

WORLD ATHLETICS RELAYS

SILESIA 2021

BIOGRAPHICAL SUMMARIES



**WORLD ATHLETICS
RELAYS
SILESIA 21**

Here, in country code order for men then women, are summarised biographies of the 690 athletes first entered for Silesia21
(351 men & 339 women from 37 countries)

Included are 56 men and 78 women from teams such as Canada, Jamaica and Nigeria which withdrew after the initial entry list was published
The character “x” is printed next to their names

Leading contenders are shown with “*” next to their names

World Athletics Relays 2021 • Biographical Entry List • Men

	Age	(Days)	Born	Event (s)
<p>• BORLEE Dylan BEL</p> <p>World & European relay medals, indoors & out // 400 pb: 45.55 -18 (46.57 -21). 2 under-23 ECH 4x400 2013; 2 EIC 2015; 1 EIC 4x400 2015/2019 (20172, 2021-4); 1 ECH 4x400 2016; 4 OLY 4x400 2016; 3 WIC 4x400 2018; 1 ECH 2018 (sf 400); 3 WCH 4x400 2019 (2013-4). 1 Belgian indoor 2015. Younger brother of international 400m runners Jonathan & Kevin. 1.90 tall In 2021: 4 Metz; 3 Ghent IFAM; 3 Belgian indoor 'B'; 6 Madrid 'Gold' Tour; 4 EIC 4x400 (ht individually); 3 Rieti 'Perseus'</p>	28y	221d	1992	Men's 4x400 Metres/Mixed 4x400 Metres Relay
<p>BORLEE Jonathan BEL</p> <p>Belgian record holder, but no individual medal until Berlin 2018 // 400 pb: 44.43 -12. 200 pb: 20.31 -12. 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 (2021-4); 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. Now he is a father of two – son William born November 2020 In 2021: 4 EIC 4x400 (47.44 on leg two, met with traffic). It is reported that he has withdrawn from Silesia21 (Achilles)</p>	33y	67d	1988	Men's 4x400 Metres/Mixed 4x400 Metres Relay
<p>• BORLEE Kevin BEL</p> <p>Surprise European Champion in 2010 when he went from fifth to first in the last 50m. 2011 world bronze 400 pb: 44.56 -12 (46.15 -21). 200 pb: 20.72 -11. 6 ECP 2007; sf OLY 2008 (4 4x400); sf WCH 2009 (4 4x400); 1 ECH 2010 (3 4x400); 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 (2011-3, 2017-2 2021-4); 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); 3 WCH 4x400 2019. 1 Belgian 2013/2014/2017 & indoor 2019. His father/coach Jacques Borlée decided that Jonathan, Kevin & Dylan Borlée would focus on the 100/200m and were to be coached by Guy Ontanon FRA In 2021: 4 EIC 4x400 (45.69 split on anchor, but too much ground to make up for a medal); 2 Rieti 'Perseus'</p>	33y	67d	1988	Men's 4x400 Metres/Mixed 4x400 Metres Relay
<p>IGUACEL Christian BEL</p> <p>400 pb: 46.70 -20 (47.07i -21). sf EIC 2021.1 Belgian indoor 200 2017; 1 Belgian 2020 In 2021: 2 Ghent (Feb 6); 4 Ghent IFAM 'B'; 2 Belgian indoor; 6sf EIC</p>	24y	362d	1996	Men's 4x400 Metres Relay
<p>• SACOOR Jonathan BEL</p> <p>2018 World Junior Champion. He and three Borlées became European relay champions in 2018 400 pb: 45.03 -18 (47.36i, 47.45 -21). 200 pb: 21.13w -19, 21.26 -18. 3 EJC 2017; 1 WJC 2018; 3 WIC 4x400 2018; 1 ECH 4x400 2018; sf WCH 2019 (3 4x400). 1 Belgian 2019 & indoor 2018. Attends the University of Tennessee In 2021: 1 Blacksburg 'Hokie'; 4 Blacksburg 'Doc Hale'; 5 Florida Relays; 4 Tennessee Relays; 7 Columbia South Carolina Open; Seven runs in 4x400s for the University of Tennessee including 3rd NCAA indoor & wins outdoors at the Florida & Tennessee Relay meetings</p>	21y	241d	1999	Men's 4x400 Metres/Mixed 4x400 Metres Relay
<p>VANDERBEMDEN Robin BEL</p> <p>World, European & European indoor relay medals // 400 pb: 45.65 -17. 200 pb: 20.40w, 20.43 -18 (21.22i -21). 8 EJC 200 2013; 8 Francophone Games 200 2013; 8 under -23 ECH 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; 3 WCH 4x400 2019 (2015-5). 1 Belgian indoor 60 2013/2017 & 200 2021 In 2021: 2 Metz 200 'B'; 1 Belgian indoor 200</p>	27y	79d	1994	Men's 4x400 Metres Relay
<p>BLIZNETS Dzianis BLR</p> <p>100 pb: 10.62 -19. ht EIC 60 2021. 1 Belarusian 100 2017 In 2021: 2 Belarusian Cup 60; 2 Belarusian indoor 60; 7ht EIC 60</p>	26y	49d	1995	Men's 4x100 Metres Relay
<p>BOHDAN Maksim BLR</p> <p>100 pb: 10.54 -19. 200 pb: 21.61 -20. 5 under-23 ECH 4x100 2019; ht EIC 60 2021. 2 Belarusian 200 2020 & indoor 200 2021 In 2021: 1 Belarusian Cup 200 'B' (3 60); 2 Mogilyov 60; 2 Belarusian indoor 200 (3 60); 7ht EIC 60</p>	24y	42d	1997	Men's 4x100 Metres Relay
<p>DARAHAKUPETS Stanislau BLR</p> <p>100 pb: 10.30 -18. 200 pb: 20.96 -18. sf EJC 100 2015; sf WJC 100 2016; ht ETCh 200 2017. 1 Belarusian 100/200 2018/2019 & indoor 200 2018/2020 In 2021: 3 Minsk 'Winter' 60; 1 Belarusian Indoor Universiade 60/200; 6 Belarusian Cup 60; 4 Belarusian indoor 200 (5 60)</p>	24y	today	1997	Men's 4x100 Metres Relay
<p>KARNAVUKHAU Illia BLR</p> <p>400 pb: 49.0 -18. 800 pb: 1:48.79 -20. 1500 pb: 3:42.97 -20. 1 Belarusian 800/1500 2020</p>	21y	301d	1999	Mixed 2x2x400 Metres Relay
<p>LAZARAU Aliaksei BLR</p> <p>400 pb: 47.46 -20 (48.42i -21). 1 Belarusian 2018/2019 & indoor 2020 In 2021: 2 Belarusian Cup; 3 Belarusian indoor</p>	23y	224d	1997	Mixed 4x400 Metres Relay
<p>PUSTABEU Siarhei BLR</p> <p>100 pb: 10.70 -15. 200 pb: 21.41 -20 (21.72i -21). 1 Belarusian 200 2020 & indoor 200 2021 In 2021: 1 Mogilyov 200; 1 Belarusian Cup 200 (5 60); 1 Belarusian indoor 200 (4 60)</p>	25y	13d	1996	Men's 4x100 Metres Relay
<p>VASILEUSKI Aliaksandr BLR</p> <p>400 pb: 46.40 -20. 800 pb: 1:58.16 -18. 5 World Relays Mixed 2x2x400 2019. 1 Belarusian 2020 & indoor 2021 In 2021: 1 Belarusian Indoor Universiade; 1 Belarusian Cup; 1 Belarusian indoor (7 800)</p>	29y	115d	1992	Mixed 4x400 Metres Relay
<p>ZABALOTNY Yury BLR</p> <p>2x Belarusian Indoor Champion // 100 pb: 10.32 -20. 200 pb: 20.87 -20 (21.81i -21). 5 under-23 ECH 4x100 2019. 1 Belarusian 100 2020 & indoor 60 2020/2021 In 2021: 1 Minsk 'Winter' 60; 1 Belarusian Cup 60 (2 200); 1 Mogilyov 60; 1 Belarusian indoor 60; 6ht EIC 60</p>	24y	65d	1997	Men's 4x100 Metres Relay
<p>ZUBKO Ihar BLR</p> <p>400 pb: 47.09 -20 (48.19i -21). 200 pb: 21.4 -15. 1 European Youth Olympic Festival 2015; 1 European Youth 2016. 2 Belarusian 2019 & indoor 2021 In 2021: dq Belarusian Cup 'C'; 2 Belarusian indoor</p>	22y	106d	1999	Mixed 4x400 Metres Relay
<p>EPIE Lee BOT</p> <p>Full name-Lee Bhekempilo Eppie // 400 pb: 46.47 -18 (46.95 -21). 200 pb: 21.38w, 21.52 -21. 2 African Junior 4x400 2017 In 2021: 1 Coffeyville Winter Invitational 'B'; 1 Pittsburg KJCCC Invitational; 1 Topeka Washburn Challenge 200; 1 Pittsburg 'Triton'; 1 Pittsburg Kansas Challenge; 1 Warrensburg Region XI Champs 'D'; 1 NJCAA indoor; 1 Vermillion Early Bird 'C' 'C'; 1 Vermillion South Dakota Challenge 'D'</p>	21y	347d	1999	Men's 4x400 Metres/Mixed 4x400 Metres Relay

LESOTLHO Keorapetse BOT**25y** 209d 1995**Men's 4x100 Metres Relay**100 pb: 10.59 -19 (10.67 -21). 200 pb: 21.57 -18
In 2021: 2 Gaborone SVRC Series 100; 5 Gaborone BAA Series 100 (1 4x100)• **MAKWALA Isaac BOT****35y** 218d 1985**Men's 4x400 Metres Relay**Reigning African Games & Commonwealth Games Champion // 400 pb: 43.72 -15 (46.09 -21). 200 pb: 19.77 -17 (20.33w, 20.68 -21). 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; 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 Norovirus. 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 2021: 1 Gaborone Interzonal; 4 Johannesburg ASA Invite #1 'B'; 1 Central Gauteng 200; 5 Johannesburg ASA Invite 2 200 'B'; 1 Potchefstroom ACNW Open 200 (2 400 'B'); 1 Gaborone BAA Series 200 'D'**MAOTOANONG Gaone BOT****29y** 356d 1991**Men's 4x100 Metres Relay**Full name Gaone Leaname Maotoanong
Led off gold medal winning team at 2018 Commonwealth Games
100 pb: 10.64 -21. 200 pb: 20.58 -15 (21.24 -21). 400 pb: 45.63 -15 (47.68 -21). 1 African Champs 4x400 2014/2016; 2 WSG 4-00 2015; 2 African Games 4x400 2015; 5 OLY 4x400 2016; 1 COM 4x400 2018 (him, Baboloki Thebe, Onkabetse Nkobolo, Isaac Makwala); ht African Champs 200 2018; 7 African Games 200 2019
In 2021: 2 Gaborone SVRC Series 100 'C'/200 'C'; 1 Central Gauteng 'C'; 5 Johannesburg ASA Invite 2 200; 4 Potchefstroom ACNW Open 200 'B'; dnf Gaborone BAA Series 100**MASASA Thuto BOT****20y** 251d 2000**Men's 4x100 Metres Relay**100 pb: 10.46 -19 (10.47 -21). 200 pb: 21.56 -19 (21.62 -21). 1 Botswana junior 100 2018
In 2021: 3 Gaborone Interzonal Meet 200 'B' (3 4x100); 2 Gaborone Interzonal 200 'C'; 1 Gaborone SVRC Series 100 'B'; 2 Gaborone SVRC Series 200 (1 100 'B'); 1 Gaborone BAA Series (1 100 'D')**MASILO Boitumelo BOT****25y** 268d 1995**Men's 4x400 Metres Relay**400 pb: 45.64 -20 (45.86 -21). 800 pb: 1:45.87 -16. 8 African Games 800 2015; 4 African Champs 800 2016; ht OLY 800 2016; 1 European Clubs Cup 400 2019 (representing the Spanish Club CA Platges de Castelló)
In 2021: 4 Gaborone Interzonal; 1 Gaborone SVRC Series 'C'; 2 Gaborone BAA Series 'C'**MONAIWA Thapelo BOT****23y** 71d 1998**Men's 4x100 Metres Relay**100 pb: 10.49 -21. LJ pb: 7.90 -21. dnf WSG LJ 2019
In 2021: 2 Gaborone Interzonal 200 'B'; 1 Gaborone SVRC Series 100/LJ; 1 Central Gauteng LJ; 1 Potchefstroom ACNW Open (5 100 'B'); 1 Gaborone BAA Series LJ/4x100**MOTHIBI Karabo BOT****24y** 196d 1996**Men's 4x100 Metres Relay**Third leg for Botswana sprint relay team which set a national record of 39.01 in Gaborone on March 30, 2019
100 pb: 10.17w -16, 10.25 -19 (10.37 -21). 200 pb: 20.44w -16, 20.66 -17 (21.17 -21). 400 pb: 48.02 -19. sf World Youth 100 2013 (2013-ht); 6 African Champs 100 2016; ht COM 100 2018. 1 Botswana 100 2016
In 2021: 2 Gaborone Interzonal Meet 200 'B' (3 4x100); 1 Gaborone Interzonal 200; 1 Gaborone SVRC Series 100 'C'/200 'C'**NDORI Bayapo BOT****21y** 313d 1999**Men's 4x400 Metres/Mixed 4x400 Metres Relay**400 pb: 46.49 -19 (46.85 -21)
In 2021: 2 Gaborone SVRC Series 'C'; 2 Potchefstroom ACNW Open; 5 Gaborone BAA Series 'C'**NGOZI Zibane BOT****28y** 180d 1992**Mixed 4x400 Metres Relay**Led off winning 4x4 team at 2019 African Games (him, Ditiro Nzamani, Onkabetse Nkobolo, Leungo Scotch)
400 pb: 45.63 -19 (46.91 -21). 200 pb: 21.49 -21. 1 African Games 4x400 2019
In 2021: 1 Gaborone Interzonal Meet (2 4x100); 1 Gaborone Interzonal 200 'D' (2 400 'D'); 1 Potchefstroom ACNW Open 'B' (Mar 16); 1 Potchefstroom ACNW Open (Mar 23); 1 Central Gauteng; 1 Potchefstroom ACNW Open; 4 Gaborone BAA Series 'C'• **NZAMANI Ditiro BOT****21y** 91d 2000**Men's 4x400 Metres Relay**Second leg for 4x400 team which won at the 2019 African Games (and without any of their established 400m stars – Zibani Ngozi, him, Onkabetse Nkobolo, Leungo Scotch)
400 pb: 45.07 -19 (45.27 -21). 200 pb: 20.75 -21. 7 African Games 2019 (1 4x400); ht WCH 2019
In 2021: 1 Gaborone Interzonal Meet 'C' (2 4x100); 1 Gaborone Interzonal 200 'B' (2 400 'E'); 1 Gaborone SVRC Series 200; 1 Johannesburg ASA Invite #1 'B'; 1 Central Gauteng 'B'; 1 Potchefstroom ACNW Open 200 'B'; 1 Gaborone BAA Series 'C'• **SCOTCH Leungo BOT****25y** 61d 1996**Men's 4x400 Metres Relay**2019 African Games Champion, then anchored Botswana to relay gold
400 pb: 45.00 -19 (45.90 -21). 200 pb: 20.95 -20 (21.31 -21). ht WJC 2014; 1 African Junior 4x100 2015; sf African Champs 2018; 1 African Games 400/4x400 2019; sf WCH 2019 (pb 45.10 heat, then pb 45.00 semi). 1 Botswana 2018
In 2021: 1 Gaborone Interzonal Meet 'B' (2 4x400); 2 Gaborone Interzonal 200 'C'/400 'D'; 1 Gaborone SVRC Series; 3 Gaborone BAA Series 'C'• **SIBANDA Karabo BOT****22y** 302d 1998**Mixed 4x400 Metres Relay**Placed fifth in the Rio Olympic final from lane 1 at age 18 (in 44.25), then clocked a 43.9 split in both the relay heat and final
400 pb: 44.25 -16. 200 pb: 21.28 -16. sf WJC 2014; 2 Youth Olympic Games 2014; 1 African junior 2015; 5 World Youth 2015; 1 Commonwealth Youth Games 2015; 3 WJC 2016 (2 4x400); 2 African Champs 2016 (1 4x400); 5 OLY 2016 (5 4x400); ht WCH 2017 (then dropped the baton on his relay changeover to Nijel Amos); sf COM 2018. His primary sport (or game) was chess, but he was inspired to be an athlete by watching Usain Bolt win at London 2012. In Rio 2016, his cut his pb from 45.15 to 44.25 – but held back by injury since that year
In 2021: 2 Gaborone Interzonal Meet 200; 1 Gaborone Interzonal 'B'**TEBOGO Letsile BOT****17y** 327d 2003**Men's 4x100 Metres Relay**Botswana record holder at 100m (before his 18th birthday) // 100 pb: 10.14 -21. 200 pb: 20.36 -21
In 2021: 1 Gaborone Interzonal Meet 200 'B' (1 4x100); 1 Gaborone Interzonal 200 'B'; 1 Gaborone SVRC Series 100 'C'; 1 Gaborone BAA Series 100 'B'/200 'B'/4x100• **BARDI Felipe BRA****22y** 204d 1998**Men's 4x100 Metres Relay**Full name-Felipe Bardi dos Santos
He had the fastest 100m time (10.11) by a South American 2020
100 pb: 10.03w -20, 10.10 -21. 200 pb: 20.56 -20. 3 Pan-Am junior 100 2017; 2 South American 100 2019 (2017-3). From-São Paulo. Coach-Darci Ferreira
In 2021: 2 Chula Vista 'High Performance' #1 100; 2 Azusa Franson 100; 3 Azusa Bryan Clay Invitational 100 (1 4x100, third leg for team which clocked 38.66)

