaubonne 60/200; 3 French indoor 200

DUTAMBY Stuart (FRA) 24-4-1994 (25y) 4x100

2016 European 4x100 silver // 100 pb: 10.12 -16. 200 pb: 20.41 -18 (20.82i -19). 7 EJC 100 2013; 5 under-23 ECH 200 2015 (1 4x100); 1 Mediterranean under-23 100 2016; sf ECH 100 2016 (2 4x100); 8 ETCh 100 2017; 5 WCH 4x100 2017; sf ECH 200 2018 (4 4x100). 1 Belgian 100/200 2014

In 2019: 1 Eaubonne 200; 1 Nantes 200; 1 French indoor 200

FALL Mouhamadou (FRA) 25-2-1992 (27y) 4x100

100 pb: 10.13 -18 (10.28 -19). 200 pb: 21.43 -16 (21.18 -19). 4 ECH 4x100 2018. 5 French 100 2018

In 2019: 4ht Val-de-Reuil 60; dq/ht Liévin 60; dq/ht French indoor 60; 1 Tempe 100; 2 El Paso 200

GOLITIN Amaury (FRA) 28-1-1997 (22y) 4x100

2018 Mediterranean under-23 Champion at 100m // 100 pb: 10.07 -18. 200 pb: 20.94 -18. 3 EJC 4x100 2015 (sf 100); sf WJC 100 2016; 1 Mediterranean under-23 100 2018; sf ECH 100 2018; 6 EIC 60 2019. 1 French under-23 100 2017. Former judo player. Coach-Demonière Dimitri (so he trains with Jimmy Vicaut)

Disqualified for false starts at the 2018 French 100m final and then the 2019 French indoor 60m final

In 2019: 1 Reims 60; 4 Liévin 60; dq French indoor 60; 6 EIC 60

HAPPIO Wilfried (FRA) 22-4-1998 (21y) Mix4x400

2017 European Junior Champion at 400m Hurdles // 400 pb: 47.50i -19. 400H pb: 49.93 -19. sf World Youth 400H 2015; 1 EJC 400H 2017 (2 4x400); 2 Mediterranean under-23 400H 2018

In 2019: 1 Eaubonne 400; 2 French under-23 indoor 400

JORDIER Thomas (FRA) 12-8-1994 (24y)**4x400**

2015 European under-23 Champion // 400 pb: 45.50 -15. 3 World Youth Medley Relay 2011 (sf 400); dq/ht EIC 2013; 3 EJC 2013; 3 ECH 4x400 2014 (2018-4); 1 ETCh 4x400 2015; 1 under-23 ECH 400/4x400 2015; sf ECH 2016; sf EIC 2017 (4 4x400); 3 EIC 4x400 2019. 1 French 2016 & indoor 2017/2018. Good in relays – he caught Britain on the anchor leg at the 2015 European Team Championships in Cheboksary. Coach-Alex Menal

In 2019: 1 Nantes 'B'; 1 Val-de-Reuil 'B'; 1 Nantes; 3 French indoor; 3 EIC 4x400

KRAUSS Simon (FRA) 12-2-1992 (27y)**ShuttleH**

Former European under-23 Champion // 110H pb: 13.41w -13, 13.51 -14. 1 under-23 ECH 2013; 1 Mediterranean under-23 2014; 4 Mediterranean Games 2018

LEMAITRE Christophe (FRA) 11-6-1990 (28y)**4x200**

Hard-fought bronze medals from two successive Olympic Games // 200 pb: 19.80 -11. 100 pb: 9.92 -11. 4 World Youth 100 2007 (5 200); 1 WJC 200 2008; 1 EJC 100 2009; dq qf WCH 100 2009 (false start); 2 ETCh 100 2010; 1 ECH 100/200/4x100 2010; 1 IAAF Continental Cup 100 2010; 3 EIC 60 2011 (2009-sf); 1 ETCh 100/200 2011 (1 100 2015 & 200 2015); 3 WCH 200 2011 (4 100); 2 WCH 4x100 2011; 1 ECH 100 2012; 6 OLY 200 2012 (3 OLY 4x100); 7 WCH 100 2013 (injured); 2 ECH 100/200 2014 (3 4x100); 4 IAAF Continental Cup 200 2014 (5 100); sf WCH 100/200 2015; 3 OLY 200 2016 (sf 100); sf WCH 200 2017. 1 French 100/200 2010/2011/2012/2014, 200 2013/2015 & indoor 60 2011/2014/2015/2016/2017. Coach-Pierre Carraz. 1.91/82kg

MARTINOT-LAGARDE Pascal (FRA) 22-9-1991 (27y)**ShuttleH**

Ran his best race in two years to become European Champion in Berlin 2018 (two thousandths ahead of Sergey Shubenkov)

110H pb: 12.95 -14. 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 a left foot injury. His older brother Thomas Martinot Lagarde is also an international hurdler, but has himself been injured for much of the past three years. Coach-Benjamin Crouzet

In 2019: 4 Paris; 1 Berlin ISTAF; 1 Liévin; 1 French indoor; 2 EIC

RENÉ Marvin (FRA) 11-4-1995 (24y)**4x100**

2016 European 4x100m silver // 100 pb: 10.16 -18. 200 pb: 20.59 -15. sf EJC 100 2013; 2 ECH 4x100 2016 (1st leg); 2 Mediterranean under-23 100 2016; sf EIC 60 2017/2019; 6 Athletics World Cup 100 2018; ht ECH 100 2018 (4 4x100). 1 French indoor 60 2018/2019. Coach-Larence Billy

In 2019: 5ht Paris 60; 2 Reims 60; 5 Mondeville 60; 1 French indoor 60; 4sf EIC 60

SAIDY Fabrisio (FRA) 15-7-1999 (19y)**4x400**

Anchored France to European Indoor relay bronzes in 2019 (overtaking both Poland and Britain to do so)

400 pb: 46.91 -18 (46.67i -19). 2 EJC 4x400 2017; 4 WJC 4x400 2018; 5 EIC 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); 5 EIC

VAILLANT Ludvy (FRA) 15-3-1995 (24y)**4x400**

Strong fourth at 400m Hurdles at 2018 European Championships // 400 pb: 45.25 -18. 400H pb: 48.42 -19. 8 EJC 400H 2013; 7 under-23 400 2015 (1 4x400); 5 ETCh 400H 2017; 3 under-23 ECH 400H/4x400 2017; sf WCH 400H 2017 (8 4x400); 1 Mediterranean Games 400H 2018; 3 Athletics World Cup 400 2018; 4 ECH 400H/4x400 2018. 1 French 400H 2018

In 2019: 1 Fort-de-France 300 (Feb 9); Fort-de-France 200 (Mar 16)

VICAUT Jimmy (FRA) 27-2-1992 (27y)**4x100**

Co-holder of European 100m record (with Francis Obikwelu). Sixth in Daegu 2011 & London 2017, seventh in Rio 2016, eighth in Beijing 2015

100 pb: 9.86 -15/16. 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)

In 2019: 3 Liévin 60

ZÉZÉ Mickaël-Méba (FRA) 19-5-1994 (24y)**4x200**

2018 French Champion at 200m, indoors & out // 200 pb: 20.33w -18, 20.47 -17. 100 pb: 10.13w, 10.16 -18. HJ pb: 2.05 -14. 3 World Youth 100 2011 (5 200); 6 EJC 200 2013; 1 Mediterranean under-23 200 2016; 2 ETCh 200 2017; 3 Mediterranean Games 200 2018; sf ECH 200 2018 (4 4x100). 1 French 200 2018 (1 indoor 2018)

In 2019: 2 Val-de-Reuil 60; 5 Metz 60; 3 French indoor 60

ZEZE Ryan (FRA) 29-1-1998 (21y)**4x200**

100 pb: 10.25 -18. 200 pb: 20.77w, 20.12 -18 (21.18i -19). 3 Mediterranean under-23 100 2018

In 2019: 2 Miramas 60 (Jan 19); 2 Miramas 60 (Feb 2); 2 French under-23 indoor 200; 4 French indoor 60 (5 200)

AIKINES-ARYEETAY Harry (GBR) 29-8-1988 (30y)**4x100**

Britain's safest pair of hands when it comes to relays; golds in 2018 from Commonwealth Games and (at short notice) European Championships

100 pb: 9.90w -17, 10.08 -13. 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: 2 Vienna T&F 60; 4 Sătra 60; 6sf UK indoor 60

CHALMERS Cameron (GBR) 6-2-1997 (22y)**4x400/Mix4x400**

Guernsey record holder. British #5 in 2017 & 2018 // 400 pb: 45.64 -17 (46.26i -19). sf WJC 2016; 4 under-23 ECH 2017 (1 4x400); sf COM 2018 (for Guernsey); ht ECH 4x400 2018 (won silver won by Britain in final); sf EIC 2019 (5 4x400). 1 British Universities 2016/2017/2018 (1 indoor 2016/2017); 3 UK 2017/2018; 1 UK indoor 2018. Attends Bath University. His younger brother Alistair Chalmers was the 2017 English Junior Champion at 400m Hurdles. Coach-James Hillier

In 2019: 1 Scottish indoor; 1 UK indoor; 3ht EIC; 6sf EIC (5 4x400); 1 St Peter Port 600

COWAN Dwayne (GBR) 1-1-1985 (34y)**4x400**

2017 World Championship relay bronze, with the quickest splits of the team. Down from 46.02 to 45.34 for 400m in 2017

400 pb: 45.34 -17 (46.28 -19). 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

GEMILI Adam (GBR) 6-10-1993 (25y)**4x100**

2014 European 200m Champion. 2017 World 4x100m Champion // 100 pb: 9.97 -15 (10.11 -19). 200 pb: 19.97 -16. 2 EJC 100/4x100 2011; sf OLY 100 2012; 1 under-23 ECH 100/4x100 2013 (4 200); 5 WCH 200 2013; 2 COM 100/4x100 2014; 1 ECH 200/4x100 2014; 4 OLY 200 2016 (missed bronze by just 0.003, he clocked 20.119 to Christophe Lemaître's 20.116); 1 WCH 4x100 2017; 5 ECH 200 2018 (1 4x100). 1 UK 200 2016. Was a semi-professional footballer with Thurrock. Suffered a grade three tear in his right hamstring when he overbalanced at the finish of the 100m final in the 2015 Birmingham Grand Prix outdoors in June 2015. Mother Sacha from Iran, father Az from Morocco

In 2019: 1 Florida Relays 100; 1 St George's 100 (10.11, already as fast as he ran all year in 2018)

GORDON Sam (GBR) 5-10-1994 (24y)**4x100**

Wales's fastest man. Third in 2018 UK indoor 60m // 100 pb: 10.14w -18, 10.32 -17. 200 pb: 21.12w -18, 21.30 -18. 3 UK indoor 60 2018 (2015-7); 7 UK 100 2018. 1 Welsh 200 2014, 100 2015/2017. 1 Welsh indoor 60 2015/2018. Coach-Matt Elias

In 2019: 1ht Welsh indoor 60 (dq final); 5sf UK indoor 60

HAYDOCK-WILSON Alex (GBR) 28-7-1999 (19y)**4x400**

Ran first leg for British team which won World junior relay bronze in 2018

400 pb: 46.88i -19, 47.19 -18. 200 pb: 21.54i -19, 21.67 -18. 3 WJC 4x400 2018. 1 English junior indoor 2018; 1 Berkshire junior 100/200/400 2018; 3 UK indoor 2018. He is the oldest of three brothers in athletics, his younger brothers are Max & James. Student of Material Engineering at Loughborough University. Coach-Michael Baker
In 2019: 3 Sheffield; 3 UK indoor; 5 Birmingham IAAF Tour; 6 British Universities indoor 200; 4ht EIC (5 4x400)

KILTY Richard (GBR) 2-9-1989 (29y) 4x100
Twice European Indoor Champion and 2014 World Indoor Champion at 60m

100 pb: 9.92w, 10.01 -16. 200 pb: 20.34 -13. sf WJC 200 2008 (5 4x100); 7 under-23 ECH 200 2009; 2 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). 4 UK 100 (2016-6). Father Kevin was a 10.8 100m sprinter and a professional bodybuilder, his sister Heidi is also an athlete. Partner-Dovil Dzindzaletait (LTU, 14.23 TJ), their son Richard junior born September 17, 2016 (20.76 -17). Coach/father Kevin Kilty was a 10.8 100m sprinter
In 2019: 4ht Paris 60; 4 Łódź 60; 6 UK indoor 60; 5 Birmingham IAAF Tour 60; He was not selected by British Athletics for Glasgow [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

MITCHELL-BLAKE Nethaneel (GBR) 2-4-1994 (25y) 4x100
Nethaneel pronounced 'Neth-an-neel'

Anchored Britain to 2017 World Championship relay gold
100 pb: 9.99 -17. 200 pb: 19.95 -16 (20.86 -19) 400 pb: 46.55 -16. sf World Youth 200 2011; 1 EJC 200 2013; 5 ECH 200 2016; sf OLY 200 2016; 4 WCH 200 2017; 2 ECH 200 2018. 2 NCAA indoor 200 2016 & outdoor 200 2017 (6 100 2017); 1 UK 200 2017/2018. Born-Newham, moved to Jamaica at age 13 "but I always claim to be British". Was at Louisiana State University. Father-Joseph Mitchell was an 800m runner, mother-Audrey Blake. Coach-Dennis Shaver (best-known for also coaching Richard Thompson (2 OLY 100 2008) & hurdler Lolo Jones)
In 2019: 5ht UK indoor 60; 3 Gainesville 100 'C'; 6 Doha Diamond 200

RHODEN-STEVENS Jamal (GBR) 27-4-1994 (25y) 4x400
Third leg for British relay team which reached the 2018 World indoor final (above expectations)
400 pb: 46.54 -18 (46.79 -19). 100 pb: 10.67w.10.68 -17. 200 pb: 21.14 -18 (21.37i -19). 6 WIC 4x400 2018. 8 UK 2017; 5 English 2017; 3 UK indoor 2018. Coach-Donovan Reid
In 2019: 1 Vienna Erima 200 (5 60); 1 Mustasaari 200 (2 60); 4sf UK indoor 200; 1 Lee Valley

ROONEY Martyn (GBR) 3-4-1987 (32y) 4x400/Mix4x400
Twice European Champion. Terrific in relays, pb 43.73 split and 10 major championship medals

400 pb: 44.45 -15. 200 pb: 20.87w -11, 21.33 -07. 800 pb: 1:50.55 -05. 2 EJC 2005 (1 4x400); 3 WJC 2006 (3 4x400); 1 ECP 2008; 6 OLY 2008 (3 4x400 following Russia's disqualification); sf WCH 2009/2011/2015 (2007/2017-ht); 2 WCH 4x400 2009 (2011-7, 2013/2015/2017-3); 1 ETCh 2010; 3 ECH 2010 (2 4x400); sf OLY 2012 (4 4x400); 4 COM 2014 (2006-5); 1 ECH 400/4x400 2014; 1 ECH 2016; ht OLY 2016 (dq/ht 4x400); sf ECH 2018 (2 4x400). 1 UK 2008/2010/2011/2012/2014. Born in Croydon of Irish parents, has dual nationality but opted to compete for Great Britain. Coach-Graham Hedman (formerly Nick Dakin). 1.98 tall

SMITH Owen (GBR) 7-11-1994 (24y) 4x400
3x Welsh Champion // 400 pb : 46.23 -16 (46.37i -19). 6 WIC 4x400 2018 (led off the team which team performed above expectations); sf EIC 2019. 1 Welsh 2014/2017/2018; 2 British Universities 2016 (representing Cardiff Metropolitan University); 1 English under-23 2016. Coach-Matt Elias
In 2019: 1 Glasgow; 1 Vienna T&F 'B'; 2 UK indoor; 5sf EIC

THOMPSON Lee (GBR) 5-3-1997 (22y) Mix4x400
2018 UK Indoor Champio // 400 pb: 46.23i -18, 47.01 -17. sf WIC 2018 (6 4x400). 1 under-23 ECH 4x400 2017. 1 North of England 2017; 1 UK indoor 2018. Coach-John Henson
In 2019: 1 Manchester 600

UJAH Chijindu (GBR) 5-3-1994 (25y) 4x100
("CJ"). Led of Britain's winning sprint relay team at the 2017 World Championships

100 pb: 9.95w -17, 9.96 -14/15. 200 pb: 20.39 -17. 8 World Youth 100 2011; 2 Commonwealth Youth Games 100 2011; 6 WJC 100 2012; 1 EJC 100 2013; dq EIC 60 final 2015; sf WCH 100 2015; 1 ECH 4x100 2016; sf OLY 100 2016; 1 WCH 4x100 2017 (sf 100); sf WIC 60 218 (disqualified for false starting); 4 ECH 100 2018 (1 4x100). 1 UK 100 2015. 1 UK indoor 60 2015. Missed a place in the 2016 Olympic 100m final by just 0.002 (he clocked 10.005 in the semi-final to Trayvon Bromell's 10.003). Coach-Jonas Tawiah-DoDoo
In 2019: 1 Newham 60 (2x)

YOUSIF Rabah (GBR) 11-12-1986 (32y) 4x400/Mix4x400

Full name-Rabah Mahammed Yousif Bkheit
2011 African Games Champion. World relay bronzes in 2015 & 2017
400 pb: 44.54 -15. LJ pb: 7.61 -07. HJ pb: 2.05i -07. sf WCH 400 2009/2011; 1 Arab 2010; ht WIC 2010; 2 African Champs 2010; 5 IAAF Continental Cup 2010; 1 African Games 2011; sf OLY 2012; 6 WCH 2015 (3 4x400); 3 WCH 4x400 2017; sf COM 2018. 1 UK 2015 (2016/2017-2). Allegiance transferee from Sudan – born-Khartoum, came to Britain in 2002. Acquired British citizenship on January 23, 2013 and cleared by the IAAF to compete for Britain from June 13, 2013. Wife, Sophie Legg, their children Noah & Taiba. Coach-Carol Williams

DOMOGALA Patrick (GER) 14-3-1993 (26y) 4x100

100 pb: 10.22 -18. 200 pb: 20.64 -14 (20.77i -19). 3 Youth Olympic Games 200 2010; sf WJC 100/200 2012. 1 German indoor 200 2019
In 2019: 8ht Erfurt 60; 1 Karlsruhe 60; 1 Frankfurt 60; 1 Chemnitz 60; 1 German indoor 200 (5 60)

EREWA Robin (GER) 24-6-1991 (27y) 4x200

7x German Champion at 200m (4 out + 3 in) // 200 pb: 20.40 -16. 100 pb: 10.31 -14. 5 WJC 200 2010; 3 under-23 ECH 4x100 2011; sf ECH 200 2014; 8 ETCh 200 2015; ht WCH 200 2015; ht OLY 200 2016; sf ECH 200 2018. 1 German 200 2011/2014/2016/2018 (1 indoor 2014/2015/2017). Coach-Andre Ernst

HARTMANN Joshua (GER) 9-6-1999 (19y) 4x400

400 pb: 46.96 -18. 200 pb: 21.20 -18 (21.16i -19). 100 pb: 10.54 -18. 2 German junior 100 2018
In 2019: 1 Dortmund 60 (Jan 6); 1ht Luxembourg 200; 2 Dortmund 60 (Jan 27); 6 Berlin ISTAF 60; 4 German indoor 60

HERING Robert (GER) 14-6-1990 (28y) 4x200

2008 World Junior bronze & 2009 European junior silver at 200m // 200 pb: 20.41 -09. 100 pb: 10.15w, 10.27 -15. 5 EJC 200 2007 (1 4x100); 3 WJC 200 2008; 2 EJC 200 2009 (1 4x100); sf WCH 200 2009; ht ECH 4x100/2016/OLY 4x100 2016/WCH 4x100 2017. 1 German 200 2009 (as a junior) (2016-2)
In 2019: 8ht Erfurt 60; 4 Halle 60; 1 Leipzig 200 (4 60)

HUKE Maurice (GER) 25-2-1993 (26y) 4x200

200 pb: 20.81 -18 (20.86i -19). 100 pb: 10.37 -18. 5 German 200 2016; 2 German indoor 60 2017 (3 200)
In 2019: 1 Dortmund 60; 1 Erfurt 60 (2 200); 1 Leipzig 60/200; 1 German indoor 200 'B'

JAKUBCZYK Lucas (GER) 28-4-1985 (34y) 4x100

Ran anchor for German team which won sprint relay silvers at 2012 & 2014 European Championships, then bronze in 2016 (but disaster in Berlin 2018)

100 pb: 10.01w, 10.07 -14. 200 pb: 20.76i -15, 20.77 -12. dnq WJC LJ 2004; 8 under-23 ECH LJ 2007; 2 European Police LJ 2012; sf ECH 100 2012 (2 4x100); 4 WCH 4x100 2013; sf WIC 60 2104; 5 ECH 100 2014 (2 4x100); 6 EIC 60 2015; sf ECH 100 2016 (3 4x100); ht OLY 100 2016; sf ECH 100 2018 (then dnf ht 4x100 after colliding with incoming Julian Reus as they tried to complete the final changeover). 1 German 100 2012. He was in the Sports Unit of the German Federal Police (Bundespolizei) in 2004-2011. His twin brother is the international drum & bass DJ and producer Tobias Jakubczyk, who performs as part of the duo 'Neonlight'
In 2019: 6ht Berlin ISTAF 60

JUNKER Torben (GER) 31-1-1993 (26y) Mix4x400

400 pb: 46.17 -18 (47.18i -19). 3 under-23 ECH 4x400 2015; 8 ECH 4x400 2018. 1 German indoor 2019 (2018-2)
In 2019: 1 Dortmund; 1 German indoor; 3 Düsseldorf IAAF Tour

KOCH Marc (GER) 24-5-1994 (24y) 4x400

2017 German Indoor Champion // 400 pb: 46.18 -17 (47.74i -19). sf

EJC 2013; 3 under-23 ECH 4x400 2015; ht EIC 2017. 1 German indoor 2017. He has been advised by British coach Tony Hadley (coach of Olympic finalist Matthew Hudson-Smith)
In 2019: 1 Berlin 200/400; 1 Karlsruhe IAAF Tour 'B'; 3 German indoor

KRANZ Kevin (GER) 20-6-1998 (20y) 4x100
Reigning German Champion at 60m & 100m // 100 pb: 10.24 -18. 200 pb: 20.89 -18. ht ECH 100 2018; 8 EIC 60 2019. 1 German 100 2018 & indoor 60 2019. He ran the first leg for the ill-fated German sprint relay team at Berlin 2018 (when Julian Reus & Lucas Jakubczyk got tangled up on the last changeover)
In 2019: 1 Dortmund 60; 4 Berlin ISTAF 60; 1 German indoor 60; 8 EIC 60

LANGE Tobias (GER) 29-12-1993 (25y) 4x400
400 pb: 46.83 -18. 200 pb: 21.07i -19, 21.25 -18. 4 WJC 4x400 2012. 2 German indoor 200 2019
In 2019: 1 Leverkusen 200; 2 German indoor 200

MENGA Aleixo Platini (GER) 29-9-1987 (31y) 4x200
Anchored Germany to fourth place in the 2015 World Championship sprint relay final
200 pb: 20.27 -16. 100 pb: 10.09 -18. 2 under-23 ECH 200 2009; qf WCH 200 2009; sf ECH 200 2014/2018; 4 WCH 4x100 2015; ht OLY 200 2016; sf EIC 60 2017; 7 ETCh 200 2017. 1 German indoor 200 2012. Coach-Hans-Jorg Thomaskamp
In 2019: 1 Leverkusen 60; 4ht German indoor 60

POHL Michael (GER) 18-11-1989 (29y) 4x100
100 pb: 10.22 -18. 200 pb: 21.00 -18. sf WIC 60 2018. 1 South of Germany 100 2016; 2 German 100 2017; 2 German indoor 60 2018
In 2019: 7 Erfurt 60; 4ht Dortmund 60; 3 Frankfurt 60 (Feb 2); 1 Frankfurt 60 (Feb 6); 2 German indoor 60; 8 Düsseldorf IAAF Tour 60

REUS Julian (GER) 29-4-1988 (31y) 4x100
German record holder at 100m // 100 pb: 9.99w -17, 10.01 -16. 200 pb: 20.23w -16, 20.23 -13 (21.11i -19). sf World Youth 100 2005 (ht 200); sf WJC 200 2006 (ht 100); 1 EJC 100/4x100 2007 (2 200); 6 WCH 4x100 2007; sf ECH 100 2012 (2 4x100); 8 ETCh 200 2013; qf WCH 100 2013 (4 4x100); 3 EIC 60 2015 (2013-6); ht OLY 100/200 2016; 2 ETCh 100 2017; ht WCH 100 2017; sf ECH 100 2018 (then dnf ht 4x100 when he got tangled with Lucas Jakubczyk as they attempted the final changeover). 1 German 100 2013/2014/2015/2016/2017, 200 2012/2013/2015/2017 & indoor 60 2013/2016 (1 200 2016). Coach-Gerhard Jäger
In 2019: 1 Erfurt 60 (Jan 20); 1 Erfurt 60 (Jan 25); 5ht Berlin ISTAF 60

SANDERS Manuel (GER) 3-4-1998 (21y) Mix4x400
400 pb: 46.45 -18. 5 WJC 4x400 2016; 7 EJC 2017. 6 German 2018

SCHLEGEL Marvin (GER) 2-1-1998 (21y) 4x400
400 pb: 45.95 -18 (47.69i -19). 200 pb: 21.20 -18. 4 World Youth Mixed 4x400 2015 (sf 400); ht EIC 2017; sf EJC 2017; 7 Athletics World Cup 2018; ht ECH 4x400 2018. 2 German indoor 2017/2019
In 2019: 1 Erfurt 300; 1 Chemnitz 300; 2 German indoor

SCHMIDT Roy (GER) 30-9-1991 (27y) 4x100
2016 European relay bronze. 2017. German Police Champion at 100m // 100 pb: 10.24w, 10.27 -17. 200 pb: 20.85 -14. 7 EJC 200 2009 (1 4x100); sf WJC 200 2010; 3 ECH 4x100 2016; ht WCH 4x100 2017. 1 German Police 100 2017
In 2019: 1 Chemnitz 60; 7 Erfurt 60; 5 Dortmund 60; 3ht German indoor 60

SCHNEIDER Patrick (GER) 30-11-1992 (26y) Mix4x400
400 pb: 45.82 -18 (48.92i -19). 200 pb: 21.02 -16. 8 ECH 4x400 2016/2018; 3 ETCh 4x400 2017; sf ECH 2018. 2 German 2017/2018
In 2019: 2 Sindelfingen 200; 1 Fürth 200; 5 Karlsruhe IAAF Tour 'B'

TREFZ Johannes (GER) 7-6-1992 (26y) 4x400
3x German Champion // 400 pb: 45.70 -18 (47.75i -19). 200 pb: 21.24 -17. 3 EJC 4x400 2011; sf ECH 2016 (8 4x400); 6 ETCh 2017; ht ECH 2018 (8 4x400). 1 German 2016/2017/2018
In 2019: 2 Dortmund; 5 Karlsruhe IAAF Tour

ABINA Mochammad Bisma Diwa (INA) 21-6-1995 (23y) 4x100
100 pb: 10.70 -18 (10.73 -19). 200 pb: 21.54 -17
In 2019: 6 Singapore 100 (3 4x100); ht Asian Champs 4x100

ADI Joko Kuncoro (INA) 13-11-1997 (21y) 4x100
100 pb: 10.76 -19. 200 pb: 21.80 -19. sf Asian Champs 200 2019
In 2019: 7 Singapore 100; sf Asian Champs 200 (ht 4x100)

KERTANEGARA Bayu (INA) 15-12-1997 (21y) 4x100
100 pb: 10.80 -17 (10.81 -19). 200 pb: 21.34 -18
In 2019: 5 Singapore 100 (3 4x100); ht Asian Champs 4x100

RIMBAWAN Eko (INA) 29-7-1995 (23y) 4x100
100 pb: 10.51 -17 (10.53 -19). 200 pb: 21.83 -17
In 2019: 2 Singapore 100 (3 4x100); ht Asian Champs 4x100

SIDIQ Adi Ramil (INA) 17-3-2001 (18y) 4x100
100 pb: 11.59w, 10.71 -18. 16th overall Youth Olympic Games 100 2018; ht Asian Champs 100 2019

ZOHRI Lalu Muhammad (INA) 1-7-2000 (18y) 4x100
Shock 2018 World Junior Champion at 100m, from lane 8 // 100 pb: 10.13 -19. 200 pb: 21.58 -17. 1 Asian Junior 100 2018; 1 WJC 2018; 7 Asian Games 100 2018 (2 4x100); 2 Asian Champs 100 2019
In 2019: 1 Kuala Lumpur 100; 2 Asian Champs

ALEX Antony (IND) 3-9-1994 (24y) 4x400/Mix4x400
400 pb: 47.17 -19 // In 2019: 7 Indian Federation Cup

BABY Jithu (IND) 1-4-1993 (26y) 4x400/Mix4x400
400 pb: 46.77 -18 (46.84 -19). 800 pb: 1:48.82 -16 (1:51.05 -19). 1 Indian 400 2017
In 2019: 6 Patiala 400; 2 New Delhi 400; 4 Sangrur 800; 2 Panchkula 400; 5 Indian Federation Cup 400

JEEVAN K. S. (IND) 26-1-1993 (26y) 4x400
Full name-Jeevan Karekoppa Suresh // 400 pb: 46.37 -18 (46.48 -19). 5 WJC 4x400 2012; ht COM 4x400 2018
In 2019: 1 Patiala; 2 New Delhi; 3 Sangrur; 1 Panchkula; 4 Indian Federation Cup; dq Asian Champs 4x400 (team of P. P. Kunhu Muhammed, him, Y. Muhammed Anas, Arokia Rajiv originally placed second, but were disqualified for obstruction)

MUHAMMED P. P. Kunhu (IND) 5-3-1987 (32y) 4x400
Full name-Kunhu Muhammed Puthanpurakkal // 400 pb: 46.08 -16 (46.47 -19). 200 pb: 21.88 -09. 7 COM 4x400 2010; 7 Asian Games 2014; 2 South Asian Games 2016; dq ht OLY 4x400 2016; ht WCH 4x400 2017; 1 Asian Champs 4x400 2017; 2 Asian Games 4x400 2018. 1 Indian 2010/2011/2013/2014. Led off Indian team which set their national record of 3:00.91 in Bangalore 2016 (him, Y. Muhammed Anas, Ayyasamy Dharun, Arokia Rajiv)
In 2019: 4 Patiala; 1 New Delhi; 4 Sangrur; 3 Indian Federation Cup; dq Asian Champs 4x400 (team of him, K.S. Jeevan, Y. Muhammed Anas, Arokia Rajiv originally placed second, but were disqualified for obstruction)

RAJIV Arokia (IND) 22-5-1991 (27y) 4x400/Mix4x400
Fourth at 2019 Asian Championships, then silver in mixed relay // 400 pb: 45.37 -19. 200 pb: 20.66 -18 (20.74 -19). 100 pb: 10.59 -18 (10.65 -19). 3 Asian Games 2014 (2018-4); 2 World Military 2015; 1 South Asian Games 2016; 2 Asian Champs 2017 (1 4x400); dnf COM 4x400 2018; 4 Asian Champs 2019 (2013-6, 2015-7). 1 Indian 2012/2016. Anchored Indian team to a national record 3:00.91 in Bangalore 2016 (but same team later disqualified at Rio Olympics due to an illegal third changeover involving Ayyasamy Dharun & Rajiv)
In 2019: 1 Patiala 100; 1 New Delhi; 1 Sangrur; 1 Panchkula 200; 1 Indian Federation Cup; 4 Asian Champs (2 mixed 4x400 – team of Muhammed Anas Yahiya/M, Machettira Raju Poovamma/W, V. K. Vismaya/W, him)
dq Asian Champs 4x400 (team of P. P. Kunhu Muhammed, K. S. Jeevan, Y. Muhammed Anas and him originally placed second, but were disqualified for obstruction)

YAHYA Muhammed Anas (IND) 17-9-1994 (24y) 4x400
Indian record holder. 2017 Asian Champion // 400 pb: 45.24 -18 (45.89 -19). 200 pb: 20.63 -18 (21.15 -19). sf World Military Games 2015; ht OLY 2016; 1 Asian Champs 400/4x400 2017; ht WCH 2017; 4 COM 2018; 2 Asian Games 400/4x400 2018; 5 IAAF Continental Cup 2018; 7 Asian Champs 2019 (2 mixed 4x400). Third leg for Indian team which set their national record of 3:00.91 in Bangalore 2016. His sporting hero is former Indian cricketer Sachin Tendulkar (the current IAAF President made the same choice)

In 2019: 2 Sangrur; 2 Panchkula 200; 2 Indian Federation Cup; 7 Asian Champs (2 mixed 4x400 – team of him, Machettira Raju Poovamma/W, V. K. Vismaya/W, Arokia Rajiv/M)
dq Asian Champs 4x400 (team of P. P. Kunhu Muhammed, K.S. Jeevan, him, Arokia Rajiv originally placed second, but were disqualified for obstruction)

AL KINANI Ahmed Fadhil (IRQ) 25-6-1995 (23y) 4x400

Full name-Ahmed Fadhil Mohammed Al Kinani
// 400 pb: 47.40 -17. 6 Arab 2017
In 2019: dq Asian Champs 4x400 (3rd leg – team originally placed 7th, but disqualified for a zone violation)

AL TAMEEMI Mohammed Abd-Al Reza (IRQ) 3-6-1992 (26y) 4x400

AL-SAADY Yasir Ali (IRQ) 13-2-1998 (21y) 4x400

Iraqi record holder indoors (47.80 in 2019) // 400 pb: 47.01 -19. 7 Asian Games 4x400 2018; sf Asian Champs 2019
In 2019: 1 Istanbul; 3 Tehran; 3 Iraqi; sf Asian Champs; dq Asian Champs 4x400 (1st leg – team originally placed 7th, but disqualified for a zone violation)

HASHIM Ehab Jabhar (IRQ) 30-3-1993 (26y) 4x400

(aka Ehab Chiad) // 800 pb: 1:46.84 -18 (1:50.58 -19). ht Asian Champs 800 2017; ht Asian Games 800 2018; 1 Arab 4x400 2019 (2nd leg)
In 2019: 1 Tehran 800; ht Arab 800 (1 4x100)

YASEEN Taha Hussein (IRQ) 1-1-1998 (21y) 4x400

Iraqi record holder at 400m (improved in all three rounds of the 2019 Asian Championships where he was sixth)
400 pb: 45.74 19. 200 pb: 21.77 -16. ht World Youth 2015; 2 Asian Junior 2016; sf WJC 2016; 7 Asian Games 4x400 2018; 1 Arab 4x400 2019; 6 Asian Champs 2019. 1 Iraqi 2018/2019. Her anchored Iraq to victory in the 2019 Arab Championships 4x400, team of Yasser Ali Mohamed, Ehab Jabhar Hashim, Mohamed Abdul Ridha, him
In 2019: 1 Iraqi; ht Arab (1 4x400); 6 Asian Champs (dq 4x400 for an illegal changeover after originally placing 7th)

ACETI Vladimir (ITA) 16-10-1998 (20y) 4x400

2017 European Junior Champion // 400 pb: 45.92 -17 (46.77 -19). sf World Youth 2015; sf WJC 2016; 1 EJC 400/4x400 2017; 4 Mediterranean under-23 2018; 6 EIC 4x400 2019. 1 Italian junior 2016/2017; 1 Italian indoor 2018
In 2019: 2 Magglingen; 1 Italian under-23 indoor; 3 Italian indoor; 6 EIC 4x400; 6 Grosseto

CATTANEO Federico (ITA) 14-7-1993 (25y) 4x100

2017 Italian Champion at 100m // 100 pb: 10.24w -17, 10.28 -17/18. 200 pb: 20.95 -18. 7 under-23 ECH 100 2015; 7 ETCh 100 2017; 3 Mediterranean Games 100 2018; sf ECH 100 2018. 1 Italian 100 2017

CORSA Daniele (ITA) 1-10-1996 (22y) 4x400

400 pb: 45.79 -18 (46.53 -19). 200 pb: 20.76w -17, 20.18 -18. 100 pb: 10.54 -15. 5 EJC 200 2015; 5 under-23 ECH 2017. 1 Italian under-23 2017/2018
In 2019: 3ht Italian indoor; 3 Grosseto

DESALU Eseosa (ITA) 19-2-1994 (25y) 4x100

Sixth in 2018 200m final // 100 pb: 10.33 -18. 200 pb: 20.13 -18. 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: 1 Ancona 60; 2 Modena 60; 4 Linz 60

GALVAN Matteo (ITA) 24-8-1988 (30y) 4x400

Italian record holder
He says "in final straight I never look at the clock, because it always runs faster than me"
400 pb: 45.12 -16. 200 pb: 20.58 -16. sf World Youth 200 2005; dq WJC 200 final 2006 (out of lane); 7 EJC 200 2007; 6 EIC 2009 (1 4x400); 4 under-23 ECH 200 2009 (2 4x400); sf WCH 2009; ht ECH 200 2010; 5 ETCh 200 2011 & 400 2013/2014; 1 Mediterranean Games 2013; 6 EIC 2015; 8 ECH 2016 (2014/2018-sf); sf OLY 200 2016 (ht 400); 6 ECH 4x400 2018. 1 Italian 100 2011, 200 2008 & 400 2009/2013/2014/2016 (1 indoor 400 2014/2015/2016). Partner-Maria Benedicta Chigbolu (pb 51.67). Coach-Chiara Milardi

HOWE Andrew (ITA) 12-5-1985 (33y) BIRTHDAY 4x400

European Long Jump Champion outdoors in 2006 & indoors in 2007. 2007 World silver, but since beset with Achilles tendon injuries
400 pb: 45.70 -11 (46.35 -19). LJ pb: 8.47 -07. 100 pb: 10.27 -06. 200 pb: 20.28 -04. TJ pb: 16.27 -02. 3 World Youth LJ 2001; 1 WJC 200/LJ 2004; qf OLY 200 2004; qf WCH 200 2005; 1 ECP LJ 2006; 1 ECH LJ 2006 (2010-5); 2 WCP LJ 2006; 1 EIC LJ 2007 (2017-dnq); 2 WCH LJ 2007; 8 ECP 200 2008; dnq OLY LJ 2008; sf ECH 200 2018. Formerly coached by mother-Rene Felton is American, she was a 100m Hurdler in the 1980s
In 2019: 1 Rieti 150 (Apr 14); 1 Rieti 400 (Apr 27)

JACOBS Lamont Marcell (ITA) 26-9-1994 (24y) 4x100

He has been Italian Champion at both Long Jump & 100m // 100 pb: 10.04w, 10.08 -18. 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. 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

LEONARDI Giuseppe (ITA) 31-7-1996 (22y) Mix4x400

2015 Mediterranean under-23 Champion // 400 pb: 46.19 -17 (47.20i -19). sf World Youth 2013; 3 EJC 4x400 2015; ht ECH 2016; 6 EIC 4x400 2019. 1 Italian under-23 2015/2016 (2017/2018-2)
In 2019: 2 Kuld ga; 2 Italian indoor; 6 EIC 4x400

MANENTI Davide (ITA) 16-4-1989 (30y) 4x100

Third leg for relay team which won 2011 European under-23 4x100 title
200 pb: 20.44 -16. 100 pb: 10.51 -10. 400 pb: 46.66 -15. sf WJC 200 2008; 1 under-23 ECH 4x100 2011; 5 ETCh 200 2013; 7 Mediterranean Games 200 2013; 5 WSG 200 2015; 9 ETCh 400 2015; 6 ECH 200 2016 (5 4x100); ht OLY 200 2016; sf ECH 200 2018. 1 Italian 200 2013 (2013/2016-2)
In 2019: 1 Cernusco sul Naviglio 150

RE Davide (ITA) 16-3-1993 (26y) 4x400

2018 Mediterranean Games Champion // 400 pb: 45.26 -18. 200 pb: 20.93 -18. 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)
In 2019: 1 Rieti 500

RIGALI Roberto (ITA) 7-1-1995 (24y) 4x100

100 pb: 10.31 -18. 200 pb: 21.16 -18. 3 EJC 4x100 2013. 2 Italian 100 2018 & Italian indoor 60 2019
In 2019: 2 Magglingen 60; 1 Bergamo 60; 2 Italian indoor 60

SCOTTI Edoardo (ITA) 9-5-2000 (18y) Mix4x400

World & European junior relay golds // 400 pb: 45.84 -18 (46.52 -19). 200 pb: 21.56 -18. 1 EJC 4x400 2017; 4 WJC 2018 (1 4x400); 6 ECH 4x400 2018
In 2019: 1 Italian junior indoor; 2 Grosseto

SIBILIO Alessandro (ITA) 27-4-1999 (20y) Mix4x400

World & European junior relay golds // 400 pb: 46.50 -19. 400H pb: 50.34 -17. 1 European Youth 400H 2016; 2 EJC 400H 2017 (1 4x400); 8 WJC 400H 2018 (1 4x400). Born-Naples, coach-Gianpaolo Ciappa
In 2019: 3 Italian under-23 indoor 400; 6 Italian indoor 400; 1 Grosseto 400

TORTU Filippo (ITA) 15-6-1998 (20y) 4x100

In Madrid 2018 with 9.99, broke the Italian 100m record which had stood to Pietro Mennea since 1979
100 pb: 9.99 -18. 200 pb: 20.34 -17. sf ECH 100 2016 (5 4x400); 2 WJC 100 2016 (7 4x100); 1 EJC 100 2017 (2 4x100); sf WCH 200 2017; 5 ECH 100 2018. 1 Italian 100 2016. Coach/father Salvino Tortu (100m pb 10.6), grandfather Giacomo (100m pb 10.8). Older brother-Giacomo Tortu (100m pb 10.73)
In 2019: 1 Ancona 60; 3 Berlin ISTAF 60