	CARDOSO Erik Felipe BRA	21y	57d	2000	Men's 4x100 Metres Relay
	Former South American Junior Champion // 100 pb: 10.16w -20, 10.23 -19 (10.34 -21). 200 pb: 20.86 -18 (21.88 -21). ht World Youth 100 2017; 1ht South American Junior 100 2019; 3 Pan-Am Junior 4x100 2019 (5 100) In 2021: 1 Montevideo Grand Prix 100/200; 2 Bragança Paulista Open 100; 1 Bragança Paulista Open 100; 3 Bragança Paulista Tournament 100				
•	CARVALHO Lucas BRA	27y	288d	1993	Mixed 4x400 Metres Relay
	2018 South American Games Champion // 400 pb: 45.37 -17 (46.13 -21). 200 pb: 21.30 -19. sf WJC 110H 2012; 1 South American Games 2018; 1 Ibero-American 2018; 2 South American 2019 (2017-4); 6 World Relays Mixed 4x400 2019; ht WCH 2019 (8 Mixed 4x400). 1 Brazilian 2017/2018 In 2021: 5 Azusa Franson; 4 Azusa Bryan Clay Invitational (1 4x400); 1 Bragança Paulista Tournament 'C'				
•	de OLIVEIRA Paulo Andre BRA	22y	253d	1998	Men's 4x100 Metres Relay
	Full name-Paulo André Camilo de Oliveira Sprint double gold at 2019 World Student Games 100 pb: 9.90w, 10.02 -19 (10.05w, 10.07 -21). 200 pb: 20.28 -19. 400 pb: 46.46 -19. 8 World Youth 100 2015; 5 WJC 100 2016; 1 WSG 100/200 2019; 1 Pan-Am Games 4x100 2019 (2 100); sf WCH 100 2019 (ht 200); 2 World Military Games 100 2019 (He's a Sergeant in the Brazilian Navy). 1 Brazilian 100 2017/2018/2019 His was the anchorman when Brazil won the 4x100m (ahead of the USA) at the 2019 World Relays & 2019 Pan-American Games In 2021: 1 Chula Vista 'High Performance' #1 100/200; 1 Azusa Franson 100; 1 Azusa Bryan Clay Invitational 100/4x100 (him, Rodrigo do Nascimento, Felipe Bardi & Derick Silva clocked a fast 38.66)				
•	do NASCIMENTO Rodrigo BRA	26y	216d	1994	Men's 4x100 Metres Relay
	100 pb: 10.01 -19 (10.31 -21). 200 pb: 20.47 -18 (21.20 -21). 3 WSG 100 2019; 4 Pan-Am Games 100 2019 (1 4x100); 4 WCH 4x100 2019 (qf 100). He led off the Brazilian relay teams which won at the 2019 World Relays & 2019 Pan-American Games, then fourth at the Doha Worlds (in 37.72) In 2021: 4 Chula Vista 'High Performance' #1 100 (1 200 'B'); 3 Azusa Franson 100; 1 Azusa Bryan Clay Invitational 4x100 (team of Paulo André de Oliveira, him, Felipe Bardi, Derick Silva clocked a fast 38.66)				
•	dos SANTOS Alison BRA	20y	330d	2000	Mixed 4x400 Metres Relay
	Full name-Alison Brendom Alves dos Santos South American, World Student Games & Pan American Games golds & World finalist at 400m hurdles while still a teenager 400 pb: 45.78 -19/21. 400H pb: 48.15 -21. 5 World Youth 400H 2017 (1 Mixed 4x400); 3 WJC 400H 2018; 1 South American 400H 2019; 1 WSG 400H 2019; 1 Pan-Am Games 400H 2019 (senior & junior); 7 WCH 400H 2019. Suffered serious burns to his head after a kitchen accident in his grandmother's house at age 10 months. Coach-Felipe de Siqueira da Silva In 2021: 1 Chula Vista 'High Performance' #1 400; 1 Azusa Franson 400H; 1 Des Moines Drake Relays 400H (48.15, so he's already set a pb this year in his main event)				
	FALCAO CABRAL João Henrique BRA	22y	14d	1999	Mixed 4x400 Metres Relay
	400 pb: 46.26 -20 (46.94 -21). 200 pb: 21.16 -20 In 2021: 6 Azusa Franson; 5 Azusa Bryan Clay Invitational (1 4x100); 1 Azusa Bryan Clay Invitational; 2 Chula Vista High Performance #2 200 (4 400)				
•	HENRIQUES Anderson BRA	29y	57d	1992	Mixed 4x400 Metres Relay
	2013 World Championship finalist // 400 pb: 44.95 -13 (45.84 -21). 8 Pan-American Games 2011; 1 Ibero-American 2012/2014; 2 WSG 2013 (2011-7); 8 WCH 2013; ht WIC 2014; 1 South American Games 2014; 3 South American 2019. 1 Brazilian 2011/2013. Lost 2013 World Student Games title by 0.01 to Vladimir Krasnov RUS In 2021: 2 Concepción del Uruguay Gorno; 2 Concepción del Uruguay La Nasa; 1 Azusa Franson; 1 Azusa Bryan Clay Invitational 400/4x400; 1 Chula Vista High Performance #2				
	SILVA Derick BRA	23y	7d	1998	Men's 4x100 Metres Relay
	Leg three for all Brazil's big relays in 2019: World Relays-1st, Pan-Am Games 1st, World Champs-4th 100 pb: 10.10 -18 (10.36 -21). 200 pb: 20.23 -18 (20.71 -21). 2 World Youth 100 2015 (4 200); 7 WJC 100 2016; 1 World Relays 4x100 2019; 1 Pan-Am Games 4x100 2019 (ht 200); 4 WCH 4x100 2019. 2 Brazilian 100 2019 In 2021: 2 Chula Vista 'High Performance' #1 200 (3 100); 1 Azusa Franson 200 (5 100); 1 Azusa Bryan Clay Invitational 200/4x100 (he anchored team to a fast 38.66)				
x	AJOMALE Bolade CAN	25y	242d	1995	Men's 4x100 Metres Relay
	Full name-Mobolade Ajomale Winner of multiple sprint titles in the second division of the US Collegiate system 100 pb: 10.15 -16 (10.40 -21). 200 pb: 20.45 -18. 3 WJC 4x100 2012; ht WJC 200 2014; sf WSG 100/200 2015; sf WIC 60 2016; 6 WCH 4x100 2017; 4 Pan-Am Games 4x100 2019 (ht 100). 1 NCAA div 2 indoor 60 2016/2017/2018 & 200 2019 (1 100 2018 & 200 2017/2018/2019). Studied Advertising at the Academy of Art University, San Francisco In 2021: 1 Toronto 'High Performance' #5 60; 5 Baton Rouge Boots Garland Invitational 100				
x	BLAKE Jerome CAN	25y	255d	1995	Men's 4x100 Metres Relay
	100 pb: 10.18w -18, 10.20 -19 (10.30 -21). 200 pb: 20.38 -18 (20.57w, 20.98 -21). 400 pb: 48.16 -18 (48.19 -19). 5 North/Central American & Caribbean 200 2018; 6 Pan-Am Games 200 2019. 2 Canadian 200 2018 (2019-3) In 2021: 2 Prairie View Relays 200/4x100; dnf Prairie View Sprint Summit; 5 Hollywood Miramar Invitational 200; 3 Gainesville Tom Jones Memorial 100 'C'				
x	BOATENG Bismark CAN	29y	45d	1992	Men's 4x100 Metres Relay
	100 pb: 10.14 -18 (10.27 -21). 200 pb: 20.61w -21. 20.67 -21. sf WSG 100 2015; 3 Francophone Games 100 2014; sf COM 200 2018. 2 Canadian 100 2018 (2019-3). Born-Ghana In 2021: 1 LSU Post Meet Invitational 1, Carl Maddox Fieldhouse 60; 6 Fayetteville American Track League 3 60; 2 Baton Rouge Battle on the Bayou 200 (1 100 'B'); 3 Baton Rouge Battle on the Bayou 200 (4 100)				
x	BROWN Aaron CAN	28y	337d	1992	Men's 4x100 Metres Relay
	3x Canadian Champion at both 100m & 200m. Relay bronzes in Moscow 2013, Beijing 2015 and Rio 2016, then made both individual sprint finals at Doha 2019 100 pb: 9.95w -16, 9.96 -16/19 (10.08 -21). 200 pb: 19.95 -19 (20.43 -21). 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; 6 WCH 200 2019 (8 100). 1 Canadian 100 2013/2018/2019 & 200 2015/2018/2019. 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 2021: 2 Prairie View Relays 4x200; 1 Prairie View Sprint Summit 4x100/4x200; 1 Prairie View Sprint Summit; 5 Hollywood Miramar Invitational 100; 3 Gainesville Tom Jones Memorial 200				
x	COLE Austin CAN	23y	119d	1998	Mixed 4x400 Metres Relay
	Led off Canadian mixed team which placed second at the 2019 World Relays (him, Aiyanna Stiverne, Zoe Sherar, Philip Osei) 400 pb: 45.90 -19 (48.75 -21). 2 World Relays Mixed 4x400 2019; 3 North/Central American & Caribbean under-23 2019. 2 Canadian 2018 (2019-3) In 2021: 1 Victoria Twilight #3				
x	CUNNINGHAM Joshua CAN	26y	87d	1995	Mixed 4x400 Metres Relay
	400 pb: 46.02 -16 (47.39 -21). 200 pb: 21.06 -16 (21.61 -21). sf WJC 2014. 1 Canadian 2018 In 2021: 2 Miramar Florida International 200 'B'/400 'B'; 3 Clermont FL 'Pure Spring' 'B'				

x	FLOREAL EJ CAN	26y	38d	1995	Men's 4x100 Metres Relay
<p>(Edrick Floréal Jr) Transformation in 2021 from a 21.24 200m man to 20.29, after giving up basketball 100 pb: 10.60w, 10.64 -12. 200 pb: 20.29 -21. 400 pb: 46.68 -21. 1.93 tall – played basketball for the University of Kentucky. His father Edrick Floréal was 6x Canadian Champion at Triple Jump and was later coach to Keni Harrison (world record holder at 100H, 12.20). Mother-LaVonna Martin (2 OLY 100H 92) In 2021: 1 Austin Longhorn Invitational 400; 1 San Antonio UTSA Invitational 400 'B'; 2 Texas Relays 200; 3 Hollywood Miramar Invitational 200</p>					
x	FORD-AZONWANNA Andre CAN	25y	152d	1995	Men's 4x100 Metres Relay
<p>100 pb: 10.12w -17, 10.24 -18 (10.62w, 10.64 -21). 200 pb: 20.69 -18. 7 WJC 100 2014 (sf 200) In 2021: 4 Clermont FL 'Pure Spring' 100 'B'</p>					
x	OSEI Philip CAN	30y	182d	1990	Mixed 4x400 Metres Relay
<p>2019 World Champion semi-finalist. Anchored Canadian mixed team which placed second at the 2019 World Relays (Austin Cole, Aiyanna Stiverne, Zoe Sherar, him) 400 pb: 45.23 -15 (46.17 -21). 2 North/Central American & Caribbean under-23 2012; 4 Francophone Games 2013; sf COM 2014; 6 North/Central America & Caribbean 2015; ht WIC 2014; sf WCH 2019. 1 Canadian 2013/2015/2019. Born/lives-Toronto In 2021: 1 Baton Rouge Battle on the Bayou; 3 Baton Rouge LSU Gold</p>					
x	RODNEY Brendon CAN	29y	20d	1992	Men's 4x100 Metres Relay
<p>Third leg for team which won World 4x100m bronze in 2015 and Olympic bronze in 2016 100 pb: 10.18 -17 (10.40 -21). 200 pb: 19.96 -16. 400 pb: 45.96 -16 (47.27 -21). 5 WSG 200 2013 (1 4x400); sf COM 200 2014; 3 WCH 4x100 2015 (sf 200); 3 OLY 4x100 2016 (ht 200); qf WCH 100 2017; sf WCH 200 2019. 1 Canadian 200 2014/2016. Studied Exercise Science at Long Island University Brooklyn in New York City In 2021: 3 Spanish Town 'Dual' 400 'B' (4 60 'B'); 3 Spanish Town 'Triangular' 400 'C'; 3 Spanish Town 'Triangular' 60 'B'/400 'B'; 3 Kingston 'Triangular' 60 'B'; 5 Kingston Jamaican AAA Qualifier #1 100; 3 Kingston 'Velocity' #8 100 'C'; 2 Kingston 'Velocity' #9 100</p>					
x	SMELLIE Gavin CAN	34y	308d	1986	Men's 4x100 Metres Relay
<p>2013 World relay bronze // 100 pb: 9.97w -17, 10.01 -19. 200 pb: 20.16w -15, 20.38 -17 (21.68 -21). 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 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 2021: 7 Baton Rouge Battle on the Bayou 200 'B'</p>					
	BALOYES Bernardo COL	27y	114d	1994	Men's 4x400 Metres Relay
<p>Twice South American Champion at 200m // 400 pb: 45.68 -14. 200 pb: 20.00 -18. 100 pb: 10.18 -19. sf World Youth 200 2011; ht WCH 200 2013; 2 Ibero-American 200 2014 (2016-4); ht OLY 200 2016; 1 South American 200 2017/2019 (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</p>					
	HERRERA Yilmar Andres COL	24y	365d	1996	Men's 4x400 Metres Relay
<p>Anchored Colombia to relay gold at 2018 South American Games (team of Bernardo Baloyes, Yelsin Robledo, Diego Palomeque, him) 400 pb: 45.48 -17 (47.02 -21). 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 2021: 4 Clermont FL 'Pure Spring'; 5 Gainesville Tom Jones Memorial 'B'</p>					
	PALOMEQUE Diego Armando COL	27y	146d	1993	Men's 4x400 Metres Relay
<p>Full name-Diego Armando Palomeque Echavarría Colombian record holder at 100m 400 pb: 45.25 -16 (47.46 -21). 200 pb: 20.32 -17. 100 pb: 10.07w -16, 10.11 -17. 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; 1 Pan-Am Games 4x400 2019; 4 WCH 4x400 2019. Served two year doping ban 2012-2014 after failing a doping control test in the London Olympic Village just before the 2012 Games In 2021: 5 Clermont FL 'Pure Spring'; dnf Gainesville Tom Jones Memorial</p>					
•	PERLAZA Jhon Alejandro COL	26y	247d	1994	Men's 4x400 Metres/Mixed 4x400 Metres Relay
<p>Full name-Alejandro Jhon Perlaza Zapata Led off the Colombian 4x400 team which won at the 2019 Pan-American Games, then fourth at World Championships (him, Diego Armando Palomeque, John Alexander Solís, Anthony Zambrano) 400 pb: 44.86 -18 (46.23 -21). 3 Pan-Am Junior 2013; 5 South American Games 2014; 5 Ibero-American 2016 (1 4x100); 2 South American 2017 (2013-5); 5 Central American & Caribbean Games 2018; 6 Pan-Am Games 2019 (1 4x400); sf WCH 2019 (4 4x400). 1 IC4A indoor 2018 (IC4A = Intercollegiate Association of Amateur Athletes of America); 5 NCAA 2019. Studied Sport Management at Liberty University in Lynchburg, Virginia In 2021: 1 Lynchburg Liberty Elite Invitational 500; 3 Fayetteville American Track League 3 'B'; 1 Clermont FL 'Pure Spring' 800 (pb 1:49.53); 4 Gainesville Tom Jones Memorial</p>					
	SOLIS Jhon Alexander COL	27y	310d	1993	Men's 4x400 Metres/Mixed 4x400 Metres Relay
<p>Leg 3 for the Colombian 4x400 team which won at the 2019 Pan-American Games, then fourth at World Championships (Jhon Alejandro Perlaza, Diego Armando Palomeque, him, Anthony Zambrano) 400 pb: 46.15 -20 (46.45 -21). 1 South American 4x400 2017; ht WCH 4x400 2017; 1 Pan-Am Games 2019; 4 WCH 4x400 2019 In 2021: 2 Clermont FL 'Pure Spring' 'B'; 3 Gainesville Tom Jones Memorial 'B'</p>					
•	ZAMBRANO Anthony COL	23y	103d	1998	Men's 4x400 Metres/Mixed 4x400 Metres Relay
<p>Full name-Anthony José Zambrano de la Cruz Made immense breakthrough at 2019 World Championships, taking his Colombian record down from 44.68 to 44.55, then 44.15 for silver 400 pb: 44.15 -19. 7 World Youth 2015; 6 WJC 2016; ht OLY 4x400 2016; 1 South American under-23 400/4x100/4x400 2018; 1 South American 400/4x400 2019; 1 Pan-Am Games 400/4x400 2019; 2 WCH 2019, overtaking five men in the finishing straight. (4 4x400). Coach-Nelson Gutierrez</p>					
	DESENSKY Michal CZE	28y	60d	1993	Men's 4x400 Metres Relay
<p>Third leg for team which won 2021 European relay silver // 400 pb: 46.39 -15. 200 pb: 21.09w -15, 21.19 -20. sf WJC 200 2012; 4 ECH 4x400 2016; 5 WIC 4x400 2018; ht ECH 2018; 2 EIC 4x400 2021. 1 Czech indoor 2016/2017/2018 In 2021: 2 Prague Czech League round 1 200; 1 Prague Czech League round 2 'B'; 2 Ostrava Czech Indoor Gala 'B'; 2 EIC 4x400 (Vít Müller, Pavel Maslák, him, Patrik Šorm)</p>					
	HAMPL Stepán CZE	21y	171d	1999	Men's 4x100 Metres Relay
<p>100 pb: 10.36 -19. 200 pb: 21.20 -18. sf EJC 100/200 2017; ht WJC 100/200 2018; ht EIC 60 2021 In 2021: 2 Prague Czech League round 1 60; 2 Prague Invitational 60; 3 Czech indoor 60; 5ht EIC 60</p>					

JIRKA Jan CZE	27y	207d	1993	Men's 4x100 Metres Relay
2018 Czech Champion at 200m // 100 pb: 10.45w -14, 10.50 -20. 200 pb: 20.56w -18, 20.71 -20. ht WJC 200 2012; 3 under-23 ECH 200 2015 (2 4x100); ht ECH 200 2018. 1 Czech 200 2018 In 2021: 5 Prague Czech League round 1 60; 1 Prague Czech League round 2 200; 1 Prague Czech League round 3 200; 2 Czech indoor 200				
KOLARCIK Vojtech CZE	25y	336d	1995	Men's 4x100 Metres Relay
100 pb: 10.55 -18. 6 WSG 4x100 2019. 2 Czech indoor 60 2020 In 2021: 6 Prague Czech League round 1 60; 4 Prague Czech League round 2 60; 3 Prague Czech League round 3 60; 4 Czech indoor 60				
KRSEK Matej CZE	20y	351d	2000	Men's 4x400 Metres/Mixed 4x400 Metres Relay
400 pb: 46.00 -20. 200 pb: 20.94 -20. 100 pb: 10.43 -19. 4 EJC 2019 (2 4x400). 1 Czech 2020 In 2021: 4 Prague Czech League round 1 60; 7 Ostrava Czech Indoor Gala 60; 2 Prague Czech League round 3 60				
LEHAR Daniel CZE	19y	234d	2001	Men's 4x400 Metres/Mixed 4x400 Metres Relay
400 pb: 46.46 -20 (47.53i -21). 2 EJC 4x400 2019 In 2021: 4 Prague Czech League round 1 200; 3 Ostrava Czech Indoor Gala 'B'				
MASLAK Pavel CZE	30y	68d	1991	Men's 4x400 Metres Relay
A big indoor title every year for six years in 2013-2018 (including a Cathy Freeman moment in front of his home crowd at the Europeans in Prague 2015) 400 pb: 44.79 -14 (46.12i -21). 200 pb: 20.46 -17 (20.84i -21). ht World Youth 2007; 7 WJC 200 2010; 3 ETCh 200 2011 (2019-5); 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, 2021-sf); 3 under-23 ECH 200 2013; 5 WCH 400 2013 (2011/2017-sf, 2015-ht); 1 WIC 400 2014/2016/2018 (2012-5); 2 EIC 4x400 2021 (2013/2015/2017-3). 1 Czech 100 2011, 200 2012/2013/2017/2019 & 400 2018. 1 Czech indoor 400 2015 (& 200 2016/2017/2018/2020/2021). Father of daughter Mia (2 this year) & son Mateo (4 months) In 2021: His wife Nella gave birth to a son, Mateo, on January 16; 1 Karlsruhe 'Gold' Tour 'B'; 1 Ostrava Czech Indoor Gala; 2 Prague Czech League round 3 200; 1 Prague Invitational; 1 Czech indoor 200; 1 Madrid 'Gold' Tour (won World Athletics 'Tour', \$20,000 and auto entry for 2022 World Indoor Champs); 4sf EIC; 2 EIC 4x400 (Vít Müller, him, Michal Desenský, Patrik Šorm)				
MULLER Vít CZE	24y	241d	1996	Men's 4x400 Metres/Mixed 4x400 Metres Relay
3x Czech Champion at 400m Hurdles // 400 pb: 46.44 -20 (46.31i -21). 400H pb: 49.36 -19. 200 pb: 21.17 -18 (21.32i -21). ht EJC 400H 2015; sf ECH 400H 2016 (2018-ht); ht EIC 400 2019; 8 WSG 400H 2019; 5 ETCh 400H 2019 (2017-6); sf WCH 400H 2019; ht EIC 400 2021 (2 4x400). 1 Czech 400H 2017/2019/2020 & indoor 400 2021 In 2021: 3 Prague Czech League round 1 200; 1 Prague Czech League round 2 400; 3 Ostrava Czech Indoor Gala; 1 Prague Invitational 200; 1 Czech indoor 400; 3ht EIC; 2 EIC 4x400 (him, Pavel Maslák, Michal Desenský, Patrik Šorm)				
POLAK Jirí CZE	23y	8d	1998	Men's 4x100 Metres Relay
2020 Czech Champion at 200m // 100 pb: 10.51 -20. 200 pb: 20.63 -20 (20.93i -21). sf EJC 200 2017. 1 Czech 200 2020 In 2021: 2 Prague Czech League round 2 200; 1 Ostrava Czech Indoor Gala National 200; 1 Prague Czech League round 3 200 'B'; 3 Czech indoor 200				
SORM Patrik CZE	27y	160d	1993	Men's 4x400 Metres/Mixed 4x400 Metres Relay
Three successive medals at European Indoor Championships // Outdoor pb: 46.13 -18. 200 pb: 21.02 -14 (21.62i -21). ht ECH 2014/2018; sf EIC 2015 (3 4x400); ht EIC 2017 (3 4x400); ht ETCh 2017; sf WIC 2018 (5 4x400); ht ETCh 2019; sf EIC 2021 (2 4x400). 1 Czech 2016/2017/2019 In 2021: 3 Prague Czech League round 1 200 'B'; 2 Prague Czech League round 2 'B'; 4 Ostrava Czech Indoor Gala 'B'; 2 Prague Czech League round 3 200 'B'; 2 Prague Invitational; 2 Czech indoor; 6sf EIC; 2 EIC 4x400				
STROMSIK Zdenek CZE	26y	156d	1994	Men's 4x100 Metres Relay
Co-holder of Czech 100m record of 10.16 (with Jan Veleba) // 100 pb: 10.11w, 10.16 -18. 200 pb: 20.93 -20. ht WJC 100 2014; 4 EJC 100 2013; 6 ETCh 100 2017; ht WIC 60 2018; sf ECH 100 2018; sf EIC 60 2019 (2021-ht). 1 Czech 100 2017/2018 & indoor 60 2019/2020 In 2021: 2 Prague Czech League round 2 60; 8 Ostrava Czech Indoor Gala 60; 1 Prague Invitational 60; 2 Czech indoor 60; 4ht EIC 60				
SVOBODA Vojtech CZE	26y	38d	1995	Men's 4x100 Metres Relay
100 pb: 10.56w, 10.64 -19. 200 pb: 21.32 -20. 6 WSG 4x100 2019. 2 Czech 200 2016 In 2021: 6 Prague Czech League round 2 60; 3 Ostrava Czech Indoor Gala National 60; 3 Prague Invitational 60; 7 Czech indoor 60				
TUCEK Martin CZE	25y	146d	1995	Men's 4x400 Metres Relay
400 pb: 47.33i -21, 48.27 -20. 400H pb: 50.42 -18. sf WJC 400H 2014; ht ECH 400H 2018. 2 Czech 400H 2018 (2019/2020-3) In 2021: 1 Prague Czech League round 3 400; 4 Czech indoor 400				
VELEBA Jan CZE	34y	145d	1986	Men's 4x100 Metres Relay
Co-holder of Czech 100m record of 10.16 (with Zdeněk Stromšík) // 100 pb: 10.15w, 10.16 -19. 200 pb: 20.86 -12. sf EIC 60 2011/2015; 9 ETCh 200 2014 (10 100); sf ECH 100 2014/2016 (2010/2018-ht); sf EIC 60 2017 (2021-ht); 6 ETCh 100 2019. 1 Czech 100 2010/2014/2016/2019/2020 & indoor 60 2011/2013/2015/2016/2017/2021. 1 Slovak indoor 60 2014. He works as a furniture maker. The Czech team were out on the track for the sprint relay final at the 2018 European Championships, but they couldn't start because Veleba cramped up In 2021: 1 Prague Czech League round 1 60; 1 Prague Czech League round 2 60 (he equalled his pb of 6.65 after 10 years); 2 Ostrava Czech Indoor Gala 60; 1 Prague Czech League round 3 60; 1 Czech indoor 60; 7 Madrid 'Gold' Tour 60; 5ht EIC 60				
VESELY Jakub CZE	23y	12d	1998	Men's 4x400 Metres Relay
400 pb: 46.63 -20. sf EJC 2017 (7 4x400). 1 Czech junior 2016/2017				
ZALESKY Dominik CZE	25y	250d	1995	Men's 4x100 Metres Relay
2018 World indoor semi-finalist at 60m // 100 pb: 10.24 -19. 200 pb: 21.03 -20. qf WSG 100 2017; sf WIC 60 2018; ht ECH 100 2018; 6 WSG 100 2019. 1 Czech indoor 60 2018 In 2021: 3 Prague Czech League round 1 60				
HANSEN Simon DEN	22y	304d	1998	Men's 4x100/200 Metres Relay
100 pb: 10.39w -16, 10.49 -20. 200 pb: 21.12 -16. sf World Youth 100/200 2015; 2 Nordic junior 100/200 2016; ht EIC 60 2021. 1 Danish 200 2016/2019. 1 Danish indoor 60 2020 In 2021: 1 Aarhus 60 (2x); 3 Ghent IFAM 60; 2 Danish indoor 60; 6ht EIC 60				
KAMANGA-DYRBAK Tazana DEN	19y	108d	2002	Men's 4x100/200 Metres Relay
New (2021) Danish record holder at 200m, breaking a record which had stood since 1979 100 pb: 10.39 -20. 200 pb: 20.48 -21. 4 European Youth 200 2018 (6 100); 1 Nordic junior 200 2018; 4 Youth Olympic 200 2018. 2 Danish 100/200 2020. Mother-Zambian, father-Danish, both were international swimmers. Lives-Kenya. Former rugby player. Coach-Peter Gatana (KEN) In 2021: 1 Nairobi AK Relays #3 100 'C'/200 'C'; 3 Nairobi AK Weekend #2 100; 3 Lusaka All Comers 200 (4 100)				