TRICCA Michele (ITA) 26-4-1993 (26y) 4x400

2019 Italian Indoor Champion // 400 pb: 46.09 -11 (46.59i, 46.65 -19). 200 pb: 21.35 -18. ht World Youth 2009; 3 EJC 2011 (1 4x400); sf WJC 2012; 4 Mediterranean Games 2018; 6 EIC 4x400 2019. 1 Italian indoor 2019
In 2019: 1 Magglingen; 1 Italian indoor; 6 EIC 4x400; 4 Grosseto

ALLEN Nathon (JAM) 28-10-1995 (23y) 4x400

2016 Olympic relay silver. Fifth at 2017 World Championships, and a 43.48 relay split earlier that year
400 pb: 44.13 -18. 200 pb: 20.39w, 20.46 -18. sf WJC 2014 (3 4x400); 1 North/Central American & Caribbean 2016; 2 OLY 4x400 2016; 5 WCH 2017. 2 NCAA 2017 (2018-3); 1 Jamaican 2017. Attends Auburn University. He says "I don't think limits."
In 2019: 1 Gainesville 4x400

BAILEY Oshane (JAM) 9-8-1989 (29y) 4x200

2010 Jamaican Champion at 100m (in absence of Bolt, Powell & Nesta Carter), when he went from 6th to 1st in the last 40m
100 pb: 10.06w -12, 10.11 -10 (10.22 -19). 200 pb: 20.42 -16. 2 WJC 4x100 2008. 2 North/Central American & Caribbean under-23 100 2010; 4 Central American & Caribbean Games 100 2010; sf COM 100 2018 (3 4x100). 1 Jamaican 100 2010. He reached the 2010 Commonwealth 100m final but pulled his hamstring in the process and could not start. Deputised for Usain Bolt in heat of 2013 World Championship 4x100m, so awarded gold medal won in final for Jamaica. 1.68 tall
In 2019: 2 Kingston 100 (Mar 2); 2 Spanish Town 200 (3 100 'H'); 1 Kingston 100 (Apr 12); 4 Kingston 200 (May 3)

BLOOMFIELD Akeem (JAM) 10-11-1997 (21y) 4x400

Second in 2018 US Collegiate Championships at 400m both indoors & out
400 pb: 43.94 -18 (just 0.01 outside the Jamaican record). 200 pb: 19.81 -18 (20.24 -19). 100 pb: 10.42 -14. 1 Carifta Games 400 2015/2016; 1 Jamaican Schools 400 2015; 2 NCAA 400 indoors & out 2018. 44.93 for 400m at age 17 in only his third race at the distance. He has been compared with both Usain Bolt and Arthur Wint (1 OLY 400 1948). Attends Auburn University in Auburn, Alabama. Coaches-Henry Rolle & Ralph Spry. 1.88 tall
In 2019: 1 Coral Gables 200; dnf St George's 200; 1 Gainesville Jones 4x400

CARPENTER Anthony (JAM) 23-1-1999 (20y) Mix4x400

2016 World junior relay bronze // 400 pb: 45.47 -18 (46.97 -19). 200 pb: 20.57 -18 (20.99 -19). 3 WJC 4x400 2016; 4 Pan-American Junior 2017 (2 4x400). 1 Jamaican junior 2017
In 2019: 3 Kingston 200 (Mar 2); 3 Spanish Town 200; 4 St George's 'B'

CARTER Nesta (JAM) 11/10-1985 (33y) 4x100

2013 World 100m bronze. Relay golds Daegu 2011, London 2012, Moscow 2013 & Beijing 2015 (but no longer Beijing 2008 after an IOC retest of his doping control sample revealed the presence of a stimulant)
100 pb: 9.78 -11 (10.26 -19). 200 pb: 20.25 -10 (21.30 -19). sf WJC 2004; 2 WCH 4x100 2007 (sf 100); 1 OLY 4x100 2012 (2008-dq); 7 WCH 100 2011 (cramp); 1 WCH 4x100 2011; 2 WIC 60 2012 (2010-7, 2014-6); 3 WCH 100 2103 (1 4x100). Ran in heats of 2004 World Junior 4x100, so awarded silver won by Jamaica in final. His first love was technical drawing and he flirted with the idea of becoming a draughtsman. Born in Banana Ground, Manchester, Jamaica
In 2019: 2 Kingston Jackson 60; 3 Kingston McCook 100; 3 Kingston Wolmer 200; 1 Spanish Town 100 'H'; 5 St George's 100; 4 Clermont 100; 4 Penn Relays 4x100

DUNKLEY Fitzroy (JAM) 20-5-1993 (25y) 4x400

Full name-Fitzroy Junior Dunkley
2016 Olympic relay silver (3rd leg)
400 pb: 45.06 -16. HJ pb: 2.10 -13. TJ pb: 15.71 -14. sf WIC 2016; 2 OLY 4x400 2016. 1 NCAA 4x400 2015/2016 & indoor 4x400 2016 (with Louisiana State University team); 2 NCAA 2016. 2 Jamaican 2016 (2018-3). Student of Marketing. Former high & triple jumper, but gave up jumping because of a series of injuries. 1.96 tall
In 2019: 2 Columbia 300; 1 Orlando 4x400 (5 200); 4 Penn Relays 4x400

DWYER Rasheed (JAM) 29-1-1989 (30y) 4x200

Former Commonwealth Games Champion at 200m // 200 pb: 19.80 -15. 100 pb: 10.08w, 10.10 -16 (10.28 -19). 400 pb: 46.64 -17 (48.89 -19). 2 Central American & Caribbean Games 200 2010; sf COM 200 2010 (2 4x100); 2 WSG 200 2013; 1 COM 200 2014 (2018-sf); 2 IAAF Continental Cup 200 2014; 2 Pan-Am Games 200 2015; 1 North/Central America & Caribbean 200 2015; gold WCH 4x100 2015 (ran ht); sf WCH 200 2017
In 2019: 5 Kingston Jackson 60 'B' (1 400 'D'); 4 Penn Relays 4x100; 1 Kingston Wolmer 100

ELLIS Nigel (JAM) 8-8-1997 (21y) 4x200

2016 World Junior bronze at 200m // 200 pb: 20.40 -16. 3 WJC 200 2016. 1 Carifta Games 100 2016; sf COM 100 2018 (bronze 4x100 after running in heats only); 3 North/Central American & Caribbean 200 2018. 1 Jamaican Secondary Schools 100/200 2016. 6 Jamaican 100 2017
In 2019: 6 St George's 100; 4 Penn Relays 4x100

FORTE Julian (JAM) 7-1-1993 (26y) 4x100/4x200

(Forte is pronounced as in Fort Worth, one syllable)
Ran in heat of 2014 Commonwealth Games relay, so awarded gold won by Jamaica in final
100 pb: 9.91 -17 (10.35 -19). 200 pb: 19.97 -16. 400 pb: 47.24 -15. 8 WJC 200 2012; sf WCH 200 2015; sf WCH 100 2017 (then ran the second leg for the sprint relay team whose challenge ended with Usain Bolt's injury). Describes himself as a Music Producer. Coaches-Paul Francis & Stephen Francis. Third in 2016 Jamaican 200, but that wasn't enough for Olympic selection as Usain Bolt was assured a discretionary place. He returned to beat a top field at the 2016 Brussels 200m in 19.97. Good end of season form again in 2017, 9.91 for 100m in Berlin (but then missed the 2018 Commonwealth Games injured)
In 2019: 3 Kingston 60; 8ht Birmingham IAAF Tour 60; 8 St George's 100; 4 Penn Relays 4x100

FRANCIS Javon (JAM) 14-12-1994 (24y) Mix4x400

2016 Olympic relay silver. 2018 Commonwealth Games bronzes // 400 pb: 44.50 -15. 200 pb: 20.52 -18. 800 pb: 1:54.08 -17. 9 WJC 2012; sf WCH 2013 (2 4x400, he clocked 44.05 to move team up from 5th to 2nd); sf WCH 2015 (4 4x400, he clocked 43.52 on the anchor but lost out to Britain (Martyn Rooney) by 0.004); sf OLY 2016 (2 4x400); sf WIC 2018; 3 COM 400/4x400 2018. 1 Jamaican 2015/2016. They called him "Baby Bolt" after he broke Usain Bolt's Jamaican schools record for 400m with 45.00 in 2014. Now they call him "Donkey Man" according to the Jamaica Observer
In 2019: 1 Houston TSU 100/300; 3 Prairie View 4x400; 2 Houston Tellez 200

GAYE Demish (JAM) 20-1-1993 (26y) 4x400

2017 World Championship finalist // 400 pb: 44.54 -17. 200 pb: 20.48 -17. 100 pb: 10.48 19. 4 WIC 4x400 2016; 3 World Relays 4x400 2017; 6 WCH 2017 (understandably rested for the relay heats, but sadly Jamaica were eliminated without him); 6 COM 2018 (3 4x100). 1 Jamaican Intercollegiate 2016; 2 Jamaican 2017. He missed making Jamaica's Olympic team in 2016 after he contracted the Zika virus
In 2019: 1 Spanish Town 100 'G'; 4 Penn Relays 4x400

HINDS Chadic (JAM) 11-8-1992 (26y) 4x100

100 pb: 10.12 -16 (10.43 -19). 200 pb: 20.49 -17 (20.76 -19). 400 pb: 47.78 -19. sf Jamaican 100 2016 & 200 2017
In 2019: 4 Kingston 200 (Mar 2); 2 Spanish Town 200 'B'; 4 St George's 100/200 'B'; 3 Kingston 200/100 'B' (May 3)

LEVY Ronald (JAM) 30-10-1992 (26y) ShuttleH

2018 Commonwealth Champion // 110H pb: 13.05 -17. 100 pb: 10.17 -17. dnf ht WCH 2017 (hamstring tear); sf WIC 2018; 1 COM 2018; 2 Athletics World Cup 2018. 1 Jamaican Intercollegiate 2015; 1 Jamaican 2018. Coach-Paul Francis, also advised by Brigitte Foster-Hylton
Started at 400m hurdles but in 2013 broke a foot and decided to move down. Surprise winner in Paris 2017 in his personal best of 13.05, then won again there in 2018
In 2019: 2 Jamaican Intercollegiate

McDONALD Rusheen (JAM) 17-8-1992 (26y) 4x400

With 43.93 in the heats of the 2015 World Championships, he broke the Jamaican record – but then 'only' 44.86 in the semi-finals
400 pb: 43.93 15. 200 pb: 20.57 -15. ht OLY 2012; 2 WCH 4x400 2013; sf COM 2014 (4 4x400); sf WCH 2015 (4 4x400); sf OLY 2016, then relay silver after running in heat; dnf COM final 2018. 2 Jamaican 2014/2015 (2016/2017/2018-4). In January 2016 in Jamaica he was a passenger in a car which crashed and burst into flames; he freed himself but suffered burns and fractured vertebrae, which have continued to cause him discomfort
In 2019: 1 Kingston Jackson 200; 3 Kingston Wolmer 100; 3 Spanish Town 100; 4 St George's; 4 Penn Relays 4x400

MINZIE Jevaughn (JAM) 20-7-1995 (23y) 4x100

2016 Olympic relay gold after running in heat (when Bolt & Blake were rested, having each run both the 100m & 200m in Rio)

100 pb: 10.02 -16 (10.35 -19). 200 pb: 20.37 -14. 2 WJC 4x100 2012 (2014-3); sf WJC 100/200 2014; gold OLY 4x100 2016 (ran heat). Coach-Glen Mills (he's with Racers Track Club). 1 Jamaican youth 100/200 2012; 1 Jamaican Schools 200 2014; 3 Jamaican 100 2016 In 2019: 6 Kingston Jackson 60; 2 St George's 100 'B'; 5 Penn Relays 4x100

PITTERSGILL Norman (JAM) 4-9-1996 (22y)

ShuttleH

110H pb: 13.95 -19. 7 Jamaican 2018

In 2019: 1 Kingston Henry; 1 Kingston Wolmer; 1 Kingston Foster; 1 Jamaican Intercollegiate

RILEY Andrew (JAM) 6-9-1988 (30y)

ShuttleH

2014 Commonwealth Games Champion // 110H pb: 13.14 -13 (13.42w, 13.49 -19). 100 pb: 10.02 -12. HJ pb: 2.10 -08-9. 8 WCH 2013 (2011/2015-sf); 1 COM 2014; sf OLY 2016 (2012-ht). 1 NCAA 2010/2012 (1 100 2012 – that year he became the first man to win both 100m flat and 110m hurdles at the US Collegiate Championships); 1 NCAA indoor 2011. 1 Jamaican 2011/2013/2014. Economics graduate from the University of Illinois

In 2019: 1 Florida State Relays; 1 Florida Relays; 1 St George's; 4 Bragança Paulista

ROSE Jamari (JAM) 10-8-1995 (23y)

Mix4x400

Third leg for team which won relay bronze at the 2018 Commonwealth Games

400 pb: 45.68 -17. 200 pb: 20.77 -17 (20.98 -19). 3 COM 4x400 2018

In 2019: 2 Kingston Wolmer 200; 1 Spanish Town 200 'B'; 1 Jamaican Intercollegiate 200; 4 Penn Relays 4x100

TRACEY Tyquendo (JAM) 10-6-1993 (25y)

4x100/4x200

2018 North/Central American & Caribbean Champion at 100m // 100 pb: 9.96 -18 (10.32 -19). 200 pb: 20.39 -15 (20.80 -19). ht WJC 200 2012 (2 4x100); 4 WSG 100 2017; 1 Athletics World Cup 100 2018; 1 North/Central American & Caribbean 100 2018; 1 IAAF Continental Cup 4x100 2018. 1 Jamaican 100 2018, At the 2015 World Championships he was due to deputise for Usain Bolt in the 4x100m heats but got injured after a last-minute collision in warm-up; he did lead off the Jamaican team which won their heat of the 2017 World 4x100m, but no medal again as the team dnf-ed in the final

In 2019: 5 Florida Relays 200 (3 4x100); 6 St George's 200 (7 100)

CAMBRIDGE Aska (JPN) 31-5-1993 (25y)

4x200

2016 Olympic relay silver, he ran the anchor leg staring almost level with Usain Bolt

200 pb: 20.49w, 20.62 -16. 100 pb: 9.98w, 10.08 -17 (10.35 -19). 3 WJC 4x100 2012 (sf 200); 1 East Asian Games 200 2013; sf OLY 100 2016 (2 4x100); bronze WCH 4x100 2017 (ran ht); 1 Asian Games 4x100 2018. 1 Japanese 100 2016 (2018-2). Born-Jamaica to a Japanese mother and Jamaican father, moved to Japan at age 2

In 2019: 8 Brisbane Classic 100; ht Izumo 100

CLAY Allon Tatasunami (JPN) 25-3-2002 (17y)

2x2x400

2019 Asian Youth Champion at 800m // 800 pb: 1:47.51 -18 (1:48.31 -19). 1500 pb: 3:44.86 -19. 400 pb: 47.94 -19. 1 Asian Youth 800 2019. He also competes in lifeguard tournaments (involving swimming, surfing, running etc). Mother-Japanese, father from USA

In 2019: 1 Asian Youth 800; 5 Florida Relays 800; 1 Tokyo Nittai 1500

FUJIMITSU Kenji (JPN) 1-5-1986 (33y)

4x200

Came through to anchor Japan to World Championship relay bronzes in 2017 (as Usain Bolt pulled up injured)

200 pb: 20.13 -15 (20.91 -19). 100 pb: 10.14w -15, 10.23 -17 (10.40 -19). 400 pb: 46.80 -09. Asian record holder at 300m (32.21 in 2015). 3 World Youth Medley Relay 2003 (sf 200); 1 Asian Champs 200 2007; 4 WCH 4x100 2009 (qf 200); 1 East Asian Games 200 2009; 5 IAAF Continental Cup 200 2010; 1 Asian Games 4x400 2014; sf WCH 200 2015; ht OLY 200 2016; 3 WCH 4x100 2017 (2013-6). 1 Japanese 200 2010. Coach-Yasuhiro Harada

In 2019: 4 Brisbane Classic 200; 1 Izumo 100 (5 300); 5 Fukuroi 200

HORII Kosuke (JPN) 27-4-1994 (25y)

Mix4x400

400 pb: 45.85 -15 (47.11 -19). ht WCH 4x400 2017. 4 Japanese 2017 (2015-5, 2016-7)

In 2019: 4 Brisbane Classic 'B' (4 4x400); 2 Izumo 100/300; 6 Fukuroi; 6 Osaka

IIZUKA Shota (JPN) 25-6-1991 (27y)

4x200

Second leg for Japanese 4x100 team which ran Jamaica so closely in

Rio 2016, then won bronze at London 2017 (and now winning medals at 4x400s)

200 pb: 20.11 -16. 100 pb: 10.08 -17 (10.38 -19). 1 WJC 200 2010; 4 Asian Champs 200 2011; ht OLY 200 2012 (5 4x100); 3 WSG 200 2013 (2 4x100) 6 WCH 4x100 2013; ht OLY 200 2016 (2 4x100); 6 Asian Games 200 2018 (3 4x400). 1 Japanese 200 2013/2016/2018. Attends Chuo University. Coach-Katsumi Sakai

In 2019: 1 Hachioji 100 'B'

IMOTO Yoshinobu (JPN) 31-7-1999 (19y)

4x400

400 pb: 45.82 -18. 200 pb: 20.84 -16 (20.99 -19). 100 pb: 10.41 -16. 1 Japanese junior 200 2018

In 2019: 2 Izumo 300; 4 Fukuroi 200

ITO Rikiya (JPN) 10-11-1998 (20y)

4x400

Third leg for Japanese relay team which won at 2019 Asian Championships

400 pb: 45.79 -18 (46.52 -19). 1 Asian Champs 4x400 2019. 3 Japanese 2018

In 2019: 3 Brisbane Classic; 1 Singapore; 1 Asian Champs 4x400 (dq individual final, out of lane)

KANAI Taio (JPN) 28-9-1995 (23y)

ShuttleH

Japanese record holder // 110H pb: 13.36 -18 (13.64 -19). 1 Asian Junior 2014; sf WJC 2014; 4 WSG 2017; 7 Asian Games 2018; 6 IAAF Continental Cup 2018; 5 Asian Champs 2019. 1 Japanese 2018

In 2019: 2 Brisbane Classic; 5 Asian Champs

KAWAMOTO Sho (JPN) 1-3-1993 (26y)

2x2x400

Japanese record holder & 6x Champion at 800m // 800 pb: 1:45.75 -14 (1:47.55 -19). sf WJC 800 2012; 1 East Asian Games 800 2013; ht OLY 800 2016; 9 Asian Champs 800 2017; 7 Asian Games 800 2018. 1 Japanese 2013/2014/2015/2016/2017/2018

In 2019: 3 Sydney 800; 3 Florida Relays 800

KIRYU Yoshihide (JPN) 15-12-1995 (23y)

4x100

In 2018 became the first Japanese to go below 10 seconds for 100m. 2019 Asian Champion at 100m

100 pb: 9.87w -15, 9.98 -17. 200 pb: 20.39 -19. ht WCH 100 2013; sf WIC 60 2014/2016; 3 WJC 100 2014 (2 4x100); ht OLY 100 2016 (2 4x100); 3 WCH 4x100 2017; 1 Asian Games 4x100 2018; 1 Asian Champs 100 2019. 1 Japanese 100 2014/2015. Ex-footballer. From Kyoto. They call him "Jet Kiryu"

Third leg for Japanese sprint relay team which pushed Jamaica so closely at Rio 2016, then won bronze in London 2017

In 2019: 1 Brisbane Classic 100/200; 1 Asian Champs 100

KITAKANI Naoki (JPN) 12-11-1998 (20y)

4x400

400 pb: 45.98 -18 (46.48 -19). 8 WJC 2016 (4 4x400)

In 2019: 1 Izumo 300 'C'; 4 Fukuroi

KOIKE Yuki (JPN) 13-5-1995 (23y)

4x100

2018 Asian Games Champion at 200m // 100 pb: 10.07w -19, 10.17 -18. 200 pb: 20.23 -18 (20.55 -19). 400 pb: 46.51 -14. 4 WJC 200 2014 (2 4x100); sf WSG 100 2015; 1 Asian Games 200 2018; 4 IAAF Continental Cup 200 2018; 2 Asian Champs 200 2019. 2 Japanese 200 2018

In 2019: 1 Stanford Invitational 100 (2 200); 2 Asian Champs 200

MIYAMOTO Daisuke (JPN) 17-4-1999 (20y)

4x100

100 pb: 10.11w, 10.26 -18 (10.22w, 10.27 -19). 200 pb: 20.87 -19. 7 World Youth 100 2015; 2 Asian Junior 100 2018; 8 WJC 100 2018 (4 4x100). 1 Japanese Schools 100 2016

In 2019: 3 Brisbane Classic 200 (9 100); 3 Izumo 100; 3 Hiroshima 100

NAGATA Shunto (JPN) 3-4-1996 (23y)

4x200

200 pb: 20.86 -17. 100 pb: 10.30w -17, 10.31 -18 (10.32 -19). sf World Youth 100 2013 (3 Medley Relay). 1 Japanese Universities 100 2018

In 2019: 5 Izumo 100; 1 Hiroshima 100 'B'

OMURO Hideki (JPN) 25-7-1990 (28y)

ShuttleH

110H pb: 13.47w -16, 13.48 -17 (13.78 -19). ht WCH 2017; 3 Asian Indoor Champs 2018. 3 Japanese 2014

In 2019: 1 Naruto 200; 3 Hiroshima

SATO Kentaro (JPN) 16-11-1994 (24y)

Mix4x400

Second leg for team which won at 2019 Asian Championships // 400 pb: 45.58 -15 (46.55 -19). 3 Asian Champs 2015; 2 WSG 4x400 2015;

ht WCH 4x400 2017; 1 Asian Champs 4x400 2019 (3 mixed 4x400). 2 Japanese 2015/2017
In 2019: 4 Brisbane Classic; 1 Asian Champs 4x400; 2 Fukuroi 'C'; 1 Asian Champs 4x400 (3 mixed 4x400)

SHIRAISHI Kirara (JPN) 31-5-1996 (22y) 4x100/4x200
100 pb: 10.19 -19. 200 pb: 20.62w -18, 20.68 -19
In 2019: 1 Singapore 100; 1 Ageo 100; 1 Izumo 100; 1 Hiroshima 100; 1 Fukuroi 200 'C'

TADA Shuhei (JPN) 24-6-1996 (22y) 4x100
Led off Japanese sprint relay team which won bronze at London 2017
100 pb: 9.94w, 10.07 -17 (10.21 -09). 200 pb: 21.09w 19, 21.21 -17. sf WCH 100 2017 (3 4x100); 7 WSG 100 2017 (1 4x100); 1 Asian Games 4x100 2018. 1 Japanese Universities 100 2017
In 2019: 1 Osaka 60; 1 College Station 60; 1 Queensland State 100; 2 Izumo 100; 2 Hiroshima 100

TAKAYAMA Shun-ya (JPN) 3-9-1994 (24y) ShuttleH
Twice fourth at Asian Championships // 110H pb: 13.44 -17 (13.59 -19). ht WJC 2012; 4 Asian Champs 2017/2019; ht WCH 2017; 3 Asian Games 2018. 1 Japanese 2015/2017
In 2019: 4 Asian Champs

TAMURA Tomoya (JPN) 20-8-1992 (26y) 4x200/4x400
400 pb: 45.84 -17 (47.79 -19). 200 pb: 20.73 -14. 4 IAAF Continental Cup 4x400 2014; ht WCH 4x400 2015; hy OLY 4x400 2016. 1 Japanese Corporate 200/400 2015; 3 Japanese 2015 (2016/2018-4)
In 2019: 1 Izumo 300 'B'; 4 Brisbane Classic 4x400; 8 Fukuroi 'C'

WAKABAYASHI Kota (JPN) 23-10-1997 (21y) Mix4x400
Two relay medals at 2019 Asian Championships // 400 pb: 45.81 -18 (46.90 -19). 1 Asian Champs 4x400 2019 (3 mixed 4x400). 1 Japanese Universities 2017
In 2019: 5 Brisbane Classic (2 4x400); 1 Asian Champs 4x400 (anchor) & 3 Asian Champs mixed 4x400; 7 Fukuroi 'C'

WALSH Julian Jrummi (JPN) 18-9-1996 (22y) 4x400
Fifth at 2018 Asian Games & 2019 Asian Championships // 400 pb: 45.35 -16 (45.55 -19). 200 pb: 20.77 -17. 2 WJC 4x400 2014; 3 Asian Champs 4x400 2015; 2 WSG 4x400 2015; ht OLY 2016; 5 Asian Games 2018 (3 4x400); 5 Asian Champs 2019 (1 4x100). 1 Japanese 2016 (ending the 11-year streak of Yuzo Kanemaru) / 2018. Born-Jamaica. Father-Jamaican, mother-Japanese. His father is International Reggae artist Imanuel Walsh
In 2019: 1 Brisbane Classic (3 4x400); 5 Asian Champs (1 4x400)

YAMAGATA Ryota (JPN) 10-6-1992 (26y) 4x100
Led off Japanese sprint relay time which won silver at the Rio Olympics
100 pb: 10.00 -17. 200 pb: 20.41 -13. 4 World Youth 100 2009 (3 Medley Relay); sf OLY 100 2012 (5 4x100); 2 WSG 100/4x100 2013; qf WCH 100 2013; 6 Asian Games 100 2014 (2 4x100); sf OLY 100 2016 (2 4x100); 3 Asian Games 100 2018 (1 4x100). 1 Japanese 200 2018. Attends Keio University. Coach-Tomonori Koga
In 2019: 1 Jacksonville 100; scratched Asian Champs 100 final

YAMASHITA Jun (JPN) 23-8-1997 (21y) 4x400
2016 World junior relay silver // 100 pb: 10.26w -18, 10.44 -15 (10.48 -19). 200 pb: 20.31w, 20.46 -18 (21.05 -19). 6 Youth Olympic Games 200 2014; 8 WJC 200 2016 (2 4x100); 8 WSG 200 2017 (1 4x100). 3 Japanese 200 2018
In 2019: 2 Izumo 100 (3 300); 7 Fukuroi 200

LITVIN Mikhail (KAZ) 5-1-1996 (23y) Mix4x400
2019 Asian Championship bronze after setting Kazakh records in semi (45.38) & final (45.25) (the previous record of Aleksandr Kurochkin had stood since 1984)
400 pb: 45.25 -19. ht World Youth 200 2013; ht WJC 2014; 3 Asian Indoor Champs 2016 (2018-4); 7 WSG 2017; 3 Asian Indoor Games 2017; 4 Asian Indoor Champs 2018; sf WIC 2018; 6 Asian Games 2018 (3 mixed 4x400); 3 Asian Champs 2019 (4 mixed 4x400). 1 Kazakh 2015/2017 (1 indoor 2015/2018 & 800 2019)
Anchored Kazakhstan to mixed relay bronze at 2018 Asian Games (team of Svetlana Golendova/W, Dmitriy Koblov/M, Elina Mikhina/W, him)
In 2019: 3 Asian Champs (4 mixed 4x400)

SOKOLOV Andrey (KAZ) 21-1-1995 (24y) Mix4x400
400 pb: 47.19 -16 (47.59i, 47.93 -19). 2 Asian Indoor Champs 4x400

2018; ht Asian Champs 2019 (4 mixed 4x400). 1 Kazakh indoor 2017/2019

In 2019: 1 Ust-Kamenogorsk (Jan 12); 3 Ust-Kamenogorsk (Jan 19); 1 Kazakh indoor; ht Asian Champs (4 mixed 4x400, 2nd leg)

CHEGE Samuel (KEN) 12-3-1998 (21y) 4x200
Full name-Samuel Chege Waweru // 200 pb: 21.02 -19. 100 pb: 10.60 -19
In 2019: 2 Kenyan World Relays Trial 200

CHERUIYOT Ferguson (KEN) 30-11-1989 (29y) 2x2x400
Fourth at 2015 World Championships 800m, fifth at 2016 Olympics. 2016 Diamond Race winner
800 pb: 1:42.84 -14 (1:45.40 -19). 1500 pb: 3:35.26 -18. 4 COM 2014; 4 African Champs 2014 (2018-5); 4 WCH 2015 (2013-dq sf-out of lane, 2017-sf); 5 OLY 2016. Ex-high jumper (pb 2.01 -10), started running seriously only in 2013. Disqualified after he ran out of his lane in 2013 World Championship semi-final (but wouldn't have qualified anyway). At age 12 (he says), he changed his first name from Simon to Ferguson in honour of Alex Ferguson, the former manager of Manchester United (an English professional football club) – "they cannot stop winning and that is why I chose to be known as Ferguson". Member of Turkish Club Fenerbahçe Spor Kulubu
In 2019: 1 Kenyan World Relays Trials 800; 12 Doha Diamond 800

KIPRUTO Collins (KEN) 22-4-1994 (25y) 2x2x400
800 pb: 1:46.20 -19. sf Kenyan 800 2018
In 2019: 2 Kenyan World Relays Trials 800

KISHOYAN Alphas (KEN) 12-10-1994 (24y) Mix4x400
Full name Alphas Leken Kishoyan
Second leg for Kenyan relay team which won at the 2018 African Championships
400 pb: 44.75 -15 (46.72 -19). 3 Youth Olympic Games 2010; 3 African Junior 2011; 2 World Youth 2011; 2 Commonwealth Youth Games 2011; 6 WJC 2012; ht WCH 4x400 2013; ht WCH 2015; 7 African Champs 2016 (2 4x400); ht OLY 2016; 4 African Champs 2018 (1 4x400). 1 Kenyan 2013/2015/2016. Coach-Julius Kirwa
He qualified for the 2012 World junior final after having to re-run his semi-final by himself after he successfully protested about a faulty start to the original race. He made it by just 0.03
In 2019: 2 Bloemfontein; 3 Potchefstroom (4 200 'B'); 6 Penn Relays 4x400

KIVIASI Dan (KEN) 23-6-1993 (25y) 4x200
Full name-Dan Kiviasi Asamba // 200 pb: 20.95 -17 (21.08 -19). 4 Kenyan 200 2018
In 2019: 3 Kenyan World Relays Trial 200

KOECH Haron (KEN) 27-1-1990 (29y) Mix4x400
Full name-Haron Kipchumba Koech
2016 Olympic finalist, 2018 Commonwealth Games finalist (at 400m hurdles)
400 pb: 46.76 -19. 400H pb: 48.49 -16. ht WCH 400H 2015/2017; 3 African Champs 400H 2016; 7 OLY 400H 2016; 6 COM 400H 2018' 4 African Champs 2018 (1 4x400). 1 Kenyan 2016. The late Nicholas Bett (1 WCH 400H 2015) was his twin brother
"my main aim is to win back the title my brother won in 2015 during the World Championships which will be held in Doha as one way of honouring him."
In 2019: 2 Kenyan World Relays Trial 400; 6 Penn Relays 4x400

MOMANYI Jared (KEN) 5-5-1990 (29y) Mix4x400
Full name-Jared Nyambweke Momanyi
Led off Kenyan relay team which won at the 2018 African Championships
400 pb: 45.13 -18 (46.56 -19). 7 African Champs 2018 (1 4x400). 2 Kenyan 2018
In 2019: 1 Kenyan World Relay Trials; 6 Penn Relays 4x400

NYANGAU Mike (KEN) 28-8-1994 (24y) 4x200
Full name-Mike Mokamba Nyangau (aka Nyang'au) // 200 pb: 20.36 -16 (20.90 -19). 100 pb: 10.23 -16. sf World Youth 200 2011; ht WJC 100 2012; ht WCH 4x400 2013; ht WCH 200 2015; ht COM 200 2018; ht African Champs 200 2018. 1 Kenyan 100/200 2015/2016 (1 200 2012/2013). Coach/father-Elkana Nyangau
In 2019: 1 Kenyan World Trials 200

ODHIAMBO Mark (KEN) 11-5-1993 (26y) BIRTHDAY 4x200

Full name-Mark Otieno Odhiambo (sometimes he gets called Mark Otieno, sometimes Mark Odhiambo)
Kenyan record holder at 100m
200 pb: 20.41 -17 (21.15 -19). 100 pb: 10.14 -17. sf African Games 100 2015 & sf African Champs 100 2016/2018; ht WCH 100 2017 (having got through the preliminary round); ht WCH 200 2017; sf COM 100/200 2018. 1 Kenyan 100 2017/2018 (1 200 2017). His grandmother and father were both sprinters
In 2019: 5 Kenyan World Relay Trials 200

AGARD Terrence (NED) 16-4-1990 (29y) 4x400

Ex-Netherlands Antilles (country now dissolved) // 400 pb: 45.82 -15. 200 pb: 20.78 -15. ht World Youth 2007; 6 North/Central American & Caribbean under-23 200 2010; 4 South American Games under-23 2010; 7 ETCh 2014; ht EIC 2015/2017. 1 Venezuelan 2011
At the 2014 European Team Championships 4x400m he was shoved aside by the Italian Matteo Galvan as the two contested the lead on the last bend of the 'B' final. Galvan was later disqualified

ANGELA Ramsey (NED) 6-11-1999 (19y) 4x400

Dutch junior record holder at 400m hurdles // 400 pb: 46.93 -18 (47.55i -19). 400H pb: 50.75 -18. 2 Carifta Games 400H 2018 (he's from Curaçao); sf WJC 400H 2018. 1 Dutch junior indoor 400 2018. His father Lesley Angela was a 400/800m runner
In 2019: 1 Apeldoorn 400; 2 Ghent IFAM 400 'B'; 4 Dutch indoor 400

BONEVACIA Liemarvin (NED) 5-4-1989 (30y) 4x400

2016 European bronze, 2017 European indoor bronze // 400 pb: 44.72 -15 (46.87i -19). 200 pb: 20.46 -18. sf OLY 2012 (competed as an Independent Olympic Athlete); sf WCH 2015; ht WIC 2016; 3 ECH 2016 (2014/2018-sf); sf OLY 2016; 3 EIC 2017 (2015/2019-ht); dq ETCh 2017 for false start (he ran under protest and 'won' in 45.44, his fastest of that year. 1 Dutch 2014/2015/2016/2017 (1 200 2015) & indoor 2015/2017. From Curaçao (who are not a member of the IAAF or IOC), he formerly competed with Netherlands Antilles before that country was dissolved/ Dutch record 44.72 in the very fast heats at the Beijing World Championships, then up to 45.69 in the next day's semi-finals
In 2019: 2 Val-de-Reuil 'B'; 3 Toruñ IAAF Tour 'B'; 2 Ghent IFAM; 2 Dutch indoor 400; 6ht EIC 400

BURNET Taymir (NED) 1-10-1992 (26y) 4x100

Anchored the Netherlands to 2018 European relay bronze (preceded by Christopher Garia, Churandy Martina & Hensley Paulina)
100 pb: 10.19 -18 (10.23w -19). 200 pb: 20.52 -18. ht WCH 4x100 2017; sf ECH 200 2018 (3 4x100). 2 Dutch 100 2017. Born-Curacao
In 2019: 5 Ghent IFAM 60; 5 Dutch indoor 60; 2 Clermont Pure 100

DOBBER Jochem (NED) 8-7-1997 (21y) 4x400

400 pb: 46.45 -19 (47.31i -19). sf WJC 2016. 3 Dutch indoor 2019
In 2019: 2 Dortmund 'B'; 2 Magglingen; 1 Ghent IFAM 'B'; 3 Dutch indoor

GARIA Christopher (NED) 16-12-1992 (26y) 4x100

Led off the Netherlands team which won 2018 European bronze (followed by Churandy Martina, Hensley Paulina, Taymir Burnet)
100 pb: 10.29 -18 (10.31w -19). 3 Carifta Games under-17 100 2008; sf ECH 100 2018 (3 4x100). 1 Dutch indoor 60 2018. Ex-Netherlands Antilles (country dissolved in 2010, all athletes immediately eligible to compete for the Netherlands)
In 2019: 3 Ghent IFAM 60; dq/sf Dutch indoor 60 (false start)

MARTINA Churandy (NED) 3-7-1984 (34y) 4x100

He and Usain Bolt were the only men to have contested the Olympic 200m final in Beijing, London and Rio
100 pb: 9.91 -12. 200 pb: 19.81 -16. 400 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 2006/2010 & 200 2010; 1 Pan-Am Games 100 2007; 5 WCH 100/200 2007; 4 OLY 100 2008 (dq for running out of lane in 200 final, he would otherwise have won silver behind Bolt with 19.82); sf WIC 60 2010 (2016-ht); 2 IAAF Continental Cup 200 2010; sf WCH 100 2011 (2009-qf); 1 ECH 200/4x100 2012; 5 OLY 100/200 2012; 7 WCH 200 2013 (sf 100); dq ETCh 200 2014 (lane); 4 ECH 200 2014 (sf 100, 5 4x100); sf WCH 100/200 2015; 1 ECH 100 2016; 5 OLY 200 2016 (ht 100); 3 ETCh 100 2017; 6 ECH 100 2018 (sf 200, 3 4x100). 1 Dutch 100 2011/2012/2013/2015/2016 (1 200 2011/2016/2018). Lives-Orlando

PAULINA Hensley (NED) 26-6-1993 (25y) 4x100

Ex-Netherlands Antilles (country now dissolved)
Third leg for Netherlands team which won 2018 European relay bronze (Christopher Garia, Churandy Martina, him, Taymir Burnet)
100 pb: 10.23 -16, 10.16w -17. 200 pb: 20.62 -16. qf World Youth 100 2009; 4 South American Games under-23 100 2010; ht WJC 100 2012; 3 under-23 ECH 100 2013 (2015-4); sf WIC 60 2016; sf ECH 100/200 2016; sf ECH 100 2018 (3 4x100)

van DIEPEN Tony (NED) 17-4-1996 (23y) Mix4x400

2019 European indoor bronze // 400 pb: 46.13i -19, 46.43 -17. 800 pb: 1:48.51 -16 (1:50.19i -19). ht EJC 800 2013/2015; sf WJC 800 2014; 3 EIC 400 2019 (2017-ht). 1 Dutch indoor 400 2018/2019; 1 Dutch 400 2018
In 2019: 1 Apeldoorn 800 'B'; 1 Luxembourg 400; 1 Linz 400; 1 Athlone 400; 1 Dutch indoor 400; 3 EIC 400

van GOOL Joris (NED) 4-4-1998 (21y) 4x100

2019 European indoor bronze at 60m // 100 pb: 10.29 -18 (10.43w -19). 200 pb: 21.51 -16. ht WJC 100 2016; sf EJC 100 2017; ht ECH 100 2018; 3 EIC 60 2019. 1 Dutch indoor 60 2019
In 2019: 1 Mondeville 60; 2 Ghent IFAM 60; 1 Dutch indoor 60; 5 Düsseldorf IAAF Tour 60; 3 EIC 60; 6 Clermont Pure 100 'D'

ADEGOKE Enoch (NGR) 8-3-2000 (19y) 4x100/4x200

Full name-Enoch Olaoluwa Adegoke
2018 Commonwealth 100m finalist // 100 pb: 10.19 -18. 200 pb: 21.07 -19. 7 COM 100 2018; sf African Champs 100 2018; 1 African Junior 100 2019 (4 200)
In 2019: 1 Nigerian junior 100; 1 Ijebu Ode 100; 1 African Junior 100 (4 200)

AROWOLO Emmanuel (NGR) 8-7-1997 (21y) 4x200

2018 African Championship sprint relay silver // 200 pb: 20.85 -18. 100 pb: 10.25w, 10.31 -18 (10.66 -19). sf WJC 200 2016; sf COM 200 2018; sf African Champs 200 2018 (2 4x100). 1 Nigerian 200 2017
In 2019: ht Ijebu Ode 100

EGWERO Ogbo-Ogene (NGR) 26/11-1988 (30y) 4x100/4x200

Second at 2015 African Games 100m // 100 pb: 10.06 -11. 200 pb: 20.60 -15. qf WCH 100 2009/2013; sf WIC 60 2010 (2016-ht); 5 African Champs 100 2010/2014 (2012-7); sf COM 100 2010 (2014-ht); 6 WSG 100 2011; ht WCH 100 2011; ht OLY 100 2012/2016; 1 African Champs 4x100 2014; 2 African Games 100 2015; sf COM 100 2018. 1 Nigerian 100 2013. Coach-Maurice Greene (1 OLY 100 2000)

ITSEKIRI Usheoritse (NGR) 31-1-1998 (21y) 4x100

100 pb: 10.27 -18 (10.56 -19). 200 pb: 21.38 -18. 4 African Youth 200 2015; sf Commonwealth Youth Games 100 2015; dq COM 4x100 final 2018 (after good 38.52 heat)
In 2019: ht Ijebu Ode 100

JAKPA Jerry (NGR) 22-5-1998 (20y) 4x100/4x200

100 pb: 10.25w, 10.32 -18 (10.45 -19). 200 pb: 20.84 -19 (20.84 -19). sf African Champs 200 2018
In 2019: 1 Ijebu Ode 200; 2 Gaborone 200 (3 100)

BAUL Daniel (PNG) 14-2-1996 (23y)

4x200/Mix4x400/2x2x400/ShuttleH
200 pb: 21.7 -19. 400 pb: 47.87 -19. 110H pb: 16.71 -18
In 2019: 2 Papua New Guinean Trials 400

BOINO Mowen (PNG) 16-12-1979 (39y) 4x200/ShuttleH

Papua New Guinean record holder at 400m hurdles // 110H pb: 14.58 -13. 400H pb: 50.37 -06. 400 pb: 47.97 -12. ht OLY 400H 2000/2004/2008; ht WCH 400H 2001/2007/2013; 8 WCP 400H 2002; sf COM 400H 2006 (2002/2010/2014/2018-ht); ht WIC 400 2016; 1 Oceanian 400H 2011 (2010/2015/2017-2); 1 Pacific Mini Games 400H 2017. In 2002 he became the first athlete from outside Australia or New Zealand to represent Oceania at the IAAF World Cup

MARAI Nazmie Lee (PNG) 2-12-1992 (26y) 4x200

Won the sprint double at the 2017 Pacific Mini Games (which is called the 'Mini' games because it is a scaled-down version of the main Pacific Games and is similarly rotated on a four-year basis in the intervening years between the main games)
200 pb: 21.53 -17 (22.4 -19). 100 pb: 10.69 -17 (10.9 -19). 2 Oceanian 200 2017 (sf 100); 1 Pacific Mini Games 100/200 2017; ht WIC 60 2018; ht COM 100/200 2018. His parents Sophia Maraai and Fosa Torea were both athletes