• MUSAH Kojo DEN	25y	14d	1996	Men's 4x100/200 Metres Relay
Reigning Danish Champion at 60m, 100m & 200m // 100 pb: 10.29 -20. 200 pb: 20.67 -20. sf under-23 ECH 100 2017; 8 EIC 60 2021 (2019-ht). 1 Danish 100/200 2020 & indoor 60 2019/2021. Coach-Mikkel Larsen In 2021: 1 Randers 60; 1 Odense 60; dq Vienna T&F 60; 5 Berlin ISTAF 60; 1 Ghent IFAM 60; 1 Danish indoor 60 (set Danish indoor record 6.61); 8 EIC 60				
NIELSEN Gustav Lundholm DEN	22y	270d	1998	Men's 4x200 Metres Relay
8x Danish Champion at 400m (4 in + 4 out) // 200 pb: 21.66 -20 (21.80i -21). 400 pb: 47.41i -21, 47.47 -20 . ht EIC 400 2021. 1 Danish 400 2017/2018/2019/2020 & indoor 400 2018/2019/2020/2021. 1 Danish indoor 200 2020. In 2017 scored 6670 in a junior Decathlon In 2021: 1 Randers 200 (4 60); 1 Odense 400; 1 Vienna T&F 400; 2 Växjö 400; 1 Danish indoor 400 (1 200 'B'); 5ht EIC 400				
SCHOU-NIELSEN Frederik DEN	25y	84d	1996	Men's 4x100/200 Metres Relay
Twice Danish Champion at 100m // 100 pb: 10.44w -17, 10.46 -19. 200 pb: 21.52 -17. ht World Youth 100/200 2013; sf WSG 100 2019. 1 Danish 100 2018/2019 In 2021: 3 Randers 60; 1 Copenhagen 60; 3 Danish indoor 60				
UDENGAARD KNUDSEN Steffen DEN	22y	158d	1998	Men's 4x100/200 Metres Relay
100 pb: 10.66w -16, 10.70 -20. 200 pb: 21.57 -16 (21.87i -21). 1 Danish indoor 200 2017 In 2021: 2 Randers 60 (Jan 16); 2 Odense 60; 2 Randers 60 (Feb 6); dnf Danish indoor 200 'C'				
FELIZ Lidio DOM	23y	310d	1997	Mixed 4x400 Metres Relay
Full name-Lidio Andres Feliz // 400 pb: 45.23 -19. 200 pb: 20.33 -21. 7 Central American & Caribbean Games 2018. 1 Dominican Republic 2019 In 2021: 1 Santo Domingo Speed Festival 200 (2 400)				
MARTINEZ Yancarlos DOM	28y	295d	1992	Mixed 4x400 Metres Relay
2019 Pan-American Games 200m bronze // 200 pb: 20.16w, 20.19 -19. 100 pb: 10.11w -16, 10.14 -15. 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 2015/2019; 1 Ibero-American 200/4x100 2016; ht OLY 200 2016; 3 World Military Games 200 2019. 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 2021: 3 Santo Domingo Speed Festival				
• OGANDO Alexander DOM	20y	361d	2000	Mixed 4x400 Metres Relay
Down from 46.40 to 45.09 already in 2021 // 400 pb: 45.09 -21. 200 pb: 20.54 -21. 1 Dominican Republic 200 2019. Disqualified from his 200m heat at the 2019 Pan-American Junior Championships for running out of lane In 2021: 1 Santo Domingo Speed Festival (2 200)				
ANGULO Katriel ECU	19y	97d	2002	Men's 4x200 Metres Relay
200 pb: 21.61 -21. 100 pb: 10.84 -19. 5 Pan-Am Junior 4x100 2019 (6 4x400). 2 Ecuadorean 200 2021 In 2021: 2 Ecuadorean 200				
MALDONADO Miguel ECU	19y	46d	2002	Men's 4x200 Metres Relay
200 pb: 21.94w -19, 22.84 -18. 100 pb: 10.7 -21. 6 Pan-Am Junior 4x400 2019 In 2021: 2ht Ecuadorean 100				
MARQUINEZ Anderson Jair ECU	20y	114d	2001	Men's 4x200 Metres Relay
2021 Ecuadorean Champion at both sprints // 200 pb: 21.04 -19. 100 pb: 10.53 -19. 2 South American junior 200 2019 (3 100). 1 Ecuadorean 100/200 2021 In 2021: 1 Ecuadorean 100/200				
• QUINONEZ Alex ECU	31y	262d	1989	Men's 4x200 Metres Relay
2019 World Championship bronze at 200m. Ecuadorian record holder at 60m, 100m, 200m & 400m 200 pb: 19.87 -19. 400 pb: 46.28 -19. 100 pb: 10.09 -13/18. 60 pb: 6.66i -19. 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); 1 Pan-Am Games 200 2019 (2011 -6). Clocked 20.08 from lane 1 in Paris 2018				
SALAS Steeven ECU	18y	148d	2002	Men's 4x200 Metres Relay
Full name-Steeven Marcelo Salas López // 200 pb: 21.34 -19. 100 pb: 10.63w -19, 10.66 -21. 3 South American junior 200 2019 (8 100); 5 Pan-Am Junior 4x100 2019 (6 4x400). 2 Ecuadorean 100 2021 In 2021: 2 Ecuadorean 100				
ARENAS Julio ESP	28y	6d	1993	Mixed 4x400 Metres Relay
400 pb: 46.42 -12 (48.16i -21). 200 pb: 21.44 -19. 4 WJC 4x400 2012; ht WCH 4x400 2019. 1 Spanish junior 2012; 2 Spanish 2019 In 2021: 4 Madrid (Jan 30); 5 Madrid Indoor Champs (Feb 13)				
BUA Lucas ESP	27y	108d	1994	Men's 4x400 Metres Relay
5x Spanish Champion (3 in + 2 out) // 400 45.25 -18 (46.23i -17). ht World Youth 2011; ht WJC 2012; 8 ETCh 2014; sf ECH 2016; 5 EIC 2017; ht WCH 2017 (5 4x400); sf WIC 2018 (2016-ht); 2 Mediterranean Games 2018; sf ECH 2018 (3 4x400); 6 EIC 2019 (2 4x400); ht EIC 2021. 1 Spanish under-23 2015/2016. 1 Spanish 2015/2016 (1 indoor 2016/2018/2020). Coach-Juan Antonio Rosique In 2021: 3 Valencia Grand Prix; 3 Spanish indoor; 5 Madrid 'Gold' Tour; 3ht EIC				
ECHEVERRY Darwin Andres ESP	25y	118d	1996	Men's 4x400 Metres Relay
400 pb: 46.23 -18 (48.67i -21). 6 EJC 2015; 8 under-23 ECH 2017; 5 WCH 4x400 2017 (2019-ht); ht ECH 4x400 2018 (awarded bronze won by Spain in final). Born-Colombia In 2021: 1 Valencia; 2 Valencia Grand Prix 300; 6 Madrid Indoor Champs				
ERTA Bernat ESP	20y	74d	2001	Men's 4x400 Metres Relay
Anchored Spain to European indoor relay silver in 2019 // 400 pb: 46.19 -20 (47.32i -21). 6 European Youth 2018; 6 Youth Olympic Games 2018; 2 EIC 4x400 2019; 2 EJC 2019 (3 4x400). 1 Spanish 2000 (while still a junior) In 2021: 3 Valencia Grand Prix; 2 Madrid; 1 Spanish under-23 indoor				
FRADERA Pau ESP	34y	22d	1987	Mixed 4x400 Metres Relay
Full name-Pau Fradera Miralles // 400 pb: 46.60 -14 (47.72i, 47.88 -21). 200 pb: 21.14 -15 (22.00 -21). ht WCH 4x400 2013; ht ECH 4x400 2014; ht EIC 2015. 1 Spanish under-23 2009; 2 Spanish indoor 2015 (2013/2016-3). 1 Spanish 4x400 2015/2016/2017 with his club FC Barcelona In 2021: 3 Barcelona 200/400 (Jan 16/17); 1 Barcelona 400 (Jan 24); 5 Madrid; 1 Catalunan indoor; 1 Spanish Clubs; 3 Madrid Indoor Champs; 1 Catalonian Clubs 200/400; 2 Spanish Clubs/4x400				

GARCIA Samuel ESP	29y	147d	1991	Men's 4x400 Metres Relay
2018 European 4x400m bronze // 400 pb: 45.00 -17 (46.52i -21). 200 pb: 20.59 -17. 4 WIC 4x400 2012; 8 ETCh 2013/2014/2015; 7 ECH 2014 (2016/2018-sf); 6 EIC 2017 (2013/2021-ht, 2015-sf); ht WCH 2017 (5 4x400); 3 ECH 4x400 2018; 7 ETCh 200 2019. 1 Spanish 2012/2013/2014 (1 indoor 2013/2015). 1 Spanish 200 2017 In 2021: 1 Barcelona; 1 Valencia Grand Prix; 3 Karlsruhe 'Gold' Tour 'B'; 1 Ghent IFAM 'B'; 2 Spanish indoor; 4ht EIC				
GOMEZ VILLADIEGO Jesus ESP	21y	240d	1999	Men's 4x100 Metres Relay
100 pb: 10.53 -21. 200 pb: 21.08i -21, 21.41 -18. sf European Youth 100 2016. Coach-Cesar Lobato García In 2021: 1 Antequera 200 (3x); 2 Valencia 60; 1 Spanish under-23 indoor 60; dq/ht Spanish indoor 60; 1 Córdoba 100				
GONZALEZ Jose ESP	24y	115d	1997	Men's 4x100 Metres Relay
100 pb: 10.55 -18. 200 pb: 21.40 -18 In 2021: 4 Valencia Grand Prix 60; 3 Antequera 60 (Jan 30); 1 Puertollano 60; 2 Antequera 60 (Feb 13); 5 Spanish indoor 60				
GUIJARRO Manuel ESP	22y	297d	1998	Mixed 4x400 Metres Relay
Second leg for Spanish team which pushed Belgium so hard at the 2019 European indoors (Oscar Husillos, him, Lucas Búa, Bernat Erta) 400 pb: 46.51 -18 (46.65 -21). 200 pb: 21.17 -19. ht World Youth 2015; ht WIC 4x400 2018; sf EIC 2019 (2 4x400). 1 Spanish indoor 2018 (2020-3) In 2021: 1 Spanish Clubs; 2 Barcelona Catalunya International; 2 Antequera; 1 Spanish indoor 200 'B'; 1 Spanish Clubs				
HUSILLOS Oscar ESP	27y	286d	1993	Men's 4x400 Metres Relay
2021 European Indoor Champion (when he went out hard and held off more fancied opposition from The Netherlands) 400 pb: 44.73 -18 (46.22i -21). 200 pb: 20.55w, 20.74 -19. sf WJC 200 2012; sf EIC 2017; 8 ETCh 200 2017; sf WCH 2017 (5 4x400); dq WIC final 2018 (lane); 6 ECH 2018 (3 4x400); 2 EIC 400/4x400 2019; 3 ETCh 2019; 1 EIC 2021. 1 Spanish 2017/2018/2019 (1 indoor 2017/2019/2021). 1 200 2016 (1 indoor 2014/2016/2018). Coach-Luis Angel Caballero He was the apparent World Indoor Champion of 2018 in a European indoor record of 44.92 – until he was disqualified for a lane violation (he found out in the mixed zone while being interviewed by Spanish TV) In 2021: 1 Valencia Grand Prix; 3 Karlsruhe 'Gold' Tour; 2 Barcelona Catalunya International 200; 1 Spanish indoor; 1 EIC ("The best strategy for the race was to make a very fast first lap and then risk everything on the second lap to keep the inside lane")				
LOPEZ Sergio ESP	21y	299d	1999	Men's 4x100 Metres Relay
2019 Spanish Indoor Champion at 60m // 100 pb: 10.36 -18 (10.62 -21). 200 pb: 21.24 -20. ht World Youth 100 2015; 5 EJC 100 2017 (2 4x100); sf WJC 100 2018; sf WIC 60 2019; ht EIC 60 2021. 1 Spanish indoor 60 2019 In 2021: 2 Spanish under-23 indoor 60; 3 Spanish indoor 60; 6ht EIC 60; 1 Cartagena 100				
MONTALVO Pablo ESP	21y	192d	1999	Men's 4x100 Metres Relay
2020 Spanish Champion at 100m // 100 pb: 10.40 -20. 200 pb: 21.40 -19. sf European youth 200 2016. 3 Spanish indoor 60 2020; 1 Spanish 100 2020 In 2021: 2 Antequera 60 (Jan 10); 4 Antequera 60 (Jan 17); 1 Antequera 60 (Jan 23); 2 Antequera 60 (Jan 30); 3 Spanish Clubs indoor 60; 3 Spanish under-23 indoor 60; 5ht Spanish indoor 60				
PEREZ Yunier ESP	36y	73d	1985	Men's 4x100 Metres Relay
Allegiance transferee from Cuba – cleared by World Athletics to represent Spain from November 21, 2018 100 pb: 9.92w, 10.00 -17. 200 pb: 20.75 -18. 400 pb: 46.72 -06. 4 Central American & Caribbean Champs 200 2008/2009; 2 Ibero-American 100 2010 (1 4x400). Ran in heat of 2008 Olympic 4x400 (46.0 split). He still co-holds the Cuban indoor 60m record (6.49 in 2014) In 2021: 2 Valencia Grand Prix 60; 5ht Spanish indoor 60; 6ht Madrid 'Gold' Tour 60				
PORRAS Aleix ESP	21y	231d	1999	Men's 4x400 Metres Relay
2016 European Youth silver at 400m Hurdles // 400 pb: 46.91 -17 (47.81i -21). 400H pb: 50.35 -19 (53.47 -21). sf World Youth 400H 2015; 2 European Youth 400H 2016; 7 EJC 400H 2017; sf WJC 400H 2018. 2 Spanish 400H 2018. Coach/father-Salvador Porras In 2021: 1 Barcelona Catalunya International 400; 1ht Spanish under-23 indoor 400 (dns final); 1 Barcelona 400H				
RETAMAL Pol ESP	22y	45d	1999	Men's 4x100 Metres Relay
2019 Spanish Champion at 200m // 100 pb: 10.47w, 10.53 -19. 200 pb: 20.49 -18. 3 European Youth 200 2016; 4 EJC 200 2018 (3 4x100); 4 WJC 200 2018 (6 4x100); 5 under-23 ECH 200 2019. 1 Spanish 200 2019 In 2021: 1 Barcelona 200 (2 60) (Jan 16); 1 Barcelona 200 (Jan 24); 1 Catalunan indoor 60/200; 1 Spanish Clubs indoor 200				
ROCANDIO Adrián ESP	23y	359d	1997	Mixed 4x400 Metres Relay
400 pb: 46.80 -19 (47.20i, 47.89 -21). 200 pb: 21.31w, 21.53 -19. 1 Spanish under-23 2019 In 2021: 3 Madrid; 4 Spanish Clubs indoor; 2 Madrid Indoor Champs; 5 Spanish indoor; 1 Spanish Clubs				
RODRIGUEZ Angel David ESP	41y	4d	1980	Men's 4x100 Metres Relay
Full name-Angel David Rodríguez García 10x Spanish Champion at 100m, 6x at 60m 100 pb: 10.12w -17, 10.14 -08. 200 pb: 20.34w -11, 20.61 -08. 6 EJC 100 99; 8 WCP 100 2002; 4 ECP 100 2006/2008 (2003-7); sf ECH 100 2006/2010/2014/2016 (2018-ht); sf EIC 60 2007/2011/2015 (2009/2017-ht); qf WCH 100 2007/2009; sf WIC 60 2008/2010/2012/2018; qf OLY 100/200 2008; ht WCH 200 2009; ht OLY 100 2012; 5 ETCh 100 2014 (2019-7). 1 Spanish 100 2006/2007/2009/2010/2011/2012/2013/2015/2016/2017 (1 200 2009/2010/2011/2012) (1 indoor 60 2007/2008/2009/2010/2012/2017) In 2021: 1 Madrid 60. This is his 56th international appearance for Spain (starting 2002)				
RODRIGUEZ Daniel ESP	26y	94d	1995	Men's 4x100 Metres Relay
Sprint double winner at 2021 Spanish Indoor Championships // 100 pb: 10.43 -20. 200 pb: 20.59 -18 (20.83i -21). 4 Mediterranean Games 200 2018; sf ECH 200 2018. 1 Spanish 200 2020. 1 Spanish indoor 60 2021 & 200 2017/2019/2021. Coach-Manuel Jiménez In 2021: 1 Antequera 60/200 (Jan 16/17); 1 Valencia Grand Prix 60; 1 Antequera 60 (Jan 30); 1 Antequera 60 (Feb 13); 1 Spanish indoor 60/200; 4ht Madrid 'Gold' Tour 60				
SAEZ Ignacio ESP	19y	73d	2002	Men's 4x400 Metres Relay
400 pb: 47.52i -21, 47.90 -19. Youth 400H pb: 51.68 -19. 5 European Youth 400H 2018; 11 Youth Olympic 400H 2018 In 2021: 1 San Sebastián 200 (2 60); 1 Madrid 'B'; 2 Spanish indoor 200 'B'; 1 Spanish junior indoor 400				
UJAKPOR Mark ESP	34y	102d	1987	Men's 4x400 Metres Relay
Full name-Mark Ujakpor Sánchez 4x Spanish Champion // 400: 46.15 -14 (46.99i -21). 400H pb: 49.58 -18. 8 ECP 2008; 10 ETCh 400 2009 (2014-12); ht ECH 2010/2014; sf EIC 2011 (2009/2013-ht); sf WIC 400 2012 (2008/2014-ht); 5 Mediterranean Games 400 2013; sf ECH 400H 2016; ht ECH 4x400 2018 (awarded bronze won by Spain in final). 1 Spanish 400 2007/2009 & indoor 2012/2014. Coach-David Lopez In 2021: 1 Madrid (Jan 23); 3 Spanish Clubs indoor; 1 Madrid Indoor Champs; 4 Spanish indoor				
ANDANT Teo FRA	21y	283d	1999	Men's 4x400 Metres Relay
European junior & under-23 relay medals // 400 pb: 46.80 -20. sf EJC 2017 (2 4x400); 4 WJC 4x400 2018; 3 under-23 ECH 4x400 2019. 2 French 2020 In 2021: 3 French indoor				

BIRON Gilles FRA	26y	17d	1995	Mixed 4x400 Metres Relay
400 pb: 46.41 -17 (47.40i, 47.78 -21). 200 pb: 21.31w -20, 21.41 -19. 2 ETCh 4x400 2017; 3 under-23 ECH 4x400 2017. 2 French indoor 2020 In 2021: 1 Lyon; 4 Metz 'B'; 1 Fort-de-France				
COROLLER Victor FRA	24y	91d	1997	Mixed 4x400 Metres Relay
Former European Junior Champion at 400m Hurdles // 400 pb: 47.11 -18. 400H pb: 49.30 -17. 800 pb: 1:50.40i -21, 1:52.05 -18. 3 Youth Olympic Games 400H 2014; 1 EJC 400H 2015 (2 4x400); sf WJC 400H 2016; 4 under-23 ECH 400H 2017 (3 4x400); sf WCH 400H 2017 (fell, but picked himself up to finish the race in 55.69 – got big cheers); 5 Athletics World Cup 400H 2018; sf ECH 400H 2018. Coach-Marc Reuze In 2021: 1 Rennes 800; 4 Eaubonne 800; 6 French indoor 800				
COURBIERE Nicolas FRA	28y	2d	1993	Men's 4x400 Metres Relay
2019 European indoor relay bronze // 400 pb: 46.45 -17 (46.94i -21). 1 under-23 ECH 4x400 2015; 3 EIC 4x400 2018 (2017-4). 3 French indoor 2017. Coach-Bruno Gajer In 2021: 1 Miramas; 1 Aubière; 2 French indoor				
DAUTREMER Gautier FRA	26y	47d	1995	Mixed 4x400 Metres Relay
2017 European under-23 silver at 200m // 200 pb: 20.66 -17 (21.34i -21). 100 pb: 10.43w -18, 10.44 -17. sf World Youth 100 2011 (ht 200); 3 Mediterranean under-23 200 2016; 3 ETCh 4x100 2017; 2 under-23 ECH 200 2017. 2 French indoor 200 2020 In 2021: 6 Eaubonne 60; 3 French indoor 200				
FALL Mouhamadou FRA	29y	64d	1992	Men's 4x100 Metres Relay
2019 French Champion at 200m // 100 pb: 10.12 -19. 200 pb: 20.34 -19. 4 ECH 4x100 2018; 3 ETCh 200 (+ 1st leg for winning, then disqualified sprint relay team - he stepped on the line on his exchange to Jimmy Vicaut); ht WCH 200 2019; sf EIC 60 2021. 1 French 200 2019 & 100 2020. Coach-Mickael Hanany (French high jump record holder) In 2021: 2 Mondeville 'Elite' 60; 4 Metz 60; 4 Liévin 'Gold' Tour 60; 3 Eaubonne 60; 2 French indoor 60 (but he's French Champion because winner was the French-based Iranian Hassan Taftian); 2 Madrid 'Gold' Tour 60; 3sf EIC 60				
GOLITIN Amaury FRA	24y	92d	1997	Men's 4x100 Metres Relay
2018 Mediterranean under-23 Champion at 100m // 100 pb: 10.07 -18. 200 pb: 20.67 -20 (21.77i -21). 3 EJC 4x100 2015 (sf 100); sf WJC 100 2016; 1 Mediterranean under-23 100 2018; sf ECH 100 2018; 6 EIC 60 2019 (2021-sf); 7 under-23 ECH 100 2019 (2 4x100). 1 French 200 2020 indoors & out. Disqualified for false starts at the 2018 French 100m final and then the 2019 French indoor 60m final In 2021: 3 Mondeville 'Elite' 60; 3 Metz 60; 6 Liévin 'Gold' Tour 60; 3 French indoor 60 (1 200 'C'); 6 Madrid 'Gold' Tour 60; 5sf EIC 60				
HANN Mamadou Kasse FRA	34y	202d	1986	Men's 4x400 Metres Relay
Alliance transferee from Senegal – has lived in France since 2011, became a French national on August 22, 2014 and cleared by World Athletics to compete for France from June 11, 2015 400 pb: 46.09 -19 (48.92i -21). 400H pb: 48.40 -17. 2 African Champs 400H 2012 (2008/2010-3); sf OLY 400H 2012; 7 WCH 400H 2013 (2017-sf); 1 Francophone Games 400H 2013 (2009-3); sf ECH 400H 2016. 1 French 400H 2012/2013/2016/2017. Coach-Tidiane Correa In 2021: 1 Miramas 400 'B'				
JORDIER Thomas FRA	26y	261d	1994	Men's 4x400 Metres Relay
2015 European under-23 Champion // 400 45.50 -15 (46.13i -21). dq/ht EIC 2013/2021; 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 2016/2018 & indoor 2017/2018/2021. Good in relays – he caught Britain (Hudson-Smith) on the anchor leg at the 2015 European Team Championships in Cheboksary. Coach-Alex Menal In 2021: 1 Miramas 'Elite'; 2 Karlsruhe 'Gold' Tour; 1 Metz; 1 Eaubonne; 1 French indoor; dq/ht EIC (lane, having clocked a fast 46.51)				
KOUNTA Muhammad Abdalla FRA	26y	185d	1994	Mixed 4x400 Metres Relay
400 pb: 46.53 -18 (46.80i -21). 400H pb: 49.41 -18. 200 pb: 21.24 -21. 7 Mediterranean Games 400H 2018; sf ECH 400H 2018. 2 French 2018 In 2021: 1 Ostrava Czech Indoor Gala 400 'B'; 3 Metz 400 'B'; 2 Eaubonne; 4 French indoor 400; 3 Lisbon Trials 200				
LEMAITRE Christophe FRA	30y	323d	1990	Men's 4x100 Metres Relay
Hard-fought bronze medals from two successive Olympic Games. Missed the main part of his 2018 season with a tear to his right hamstring 100 pb: 9.92 -11. 200 pb: 19.80 -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); 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. 1.91/82kg He was due to run in the 4x100 at the 2019 World Championships, but the baton never got to him after a failed first changeover between Amaury Golitin & Jimmy Vicaut in the final (after team had clocked 37.88 in the heats without Lemaître) In 2021: 4 Mondeville 'Elite' 60 'B'; 4 Metz 60 'B'				
LEROUX Jeremy FRA	26y	232d	1994	Men's 4x100 Metres Relay
100 pb: 10.38 -19. 200 pb: 21.34 -20 (21.4i -21). 2 French indoor 60 2019 (2021-4) In 2021: 4 Miramas 'Elite' 60; 2 Mondeville 'Elite' 60 'B'; 4 Eaubonne 60; 1 Miramas 60/200 (Feb 7); 4 French indoor 60				
NALIALI Christopher FRA	29y	52d	1992	Men's 4x400 Metres Relay
Alliance Transferee from Ivory Coast – cleared by World Athletics to represent France from June 23, 2019 400 pb: 46.11 -19. 200 pb: 20.76 -17. 100 pb: 10.16 -16 (10.55 -19). 1 African Games 4x100 2015; sf African Champs 100/200 2016; 7 WCH 4x400 2019. 2 French indoor 60 2016. 1 French 2018 (2019-2)				
OUCENI Ludovic FRA	20y	88d	2001	Men's 4x400 Metres Relay
400 pb: 47.01 -18 (47.95i -21). 1 European Youth Olympic Festival 2017; 3 European Youth 2018. 1 French youth 2018, but then injured at the Youth Olympics In 2021: 2 Eaubonne 'C'; 6 French indoor				
PREVOT Loic FRA	23y	79d	1998	Men's 4x400 Metres Relay
400 pb: 46.21 -19. 200 pb: 20.72 -19 (21.37i -21). sf World Youth 200/200 2015; 6 under-23 ECH 1200 2019 (3 4x400). Coach-Franck Matamba In 2021: 1 Lyon 60 (2 200); 2 French indoor 200				
RENE Marvin FRA	26y	19d	1995	Men's 4x100 Metres Relay
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-Laurence Bily In 2021: 2 Miramas 'Elite' 60; 4 Mondeville 'Elite' 60				
RICQUE Lorenzo FRA	21y	323d	1999	Men's 4x400 Metres Relay
400 pb: 47.36 -19 (47.75i -21). Ran in heat of 4x400 at 2019 European under-23s, so awarded bronze won by team in final. 1 French indoor 2020 In 2021: 2 Miramas 'Elite'; 1 Nantes (Jan 24); 3 Mondeville 'Elite' 'B'; 1 Eaubonne 'B'; 5 French indoor				