- TANSI Shadrack (PNG) 29-9-1999 (19y) 4x200/Mix4x400**
200 pb: 21.8 -19. 400 pb: 48.34 -19
In 2019: 1 Papua New Guinean Trials 400
- WANGA Emmanuel (PNG) 25-12-1999 (19y) 4x200/Mix4x400**
200 pb: 22.10 -17 (22.16 -19). 400 pb: 48.09 -19. 3 Oceanian junior 200 2017
In 2019: 3 Papua New Guinean Trials 400
- BRZEZIŃSKI Adrian (POL) 24-8-1998 (20y) 4x100**
100 pb: 10.60 -18. 200 pb: 21.23 -18 (21.33i -19).
In 2019: 1 Spała 200 'B' (2 60 'B'); 2 Polish indoor 200
- DOBEK Patryk (POL) 13-2-1994 (25y) 4x400**
2015 World Championship finalist (at 400m hurdles) // 400 pb: 46.15 -13 (47.57i -19). 400H pb: 48.40 -15. 3 World Youth 400H 2011; sf WJC 400H 2012 (2 4x400); 2 EJC 400H 2013 (2 4x400); 2 ETCh 400H 2015 (2017-3); 1 under-23 ECH 400H 2015; 7 WCH 400H 2015 (2017-sf); ht OLY 400H 2016; 5 WSG 400H 2017; 2 Athletics World Cup 400H 2018; 5 ECH 400H 2018 (2014-sf). 1 Polish 400H 2014/2015/2016/2017/2018. Coach-Krzysztof Szalach
In 2019: 6 Polish indoor 400
- DUSZYŃSKI Kajetan (POL) 12-5-1995 (23y) BIRTHDAY 4x400/2x2x400**
400 pb: 45.97 -18 (47.53i -19). 2 under-23 ECH 4x400 2015/2017; 7 under-23 ECH 2017 400 2017; 7 WCH 4x400 2017; 4 WSG 400 2017
In 2019: 1 Spała 400; 5 Toruń IAAF Tour 400
- GRZEŚKOWIAK Krzysztof (POL) 3-4-1993 (26y) 4x100**
100 pb: 10.39 -18. 200 pb: 21.19 -18. 3 Polish indoor 60 2018
- KOPEĆ Dominik (POL) 5-7-1995 (23y) 4x100**
2018 Polish Champion at both sprints // 100 pb: 10.26 -18. 200 pb: 20.60 -18. 5 under-23 ECH 100 2015; ht ETCh 100 2017; sf ECH 100 2018. 1 Polish 100/200 2018
In 2019: 1 Spała 60 (Jan 20); 1 Spała 60 (Feb 3); 6 Łódź 60; 2 Polish indoor 60
- KOWALUK Dariusz (POL) 16-4-1996 (23y) 4x400/2x2x400**
2018 Polish under-23 Champion // 400 pb: 46.06 -18 (47.21i -19). 8 EJC 400 2015; 2 under-23 ECH 4x400 2017; ht ECH 400 2018; 4 EIC 4x400 2019. 1 Polish under-23 400 2018
In 2019: (indoors) 1 Toruń 300; 1 Spała 200; 5 Toruń IAAF Tour 'B'; 1 Chemnitz 300 'B'; 3 Polish indoor 200 (4 400); 4 EIC 4x400
- KRZEWINA Jakub (POL) 10/10-1989 (29y) 4x400/Mix4x400**
Brilliantly-judged 4x400m anchor leg at 2018 World Indoors, to reel in the USA as break the world indoor record
400 pb: 45.11 -14 (47.14i -19). 200 pb: 21.13 -09. ht WJC 2008; 1 under-23 ECH 4x400 2009 (2011-2); 4 ECH 2014 (2 4x400); 2 EIC 4x400 2015; 2sf ECH 2016 (2 4x400); sf WIC 2018(1 4x400). 1 Polish indoor 2012/2018; 1 Polish 2014. Ex-footballer. Coach-Józef Lisowski "Those who know me, know that these tattoos are not for show ... they add to my strength when I am fighting for Poland"
In 2019: 3 Polish indoor
- KWIATKOWSKI Karol (POL) 20-8-1996 (22y) 4x100**
100 pb: 10.43 -18. 200 pb: 21.40 -18
In 2019: 2 Ostrava 60; 3 Spała 60; 6 Polish indoor 60 (1 4x200)
- MORDYL Jakub (POL) 15-1-1996 (23y) 4x400/Mix4x400**
400 pb: 47.11i -19, 47.53 -18. 400H pb: 50.17 -18. ht ECH 400H 2018. 1 Polish under-23 400H 2018; 2 Polish 400H 2018
In 2019: 1 Spała 200/300 (Jan 20); 1 Spała 400 'B' (Feb 3); 3ht Polish indoor 400
- OLSZEWSKI Remigiusz (POL) 20-9-1992 (26y) 4x100**
5x Polish Indoor Champion at 60m // 100 pb: 10.18w, 10.21 -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: 3 Łódź 60; 3 Ostrava 60; 1 Polish indoor 60; 5sf EIC 60
- SIUDA Mateusz (POL) 5-5-1998 (21y) 4x100**
100 pb: 10.68 -18. 200 pb: 21.71w, 21.84 -18. 5 Polish under-23 100 2018
In 2019: 5 Toruń 60 (Jan 19); 6 Toruń 60 (Jan 27); 4ht Łódź 60
- SŁOWIKOWSKI Przemysław (POL) 20-11-1993 (25y) 4x100**
2015 Polish Champion at 100m // 100 pb: 10.23 -18. 200 pb: 20.78 -15. 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
- SMOSARSKI Dominik (POL) 12-9-1999 (19y) 4x100**
100 pb: 10.49 -17. 200 pb: 21.06 -16 (21.23i -19). sf EJC 200 2017. 1 Polish indoor 200 2019
In 2019: 1 Toruń 200; 1 Polish indoor 200
- WAŚCIŃSKI Przemysław (POL) 29-3-1995 (24y) 4x400**
2017 European Indoor relay gold // 400 pb: 46.14 -16 (47.04i -19). Silver EJC 4x400 2013 (ran in heat); 1 EIC 4x400 2017 1 Polish under-23 2016
In 2017: Third leg for Polish team which won at European Indoor Championships (Kacper Kozowski, ukasz Krawczuk, Przemysław Waćciński, Rafał Omelko)
In 2019: 1 Neskollen 500; 1 Spała; 4 Toruń IAAF Tour 'B'
- ZAŁEWSKI Karol (POL) 7-8-1993 (25y) 4x400/Mix4x400**
Led off the world indoor record breaking Polish 4x400m team at the 2018 World Indoor Championships
400 pb: 45.11 -18. 100 pb: 10.24w, 10.25 -13. 200 pb: 20.26 -16. 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 (20170-6); 4 ECH 400 2018; dns sf EIC 2019. 1 Polish 100/200 2013/2014/2016/2017, 1 200 2015. (1 indoor 200 2014/2015 & 400 2015/2019). Coach-Zbigniew Ludwiczowski
In 2019: 3 Karlsruhe IAAF Tour 400; 3 Toruń IAAF Tour 400; 3 Madrid IAAF Tour 400 'B'; 1 Polish indoor 400; dns/sf EIC 400
- ZIMNY Tymoteusz (POL) 14-3-1998 (21y) 4x400/Mix4x400**
2017 European junior silver // 400 pb: 46.04 -17 (47.56i -19). sf World Youth 2015; sf WJC 2016; 2 EJC 2017 (3 4x400); 7 WCH 4x400 2017; 4 EIC 4x400 2019. 1 Polish junior 2016/2017
In 2019: 1 Spała 'E'; 5 Polish indoor; 4 EIC 4x400
- ADAMS Luxolo (RSA) 1-8-1996 (22y) 4x200**
2018 African Championships bronze at 200m // 200 pb: 20.01 -18 (20.71 -19). 400 pb: 46.37 -15. 2 Athletics World Cup 200 2018; 3 African Champs 200 2018. 1 South African 200 2018. He doesn't appear to have ever contested an individual 100m
In 2019: 1 Stellenbosch 200; 1 Potchefstroom 200; 1 South African Universities 200
- CONRADIE Pieter (RSA) 20-10-1994 (24y) 4x400/Mix4x400**
400 pb: 45.15 -17 (46.27 -19). 800 pb: 1:48.08 -16 (1:50.41 -19). sf World Youth 2011; sf WJC 2012; 2 WSG 4x100 2013; ht WCH 2017; ht African Champs 2018 (2 4x400). 1 South African 2017
In 2019: 4 Karlsruhe IAAF Tour 'B'; 4 Ghent IFAM; Four wins & two seconds at Potchefstroom; 5 Sasolburg; 5 South African
- DAMBILE Sinesipho (RSA) 2-3-2002 (17y) 4x200**
2018 African Youth Champion at 200m // 200 pb: 20.32 -19. 400 pb: 46.48 -19. 100 pb: 10.43 -18 (10.44 -19). 1 African Youth 200 2019. 1 South African youth 200 2019
In 2019: Four wins in league meetings in Pretoria across 100/200/400; 1 South African youth 200; 1 African Youth 200
- DIKGALE Ranti (RSA) 12-7-1987 (31y) 4x400**
Full name-Ranti Marvin Dikgale // 400 pb: 45.66 -17 (45.98 -19). 200 pb: 21.31w, 21.33 -17. 2 South African 2017 (2019-4)
In 2019: 1 Pretoria (Feb 23); 5 Pretoria (Mar 5); 6 Gauteng North; 4 Pretoria (Apr 9); 3 Sasolburg; 4 South African
- ERASMUS Emile (RSA) 3-4-1992 (27y) 4x100**
Second leg for team which won silver at 2018 Commonwealth Games // 100 pb: 10.02 -18 (10.15 -19). 200 pb: 20.48 -18. 3 African Junior 100 2011; 1 African Champs 4x100 2016; 2 COM 4x100 2018. Studied Civil Engineering at the University of Pretoria. Coach-Frans van Rooyen
In 2019: 1 Gauteng North 100 (4 200); 1 South African Universities 100; 2 Bloemfontein 100 (1 4x100)
- HLUNGWANI Ashley (RSA) 25-4-1991 (28y) 4x400**
400 pb: 45.76 -19. 200 pb: 21.22w -17, 22.35 -13. 3 South African 2018 (2016-4, 2017-6)

In 2019: 6 Pretoria (Mar 5); 1 Gauteng North; 3 Pretoria (Apr 9); 3 South African

ISAACS Gardeo (RSA) 27-12-1998 (20y) 4x200/4x400/Mix4x400
2019 South African Champion at 400m // 400 pb: 45.39 -19. 200 pb: 21.03 -19. 1 South African Schools 400 2016; 8 South African 400 2018. Student of management & accounting. Coach-Heinrich Fortuin
Before a big race I always watch a few YouTube videos of [Wayde van Niekerk] running just to see how he approaches a 400m race and it really helps me with preparation."
In 2019: 1 Potchefstroom 400; 1 South African Universities 400; 1 South African 400

JOBODWANA Anaso (RSA) 30-7-1992 (26y) 4x100/4x200
2015 World bronze at 200m // 200 pb: 19.87 -15 (20.68w, 20.73 -19). 100 pb: 10.07w -18, 10.10 -13 (10.70 -19). 8 OLY 200 2012; 1 WSG 100/200 2013; 6 WCH 200 2013; 3 WCH 200 2015 (ht 100); ht OLY 200 2016; dq sf COM 200 2018 (false start); 2 COM 4x100 2018. Coach-Stuart McMillan
He set a South African 200m record of 19.87 in 2015, but that has since been broken by both Wayde van Niekerk and Clarence Munyai
In 2019: 2 Texas Relays 200; 6 Tempe 100; 4 South African 200

MAGAKWE Simon (RSA) 25-5-1985 (33y) 4x100
South African Champion at 100m in 2009 & 2019 (and 5x in between)
100 pb: 9.98 -14 (10.06 -19). 200 pb: 20.23 -10 (21.17 -19). qf WCH 100 2009; 3 African Champs 100/200 2010 (1 4x100); 7 WSG 100 2011 (1 4x100); ht WCH 100 2011; sf COM 100 2014; 3 Athletics World Cup 100 2018; 3 African Champs 100 2018 (1 4x400). 1 South African 100 2009/2010/2011/2012/2017/2018/2019 (1 200 2010/2012). Served two-year doping ban in 2015-2017 (after refusing to be tested)
In 2019: 1 Cape Town 200 (Feb 16); 1 Cape Town 200 (Mar 2); 1 Parow 100; 1 Cape Town 100 (Mar 23); 1 Bloemfontein 100; 1 South African 100 (7th time)

PHORA Thapelo (RSA) 21-11-1991 (27y) 4x400/Mix4x400
Two silvers at 2018 African Championships // 400 pb: 45.14 -18 (45.19 -19). ht WIC 4x400 2016; 2 African Champs 400/4x400 2018; dq IAAF Continental Cup 2018 (lane). 2 South African 2019 (2018-3)
In 2019: 2 Pretoria 600; 2 Pretoria (Mar 5); 2 Pretoria (Apr 9); 1 Sasolburg; 2 South African

ROTO Thando (RSA) 26-9-1995 (23y) 4x100
2017 World Student Games 100m silver // 100 pb: 9.95 -17 (10.27 -19). 200 pb: 21.12 -14. sf WJC 100 2014; sf African Champs 100 2016; dq/ht WCH 100 2017 (false start); 2 WSG 100 2017
In 2019: sf South African 100

SEELIGER Jon (RSA) 27-4-1995 (24y) 4x400
400 pb: 45.85 -15 (46.20 -19). 200 pb: 20.71 -14 (21.23 -19). 5 African junior 2013; ht WJC 200 2014; sf WSG 2015. 1 South African under-23 200/400 2015. 2 South African 2015
In 2019: 1 Pretoria (Feb 9); 2 South African Universities (6 200); 8 South African

SIMBINE Akani (RSA) 21-9-1993 (25y) 4x100/4x200
Commonwealth Games & African Champion at 100m in 2018 // 100 pb: 9.89 -16. 200 pb: 19.95 -17 (20.27 -19). 5 COM 200 2014 (sf 100); 1 WSG 100 2015; sf WCH 200 2015/2017; 3 African Champs 100 2016 (1 4x100); 5 OLY 100 2016; 5 WCH 100 2017 (2013/2015-sf); 1 African Champs 100/4x100 2018. 1 South African 100 2015/2017 & 200 2019. He was Wayde Van Niekerk's room-mate at the Rio Olympics. Coach-Werner Prinsloo
He had the quickest 10m segment of any of the men in the 2017 World 100m final, according to a biomechanical study of the race. He clocked 0.84 between 50m & 60m, compared with Gatlin 0.86 & Bolt 0.85
In 2019: 1 Bloemfontein 4x100; 1 Potchefstroom 200; 1 South African 200

VAN WYK Chederick (RSA) 18-2-1995 (24y) 4x100/4x200
100 pb: 10.18 -18 (10.23 -19). 200 pb: 20.45 -18 (20.45 -19). 2 South African 200 2019
In 2019: Almost 30 races already including 2 South African Universities 100 (3 200), 2 South African 200 (3 100) & 1 Bloemfontein 4x100 (team: Simon Magakwe, him, Emile Erasmus, Akani Simbine)

CHUANGCHAI Bundit (THA) 22-7-1993 (25y) 4x100
Second leg for the Thai sprint relay team which won at the 2019 Asian

Championships (Ruttanapon Sowan, him, Jirapong Meenapra, Siripol Punpa), having set a national record of 38.72 in their heat
100 pb: 10.47 -14 (10.51 -19). 200 pb: 21.60 -18. 1 South East Asian Games 4x100 2017; 5 WSG 4x100 2017; 6 Asian Games 4x100 2018; 1 Asian Champs 4x100 2019 (2017-2)
In 2019: 2 Orlando 4x100 (5 100 'B'); 5 Florida Relays 4x100; 1 Jacksonville 100; 1 Asian Champs 4x100

MEENAPRA Jirapong (THA) 11-5-1993 (26y) BIRTHDAY 4x100
Third leg for the Thai sprint relay team which won at the 2019 Asian Championships (Ruttanapon Sowan, Bandit Chuangchai, him, Siripol Punpa), having set a national record of 38.72 in their heat
100 pb: 10.31 -14 (10.34 -19). 200 pb: 20.99 -15. ht WJC 100 2010 (6 4x100); 5 Youth Olympic Games 100 2010; sf Asian Champs 100 2011 (5 4x100); 5 WJC 4x100 2012; 4 WSG 4x100 2013; sf Asian Games 100 2014 (4 4x100); 3 South East Asian Games 200 2015; 4 WSG 4x100 2015; 6 Asian Indoor Champs 60 2016; 2 Asian Champs 4x100 2017; 1 Asian Champs 4x100 2019 (sf 100)
In 2019: 6 Orlando 100 (2 4x100); 3 Florida Relays 200 'G' (5 4x100); 4 Jacksonville 100; 1 Coral Gables 100 'C'; sf Asian Champs 100 (1 4x100)

PUNPA Siripol (THA) 9-9-1999 (19y) 4x100
Anchored Thai sprint relay team to gold at the 2019 Asian Championships (Ruttanapon Sowan, Bandit Chuangchai, irapong Meenapra, him), having set a national record of 38.72 in their heat
100 pb: 10.52 -19. 200 pb: 20.99w -19, 21.18 -17. 6 South East Asian Games 200 2017; 1 Asian Champs 4x100 (sf 100)
In 2019: 3 Orlando 100 'B' (2 4x100); 1 Florida Relays 200 'G' (5 4x100/4x200); 5 Coral Gables 100 'C'; sf Asian Champs 100 (1 4x100)

SATHOENGRAM Jaran (THA) 9-2-1993 (26y) 4x100
Anchored Thailand to 4x100 silver at 2017 Asian Championships (preceded by Krisada Namsuwan, Bandit Chuangchai & Jirapong Meenapra)
100 pb: 10.52 -15 (10.61 -19). 200 pb: 21.05 -15. 5 WJC 4x100 2012; 4 WSG 4x100 2015 (2017-5); 1 South East Asian Games 4x100 2017; 2 Asian Champs 4x100 2017 (2015-4); 6 Asian Games 4x100 2018. 1 Thai 100 2012
In 2019: 1 Orlando 100 'C' (3 4x100); 2 Jacksonville 100 'B'; 3 Coral Gables 100 'F'

SOWAN Ruttanapon (THA) 10-1-1994 (25y) 4x100
Led off the Thai sprint relay team which won at the 2019 Asian Championships (him, Bandit Chuangchai, Jirapong Meenapra, Siripol Punpa), having set a national record of 38.72 in their heat
100 pb: 10.40w -19, 10.41 -14 (10.61 -19). 200 pb: 21.30 -12 (22.17 -19). sf World Youth 200 2011; 5 WJC 4x100 2012; 4 WSG 4x100 2013; 4 Asian Games 4x100 4014; 1 Asian Champs 4x100 2019
In 2019: 7 Orlando 100 'B' (3 4x100); 2 Jacksonville 200 'G'; 1 Coral Gables 100 'D'; 1 Asian Champs 4x100

WEERAWONGRATANASIRI Nutthapong (THA) 3-2-1997 (22y) 4x100
100 pb: 10.57 -19. 200 pb: 21.21 -18 (21.49 -19). sf Asian Games 200 2019
In 2019: 3 Ubonratchathani 100/200; 4 Orlando 100 'C'; 8 Jacksonville 100 (1 200 'E'); 5 Coral Gables 200 'D' (1 100 'F'); sf Asian Games 200

CHENG Po-Yu (TPE) 27-4-1997 (22y) 4x100
100 pb 10.37 -19. 200 pb: 21.34 -17. 3 Asian Junior 4x100 2014; 1 Youth Olympic Games 100 'B' 2014; ht WJC 4x100 2016; 3 WSG 4x100 2017
In 2019: 3 Kaohsiung 100; 4 Taipei Cup 100 (Mar 13); 2 Taiwanese Inter Collegiate Champs 100; 2 Taiwanese Inter Collegiate Games 100

WANG Wei-Hsu (TPE) 12-10-1996 (22y) 4x100
Second leg for Taiwanese sprint relay team which won silver at 2019 Asian Championships (Wei Yi-Ching, him, Yang Chun-Han, Lin Hung-Min)
100 pb: 10.34 -18/19. 200 pb: 20.98 -19. 400 pb: 46.98 -13. ht World Youth 400 2013; ht WJC 400 2014; sf Asian Games 100 2018 (4 4x100); 2 Asian Champs 4x100 2019 (2017-4). 1 Taiwanese 100 2018
In 2019: 1 Kaohsiung 100; 1 Taipei Cup 100 (2 200); 3 Kuala Lumpur 100; sf Asian Champs 100; 1 Taiwanese Inter Collegiate Games 100 (2 200)

WEI Tai-Sheng (TPE) 1-1-2000 (19y) 4x100
100 pb: 10.39w -19, 10.45 -18 (10.55 -19). 200 pb: 20.99 -18 (21.00 -

19). 4 Asian Games 4x100 2018; 1 Asian Junior 200 2018 (5 100, 2 4x100)

In 2019: 1 Taipei Spring 100; 1 Kaohsiung 100; 1 Taipei Cup 100/200; 1 Kuala Lumpur 200

WEI Yi-Ching (TPE) 5-6-1998 (20y) 4x100

Led off Taiwanese sprint relay team which won silver at 2019 Asian Championships (him, Wang Wei-Hsu, Yang Chun-Han, Lin Hung-Min) 100 pb: 10.45 -18 (10.49 -19). 3 WSG 4x100 2013; 4 Asian Games 4x100 2018; 2 Asian Champs 4x100 2019. 2 Japanese Universities 100 2018

In 2019: 4 Kaohsiung 100; 2 Taipei Cup 100; 6 Kuala Lumpur 100; 2 Asian Champs 4x100

YANG Chun-Han (TPE) 1-1-1997 (22y) 4x100

In 2017 won Asian Games 200m and World Student Games titles at 100m. Taiwanese record holder at both 100m & 200m

100 pb: 10.11 -18 (10.28 -19). 200 pb: 20.23 -18 (20.37 -19). 3 Youth Olympic Games 200 2014; 5 Asian Champs 200 2015 (2 4x100); 1 Asian Junior 200 2016; 5 WJC 200 2016; 1 Asian Champs 200 2017 (3 100); 1 WSG 100 2017 (7 200); 2 Asian Games 200 2018 (5 100); 5 Asian Champs 100 2019 (2 4x100). 1 Japanese Universities 100 2018 In 2019: 1 Winston-Salem 60 (Feb 2); 1 Winston-Salem 60 (Feb 7); 1 Winston-Salem 60/200 (Feb 16); 1 Taipei Cup 200; 1 Chiayi 200; 5 Asian Champs 100 (2 4x100)

CEDENIO Machel (TTO) 6-9-1995 (23y) 4x400

Third leg for victorious Trinidadian relay team at the 2017 World Championships, when he made up a vital 7m on the USA (team was Jarrin Solomon, Jereem Richards, him, Lalonde Gordon)

400 pb: 44.01 -16 (45.03 -19). 4 World Youth 2011; 5 WJC 2012; 1 Central American & Caribbean youth 2012 & junior 2014; 1 WJC 2014; 2 Pan-Am Games 2015 (1 4x400); 7 WCH 2015 (2 4x400); bronze WIC 4x400 2016; 4 OLY 2016 (dq ht 4x400); sf WCH 2017 (1 4x400); sf COM 2018 (4 4x400). 1 Trinidadian 2016/2017. Coach-Lance Brauman. He won his semi-final in Rio 2016, beating Wayde van Niekerk (which led to van Niekerk being drawn on the outside lane in the final, from where he broke the world record)

In 2019: 1 Gainesville Jones; 1 Florida Relays 4x400

GUEVARA Asa (TTO) 20-12-1995 (23y) 4x400

2016 World Junior relay bronze // 400 pb: 45.26 -18. 200 pb: 20.51 -18 (20.85w -19). 100 pb: 10.42w -16, 10.53 -16. ht WJC 2012 (3 4x400); 3 Carifta Games 2014; sf WIC 2018 (4x400). Student of Kinesiology at the University of Texas, El Paso

In 2019: 1 Marbella; 5 St George's; 1 College Station 200 'D'

LENDORE Deon (TTO) 28/10-1992 (26y) Mix4x400

Three bronzes from the past two World Indoor Championships // 400 pb: 44.36 -14 (46.05 -19). 200 pb: 20.81 -18. sf World Youth 2009; sf WJC 2010; 2 Pan-American junior 2011; ht OLY 2012 (3 4x400); sf WCH 2013; ht WCH 2015 (2 4x400); 3 WIC 400/4x400 2016; ht OLY 2016 (dq ht 4x400); 3 WIC 2018 (4 4x400). 1 NCAA indoor 2014. 1 Trinidadian 2013. Studied Business Management at Texas A&M University. Coach-Charles Joseph

In 2019: 4 College Station 600; 1 Marabella 200; 1 St George's 'B'

MITCHELL Onal (TTO) 10-2-1999 (20y) Mix4x400

400 pb: 46.93 -19. 100 pb: 10.56w -18, 10.72 -17 (10.76 -19). 200 pb: 21.62w, 21.68 -18. 6 Carifta Games 2018; ht WJC 2018

In 2019: 1 Marabella (4 100)

RICHARDS Jereem (TTO) 13-1-1994 (25y) 4x400

2018 Commonwealth Champion at 200m. 2017 World Championship 200m bronze with the fastest finish, then 4x400m relay gold with a super-fast split of 43.5 on the difficult leg 2

400 pb: 45.21 -17 (45.92 -19). 200 pb: 19.97 -17 (20.21 -19). 3 WIC 4x400 2012; 3 WCH 200 2017 (1 4x400); 4 WIC 4x400 2018; 1 COM 200 2018 (4 4x400). 2 NCAA indoor 200 2017 (3 4x400); 3 NCAA 200 2017. At the 2018 Commonwealth Games, he crossed the line in second place in the 200m but was promoted to gold after it was determined he have been impeded by the original winner, Zharnel Hughes (ENG) He hasn't ruled out an eventual move up to 400m – "I'm still learning the ins and outs, whereas right now the 200m is a breeze"

In 2019: 3 Florida Relays 400; 1 Baton Rouge 400; 2 Tuscaloosa 400; 1 Auburn Eagle 200; 1 Baton Rouge LSU 200; 4 Doha Diamond 200

AY Aykut (TUR) 3-8-1995 (23y) 4x100

100 pb: 10.33w -17, 10.38 -18 (10.74 -19). 200 pb: 21.19 -14. ht World

Youth 100 2011; sf WJC 100 2014 (ht 200); 4 Balkan 100 2018; sf EIC 60 2019. (He's no relation to the Turkish female sprinter, Mizgin Ay, it is a common name in Turkey and the word means moon or month in English)

In 2019: 3 Vienna T&F 60; 3 Bratislava 60; 4sf Ukrainian indoor 60; 3 Istanbul Cup 60; 1 Serbian Open 60; 5sf EIC 60; 2 Antalya 100

BARNES Emre Zafer (TUR) 7-11-1988 (30y) 4x100

Allegiance transferee from Jamaica – formerly known as Winston Barnes, gained Turkish citizenship on June 24, 2015 and cleared by IAAF to represent Turkey from June 24, 2016

100 pb: 10.02w -17, 10.08 -18. 200 pb: 20.67 -15. 1 WJC 4x100 2006 (for Jamaica, he ran leg 1, Yohan Blake anchored); 2 Balkan 100 2016 (for Turkey); sf ECH 100 2016; sf WCH 100 2017; 8 WIC 60 2018; 7 ECH 100 2018 (2 4x100); 2 EIC 60 2019. 1 Jamaican Schools under-15 100 2003. Set six Turkish indoor records at 60m in 2018 and had already equalled the best of those (6.55) in 2019

In 2019: 1 Spanish Town 60; 6 Val-de-Reuil 60; 1 Metz 60; 1 Balkan indoor 60; 2 Istanbul Cup 60; 4 Düsseldorf IAAF Tour 60; 2 EIC 60

GULIYEV Ramil (TUR) 29-5-1990 (28y) 4x100

In 2017 he succeeded Usain Bolt as World Champion at 200m (and then received personal congratulations from the Presidents of both Turkey and Azerbaijan)

100 pb: 9.97 -17. 200 pb: 19.76 -18 (19.99 -19). ht WJC 100 2006; 2 World Youth 200 2007; ht WIC 60 2008; 5 WJC 200 2008; qf OLY 200 2008; 7 EIC 60 2009; 1 WSG 200 2009; 1 EJC 200 2009 (2 100); 2 Mediterranean Games 100 2013; 1 Balkan 100/200 2014/2016 & 200 2015; 2 ETC 200 2014 (3 100); 6 ECH 200 2014 (dq ht 100 with false start); 3 WSG 100/200 2015; 2 ECH 200 2016 (6 100); 8 OLY 200 2016; 1 WCH 200 2017 (2009-7, 2015-6); 1 ECH 200 2018 (2 4x100); 2 IAAF Continental Cup 200/4x100 2018. Allegiance transferee from Azerbaijan – became a Turkish citizen on April 5, 2011 and cleared by the IAAF to compete for that country in from April 4, 2013

In 2019: 1 Doha Diamond 200 (19.99)

HARVEY Jak Ali (TUR) 5-4-1989 (30y) 4x100

Allegiance transferee from Jamaica – formerly known as Jacques Harvey, gained Turkish citizenship on July 25, 2014 and (with the requisite agreement of the Jamaican AA) cleared by IAAF to compete for Turkey from July 24, 2015

2016 European 100m silver

100 pb: 9.91w -18, 9.92 -16. 200 pb: 20.38 -15 (20.84w, 21.32 -19). 5 North/Central American & Caribbean under-23 100 2010; 1 WSG 100 2011; 1 Balkan 100 2015/2017 (1 200 2017); sf WCH 100 2015; 2 ECH 100 2016 (2018-3); sf OLY 100 2016 (ht 200); sf WCH 100 2017; 2 ECH 4x100 2018; 4 IAAF Continental Cup 100 2018 (2 4x100); 1 Mediterranean Games 100 2018. 7 Jamaican 100 2010/2011 (2012-8)

In 2019: 3 Florida Relays 4x200 (1 4x100 'B'); 6 Clement Pure 200; 6 Drake Relays 200

HEKIMOGLU Yiğitcan (TUR) 27-4-1992 (27y) 4x100

Third leg for Turkish sprint relay team which won 2018 European silver in a fast 37.98 (Emre Zafer Barnes, Jak Ali Harvey, him, Ramil Guliyev)

100 pb: 10.34 -18. 200 pb: 21.15 -18. qf World Youth 100 2009; ht WJC 100 2010; 8 EJC 100 2011; 7 WCH 4x100 2017; ht ECH 100 2018 (2 4x100); 2 IAAF Continental Cup 4x100 2018. 1 Turkish 100 2011; 1 Turkish indoor 60 2014

SAFER Izzet (TUR) 10-7-1990 (28y) 4x100

3x winner of sprint double at Turkish Championships // 100 pb: 10.36w -18, 10.37 -11 (10.73 -19). 200 pb: 20.86 -12. sf World Youth 200 2007; ht WJC 100/200 2008; ht ECH 100 2010 & 200 2014; ht ECH 4x100 2016; ht OLY 4x100 2016 1 Turkish 100/200 2010/2013/2014

In 2019: 1 Antalya 100

IBRAHIMOV Emil (UKR) 1-2-1990 (29y) 4x100

100 pb: 10.30 -16. 200 pb: 20.86 -18. ht ECH 100 2016 & 200 2018; 5 ECH 4x100 2018. 1 Ukrainian 200 2017

In 2019: 6 Kiev 60; 5 Sumy 60; 4sf Ukrainian indoor 60

KOSTRYTSYA Erik (UKR) 18-9-1999 (19y) 4x100

100 pb: 10.51 -18. 200 pb: 21.59w, 21.73 -18. ht WJC 4x100 2018. He was found to have competed under a false birthdate (18 Sep 2001 instead of 18 Sep 99) and was disqualified from under-16 & youth contests in 2016-2018, including the 2018 European Youth Championships where he was a 100m semi-finalist

In 2019: 3 Kiev 60; 1 Sumy 60; 5 Ukrainian indoor 60

SMELYK Sergiy (UKR) 19-4-1987 (32y) 4x100

Twice European Team Champion at 200m // 100 pb: 10.10 -16. 200 pb: 20.30 -14. 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). Coach-Sergiy Budkov
In 2019: 1 Kiev 60; 1 Ust-Kamenogorsk 60; 1ht Sumy 60

SOKOLOV Oleksandr (UKR) 6-12-1997 (21y) 4x100

2019 Ukrainian Indoor Champion at 60m // 100 pb: 10.17 -18. 200 pb: 21.21w, 21.47 -18. sf WJC 100 2016; ht ECH 100 2018; ht EIC 60 2019.1 Ukrainian indoor 60 2019
In 2019: 2 Kiev Champs 60; 1 Ukrainian indoor 60; 1 Kiev 60; 4ht EIC 60

SUPRUN Volodymyr (UKR) 24-1-1994 (25y) 4x100

Twice Ukrainian Indoor Champion at 60m // 100 pb: 10.30 -16. 200 pb: 20.96 -16 (22.30i -19). ht WJC 100/200 2012; ht WCH 4x100 2015; ht ECH 100 2016; sf EIC 60 2017 (2019-ht); 5 ECH 4x100 2018. 1 Ukrainian indoor 60 2016/2017
In 2019: 2 Sumy 60 (Jan 18); 3 Sumy 60 (Jan 25); 3 Kiev Champs 60; 4 Ukrainian indoor 60; 5ht Ostrava 60; 5ht EIC 60

ALLEN Devon (USA) 12-12-1994 (24y) ShuttleH

Twice US and twice US Collegiate Champion. Fifth at Rio Olympics // 110H pb: 13.03 -16. 100 pb: 10.36 -16. 200 pb: 20.52 -18. 400H pb: 51.19 -14. 5 OLY 2016; sf WCH 2017; 3 Athletics World Cup 2018; 5 IAAF Continental Cup 2018. 1 US/NCAA 2014/2016 (He did not race in 2015 after tearing the anterior cruciate ligament in his right knee playing football); 1 NCAA indoor 2016; 1 US 2018 & indoor 2019
In 2019: 1 New York Millrose; 1 US indoor

BELCHER Christopher (USA) 29-1-1994 (25y) 4x100

2017 World Championship 100m semi-finalist // 100 pb: 9.93 -17 (10.14 -19). 200 pb: 20.01 -17 (20.42 -19). sf WCH 100 2017. 3 NCAA 100 2017 (5 200); 3 US 100 2017. Was at North Carolina Agricultural and Technical State University, but in 2017 signed a professional contract with an American multinational footwear corporation
In 2019: 5 Columbia Open 60 (4 200); 5 Fayetteville 60; 7ht Birmingham IAAF Tour 60; 7 Düsseldorf IAAF Tour 60; 6 Florida Relays 4x100; 3 St George's 100 (1 200 'B'); 4 Columbian 4x100; 1 Penn Relays 4x100

BRAZIER Donovan (USA) 15-4-1997 (22y) 2x2x400

Reigning US Champion indoors and out // 800 pb: 1:43.55 -16 (1:44.41i, 1:44.70 -19). 400 pb: 46.91i -18, 47.02 -16. sf WCH 800 2017; dq WIC 800 ht 2018 (lane). 1 NCAA 800 2016; 6 US indoor 600 2017; 1 US 800 2017 & indoor 800 2018. Broke Jim Ryun's 50 year-old US junior record with 1:43.55 in June 2016, but then didn't make the final at the US Olympic Trials ("I ran a dumb race"). Attends Texas A&M University but doesn't compete on the collegiate circuit after turning professional in 2016. Hobby-fishing, his biggest catch was a catfish from Lake Michigan. Coach-Alleyne Francique GRN (1 WIC 400 2004/2006). 1.88 tall
In 2019: College Station 600; 1 Boston IAAF Tour 800; 2 New York Millrose 800; 3 Doha Diamond 800

BURRELL Cameron (USA) 11-9-1994 (24y) 4x100

2018 US Collegiate Champion at 100m, representing University of Houston
100 pb: 9.90w -17, 9.93 -18 (10.02 -19). 200 pb: 20.65w -14, 20.75 -16. 1 WJC 4x100 2012; 3 WSG 100 2017; 3 North/Central American & Caribbean 100 2018. 2 NCAA indoor 60 2016; 1 NCAA 100 2018 (2017-2); 5 US 100 2018. Both his parents have relay gold medals from the Barcelona Olympics. Father-Leroy Burrell (world 100m records of 9.90 in 1991, 9.85 in 1994); mother-Michelle Finn (1 US 100 1990)
In 2019: 1 Texas Relays 4x100; 5 Mt SAC Relays 100 (1 200 'C'); 3 Penn Relays 4x100; 1 Houston 100

CHERRY Michael (USA) 23-3-1995 (24y) 4x400

2018 World indoor silver (though he crossed the line in fourth place, then Óscar Husillos and Luguelín Santos were both disqualified for going out of their lane)
400 pb: 44.66 -17 (45.36 -19). 1 WJC 4x400 2014; 2 WCH 4x400 2017. 2 North/Central American & Caribbean 2016; 2 WIC 400/4x400 2018. 3 NCAA 2016/2017 (representing Louisiana State University); 1 US indoor 2018; 3 US 2018

In 2019: 3 New York 600; 1 Prairie View 4x400 (2 4x200); 1 Mt SAC Relays 400; 1 Penn Relays 4x400

CRITTENDEN Freddie (USA) 3-8-1994 (24y) ShuttleH

110H pb: 13.27 -18 (13.55w -19). sf US 2014/2015/2016/2018; 2 NCAA indoor 2016/2017; 4 NCAA 2016. Studied public health at Syracuse University in Syracuse, New York
He set his 110H personal best (of 13.27) at the outdoor Birmingham Grand Prix in 2018

In 2019: 2 Iowa City Olympic; 3 Boston IAAF Tour; 2 New York Millrose; 2 Birmingham IAAF Tour; 3 Düsseldorf IAAF Tour; 3 Des Moines

DEDEWO Paul (USA) 5-6-1991 (27y) 4x400

(Dedewo pronounced "Dead-a-woah")

Two victories at the 2018 Athletics World Cup

400 pb: 44.43 -18. 200 pb: 20.40 -17. 2 World Relays Mixed 4x400 2017; 1 Athletics World Cup 2018. Ran in heat of 2018 world indoor 4x400m, so awarded a silver medal won by USA in the final. 1 US Clubs 2015; 2 Nigerian 200 2016 (dq 400 final); 2 US indoor 300 2017; 2 US 2018. His parents moved from Nigeria to New York in the 1980s; he attempted to qualify for the Nigerian team at the 2016 Rio Olympics ("a way of saying thank you to my parents"), but missed the qualifying standard by 0.01). In 2017 (at the IAAF World Relays) he opted to compete for the USA

In 2019: 1 Tempe 4x400; 2 Columbia 4x400

FONTENOT Ryan (USA) 4-5-1986 (33y) ShuttleH

110H pb: 13.35 -18 (13.57w, 13.79 -19). 5 US indoor 2010 (2017-7, 2018-8); sf US 2010/2011/2016/2017/2018. Was at Louisiana State University

In 2019: 7 New York Millrose; 1 San Antonio 'B'; 4 Baton Rouge LSU; 2 Houston

GATLIN Justin (USA) 10-2-1982 (37y) 4x100

World 100m Champion, both before and after the era of Usain Bolt // 100 pb: 9.74 -15. 200 pb: 19.57 -15. 1 WIC 60 2003/2012; 1 OLY 100 2004 (2 4x100, 3 200); 1 WCH 100/200 2005; sf WCH 100 2011 (dnf 4x100); 3 OLY 100 2012; 2 WCH 100/4x100 2013; 2 WCH 100/200 2015; 2 OLY 100 2016 (sf 200 (ankle), dq 4x100); 1 WCH 100/2017 (2 4x100). 1 US 100 2015/2012/2013/2016/2017 (1 200 2005/2015/2016). Served doping suspensions in 2001/2002 and 2006-2010

In 2019: 4 Tampa 400 (pb 48.02); 4 Florida Relays 4x100/4x200; 7 St George's 200

HUTCHISON Je'Von (USA) 4-5-1992 (27y) Mix4x400

400 pb: 45.71 -14. 3 US indoor 600 2015

In 2019: 1 Boston IAAF Tour 500; 3 Boston Hemery 200/400; ht US indoor 600; 4 Hollywood 100; 7 Coral Gables 200; 2 Miami 200; 3 Columbia 200; 1 Clermont 400; 1 Penn Relays 4x400

KERLEY Fred (USA) 7-5-1995 (24y) 4x400

World Championship relay silvers indoors & out // 400 pb: 43.70 -17. 200 pb: 20.24 -17. 100 pb: 10.49 -15. 7 WCH 2017 (2 4x400); 2 WIC 4x400 2018. 1 NCAA 2017 indoors & out; 1 US 400 2017. His younger brother Mylik Kerley is a 44.85 400m runner and was on the same Texas A&M 4x400 relay teams which won NCAA titles indoors & out in 2017. Their sister Virginina is a collegiate sprinter and jumper (400m pb 54.38 -17). 1.93 tall

"I have more than 10 tattoos," he told IAAF's Spikes. "I have one of the Virgin Mary, one of a bunch of roses, one of rosary beads and one that says 'bless' because the way my life has turned out"

In 2019: 2 Prairie View 4x400

KERLEY Mylik (USA) 6-6-1996 (22y) 4x400

Younger brother of 43.70 400m man Fred Kerley (they competed together in NCAA Championships for Texas A&M University)

400 pb: 44.85 -17 (46.46 -19). 2 Pan-American Junior 2015 (1 4x400). 1 NCAA 4x400 2017, indoors & out

LYLES Josephus (USA) 22-7-1998 (20y) 4x400

400 pb: 45.09 -18 (45.71 -19). 200 pb: 20.44w -19, 20.74 -15. Straight 200 pb: 20.36 -18. 1 WJC 4x400 2014; 2 World Youth 2015 (3 200); 2 Pan-American Junior 2017