RIGOT Dylan FRA	31y	202d	1989	Men's 4x100 Metres Relay
100 pb: 10.29 -19. 200 pb: 21.10 -19. 3 French 100 2020 In 2021: 5 Miramas 'Elite' 60; 1 Eaubonne 60; 2 Metz 60 'B'; 7 French indoor 60				
ZEZE Meba Mickael FRA	26y	346d	1994	Men's 4x100 Metres Relay
Mikael is pronounced Michael, as in Jackson / Johnson / Jordan 2018 French Champion at 200m, indoors & out 100 pb: 10.13w, 10.16 -18. 200 pb: 20.33w -18, 20.44 -19. HJ pb: 2.05 -14. 3 World Youth 100/Medley Relay 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). His younger brother is Ryan Zézé (3 under-23 ECH 200 2019). Parents-Ivorian. He confirms-no hyphen, no umlaut				
ZEZE Ryan FRA	23y	91d	1998	Men's 4x100 Metres Relay
100 pb: 10.25 -18. 200 pb: 20.71 -19 (21.31i -21). 3 Mediterranean under-23 100 2018; 3 under-23 ECH 200 2019 (2 4x100). His older brother is Mickael Méba Zézé (1 French 200 2018). Parents-Ivorian. Coach-Laurence Bily In 2021: 1 Miramas 'Elite' 200 'B' (2 60); 2ht Mondeville 'Elite' 60; 4 Eaubonne 60; 4 Val-de-Reuil 60; 5 French indoor 60				
BRIER Joe GBR	22y	45d	1999	Men's 4x400 Metres/Mixed 4x400 Metres Relay
Lead-off leg for team which won 2021 European indoor bronze (Him, Owen Smith, James Williams, Lee Thompson) 400 pb: 46.38 -20 (46.81i -21). 200 pb: 20.86w -20, 21.44 -19. 3 WJC 4x400 2018; 5 EIC 4x400 2019; 2 under-23 ECH 4x400 2019; ht EIC 2021 (3 4x400). 1 Welsh 2016 (at age 17); 1 Welsh indoor 2017; 1 Scottish indoor 2020; 2 UK indoor 2020; 5 UK 2020. Coach-Matt Elias In 2021: 2 Manchester Invitational; 1 Manchester UK Trial; 3 EIC 4x400				
COWAN Dwayne GBR	36y	119d	1985	Men's 4x400 Metres Relay
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. 200 pb: 20.65w -19, 20.73 -16 (20.96w -21). 1 ETCh 2017 (2019-2); sf WCH 2017 (3 4x400 with 44.2 split); sf COM 2018; sf ECH 2018 (2 4x400). 4 UK 2017/2018. He is a late developer in athletics, football was his first sport Son of the late Lloyd Cowan who passed away on January 11, 2021 In 2021: 3 Las Vegas Silver State 200				
DOBSON Charlie GBR	21y	192d	1999	Men's 4x400 Metres Relay
2018 World Junior 200m silver // 400 pb: 45.51 -21. 200 pb: 20.53 -18. 100 pb: 10.32w, 10.40 -18. 2 WJC 200 2018. 1 English junior indoor 200 2018; 1 British Universities indoor 60 2020 (representing Loughborough Students). From British club Colchester Harriers, Coach-Benke Blomkvist Clocked 45.84 in his first reported race at 400m in August 2020, then 45.51 in his second in April 2021 In 2021: 1 Coventry 400 (45.51)				
METZGER Kevin GBR	23y	168d	1997	Mixed 4x400 Metres Relay
Triple jumper turned 400m runner, down from 49.7 to 46.74 in 2020 400 pb: 46.71 -20 (46.86 -21). TJ pb: 15.67i -19, 15.37 -18. 1 English Schools under-17 TJ 2014; 1 English junior indoor TJ 2016; 3 British Universities TJ 2018; 2 English under-23 TJ 2018; sf UK 100 2019; 7 UK 400 2020. Attends Manchester Metropolitan University. Coach-Stephen Ball Played football for Rochdale, Manchester city and Burnley academies as a youth and first trained for athletics to keep fit for that sport In 2021: 1 Trafford Open 400; 3 University of Birmingham 200; 3 Coventry 400				
OKORO Efekemo GBR	29y	68d	1992	Men's 4x400 Metres/Mixed 4x400 Metres Relay
(Efe) Tough double at 2020 UK Championships: 3rd 400H & 6th 400 flat in same session 400 pb: 46.45 -20 (47.21 -21). 400H pb: 49.68 -20. 200 pb: 21.79w -15, 21.92 -16. 5 UK indoor 400 2018; 2 Scottish 400H 2018; 2 English 400H 2019; 3 UK 400H 2020 (2018-8, 2019-5); 6 UK 400 2020. Older brother-Edirin Okoro (110H), twin brother Onajike Okoro (HJ), sisters Ese (400H) & Ejiro (800) – all athletes. Coach-Tony Hadley In 2021: 3 Manchester Invitational 400 'C'; 3 Manchester UK Trial 400; 5 Coventry 400				
ROONEY Martyn GBR	34y	27d	1987	Men's 4x400 Metres Relay
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 (2005-4, 2007-7, 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); 4 WCH Mixed 4x400 2019. 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 In 2021: It is reported that he has withdrawn from Silesia21 (hamstring)				
THOMPSON Lee GBR	24y	56d	1997	Men's 4x400 Metres Relay
2018 UK Indoor Champion. 2021 European indoor relay bronze (held off a Borlée) 400 pb: 46.20 -20 (46.65i, 46.80 -21). 200 pb: 21.17w, 21.32 -20. sf WIC 2018 (6 4x400). 1 under-23 ECH 4x400 2017 (2019-2); sf EIC 2021 (3 4x400). 1 North of England 2017/2019; 1 UK indoor 2018; 4 UK 2020 (2019-5) Bad luck in 2019: He was part of the mis-declared 4x400m squad at the European Team Championships, so did not get to run, then he was due to run the anchor leg at the Doha World Championships final, but team dropped the baton before he got the chance! Coach-John Henson In 2021: 1 Manchester Invitational; 2 Manchester UK Trial 'B'; 4sf EIC (3 4x400); 1 Sheffield 300 (32.91); 2 Coventry				
WILLIAMS James GBR	29y	211d	1991	Men's 4x400 Metres/Mixed 4x400 Metres Relay
"The world's fastest maths teacher" Great breakthrough indoors in 2020 to take the UK indoor 400m title, then place second outdoors at 200m 400 pb: 46.60i -21, 48.46 -18. 200 pb: 20.87w, 20.90 -20. 100 pb: 10.37w, 10.42 -13. sf EIC 2021 (3 4x400 with 46.09 split). 1 Merseyside 400 2018; 1 North of England 100 2018 & indoor 60 2020; 1 UK indoor 400 2020; 2 UK 200 2020. He's a maths teacher at Weatherhead High School in Wallasey, Merseyside. Coach-Paul Waters In 2021: 2 Manchester Invitational 400; 1 Manchester UK Trial 400 'B' (in a quicker time, 46.60, than the 'A' race winner Joe Brier); 5sf EIC (3 4x400)				
YOUSIF Rabah GBR	34y	140d	1986	Men's 4x400 Metres Relay
Full name-Rabah Mohammed 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 2009/2011/2019; 1 Arab 2010; ht WIC 2010; 2 African Champs 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); 4 WCH Mixed 4x400 2019 (dnf 4x400). Allegiance transferee from Sudan – born-Khartoum, came to Britain in 2002. Acquired British citizenship on January 23, 2013 and cleared by World Athletics to compete for Britain from June 13, 2013. Wife, Sophie Legg, their children Noah & Taiba. Coach-Carol Williams				
ALMAS Deniz GER	23y	287d	1997	Men's 4x100 Metres Relay
100 pb: 10.08 -20. 200 pb: 20.64 -20. 5 EJC 4x100 2015; bronze WJC 4x100 2016 (ran heat); 1 under-23 ECH 4x100 2017 (ran heat only) / 2019 (ran heat + final) In 2021: 1 Chemnitz 60; 3 Düsseldorf 60; 4ht Berlin ISTAF 60; 6ht Liévin 'Gold' Tour 60; 3ht German indoor 60; 1 Gran Canaria 4x100				

ANSAH Owen GER	20y	152d	2000	Men's 4x200 Metres Relay
200 pb: 20.95 -20. 100 pb: 10.45 -20. 3 German indoor 200 2020 In 2021: 1 Frankfurt 200 (6 60); 1 Hamburg 60; Chemnitz 60 race 4; 1 Leipzig 200; 4ht German indoor 60				
ANSAH-PEPRAH Lucas GER	21y	104d	2000	Men's 4x200 Metres Relay
Anchored Germany to 4x100 gold at the 2019 European Junior Chmpionships 200 pb: 21.08 -20 (21.19i -21). 100 pb: 10.31 -20. 3 WJC 4x100 2018; 4 EJC 100 2019 (1 4x100) In 2021: 3 Frankfurt 60; 1 Hamburg race 1 (2x); 7 German indoor 60				
BALNUWEIT Erik GER	32y	220d	1988	Mixed Shuttle Hurdles Relay
8x German Champion indoors, but never outdoors (3x 2nd) // 110H pb: 13.32w, 13.44 -14. sf WJC 2006; 5 EJC 2007; ht OLY 2012; 5 EIC 2013 (2009/2021-sf); 7 ETCh 2013 (2011-9); 4 WSG 2013; ht WCH 2013; 6 WIC 2014; sf ECH 2014/2018; 4 EIC 2015 (2017-ht). 1 German indoor 2009/2013/2014/2015/2016/2017/2018/2021. Coach-Reinhard Lier In 2021: 5 Karlsruhe 'Gold' Tour; 5 Düsseldorf; 3 Berlin ISTAF; 6ht Liévin 'Gold' Tour; 1 German indoor; 5sf EIC				
DAMMERMANN Fabian GER	23y	193d	1997	Men's 4x400 Metres Relay
400 pb: 45.94 -18 (47.77i, 48.01 -21). 5 WJC 4x400 2016; 4 under-23 ECH 4x400 2017; 8 ECH 4x400 2018; 1 under-23 ECH 4x400 2019 In 2021: 2 Erfurt; 3 Leipzig; 4 German indoor				
DOMOGALA Patrick GER	28y	47d	1993	Men's 4x100 Metres Relay
200 pb: 20.64 -14. 100 pb: 10.22 -18. 3 Youth Olympic Games 200 2010; sf WJC 100/200 2012; 3 World Relays 4x200 2019. 1 German indoor 200 2019; 2 German 200 2019				
HARTMANN Joshua GER	21y	325d	1999	Men's 4x100 Metres Relay
100 pb: 10.14 -20. 200 pb: 21.03 -19. 400 pb: 46.96 -18. ht WCH 4x100 2019. 2 German 100 2020 In 2021: 7ht German indoor 60				
JUNKER Torben GER	28y	89d	1993	Men's 4x400 Metres Relay
400 pb: 46.17 -18 (47.60 -21). 3 under-23 ECH 4x400 2015; 8 ECH 4x400 2018. 1 German indoor 2019 (2018-2) In 2021: 1 Gran Canaria Open #1; 3 Gran Canaria Open #2				
KRAUSE Henrik GER	24y	182d	1996	Men's 4x400 Metres Relay
2021 German Indoor Champion // 400 pb: 47.03i, 47.71 -21. ht EIC 2021. 1 German indoor 2021 In 2021: 1 Leverkusen; 2 Leipzig; 1 German indoor; 3ht EIC; 5 Gran Canaria Open #2				
LANGE Tobias GER	27y	122d	1993	Men's 4x400 Metres Relay
400 pb: 46.27 -19 (47.21 -21). 200 pb: 20.99 -19. 4 WJC 4x400 2012. 3 German 2019 In 2021: 1 Gran Canaria Open #1 100/300; 2 Gran Canaria Open #2				
MULLER Steven GER	30y	227d	1990	Men's 4x200 Metres Relay
2019 German Champion at 200m // 200 pb: 20.42 -19. 100 pb: 10.31w, 10.33 -18. sf ECH 200 2018; 6 ETCh 200 2019; ht WCH 200 2019. 1 German 200 2019 & indoor 200 2018. Former player of German League American Football (for the Paderborn 'Dolphins'). Tried athletics training to improve his speed and was so good, coaches persuaded him to change sports In 2021: 2ht Frankfurt 60; 7ht German indoor 60				
POHL Michael GER	31y	163d	1989	Men's 4x100 Metres Relay
2019 German Champion at 100m // 100 pb: 10.22 -18 (10.39w -21). 200 pb: 21.00 -18. sf WIC 60 2018; 3 ETCh 100 2019; sf EIC 60 2021. 1 German 100 2019 In 2021: 1 Frankfurt 60; 4 Düsseldorf 60; 1 Erfurt 60; dq Dortmund 60; 3 German indoor 60; 5 Madrid 'Gold' Tour 60; 4sf EIC 60; 1 Gran Canaria 100/4x100				
REUS Julian GER	32y	365d	1988	Men's 4x100 Metres Relay
German record holder at 100m // 100 pb: 9.99w -17, 10.01 -16. 200 pb: 20.23w -16, 20.29 -17. 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 2013/2016/2018 (1 200 2016) In 2021: 2 Erfurt 60; 5ht Berlin ISTAF 60; 1 Leipzig 60; 1 Gran Canaria 4x100				
SANDERS Manuel GER	23y	27d	1998	Mixed 4x400 Metres Relay
Anchored Germany to 2019 European under-23 relay gold. 2019 German Champion 400 pb: 45.86 -19 (47.61 -21). 5 WJC 4x400 2016; 7 EJC 2017; 1 under-23 ECH 4x400 2019; 5 ETCh 4x400 2019. 1 German 2019 (2020-2) In 2021: 3 Gran Canaria Open #1 300; 4 Gran Canaria Open #2				
SCHLEGEL Marvin GER	23y	118d	1998	Men's 4x400 Metres Relay
2020 German Champion // 400 pb: 45.80 -20 (46.86 -21). 200 pb: 21.20 -18. ht EIC 2017; 1 under-23 ECH 4x400 2019; sf EIC 2021. 1 German 2020. Coach-Jörg Möckel In 2021: 1 Chemnitz; 1 Karlsruhe 'Gold' Tour; 1 Erfurt; 3 German indoor; 4sf EIC; 2 Gran Canaria Open #1 100/300; 2 Gran Canaria Open #1; 1 Gran Canaria Open #2				
SCHMIDT Roy GER	29y	212d	1991	Men's 4x100 Metres Relay
2016 European relay bronze. 2017 German Police Champion at 100m // 100 pb: 10.12w, 10.23 -19 (10.39w -21). 200 pb: 20.85 -14. 7 EJC 200 2009 (1 4x100); sf WJC 200 2010; 3 ECH 4x100 2016; ht WCH 4x100 2017; 2 ETCh 4x100 2019. 1 German Police 100 2017; 3 German 100 2017 In 2021: 3 Chemnitz 60 (Jan 22); 4ht Düsseldorf 60; 5 Erfurt 60; 2 Chemnitz 60 (Feb 6); 3ht German indoor 60; 2 Gran Canaria Open #2 100 (1 4x100)				
SCHULTE Marvin GER	22y	70d	1999	Men's 4x100 Metres Relay
2016 European Youth Champion // 100 pb: 10.12w, 10.18 -19. 200 pb: 21.92w -17. 1 European Youth 100 2016; 3 WJC 4x100 2018 (dq sf 100, false start); 5 under-23 ECH 100 2019 (1 4x100); ht WCH 4x100 2017 In 2021: 2 Chemnitz 60 (Jan 22); 7 Erfurt 60; 1 Chemnitz 60 (Feb 6); 5 German indoor 60				
SPISSINGER Yannick GER	25y	193d	1995	Mixed Shuttle Hurdles Relay
110H pb: 14.06 -20. 3 German indoor 2021. Club-MTG Mannheim In 2021: 1 Mannheim (3x); 1 Sindelfingen (4x); 3 German indoor				
STRAUB Felix GER	23y	351d	1997	Men's 4x200 Metres Relay
200 pb: 20.79 -19. 100 pb: 10.45 -19. sf under-23 ECH 200 2019. 2 German indoor 200 2020 In 2021: 2 Erfurt 60 'B'; 1 Chemnitz 60; 3 Leipzig 60; 5ht German indoor 60				