In 2019: 3 Boston IAAF Tour 300; 3 Florida Relays 4x200; 2 Columbia 4x400; 3 Clermont 200; 3 Gainesville Jones

LYLES Noah (USA) 18-7-1997 (21y) 4x100

In 2018 at became the youngest US Champion at 100m since Sam Graddy in 1984. Unbeaten at 200m in 2018

100 pb: 9.86w -18, 9.88 -18 (10.14 -19). 200 pb: 19.65 -18. HJ pb: 2.03i -16. sf World Youth 200 2013 (2 Medley Relay); 1 Youth Olympic Games 200 2014; 1 Pan-American Junior 200 2015 (6 100); 1 WJC 100/4x100 2016; 1 Diamond League 200 2017/2018; 1 IAAF Continental Cup 100/4x100 2018. 1 US indoor 300 2017 (in world indoor best 31.87). In 2016 he placed fourth in the US Olympic Trials 200 in a US junior record of 20.09 – his last outdoor defeat at that distance. Coach-Lance Brauman

Father-Kevin Lyles (400 pb 45.01 -95) was a contemporary of Michael Johnson and was awarded a gold medal at the 1995 World Championships 4x400 after he ran in the heat only, deputising for Butch Reynolds). Younger brother-Josephus Lyles (400 pb: 45.09 -18,1 WJC 4x400 2014)

In 2019: 2 Florida Relays 4x200; ht Clermont Pure 100; 2 Gainesville Jones 100 'B'

McCLAIN Remontay (USA) 21-9-1992 (26y) 4x200

Double sprint finalist at 2015 US Championships // 200 pb: 20.12 -15 (20.62 -19). 100 pb: 9.82w, 10.07 -15. 5 Pan-American Games 100 2015 (1 4x100); 1 North/Central American & Caribbean 100 2015 (2 4x100). Former California State High School Champion at 100m & 200. In 2019: 3 Prairie View 4x200; 2 Texas Relays 4x100; 2 Claremont 200; 2 Azusa 200

NORWOOD Vernon (USA) 10-4-1992 (27y) 4x200

2016 US Indoor Champion & world indoor relay gold // 200 pb: 20.46w -19, 20.77 -15. 400 pb: 44.44 -15 (45.29 -19). 3 North/Central American & Caribbean under-23 2014; sf WCH 2015; 1 WIC 4x400 2016 (dq ht individually); 2 WIC 4x400 2018 (caught on last leg by Poland). Ran in heat only of 2015 World 4x400, so awarded gold won by USA in final. 1 NCAA 2015 indoors & out; 3 US 2015 (2014-4); 1 US indoor 2016. Disqualified for a lane infringement in his heat at the 2016 World Indoor Championships, but returned to take relay gold. In 2019: 1 Prairie View 4x400; 1 Baton Rouge LSU Battle 200; 2 St George's 200; 2 Baton Rouge LSU Gold 400 (3 200)

ROBINSON Bryce (USA) 13-11-1993 (25y) 4x200

2015 World Student Games silver // 200 pb: 20.29w, 20.30 -15. 100 pb: 9.96w -16, 9.99 -15. 2 WSG 200 2015. 6 NCAA indoor 60 2013 (2016-8). Was at University of Tulsa. In 2019: (long indoor season) 1 Saskatoon 60; 5 Val-de-Reuil 60; 2 Mondeville 60; 2 Łódź 60; =3 Madrid IAAF Tour 60; 4 Metz 60; 2 Ostrava 60 (4 300); 6 Birmingham IAAF Tour 60; 2 Düsseldorf IAAF Tour 60; 2 Prairie View 200; 4 Texas Relays 100; 2 Colombia 200; 1 Penn Relays 100/4x100

RODGERS Mike (USA) 24-4-1985 (34y) 4x100

2010 World indoor silver at 60m. Twice US Champion at 100m // 100 pb: 9.80w -14, 9.85 -11. 200 pb: 20.24 -09 (21.09 -19). sf WCH 100 2009; 2 WIC 60 2010 (2008-4, 2016-6); 6 WCH 100 2013 (2 4x100); 2 IAAF Continental Cup 100 2014; 5 WCH 100 2015; dq OLY 4x100 2016 (on his changeover to Justin Gatlin, it was fractionally too early); 2 WCH 4x100 2017. 1 US 100 2009/2014; 1 US indoor 60 2008/2010/2011. In 2019: 4 Paris 60; 1 Val-de-Reuil 60; 1 Łódź 60; 1 Madrid IAAF Tour; 2 Metz 60; 1 Ostrava 60; 3 Birmingham IAAF Tour 60; 1 Texas Relays 4x100; 7 Waco 200; 4 Columbia 4x100; 1 Penn Relays 4x100

STROTHER Nathan (USA) 6-9-1995 (23y) Mix4x400

2019 IAAF Indoor Tour Champion // 400 pb: 44.34 -18. 200 pb: 20.76 -18. 1 Athletics World Cup 4x400 2018; 3 IAAF Continental Cup 2018. 5 NCAA 2016; 4 US 2018; 3 IAAF Continental Cup 2018. In 2019: 1 Boston IAAF Tour; 1 Toruń IAAF Tour 'B'; 1 Madrid IAAF Tour; 1 Birmingham IAAF Tour; 1 Düsseldorf IAAF Tour; IAAF Indoor Tour winner at 400m (\$20,000 + entry for 2020 World Indoors); 1 Columbia 4x400; 2 Gainesville Jones (3 200)

WEBB Ameer (USA) 19-3-1991 (28y) 4x200

Fifth in 2017 World Championship 200m // 200 pb: 19.85 -16 (20.64 -19). 100 pb: 9.90w, 9.94 -16 (10.13w, 10.33 -19). sf OLY 200 2016; 5 WCH 200 2017; 3 Athletics World Cup 200 2018. 1 NCAA 200 2013 (1 indoor 2012/2013); 1 US 200 2017/2018. Was at Texas Agricultural and Mechanical University where he studied of Criminal Justice. In 2019: 2 New York Millrose 60; 2 Columbia 4x100; 2 Mt SAC Relays 100/200

WRIGHT Dontavius (USA) 3-1-1994 (25y) Mix4x400

2019 US Indoor Champion at 300m // 400 pb: 45.12 -16. 200 pb: 20.57 -18. 1 US indoor 300 2019. In 2019: 2 New York 300; 2 New York Millrose; 1 US indoor 300; 6 Mt SAC Relays; 1 Tempe 4x400; 1 Penn Relays 4x400

YOUNG Isiah (USA) 5-1-1990 (29y) 4x200

Former US Champion at 200m // 200 pb: 19.75w -15, 19.86 -13. 100 pb: 9.82w -15, 9.92 -18. sf OLY 200 2012; 8 WCH 200 2017 (2013-sf, 2015-ht). 1 US 200 2013 (originally second to Tyson Gay, but Gay's results in that period were annulled). In 2019: 6 Tampa 400; 4 St George's 100; 1ht Clermont 100; 1 Penn Relays 4x100

AGUILAR Alberto (VEN) 9-3-1985 (34y) 4x100

Ran third leg for Venezuelan 4x400 team which won 2015 South American Championship gold. 100 pb: 10.54 -15 (10.69w, 10.78 -19). 200 pb: 20.96 -18 (21.69 -19). 400 pb: 45.71 -14. 3 Pan-Am Games 4x400 2011; 6 OLY 4x100 2012; 2 Central American & Caribbean Games 4x400 2014; 1 South American 4x400 2015 (2017-3); 2 South American Games 4x100/4x400 2018. In 2019: 3 Barquisimeto 200 (5 100)

KALIL Abdel (VEN) 12-6-1997 (21y) 4x100

100 pb: 10.35w, 10.57 -19. 200 pb: 21.52 -19. In 2019: 1 Barquisimeto 100/200

NIEVES Alexis (VEN) 19-3-1995 (24y) 4x100

100 pb: 10.33 -18 (10.62w, 10.84 -19). 200 pb: 21.37 -14. 6 South American Games 100 2018. In 2019: 4 Barquisimeto 100

VÁSQUEZ Jesús Rafael (VEN) 14-12-1994 (24y) 4x100

Full name-Rafael de Jesús Rafael Vásquez León. Anchored Venezuela to sprint relays bronzes at the 2017 South American Championships (team of Yeiker Mendoza, Arturo Ramírez, Álvaro Cassiani, him). 100 pb: 10.37w -17, 10.40 -18 (10.38w, 10.65 -19). 200 pb: 20.89 -18 (21.26 -19). 3 South American Champs 4x100 2017 (8 100). In 2019: 1 Barquisimeto 200 (2 100)

KAMUNGEREMU Dickson (ZIM) 25-12-1989 (29y) 4x100

Led off Zimbabwean team which set a national 4x100 record of 38.95 at the Gaborone Lefika meeting on March 30, 2019 (team of him, Tatenda Tumba, Itai Vambe and Ngoni Makusha)

KAPANDURA Dickson (ZIM) 11-5-1999 (20y) BIRTHDAY 4x100

Full name-Dickson Clever Kapandura // 100 pb: 10.64w -17, 10.66 -18. 200 pb: 21.11 -18 (21.38 -19). 1 African Junior 4x100 2017; sf WJC 200 2018. In 2019: 1 Gaborone International 200 'C' / 4x100

MAKUSHA Ngoni (ZIM) 22-6-1994 (24y) 4x100

Full name-Ngoni Methukela Makusha. He is not related to Ngonidzashe Makusha (9.89 100m / 8.40 LJ), but they are from the same town (Chitungwiza). 100 pb: 10.22 -17 (10.34 -19). 200 pb: 20.49 -19. 6 African Champs 100 2018 (sf 200). Anchored Zimbabwe to a national 4x100 record of 38.95 in Gaborone on March 30, 2019 (team of Dickson Kamungeremu, Tatenda Tumba, Itai Vambe and him). In 2019: 1 Pretoria 100; 1 Gaborone Lefika 4x100; 1 Potchefstroom 100/200 (Mar 19); 2 Sasolburg 100; 5 Potchefstroom 200 (Apr 17); 3 Gaborone International 200

TSUMBA Tatenda (ZIM) 12-11-1991 (27y) 4x100

Second leg for Zimbabwean team which set a national 4x100 record of 38.95 at the Gaborone Lefika meeting on March 30, 2019 (team of Dickson Kamungeremu, him, Itai Vambe and Ngoni Makusha). 100 pb: 10.14w -17, 10.17 -16 (10.29 -19). 200 pb: 20.28w -18, 20.44 -16 (20.81 -19). ht WCH 200 2015; ht OLY 200 2016; 4 African Champs 200 2018 (sf 100). He trained with Usain Bolt's squad in 2015, concluding: "When I was there, I realised you could never beat the Jamaicans because all they do is work." In 2019: 2 Potchefstroom 100/200 (Mar 19); 1 Parow 100/200; 1 Cape Town 200 (2 100); 1 Gaborone Lefika 4x100; 3 Sasolburg 100 'F'; 1 :Potchefstroom 200 (Apr 17); 1 Gaborone International 4x100

VAMBE Itai (ZIM) 3-7-1989 (29y) 4x100

Third leg for Zimbabwean team which set a national 4x100 record of 38.95 at the Gaborone Lefika meeting on March 30, 2019 (team of Dickson Kamungeremu, Tatenda Tumba, him and Ngoni Makusha). 100 pb: 10.58 -17 (10.77 -19). qf World Student Games 100 2013. In 2019: 1 Gaborone Lefika 4x100; 1 Gaborone International 100 'D'/4x100

WOMEN

LOKONYEN Rose (ART) 24-2-1995 (24y)**2x2x400**

Full name-Rose Nathike Lokonyen

She carried the Refugee Olympic Team flag at the opening ceremony in Rio 2016

800 pb: 2:16.64 -16. ht OLY 800 2016; ht WCH 800 2017. In 2002 she fled to Kenyan from the conflict in South Sudan. She began training with the Tegla Loroupe Foundation in Kenya in 2015, after her talent was noticed while she was living in the Kakuma Refugee Camp. Coach-Tegla Loroupe

BISSETT Catriona (AUS) 1-3-1994 (25y)**2x2x400**

New Australian Champion at 800m // 800 pb: 1:59.78 -19. 400 pb: 56.52 -19. 1 Australian 800 2019. Coach-Peter Fortune (who coached Cathy Freeman)

In 2019: 2 Melbourne Vic Milers 800; 5 Canberra Classic 800; 1 Canberra AACT 800 (5 400); 5 Sydney Classic 800; 1 Victoria State 800; 1 Australian 800/4x400; 1 Australian Universities 800 (1:59.78, fourth Australian all-time)

BEAHAN Brianna (AUS) 1-11-1991 (27y)**ShuttleH**

4x 2nd at Australian Championships // 100H pb: 12.96w -17, 13.02 -18. 100 pb: 11.47w -17, 11.54 -16-19. 3 Commonwealth Youth Games 2008; 5 COM 2018. 2 Australian 2013/2016/2017/2019 (2014-5, 2018-3). Born-Joondalup, coach-Ryan Purcell

In 2019: 1 Perth Strive (4x); 1 Western Australia State; 2 Sydney Classic; 1 Perth Classic; 2 Australian

MUCCI Celeste (AUS) 11-8-1999 (19y)**ShuttleH**

Fourth at Heptathlon at 2018 Commonwealth Games // pbs in Heptathlon events:

100H: 13.09; HJ: 1.78i/1.77; SP: 12.22; 200: 24.26; LJ: 6.48w/6.35; JT: 45.25; 800: 2:26.96. 100 pb: 11.48w/11.60 -18 (11.55w -19). Heptathlon pb: 5915 -18 (5844 -19)

17 WJC Heptathlon 2016; 4 COM Heptathlon 2018; 5 WJC Heptathlon 2018. 1 Australian junior 100H 2017; 1 Australian Heptathlon 2018/2019. She is fluent in Italian. Born-Williamstown, coach-Darren Clark (not the ex-400m runner). 1.74/62kg

Ritual: "Need all my jewelry on"

In 2019: dnf Canberra AACT Champs Heptathlon; 1 Canberra Classic 100 (4 LJ); 1 Melbourne Velocity 100H/LJ (3 400 'B'); 2 Canberra AACT 100; 2 Brisbane Classic 100H (4 100); 1 Victoria State HJ; 1 Australian Heptathlon

ANANG Naa (AUS) 10-3-1995 (24y)**4x100**

2019 Australian Champion at both 100m & Long Jump // 100 pb: 11.32 -19. LJ pb: 6.88w, 6.81 -19. dnf WJC LJ 2014; 3 WSG LJ 2015; dnf WCH LJ 2017; 9 COM LJ 2018. 1 Australian LJ 2017/2019. Her brother Tetteh Anang is a 16.33 triple jumper. Born-Accra GHA, coach-Gary Bourne

In 2019: 1 Brisbane Taurima 100; 2 Canberra AACT LJ; 2 Sydney Classic LJ; 1 Queensland State 100; 1 Perth Classic LJ; 2 Brisbane Classic LJ; 1 Australian 100/LJ; 6 Doha Diamond LJ

COATES Maddie (AUS) 27-9-1997 (21y)**4x100**

2019 Australian Champion at 200m (though actually second in the race to Zoe Hobbs NZL)

100 pb: 11.58 -18. 200 pb: 23.06 -18. sf WJC 200 2014/2016; sf COM 200 2018. 2 Australian 200 2018/2019. Born-Bundoora

In 2019: 1 Canberra Classic 200 (2 100); 3 Canberra AACT 100; 5 Brisbane Classic 200; 2 Australian 200 (3 100)

DAY Riley (AUS) 30-3-2000 (19y)**4x100**

2017 Commonwealth Youth Games Champion at 200m // 100 pb: 11.46w -16, 11.50 -18 (11.54 -19). 200 pb: 22.93 -18 (23.56 -19). 1 Commonwealth Youth Games 200 2017 (2 100); ht WCH 200 2017; sf COM 200 2018. 1 Australian 100/200 2018. At one of the 2017 "Nitro" meetings in Melbourne, she found herself on the same leg of a mixed relay race as Usain Bolt. She's Australia's fastest junior 200m runner since Raelene Boyle & Jenny Lamy clocked 22.74 / 22.88 at the 1968 Olympics. Born-Beauresort, coach-Donna Thomas

In 2019: 2 Brisbane Porter 100; 1 Queensland State 200; 2 Brisbane Classic 100 (4 200); 3 Australian 100; 1 Hiroshima 100; 1 Fukuroi 200

EDWARDS Kristie (AUS) 24-2-2000 (19y)**4x100**

100 pb: 11.59w -16, 11.73 -19. 200 pb: 23.77 -19. 7 WJC 4x100 2018

In 2019: 1 Sydney All-Comers 100; 4 Canberra AACT 100/200; 4

Sydney Classic 200; 2 New South Wales State 100; 1 Brisbane Classic 100 'B'/200 'B'; 4 Australian 200 (7 100, 1 4x100)

OWUSU-AFRIYIE Nana (AUS) 22-3-1999 (20y)**4x100**

100 pb: 11.48w, 11.64 -19. 200 pb: 23.28 -19. 7 WJC 4x100 2016/2018. 3 Australian 200 2019

In 2019: 2 Melbourne Velocity 100; 1 Melbourne Shield 200; 2 Canberra AACT 200 (4 100); 2 Sydney Classic 200; 2 Victoria State 100; 1 Brisbane Classic 200 (3 100); 3 Australian 200 (5 100)

PEARSON Sally (AUS) 19-9-1986 (32y)**4x100**

World Champion in 2011 & 2017, with an Olympic Champion in between

100H pb: 12.28 -11 (12.99 -19). 100 pb: 11.14 -07 (11.50 -19). 200 pb: 22.66w -09, 22.97 -15. 1 World Youth 100H 2003; 3 WJC 100 2004 (4 100H); 7 COM 100 2006 (dq 100H, 3 4x100); 4 WCP 2006 (8 100); 1 IAAF Continental Cup 100H 2010; 1 COM 100H 2010 (dq 100); 1 WCH 100H 2011/2017 (2007-sf, 2009-5, 2013-2); 1 WIC 60H 2012 (2014-2); 1 OLY 100H 2012 (2008-2); 1 COM 100H 2014. 1 Australian 100/100H 2005/2006/2007/2009/2011/2014 (1 200 2011, 1 100H 2015/2017/2018). Born-Paddington NSW, married Kieran Pearson on April 3, 2010. Broke two bones and dislocated her wrist when she fell at the 2015 Rome Diamond League, then missed Rio 2016 after tearing her hamstring. Now self-coached (formerly Sharon Hannon, Antony Drinkwater-Newman & Ash Maloney)

In 2019: 1 Brisbane Porter 100; 1ht Australian 100H (12.99, then scratched from final - "I felt like I was overheating, my legs felt like lead and I just needed to get out of there"); 1 Izumo 100; 1 Hiroshima 100H

BLACKBURN Angie (AUS) 17-8-1989 (29y)**4x400**

400 pb: 52.71 -19. 200 pb: 23.93w, 24.15 -19. sf WJC 2006; 6 WJC 2008 (3 4x400). 3 Australian 2019 (2017/2018-5)

In 2019: 1 Canberra (Jan 5); 1 Canberra (2 200) (Jan 12); 1 Canberra Classic; 2 Canberra AACT (3 200); 6 Sydney Classic; 3 New South Wales State; 3 Australian (6 200 'B')

SARGENT-JONES Caitlin (AUS) 14-6-1992 (26y)**4x400**

Twice sixth at World Student Games 400s // 400 pb: 52.16 -13 (52.79 -19). 200 pb: 23.67 -09. 100 pb: 11.71 -13. sf WJC 100 2010; 6 WSG 400 2011/2013; 4 COM 4x400 2014 (2018-5); 7 OLY 4x400 2016

In 2019: 2 Brisbane Nunn 400 (3 100); 1 Brisbane Taurima 400; 1 Brisbane Freeman 400; 5 Sydney Classic 400; 2 Queensland State 200/400; 2 Brisbane Classic 400; 2 Australian 400 (ht 200)

WELLS Lauren (AUS) 3-8-1988 (30y)**4x400**

(Née Boden). 12x Australian Champion at 400m Hurdles and still improving at that event into her 30s

400H pb: 54.87 -19. 400 pb: 52.56 -19. 200 pb: 23.35w, 23.47 -19. 200H pb: 25.79 -17. LJ pb: 6.54w, 6.52 -17. 2 World Youth 400H 2005 (10 LJ); sf WJC 400H 2006; 9 WCP 400H 2006; 5 WSG 400H 2009; 5 IAAF Continental Cup 400H 2010 (2014-8); 4 COM 400H 2010/2014 (2018-ht); sf WCH 400H 2011/2013/2015 (2017-ht); 11 COM LJ 2018. 1 Australian 400H 2005/2007/2008/2010/2011/2013-2019. Born-Canberra, coach-Matt Beckenham

In 2019: 1 Canberra 200 (2 400) (Jan 12); 1 Canberra AACT 400H (4 200); 2 Sydney Classic 400H; 1 Canberra 400 (Mar 9); 3 Brisbane Classic 400; 1 Australian 400H (54.87, her first sub-55); 5 Doha Diamond 400H

BEER Ellie (AUS) 3-1-2003 (16y)**4x400/Mix4x400**

400 pb: 52.53 -19. 200 pb: 23.65w, 23.94 -18. 1 Australian under-15 200/200 2017, under-16 200/400 2018, under-17 200/400 2019

In 2019: 1 Brisbane Nunn; 3 Brisbane Pearson 200 (4 100); 3 Canberra AAC; 3 Sydney Classic; 1 Brisbane Classic; 1 Queensland State 200; 1 Australian under-17 200/400

BENNETT Rebecca (AUS) 1-3-1999 (20y)**4x400/Mix4x400**

400 pb: 53.64 -19. 200 pb: 24.75 -19

In 2019: 4 Canberra Classic; 8 Sydney Classic; 6 New South Wales State; 3 Sydney All-Comers 200; 4 Australian (2 4x400)

CONNOLLY Ella (AUS) 13-7-2000 (18y)**4x400/Mix4x400**

2018 World junior relay silver // 400 pb: 52.72 -17 (53.42 19). 200 pb: 23.57w -18, 23.66 -17 (23.91 -19). 100 pb: 11.64w -16, 11.84 -19. 2 Commonwealth Youth Games 2017 (3 200); 4 WJC 2018 (2 4x400). 1 Australian youth 400 2017 & junior 400 2018

In 2019: 2 Brisbane Pearson 200; 1 Brisbane Croker 200; 2 Brisbane Taurima; 2 Brisbane Freeman; 1 Queensland State (3 200); 4 Australian 200 (7 400)

MITCHELL Morgan (AUS) 3-10-1994 (24y) 4x400/Mix4x400
 3x Australian Champion at 400m, now breaking through at 800m // 400 pb: 51.25 -16. 800 pb: 2:01.60 -19. 200 pb: 23.44 -17. sf WJC 400 2014 (8 4x400); sf COM 400 2014/2018; sf OLY 400 2016 (7 4x400); ht WCH 400 2017. 1 Australian 400 2014/2016/2017. African-American father, Australian mother. Former junior International netball player (just like Christine Ohuruogu, she had to choose between that sport and athletics). One of her tattoos reads: "Emancipate yourself from mental slavery". Coach-Liz Mathews (mother of Luke Mathews, 3 COM 800 2018) In 2019: 1 Glendale Classic 600; 4 Canberra Classic 800; 1 Melbourne Classic 800; 1 Melbourne Velocity 400; 7 Sydney Classic 400; 2 Perth Classic 800; 3 Melbourne Vic Milers 800; 3 Australian 800 (1 4x400)

BOLINGO MBONGO Cynthia (BEL) 12-1-1993 (26y) 4x200/4x400/Mix4x400
 Full name-Cynthia Bolingo Mbongo
 So near (0.01) to European Indoor gold in 2019 after setting Belgian records in all three rounds
 400 pb: 51.62i -19, 51.69 -18. 200 pb: 23.11 -15. 100 pb: 11.57 -14. 3 Francophone Games 200 2013; 8 under-23 ECH 400 2015; ht WCH 200 2015; ht OLY 200 2016; sf ECH 400 2018 (4 4x400). 1 Belgian indoor 400 2015/2019; 1 Belgian 100/200 2017 & 200 2018. Coach-Carole Bam
 In 2019: 1 Ghent 400; 1 Mondeville 400 'B'; 1 Belgian indoor 400 (won with 52.70, so she broke the Belgian indoor record of 53.13 which had stood for 35 years to Regine Berg); 2 EIC 400 (5 4x400)

CLAES Hanne (BEL) 4-8-1991 (27y) 4x400
 Fourth at 2018 European Championships [at 400m Hurdles] // 400 pb: 54.36 -12. 200 pb: 23.26 -12 (24.00 -19). 400H pb: 55.20 -18 (58.31 -19). sf ECH 200 2012 & 400H 2014; 7 WSG 200 2016. 1 Belgian 200 2012/2013 (1 indoor 2011/2012) & 400H 2018
 In 2019: 3 Liévin 400 'C'; dq Belgian indoor 400 final (obstruction) after 53.66 heat; 5 EIC 4x400; 3 La Jolla 200; 3 MtSAC Relays 400H; 4 Irvine 200

COUCKUYT Paulien (BEL) 19-5-1997 (21y) 4x400
 400 pb: 54.57i -19, 55.65 -18. 400H pb: 58.31 -19. 1 Belgian under-23 400H 2018
 In 2019: 1 Ghent; 1 Ghent IFAM National; 4 Belgian indoor; 1 Merksem 400H

FERAUGE Lucie (BEL) 21-4-2000 (19y) 4x400/Mix4x400
 400 pb: 54.01 -19. 200 pb: 23.62w, 23.73 -17. 6 EJC 4x100 2017 (sf 200). 1 Belgian indoor 200 2019
 In 2019: 1 Ghent 60/200; 2 Ghent IFAM National; 1 Belgian indoor 200; 1 Belgian Universities 400

LAUS Camille (BEL) 23-5-1993 (25y) 4x400/Mix4x400
 Ex long jumper who progressed at 400m from 54.69 to 51.49 in 2018 (threatening the Belgian record of Kim Gevaert, 51.45, which has stood since 2005)
 400 pb: 51.49 -18 (52.65 -19). 200 pb: 23.79 -19. LJ pb: 6.05 -13. 5 WJC 4x100 2012; sf ECH 400 2018 (4 4x400). 1 Belgian LJ 2013; 1 Belgian indoor 400 2018. Partner-Kevin Borlée, coach-Jacques Borlée
 In 2019: 1 Ghent IFAM 400; 2 Liévin 400 'B'; 2 Belgian indoor 400; 5 EIC 4x400; 1 La Jolla 400; 7 Mt SAC Relays 400; 3 Irvine 400 (1 200 'B')

SCHOEMAKER Liefde (BEL) 6-12-2002 (16y) 4x400/Mix4x400
 400 pb: 53.38 -19. sf European Youth 2018; 5 Youth Olympic 400 (55.08 + 56.14)
 In 2019: 1 Ghent IFAM National 'B'; 1 Belgian youth indoor; 1 Belgian Universities

ARZAMASOVA Maryna (BLR) 17-12-1987 (31y) 2x2x400
 Former World Champion at 800m // 800 pb: 1:57.54 -15. 400 pb: 53.56 -12. 1500 pb: 4:15.99 -12. ht WJC 800 2006; 3 ETCh 800 2011 (2013/2015-4); 3 EIC 800 2013; 3 WIC 800 2014 (2012-ht); 1 ECH 800 2014 (2012-2); 3 IAAF Continental Cup 800 2014; 4 ETCh 800 2015 (2017-7); 1 WCH 800 2015 (2011/2013-sf, 2017-ht); 7 OLY 800 2016 (2012-ht); 2 World Relays 4x800 2017. Mother-Ravilya Agletdinova BLR (1 ECH 1500 86), father-Aleksandr Katovich UKR (2 EIC HJ 1985). Mother of two

MONTSHO Amantle (BOT) 4-7-1983 (35y) 4x400
 Former World Champion. Twice Commonwealth Champion // 400 pb: 49.33 -13. 200 pb: 22.88w, 22.94 -11. 1 African Games 2007/2011; 1

African Champs 2008/2010/2012 (2006-2); 3 WIC 2010 (2008-sf); 1 IAAF Continental Cup 2010; 1 COM 2010 (2006-sf, 2014-dq); 1 WCH 2011 (2005/2007/2017-sf, 2009-7, 2013-2); 4 OLY 2012 (2004-ht, 2008-6); 1 COM 2018 (3 4x400). In 2013 she lost her world title to Christine Ohuruogu (GBR) by a margin of four thousandths of a second (49.404 to 49.408). Served two-year doping suspension in 2014-2016

SEBELE Tsaone (BOT) 27-10-1993 (25y) 4x400
 2018 Botswanan Champion at 100m // 200 pb: 23.78 -18. 100 pb: 11.51 -19. 8 African Games 100 2015; 7 African Champs 100 2018. 1 Botswanan 100 2018
 In 2019: 1 South African Universities 100; 3 Bloemfontein 100; 1 Gaborone International 100/4x100

BABOLAYI Oarabile (BOT) 8-3-1992 (27y) 4x400/Mix4x400
 400 pb: 54.78 -19. 400H pb: 58.09 -11 (59.60 -17). ht World Youth 400H 2009; 3 African junior 100H/400H 2011; 2 African Champs 4x400 2012
 In 2019: 3 Gaborone 300 (Jan 31); 3 Gaborone (Feb 28); 6 Sasolburg; 8 Potchefstroom; 5 Gaborone International

BOTLOGETSWE Christine (BOT) 1-10-1995 (23y) 4x400/Mix4x400
 Fourth at 2018 Commonwealth Games (where she set personal betss in all three rounds)
 400 pb: 50.89 -18 (52.17 -19). 200 pb: 23.14 -18. ht WJC 2012; 1 African Games 4x400 2015; 6 African Champs 2016; ht OLY 2016; ht WCH 2017; 4 COM 2018 (3 4x400); 2 African Champs 2018
 In 2019: 1 Gaborone 300 (Jan 31); 1 Sasolburg; 2 Potchefstroom; 1 Gaborone International

MATLHAKU Leungo (BOT) 24-3-1995 (24y) 4x400/Mix4x400
 2018 Commonwealth Games relay bronze // 400 pb: 54.72 -16 (56.09 -19). 200 pb: 23.25 -16. 100 pb: 11.55 -18 (11.59 -19). 4 Commonwealth Youth Games 100 2011; sf World Youth 200 2011 (ht 100); ht WJC 100/200 2014; 3 African Champs 4x400 2014; 7 African Champs 200 2016 (8 100); sf COM 200 2018 (3 4x400 – Moroko Galefele, Christine Botlogetswe, her, Amantle Montsho)
 In 2019: 2 Gaborone 300 (Jan 31); 2 Gaborone (Feb 28); 3 Gaborone 100

MOROKO Galefele (BOT) 16-4-1997 (22y) 4x400/Mix4x400
 2015 African Games relay gold // 400 pb: 51.63 -19. 3 African Youth 2013; 1 African Games 4x400 2015; ht WJC 2016; 7 WCH 4x400 2017; sf COM 2018 (3 4x400); ht African Champs 2018
 In 2019: 1 Gaborone (Feb 28); 1 Gaborone 200; 2 Sasolburg; 1 Potchefstroom; 2 Gaborone International

NOWE Oratile (BOT) 20-5-2000 (18y) 4x400/Mix4x400
 400 pb: 56.05 -19. 800 pb: 2:13.51 -16. 1 Botswanan 800 2016/2018

COUTINHO Geisa (BRA) 1-6-1980 (38y) Mix4x400
 Full name-Geisa Aparecida Coutinho
 3x South American Champion, across a span of 14 years
 400 pb: 51.08 -11 (52.40 -19). 200 pb: 23.07 -11. 100 pb: 11.55 -11. 1 South American 2003/2015/2017 (2005-2, 2011-3); ht WIC 2003/2012; 4; ht OLY 2004/2012/2016; 1 World Military Games 2011; sf WCH 2011 (2003/2015-ht); 3 Pan-Am Games 2011 (2015-6); 1 Ibero-American 2014 (20182); 1 South American Games 2014 (2018-2). 1 Brazilian 2002/2003/2004/2010/2011/2012/2015/2016/2017/2018. Coach-Carlos Alberto Cavaleiro
 In 2019: 2 Bragança Paulista; 1 Azusa; 2 Mt SAC Relays 'C'; 2 Irvine

do NASCIMENTO Tiffani (BRA) 6-5-1999 (20y) Mix4x400
 Full name-Tiffani Beatriz Domingos Silva do Nascimento Marinho // 400 pb: 52.51 -19. sf WJC 2018 (8 4x400). 3 Brazilian 2018
 In 2019: 1 Bragança Paulista; 1 São Paulo; 2 Azusa; 1 Mt SAC Relays 'C'

SILVA Cristiane (BRA) 4-4-1988 (31y) Mix4x400
 400 pb: 52.91 -16 (54.31 -19). 5 South American 2013. 4 Brazilian 2018
 In 2019: 4 Bragança Paulista; 2 São Paulo; 5 Azusa; 6 Irvine

AZEVEDO Ana Carolina (BRA) 19-5-1998 (20y) 4x100
 100 pb: 11.44 -18 (11.47 -19). 200 pb: 23.42 -18 (23.77 -19). sf World Youth 100/200 2015. 3 Brazilian 200 2018
 In 2019: 3 Bragança Paulista 200 (4 100); 2 São Paulo 200 (4 100); 3 São Bernardo do Campo 200 (4 100); 4 Azusa 100; 6 Irvine 200 (7 100, 1 4x100)

FIDELIS Andressa (BRA) 20-1-1994 (25y) 4x100
 100 pb: 11.42 -19. 200 pb: 23.67 -18. LJ pb: 6.37 -12. dnq WJC LJ 2012. 4 Brazilian 100 2017 (2018-5)
 In 2019: 1 São Paulo 100 (2x); 3 Bragança Paulista 100; 6 Mt SAC Relays 100 'C'; 2 Irvine 200 'B' (1 4x100)

KRASUCKI Franciela (BRA) 26-4-1988 (31y) 4x100
 South American record holder at 60m // 100 pb: 10.99w -14, 11.13 -13 (11.37 -19). 200 pb: 22.76 -13 (24.17 -19). sf WJC 100/200 2004; 4 World Youth 100 2003/2005; 7 WJC 100 2006 (ht 200); 1 Ibero-American 100 2006; 2 South American 100 2013; sf WCH 100 2013 (ht 200); sf WIC 60 2014; 7 Ibero-American 100 2016; ht OLY 100 2016 (then second leg for ill-fated team which collided with the USA in their heats and were disqualified); 7 WCH 4x100 2017. 1 Brazilian 200 2013. Her husband is the world-class 800m runner Kleber Davide. Coach-Adriano Vitorino
 In 2019: 3 Bragança Paulista 100 (ht 200); 3 São Bernardo do Campo 100; 3 Mt SAC Relays 100 'C'; 8 Irvine 100 (1 4x100)

MARTINS Lorraine (BRA) 4-4-2000 (19y) 4x100
 World Youth & World Junior Championship finalist at both 100m & 200m
 100 pb: 11.47 -18 (11.54 -19). 200 pb: 23.35 -18 (23.56 -19). 4 World Youth 100/200 2017; 6 WJC 100 2018 (7 200)
 In 2019: 2 Bragança Paulista 100 (6 100); 3 Azusa 200 (5 100); 5 Irvine 100/200 (1 4x100)

ROSA Vitoria Cristina (BRA) 12-1-1996 (23y) 4x100
 Anchored Americas sprint relay team to first place at the 2018 IAAF Continental Cup
 100 pb: 11.03 -18 (11.20 -19). 200 pb: 22.67w -17, 22.87 -18 (23.20 -19). sf World Youth 100 2013; sf WJC 100/200 2014; 4 South American 100/200 2015; ht WCH 200 2015; ht OLY 200 2016; 1 South American 200 2017; sf WCH 200 2017; ht WIC 60 2018; 1 South American Games 200 2018; 1 Ibero-American 100/200 2018; 1 IAAF Continental Cup 4x100 2018 (with Americas Team). 1 Brazilian 100/200 2018
 In 2019: 1 Bragança Paulista 100/200; 1 Concepción del Uruguay 100 (2x); 1 Concepción 100/200; 1 São Bernardo do Campo 100; 1 Irvine 100

BINGHAM Khamica (CAN) 15-6-1994 (24y) 4x100
 2015 Canadian Champion at 100m // 100 pb: 11.00w -15, 11.13 -15 (11.34w, 11.53 -19). 200 pb: 22.84 -15. 5 World Youth 100 2011 (5 Medley Relay); 4 WJC 100 2012; 6 WCH 4x100 2013; 7 COM 100 2014 (4 4x100); 6 Pan-Am Games 100 2015 (3 4x100); sf WCH 200 2015 (ht 100, 6 4x100); ht OLY 100 2016 (6 4x100). 1 Canadian 100 2015. Coach-Jeff Huntton
 In 2019: 3 Coral Gables 100; 7 Baton Rouge LSU 100

BUCHANAN Leya (CAN) 17-8-1996 (22y) 4x100
 100 pb: 11.15w -17, 11.17 -18 (11.31w, 11.41 -19). 200 pb: 23.21 -18 (23.58w, 23.69 -19). sf World Youth 100 2013; sf WJC 200 2014; 4 North/Central America & Caribbean under-23 100 2016 (7 200). 2 Canadian 100 2017 (3 200)
 In 2019: 3 Florida Relays 200 'B'; 6 Baton Rouge 100; 3 Irvine 200 (4 100)

EMMANUEL Crystal (CAN) 27-11-1991 (27y) 4x100
 Canadian record 200m record holder at 22.50 in 2017 (Angella Issajenko's 1982 mark of 22.25 having been annulled for doping)
 100 pb: 11.03w -19, 11.11 -18. 200 pb: 22.50 -17. 400 pb: 55.11 -19. sf WJC 200 2010; sf OLY 200 2012; ht WCH 200 2013; 1 Francophone Games 200 2013; sf COM 100/200 2014 (4 4x100); 3 Pan-Am Games 4x100 2015; ht WCH 100/200 2015 (6 4x100); sf WIC 60 2016; sf OLY 200 2016 (ht 100, 6 4x100); 7 WCH 200 2017 (sf 100); 5 COM 200 2018; 2 North/Central American & Caribbean 200 2018 (3 100). 1 Canadian 100/200 2011/2016/2017/2018 (1 200 2012/2018). Her mother Rosalind ran internationally for Barbados. Coach-Charles Allen
 In 2019: 3 Florida Relays 400 'C'; 2 Baton Rouge LSU 100; 2 Penn Relays 4x100

HARRISON Shaina (CAN) 11-3-1994 (25y) 4x100
 100 pb: 11.36 -15 (11.52w, 11.54 -19). 200 pb: 24.49w, 24.84 -16. 3 Commonwealth Youth Games 100 2011; 3 North/Central American & Caribbean under-23 100 2014. She keeps her bib if she runs a personal best. Coach-Charles Allen
 In 2019: 1 Toronto 60; 1 Tampa 100; 5 Florida Relays 100; 5 Baton Rouge LSU 100

JACQUES Farah (CAN) 8-2-1990 (29y) 4x100
 100 pb: 11.49 -16 (11.50w -19). 200 pb: 23.21 -16 (23.85 -19). 100H pb: 13.09w -19, 13.31 -18 (13.34 -19). 400 pb: 53.91 -16. 6 OLY 4x100 2016. 3 Canadian 200 2016 & 100H 2018
 In 2019: 6 Val-de-Reuil 60H; 6 Mondeville 'B'; 1 Staten Island 60H (3 60); 3 Orlando 100H (2 200 'C') 1 Tampa 200/100H; 4 Baton Rouge LSU 100; 1 Florida Relays 100H (5 4x100); 2 Baton Rouge LSU 100H; 2 Penn relays 4x100 1 Lynchburg 200/100H

ROWE Whitney (CAN) 19-9-1992 (26y) 4x100
 100 pb: 11.42w, 11.57 -16. 200 pb: 23.52 -16 (24.11w, 24.32 -19). 6 Canadian 100 2018
 In 2019: 1 Princeton 60; 5 Florida Relays 4x100; 1 Fairfax 200; 2 Baton Rouge LSU 200

STEPHENS Maya (CAN) 1-9-1996 (22y) 4x400
 400 pb: 52.86 -18 (52.87 -19). 100 pb: 11.59 -15. 200 pb: 24.01 -16. 6 Canadian 2018
 In 2019: 3 New York 300; 5 New York Millrose 400; 2 Florida Relays 'B'; 2 Baton Rouge LSU 4x400; 3 Penn Relays 4x400

WATSON Sage (CAN) 20-6-1994 (24y) 4x400
 She is very near to the Canadian 400m hurdles record of 54.39 which has stood to Rosey Edeh since 1996
 400 pb: 51.62 -18. 400H pb: 54.52 -17. 8 World Youth 400H 2011 (3 Medley Relay); sf WJC 400H 2012 (6 4x400); ht Pan-Am Games 400H 2015 (3 4x400); 6 WCH 400H 2017 (2015-sf); 5 COM 400H 2018. 1 NCAA 400H 2017. 1 Canadian 400H 2017. Studied Business Marketing at Florida State University and then the University of Arizona. Coach-Fred Harvey

BROWN Alicia (CAN) 21-1-1990 (29y) 4x400/Mix4x400
 400 pb: 51.84 -16 (53.40 -19). 5 WSG 2013; ht WCH 2013; 4 Francophone Games 2013; 4 OLY 4x400 2016. 1 Canadian 2013 (2016-2). Served two-year drug ban in 2013-2015
 In 2019: 7 Florida Relays; 2 Baton Rouge LSU (1 4x400)

JONES Travia (CAN) 12-7-1995 (23y) 4x400/Mix4x400
 400 pb: 51.63 -17 (53.90 -19). 200 pb: 23.24w -18, 23.65 -17 (24.03w -19). ht WCH 2017; ht WIC 2018. 3 NCAA 4x400 2017. She competed in US junior championships in 2013, but was born in Canada and the IAAF confirmed her Canadian eligibility from July 24, 2017. Attends Louisiana State University
 In 2019: 2 Houston TCU 300; 2 Prairie Views 200 'B' (3 4x400); 2 Florida Relays 200 'D'; 3 St George's; § Baton Rouge LSU 4x400; 3 Penn Relays 4x400