	TRABER Gregor GER	28y	148d	1992	Mixed Shuttle Hurdles Relay
2014 World indoor finalist // 110H pb: 13.21 -16. TJ pb: 15.33 -09. 7 World Youth TJ 2009; sf WJC 2010; 3 under-23 ECH 2013; 5 WIC 2014 (2012-ht); sf WCH 2015; sf OLY 2016; 5 ECH 2018 (2012/2014/2016-sf); 3 ETCh 2019. 1 German 2015/2018/2019 (1 indoor 2011/2012/2019). Club-Stadtwerke Tübingen. Coach-Gisela Hölzle					
	TREFZ Johannes GER	28y	326d	1992	Mixed 4x400 Metres Relay
3x German Champion // 400 pb: 45.70 -18 (47.84 -21). 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 2021: 4 Gran Canaria Open #1 300; 6 Gran Canaria Open #2					
•	AMOAH Joseph GHA	24y	108d	1997	Men's 4x100 Metres Relay
Ghanaian record holder at 200m. Anchored Ghana to victory in the 4x100m relay at 2019 African Games 100 pb: 10.00w -21, 10.01 -19 (10.28 -21). 200 pb: 20.08 -19. sf COM 200 2018; 4 African Games 100 2019 (1 4x100); qf WCH 100 2019 (ht 4x100). 1 IC4A indoor 200 2017 (IC4A = Intercollegiate Association of Amateur Athletes of America); 4 NCAA 200 2019 In 2021: 2 Virginia Beach 'B' (Feb 6); 1 Virginia Beach Norfolk State Invitational 60/200 (Feb 12); 3 Columbia SC Weems Baskin Invitational; 1 Towson Invitational; 1 Greensboro 'Aggie' Invitational 100/200/4x100					
•	AZAMATI-KWAKU Benjamin GHA	23y	106d	1998	Men's 4x100 Metres Relay
New Ghanaian record holder at 100m // 100 pb: 9.97 -21. 200 pb: 20.52 -21. sf WSG 100 2019; sf African Games 100 2019 (1 4x100, team of Sean Safo-Antwi, him, Martin Owusu-Antwi, Joseph Amoah) In 2021: 2 Lubbock 'Corky' 60; 1 Topeka 60; 1 Lubbock 'Lone Star' 60/200; 1 Texas Relays 100 (9.97 to break the Ghanaian record of 9.99 which had stood to Leonard Myles-Mills since 1999); 2 Canyon Meaker 200; 3 Lubbock Texas Tech Open 4x100					
	GADAYI Edwin GHA	20y	75d	2001	Men's 4x100 Metres Relay
100 pb: 10.55 -19. 200 pb: 20.81 -19. 3 African junior 200 2019 (5 100); 1 West African 100/200 2019					
	MANU Joseph GHA	24y	277d	1996	Men's 4x100 Metres Relay
100 pb: 10.28w -21, 10.39 -19. 200 pb: 21.22 -21 (21.24i -21). Attends Coppin State University in Baltimore, Maryland In 2021: 1 Columbia SC Weems Baskin Invitational 100; 3 Greensboro 'Aggie' Invitational 100 (1 4x100)					
	SAFO-ANTWI Sean GHA	30y	181d	1990	Men's 4x100 Metres Relay
2018 World indoor finalist at 60m. Led off team with won 2019 African Games title (him, Benjamin Azamati-Kwaku, Martin Owusu-Antwi, Joseph Amoah) 100 pb: 10.07w, 10.14 -14. 200 pb: 20.76 -16. sf EIC 60 2015; ht OLY 100 2016; 7 WIC 60 2018; 5 African Games 100 2019 (1 4x100). 1 UK Inter-Counties 100 2014/2015. 2 UK indoor 60 2015; 1 English 100 2015. Allegiance transferee from Great Britain & NI – has had dual citizenship since birth and with the agreement of British Athletics, he was cleared to compete for Ghana from March 8, 2016. Ghanaian parents. Member of British Club Enfield & Haringey					
x	BHAMBARI Sarthak IND	22y	259d	1998	Men's 4x400 Metres Relay
400 pb: 47.11 -21 In 2021: 2 Indian Grand Prix #2 'B'; 2 Indian Grand Prix #3 'B'; 7 Indian Federation Cup					
x	JACOB Amoj IND	22y	363d	1998	Men's 4x400 Metres/Mixed 4x400 Metres Relay
Second leg for team which won 2017 Asian Champs title (P. P. Kunhu Muhammed, him, Muhammed Anas Yahiya, Arokia Rajiv) 400 pb: 45.68 -21. 800 pb: 1:49.70 -17. 1 Asian junior 800 2016; 7 WJC 4x400 2016; 4 Asian Champs 2017 (1 4x400); 5 Asian Indoor Games 2017. 2 Indian 2019 In 2021: 1 Indian Grand Prix #2 'B'; 1 Indian Grand Prix #3 'B'; 1 Indian Federation Cup					
x	PANDI Naganathan IND	25y	6d	1996	Men's 4x400 Metres Relay
400 pb: 46.09 -21 In 2021: 1 Tamil Nadu State Meet; 1 Indian Grand Prix #1; 2 Indian Federation Cup					
x	RAJIV Arokia IND	29y	343d	1991	Men's 4x400 Metres/Mixed 4x400 Metres Relay
2017 Asian Championships silver, then relay gold // 400 pb: 45.37 -19 (46.52 -21). 200 pb: 20.66 -18 (21.24 -21). 100 pb: 10.59 -18. 3 Asian Games 2014 (2018-4); 1 South Asian Games 2016; 2 Asian Champs 2017 (1 4x400); 1 Asian Games Mixed 4x400 2018; 4 Asian Champs 2019 (2013-6, 2015-7). 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 2021: 1 Indian Grand Prix #1 200; 1 Indian Grand Prix #2 200; 3 Indian Federation Cup					
x	TOM Noah Nirmal IND	26y	168d	1994	Men's 4x400 Metres Relay
Anchored Indian team which placed seventh at the 2019 World Championship Mixed Relay 400 pb: 45.75 -19. 200 pb: 21.30 -19. 7 WCH Mixed 4x400 2019 (team of Muhammed Anas Yahiya, V. K. Vismaya, Jisna Mathew, him). 1 Indian 2019					
x	YAHYA Muhammed Anas IND	26y	225d	1994	Men's 4x400 Metres/Mixed 4x400 Metres Relay
Indian record holder. 2017 Asian Champion // 400 pb: 45.21 -19 (46.26 -21). 200 pb: 20.63 -18 (21.44 -21). 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; 7 Asian Champs 2019 (2 mixed 4x400); 7 WCH Mixed 4x400 2019. 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 World Athletics President made the same choice) In 2021: 2 Indian Grand Prix #2 200; 1 Indian Grand Prix #3 200 'B'; 1sf Indian Federation Cup (dns final)					
	BARR Thomas IRL	28y	279d	1992	Mixed 4x400 Metres Relay
The race of his life in Rio 2016 to come within 0.05 of the 400H bronze. 2018 European bronze 400 pb: 46.44i -20, 49.21 -12. 400H pb: 47.97 -16. 6 EJC 400H 2011; 8 under-23 ECH 400H 2013; 1 WSG 400H 2015; sf WCH 400H 2015/2017/2019; 4 OLY 400H 2016; 3 ECH 400H 2018 (2012/2014/2016-sf); ht EIC 400 2019. At London 2017 "I was hit with a bad bout of gastro-enteritis". 1 Irish 400H 2011-2018. Engineering graduate from the University of Limerick. Elder sister Jessie Barr (3x Irish Champion at 400mH)					
	MELLON Andrew IRL	25y	173d	1995	Mixed 4x400 Metres Relay
400 pb: 46.80 -16 (47.79i -21). sf under-23 ECH 2017 (7 4x400). 1 Northern Irish 2016/2019; 1 Irish indoor 2018 In 2021: 2 Dublin					
	O'DONNELL Christopher IRL	22y	348d	1998	Mixed 4x400 Metres Relay
400 pb: 46.16 -20 (47.39i -21). 6 EJC 2017; ht ECH 2018. 1 Irish 2018/2019/2020. Member of British club Newham & Essex Beagles In 2021: 1 Val-de-Reuil; 1 Manchester Invitational; 1 Dublin					
	PITKIN Thomas IRL	23y	108d	1998	Mixed 4x400 Metres Relay
400 pb: 47.50 -19 (47.61 -21). 400H pb: 52.70 -21. ht under-23 ECH 2019. 7 English under-23 2019; 1 Irish under-23 2019. Attends Economics at Butler University in Indianapolis. Coach-Linford Christie In 2021: 3 Chicago DePaul Big East 400; 6 Raleigh Relays 400H (1 400 'C'); 1 Normal Redbird 400H; 1 Nashville Vanderbilt Black & Gold 400H (3 200)					