PRICE Madeline (CAN) 11-9-1995 (23y) 4x400/Mix4x400
 400 pb: 51.56 -19. 200 pb: 23.20w, 23.32 -18. sf WJC 2014 (4 4x400); 4 North/Central America & Caribbean under-23 200/400 2016; 6 North/Central American & Caribbean 2018. 2 Canadian 2018
 In 2019: 5 New York 600; 2 Clemson Invitational 400 'D'; 2 Blacksburg 200 (4 60); 4 Coral Gables 100/200; 1 Florida Relays 'B'; 1 Baton Rouge LSU 'B' (2 4x400); 3 Penn Relays 4x400

SHERAR Zoe (CAN) 11-7-1999 (19y) 4x400/Mix4x400
 400 pb: 52.34 -19. 200 pb: 23.89w -19, 24.82 -18. 3 Canadian junior 400 2018, but a 3.66 second improvement since then. Attends University of Guelph
 In 2019: 1 Ann Arbor 400; 2 Montréal 300; 1 Geneva OH 300; 1 Florida Relays 200 'G' & 400 'C'; 2 Baton Rouge 4x400

STIVERNE Aiyanna (CAN) 20-2-1995 (24y) 4x400/Mix4x400
 Allegiance transferee from the USA – she has dual citizenship with Canada, her declaration for that country was confirmed by the IAAF from July 7, 2015
 400 pb: 51.86 -18 (53.48 -19). 200 pb: 22.76 -18. 7 WCH 4x400 2015; ht WCH 2017; 4 WSG 2017; 2 North/Central American & Caribbean 2018. 1 Canadian 2018. She was a member of the US squad at the 2014 World Junior Championships, though did not compete. Her father Jean Stiverne was a NCAA-winning american football player. Student of Biology at the University of Miami. Coach-Ronald Morency
 In 2019: 2 Birmingham AL 300 'B'; 1 Ottawa 300 (2 60); 1 Hollywood FL 100/200; 1 Coral Gables; 2 Baton Rouge LSU 4x400; 3 Penn Relays 4x400

CARDOCH Poulette (CHI) 30-3-1997 (22y) 4x400
 400 pb: 55.91 -19. 200 pb: 24.73 -17 (24.87 -19). 3 Chilean 400 2019

In 2019: 2 Santiago de Chile 200 (Mar 10); 1 Montevideo 400 (2 200); 7 Santiago de Chile (Apr 6); 3 Chilean 400 (1 4x400); 3 Cochabamba 200 (6 400)

CASTILLO Berdine (CHI) 18-3-2000 (19y) 4x400

400 pb: 55.95 -19. 800 pb: 2:12.00 -19. 1 Chilean 800 2019. Born-Haiti, came to Chile at age 6

In 2019: 1 Santiago de Chile 400 (Mar 16); 1 Santiago de Chile 800 (Mar 23); 6 Concepción del Uruguay 800 (2 4x400); 2 Santiago de Chile 400 (Apr 6); 1 Chilean 800/4x400 (4 400)

ECHEVERRÍA María José (CHI) 30-7-1982 (36y) 4x400

Anchored Chile to 4x400m bronze medals at the 2017 South American Championships (preceded by Martina Weil, Carmen Mansilla and Fernanda Mackenna)

400 pb: 53.70 -19. 200 pb: 23.95w -15, 24.23 -03 (24.37 -19). 400H pb: 59.85 -17. sf World Youth 200 99; ht WJC 4x100 2000; 6 South American Champs 200 2005 & 400H 2017; 3 South American Champs 4x100 2017; 5 South American Games 400 2018 (2 4x400). 1 Chilean 200 2003/2005

In 2019: 2 Santiago de Chile 400 (Mar 23); 4 Concepción del Uruguay 400; 4 Santiago de Chile 400 (Apr 6); 2 Cochabamba 200/400 (Apr 26)

JIMÉNEZ Isidora (CHI) 10-8-1993 (25y) 4x400

Chilean record holder at 100m & 200m. Double sprint silver at 2015 South American Championships

400 pb : 54.80 -12 (54.98 -19). 100 pb: 11.19 -18 (11.40 -19). 200 pb: 22.95 -15 (23.35 19). sf WJC 200 2012; ht WCH 200 2013; 5 South American Games 100/200 2014; 2 South American 100/200 2015; sf Pan-Am Games 100/200 2015; ht WCH 100/200 2015; 4 Ibero-American 100/200 2016; ht OLY 200 2016; ht WCH 200 2017; ht WIC 60 2018; 4 South American Games 200 2018 (2 4x400). 1 Chilean 100/200 2017. Coach-Carlos Moreno

In 2019: 4ht Madrid IAAF Tour 60; 7 Liévin 60; 1 Santiago de Chile 100 (Mar 9); 1 Cochabamba 100/200; 2 Santiago de Chile 400 (Apr 13)

MACKENNA Maria Fernanda (CHI) 2-12-1986 (32y) 4x400

Chilean record holder at 400m. Seven relay bronzes at South American Championships: 2007 (4x100/4x400), 2011 (4x100/4x400), 2015 (4x100/4x400) and 2017 (4x400)

400 pb: 53.03 -19. 200 pb: 23.67 -12 (24.25 -19). 100 pb: 11.75w -13, 11.85 -12. ht World Youth 100/200 2003; 2 South American Games 4x100 2014 (3 4x400); 3 South American Games 400 2018 (2 4x400); 4 Ibero-American 200 2018 (6 400). Her best individual placing in South American Championships: 2015 400m, 4th. Her mother Leslie Cooper once held the Chilean record at 100m (11.8 in 1975). Coach-Eduardo Fuentes

In 2019: 1 Santiago de Chile 200 (Mar 10); 1 Santiago de Chile 200/400 (Mar 23); 2 Concepción del Uruguay 400 'D' (1 4x400); 2 Santiago de Chile 400 (Apr 6); 1 Chilean 400/4x400; 1 Cochabamba 400 (2 200)

WEIL Martina (CHI) 12-7-1999 (19y) 4x400

2018 South American under-23 Champion // 400 pb: 52.60 -18 (53.10 -19). 100 pb: 11.84 -18. 200 pb: 23.78 -18 (24.27 -19). 3 South American 4x400 2017; ht WJC 2018; 5 Ibero-American 200 2018; 1 South American under-23 2018

Father-Gert Weil (twice Pan-American Champion at shot put)

Mother-Ximena Restrepo (3 OLY 400 92, Colombia's first Olympic medallist in athletics)

In 2019: 1 Coral Gables 'B'; 7 Florida Relays 'B'; 4 200 'D'; 1 Gainesville 'C' (2 200 'F')

TONG Zenghuan (CHN) 29-11-1995 (23y) Mix4x400

400 pb: 52.62 -18 (54.56 -19). 200 pb: 23.65 -18. 6 Asian Games 2018. 2 Chinese 2018

In 2019: 1 Zhaoqing 400/4x400; 1 Huangshi 4x200 'B'

CHEN Jiamin (CHN) 1-5-1996 (23y) ShuttleH

2019 Asian Championships silver // 100H pb: 13.24 -19. 2 Asian Champs 2019. 6 Chinese National Games 2017; 1 Chinese Grand Prix Final 2018

In 2019: Indoor wins at Xi'an & Hangzhou; 5 Zhaoqing; 1 Huangshi; 2 Asian Champs

SHI Jiali (CHN) 12-8-1997 (21y) ShuttleH

100H pb: 13.35 -19. ht WJC 2016. 6 Chinese 2018

In 2019: Two indoor wins in Nanjing; 1 Zhaoqing

WU Yanni (CHN) 28-7-1997 (21y) ShuttleH

2018 Chinese Champion // 100 pb: 13.17 -18 (13.33 -19). sf WJC 2016;

5 Asian Champs 2019. 3 Chinese National Games 2017; 1 Chinese Universities 2018; 1 Chinese 2018

In 2019: 3 Jacksonville; 3 Florida Relays 'C'; 3 Zhaoqing; 5 Asian Champs

LIANG Xiaojing (CHN) 7-4-1997 (22y) 4x100

2014 Youth Olympic Champion at 100m. 2018 Asian Indoor Champion at 60m

100 pb: 11.25w -17, 11.26 -19. 200 pb: 23.57 -15 (23.59 -19). sf World Youth 400 2013; ht WCH 4x100 2013; 1 Asian junior 100 2014; 1 Youth Olympic Games 100 2014; ht OLY 4x100 2016 (she was one of the team bumped from the final when the USA were given a second chance to qualify); 1 Asian Indoor Champs 60 2018; sf WIC 60 2018; 5 Asian Games 100 2018 (2 4x100); 2 Asian Champs 100 2019 (1 4x100). From-Guangdong Province

In 2019: 1 Jacksonville 200; 2 Florida Relays 100 'B' (3 4x100); 2 Asian Champs 100 (1 4x100 in a world lead 42.87 – her, Wei Yongli, Kong Lingwei, Ge Manqi)

YUAN Qiqi (CHN) 26-10-1995 (23y) 4x100

Second leg for relay team which won at 2015 Asian Championships // 100 pb: 11.29 -16 (11.62 -19). 200 pb: 23.28 -17. 6 Asian Games 100 2014; 1 Asian Champs 4x100 2015; 2 Asian Indoor Champs 60 2016; ht WIC 50 2016; ht OLY 100 2016; ht OLY 4x100 2016 (she was one of the team which were bumped from the final when the USA were given a second chance to qualify); 2 Asian Games 4x100 2018; 3 IAAF Continental Cup 4x100 2018

In 2019: 1 Claremont CA 100

GE Manqi (CHN) 13-10-1997 (21y) 4x100/4x200

Chinese record holder at indoor 60m // 100 pb: 11.46 -17. 200 pb: 23.15 -18 (23.34 -19). sf World Youth 100 2013 (ht 100); ht OLY 4x100 2016 (she was one of the team which were bumped from the final when the USA were given a second chance to qualify); 2 Asian Games 4x100 2018; 6 Asian Champs 200 2019 (1 4x100). From-Fujian Province

In 2019: Exceptional indoor season (in China), culminating in victory at their Grand Prix Final in a Chinese 60m record of 7.10. 6 Asian Champs 200 (1 4x100 in world lead 42.87, she ran anchor)

HUANG Guifen (CHN) 20-8-1997 (21y) 4x100/4x200

Led off Chinese 4x400m team which won at 2015 Asian Championships 100 pb: 11.69 -18. 200 pb: 23.07 -17 (23.78w, 23.99 -19). 400 pb: 53.10 -17 (54.27 -19). sf World Youth 400 2013; 1 Asian Champs 4x400 2015; ht WCH 4x400 2015; 2 Asian Junior 400 2016; 5 Asian Games 400 2018 (4 4x400); ht Asian Champs 400 2019 (6 4x400). 3 Chinese 400 2014/2015/2017; 2 Chinese 200 2017; 1 Chinese National Games 200 2017

In 2019: 1 Norwalk 200; 2 Jacksonville 400; 6 Florida Relays 200 (3 4x100); ht Asian Champs 400 (6 4x400)

KONG Lingwei (CHN) 28-7-1995 (23y) 4x100/4x200

Relays golds at 2014 Asian Games & 2019 Asian Championships // 100 pb: 11.34 -18. 200 pb: 22.92 -18 (23.42 -19). 1 Asian Games 4x100 2014; 2 Asian Champs 4x100 2017; 6 Asian Games 200 2018; 7 Asian Champs 200 2019 (1 4x100). 1 Chinese 200 2017/2018

In 2019: 6 Jacksonville 400; 3 Florida Relays 200/4x100 Asian Champs 200 (1 4x100 in world lead 42.87 – team of Liang Xiaojing, Wei Yongli, her, Ge Manqi)

WEI Yongli (CHN) 11-10-1991 (27y) 4x100/4x200

2014 Asian Games Champion at 100m // 100 pb: 10.99 -18 (11.36 -19). 200 pb: 22.97 -18 (23.65 -19). 2 Asian Champs 100/4x100 2011; 1 Asian Indoor Champs 60 2012; sf WIC 60 2012/2014; 1 Asian Games 100/4x100 2014 (2 200); 3 Asian Champs 100 2015 (1 4x100); sf WCH 100 2015 (2017-ht); sf WIC 60 2016; ht OLY 100 2016; ht OLY 4x100 2016 (she was one of the team which were bumped from the final when the USA were given a second chance to qualify); 3 Asian Games 100/200 2018 (2 4x100); 3 Asian Champs 100 2019 (1 4x100). 1 Chinese 100/200 2015. Coach-Tian Yumei. From-Guangxi Province

In 2019: 1 Jacksonville 200 'B'; 3 Florida Relays 100 'B' (3 4x100); 3 Asian Champs 100 (1 4x100 with world-leading 42.87. Team of Liang Xiaojing, her, Kong Lingwei, Ge Manqi)

HUANG Jiaxin (CHN) 24-11-1998 (20y) 4x200

2015 Asian Youth Champion at 200m // 200 pb: 23.76 -17 (24.98 -19). 400 pb: 55.00 -18 (55.40 -19). 1 Asian Youth 200 2015 (5 400); 6 Asian Champs 4x400 2019. 6 Chinese National Games 200 2017

In 2019: 5 Norwalk 200; 2 Los Angeles 400 (Mar 9); 6 Zhaoqing 400 (3 4x200); 6 Asian Champs 4x400

LI Yuting (CHN) 3-5-2002 (17y) 4x200

2019 Asian Youth Champion at 200m // 200 pb: 23.83 -19. 100 pb: 11.70 -19. 1 Asian Youth 200 2019

In 2019: 2 Chinese Indoor Grand Prix Final 60; 1 Asian Youth 200; 3 Zhaoqing 4x200 (9 100, ht 200)

FU Na (CHN) 8-6-1997 (21y) 4x400

400 pb: 53.25 -17 (54.87 -19). 6 Asian Champs 4x400 2019. 4 Chinese National Games 2017; 5 Chinese 2018

In 2019: 3 Hangzhou indoor (Chinese National Grand Prix Final); 2 Zhaoqing (8 4x400); 6 Asian Champs 4x400

HE Ke (CHN) 13-11-1993 (25y) 4x400

400 pb: 54.19 -16 (55.95i -19). 800 pb: 2:08.57 -13. 8 Chinese National Games 2017; 7 Chinese 2018

In 2019: 4 Hangzhou indoor (Chinese National Grand Prix Final); 4 Zhaoqing; 4 Huangshi 4x400

LI Xue (CHN) 29-5-1992 (26y) 4x400

400 pb: 54.30 -16 (55.04 -19). ht WCH 4x400 2015; ht Asian Champs 2019 (6 4x400). 6 Chinese 2018

In 2019: 1 Xi'an indoor; 2 Huangshi 4x400; 6 Asian Champs 4x400

WANG Chunyu (CHN) 17-1-1995 (24y) 4x400

Multiple Asian Champion at 800m // 400 pb: 53.68 -16. 800 pb: 1:59.93 -16. 2 World Youth 800 2011; 1 Asian Champs 800 2013 (20192); ht WCH 800 2013; sf OLY 800 2016; 1 Asian Indoor Champs 800 2018; 1 Asian Games 800 2018. 2 Chinese 800 2012/2015; 1 Chinese National Games 800 2017. From-Anhui Province. Coach-Zheng Xiaofeng

In 2019: 1 Seattle 800 'B' (Jan 26); 2 Seattle 800 (Feb 15); 1 Tucson 800; 2 Asian Champs 800

LIAO Mengxue (CHN) 18-6-1995 (23y) 4x400/Mix4x400

400 pb: 53.06 -18 (54.29 -19). 200 pb: 23.90 -16 (24.64i -19). 2 Chinese 2017

In 2019: Indoor bests of 200-24.64 & 55.19-400. dnf Zhaoqing; 1 Huangshi 400/4x200 'B'

YANG Huizhen (CHN) 13-8-1992 (26y) 4x400/Mix4x400

2015 Asian Champion // 400 pb: 51.80 -17 (54.36i -19). 1 Asian Champs 400/4x400 2015; 3 WSG 2015. 1 Chinese 2014/2016/2018; 1 Chinese National Games 2017

In 2019: 4 Xi'an; 1 Hangzhou

DOMSKÁ Lucie (CZE) 13-10-1993 (25y) 4x100

100 pb: 11.72 -18. 200 pb: 24.45w, 24.48 -18. 6 under-23 ECH 4x100 2015. 3 Czech 100 2018

In 2019: 3 Prague 60 (Jan 7); 1 Ostrava 60; 2 Prague 60 (Feb 2); 3 Czech indoor 60

DVORÁKOVÁ Barbora (CZE) 10-5-1997 (22y) 4x100

pbs in Heptathlon events:

100H: 13.98; HJ: 1.68i/1.63; SP: 11.98; 200: 23.86i/23.89w/24.19; LJ: 6.20; LJ: 29.91; 800: 2:22.68. Heptathlon pb: 5442 -17 (5290 -19)

12 World Youth LJ 2013; 9 ETCh LJ 2018; 19 under-23 ECH Heptathlon 2017

In 2019: 2 Prague 60 (Jan 7); 2 Prague 150 (4 60H, 3 LJ) (Jan 11); 4 Jablonec 60; 15 Cardiff International Pentathlon; 1 Prague 60 (Feb 2); 3 Czech indoor 200/Pentathlon (5 60, 12 LJ); 16 Lana Heptathlon

PÍRKOVÁ Marcela (CZE) 25-1-1996 (23y) 4x100

2017 Czech Indoor Champion at 400m // 400 pb: 53.44i -19. 53.57 -17. 200 pb: 23.30 -17. 100 pb: 11.54w -16, 11.57 -18. ht ECH 200 2016/2018; ht ETCh 400 2017. 1 Czech indoor 400 2017

In 2019: 1 Prague 60/400 (Jan 7); 3 Vienna T&F 400 'B'; 3 Linz 60; 3 Ostrava 60; 4 Czech indoor 400

SEIDLOVÁ Klára (CZE) 10-3-1994 (25y) 4x100

Czech record holder at 60m // 100 pb: 11.30w, 11.46 -18. 200 pb: 23.40w -18, 23.66 -17. 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 Prague 150; 1 Jablonec 60; 2 Berlin ISTAF 60; 5 Toruń IAAF Tour 60; 1 Czech indoor 60; 8 Düsseldorf IAAF Tour 60; 8sf EIC 60

SLANINOVÁ Jana (CZE) 16-7-1990 (28y) 4x100

3x Czech Champion at 200m (2 in + 1 out), her mother won 4, plus 3 at 60m and 5 at 400m

100 pb: 11.64w, 11.69 -18. 200 pb: 23.66 -17. 400 pb: 53.35 -18. sf EJC 200 2009; 7 under-23 ECH 4x100 2011; ht WCH 4x400 2013; ht ECH 4x100 2018. 1 Czech 200 2018 (1 indoor 2016/2019). Daughter of Taťána Netoličková-Kocembová (formerly Slaninova), 1983 World 400m silver medallist

In 2019: 1 Ostrava 60/150 (Jan 1); 1 Ostrava 200; 2 Vienna T&F 400; 1 Ostrava 200/400 (Feb 2/3); 1 Czech indoor 200

GLENNER-FRANSEN Astrid (DEN) 11-4-1993 (26y) 4x100

100 pb: 11.80 -18. 200 pb: 24.18i -19, 24.43 -18. 2 Danish 100 2017 & indoor 60 2019

In 2019: 2 Lund 60; 3 Växjö 60; 1 Malmö 200 (4 60); 2 Reykjavik 60; 6 Nordic International 60 (4 200 'B'); 2 Danish indoor 60

GRAVERSGAARD Mette (DEN) 5-10-1995 (23y) 4x100

Danish record holder & 4x champion at 100m hurdles // 100 pb: 11.90 -17. 200 pb: 23.91 -16. 100H pb: 13.39 -18. sf WSG 100H 2017; ht ECH 4x100 2018. 1 Danish 200 2013/2015, 100H 2013/2015/2016/2017 & indoor 60H 2016/2019

In 2019: 2 Växjö 60 'B'; 2 Malmö 60H (3 200); Skive 60; 6 Sättra 60H; 6 Nordic International 60H; 1 Danish indoor 60H

KARSTOFT Ida Kathrine (DEN) 29-10-1995 (23y) 4x100

Second leg for Danish team which set a national record in the heats of the 2018 European Championships in Berlin (Louise Østergård, her, Mette Graversgaard, Mathilde Kramer)

100 pb: 11.97 -18. 200 pb: 23.86 -18. 400 pb: 55.96 -18. ht ECH 4x100 2018. 1 Danish under-23 100/200 2017; 1 Danish indoor 200 2018 & 400 2018

KRAMER Mathilde U. (DEN) 21-6-1993 (25y) 4x100

Multiple Danish Champion at sprints & hurdles // 100 pb: 11.59 -17. 200 pb: 23.85 -18. 100H pb: 13.88 -17. sf WSG 100 2017; ht WIC 60 2018; ht EIC 60 2019. 1 Danish 100 2014/2015/2017/2018, 200 2018, 100H 2014 (1 indoor 60 2014/2016/2017/2018/2019, 1 60H 2017/2018)

In 2019: 1 Lund 60; 2 Malmö 60; 1 Nordic International 60; 1 Danish indoor 60 (5th time); 8sf EIC 60

ØSTERGÅRD Louise (DEN) 12-6-1994 (24y) 4x100

Led off Danish team which set a national record in the heats of the 2018 European Championships in Berlin (her, Ida Kathrine Karstoft, Mette Graversgaard, Mathilde Kramer)

100 pb: 11.78 -18. 200 pb: 25.24w, 25.29 -17. ht ECH 4x100 2018. 2 Danish 100 2018; 2 Danish indoor 60 2017/2018

In 2019: Skive 60; 2 Växjö 60; 5 Malmö 60; 4 Reykjavik 60; 4 Danish indoor 60

LANDAZURI Narcisa (ECU) 25-11-1992 (26y) 4x100/4x200

Full name-Marisol Narcisa Landazuri // 100 pb: 11.12 -18 (11.32w -19). 200 pb: 23.22 -17. 2 Ibero-American 200 2014; sf Pan-Am Games 200 2015; ht WCH 100 2015/2017; sf OLY 100 2016; 5 South American Games 200 2018. 1 Ecuadorian 100/200 2014. Encouraged as a schoolgirl to take up athletics when it was noticed she could run faster than all the boys. Coach-Nelson Gutierrez

In 2019: dnf Florida Relays 100; 2 Clermont Pure 100

POROSO Marina (ECU) 18-1-1998 (21y) 4x100/4x200

100 pb: 11.67w -18, 11.77 -17 (11.69w -19). 200 pb: 24.96 -15 (24.96w -19). 8 WJC 4x100 2016

In 2019: 8 Coral Gables 100 'D'; 7 Clermont Pure 100 'B'/200 'B'

SUÁREZ Gabriela Anahí (ECU) 2-2-2001 (18y) 4x100/4x200

2018 Youth Olympic bronze at 100m // 100 pb: 11.29w, 11.50 -18. 200 pb: 23.21w, 23.44 -18. sf WJC 100/200 2018; 3 Ibero-American 200 2018; 2 South American under-23 200 2018; 3 Youth Olympic 100 2018 (11.97 + 11.29w)

In 2019: 3 Coral Gables 100; 4 Clermont Pure 200 (3 100 'B')

TENORIO Ángela (ECU) 27-1-1996 (23y) 4x100/4x200

Full name-Ángela Gabriela Tenorio Micolta

With her 2015 Pan-American 100m silver she became the first South American woman to go below 11 seconds

100 pb: 10.99 -15 (11.25 -19). 200 pb: 22.59w -15/19, 22.84 -15 (23.12 -19). 2 World Youth 200 2013 (3 100); ht WCH 100 2013/2017; 2 WJC 100 2014 (3 200); 2 South American Games 100/200 2014; 2 Pan-Am

Games 100 2015 (4 200); 2 Ibero-American 100/200 2016; sf OLY 100/200 2016; 1 South American 100 2017 (2 200); 5 IAAF Continental Cup 100 2018; 1 South American under-23 100 2018. 1 Ecuadorian 100/200 2015/2017. Nickname-"La Gacela" (gazelle). Coach-Nelson Gutierrez
Eight Ecuadorian records in 2015 – 100m: 11.17, 11.09, 11.09, 10.99; 200m: 23.08, 22.84; 4x100: 44.24, 44.14 – but then she missed the Beijing World Championships because of problems with her visa
In 2019: 1 Florida Relays 100; 1 Coral Gables 100 (2 200); 1 Gainesville Jones 200; 5 Doha Diamond 200

VILLALBA Virginia (ECU) 10-7-1996 (22y) 4x100/4x200
Full name-Virginia Elizabeth Villaba // 200 pb: 23.80w, 23.87 -18 (24.51 -19). 400 pb: 54.70 -18 (55.41 -19). 400H pb: 58.83 -17. ht WJC 400H 2014; 7 Ibero-American 2018. 1 Ecuadorian 400H 2014/2015/2017/2018 (1 400 2019)
In 2019: 1 Ecuadorian 400 (3 200)

BERTHEAU Louise-Anne (FRA) 24-4-1992 (27y) Mix4x400
400 pb: 53.35 -17 (54.92i -19). 200 pb: 23.70 -17. 3 under-23 ECH 4x400 2013; 3 Mediterranean under-23 2014; 5 EIC 4x400 2017. Coach-Frederic Fabani
In 2019: 4 Nantes; 1 Reims; 4 Luxembourg; 4 Metz; 2ht French indoor

PAULINE Kellya (FRA) 27-4-1997 (22y) Mix4x400
2018 Mediterranean under-23 Champion // 400 pb: 52.89 -18 (54.63i -19). 1 Mediterranean under-23 2018. 1 French under-23 2018 indoors & out. Coach-Alex Menal
In 2019: 2 Miramas; 1 Nantes 'C'; 5 Luxembourg; 6 French indoor

ALESSANDRINI Sacha (FRA) 7-6-1999 (19y) ShuttleH
2019 French Indoor Champion // 100H pb: 13.15w, 13.34 -18. 7 European Youth 2016; 4 WJC 2018. 1 French indoor 2019. Coach-Franck Ne
In 2019: 5ht Paris; 5 Reims; 3 Val-de-Reuil 60; 2 French under-23 indoor; 1 French indoor; 5ht EIC

VALETTE Laura (FRA) 16-2-1997 (22y) ShuttleH
2014 Youth Olympic Champion // 100H pb: 13.04 -17. 1 Youth Olympic Games 2014; 3 EJC 2015; 8 WJC 2016; 5 ETCh 2017; 8 under-23 ECH 2017; sf WSG 2017; sf ECH 2018

AKAKPO Stella (FRA) 28-2-1994 (25y) 4x100
2013 European Junior Champion at 100m // 100 pb: 11.17 -16. 200 pb: 23.27i -16, 23.48i -17, 23.54 -13. sf World Youth 100 2011; 1 EJC 100 2013 (2 4x100); 2 ECH 4x100 2014; 3 under-23 ECH 100 2015; dq sf ECH 100 2016 (false start); sf EIC 60 2017; 5 Mediterranean Games 100 2018. 1 French indoor 60 2014 & 100 2016. She anchored France to third place in the 2013 World 4x100m, but after the medal ceremony, the team were disqualified for an illegal exchange
In 2019: 8 Nantes 60; 1 Reims 60; 2ht Metz 60

PELTIER Fanny (FRA) 25-5-1997 (21y) 4x100
2016 World junior relay silver, 2017 European under-23 relay silver
100 pb: 12.02 -15. 200 pb: 23.13 -17. 5 Youth Olympic Games 200 2014; sf EJC 200 2015; 2 WJC 4x100 2016; 8 ETCh 200 2017; 8 under-23 ECH 200 2017 (2 4x100)

ZAHl Carolle (FRA) 12-6-1994 (24y) 4x100
2017 European Team Championships winner at 100m // 100 pb: 11.01 -18. 200 pb: 22.92w, 23.02 -18. 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: 1 Nantes 60; 3 Paris 60; 8 Toruń IAAF Tour 60; 6sf EIC 60

LEDUC Cynthia (FRA) 16-2-1997 (22y) 4x200
2016 World Junior 4x100m relay silver // 200 pb: 23.35 -18. 100 pb: 11.45w, 11.49 -18. 400 pb: 54.10 -18. 3 EJC 4x100 2015; 2 WJC 4x100 2016 (sf 200); 2 under-23 ECH 4x100 2017; 1 Mediterranean under-23 200 2018
In 2019: 1 Eaubonne 60; 1 Reims 60; 1 French under-23 indoor 60; dq French indoor 60

MINGAS Sarah (FRA) 2-4-1998 (21y) 4x200
200 pb: 23.54 -18. 100 pb: 11.37w, 10.45 -18. sf World Youth 100 2015; 2 EJC 4x100 2017 (sf 100)

In 2019: 5 Nantes 60; 3 Reims 60; 2 French under-23 indoor 60; 2 French indoor 60

NTIAMOAH Brigitte (FRA) 5-3-1994 (25y) 4x200
2016 European 4x400m relay silver // 200 pb: 23.13 -16 (23.94i -19). 400 pb: 52.31 -16. sf World Youth 400 2011; 5 EJC 200 2013 (2 4x100); 3 under-23 ECH 200 2015; 2 ECH 4x400 2016. 1 French indoor 200 2015
In 2019: 1 Magglingen 200; 1 Miramas 200; 4 French indoor 200

PARÉ Maroussia (FRA) 18-7-1996 (22y) 4x200
Twice French Indoor Champion at 200m // 200 pb: 23.05w -15, 23.26 -17 (24.24 -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
In 2019: 3 Nantes 60 'B'; 2 Reims 60; 1 Nantes 200 (Feb 3); 1 Nantes 200 (Feb 9); 1 French indoor 200 (4 60); 1 L'Etang Sale 200

PERROSSIER Estelle (FRA) 12-1-1990 (29y) 4x200
200 pb: 23.62 -14. 400 pb: 52.09 -14. 4 WCH 4x400 2017 (2015-6). 1 French indoor 400 2014 (2017-2)

RAFFAI Estelle (FRA) 6-2-1998 (21y) 4x200
Two medals at 2016 World Junior Championships, still a junior throughout 2017
200 pb: 23.05 -17 (23.48i -19). 100 pb: 11.45w -17, 11.51 -16. 4 World Youth 200 2015 (7 100); 3 WJC 200 2016 (2 4x100); 3 WJC 200 2016 (2 WJC 4x100); 5 EJC 200 2017 (2 4x100). 1 French junior 100 2016/2017
In 2019: 4 Miramas 60; 7 Nantes 60; 1 Eaubonne 60/200; 1 French under-23 indoor 200

BROSSIER Amandine (FRA) 15-8-1995 (23y) 4x400
400 pb: 52.77i -99, 53.52 -18. 200 pb: 23.13w, 23.33 -18. 2 under-23 ECH 4x100 2017; sf EIC 2019 (4 4x400). 1 French indoor 200 2018. Coach-Sullivan Breton
In 2019: 2 Nantes; 2 Luxembourg; 2 Liévin 'C'; 3 French indoor; 5sf EIC (4 4x400)

DIARRA Elea Mariama (FRA) 8-3-1990 (29y) 4x400
Second leg for French team which won at 2015 European Indoor Championships
400 pb: 51.92 -17. 200 pb: 23.45 -17 (24.78i -19). 3 EJC 4x400 2009; 3 under-23 ECH 4x400 2011. Silver ECH 4x400 2012 (ran heat); 1 EIC 4x400 2015; 4 WCH 4x400 2017. 1 French 2011/2017
In 2019: 4 Lyon 200

RAHAROLAHY Agnes (FRA) 7-11-1992 (26y) 4x400
Third leg for victorious relay team at 2014 European Championships and 2015 European Indoor Championships
400 pb: 52.23 -15 (52.57i -19). 3 Mediterranean Games 2013; 3 under-23 ECH 4x400 2013; 1 Mediterranean under-23 2014; 1 ECH 4x400 2014 (2018-2); 1 EIC 4x400 2015 (2019-sf); sf EIC 2017; 4 WCH 4x400 2017; 4 EIC 4400 2019. 1 French indoor 2017. Coach-Emmanuel Huruguen
In 2019: 1 Nantes; 3 Liévin 'B'; 2 French indoor; 5sf EIC (4 4x400)

SANANES Deborah (FRA) 26-10-1995 (23y) 4x400
2018 European Championships relay silver (2nd leg) // 400 pb: 51.75 -16 (52.53i -19). 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 indoor 2014/2018/2019; 1 French under-23 2015/2016. Coach-Bruno Gajer
In 2019: 1 Lyon 200; 1 Miramas; 1 Lyon; 4 Liévin; 1 French indoor; 5sf EIC (4 4x400)

AWUAH Kristal (GBR) 7-8-1999 (19y) 4x100
2018 World junior bronze at 100m & relay // 100 pb: 11.16 -18. 200 pb: 23.66 -18. 3 WJC 100/4x100 2018; 2 IAAF Continental Cup 4x100 2018; 4 EIC 60 2019. 1 English Schools 100 2016/2017; 1 English junior 100 2017/2018; 3 British indoor 60 2018/2019. Coach-Matthew Thomas
In 2019: 3 Dortmund 60; 1 Berlin ISTAF 60; 3 UK indoor 60; 6 Birmingham IAAF 60; 4 EIC 60 (just one thousandth from bronze, but in any case she came down from 7.19 to 7.15)

HENRY Desiree (GBR) 26-8-1995 (23y)**4x100**

Relay medals at Rio 2016 (anchor) & London 2017 (2nd leg) // 100 pb: 11.04w -14, 11.06 -16. 200 pb: 22.46 -16 (23.25w -19). 400 pb: 52.27 -16. 1 World Youth 200 2011; 4 WJC 200 2012 & 100 2014; 2 EJC 200 2013 (1 4x100); 7 ECH 100 2014 (1 4x100); 4 WCH 4x100 2015; dnf ECH 100 final 2016; sf OLY 100 2016 (3 4x100); sf WCH 100 2017 (2 4x100). Coach-Rana Reider (Formerly Mike McFarlane). She was nominated by Daley Thompson to be one of the seven young British athletes who lit the cauldron during the London 2012 Olympic opening ceremony. She trains in Holland (Papendal) in the same group as Dafne Schippers

Underwent surgery on both knees in October 2017

In 2019: 3 Clermont Pure 200 200 'C'

NEITA Daryll (GBR) 29-8-1996 (22y)**4x100**

(Pronounced 'Neater')

Britain's youngest athletics medallist in Rio 2016, then a World Championship relay medal in 2017

100 pb: 11.14 -17. 200 pb: 24.32 -12. 4 EJC 100 2015; 2 ECH 4x100 2016; ht OLY 100 2016 (3 4x100); sf WCH 100 2017 (2 4x100); sf ECH 100 2018. 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

NELSON Ashleigh (GBR) 20-2-1991 (28y)**4x100**

European 100m bronze in 2014 – Britain's first medal at that event since 1974 – then sprint relay gold

100 pb: 11.15w -14, 11.19 -14/16. 200 pb: 22.94 -18, 400 pb: 53.29 -17 (53.98 -19). 3 World Youth 100 2007; 1 EJC 4x100 2007; 2 WJC 100 2008; sf ECH 100 2012; 4 under-23 ECH 200 2013; 3 WCH 4x100 2013; 3 COM 4x100 2014; 1 ECH 4x100 2014; 2 IAAF Continental Cup 4x100 2014. 1 English Schools 100 2004/2005/2006; 1 English junior 100 2008; 1 English under-23 100 2012; 1 UK 100 2012 (2018-6). Older brother is 2007 European Junior 200m Champion Alex Nelson (now retired). Coach-Michael Afilaka

In 2019: 1 Waco 400

PHILIP Asha (GBR) 25-10-1990 (28y)**4x100**

Olympic, World, European & Commonwealth Games relay medallist // 100 pb: 11.10 -15. 200 pb: 23.07w , 23.34 -13. 4 WJC 100 2006; 1 World Youth 100 2007; 1 EJC 4x100 2007; 3 under-23 ECH 4x100 2011; 5 EIC 60 2013; sf WCH 100 2013/2015; 4 WIC 60 2014 (2012/2018-sf, 2016-5); 4 COM 100 2014 (3 4x100); 1 ECH 4x100 2014 (sf 100); 1 ETCh 100 2015 (2013-5); sf WCH 100 2015 (4 4x100); 4 ECH 100 2014 (2 4x100); sf OLY 100 2016 (3 4x100); 1 EIC 60 2017 (2019 -3); sf WCH 100 2017 (2 4x100); 4 COM 100 2018 (1 4x100). 1 UK 100 2013/2014/2016/2017; 1 UK indoor 60 2013/2014/2016/2017/2018/2019. Her cousin is international netball player Kadeen Corbin, who was part of the victorious England squad at 2018 Commonwealth Games

In 2019: 1st South of England indoor 60 (scratched from final); 1 Dortmund 60; 1 UK indoor 60 (6th time); 2 Birmingham IAAF 60; 3 EIC 60

WILLIAMS Bianca (GBR) 18-12-1993 (25y)**4x100**

Relay golds at both the Commonwealth Games & European Championships in 2018

100 pb: 11.17 -14 (11.49w -19). 200 pb: 22.58 -14. 3 EJC 4x100 2011; 3 COM 200 2014 (6 100, 3 4x100); 4 ECH 200 2014; 2 ETCh 200 2015; sf WCH 200 2015/2017; 2 ECH 4x100 2016; sf WIC 60 2018; 6 COM 200 2018 (1 4x100); 6 ECH 200 2018 (1 4x100). 2 UK 200 2014. Coach-Lloyd Cowan

In 2019: 6ht Berlin ISTAF 60; 4ht Toruń IAAF Tour 60; 1 Clermont Pure 100 'C'

AGYAPONG Finette (GBR) 1-2-1997 (22y)**4x400**

2017 European under-23 Champion at 200m // 400 pb: 52.41 -17. 100 pb: 11.49 -17. 200 pb: 22.86 -17. 7 WJC 200 2016; 4 ETCh 200 2017; sf COM 200 2018 (4 4x400); 1 under-23 ECH 200 2017. 1 English Schools 200 2015; 1 English junior 200 2016; 1 UK indoor 200 2017/2018. Student of Law at Brunel University (London). Coach-Coral Nourrice

In 2019: 3 Newham 60; 1ht South of England indoor 60; 1 Reykjavik 60

ALLCOCK Amy (GBR) 24-8-1993 (25y)**4x400**

Relay bronzes at 2018 World indoors & 2018 European outdoors // 400 pb: 51.36 -18. 200 pb: 23.48 -17. 100 pb: 11.71 -17. 3 WIC 4x400 2018 (52.12 split); 3 ECH 4x400 2018. 1 English Schools 300 2008/2009; 1

British Universities Indoor 400 2015; 5 UK 400 2017; 2 UK indoor 200 2017 & 400 2018. Coach-Glyn Hawkes

In 2019: 1 Sheffield 60; 6 UK indoor 60

DIAMOND Emily (GBR) 11-6-1991 (27y)**4x400**

2016 Olympic relay bronze (with her being the one to bring the team into that position on leg three). 2017 World Championship relay silver 400 pb: 51.23 -16. 200 pb: 23.30 -13. 100 pb: 11.71w, 11.77 -10. 8 EJC 200 2009; 6 WJC 200 2010; 3 under-23 ECH 4x100 2011; bronze COM 4x400 2014 (ran heat); 1 ECH 4x400 2016; sf OLY 2016 (3 4x400); ht WCH 2017 (2 4x400); sf COM 2018 (4 4x400). 1 UK 2016. Married James Leonard in September 2017. Her mother Nicola McGee long jumped 6.18 in 1979 (4th in WAAA Championships that year). Coach-Jared Deacon (formerly Daniel Cossins)

ONUORA Anyika (GBR) 28-10-1984 (34y)**4x400**

(Name pronounced Ann-ika Oh-nora)

Big medals across a span of 16 years (2003-2018 inclusive)

400 pb: 50.87 -15. 200 pb: 22.64 -14. 100 pb: 11.81 -11. 2 EJC 4x100 2003; 2 COM 4x100 2006 (sf 100); sf ECH 100 2006 (2 4x100); 5 ETCh 100 2011; sf WCH 200 2011 (ht 100); ht OLY 100/200 2012; 3 ETCh 200 2013/2014; ht WCH 200 2013; sf WCH 400 2015 (3 4x400); 3 ECH 400 2016 (1 4x400); 3 OLY 4x400 2016; sf COM 400 2018 (4 4x400); sf ECH 2018 (3 4x400). 1 English Schools 100 2001/2002; 1 UK 200 2011/2013 & 400 2015/2018. Studied Economics at Liverpool John Moores University. Coach-Rana Reider

After Rio 2016 she revealed that she'd been seriously ill with malaria in 2015 and missed months of training

SHAKES-DRAYTON Perri (GBR) 21-12-1988 (30y)**4x400**

World #2 at 400m Hurdles in 2013, but then suffered a calamitous knee injury during the 2013 World Championship final (yet still finished 6th in that race)

400 pb: 50.50 -13. 400H pb: 53.67 -13. 800 pb: 2:08.35 -11. 8 WJC 400H 2006; 2 EJC 400H/4x400 2007; 1 under-23 ECH 400H 2009; 3 WIC 4x400 2010; 3 ECH 400H 2010 (2 4x400); 3 ETCh 400H 2011; 3 WCH 4x400 2011; 1 WIC 4x400 2012 (held off Sanya Richards); sf OLY 400H 2012; 1 EIC 400/4x400 2013; 1 ETCh 400 2013; 6 WCH 400H 2013 (2009/2011-sf); silver WCH 4x400 2017 (ran heat). 1 UK 2008/2010-2013 & 400 2011. Graduate of Sports Science from Brunel University

Quad injury in summer 2018

CLARK Zoey (GBR) 25-10-1994 (24y)**4x400/Mix4x400**

2017 British #1 at 400m (after 13 successive years of Christine Ohuruogu holding that position)

400 pb: 51.36 -18. 200 pb: 23.36 -17. 4 Commonwealth Youth Games 2011; 1 under-23 ECH 4x400 2015; sf WCH 2017 (2 4x400); 6 WIC 2018 (3 4x400); sf COM 2018 (6 4x400); 3 ECH 4x400 2018; ht EIC 2019 (2 4x400). 1 Scottish 2015; 1 UK 2017 & indoor 2019. At the London World Championship relay, she ran excellent lead-off legs of 51.5 in both heat & final. Coach-Eddie McKenna

In 2019: 1 Scottish indoor 200 (2 60); 1 UK indoor; 5ht EIC

NIELSEN Laviai (GBR) 13-3-1996 (23y)**4x400/Mix4x400**

Laviai pronounced "Laa-Vee-Ah"

Fourth at European Championships indoors & out

400 pb: 51.21 -18 (52.79i -19). 800 pb: 2:08.88 -16. 200 pb: 23.81 -17. Ran in heat of 2014 WJC 4x400 (awarded silver won by Britain in final); 1 EJC 400/4x400 2015; 4 EIC 2017 (2 4x400); 4 ECH 2018; 2 EIC 4x400 2019. 2 UK indoor 2017 & outdoor 2018. Student of geography at King's College London. Identical twin Sister Lina (one minute younger, 8 EJC 2015 & 1 4x400) is also an international athlete. They both got identical grades at in their A-level exams in 2014. Their mother-Egyptian, father-Danish. She was the kit carrier for Jessica Ennis at the London 2012 Olympics (for the Heptathlon 200m). Coach-Christine Bowmaker

In 2019: 1 Sătra 'B'; 3 UK indoor (led at 200m in 24.11); 4 Birmingham IAAF; 2 EIC 4x400

BULMAHN Luna (GER) 26-11-1999 (19y)**Mix4x400**

400 pb: 53.33i -19, 55.30 -18. 200 pb: 24.09i -19, 24.62w -16, 24.68 -17. 2 German indoor 2019

In 2019: 1 Hannover; 1 Hannover; 3 Dortmund 'B'; 1 Neubrandenburg 200; 2 German indoor

KÖHRBRÜCK Svea (GER) 16-10-1993 (25y)**Mix4x400**

400 pb: 52.76 -17. 200 pb: 24.12w -14, 24.17 -17 (24.82i -19). ht WCH

4x400 2017; 2 German 2017; 3 German indoor 2018. Her father Carsten Köhrbrück 6 ECH 400H 1990 & 2 4x400 (400 / 400H pbs of 46.33 / 48.89 in 1990)
In 2019: 1 Leipzig 200

MERGENTHALER Hannah (GER) 9-3-1997 (22y) **Mix4x400**
400 pb: 52.83 -18 (54.81i -19). 3 WJC 4x400 2014; 4 WJC 4x400 2016; 2 under-23 ECH 4x400 2017; 6 WCH 4x400 2018. 1 German under-23 2017
In 2019: 3 Dortmund 300; 3 Luxembourg

BURGHARDT Alexandra (GER) 28-4-1994 (25y) **4x100**
First leg for team which won at 2017 IAAF World Relays (her, Lisa Mayer, Tatjana Pinto, Rebekka Haase)
100 pb: 11.18w -16, 11.32 -15. 100H pb: 13.41 -12. 4 World Youth 100H 2011; 1 EJC 4x100 2011; ht WJC 100H 2012; 2 under-23 ECH 100 2015 (1 4x100); 5 WCH 4x100 2015; 5 EIC 60 2017 (2015-sf); 1 IAAF Relays 4x100 2017. 2 German indoor 60 2019
In 2019: 2 Vienna Erima 60; 6ht Karlsruhe IAAF Tour 60; 2 Chemnitz 60; 2 German indoor 60

HAASE Rebekka (GER) 2-1-1993 (26y) **4x100**
Anchored Germany to relay bronze at Berlin 2018 (team of Lisa Marie Kwayie, Gina Lückenkemper, Tatjana Pinto, her)
100 pb: 10.94w, 11.07 -17. 200 pb: 22.58w, 22.76 -17 (23.04i 19). 8 Youth Olympic Games 100 2010; 6 ETCh 200 2014; sf ECH 100 2014/2018; sf EIC 60 2015; 1 under-23 ECH 100/200/4x100 2015; ht WCH 100 2015; ht OLY 100 2016 (4 4x100); 8 EIC 60 2017; 3 ETCh 200 2017; sf WCH 200 2017 (4 4x100); 3 ECH 4x100 2018; sf EIC 60 2018. 1 German 200 2014/2015 (1 indoor 200 2014/2015/2016/2017/2019). In Mannheim 2016 anchored team which clocked 41.62, Germany's fastest since the GDR era. Coach-Jorg Mockel
In 2019: 1 Erfurt 60; 3 Karlsruhe IAAF Tour 60; 1 Chemnitz 60/200; 1 German indoor 200 (3 200); 5sf EIC 60

KWADWO Keshia (GER) 10-7-1999 (19y) **4x100**
Second leg for team which set a world junior 4x100 record in the heats at the 2017 European Junior Championships in Grosseto – Katrin Fehm, her, Sophia Junk, Jennifer Montag
100 pb: 11.33 -17. 200 pb: 23.89 -17. 1 European Youth 100 2016; 3 WJC 4x100 2016; 2 EJC 100 2017 (1 4x100); 4 WJC 100 2018 (heat 4x100, awarded gold won by Germany in the final). 2 German indoor 60 2018. Her first sport was swimming. Older sister Yasmin Kwadwo (1 EJC 100 2009), their parents from Ghana
In 2019: 2ht Erfurt 60

KWAYIE Lisa Marie (GER) 27-10-1996 (22y) **4x100**
Led-off German sprint relay team which won bronze at Berlin 2018 (her, Gina Lückenkemper, Tatjana Pinto, Rebekka Haase)
100 pb: 11.29 -18. 200 pb: 23.62i, 23.80 -17. 3 WJC 4x100 2014 (ht 100); sf ECH 100 2018 (3 4x100); sf EIC 60 2019. 1 German indoor 60 2019
In 2019: 1 German indoor 60; 5 Düsseldorf IAAF Tour 60; 4sf EIC 60

LÜCKENKEMPER Gina (GER) 21-11-1996 (22y) **4x100**
Germany's quickest woman since since the 1991 World #1, Kathrin Krabbe
100 pb: 10.95 -17. 200 pb: 22.41w, 22.67 -16. sf WJC 200 2012; 5 World Youth 200 2013; 8 WJC 200 2014 (3 4x100); 1 EJC 200 2015; ht WCH 100 2015; 3 ECH 200/4x100 2016; sf OLY 200 2016 (4 4x100); 2 ECH 100 2018 (3 4x100). 1 German 100 2017/2018, 200 2016 & indoor 60 2017. Coach-Ulrich Kunst. She says her athletics hero is Derek Redmond GBR, who famously limped across the finish line injured in his 400m semi-final at Barcelona 1992
In 2019: 3 Berlin ISTAF 60

MAYER Lisa (GER) 2-5-1996 (23y) **4x100**
100 pb: 11.02w, 11.14 -17. 200 pb: 22.64 -17. 7 World Youth 200 2013; 3 WJC 4x100 2014; 2 EJC 100 2015; 3 ECH 4x100 2016 (8 200); sf OLY 200 2016 (4 4x100); 5 EIC 60 2017; 4 WCH 4x100 2017. 1 German under-23 200 200 2016. In 2016 ran second leg for relay team which clocked 41.62, Germany's fastest since the GDR era. Coach-Rainer Finkernagel

FEHM Katrin (GER) 16-4-1998 (21y) **4x200**
Led off team which set a world junior 4x100 record in the heats at the 2017 European Junior Championships in Grosseto – her, Keshia Kwadwo, Sophia Junk, Jennifer Montag

100 pb: 11.43 -16. 200 pb: 23.15 -18. sf World Youth 100 2015; 3 WJC 4x100 2016; 3 EJC 200 2017 (1 4x100)
In 2019: 1 Fürth 60 'B'

JUNK Sophia (GER) 1-3-1999 (20y) **4x200**
World & European junior relay golds // 200 pb: 23.35 -17. 100 pb: 11.48 -18. 2 EJC 200 2017 (1 4x100); 5 WJC 200 2018 (1 4x100). Third leg for team which set a world junior 4x100 record in the heats at the 2017 European Junior Championships in Grosseto – Katrin Fehm, Keshia Kwadwo, her, Jennifer Montag
In 2019: 1 Luxembourg 60

MONTAG Jennifer (GER) 11-2-1998 (21y) **4x200**
Anchored team which set a world junior 4x100 record in the heats at the 2017 European Junior Championships in Grosseto – Katrin Fehm, Keshia Kwadwo, Sophia Junk, her
100 pb: 11.29 -17. 200 pb: 23.50 -18. LJ pb: 6.21i -19, 6.02 -18. sf EJC 100 2017 (1 4x100); 4 Athletics World Cup 4x100 2018
In 2019: 1 Leverkusen 60/LJ; 4 Dortmund 60; 5ht Karlsruhe IAAF Tour 60; 1 Leverkusen LJ; 9 German indoor LJ (ht 60); 5ht Düsseldorf IAAF Tour 60

WESSOLLY Jessica-Bianca (GER) 11-12-1996 (22y) **4x200**
200 pb: 22.89 -18 (23.33i -19). 100 pb: 11.37 -18. 4 Athletics World Cup 200 2018; sf ECH 200 2018. 1 German 200 2018
In 2019: 5 Sindelfingen 60; 1 Karlsruhe 60 (2 200) (Jan 30); 7ht Karlsruhe IAAF Tour 60; 2 Frankfurt 200 (4 50); 2 German indoor 200

GONSKA Nadine (GER) 23-1-1990 (29y) **4x400**
Twice German Indoor Champion // 400 pb: 52.00 -18 (52.96i -19). 100 pb: 11.21w, 11.43 -16. 200 pb: 22.79 -16. sf ECH 200 2016 (2018-ht); ht OLY 200 2016; 6 WCH 4x400 2017; sf WIC 2018; ht EIC 2019. 1 German 2018 (1 indoor 2018/2019). Coach-Rüdiger Harksen
In 2019: 1 Dortmund 300 'B'; 1 Luxembourg; 1 German indoor

MÜLLER Laura (GER) 11-12-1995 (23y) **4x400**
2017 European under-23 silver at 400m // 400 pb: 51.69 -16 (53.52i -19). 200 pb: 22.65 -17 (23.78i -19). 100 pb: 11.20w, 11.26 -18. LJ pb: 5.58 -18. 7 EJC 2013 (3 4x400); 4 WJC 2014 (3 4x400); 3 ETCh 400 2017; 2 under-23 ECH 400/4x400 2017; 8 ECH 200 2018 (6 4x400). 1 German 200 2017
In 2019: 1 Dortmund 300; 1 Frankfurt 400 (Feb 3); 3 Metz 60 (1 300 'B'); 3 German indoor 400

SCHWAB Corinna (GER) 5-4-1999 (20y) **4x400**
Second leg for team which won 2018 world junior sprint relay gold (team of Viktoria Dönicke, her, Sophia Junk, Denise Uphoff)
400 pb: 53.09 -17 (54.22i -19). 200 pb: 23.55 -18 (24.17i -19). 400H pb: 59.18 -15. 4 EJC 2017 (2 4x400); 6 WJC 200 2018; 1 WJC 4x100 2018 (5 4x400). 3 German 2018
In 2019: 2 Chemnitz 200; 4 German indoor

SPELMEYER Ruth Sophia (GER) 19-9-1990 (28y) **4x400**
3x German Champion (2 out + 1 in) // 400 pb: 51.43 -16. 200 pb: 23.43 -16. 100 pb: 11.78w -16, 11.83 -14. 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). Coach-Edgar Eisenkolb

ACHEAMPONG Gemma (GHA) 13-2-1993 (26y) **4x100**
100 pb: 11.37w -19, 11.43 -16 (11.47 -19). 200 pb: 23.59 -17 -17 (23.76 -19). ht COM 200 2014; 6 African Champs 100 2014 (3 4x100); 6 African Champs 100 2016 (2 4x100); sf COM 100 2018 (5 4x100). Born-Chicago. Studied English at Boston University, now works there as a member of the coaching staff
In 2019: 4 Cambridge MA 60; 1 Boston University 200 'B'; 1 Florida Relays 200 'E'; 1 Coral Gables 100 'C' (6 200 'B'); 1 Gainesville Jones 100 'C' (2 200 'E'); ht Clermont 100

AMPONSAH Janet (GHA) 12-4-1993 (26y) **4x100**
2010 Commonwealth Games relay silver // 100 pb: 11.09w -14, 11.21 -18. 200 pb: 22.67 -18. 400 pb: 54.55i -17, 55.88 -15. ht WJC 200 2010; sf COM 100/200 2010 (2 4x100); 6 African Champs 100 2012 (2 4x100); 5 WJC 200 2012 (sf 100); ht WCH 200 2013/2017; sf COM 200 2014; 4 African Games 200 2015; 5 African Champs 200 2016 (2 4x100); ht OLY 200 2016; sf COM 200 2018 (5 4x100); 2 African Champs 100 2018 (3 100). She was the Ghanaian flagbearer at the opening ceremony of the 2014 Commonwealth Games (where sadly

she was disqualified for false-starting in her 200m semi-final). Coach-Dean Hayes

In 2019: 2 Nashville 400 (4 100, 5 200); 4 Florida Relays 200; 4 Auburn 100/200; 1 Athens GA 200 (2 100)

HOR Halutie (GHA) 4-4-1999 (20y) 4x100

2018 Commonwealth Games 100m finalist // 100 pb: 11.45 -18 (11.52w, 11.68 -19). 200 pb: 23.49 -18 (23.68 -19). 8 COM 100 2018 (5 4x100)

In 2019: 5 Nashville 100; 2 Auburn Tiger 100; 1 Tennessee 200 'B'/100 'C'; 1 Auburn Eagle 200 'B' / 100 'E'

OWUSU-AGYAPONG Flings (GHA) 16-10-1988 (30y) 4x100

Multiple medal winner in sprint relays at African Championships and Games

100 pb: 11.16w -15, 11.26 -16. 200 pb: 23.28 -16. 3 African Champs 4x100 2010/2014; 5 African Champs 100 2012 (2 4x100 2012/2016); ht WIC 60 2014/2016/2018; sf COM 100 2014/2018; 6 African Games 100 2015 (2 4x100); ht OLY 100 2016; 5 COM 4x100 2018. Lives-Toronto. She was the Ghanaian flagbearer at the opening ceremony at the Rio Olympics

In 2019: 4ht Cambridge MA 60; 5 Linz 60; 4 Ostrava 60; 5 Athlone 60; 4 Istanbul Cup 60; 6 Coral Gables 100 'C'

WILLIAM-MENSAH Persis (GHA) 15-6-1996 (22y) 4x100

100 pb: 11.41w -17, 11.48 -18 (11.50 -19). 200 pb: 23.56 -18 (24.72 -19). sf African Champs 100 2016

In 2019: 1 Costa Mesa 100; 6 Long Beach 100; 6 Irvione 100; 1 Fullerton 100 (2 200)

GAYAKWAD Sarita (IND) 1-6-1994 (24y) 4x400

Full name-Gayakwad Saritaben Laxmanbhai

2019 Asian Championship silver at 400m hurdles

400 pb: 53.24 -18 (53.25 -19). 400H pb: 57.04 -18 (57.21 -19). 7 COM 4x400 2018; 1 Asian Games 4x400 2018; 3 Asian Champs 400H 2019 (2 4x400). Works as an income tax official

In 2019: 1 Patiala 400H; 2 New Delhi 400; 1 Sangrur 400H; 1 Panchkula 400; 1 Indian Federation Cup 400H (3 400); 3 Asian Champs 400H (2 4x400, team of Prachi Choudhary, Machettira Raju Poovamma, her, V. K. Vismaya)

POOVAMMA Machettira Raju (IND) 5-6-1990 (28y) 4x400

(aka M. R Poovamma)

Relay golds at Asian Championships in 2013/2017 & Asian Games in 2014/2018

400 pb: 51.73 -14 (52.46 -19). 800 pb: 2:09.24 -17. ht WJC 2006/2008; 2 Commonwealth Youth Games 2008; 2 Asian Champs 2013 (1 4x400); sf COM 2014; 3 Asian Games 2014 (1 4x400); 2 Asian Champs 2015 (2 4x400); ht OLY 4x400 2016; 4 Asian Champs 2017 (1 4x400); 7 COM 4x400 2018; 1 Asian Games 4x400 2018; 3 Asian Champs 2019 (2 4x400/mixed 4x400). 1 Indian 2010/2011/2012/2014/2015

In 2019: 1 New Delhi; 2 Sangrur; 1 Panchkula; 2 Indian Federation Cup; 3 Asian Champs (2 4x400, 2 mixed 4x400)

The Asian Championship medal winning line-ups:

Women – Prachi Choudhary, her, Sarita Gayakwad, V. K. Vismaya

Mixed – Muhammed Anas Yahiya/M, her, V. K. Vismaya/W, Arokia Rajiv/M

VISMAYA V. K. (IND) 14-5-1997 (21y) 4x400

Full name-Vismaya Velluva Koroth

Anchored Indian team to 4x400 gold at 2018 Asian Games

400 pb: 53.27 -19. 200 pb: 23.80 -19. 1 Asian Games 4x400 2018; 2 Asian Champs 4x400/mixed 4x400

In 2019: 1 Patiala; 1 New Delhi; 1 Sangrur; 1 Panchkula 200; 6 Indian Federation Cup; 2 Asian Champs 4x400/mixed 4x400

The Asian Championship medal winning line-ups:

Women – Prachi Choudhary, Machettira Raju Poovamma, Sarita Gayakwad, her

Mixed – Muhammed Anas Yahiya/M, Machettira Raju Poovamma, her, Arokia Rajiv/M

BAISHYA Sonia (IND) 31-12-1995 (23y) 4x400/Mix4x400

400 pb: 53.44 -18 (53.78 -19). 200 pb: 24.46 -17. 7 COM 4x400 2018. 1 Indian 2017

In 2019: 4 Patiala; 2 New Delhi 200; 3 Panchkula; 8 Indian Federation Cup

DAS Hima (IND) 9-1-2000 (19y) 4x400/Mix4x400

2018 World Junior Champion. Three medals at 2018 Asian Games.

Remains a junior throughout 2019

400 pb: 50.79 -18 (52.88 -19). 200 pb: 23.10 -18. 100 pb: 11.74 -18. 7 Asian Youth 200 2017; 5 World Youth 200 2017; 6 COM 2018 (7 4x400); 1 WJC 2018; 2 Asian Games 2018 (1 4x400, 2 mixed 4x400). Youngest of five children. Her father is a rice farmer in the state of Assam. Former footballer. "I never knew anyone who had her raw speed," says her coach-Nipun Das (no relation), her other coach-Nabajit Malakar

In 2019: 4 Sangrur; 1 Indian Federation Cup; dnf/ht Asian Champs (back spasm)

PRACHI Choudhary (IND) 20-12-1996 (22y) 4x400/Mix4x400

Led off 4x4 team which won 2019 Asian Championships silver // 400 pb: 52.96 -18 (54.49 -19). 2 Asian Champs 4x400 2019. 3 Indian 2018

In 2019: 3 Patiala; 3 New Delhi; 3 Sangrur; 2 Asian Champs 4x400

ADELEKE Rhasidat (IRL) 29-8-2002 (16y) 4x100

100 pb: 11.68 -18. 200 pb: 23.52 -18. 2 European Youth Olympic Festival 200 2017; 1 European Youth 200 2018; silver WJC 4x100 2018 (ran heat). 1 Irish junior indoor 200 2018/2019 (1 60 2019); 1 Irish junior 100 2018; 1 Irish indoor 200 2019. Born in Dublin to Nigerian parents

In 2019: 1 Irish indoor 200; 1 Irish junior indoor 60/200

AKPE-MOSES Gina (IRL) 25-2-1999 (20y) 4x100

2017 European Junior Champion at 100m (the first Irish athlete to ever win an able-bodied European sprint title)

100 pb: 11.46 -18. 200 pb: 23.86 -18. 4 EJC 4x100 2015/2017; 2 European Youth 100 2016; 5 WJC 4x100 2016; 1 EJC 100 2017; 8 WJC 100 2018 (2 4x100); ht ECH 100 2018. 1 Irish 100 2018. Born-Nigeria, moved to Ireland at age 3, then to Birmingham (with her family) in 2014. Akpe is her father's surname and Moses was her grandfather's name. Coach-Andy Paul

In 2019: 5ht Dortmund 60; 4ht Berlin ISTAF 60; 3 British Universities indoor 60

JUMBO-GULA Patience (IRL) 21-7-2001 (17y) 4x100

Anchored Ireland to world junior silver in 2018 (preceded by Molly Scott, Gina Akpe-Moses & Ciara Neville)

100 pb: 11.51 -18. 200 pb: 24.98 -16. 3 European Youth Olympic Festival 100 2017; 5 European Youth 100 2018; 2 WJC 4x100 2018

In 2019: 1 Dublin 60; 2 Irish junior indoor 60; 1 Athlone 60; 3 Irish indoor 60

NEVILLE Ciara (IRL) 14-10-1999 (19y) 4x100

Third leg for Irish sprint relay team which won silver at the 2018 World Junior Championships (Molly Scott, Gina Akpe-Moses, her, Patience Jumbo Gula)

100 pb: 11.52 -17 (11.57w, 11.68 -19). 200 pb: 23.79 -18 (23.85w, 24.87i -19). sf EJC 100 2015 (4 4x100); 1 European Youth Olympic Festival 100 2015; 5 WJC 4x100 2016; sf EIC 60 2017; ht WIC 60 2018; 2 WJC 4x100 2018 (sf 100/200). 1 Irish indoor 60 2017

In 2019: 2 Irish under-23 indoor 60/200; 2 All Ireland Games 60; 4 Athlone 60; 2 Irish indoor 60; 1 Cork 100/200

ROY Lauren (IRL) 25-9-2000 (18y) 4x100

Twice Northern Irish Champion at 100m // 100 pb: 11.87w, 11.92 -18. 200 pb: 24.32 -18 (24.67i -19). ht EIC 60 2019. 1 Northern Irish 100 2017/2018. Coach-Adam McMullen

In 2019: 1 Jordanstown 60; 1 Irish junior indoor 60; 1 All Ireland Games 60; 8 UK indoor 60; 5 Irish indoor 60; 7ht EIC 60

WHELAN Niamh (IRL) 26-7-1990 (28y) 4x100

(Niamh is pronounced "Neeve")

5x Irish Champion at 200m (3 in + 2 out)

100 pb: 11.54w, 11.63 -09 (11.66w -19). 200 pb: 23.30 -10. sf WJC 200 2008; ht EIC 60 2009; 4 EJC 100 2009 (7 200); sf ECH 200 2010; sf WSG 100 2017. 1 Irish 200 2010/2016 (1 indoor 2008/2009/2018)

In 2019: 2 Cork 100

BAZZONI Chiara (ITA) 5-7-1984 (34y) Mix4x400

European Championship relay bronzes in 2010, 2016 & 2019 // 400 pb: 52.06 -13 (53.01 -19). 200 pb: 23.74 -13 (24.37i -19). 3 ECH 4x400 2010/2016; 4 EIC 4x400 2011; ht EIC 2013; 1 Mediterranean Games 2013; sf WCH 2013; sf ECH 2014 (2012-ht); ht EIC 2015; 5 WIC 4x400 2018; 3 EIC 4x400 2019. 1 Italian 2013 (1 indoor 2013/2014/2015). Coach-Alessandro Bracciali

In 2019: 4 Ancona 60 (Jan 5); 3 Ancona 200 (Jan 12); 1 Ancona; 3 Italian indoor; 3 EIC 4x400; 2 Grosseto

BORGA Rebecca (ITA) 11-6-1998 (20y) Mix4x400

Second at 2018 Mediterranean under-23 Championships // 400 pb: 53.31 -19. sf World Youth 2015; sf WJC 2016; 6 EJC 2017; 2 Mediterranean under-23 2018. 1 Italian junior 2016. She races in her lucky socks. Coach-Andrea Montanari
In 2019: 1 Padua 200; 1 Ancona; dq Italian indoor final; 3 Grosseto

MILANI Marta (ITA) 9-3-1987 (32y) Mix4x400

European championship relay bronzes in 2010 & 2019 // 400 pb: 51.86 -11 (54.59i -19). 800 pb: 2:01.35 -12. sf WJC 400 2006; 6 under-23 ECH 400 2009; 6 ECH 400 2010 (3 4x400); 6 EIC 400 2011; 8 ETCh 400 2011; sf WCH 400 2011; ht EIC 800 2013; 7 ETCh 800 2013 (2014-10); ht WCH 800 2013; ht ECH 800 2014; 7 WSG 400 2015; ht ECH 400 2016; 3 EIC 4x400 2018. 1 Italian 400 2011 & 800 2012/2013/2014 (1 indoor 400 2010/2011 & 800 2014)
In 2019: 2 Padua; 4 Italian indoor; 3 EIC 4x400; 5 Grosseto

VANDI Elisabetta (ITA) 30-3-2000 (19y) Mix4x400

New Italian junior record holder // 400 pb: 52.82 -19. 6 EJC 4x400 2017; 7 WJC 2018 (6 4x400); 3 Mediterranean under-23 2018. Coach-Faouzi Lahbi
In 2019: 1 Ancona (Jan 13); 3 Ancona (Jan 26); 1 Italian junior indoor; 1 ITA v FRA junior; 1 Grosseto (set Italian junior record 52.82)

BONGIORNI Anna (ITA) 15-9-1993 (25y) 4x100

2017 World Student Games bronze at 200m // 100 pb: 11.39 -17/18. 200 pb: 23.35 -17. sf World Youth 100 2009; 7 Youth Olympic Games 200 2010; 2 EJC 4x100 2011; 2 under-23 ECH 4x100 2015 (ht 100/200); 3 WSG 200 2017 (6 100); sf EIC 60 2017; sf WIC 60 2018; sf ECH 100 2018. 1 Italian under-23 100/200 2015; 1 Italian indoor 60 2018
In 2019: 3 Italian indoor 60

DOSSO Zaynab (ITA) 12-9-1999 (19y) 4x100

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
100 pb: 11.59w, 11.63 -16 (11.86 -19). 200 pb: 24.18w 16, 24.27 -16. sf EJC 100 2017. Seven Italian titles: Youth indoor 60 & 100 2015; Junior 100 2016/2017; Junior indoor 60 2017/2018 & Junior indoor 200 2018
In 2019: 1 Magglingen 60; 2 Italian under-23 indoor 60; 4 Italian indoor 60; 1 Grosseto 100

HERRERA ABREU Johanelis (ITA) 11-8-1995 (23y) 4x100

Allegiance transferee from Dominican Republic – has lived in Italy since 2007, acquired Italian citizenship in 2012 and cleared by IAAF to represent Italy from July 3, 2012
100 pb: 11.52 -18. 200 pb: 23.66 -17. 6 EJC 4x100 2013; sf WJC 200 2014; 2 under-23 ECH 4x100 2015 (2017-5); 8 Mediterranean Games 100 2018; 7 ECH 4x100 2018. 1 Italian 100 2018 & indoor 60 2019
In 2019: 2 Ancona 60; 4 Mondeville 60; 2 Linz 60; 1 Italian indoor 60; 6ht Düsseldorf IAAF Tour 60

HOOPER Gloria (ITA) 3-3-1992 (27y) 4x100

Sprint double winner at the 2015 & 2016 Italian Championships // 100 pb: 11.34 -16. 200 pb: 22.89 -16. 400 pb: 53.12 -13. 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)

PAVESE Alessia (ITA) 15-7-1998 (20y) 4x100

100 pb: 11.63 -18 (11.88 19). 200 pb: 23.74 -18. 7 World Youth 200 2015; 5 Mediterranean under-23 200 2018
In 2019: 6 Magglingen 60; 3 Italian under-23 indoor 60; 8sf Italian indoor 60; 2 Grosseto 100

SIRAGUSA Irene (ITA) 23-6-1993 (25y) 4x100

2017 World Student Games Champion at 200m (and silver at 100m) // 100 pb: 11.21 -18. 200 pb: 22.96 -17. 2 EJC 4x100 2011; sf WJC 200 2012; 7 under-23 ECH 100 2013 (3 4x100); 10 ETCh 200 2014; 2 Mediterranean under-23 100/200 2014; sf ECH 100/200 2014 (4 4x100); 6 under-23 ECH 100 2015 (2 4x100); sf ECH 100 2016 (ht 200); ht WCH 200 2017; 1 WSG 200 2017 (2 100); sf ECH 100/200 2018 (7 4x100). 1 Italian 100 2014/2017. 1 Italian 200 2014/2018
In 2019: 1 Ancona 60/200; 1 Florence 60; 4 Val-de-Reuil 60; 6 Mondeville 60; 2 Italian indoor 60

CHIGBOLU Maria Benedicta (ITA) 27-7-1989 (29y) 4x400

European Championships relay bronze in 2016 // 400 pb: 51.67 -15. 200 pb: 23.37 -18. 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. Partner-Matteo Galvan (Italian men's record holder at 400m). Her grandfather Julius Chigbolu was ninth at the 1956 Olympics in the high jump (2.00). Coach-Maria Chiara Milardi
In 2019: 2 Rieti 150

FOLOORUNSO Ayomide (ITA) 17-10-1996 (22y) 4x400

2017 World Student Games Champion [at 400m Hurdles] // 400 pb: 52.25 -18 (52.57i -19). 400H pb: 55.16 -18. 7 WJC 400H 2014; 3 EJC 400H 2015; 4 ECH 400H 2016 (2018-sf); sf OLY 400H 2016 (5 4x400); 1 under-23 ECH 400H 2017; sf WCH 400H 2017; 1 WSG 400H 2017; 2 Mediterranean Games 400H 2018; sf EIC 2019 (3 4x400). 1 Italian 400H 2016 & indoor 400 2016. Came to Italy from Nigeria at age eight, acquired Italian citizenship on July 3, 2013. Coach-Maurizio Pratzzioli
In 2019: 2 Magglingen 400; 2 Magglingen 400; 2 Metz 300; 2 Italian indoor 400; 6sf EIC (3 4x400 – team of Raphaella Boaheng Lukudo, her, Chiara Bazzoni, Marta Milani)

LUKUDO Raphaella Boaheng (ITA) 29-7-1994 (24y) 4x400

Led off the Italian team which won bronze at the 2019 European indoors (her, Ayomide Folorunso, Chiara Bazzoni, Marta Milani)
400 pb: 52.38 -18. 400H pb: 58.10 -15. sf World Youth 400 2011; sf WIC 400 2018; 1 Mediterranean Games 4x400 2018; 6 ECH 4x400 2018; 5 EIC 400 2018 (3 4x400). 1 Italian 400 2019 & indoor 400 2018/2019. She had the quickest split (51.03) of all the women in the 4x400m final at Berlin 2018. Born-Italy, parents Sudanese. Coach-Marta Oliva
In 2019: 1 Italian indoor 400; 5 EIC 400 (3 4x400)

TREVISAN Giancarla Dimich (ITA) 17-2-1993 (26y) 4x400

Full name-Giancarla Dimich Trevisan // 400 pb: 52.63 -18 (52.74 -19). 2 Italian 2018. Born/lives-USA, (her Italian grandparents moved from Italy to Des Moines, Iowa). Coach-Ryan Wilson
In 2019: 4 Magglingen; 1 Padua; 1 Los Angeles 200 'D'; 1 Claremont CA 200 'B'; 1 Norwalk 200/400; 2 Mt SAC Relays 200 'B' (4 400 'C'); 4 Irvine 400 & 200 'B'

TROIANI Virginia (ITA) 22-2-1996 (23y) 4x400

400 pb: 53.53 -18 (53.98 -19). 200 pb: 24.16w, 24.40 -18. 2 EJC 4x400 2015. 1 Italian under-23 2018
In 2019: 2 Padua 200; 5 Italian indoor; 4 Grosseto

JAMES Tiffany (JAM) 31-1-1997 (22y) Mix4x400

2016 World Junior Champion // 400 pb: 51.32 -16. 200 pb: 23.31 -16 (23.88 -19). 3 World Youth 2013; sf WJC 2014; 1 WJC 2016 (2 4x400). Ran in relay heats at 2018 World Indoor Championships, but no medal as team (without her) were disqualified in the final
In 2019: 2 Kingston Henry 200; 2 Jamaican Intercollegiate 200; 2 Penn Relays 4x400

SALMON Shiann (JAM) 31-3-1999 (20y) Mix4x400

Two medals at 2018 World Junior Championships // 400 pb: 52.05 -18 (52.42 -19). 400H pb: 55.78 -18 (56.66 -19). HJ pb: 1.82 -16. ht World Youth 400H 2015; 2 WJC 400H 2018 (3 4x400). 1 Jamaican junior HJ 2016
In 2019: 2 Kingston Jackson 200 'E'; 1 Kingston Wolmer 400; 1 Spanish Town 400; 1 Jamaican Intercollegiate 400H (2 400); 5 Penn Relays 4x100

WHYTE Rhonda (JAM) 6-11-1990 (28y) Mix4x400

Big advancement at 400m hurdles from 55.58 to 54.29 in 2017, but disqualified at Worlds for line-stepping
400 pb: 52.42 -18 (53.16 -19). 400H pb: 54.29 -17. 6 WSG 400H 2015; dq sf WCH 400H 2017 (lane); 4 COM 400H 2018. 1 Jamaican 2017. Coach-Maurice Wilson
In 2019: 2 Kingston Jackson 200 'C'; 1 Kingston Wolmer 200 'C'; 1 Spanish Town 400 'C'; 1 Jamaican Intercollegiate 400 (5 100); 2 Penn Relays 4x400

BROWN Amoi (JAM) 11-1-1999 (20y) ShuttleH

100H pb: 13.09 -18 (13.23 -19). 4 Pan-American Junior 2017; sf WJC 2018
In 2019: 2 Spanish Town

TAPPER Megan (JAM) 18-3-1994 (25y)**ShuttleH**

(Née Simmonds)

2016 Jamaican Champion // 100H pb: 12.63 -17 (12.93 -19). 4 Youth Olympic Games 2010; 6 World Youth 2011; 2 North/Central American & Caribbean under-23 2014; sf OLY 2016; sf WCH 2017; 7 COM 2018. 1 Jamaican 2016. Coach-Stephen Francis
In 2019: 5 Kingston Jackson 60; 1 Kingston Wolmer; 1 Spanish Town; 2 St George's

THOMPSON Yanique (JAM) 12-3-1996 (23y)**ShuttleH**

2018 Commonwealth Games bronze // 100H pb: 12.69 -17 (13.70 19). 1 World Youth 2013; sf WJC 2014; sf WCH 2017; 6 North/Central America & Caribbean 2018; 3 COM 2018. 2 Jamaican 2018
In 2019: 3 Spanish Town

EVANS Gayon (JAM) 15-1-1990 (29y)**4x100**

2018 Commonwealth bronze at 100m // 100 pb: 11.17w -17, 11.22 -18 (11.32w, 11.46 -19). 200 pb: 23.08w -14, 23.18 -17. dq qf World Youth 100 2007; 2 WJC 4x100 2008; sf WIC 60 2018; 3 COM 4x100 2018 (2 4x100). Took a year off competition in 2012. 6 Jamaican 200 2014; 2 Jamaican Intercollegiate 100 2016. Studied Sociology at University of Maryland Eastern Shore, now based in Jamaica. One of nine children. 1.55 tall
In 2019: 2 Spanish Town 60; 5 Dortmund 60; 5 Berlin ISTAF 60; 5ht Karlsruhe IAAF Tour 60; 4 Łódź 60; 4 Toruń IAAF Tour 60; 3 Liévin 60; 1 Athlone 60; 7 Birmingham IAAF 60; 7 Düsseldorf IAAF Tour 60; 5 Spanish Town 100 (2 200 'B'); 4 St George's 100; 3 Kingston 100 'D' (May 4)

MORRISON Natasha (JAM) 17-11-1992 (26y)**4x100**

Second leg for Jamaican 4x100m team which won at 2015 World Championships (in a super-fast 41.07)
100 pb: 10.96 -15 (11.23w, 11.49 -19). 200 pb: 23.08 -13 (23.96 -19). 5 Pan-American junior 100 2011; 7 WCH 100 2015 (1 4x100); sf WCH 100 2017 (3 4x100); 5 COM 100 2018 (2 4x100)
In 2019: 3 Kingston Jackson 200 'E'; 2 Kingston Wolmer 200 'C'; 3 Spanish Town 100; 3 Jamaican Intercollegiate 100; 1 Penn Relays 4x100

SIMPSON Sherone (JAM) 12-8-1984 (34y)**4x100**

Medals at three successive Olympic Games. 2015 Pan-American Champion at 100m
100 pb: 10.82 -06 (11.35w -19). 200 pb: 22.00 -06 (23.48 -19). 400 pb: 51.25 -08. 2 Pan-Am Junior 100 2003; 2 Central American junior 100 2003; 1 WJC 4x100 2002; 6 OLY 100 2004 (1 4x100); 6 WCH 100 2005 (2 4x100); 1 COM 200/4x100 2006; 1 WCP 100/4x100 2006; =2 OLY 100 2008 (6 200); 8 WCH 200 2011 (2 4x100); 2 OLY 4x100 2012 (sf 200); 1 Pan-Am Games 100 2015; 8 WCH 200 2015 (Gold 4x100). 1 Jamaican 100 2010. Born-Manchester, Jamaica
Failed a doping control test for an amphetamine in 2013 and banned by Jamaica for 18 months. She successfully appealed the length of the ban to the Court of Arbitration for Sport, who allowed agreed to reduce her period of ineligibility to six months on the basis that a contaminated food supplement was to blame
In 2019: 2 Kingston Wolmer 200; 1 Kingston Foster 100 (2 200); 5 St George's 200

SMITH Jonielle (JAM) 30-1-1996 (23y)**4x100**

2018 Central American & Caribbean Games Champion at 100m // 100 pb: 11.04w, 11.07 -18 (11.09w, 11.33 -19). 200 pb: 23.22 -17. sf World Youth 100/200 2013; 1 Central American & Caribbean Games 100 2018; 2 North/Central American & Caribbean 100 2018. 4 NCAA 100 2018. Attends Auburn University
In 2019: 2 Coral Gables 200; 2 Orlando 200; 2 St George's 100; 1 Clermont Pure 100 'B'; 2 Gainesville Jones 100

FORBES Shashalee (JAM) 10-5-1996 (23y)**4x100/4x200**

2016 Olympic relay silver, after running in the heats only (when Elaine Thompson and Christiana Williams were rested) & 2013 bronze
100 pb: 11.10 -17 (11.10w, 11.46 -19). 200 pb: 22.71 -17 (23.57 -19). 2 WJC 4x100 2014; silver OLY 4x100 2016; sf WCH 200 2017 (3 4x1000: 1 WSG 100 2017; 3 WCH 4x00 2017; dq COM 200 2018 (originally 5th in 22.59, but out of lane). 1 Jamaican 200 2017. Her cousin is Simone Facey (1 WCH 4x100 2009)
In 2019: 3 Kingston Jackson 60 'B'; 3 Kingston Wolmer 100; 2 Spanish Town 100 (3 200); 2 Jamaican Intercollegiate 100; 1 Penn Relays 4x100

FRASER-PRYCE Shelly-Ann (JAM) 27-12-1986 (32y)**4x200**

Twice Olympic Champion at 100m. Triple sprint World Champion in Moscow 2013
200 pb: 22.09 -12. 100 pb: 10.70 -12 (11.20 -19). 400 pb: 54.93 -11 (55.07 -19). 1 OLY 100 2008/2012; 1 WCH 100/4x100 2009; 4 WCH 100 2011 (2 4x100); 2 OLY 200/4x100 2012; 1 WCH 100/200/4x100 2013; 1 COM 4x100 2014; 1 WCH 100/4x100 2015. 1 Jamaican 100 2009/2012/2015 (1 200 2010/2012/2013). Ran in heat of 2007 World 4x100, so awarded a silver medal won by Jamaica in the final. Her mother Maxine was a sprinter and long jumper. Married Jason Pryce on January 7, 2011. Their son Zyon born August 7, 2017. Coach (since 2006)-Stephen Francis
In 2019: 1 Kingston Jackson 60 'B'; 7 Kingston Wolmer 400; 7 Spanish Town 400; 1 St George's 100; 1 Penn Relays 4x100

JACKSON Shericka (JAM) 16-7-1994 (24y)**4x200**

400m bronzes in Beijing 2015 & Rio 2016 (each time behind Felix / Miller), then fifth in London 2017. Moved down to 200m in 2018 "to work on her speed to see what it would reveal", we were told
200 pb: 22.05 -18 (23.72w -19). 400 pb: 49.83 -16. 100 pb: 11.13 -18 (11.03w, 11.30 -19). 4 Youth Olympic Games 200 2010; 3 World Youth 200 2011 (1 Medley Relay); 8 WJC 200 2012 (2 4x400); 2 IAAF Relays 4x400 2014; 3 WCH 400 2015 (1 4x100); 3 OLY 400 2016 (2 4x100); 5 WCH 400 2017; 2 COM 200 2018; 1 Athletics World Cup 200 2018; 1 North/Central American & Caribbean 200 2018; 4 IAAF Continental Cup 200 2018. 1 Jamaican 400 2017 & 2002018. Coach-Paul Francis (brother of Stephen Francis)
In 2019: 1 Kingston Jackson 200 'B'; 1 Kingston Wolmer 200; 1 Spanish Town 100 (11.03w); 1 Jamaican Intercollegiate 100; 1 Penn Relays 4x400

McPHERSON Stephenie Ann (JAM) 25-11-1988 (30y)**4x200**

The rightful World bronze medallist from 2013 (she received that medal at London 2017, following the disqualification of Antonina Krivoshapka RUS)
200 pb: 22.93 -14 (24.12 -19). 400 pb: 49.92 -13. 800 pb: 2:10.2 -15. 400H pb: 57.46 -12. 3 WCH 400 2013 (2015-5, 2017-6); 2 WIC 4x400 2014; 1 COM 400/4x100 2014; 1 IAAF Continental Cup 4x400 2014; 1 WCH 4x400 2015; 4 WIC 400 2016 (2018-dq sf); 6 OLY 400 2016 (2 4x400); dq WIC 400/4x400 2018 (lane/exchange); 1 Athletics World Cup 400 2018; 1 North/Central American & Caribbean 2018; 3 IAAF Continental Cup 400 2018 (1 mixed relay). 1 Jamaican 2016/2018. Coach-Stephen Francis
In 2019: 2 Kingston Jackson 200; 1 Birmingham IAAF 400; 2 Kingston Wolmer 100; 4 Spanish Town 100; 1 Penn Relays 4x400

THOMPSON Elaine (JAM) 28-6-1992 (26y)**4x200**

2016 Olympic Champion at 100m & 200m, but only fifth in the London 2017 100m (upset stomach), then fourth in 2018 World indoor 60m
200 pb: 21.66 -15. 100 pb: 10.70 -16. 400 pb: 55.88 -19. 1 Central American & Caribbean Champs 4x100 2013; gold COM 4x100 2014; 2 WCH 200 2015 (1 4x100); 3 WIC 60 2016 (2018-4); 1 OLY 100/200 2016 (2 4x100); 5 WCH 100 2017; 2 Athletics World Cup 100 2018. 1 Jamaican 200 2015 & 100 2016/2017. Coach-Stephen Francis
In 2019: 1 Kingston Jackson 60 'B'; 1 Birmingham IAAF 60; 9 Kingston Wolmer 400 (pb 55.88); dnf Spanish Town 400

DAY Christine (JAM) 23-8-1986 (32y)**4x400**

Fourth at 2015 World Championships, then relay gold. Two successive Olympic relay silvers
400 pb: 50.14 -15 (52.48 -19). 800 pb: 2:10.9 -15. sf WCH 2009; 3 OLY 4x400 2012; 3 COM 2014 (1 4x400); 4 WCH 2015 (1 4x400); sf OLY 2016 (2 4x400); 1 COM 4x400 2018; 5 North/Central American & Caribbean 2018. 1 Jamaican 2015. Was coached by Stephen Francis, she is now with the group of Bert Cameron (who famously carried on to qualify for the 1984 Olympic 400m final despite pulling a hamstring in mid-race)
In 2019: 1 Kingston Jackson 200 'E'; 1 St George's; 1 Penn Relays 4x400

GORDON Chrisann (JAM) 18-9-1994 (24y)**4x400**

2017 US Collegiate Champion, representing the University of Texas at Austin
400 pb: 50.13 -17 (51.33 -19). 200 pb: 23.28 -15. 800 pb: 2:04.73 -14. 3 WJC 4x400 2010; 1 Pan-Am junior 2011; 7 World Youth 2011 (1 Medley Relay); 7 WJC 2012; 4 Pan-Am Games 2015 (2 4x400); 1 North/Central America & Caribbean under-23 2017; sf WCH 2017 (excellent first leg in the 4x400 final to put Jamaica clear in second

place, but it came to nought when Anneisha McLaughlin pulled up injured on leg 2). 1 NCAA 2017 (2016-5). Ran in relay heats at Beijing 2015 & Rio 2016, so awarded gold and silver medals from those two championships
She clocked 52.68 for 400m at age 14 in 2009, but was too young to compete at the World Youth Championships that year; then in 2010 set a Jamaican under-17 record of 51.62. Attends University of Texas
In 2019: 3 Gainesville Jones

LE-ROY Anastasia (JAM) 11-9-1987 (31y) 4x400

2018 Commonwealth silver // 400 pb: 50.57 -18. 200 pb: 22.85 -16 (23.19 -19). 100 pb: 11.27w -09, 11.41 -07 (11.33w -19). 6 WJC 200 2006 (3 4x100); ht WCH 4x400 2007; 3 Central American & Caribbean Champs 200 2011; 3 WSG 2013; 2 IAAF Relays 4x400 2014; dq WIC 4x400 2018 (through no fault of her own, she otherwise ran the excellent split of 51.34 on leg three to keep her team in touch with the USA); 1 COM 4x400 2014; Gold WCH 4x400 2015 (ran heat); dq WIC 4x400 2018; 2 COM 2018 (1 4x400). Coach-Maurice Wilson
In 2019: 1 Kingston Jackson 200; 1 Kingston Wolmer 200; 1 Spanish Town 200 (6 100); 2 Penn Relays 4x400

McGREGOR Roneisha (JAM) 9-10-1997 (21y) 4x400

400 pb: 52.32 -19. 200 pb: 23.19 -17 (23.55 -19). sf WJC 200 2016. 4 Jamaican 200 2018
In 2019: 1 Kingston Jackson 400; 1 Clarendon 100/200; 1 Spanish Town 400; 2 Penn Relays 4x400

RUSSELL Janieve (JAM) 14-11-1993 (25y) 4x400

One of only three women to win two golds in athletics at the 2018 Commonwealth Games (the others being Caster Semenya & wheelchair racer Madison de Rozario)
400 pb: 51.17 -16 (52.46 -19). 400H pb: 53.46 -18 (55.28 -19). Heptathlon pb: 5361 -11. 9 World Youth LJ 2009; 7 Youth Olympic Games LJ 2010; 3 WJC 4x400 2010 (sf 400); 2 Pan-American junior Heptathlon 2011; 1 WJC 400H 2012 (2 4x400); 3 COM 400H 2014 (gold 4x400 after running in heat); 5 WCH 400H 2015; 7 OLY 400H 2016; 1 COM 400H/4x400 2018; 1 Athletics World Cup 400H 2018; 2 North/Central American & Caribbean 400H 2018; 1 IAAF Continental Cup 400H 2018. 1 Jamaican Heptathlon 2011 (while still a junior); 1 Jamaican 400H 2015. Coach-Stephen Francis
In 2019: 3 Kingston Jackson 200 'B'; 2 Kingston Wolmer 400; 2 Spanish Town 400 'B'; 1 Penn Relays 4x400; 4 Doha Diamond 400H

KITAMURA Yume (JPN) 23-12-1995 (23y) 2x2x400

Twice Japanese Champion at 800m // 800 pb: 2:00.92 -18. 400 pb: 53.71 -17. 1500 pb: 4:17.69 -17. 4 Asian Games 800 2018; 1 Japanese 800 2017/2018

SHIOMI Ayano (JPN) 26-11-1999 (19y) 2x2x400

800 pb: 2:02.73 -18 (2:05.33 -19). 2 Asian Junior 800 2018; sf WJC 800 2018; 5 Asian Games 800 2018; 6 Asian Champs 800 2019. 2 Japanese 800 2018; 1 Japanese junior 400/800 2018
In 2019: 5 Florida Relays 800; 6 Asian Champs 800

KOBAYASHI Mayu (JPN) 10-11-1996 (22y) Mix4x400

400 pb: 54.62 -18 (55.00 -19). 6 Japanese 2018
In 2019: 4 Izumo 300 'B'; 1 Fukuroi 'B'

AOKI Masumi (JPN) 16-4-1994 (25y) ShuttleH

2019 Asian Championships bronze // 100H pb: 13.17 -18 (13.29 -19). 100 pb: 11.68 -14. sf World Youth 200 2011; 3 Asian Games 4x100 2014; 5 Asian Games 2018; 3 Asian Champs 2019. 1 Japanese 2018
In 2019: 1 Osaka 60H; 4 Brisbane Classic; 3 Asian Champs

KIMURA Ayako (JPN) 11-6-1988 (30y) ShuttleH

Twice Asian Champion // 100H pb: 12.99w -17, 13.03 -13 (13.13 -19). ht OLY 2012; 1 Asian Champs 2013/2019 (2017-2); 3 Asian Games 2014; 6 IAAF Continental Cup 2014/2018; sf WCH 2017. 1 Japanese 2011/2012/2014/2016/2017
In 2019: 1 Queensland State; 3 Brisbane Classic; 5 Australian; 1 Asian Champs

SHIMURA Hitomi (JPN) 8-11-1990 (28y) ShuttleH

Twice fifth in Asian Championships // 100H pb: 13.02 -13 (13.09 -19). dq Asian Champs final 2013 (false start, though she was allowed to race under protest and placed third before the disqualification was confirmed); ht WCH 2013/2017; 5 Asian Champs 2015/2017; 7 Asian Games 2018. 1 Japanese 2012/2013
In 2019: 4 Osaka; 5 Mt SAC Relays; 3 Hiroshima

AONO Shuri (JPN) 3-7-2000 (18y) 4x100

100 pb: 11.65 -18. 200 pb: 23.61 -18 (24.44 -19). sf WJC 200 2018 (ht 4x400). 1 Japanese junior 100/200 2018
In 2019: 1 Singapore 4x100; 6 Asian Champs 4x100; 4 Fukuroi 200 'B'

IKI Ichiko (JPN) 7-5-1997 (22y) 4x100

100 pb: 11.66 -15. 200 pb: 23.97 -17. 3 WSG 4x100 2017. 6 Japanese 200 2017
In 2019: 5 Singapore 100 (1 4x100); 4 Hiroshima 100 'B'; 6 Asian Champs 4x100; 4 Fukuroi 200

MIYAKE Naoka (JPN) 22-1-1991 (28y) 4x100

100 pb: 11.67w -18, 11.80 -16/19. 200 pb: 24.19 -18 (24.30 -19). 6 Asian Champs 4x100 2019
In 2019: 2 Singapore 100 (1 4x100); ht Asian Champs 200 (6 4x100); 4 Fukuroi 200

YAMADA Miku (JPN) 28-4-1999 (20y) 4x100

100 pb: 11.74 -19. 200 pb: 23.91 -18. 400 pb: 54.75 -17. ht World Youth 100 2015; 4 Asian Junior 200 2018 (2 4x100); 6 Asian Champs 4x100 2019
In 2019: 1 Singapore 100/4x100; 5 Fukuroi 200; 6 Asian Champs 4x100 (ht 200)

SEKO Nodoka (JPN) 28-7-1991 (27y) 4x100/4x200

2018 Japanese Champion at 100m // 100 pb: 11.50 -18 (11.73w, 11.80 -19). 200 pb: 24.29 -10. sf WJC 100 2010; 5 Asian Games 4x100 2018. 1 Japanese 100 2018
In 2019: 4 Izumo 100; 6 Hiroshima 100

YAMANAKA Hinami (JPN) 12-12-1996 (22y) 4x100/4x200

100 pb: 11.79w -17, 11.81 -18. 200 pb: 24.49 -17. 3 Japanese Universities 100 2018
In 2019: 7 Singapore 100; 6 Hiroshima 100 'B'

DOI Anna (JPN) 24-8-1995 (23y) 4x200

2015 Asian Championships relay silver // 200 pb: 23.63 -14. 100 pb: 11.47w -12, 11.50 -12/14 (11.64 -19). sf World Youth 100 2011; sf WJC 100 2014 (ht 200, 6 4x100); 2 Asian Champs 4x100 2015 (8 200); 7 WSG 100 2015. 2 Japanese 100 2012/2014
In 2019: 1 Ageo 100; 2 Izumo 100; 3 Hiroshima 100

FUKUDA Mai (JPN) 15-6-1998 (20y) 4x200

100 pb: 11.65 -18 (11.81w, 11.90 -19). 200 pb: 24.84 -18. 8 Japanese 100 2016
In 2019: 6 Singapore 100; 2 Hiroshima 100 'B'

KODAMA Mei (JPN) 8-6-1999 (19y) 4x200

100 pb: 11.70w -19, 11.76 -17/19. 200 pb: 24.36 -17. 3 Asian Junior 100 2018
In 2019: 3 Izumo 100

FUJISAWA Sayaka (JPN) 11-3-1991 (28y) 4x200/Mix4x400

100 pb: 11.73w -17, 11.84 -16 (12.03w -19). 200 pb: 23.81 -15 (24.57 -19). 400 pb: 53.14 -15. 4 Asian Champs 4x400 2015. 2 Japanese 200/400 205
In 2019: 2 Izumo 100; 1 Fukuroi 200

AOYAMA Seika (JPN) 1-5-1996 (23y) 4x400

400 pb: 52.99 -14 (53.86 -19). 200 pb: 23.78 -13. sf World Youth 200 2013 (3 Medley Relay); 5 Asian Games 400 2014; 7 Asian Champs 2017 (3 4x400); 3 Asian Champs 4x400 2019. 1 Japanese 2016
In 2015: 1 Hiroshima; 2 IAAF Relays 4x400 'B'; 2 Osaka 100; 7 Japanese Universities 200 (8 200); 6 Texas Relays 4x400; 3 Asian Champs 4x400; 2 Fukuroi (5 200 'B')

HIROSAWA Mae (JPN) 8-6-1997 (21y) 4x400

400 pb: 53.27 -18 (53.54 -19). 3 Asian Champs 4x400 2019. 2 Japanese 2018
In 2019: 6 Texas Relays 4x400; 4 Asian Champs (3 4x400); 3 Fukuroi 'C' (6 200 'D')

IWATA Yuna (JPN) 17-10-1997 (21y) 4x400

400 pb: 53.37 -18. 4 Asian Junior 2016; 3 Asian Champs 4x400 2019. 1 Japanese 2017 (2018-3)
In 2019: 6 Texas Relays 4x400; 3 Asian Champs 4x400 2019; 5 Fukuroi

MATSUMOTO Nanako (JPN) 3-9-1996 (22y) 4x400
400 pb: 53.52 -18 (54.45 -19). 6 World Youth 2013 (3 Medley Relay); 2 Asian Games 4x400 2014. 1 Japanese 2014
In 2019: 1 Izumo 100 'B' (2 300 'B'); 4 Fukuroi

TAKEISHI Konomi (JPN) 9-10-1991 (27y) 4x400
Two relay bronzes from 2019 Asian Championships // 400 pb: 53.47 -17 (54.77 -19). 400H pb: 58.29 -18. 3 Asian Champs 4x400/mixed 4x400 2019. 2 Japanese 2017
In 2019: 6 Texas Relays 4x400; 3 Asian Champs 4x400/mixed 4x400; 7 Fukuroi

INAKA Mayu (JPN) 16-3-1996 (23y) 4x400/Mix4x400
400 pb: 54.07 -18 (55.01 -19). 4 Japanese Universities 2017/2018
In 2019: 7 Texas Relays 4x400; 3 Asian Champs mixed 4x400; 8 Fukuroi

KASHAFUTDINOVA Rima (KAZ) 22-10-1993 (25y) 4x100
Led off Kazakh 4x100 team which won silver at 2019 Asian Champs (followed by Elina Mikhina, Svetlana Golendova & Olga Safronova)
100 pb: 11.31 -16 (11.95 -19). 200 pb: 24.18 -14. ht World Youth 100/200 2011; ht OLY 100 2016; 5 Asian Indoor Champs 60 2018 (2016-7); 2 Asian Champs 4x100 2019
In 2019: 1 Kazakh indoor 60; 2 Asian Champs 4x100 (ht 100)

SHYNYZBEKOVA Aygerim (KAZ) 1-7-1992 (26y) 4x100
100H pb: 12.98 -16. 100 pb: 11.67 -16. sf World Youth 100H 2009; ht WJC 100H 2010; 8 Asian Champs 100H 2019. 1 Kazakh 2018 & indoor 60H 2017/2018/2019
In 2019: 1 Kazakh indoor 60H (3 60); 8 Asian Champs 100H

GOLEDOVA Svetlana (KAZ) 25-7-1993 (25y) 4x100/Mix4x400
2018 Asian Indoor Champion at 400m. Multiple relay medals at Asian championships & games
100 pb: 11.38 -16. 200 pb: 23.42 -16. 400 pb: 53.83 -19. 2 Asian Games 4x100 2014; sf WSG 200 2017; 1 Asian Indoor Champs 400/4x400 2018; ht WIC 400 2018; 3 Asian Games 4x100/mixed 4x400 2018; 5 Asian Champs 400 2019 (2 4x100, 4 mixed 4x400). 1 Kazakh indoor 200 2018
In 2019: 5 Asian Champs 400 (2 4x100, 4 mixed 4x400)
4x100 medal-winning team – Rima Kashafutdinova, Elina Mikhina, her, Olga Safronova

MIKHINA Elina (KAZ) 16-7-1994 (24y) 4x100/Mix4x400
2017 Asian Indoor Games Champion at 400m. Three bronzes at 2018 Asian Games (including in the mixed relay where team was Svetlana Golendova/W, Dmitriy Koblov/M, her, Mikhail Litvin/M)
400 pb: 52.09 -16 (53.19 -19). 200 pb: 23.25 -16. 100 pb: 11.86 -15. ht World Youth 400 2011; 3 Asian Champs 4x400 2015; 2 Asian Indoor Champs 400 2016/2018; ht OLY 400 2016; 1 Asian Indoor Games 400 2017; ht WIC 400 2018; 3 Asian Games 400 2018 (3 4x100/mixed 4x400); 2 Asian Champs 400 2019 (2 4x100)
In 2019: 1 Ust-Kamenogorsk 400; 2 Asian Champs 400 (2 4x100, 4 mixed 4x400)

SAFRONOVA Olga (KAZ) 5-11-1991 (27y) 4x100/Mix4x400
(Née Bludova)
Asian titles in 2014 (Games 200m) & 2019 (Championships 100m)
100 pb: 11.09 -16 (11.17 -19). 200 pb: 22.85 -14 (22.87 -19). ht WCH 100 2011 & 200 2013; sht WIC 60 2012/2014; f OLY 100 2012; 1 Asian Games 200 2014 (3 100, 2 4x100); 6 IAAF Continental Cup 200 2014 (7 100); ht WCH 100/200 2015; ht OLY 100/200 2016; 2 Asian Champs 100 2017 (3 200); 6 WSG 200 2017; 3 Asian Games 4x100 2018; 1 Asian Champs 100 2019 (2 200/4x100). Perennial appearances in sprint finals at Asian championships & games since 2010 (too many to list here). Husband Konstantin Safronov is an 8.10 long jumper
In 2019: 1 Ust-Kamenogorsk 60/200; 1 Kazakh indoor 200; 1 Asian Champs 100 (2 200/4x100)

NALYANYA Eglay (KEN) 28-5-1996 (22y) 2x2x400
Full name-Eglay Nafuna Nalyanya (aka Nalayanya)
2018 Commonwealth Games finalist at 800m
800 pb: 2:00.28 -18 (2:02.29 -19). 400 pb: 54.78 -14. 1500 pb: 4:11.55 -18. dq/ht WJC 400 2014 (out of lane); 5 World Relays 4x800 2018 (2015-8); 8 COM 800 2018. 1 Kenyan Police 800 2015; 3 Kenyan 800 2017 (2014-5, 2016/2018-4); 1 Israeli 800/1500 2018
In 2019: 1 Kenyan World Relays Trials 800

TUEI Emily Jerotich (KEN) 13-5-1986 (32y) 2x2x400
Former World Youth Champion, now faster than ever at age 32 // 800 pb: 1:58.04 -18 (2:04.25 -19). 1 World Youth 800 2001 (2003-sf); 3 African Champs 800 2016; ht WCH 800 2017; 5 World Relays 4x800 2018; 7 COM 800 2018. 1 Kenyan Police 800 2016/2017; 1 Kenyan 800 2016/2018. She won the 2001 World Youth 800m title under the name Cherotich Kipkorir Ruto – two children since then
In 2019: 2 Kenyan World Relays Trials 800

SYOMBUA Hellen (KEN) 8-8-1997 (21y) Mix4x400
400 pb: 51.72 -19. 2 African Games 4x400 2015; 2 African Champs 4x400 2018. 3 Kenyan 2016 (2018-4)
In 2019: 1 Kenyan World Relays Trial; 1 Réduit

CHEBET Diana (KEN) 30-11-1994 (24y) 4x200

CHERONO Joan (KEN) 20-6-1991 (27y) 4x200
200 pb: 24.08 -18 (24.20 -19). 400 pb: 54.74 -19. ht COM 200 2018; 3 African Champs 4x100 2018 (ht 200). 1 Kenyan 100 2018 (3 200)
In 2019: 2 Kenyan World Relays Trial 200/400

KADOGO Eunice (KEN) 4-5-1994 (25y) 4x200
Kenya's fastest woman: she holds the Kenyan 100m record // 200 pb: 23.64 -15 (24.31 -19). 100 pb: 11.47 -15. 2 African Games 100 2015 (7 200); 3 African Champs 4x100 2018. 1 Kenyan Olympic Trials 100/200 2016; 1 Kenyan 100 2016 & 200 2015/2016/2018
In 2019: 3 Kenyan World Relays Trial 200

MWANGI Frashia (KEN) 20-4-1992 (27y) 4x200
Full name-Frashia Wangari Mwangi // 200 pb: 24.89 -18. 100 pb: 11.89 -15. 3 African Champs 4x100 2018 (ht 100). 3 Kenyan 100 2018

NDORO Millicent (KEN) 19-9-1986 (32y) 4x200
200 pb: 23.84 -16 (23.85w, 24.07 -19). 100 pb: 11.86 -13. 400 pb: 55.76 -19. sf African Champs 100 2010; ht COM 100/200 2014; 4 African Champs 4x100 2014/2016; sf COM 200 2018; 3 African Champs 4x100 2018 (sf 200). 1 Kenyan 100 2013/2014 (1 200 2012/2013). Police Officer
In 2019: 1 Kenyan World Relays Trial 200; 1 Réduit 200 (2 400)

MICHIRA Nevian (KEN) 29-11-1994 (24y) 4x200/4x400
Full name-Nevian Mongina Michira // 200 pb: 24.86w, 25.06 -19. 400 pb: 53.31 -18. 2 African Champs 4x400 2018. 3 Kenyan 400 2018
In 2019: 4 Kenyan World Relays Trial 200

MAKENA Evangeline (KEN) 1-12-1998 (20y) 4x400
Full name-Evangeline Makena Katheranya // 400 pb: 54.38 -19. 5 Kenyan 2018
In 2019: 5 Kenyan World Relays Trial

MUSYOKI Gladys (KEN) 30-11-1994 (24y) 4x400
Full name-Gladys Nthenya Musyoki // 400 pb: 53.41 -18 (54.26 -19). LJ pb: 6.17 -14. TJ pb: 12.98 -14. dnq COM LJ 2014; sf COM 400 2018 (ht 200). 1 Kenyan LJ/TJ 2014
In 2019: 4 Kenyan World Relays Trial

MUTUA Veronica (KEN) 2-2-1992 (27y) 4x400
Full name-Veronica Kamumbe Mutua // 400 pb: 52.14 -17 (58.88 -19). 6 World Relays Mixed 4x400 2017; sf COM 2018; 7 African Champs 2018 (2 4x400). 2 Kenyan 2017/2018
In 2019: ht Kenyan World Relays Trial

THOMAS Maureen (KEN) 29-12-1997 (21y) 4x400/Mix4x400
Full name-Maureen Nyatichi Thomas // 400 pb: 52.09 -16 (53.63 -19). 200 pb: 23.82 -15. 4 Youth Olympic Games 200 2014; 5 WJC 400 2016. 1 Kenyan 200 2014
In 2019: 3 Kenyan World Relay Trials; 4 Penn Relays 4x400

BALČIŪNAITĖ Eglė (LTU) 31-10-1988 (30y) 4x400
(Pronounced "Bal - chew - nightie")
16x Lithuanian Champion at 800m (10 in + 6 out)
400 pb: 53.47 -10. 800 pb: 1:59.29 -10 (2:04.71i -19). 6 EJC 800 2007; sf OLY 800 2008 (2016-ht); 6 under-23 ECH 800 2009; 5 WIC 800 2010; 4 EIC 800 2011 (2019-ht); 3 WSG 2013 (2011-4); sf WCH 800 2017 (2011/2013-ht); sf ECH 800 2018 (2010/2014/2016;-ht). 1 Lithuanian 800 2010/2011/2012/2014/2017/2018 & indoor 800 2007/2008/2010/2011/2012/2013/2014/2015/2017/2019. Coach-Aleksandr Kitanov

In 2019: 1 Magglingen (Jan 27); 2 Magglingen 600 (Feb 2); 3 Metz 800; 1 Lithuanian indoor 800; 4ht EIC 800

GALVYDYTE Gabija (LTU) 17-1-2000 (19y) 4x400
2018 Lithuanian Champion // 400 pb: 55.46 -18 (55.81i -19). 400H pb: 58.29 -18. 4 World Youth 400H 2017; sf WJC 400H 2018; ht ECH 4x400 2018. 1 Lithuanian 400H 2018
In 2019: 1 Iauliai 400; 1 Vilnius 400; 2 Lithuanian indoor 400

MISIŪNAITĖ Eva (LTU) 4-12-1991 (27y) 4x400
Multiple national titles across Lithuania and Latvia // 400 pb: 53.06 -17 (54.06i -19). ht EIC 2017; sf WSG 2017; ht ECH 2018. 1 Lithuanian 2014/2016 (1 Latvian 2014); 1 Lithuanian indoor 2015/2017 (1 Latvian 2017). In February 2017 won the Lithuanian and Latvian indoor 400m titles on consecutive days
In 2019: 2 Kuldga; 1 Magglingen 'B' (Jan 27); 2 Magglingen 'B' (Feb 3); 3 Linz; 1 Lithuanian indoor

MORAUSKAITĖ Modesta (LTU) 2-10-1995 (23y) 4x400
400 pb: 52.67 -18. 200 pb: 23.72 -18. sf World Youth 2011; 8 EJC 2013; sf WJC 2014; ht ECH 2014/2018; 7 under-23 ECH 2017. 1 Lithuanian 2015 & indoor 2018

ŠERKŠNIENĖ Agnė (LTU) 18-2-1988 (31y) 4x400
2018 European finalist outdoors, then fourth indoors in 2019 // 400 pb: 50.99 -18 (52.33i -19). 100 pb: 11.51 -14. 200 pb: 23.24 -14. 6 EJC 2007; 5 under-23 ECH 2009; 6 ECH 2018 (2012/2014-sf); 4 EIC 2019. 1 Lithuanian 2008/2009/2011/2012/2013/2018; 1 Swiss 2017. Based in Switzerland, where she is a member of LC Zürich
In 2019: 1 Zürich 60; 1 Swiss indoor 200 'B' (ran in heats only of 400); 4 EIC

BOL Femke (NED) 23-2-2000 (19y) 4x400
Dutch senior and junior champion indoors in 2019 // 400 pb: 53.24i -19, 54.33 -18. sf EJC 2017. 1 Dutch indoor 2019
In 2019: 1 Dutch junior indoor; 1 Dutch indoor

De WITTE Laura (NED) 7-8-1995 (23y) 4x400
She is the 2017 European under-23 400m bronze medallist; her sister Lianne won the same medal at European senior championships indoors & out
400 pb: 52.15 -17 (52.96i -19). 200 pb: 23.23 -16. ht EJC 200 2013; sf ECH 200 2016; 3 under-23 ECH 400 2017; ht ECH 400 2018. 2 Dutch 400 2016 (2015-3). Her older sister Lianne De Witte (3 ECH 400 2018 & EIC 400 2019), they were both on the relay team which set a Dutch 4x400m record at the Rio Olympics
In 2019: 3 Sâtra; 2 Liévin; 4 Dutch indoor

De WITTE Lianne (NED) 10-9-1992 (26y) 4x400
European bronzes indoors & out // 400 pb: 50.77 -18. 800 pb: 2:05.39 -13. 200 pb: 23.67i -19, 24.35 -18. 8 under-23 ECH 2013; sf WJC 2014/2016; 1 ETC 2017; ht WCH 2017; 3 ECH 2018; 3 EIC 2019 (2017-ht). 1 Dutch 2016/2017 (1 800 2015); 1 Dutch indoor 2016 (1 200 2019). 2016 IAAF Indoor Tour winner. Her younger sister Laura De Witte is also an international 400m runner, they were both on the relay team which set a Dutch 4x400m record at the Rio Olympics
In 2019: 1 Vienna T&F 'B'; 4 Toruń IAAF Tour; 4 Liévin 'C'; 3 Birmingham IAAF; 1 Dutch indoor 200; 3 EIC

GHAFOOR Madiea (NED) 9-9-1992 (26y) 4x400
2011 European Junior bronze // 400 pb: 51.12 -18 (53.16i -19). 100 pb: 11.05w -17, 11.42 -18. 200 pb: 22.94w -17, 23.16 -18. 3 EJC 2011; sf EIC 2013/2015 (2017-ht); 6 under-23 ECH 2013; 8 ETC 2014; sf EIC 2017; 8 ECH 2018. 1 Dutch 2018 (1 indoor 2012/2013/2014/2015/2017/2018)
In 2019: 2 Toruń IAAF Tour 'B'; 3 Dutch indoor

KLAVER Lieke (NED) 20-8-1998 (20y) 4x400
400 pb: 53.47i -19, 54.41 -18. 200 pb: 22.96w -19, 23.62 -18. 6 EJC 200 2015/2017. 1 Dutch indoor 200 2017
In 2019: 1 Magglingen 400 'B'; 4 Ghent IFAM 400; 2 Dutch indoor 400; 1 Clermont Pure 200 'B'

CHUKWUMA Rosemary (NGR) 5-12-2001 (17y) 4x100
2018 Youth Olympic Champion at 100m // 100 pb: 11.17w, 11.45 -18 (11.62 -19). 200 pb: 23.45 -18 (23.81 -19). 3 COM 4x100 2018; 1 African Youth 100/200 2018; 1 Youth Olympic Games 100 2018 (after clocking 12.03 & 11.17 across the two necessary races); 1 African Champs 4x100 2018; 1 African Junior 100/200 2019

In 2019: 1 Nigerian junior 200 (2 100); 1 Ijebu Ode 100; 1 African Junior 100/200

MADU Jennifer (NGR) 23-9-1994 (24y) 4x100
Allegiance transferee from USA – She has dual citizenship, last competed for the USA as a junior in 2013, cleared by IAAF to represent Nigeria from July 17, 2016
100 pb: 11.12w -15, 11.16 -15 (11.49 -19). 200 pb: 23.69i -13, 23.86 -15 (24.08 19). TJ pb: 13.05 -12. 2 World Youth Medley Relay 2011; 5 WJC 100 2012 (dnq TJ, 1 4x100); 2 Pan-Am junior 100 2013 (1 4x100); ht OLY 100 2016 (7 4x100); sf COM 100 2018. 1 NCAA 4x100 2014. Attends Texas A&M University (A&M = Agricultural and Mechanical). Ex-basketballer. Coach-Pat Henry
In 2019: 1 Fort Worth 200; 1 Teas Relays 100; 6 Mt SAC Relays 100; 8 College Station 100

UDO-GABRIEL Joy (NGR) 2-6-1999 (19y) 4x100
2018 African 100m bronze & relay gold // 100 pb: 11.40 -18 (11.56 19). 200 pb: 24.14 -19. 3 COM 4x100 2018; 3 African Champs 100 2018 (1 4x100). Coach-Deji Aliu (2004 Olympic relay bronze where Nigeria lost their lead to Mark Lewis-Francis on his changeover from Aaron Egbele)
In 2019: 1 Ijebu Ode 200; 1 Gaborone International 200 (2 100)

AMUSAN Tobi (NGR) 23-4-1997 (22y) 4x100/4x200
Full name-Oluwatobiloba Amusan
2018 Commonwealth Games Champion at 100m hurdles
100 pb: 11.31 -18. 200 pb: 22.60w, 22.92 -17. 100H pb: 12.57 -17 (12.73 -19). dq/sf World Youth 200 2013 (out of lane); 1 African Games 100H 2015 & African Champs 100H 2018; 5 WJC 100H 2016; sf OLY 100H 2016; sf WCH 100H 2017; 7 WIC 60H 2018; 1 COM 100H 2018; 1 African Champs 4x100 2018; 5 IAAF Continental Cup 100H 2018. 1 NCAA 100H 2017. Student of Human Movement at the University of Texas at El Paso. Set a world junior best of 12.83 in 2016, but not ratified as no doping control. Coach-Mika Laaksonen
In 2019: 6 Albuquerque 60; 2 New York Millrose 60H; 4 Des Moines 100H; 2 Doha Diamond 100H

GEORGE Patience (NGR) 25-11-1991 (27y) 4x200/4x400
Full name-Patience Okon George
Twice bronze at African Championships
400 pb: 50.71 -15. 200 pb: 23.49 -16/17. 5 WIC 4x400 2014; 2 COM 4x400 2014; 3 African Champs 2014 (1 4x400); sf WCH 2015/2017; 2 African Games 2015; 3 African Champs 2016 (2018-5); sf OLY 2016. 1 Nigerian 2015/2016/2017. She's not related to Nigerian international 400m runner Regina George

OFILI Favour (NGR) 31-12-2002 (16y) 4x200/4x400
2019 African Youth Champion at 200m & 400m // 200 pb: 23.38 -19. 400 pb: 52.38 -19. 1 African Youth 400 2018; 10 Youth Olympic 400 2018 (57.51+55.51)
In 2019: 1 Nigerian Youth 200; 1 African Youth 200/400

OGHENEFEJIRO Praise Idamadudu (NGR) 18-12-1998 (20y) 4x200/4x400
2015 Commonwealth Youth Champion at 200m // 200 pb: 23.30w, 23.48 -15. 400 pb: 52.49 -18. 1 African Youth Games 200 2014; sf WJC 200 2014 (dq ht 400, out of lane); 1 African junior 200 2015; 1 Commonwealth Youth Games 200 2015 (3 400); 2 COM 4x400 2018 (ht 200)
In 2019: 1 Ijebu Ode 200

AJAYI Yinka (NGR) 11-8-1997 (21y) 4x400
Anchored Nigerian relay teams to 2018 African Championships gold & Commonwealth Games silver
400 pb: 51.22 -18. 200 pb: 23.76 -17. 5 WJC 4x400 2014; 2 African Champs 4x400 2016; sf WCH 2017 (5 4x400); 8 COM 2018 (2 4x400); 3 African Champs 2018 (1 4x400)

KONIEL Donna (PNG) 20-8-1992 (26y) 4x200/2x2x400/ShuttleH
Five medals at 2014 Oceanian Championships // 200 pb: 25.58 -15. 400 pb: 56.17 -12 (57.84 -19). 800 pb: 2:08.77 -15 (2:17.00 -19). 100H pb: 18.09 -19. 400H pb: 58.28 -15 (62.75 -19). 2 Oceanian 800 2014 (3 400/400H, 1 4x100, 2 4x400); ht COM 800 2014; 1 Oceanian 800 2015 (3 400); 1 Pacific Games 800/400H 2015 (2 400); ht WCH 800 2015
In 2019: 1 Papua New Guinean Trials 800

APKUP Isila Manukip (PNG) 15-8-1999 (19y) 4x200/Mix4x400
200 pb: 26.00 -19. 400 pb: 58.47 -18

BEU Leonie (PNG) 28-11-1999 (19y) 4x200/Mix4x400/2x2x400
100 pb: 11.84 -19. 200 pb: 24.77 -19. 400 pb: 55.85 -19. 2 Oceanian 4x400 2017 (3rd leg)
In 2019: 1 Papua New Guinean Trials 400

MONAGI Adrine (PNG) 8-6-1995 (23y) 4x200/Mix4x400/ShuttleH
Papua New Guinean record holder at Heptathlon (5221 in 2017) // pbs in Heptathlon events:
100H: 13.82w/13.89; HJ: 1.71; SP: 11.68; 200: 24.99w/25.19; LJ: 5.87w/5.76; 800: 2:20.67; JT: 41.26
100 pb: 11.92w -17, 12.11 -15 (12.30 -19). 400 pb: 57.51 -19. 1 Oceanian junior JT 2014; ht COM 100/200 2014; 1 Pacific Games Heptathlon 2015 (2 LJ); 1 Oceanian Heptathlon 2017; ht COM 100H 2018. Was at Angelo State University (in San Angelo, Texas). 1.60/52kg
In 2019: 1 Papua New Guinean Trials 100H

BOAFOB Edna (PNG) 30-6-1999 (19y) 4x200/ShuttleH
200 pb: 27.09 -19. 400 pb: 61.83 -19. 100H pb: 17.53 -19

ADAMEK Klaudia (POL) 22-3-1999 (20y) 4x100
100 pb: 11.55w -18, 11.67 -17. 200 pb: 23.84w 18, 24.04 -16. sf World Youth 200 2015; 4 WJC 4x100 2016 (ht 100); 6 EJC 100 2017

CIBA Kamila (POL) 29-3-1995 (24y) 4x100
100 pb: 11.44w -18, 11.62 -17. 200 pb: 23.89 -18. 8 World Youth 100 2011; 4 WJC 4x100 2012; 6 ECH 4x100 2018. 1 Polish junior 100 2014; 3 Polish indoor 60 2019
In 2019: 2 Toruń 60 (Jan 19); 2 Toruń 60 (Jan 27); 4 Luxembourg 60; 3 Polish indoor 60

FORKASIEWICZ Agata (POL) 13-1-1994 (25y) 4x100
100 pb: 11.39w, 11.46 -16. 200 pb: 23.23w -16, 23.51 -17. 8 under-23 ECH 100 2015; ht WIC 60 2016; sf ECH 200 2016; 2 WSG 4x100 2017
In 2019: 2 Spała 60; 1 Toruń 200 (4 60); 2 Polish indoor 200 (5 60)

GOLA Marlena (POL) 8-6-1998 (20y) 4x100
100 pb: 11.71 -18. 200 pb: 23.73w, 23.94 -18. 4 Polish 200 2018 (7 100)
In 2019: 5 Polish indoor 200 (6 60)

POPOWICZ-DRAPALA Marika (POL) 28-4-1988 (31y) 4x100
Led off Polish team which won European 4x100 bronzes in Barcelona 2010 & Helsinki 2012
100 pb: 11.27w -15, 11.28 -15. 200 pb: 23.15 -09. 1 EJC 4x100 2005 (2007-3); 6 World Youth 200 2005; sf WJC 100/200 2006; 5 EJC 100 2007; 3 under-23 ECH 100/200 2009 (2 4x100); 8 ETCh 200 2011; 6 ETCh 100/200 2013; ht WCH 200 2013; sf EIC 60 2015; sf WIC 60 2016; sf ECH 100 2016 (2010-ht). 1 Polish 100 2009/2011/2013/2015 (1 200 2009/2011/2012/2013, 1 indoor 60 2016). Husband-Rados aw Drapala (2 EJC 4x100 2005). Coach-Jacek Lewandowski
In 2019: 3 Toruń 60 (1 200 'B')

SOKÓLSKA Katarzyna (POL) 23-8-1993 (25y) 4x100
100 pb: 10.50w, 11.56 -16. 200 pb: 24.24 -15. 4 EJC 4x100 2011; 4 WJC 4x100 2012; 5 under-23 ECH 4x100 2015. 3 Polish indoor 60 2016 (2019-4)
In 2019: 2 Toruń 60 (Jan 13); 1 Toruń 60 (Jan 19); 5 Toruń 60 (Jan 27); 8 Łódź 60; 4 Polish indoor 60

SWOBODA Ewa (POL) 26-7-1997 (21y) 4x100
2019 European Indoor Champion at 60m // 100 pb: 11.10w, 11.12 -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 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. Coach-Iwona Krupa
In 2019: 1 Karlsruhe IAAF Tour 60; 1 Łódź 60; 1 Toruń IAAF Tour 60; 1 Madrid IAAF Tour 60; 1 Polish indoor 60 (4th time); 2 Düsseldorf IAAF Tour 60; 1 EIC 60

WEILAND Natasza (POL) 30-5-1997 (21y) 4x100
100 pb: 11.81w, 11.89 -18. 8 Polish 100 2018
In 2019: 4 Toruń 60 (Jan 19); 6 Toruń 60 (Jan 27); 4ht Polish indoor 60

BAUMGART-WITAN Iga (POL) 11-4-1989 (30y) 4x400
European relay golds indoor in 2017 & 2019 and outdoors in 2018 //

400 pb: 51.24 -18. 4 under-23 ECH 4x400 2011; ht WCH 2015; 6 OLY 4x400 2016; sf EIC 2017 (1 4x400); 3 ETCh 2017; 3 WCH 4x400 2017; 5 ECH 2018 (1 4x400); sf EIC 2019 (1 4x400). 1 Polish 2017 & indoor 2019. Married Polish second division footballer Andrzej Witan on December 25, 2017. Coach/mother-Iwona Baumgart
In 2019: 1 Spała; 1 Toruń IAAF Tour; 1 Liévin; 1 Polish indoor; 1ht EIC; 1 EIC 4x400

HOŁUB-KOWALIK Malgorzata (POL) 30-10-1992 (26y) 4x400
European relay golds indoor in 2017 & 2019 and outdoors in 2018 // 400 pb: 51.18 -18 (52.89i -19). 800 pb: 2:06.26 -12. 2 EJC 4x400 2011; 4 under-23 ECH 400 2013 (1 4x400); ht WIC 2014; 5 ECH 2014 (2016-sf); ht EIC 2015 (3 4x400); 2 WSG 2015 (1 4x400); ht WCH 2015; sf WIC 2016 (2 4x400); sf OLY 2016; 6 EIC 2017 (1 4x400); ht WCH 2017 (3 4x400); 2 WIC 4x400 2018; sf ECH 2018 (1 4x400); 1 EIC 4x400 2019. 1 Polish 2014/2018. Married Jakub Kowalik on September 9, 2017, they both serve on the city council of Koszalin [a city in north-western Poland]. Coach-Zbigniew Maksymiuk
In 2019: 5 Toruń IAAF Tour 'B'; 4 Liévin 'B'; 3 Eaubonne 'B'; 4 Polish indoor

LOZOWSKA Karolina (POL) 28-5-1999 (19y) 4x400
2016 European Youth silver // 400 pb: 53.63 -17 (54.76i -19). 2 European Youth 2016; 6 WJC 4x400 2016; 8 EJC 2017 (4 4x400); ht WJC 2018. 1 Polish junior 2018
In 2019: 3 Spała; 6 Toruń IAAF Tour; 5 Ostrava 300; 3ht Polish indoor (1 4x200)

ŚWIĘTY-ERSETIC Justyna (POL) 3-12-1992 (26y) 4x400
2018 European Champion, then anchored Poland to relay gold 90 minutes later (both victories hard fought)
400 pb: 50.41 -18 (52.14i -19). 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 Sătra 'B'; 2 Toruń IAAF Tour; 3 Liévin; 2 Eaubonne; 2 Polish indoor; 6 EIC (1 4x400)

KIEŁBASIŃSKA Anna (POL) 26-6-1990 (28y) 4x400/Mix4x400
Declared 2011 European under-23 200m Champion after original winner (Darya Pizhankova UKR) was disqualified for doping
400 pb: 52.14 -18 (52.32i -19). 100 pb: 11.31w -18, 11.34 -15. 200 pb: 22.94 -15. 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 200 2014 & 200 2015/2016/2017 & indoor 200 2014/2016/2018. Coach-Michal Modelski
In 2019: 1 Spała 60/200; 2 Dortmund 300; 5 Łódź 60; 1 Toruń IAAF Tour 400 'B'; 1 Liévin 400 'B'; 3 Polish indoor 400; 1 EIC 4x400

WYCISZKIEWICZ Patrycja (POL) 8-1-1994 (25y) 4x400/Mix4x400
European relay golds indoors in 2017 & outdoors in 2018 // 400 pb: 51.31 -15. sf World Youth 2011; 2 EJC 4x400 2011; sf WJC 2012; 1 EJC 2013 (1 4x400); 5 WIC 4x400 2014; 5 ETCh 2014; ht ECH 2014; 3 under-23 ECH 2015 (2 4x400); sf WCH 2015; sf ECH 2016 (2014-ht); sf OLY 2016; 1 EIC 4x400 2017; bronzes WCH 4x400 2017; 2 WIC 4x400 2018. 1 Polish 2015. Coach-Edward Motyl
In 2019: dnf Toruń IAAF Tour 800; 4 Ostrava 300

DOBEK Anna (POL) 7-6-1996 (22y) 4x400/Mix4x400/2x2x400
800 pb: 2:09.44 -18. 400 pb: 54.00 -18 (54.06i -19)
In 2019: 1 Toruń 400 (Jan 19); 2 Toruń 200 'C'; 4 Toruń 300 (Jan 27); 1 Toruń 400 (Feb 2); 3ht Polish indoor 400

SAGANIAK Justyna (POL) 1-12-1995 (23y) 4x400/Mix4x400/2x2x400
400 pb: 53.00 -18 (53.39i -19). 400H pb: 56.52 -18. sf ECH 400H 2018. 2 Polish 400H 2018
In 2019: 1 Neskollen 300; 1 Spała 400 'B'; 5 Polish indoor 400

NEL Wenda (RSA) 30-7-1988 (30y) Mix4x400
(née Theron). Twice African Champion, 7x South African Champion // 400 pb: 52.03 -17 (53.64 -19). 400H pb: 54.37 -15 (56.16 -19). 200 pb: 23.39 -17 (24.27 -19). 100 pb: 11.57w -15, 11.60 -16. sf World Youth

200 2005; ht WJC 100/200 2006; 5 WSG 400H 2011; dq COM 400H 2014 (for illegal hurdle clearance after originally finishing sixth); 1 African Champs 400H 2014/2016 (2010-7, 2018-3); 5 IAAF Continental Cup 400H 2014 (2018-6); 7 WCH 400H 2015 (2017-sf); sf OLY 400H 2016; 3 COM 400H 2018. 1 South African 400H 2010/2011/2014/2015/2016/2017/2018

In 2019: 1 North Gauteng 200/400; 1 Pretoria 200; 4 Sasolburg 400; 5 Potchefstroom 400; 2 South African 400H (beaten by 2018 World Junior Champion Zéney van der Walt); 7 Doha Diamond 400H

VAN DER WALT Zeney (RSA) 22-5-2000 (18y) Mix4x400

Reiging World Youth & World Junior Champion at 400m hurdles // 400 pb: 53.34 -19. 400H pb: 55.05 -18 (55.93 -19). 1 World Youth 400H 2017; 1 WJC 400H 2018. 1 South African 400H 2019

In 2019: 1 Pretoria 100 (Mar 5); 1 Potchefstroom 400H (Mar 15); 1 Pretoria 200/400 (Feb 23); 1 South African junior 400 (4 100); 1 South African Universities 400H; 3 Potchefstroom 400 (Apr 17); 1 South African 400H (beat Wenda Nel); 8 Doha Diamond 400H

HORN Carina (RSA) 9-3-1989 (30y) 4x100

South African record holder at 100m // 100 pb: 10.98 -18. 200 pb: 23.43 -11. 7 African Champs 00 2010; sf WIC 60 2014/2018; sf WCH 100 2015/2017; 2 African Champs 100 2016; sf OLY 100 2016. 1 South African 100 2011/2015 (1 200 2011); 3 Athletics World Cup 100 2018. 1 'Great' North CityGames 100 2016 (after having to warm up on the train from Brussels following flight cancellations). Coach-Rainer Schopf AUT

MAMATHU Tebogo (RSA) 27-5-1995 (23y) 4x100

2019 South African Champion at 100m // 100 pb: 11.27 -18 (11.44 -19). 300 pb: 24.33w, 24.54 -12. sf WJC 100 2014; 7 African Champs 100 2016 (1 4x100); 6 African Champs 100 2018. 1 South African 100 2019

In 2019: 1 North Gauteng 100; 1 Bloemfontein 100; 1 South African 100

STEENKAMP Rikenette (RSA) 16-10-1992 (26y) 4x100

("Riki")

2014 African Champion & South African record holder at 100m hurdles 100H pb: 12.70w, 12.81 -18. sf World Youth 100H 2009; 1 African Champs 100H 2014 (2018-2); 5 IAAF Continental Cup 100H 2014; 1 Athletics World Cup 100H 2018. 1 South African 100H 2010/2013/2014/2017. She did not compete in 2015/2016 after the removal of an extra bone in her ankle (after which she had to learn how to walk again). Coach-Hennie Kriel

THOMAS Tamzin (RSA) 6-10-1997 (21y) 4x100

Former African Junior Champion at 100m // 100 pb: 11.37w -16, 11.41 -18 (23.18 -19). 200 pb: 23.12 -18 (23.18 -19). sf World Youth 100 2013; 1 African Junior 100 2015; 1 African Champs 4x100 2016; sf WJC 100/200 2016. 1 South African 200 2019

In 2019: 1 Potchefstroom 100; 2 South African Universities 200; 2 Bloemfontein 100; 1 South African 200

XEYI Rose (RSA) 16-3-2001 (18y) 4x100

100 pb: 11.55 -18 (11.61 -19). LJ pb: 5.96 -19. 200 pb: 24.80 -17. 7 World Youth 100 2017; 2 African Youth 100 2018

In 2019: 1 Johannesburg 100; 2 Pretoria 100; 1 Gauteng North 100/LJ; 1 South African junior 100 (9 LJ); 2 African Junior 100/LJ; 2 South African 100 (11 LJ)

PALFRAMAN Justine (RSA) 4-11-1993 (25y) 4x100/Mix4x400

2015 World Student Games Champion at 400m // 400 pb: 51.27 -15 (54.63 -19). 200 pb: 22.83 -18 (23.61 -19). 100 pb: 11.68w -19, 11.75 -15 (11.98 -19). 4 World Youth 400 2009 (sf 200); sf WJC 200 2010; 5 WJC 400 2012; ht WCH 200 2013; 4 African Champs 200 2014; 1 WSG 400 2015 (2017-2); sf WCH 200 2015/2017; 1 African Champs 4x400 2016 (team anchored by Caster Semenya in 49.6); ht OLY 200/400 2016; 6 Athletics World Cup 200/400 2018. 1 South African 200 2013/2014/2015/2018 & 400 2012/2014/2015/2018

In 2019: 1 Parow 100/200 (Feb 9); 1 Parow 100 (Feb 15); 1 Cape Town 200; 1 South African Universities 200/400; 7 Bloemfontein 100

ATCHO Sarah (SUI) 1-6-1995 (23y) 4x400

Second leg for Swiss team which won 2015 European under-23 sprint relay bronze

400 pb: 53.37, 53.60i -17 (54.13i -19). 100 pb: 11.20 -18. 200 pb: 22.80 -18 (23.89 -19). sf WJC 200 2014 (2012-ht); 8 EJC 200 2013; 8 Francophone Games 200 2013; 6 under-23 ECH 200 2015 (3 4x100); sf EIC 60 2017 (ht 400); 2 under-23 ECH 200 2017 (3 4x100); 2 Francophone Games 200 2017; sf WCH 200 2017; sf ECH 200 2018 (4 4x400); sf EIC 60 2019. 1 Swiss indoor 200 2019

In 2019: 3 Magglingen 400 (Jan 27); 2 Magglingen 60 (3 400) (Feb 2/3); 3 Metz 300 (6 60); 1 Swiss indoor 200 (3 560); 7sf EIC 60; 8 Doha Diamond 200

GIGER Yasmin (SUI) 6-11-1999 (19y) 4x400

2017 European Junior Champion & 2018 World junior bronze at 400m hurdles

400 pb: 53.09 -17 (53.41i -19). 400H pb: 55.90 -17. 2 European Youth 400H 2016; ht EIC 400 2017/2019; 1 EJC 400H 2017; ht WCH 00H 2017; 3 WJC 400H 2018; sf ECH 400H 2018; 6 EIC 4x400 2019. 1 Swiss indoor 800 2015 (at age 15) & 400 2017/2019. Coach-Werner Dietrich

In 2019: 1 St. Gallen 200 (3 60); 1 Magglingen 400 (Jan 26); 1 Magglingen 400 (Feb 3); 1 Swiss indoor 400; 4ht EIC 400 (6 4x400)

HALBHEER Cornelia (SUI) 16-8-1992 (26y) 4x400

Third leg for Swiss 4x100m relay team which won at the 2017 World Student Games

400 pb: 54.65i -19. 200 pb: 23.12 -18. 100 pb: 11.37w, 11.44 -17. LJ pb: 5.98 -16. ht WCH 200 2017; 1 WSG 4x100 2017; sf ECH 200 2018 (2016-ht); 6 EIC 4x400 2019. 2 Swiss 200 2018 (2010/2014/2017-2)

In 2019: 1 St. Gallen 60/400; 1 Magglingen 400 'B' (Feb 2); 3 Swiss indoor 400; 6 EIC 4x400

HUMAIR Fanette (SUI) 8-10-1991 (27y) 4x400

400 pb: 53.66 -18 (54.20i -19). 100 pb 11.59 -14. 200 pb: 23.59 -18. 6 EIC 4x400 2016. 1 Swiss 400 2018 & indoor 200 2015. She is the younger sister of sprinter Aurélie Humair (23.87 200m in 2014)

In 2019: 2 Magglingen 200 (Jan 27); 1 Magglingen 200 (Feb 2); 2 Magglingen 400; 2 Swiss indoor 400; 6 EIC 4x400

PELLAUD Rachel (SUI) 8-3-1995 (24y) 4x400

400 pb: 53.97 -18 (54.65i -19). 3 Swiss indoor 2016 (2018/2019-4); 2 Swiss 2018

In 2019: 3 Magglingen 'B'; 4 Swiss indoor

SPRUNGER Léa (SUI) 5-3-1990 (29y) 4x400

Reinging European Champion at 400m indoors & 400m hurdles outdoors

400 pb: 50.52 -18 (51.61i -19). 200 pb: 22.38 -16. 400H pb: 54.29 -17. 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. Coach-Laurent Meuwly

In 2019: 1 Magglingen 400; 1 Magglingen 400; 3 Toruń IAAF Tour 400; 1 Metz 300; 4 Swiss indoor 60; 1 EIC 400 (6 4x400)

VANCARDO Veronica (SUI) 26-9-2000 (18y) 4x400

400 pb: 54.10i -19, 54.64 -18. 5 EJC 4x100 2017; sf WJC 2018 (6 4x400)

In 2019: 2 Magglingen 200 (4 400); 1 Swiss indoor 'B'; 1 Swiss junior indoor

CHAROENSUK Parichat (THA) 16-4-1998 (21y) 4x100

100 pb: 11.88 -14 (11.99 -19). 200 pb: 25.40w -19. 5 Asian Junior 100 2016; 2 South East Asian Games 4x100 2017

In 2019: 4 Ubonratchathani 100; 4 Orlando 200 'B' (4 100 'C'); 7 Gainesville 200 'F'; 5 Jacksonville 100 'B'; 2 Coral Gables 100 'E'

CHATTHA On-Uma (THA) 27-3-1997 (22y) 4x100

100 pb: 11.50 -18. 3 Asian Junior 100 2016; 4 Asian Champs 4x100 2017 (2019-5) 4 Asian Games 4x100 2018; sf Asian Champs 100 2019

In 2019: 5 Orlando 100 (1 4x100); 5 Florida Relays 4x100; sf Asian Champs 100 (5 4x100)

PAKDEE Khanrutai (THA) 6-1-1993 (26y) 4x100

Relay bronzes at both the Asian Championships & World Student Games of 2015

100 pb: 11.78 -14 (12.10 -19). 200 pb: 24.56 -16. 3 Asian Champs 4x100 2015 (2017-4, 2019-5); 3 WSG 4x100 2015

In 2019: 3 Ubonratchathani 100; 8 Orlando 100 'B'; 4 Coral Gables 100 'E'; 5 Asian Champs 4x100

RUNAN Sureewan (THA) 3-5-1997 (22y) 4x100

100 pb: 11.80 -18 (12.33 -19). 200 pb: 24.65 -16. 400 pb: 56.85 -13. ht

WJC 4x100 2016; 4 Asian Games 4x100 2018 (1st leg)
In 2019: 5 Orlando 100 'C'; 8 Jacksonville 100; 7 Coral Gables 100 'E'

THIPAT Supawan (THA) 10-2-1994 (25y) 4x100
Relay bronzes at both the Asian Championships & World Student Games of 2015

100 pb: 11.61w, 11.64 -19. 200 pb: 24.27 -16 (24.90w, 24.91 -19). ht World Youth 100/200 2011; 3 Asian Champs 4x100 2015 (2017-4, 2019-5); 3 WSG 4x100 2015; 8 Asian Champs 100 2019

In 2019: 1 Ubonratchathani 100 (2 200); 6 Orlando 100 'B' (1 4x100); 8 Florida Relays 200 'H' (5 4x100); 2 Jacksonville 100 'B'; 8 Asian Champs (5 4x100)

WANNAKIT Tassaporn (THA) 23-11-1989 (29y) 4x100
Relay medals at two Asian Championships and 2015 World Student Games

100 pb: 11.61 -14 (11.62w, 11.84 -19). 200 pb: 23.99 -15. ht WJC 200 2008; 1 Southeast Asian Nations Games 200 2010; 3 Asian Champs 4x100 2013/2015 (2017-4, 2019-5); 8 Asian Games 100 2014 (4 4x100); 3 WSG 4x100 2015 (2011-5, 2013-6). 1 Thai 100/200 2012

In 2019: 4 Orlando 100 'B' (1 4x100); 4 Jacksonville 100; 5 Florida Relays 4x100; 3 Coral Gables 100 'D'; 5 Asian Champs 4x100

AHYE Michelle-Lee (TTO) 10-4-1992 (27y) 4x100
(Ahye is pronounced like Eye - E, therefore rhyming with Bayi as in Filbert Bayi)

In Gold Coast 2018 became Trinidad's first female Commonwealth Games Champion

100 pb: 10.82 -17 (11.11w -19). 200 pb: 22.01w -15, 22.25 -16 (23.61 -19). sf World Youth 100 2007; sf WCH 100 2011; sf OLY 100 2012; 2 IAAF Continental Cup 100 2014; 3 North/Central America & Caribbean 100 2015; 5 WCH 100 2015 (3 4x100); 4 WIC 60 2016 (2014/2018-6); 6 OLY 100/200 2016 (5 4x100); 6 WCH 100 2017 (6 4x100); 1 COM 100 2018 (2014-dns sf injured). Her mother Raquel was an athlete and Michelle Lee's great great grandfather on her mother's side was Chinese. Coach-Matt Kane

In 2019: 1 Houston 60/200; 1 Boston IAAF Tour 60; 2 New York Millrose 60; 1 San Antonio 200; 1 College Station 100 'E'

DURANT Kamaria (TTO) 24-2-1991 (28y) 4x100

Twice Commonwealth Games semi-finalist at 200m // 100 pb: 11.37 -14 (11.42w, 11.58 -19). 200 pb: 22.74 -15 (23.49 19). sf COM 100 2014 (8 4x100); 7 North/Central America & Caribbean 200 2015 (3 4x100); ht WCH 200 2015; sf COM 200 2018

In 2019: 1 Port of Spain 100/200; 1 Marabella 100/200; 1 Scarborough Falcon 100/200

HACKETT Semoy (TTO) 27-11-1988 (30y) 4x100

2015 World Championship relay bronze // 100 pb: 10.98w -11, 11.07 -16/18 (11.56 -19). 200 pb: 22.41w -11, 22.51-15. sf World Youth 200 2005; ht WJC 100/200 2006; qf OLY 100 2008; 2 Central American & Caribbean Champs 100 2009; sf WCH 100 2009; 1 Central American & Caribbean Champs 100/4x100 2011; dq WCH 4x400 final & 100 sf 2011; dq OLY 200/4x100 final 2012 (dq sf 100); 6 Pan-Am Games 100 2015; 2 North/Central America & Caribbean 200 2015; 3 WCH 4x100 2015 (sf 100/200); sf OLY 100/200 2016 (5 4x100); sf WCH 200 2017 (6 4x100); 7 COM 200 2018; 2 Central American & Caribbean Games 200 2018. 1 NCAA 4x100 2011/2012, representing Louisiana State University. 1 Trinidadian 100 2011

Served a six-month doping suspension in 2011 (as a result Trinidad were stripped of their fourth place in the 2011 World Championships 4x100m final); then served a two-year doping suspension in 2013-2015 (as a result she was stripped of her 100m pb of 11.04 and also eighth place in the London Olympic 200m)

In 2019: 1 Columbia 300; 1 Jacksonville 100; 5 St George's 100

ST. FORT Khalifa (TTO) 13-2-1998 (21y) 4x100

2015 World Youth 100m silver, 2016 World Junior 100m bronze // 100 pb: 11.06 -17 (11.55 -19). 200 pb: 23.31 -18 (23.52 -19). 2 World Youth 100 2015; 3 WJC 100 2016; 5 OLY 4x100 2016; ht WCH 100 2017 (6 4x100); 6 COM 100 2018 (4 4x100). Ran in heat of 2015 World Championship 4x100, so awarded bronze medal won by team in final. Mother-Trinidadian, father-American

In 2019: 1 Los Angeles 200; 3 Mt SAC Relays 200 (7 100 'C')

THOMAS Reyare (TTO) 23-11-1987 (31y) 4x100

(Reyare pronounced "Ria")

Third leg for Trinidadian team which won 2015 World Championship bronze

100 pb: 11.16w -14, 11.22 -15/16 (11.71w -19). 200 pb: 22.57w -14, 22.72 -16 (23.97 -19). 3 Central American & Caribbean Champs 200 2009; sf COM 200 2014 (8 4x100); 7 Pan-Am Games 200 2015; 8 North/Central America & Caribbean 100 2015; sf WCH 200 2015 (3 4x100); ht OLY 200 2016; 7 COM 100 2018 (4 4x100)

In 2019: 2 San Antonio 100 (5 200); 4 Waco 200; 7 College Station 200 (9 100)

ANENO Susan (UGA) 27-7-1996 (22y) 4x400

400 pb: 53.76 -18. 800 pb: 2:02.66 -17 (2:03.41 -19). 3 African Junior 2015; 5 WSG 4x400 2015. Attends University of Connecticut

In 2019: 1 University Park Mile; 2 Nashville 800; 2 New York 400 'D'; 2 Boston University 800; 8 Florida Relays 800; 1 Storrs 800; 1 Gainesville Jones 800

AIYIKORU Scovia (UGA) 14-1-1994 (25y) 4x400

Seventh at 200m at 2018 African Championships // 400 pb: 53.32 -18 (55.85 -19). 200 pb: 23.66 -18 (24.99 -19). ht WSG 100/200 2017; sf COM 100 2018 (ht 400, 8 4x400); 7 African Champs 200 2018. 1 Ugandan 100/200 2015

In 2019: 1 Savannah 100/200; 1 Statesboro 400

NANZIRI Emily (UGA) 25-11-1987 (31y) 4x400

400 pb: 53.30 -14 (54.95 -19). 800 pb: 2:11.68 -19. sf WSG 2009; sf African Champs 2010; sf COM 2010/2018 (2014-ht); 8 COM 4x400 2018. 1 Ugandan 2009/2011

In 2019: 1 Kampala 800 (2 400)

SHIDA Leni (UGA) 22-5-1994 (24y) 4x400

Ugandan record holder // 400 pb: 52.47 -18 (52.71 -19). 200 pb: 24.09 -17. sf COM 2014/2018; sf WSG 2015/2017; 5 African Games 2015; 5 Islamic Solidarity Games 2017; 8 COM 4x400 2018; 6 African Champs 2018 (2016-6). 1 Ugandan 2016/2017 (1 200 2017)

In 2019: 1 Kampala 100/400

WONRUKU Stella (UGA) 22-12-2000 (18y) 4x400

400 pb: 53.29 -18. 200 pb: 24.94 -17. 800 pb: 2:12.95 -19. sf WJC 2018

In 2019: 2 Kampala 800

KACHUR Yana (UKR) 13-1-1997 (22y) 4x100

2017 European under-23 bronze at 200m // 100 pb: 11.58 -16. 200 pb: 23.29 -17. 400 pb: 53.96 -16 (54.14i -19). ht World Youth 400 2013; 1 Youth Olympic Games 400 'B' 2014; sf WJC 100 2016 (5 4x400); 3 under-23 ECH 200/4x400 2017; ht WCH 200 2017; ht WIC 60 2018; ht ECH 200 2018; ht EIC 60 2019. 1 Ukrainian indoor 60 2019

In 2019: 1 Kiev 60; 1 Kiev 400 'B' (Jan 15); 1 Sumy 60/200; 2 Val-de-Reuil 60; 6 Łódź 60; 1 Ukrainian indoor 60; 2 Balkan indoor 60; 2 Istanbul Cup 60; 6ht EIC 60

KALISTRATOVA Alina (UKR) 6-11-1996 (22y) 4x100

Twice Ukrainian Champion at 200m // 100 pb: 11.62w, 11.64 -18. 200 pb: 23.30 -17. ht World Youth 100 2013; sf EJC 100/200 2015; 7 ETCh 200 2017; ht ECH 200 2018. 1 Ukrainian 200 2017/2018

In 2019: 1 Sumy 60; 3 Ukrainian indoor 60

MOKROVA Mariya (UKR) 1-5-1991 (28y) 4x100

100 pb: 11.48 -16. 200 pb: 24.04 -16 (25.46i -19). 2 Ukrainian indoor 60 2016/2017/2019

In 2019: 5 Kiev 60 (Jan 11); 3 Kiev 60 (Jan 15); 3 Jablonec 60; 1 Kiev Champs 60; 2 Ukrainian indoor 60

PLOTITSYNA Hanna (UKR) 1-1-1987 (32y) 4x100

9x Ukrainian Indoor Champion at 60m hurdles // 100 pb: 11.63 -17. 100H pb: 12.89 -17. 400 pb: 53.11 -11. 3 under-23 ECH 4x400 2007; 3 ETCh 100H 2013/2017 (2014-4, 2015-6); 4 WSG 100H 2013; ht OLY 100H 2016; 4 EIC 60H 2017 (2013/2019-sf, 2015-8); sf WCH 100H 2017 (2013/2015-ht); sf WIC 60H 2018 (2014/2016-sf); ht ECH 100H 2018. 1 Ukrainian 100H 2013/2014/2015/2016/2017/2018, indoor 60H 2009/2012/2013/2014/2015/2016/2017/2018/2019 & 100 2017

In 2019: 1 Kiev; 4 Paris 60H; 7 Karlsruhe IAAF Tour 60H; 3 Łódź 60H; 1 Ukrainian indoor 60H; 4ht EIC; 6sf EIC 60H

STUY Khrystyna (UKR) 3-2-1988 (31y) 4x100

("Christina Stui")

2012 European silver at 200m. 2012 Olympic relay bronze

100 pb: 11.20 -18. 200 pb: 22.66 -12. 400 pb: 51.58 -14. 2 WSG 2011 (1 4x100); 2 ECH 200 2012; 3 OLY 4x100 2012; sf WCH 200 2013 (2015-ht); 2 ECH 4x400 2014; ht WIC 60 2018; ht ECH 100 2018. 1

Ukrainian 100 2018, 200 2011 & 400 2014. 1 Ukrainian indoor 60 2008/2011/2018

In 2019: 1 Kiev 60; 6 Paris 60; 1 Mondeville 60

KLYMYUK Kateryna (UKR) 2-6-1995 (23y) 4x400

400 pb: 52.25 -17 (53.68i -19). 8 WSG 2015; 3 under-23 ECH 4x400 2017; 4 WIC 4x400 2018; ht EIC 2018. 1 Ukrainian 2017

In 2019: 2 Sumy; 1 Nantes 'B'; 3 Mondeville 'C'; 3 Ukrainian indoor; 1 Balkan indoor 4x400; 3ht EIC

LOHVYENKO Alina (UKR) 18-7-1990 (28y) 4x400

Anchored Ukraine to European relay gold in 2012 // 400 pb: 51.19 -12 (54.19i -19). 200 pb: 23.24 -12. 8 EJC 2009 (1 4x400); 5 under-23 ECH 2011; 1 ECH 4x400 2012; sf OLY 2012 (4 4x400); 5 WCH 4x400 2013; 5 OLY 4x400 2016; ht ECH 2018. 1 Ukrainian 2012

In 2019: 1 Sumy 'B'; 5 Ukrainian indoor

MELNYK Tetyana (UKR) 2-4-1995 (24y) 4x400

Twice Ukrainian Indoor Champion // 400 pb: 51.92 -16 (52.77i -19). 400H pb: 57.40 -16. sf WJC 400H 2014; 6 ECH 4x400 2016; 5 OLY 4x400 2016; ht EIC 2017 (3 4x400); 4 WIC 4x400 2018; sf ECH 2018; ht EIC 2019. 1 Ukrainian 2018 (1 indoor 2018/2019)

In 2019: 1 Kiev; 1 Mondeville; 1 Ukrainian indoor; 1 Eaubonne; 1 Istanbul Cup; 4ht EIC

RYZHYKOVA Anna (UKR) 24-11-1989 (29y) 4x400

(Née Yaroshchuk)

European Championship silvers in 2014 (relay) & 2018 (hurdles)

400 pb: 52.11 -14 (52.73i -19). 400H pb: 54.35 -12. 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 Mondeville 400 'B'; 2 Ukrainian indoor 400; 3 Eaubonne 400; 1 Balkan indoor 4x400; 2 Istanbul Cup 400; 4sf EIC 400; 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

TKACHUK Viktoriya (UKR) 8-11-1994 (24y) 4x400

400 pb: 52.58 -16. 400H pb: 55.28 -15. sf WJC 400 2012 (4 4x400); 8 ETCh 400 2015; ht WCH 400H 2015/2017; sf OLY 400H 2016; 7 ECH 400H 2018. 1 Ukrainian 400H 2015/2017. Coach-Anatoliy Chumak

BROWN Ce'aira (USA) 4-11-1993 (25y) 2x2x400

800 pb: 1:58.01 -18 (1:59.74i -19). 1500 pb: 4:07.68 -19. 400 pb: 56.00 -13. 7 NCAA indoor 800 2016; 4 US indoor 800 2018; 3 US 800 2018; 1 London Diamond 800 2018. She is known for dying her hair different shades "you could name it, I probably had it. And now I've just been more subtle and keep it blonde." Was at Hampton University in Hampton, Virginia

In 2019: 1 New York 1000; 3 New York Millrose 800; 3 US indoor 1000; 1 Boston Mile; 2 Princeton 1500 (pb 4:07.68); 1 Penn Relays Mile

BAKER Olivia (USA) 12-6-1996 (22y) Mix4x400

Youth & junior world championship medals in 400m & relays // 400 pb: 52.46 -14. 800 pb: 2:00.08 -18 (2:03.29 -19). 2 World Youth 2013 (1 Medley Relay); 3 WJC 2014 (1 4x400). 3 NCAA indoor 800 2016 (2017-7, 2018-8); 2 NCAA 800 2016 (2017-8, 2018-5)

In 2019: 2 New York 600; 5 New York Millrose 800; 3 US indoor 600; 1 Houston 300; 1 Texas Relays 800; 3 Stanford Jordan 800

BLOCKER Jasmine (USA) 9-6-1992 (26y) Mix4x400

400 pb: 51.46 -18 (51.61 -19). 200 pb: 23.39 -19. 1 Athletics World Cup 4x400 2018. 7 NCAA 2017; 7 US 2018

In 2019: 2 Albuquerque 200/400 'B'; 1 Los Angeles Cal State 200; 1 Los Angeles Trojan 200; 2 Prairie View 4x400; 2 Texas Relays 4x400; 1 Long Beach 400 (2 100)

THOMAS Brionna (USA) 21-3-1996 (23y) Mix4x400

400 pb: 50.78 -18 (52.70 -19). 200 pb: 22.99 -18. 1 Athletics World Cup 4x400 2018; 3 North/Central American & Caribbean 2018. 5 US 2018

In 2019: 2 Clemson 300; 1 Iowa City Premier 600 'C'; 3 Boston IAAF Tour 300 'B'; 2 Prairie View 4x400; 2 Florida Relays; 3 Columbia (1 4x400); 4 Penn Relays 4x400

CLEMONS Christina (USA) 29-5-1990 (28y) ShuttleH

(Née Manning)

2018 World indoor silver // 100H pb: 12.54 -17 (12.59w, 12.79). 3 WSG 2011; 5 WCH 2017; 2 WIC 2018. 1 NCAA 2012 indoors & out (representing Ohio State University). Undertook a heavy racing programme in 2017 with more than 40 races indoors or out – yet still managed to clock her best time at the very end of the season (12.54 in Berlin). Married international 400m runner Kyle Clemons in 2018

In 2019: 2 Kansas Relays 100; 1 Gainesville; 4 Doha Diamond

HARRISON Queen (USA) 10-9-1988 (30y) ShuttleH

Full name-Queen Quedith Earth Harrison

2015 Pan-American Games Champion

100H pb: 12.43 -13. 400H pb: 54.55 -10. 400 pb: 52.88 -08. 1 Pan-Am junior 400H 2007 (2 100H). sf OLY 400H 2008; sf WCH 400H 2011; 5 WCH 100H 2013; 1 Pan-Am Games 100H 2015; 3 Athletics World Cup 100H 0218. 1 US junior 400H 2007 (2 100H). She broke her left arm when falling at the ninth hurdle in Zurich 2014. In 2018 she captained the US to victory at London's Athletics World Cup. Coach-Lawrence Johnson. Husband-Will Claye (2 OLY TJ 2012/2016), he proposed at Rio 2016, they married in October 2018

In 2019: 4 Texas Relays 4x100

NELVIS Sharika (USA) 10-5-1990 (29y) ShuttleH

2018 US Indoor Champion with 7.70, to make her the third-quickest woman in history

100H pb: 12.34 -15 (12.78 -19). 100 pb: 11.27 -14. 200 pb: 22.70w -14, 23.19 -15. 8 WCH 2015; 4 WIC 2018. 1 NCAA indoor 2014; 1 NCAA 2014; 1 US indoor 2018 (3 outdoors). Graduate of sociology and photo journalism from Arkansas State University. Born-Memphis, Tennessee

In 2019: 1 Houston 60; 1 New York Millrose 60H; 1 Prairie View 4x100; 2 Texas Relays 4x100; 3 Doha Diamond

BOWIE Tori (USA) 27-8-1990 (28y) 4x100

Full name is Frentorish. (Tori is pronounced "Torry", Bowie is pronounced "Boo-E")

2017 World Champion at 100m

100 pb: 10.78 -16. 200 pb: 21.77 -17. LJ pb: 6.95i -14, 6.91 -13 (6.78 -19). dnq WIC LJ 2014; 3 WCH 100 2015; 1 OLY 4x100 2016 (2 100, 3 200). 1 NCAA LJ 2011 indoors & out; 1 US 200 2016. Studied Psychology at The University of Southern Mississippi, graduated December 2012. Her first sport was basketball. Her 2018 season cut short after sustaining an injury at the Eugene Diamond League

In 2019: 2 Texas Relays 4x100; 1 Provo LJ (6.78, her furthest since 2014)

BRYANT Dezerea (USA) 27-4-1993 (26y) 4x100

(Dezerea pronounced "Dez-err-ray") // 100 pb: 10.96w -14, 10.99 -18 (11.04w -19). 200 pb: 22.18 -15 (23.37 -19). 400 pb: 53.05 -16 (54.60 -19). 1 WJC 4x100 2010/2012; 3 WJC 200 2012; 4 North/Central American & Caribbean 100 2018. 2 NCAA indoor 60 2014; 1 NCAA 200 2015 (3 100). Tattoo "Be The Change" on right shoulder. Graduate of Community Leadership Development from the University of Kentucky. She has a Yorkie dog called "Kane"

In 2019: 2 Tampa 400; 4 St George's 200; 1 Clermont 100

HENDERSON Ashley (USA) 4-12-1995 (23y) 4x100

100m winner at 2018 Athletics World Cup // 100 pb: 10.91w -18, 10.96 -18. 200 pb: 22.35w -17, 22.41i, 22.49 -18. 1 Athletics World Cup 100 2018. 2 NCAA 100 2016 (2017-6); 4 NCAA indoor 60/200 2017; 2 NCAA indoor 200 2018 (5 60); 6 NCAA 200 2018; 2 US 100 2018. Was at San Diego State University

In 2019: 2 Texas Relays 4x100; 5 Long Beach 200

HOBBS Aleia (USA) 24-2-1996 (23y) 4x100

Three big titles in 2018: NCAA indoor 60, NCAA 100m and then US 100m

100 pb: 10.83w -19, 10.85 -17. 200 pb: 22.93 -18. 2 Pan-American junior 100 2015. 1 NCAA indoor 60 & outdoor 100/4x100 2018, representing Louisiana State University. 1 US 100 2018 (2017-7)

In 2019: 1 Baton Rouge 60; 1 Baton Rouge 4x100; 1 Baton Rouge 100 (10.83w)

PRANDINI Jenna (USA) 20-11-1992 (26y) 4x100

Twice US Champion at 200m. Multiple US Collegiate Champion at sprints & long jump, representing The University of Oregon

100 pb: 10.81w -16, 10.92 -15. 200 pb: 22.16 -18. LJ pb: 6.80 -15. sf WCH 200 2015 (2 4x100); sf OLY 200 2016; 1 North/Central American & Caribbean 100/4x100 2018. 1 NCAA LJ 2014 (2 200, 3 100); 1 NCAA indoor LJ 2015 (2 200, 4 60); 1 NCAA 100 2015 (2 200); 1 US 200

2015/2018. Student of psychology. Her parents Carlo and Theresa were both athletes. Coach-Curtis Taylor
In 2019: 2 Lubbock 60; 2 Mt SAC Relays 200 (3 100); 1 Arkansas Relays 200

ATKINS Joanna (USA) 31-1-1989 (30y) 4x200

2014 World Indoor Relay Champion // 200 pb: 22.19w -14, 22.27 -14 (23.27w, 24.03 -19. 400 pb: 50.39 -09. 100 pb: 10.99w -16, 11.02 -14 (11.54 -19). 6 WIC 400 2014 (1 4x400); 2 IAAF Continental Cup 200 2014. 1 NCAA 400 2009 (2010-3, 2011-2). 2 US indoor 400 2013/2014 & 300 2017. Ran in relay heat at 2013 World Championships, so awarded silver medal won by USA in final (eventually upgraded to gold); ran in heat of 2016 World Indoor Championships, so awarded another gold. Coach-Derrick Whit
In 2019: 1 Columbia 300; 2 Atlanta 200; 2 Florida Relays 200/4x100 (5 100); 1 Colombia 200

BRISCO Mikiah (USA) 14-7-1996 (22y) 4x200

2017 US Collegiate Champion at 100m (representing Louisiana State University)
200 pb: 22.59 -18 (23.24 -19). 100 pb: 10.96 -17 (11.38 -19). 100H pb: 12.85 -17. 3 World Youth 100H 2013. 1 NCAA 4x100 2016 (5 100); 1 NCAA 100 2017 (2016-6); 2 NCAA indoor 60 2018 (2016-3); 4 US 100 2018
In 2019: 2 Prairie View 4x100; 7 Mt SAC Relays 200 'B' (4 100 'C'); 1 Irvine 200 (3 100)

COLLINS Shania (USA) 14-11-1996 (22y) 4x200

She and Dina Asher-Smith were the only women quicker than 22 sec for 200m in 2018, though Collins had a tailwind of 5.3
200 pb: 21.97w, 22.47 -19. 100 pb: 10.98 -19. 5 NCAA 100 2018 (8 200); 4 US 200 2018 (7 100)
In 2019: 1 Iowa City Olympic 60 (3 300); 2 Boston IAAF Tour 60; 6 New York Millrose 60; 1 Colombia 4x100 (3 4x400)

JEFFERSON Kyra (USA) 23-9-1994 (24y) 4x200

2015 US Collegiate Champion indoors at 200m, representing the University of Florida
100 pb: 11.17 -16. 200 pb: 22.02 -17 (23.00w, 23.15 -19). 400 pb: 51.50 -15 (53.12 -19). 2 Pan-Am Games 200 2015 (1 4x400); 1 North/Central America & Caribbean 200 2016. 1 NCAA 200 indoors in 2015 & outdoors in 2017. Student of Event Management and Mass Communications. Father-Thomas Jefferson was 1984 Olympic 200m bronze medallist after Carl Lewis & Kirk Baptiste. Mother-Michele Watkins was a 52.64 400m runner in the 1980s. Coach-Mike Holloway
In 2019: 1 Florida Relays 400; 3 Baton Rouge 200; 3 Gainesville 200; 4 Doha Diamond 200

THOMAS Gabby (USA) 7-12-1996 (22y) 4x200

2018 US Collegiate Champion at indoor 200m, representing Harvard University
200 pb: 22.13w, 22.19 -18. 100 pb: 10.99w, 11.19 -18. LJ pb: 6.61w, 6.27 -18. 400 pb: 54.50i, 55.10 -19. 1 Lausanne Diamond 200 2018, then 2nd in London. 1 NCAA indoor 200 2018; 2 NCAA 200 2018 (2016/2017-3). Coach-Kebba Tolbert
In 2019: 1 Boston IAAF Tour 'B' 300; 1 Cambridge MA 60; 4 New York Millrose 400; 2 Houston 400; 1 Texas Relays 100 'B' (8 LJ, 10 TJ, 3 4x100); 1 Columbia 100/4x100; 2 Baton Rouge LSU 200 (4 100)

BEARD Jessica (USA) 8-1-1989 (30y) 4x400

World Championship relay gold medallist in 2009, 2011 and 2013 // 400 pb: 50.08 -18. 200 pb: 22.74 -18 (23.34w -19). 5 WJC 2006 (1 4x400); 3 Pan-American junior 2007; 2 WJC 2008 (1 4x400); sf WCH 2009 2009 (ran in heat of 4x400, so awarded gold medal won by USA in final); sf WCH 2011 (1 4x400); 1 WCH 4x400 2013. 1 NCAA indoors & out 2011; 2 US 2018. Studied Psychology at Texas A & M University
In 2019: 1 Prairie View 4x400; 1 Texas Relays 4x400; 3 College Station 200

LAVENDER Jordan (USA) 23-7-1993 (25y) 4x400

400 pb: 51.53 -19. 200 pb: 23.20w -17, 23.31 -19. sf US 400 2017/2018
In 2019: 1 Boston 300; 3 Columbia 400; 1 Orlando 200 (3 100); 1 Florida Relays 400; 3 Gainesville Jones 100 (4 200); 1 Colombia 400/4x400

OKOLO Courtney (USA) 15-3-1994 (25y) 4x400

2018 World Indoor Champion. 2016 Olympic relay gold // 400 pb: 49.71

-16 (52.70 -19). 200 pb: 22.79i -16, 22.93 -15. 1 North/Central America & Caribbean 400 2015 (2018-4); 1 WIC 4x400 2016; 1 OLY 4x400 2016 (ran first leg). 1 US junior 2013; 1 NCAA 2014/2016; 1 NCAA indoor 2015/2016; 1 US indoor 2018. Was at the University of Texas
In 2019: 1 Prairie View 4x400; 2 Texas Relays 4x400; 2 College Station

STEPTER Jaide (USA) 25-4-1994 (25y) 4x400

High world class at both 400m flat & hurdles // 400 pb: 50.63 -18 (52.35 -19). 400H pb: 54.95 -16 (58.05 -19). 200 pb: 22.80 -18 (22.97 -19). 2 North/Central America & Caribbean under-23 400 400 2016. 7 US 400H 2017
In 2019: 1 New York 300; 1 New York Millrose 400; 6 Birmingham IAAF 400; 3 Los Angeles 200; 1 Prairie View 200; 2 St George's 400; 1 Long Beach 200/400; 6 Des Moines 400H

WIMBLEY Shakima (USA) 23-4-1995 (24y) 4x400

2017 World championship relay gold, where she clocked the fastest splits (49.41 ht, 49.58 final) by any woman other than Allyson Felix (48.7)
400 pb: 49.52 -18 (51.32 -19). 200 pb: 22.34 -18. 1 WJC 4x400 2014; 2 Pan-Am Games 2015 (1 4x400); 6 North/Central American & Caribbean under-23 2016; 1 WCH 4x400 2017; 5 IAAF Continental Cup 2018. 1 NCAA indoor 2017 (2 outdoor); 2 US indoor 2018; 1 US 2018. Born-Fort Lauderdale, was at University of Miami. 1.88 tall (she is the tallest woman to win an IAAF sprint title)
In 2019: 2 Boston IAAF Tour 'B' 300; 1 Florida Relays 4x200; 2 Clermont 200; 2 Gainesville Jones