ACETI Vladimir ITA	22y	196d	1998	Mixed 4x400 Metres Relay
2017 European Junior Champion // 400 45.65 -20 (46.55i -21). sf World Youth 2015; sf WJC 2016; 1 EJC 400/4x400 2017; 4 Mediterranean under-23 2018; 6 EIC 4x400 2019; 6 WCH 4x400 2019; sf EIC 2021 (5 4x400). 1 Italian indoor 2018/2021. Born-Petrozavodsk (Russia), adopted by an Italian family at age 5. Coach-Alessandro Simonelli In 2021: 1 Ghent IFAM; 1 Italian indoor; 3sf EIC (5 4x400)				
ALI Chituru ITA	22y	24d	1999	Men's 4x100 Metres Relay
100 pb: 10.40 -21. 110H pb: 13.95 -19. sf under-23 ECH 110H 2019; sf EIC 60 2019. 2 Italian 110H 2019; 2 Italian indoor 60H 2020; 2 Italian indoor 60 2021 In 2021: 2 Italian under-23 indoor 60; 1 Padua 60; 2 Italian indoor 60; 8sf EIC 60; 1 Rome Sprint Festival 100				
BENATI Lorenzo ITA	19y	25d	2002	Men's 4x400 Metres Relay
2018 European Youth Champion // Outdoor pb: 46.30 -20 (47.11i, 47.52 -21). 1 European Youth 2018 (& Medley relay); 8 EJC 2019; ht EIC 2021 In 2021: 1 Ancona; 1 Italian junior indoor; 4 Italian indoor; 4ht EIC				
CASARICO Mattia ITA	23y	170d	1997	Men's 4x400 Metres Relay
400 pb: 46.58 -18. 3 Italian indoor 2020 In 2021: 3 Ancona; 5 Italian indoor (1 4x400 with his club Pro Patria Milano)				
CATTANEO Federico ITA	27y	290d	1993	Men's 4x100 Metres Relay
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				
• DESALU Eseosa ITA	27y	70d	1994	Men's 4x100 Metres Relay
Sixth in 2018 European 200m final // 100 pb: 10.29 -20. 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; 2 ETCh 200 2019; sf WCH 200 2019. 1 Italian 200 2016/2017. Born in Italy of Nigerian parents. Acquired Italian citizenship in 2012 and formally cleared by World Athletics to compete for Italy from May 2, 2012. Coach-Sebastian Bacchieri				
GALVAN Matteo ITA	32y	248d	1988	Men's 4x400 Metres Relay
Former 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 ETCh 4x400 2019; 6 WCH 4x400 2019. 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				
GRANT Robert ITA	25y	89d	1996	Men's 4x400 Metres Relay
Allegiance transferee from USA – cleared by World Athletics to represent Italy from July 21, 2020 (he has dual citizenship. Many thanks, his great grandparents were born in Italy) 400 pb: 46.09 -17 (46.75i -21). 400H pb: 49.15 -17. 3 North/Central American & Caribbean under-23 400H 2016. 1 NCAA 4x400 2017/2019 & indoor 2017. Clocked a 44.61 split indoors in 2018. Was at University of Miami, then Texas A&M (Agricultural and Mechanical) University In 2021: 2 Fayetteville American Track League 4; 5 EIC 4x400				
INFANTINO Antonio ITA	30y	39d	1991	Men's 4x100 Metres Relay
3x UK Champion at 200m indoors, twice Italian Champion at 200m outdoors 100 pb: 10.06w, 10.26 -19 (10.31 -21). 200 pb: 20.27w, 20.41 -19 (20.48 -21). 7 Commonwealth Youth Games 200 2008; sf ECH 200 2016; ht WCH 200 2019. 1 English Schools under-15 100 2005, under-17 200 2007 & senior 2008; 1 UK indoor 200 2015/2017/2018; 1 English 200 2017; 1 Italian 200 2019/200. Allegiance transferee from Great Britain & NI – has dual citizenship with Italy and having never competed for Britain internationally was cleared by World Athletics to represent Italy from June 11, 2016 In 2021: 1 Dubai Racenight 100; 2 Hollywood Florida International 100 (3 200); 2 Clermont FL 'Pure Spring' 200 (4 100); 1 Lubbock Texas Tech Open 200 (2 100); 5 Gainesville Tom Jones Memorial 200 'B'				
• JACOBS Lamont Marcell ITA	26y	216d	1994	Men's 4x100 Metres Relay
2021 European Indoor Champion at 60m with the world's quickest time of the year 100 pb: 10.03 -19. 200 pb: 20.61 -18. LJ pb: 8.48w -16, 8.07i -17, 7.95 -16. 9 EJC LJ 2013; 1 Mediterranean under-23 LJ 2016; 11 ECH LJ 2016; dnq EIC LJ 2017; sf ECH 100 2018; 2 ETCh 100 2019; sf WCH 100 2019. 1 Italian LJ 2016 & indoor LJ 2017; 1 Italian 100 2018/2019/2020 & indoor 60 2021. The word 'crazylongjumper' is tattooed across his chest, it's also his social media handle. Allegiance transferee from USA – born-El Paso (Italian mother), acquired Italian citizenship on January 14, 2010 and cleared by World Athletics to compete for Italy from June 2012. Coach-Paolo Camossi (1 WIC TJ 2001) In 2021: 2 Berlin ISTAF 60; 1 Liévin 'Gold' Tour 60; 2 Łódź Orlen Cup 60; 1 Italian indoor 60; 1 EIC 60 in world lead 6.47				
LAMBRUGHI Mario ITA	29y	84d	1992	Men's 4x400 Metres Relay
2020 Italian Champion at 400m Hurdles // 400 pb: 46.37 -16. 400H pb: 48.99 -18. sf ECH 400H 2016; dq ht EIC 400 2017 (lane). 1 Italian 400H 2020 In 2021: 3 Rome Sprint Festival 300				
LOPEZ Braylan ITA	23y	314d	1997	Mixed 4x400 Metres Relay
2019 European under-23 bronze // 400 pb: 46.16 -19 (47.33i -21). ht WJC 2016; sf under-23 ECH 2017; 3 under-23 ECH 2019; 1 ETCh 4x400 2019; 5 EIC 4x400 2021 (2019-6). Born-Dominican Republic, moved to Italy with his mother in 2016. Coach-Alessandro Nocera In 2021: 3 Italian indoor; 5 EIC 4x400; 4 Rome Sprint Festival 300				
MANENTI Davide ITA	32y	14d	1989	Men's 4x100 Metres Relay
Third leg for relay team which broke the Italian 4x100 record in Doha 2019 (Federico Cattaneo, Lamont Marcell Jacobs, him, Filippo Tortu) 100 pb: 10.48 -19. 200 pb: 20.44 -16. 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; ht WCH 4x100 2019. 1 Italian 200 2013 (2013/2016/2019-2) In 2021: 1 Donnas 150				
MELI Riccardo ITA	20y	15d	2001	Men's 4x400 Metres Relay
400 pb: 46.78 -20. 3 Italian junior indoor 2020 In 2021: 1 Ancona; 3 Italian under-23 indoor; 4 Rome Sprint Festival				
• RE Davide ITA	28y	45d	1993	Mixed 4x400 Metres Relay
In June 2019 (at La Chaux-de-Fonds) became the first Italian below 45 seconds for 400m, then did so again at the Word Championships (where he missed the final by one place) 400 pb: 44.77 -19 (45.76 -21). 200 pb: 20.93 -19. sf World Youth 2009; ht ECH 2014; 4 under-23 ECH 2017; sf WCH 2017/2019; 6 WSG 2017; 1 Mediterranean Games 2018; sf ECH 2018; 1 ETCh 2019 (2017-3); 6 WCH 4x400 2019. 1 Italian 2017/2018 (1 200 2018). Former ski instructor. Coach-Maria Chiara Milardi In 2021: 1 Rieti 'Perseus'				

	RIGALI Roberto ITA	26y	113d	1995	Men's 4x100 Metres Relay
	100 pb: 10.28w -20, 10.31 -18. 200 pb: 21.16 -18. 3 EJC 4x100 2013. 2 Italian 100 2018 & Italian indoor 60 2019 In 2021: 2 Rome Sprint Festival 150				
	SCOTTI Edoardo ITA	20y	355d	2000	Mixed 4x400 Metres Relay
	2019 European Junior Champion // 400 pb: 45.21 -20 (46.61i -21). 200 pb: 20.95 -20. 1 EJC 4x400 2017; 4 WJC 2018 (1 4x400); 6 ECH 4x400 2018; 1 EJC 2019; 6 WCH 4x400 2019; 5 EIC 4x400 2021. 1 Italian 2020. Biology student. His second sport is golf. Coach-Giacomo Zilocchi In 2021: 1 Italian under-23 indoor; 2 Italian indoor; 4 Madrid 'Gold' Tour; 5 EIC 4x400; 1 Rome Sprint Festival 150/300 (32.87)				
•	SIBILIO Alessandro ITA	22y	3d	1999	Men's 4x400 Metres Relay
	World & European junior relay golds // 400 pb: 46.13 -21. 400H pb: 50.34 -17. 1 European Youth 400H 2016; 2 EJC 400H 2017 (1 4x400); 8 WJC 400H 2018 (1 4x400); 5ht ETCh 400H 2019. 1 Italian 400H 2019. Born-Naples In 2021: 1 Rome Sprint Festival				
•	TORTU Filippo ITA	22y	319d	1998	Men's 4x100 Metres Relay
	2019 World Championship 100m finalist. In Madrid 2018 with 9.99, he broke the Italian 100m record of 10.01 which had stood to Pietro Mennea since 1979 100 pb: 9.97w -19, 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; 7 WCH 100 2019. 1 Italian 100 2016 & indoor 60 2020. Coach/father Salvino Tortu (100m pb 10.6), grandfather Giacomo (100m pb 10.8). Older brother-Giacomo Tortu (100m pb 10.73) In 2021: In January it was reported that he had the all-clear after having had contracted Coronavirus				
x	ALLEN Nathon JAM	25y	184d	1995	Men's 4x400 Metres/Mixed 4x400 Metres Relay
	Three big 4x400m relay silvers: 2016 Olympic, 2019 World, 2019 World Mixed 400 pb: 44.13 -18 (46.02 -21). 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 WCH 4x400 Men & Mixed 2019. 2 NCAA 2017 (2018-3); 1 Jamaican 2017. Coach-Henry Rolle, he trains with Akeem Bloomfield In 2021: dnf Clermont FL 'Pure Spring'; 1 Miami Sprint Classic 'C'				
x	BAILEY O'Shane JAM	31y	264d	1989	Men's 4x100 Metres Relay
	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 (10.39 -21). 200 pb: 20.42 -16 (20.83 -21). 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 2021: 5 Spanish Town 60/200 (Jan 30); 1 Spanish Town 200 race 4; 3 Spanish Town 200; 1 Kingston 'Triangular' 200 (5 60); 2 Kingston Jamaican AAA Qualifier #1 100 'F'; 2 Kingston Jamaican AAA Qualifier #3 200 'E'; 1 Kingston 'Velocity' #8 100 'C'; dq Kingston 'Velocity' #9 100 'F'; 2 Kingston Jamaican AAA Qualifier #9 100 'B'				
x	BARNES Zandrion JAM	19y	256d	2001	Men's 4x400 Metres Relay
	400 pb: 47.02 -21. 200 pb: 21.72 -20 (22.43 -21) In 2021: 2 Kingston 'Triangular' 'B'; 2 Kingston 'Velocity' #8 'B'; 4 Kingston 'Velocity' #9 'B'; 2 Kingston Jamaican AAA Qualifier #9 'C'				
x	BENTLEY Michael JAM	22y	103d	1999	Men's 4x200 Metres Relay
	200 pb: 20.91 -18 (20.98 -21). 100 pb: 10.30 -18 (10.58 -21). ht World Youth 200 2015; sf WJC 100 2018. 1 Jamaican junior 100/200 2018 In 2021: 1 Kingston Jamaican AAA Qualifier #3 200 'C'; 2 Kingston 'Velocity' #8 200 'C'; 4 Kingston 'Velocity' #9 200 'C'; 2 Kingston Jamaican AAA Qualifier #9 100 'C' (1 200 'F')				
x	BROADBELL Rasheed JAM	20y	259d	2000	Mixed Shuttle Hurdles Relay
	Rapidly improving, down from 13.47 to 13.15 already in 2021 // 110H pb: 13.15 -21. 1 Carifta Games 2019. 3 Jamaican Schools 2018/2019 (representing St. Jago High school). In his In his first ever race over senior 110m hurdles (in 2020), he clocked 13.47 into a headwind. Coach-Stephen Francis In 2021: 2 Spanish Town 'Triangular' 60 'B'; 4 Kingston 'Triangular' 60 'B'; 1 Kingston Jamaican AAA Qualifier #3; 1 Kingston 'Velocity' #8; 1 Kingston 'Velocity' #9				
x	BURRELL Keeno JAM	25y	219d	1995	Men's 4x400 Metres Relay
	400 pb: 46.51 -16 (46.93 -21). 200 pb: 21.11 -15 (21.15 -21). 2 North/Central American & Caribbean under-23 4x400 2016. 4 Jamaican 2018 In 2021: 1 Kingston Jamaican AAA Qualifier #1 'C'; 1 Kingston Jamaican AAA Qualifier #3; 1 Kingston 'Velocity' #8				
x	CARTER Deuce JAM	30y	214d	1990	Mixed Shuttle Hurdles Relay
	110H pb: 13.20 -16 (14.11 -21). 4 Pan-Am junior 2009; 7 North/Central America & Caribbean 2015; sf OLY 2016. 2 Jamaican 2016. He was a victim of the torrential rain which caused the abandonment of the 110H heats in Rio 2016, having been disqualified from one of the two heats which were staged in the rain. Happily he was allowed to run again and progressed to the semi-finals.. Coach-Fitz Coleman In 2021: 4 Kingston 'Velocity' #9				
x	CARTER Nesta JAM	35y	201d	1985	Men's 4x100 Metres Relay
	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 (10.51 -21). 200 pb: 20.25 -10 (21.42 -21). sf WJC 200 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 2021: 4 Spanish Town 'Dual' 60 'C'; 2 Spanish Town 'Triangular' 60 'C'; 3 Kingston 'Triangular' 60 'C'; 1 Kingston Jamaican AAA Qualifier #1 200 'F'; 5 Kingston Jamaican AAA Qualifier #3 200 'E'; 2 Kingston 'Velocity' #8 100 'C'				
x	ELLIS Nigel JAM	23y	265d	1997	Men's 4x100/200 Metres Relay
	2016 World Junior bronze at 200m // 100 pb: 10.04 -21. 200 pb: 20.36 -18 (21.03 -21). 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 2021: 2 Spanish Town 'Dual' 60 'B'; 4 Spanish Town 'Triangular' 60 'C'; 2 Kingston 'Triangular' 60 'C'; 4 Kingston Jamaican AAA Qualifier #1 'B'; 3 Kingston Jamaican AAA Qualifier #3 200; 1 Kingston 'Velocity' #9 100; 4 Miami Sprint Classic 100				
x	FORTE Julian JAM	28y	113d	1993	Men's 4x100 Metres Relay
	(Forte is pronounced as in Fort Worth, one syllable) Ran in heat of 2014 Commonwealth Games relay [in Glasgow], so awarded gold won by Jamaica in final 100 pb: 9.91-17 (10.03 -21). 200 pb: 19.97 -16. 400 pb: 47.24 -15 (48.43 -21). 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). Third in 2016 Jamaican 200m, but that wasn't enough for Olympic selection as Usain Bolt was assured a discretionary place In 2021: 1 Spanish Town 'Dual' 60 'C'; 1 Spanish Town 'Triangular' 60 'C'; 1 Kingston 'Triangular' 60 'C'; 1 Kingston Jamaican AAA Qualifier #3 'C'; dnf Kingston 'Velocity' #8 200 'B'; 3 Miami Sprint Classic 100				

x	FRANCIS Javon	JAM	26y	137d	1994	Men's 4x400 Metres/Mixed 4x400 Metres Relay
<p>2016 Olympic relay silver. Two bronzes at 2018 Commonwealth Games, two silvers at 2019 World Championships 400 pb: 44.50 -15. 200 pb: 20.52 -18 (21.44 -21). 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; 2 WCH Mixed 4x400 2019 & silver 4x400 after running heat. 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 2021: 1 Prairie View Sprint Summit 200 'B' (2 4x200); 5 Waco Michael Johnson Invitational 200</p>						
x	GOLDSON Kadrian	JAM	23y	173d	1997	Men's 4x100/200 Metres Relay
<p>100 pb: 10.44 -20 (10.66 -21). 200 pb: 21.06 -21. 400 pb: 48.64 -21 In 2021: 2 Kingston Jamaican AAA Qualifier #1 200; 1 Kingston Jamaican AAA Qualifier #3 'B'; 4 Kingston 'Velocity' #8 100 'C'; 5 Kingston 'Velocity' #9 200 'C'; 3 Kingston Jamaican AAA Qualifier #9 100</p>						
x	JACKSON Jamoi	JAM	21y	1d	2000	Men's 4x400 Metres Relay
<p>400 pb: 46.47 -21. 200 pb: 21.50 -21 In 2021: 2 Spanish Town 'Dual' 'B'; 2 Spanish Town 'Triangular' 'B'; 4 Kingston 'Triangular' 200 'D'; 1 Kingston Jamaican AAA Qualifier #1 200 'E'; 4 Kingston Jamaican AAA Qualifier #3 200 'E'; 1 Kingston 'Velocity' #8 'B'; 1 Kingston 'Velocity' #9 'B'</p>						
x	LEVY Ronald	JAM	28y	181d	1992	Mixed Shuttle Hurdles Relay
<p>2018 Commonwealth Champion // 110H pb: 13.05 -17 (13.39 -21). 100 pb: 10.10w -16, 10.17 -17. dnf ht WCH 2017 (hamstring tear); sf WIC 2018; 1 COM 2018; 2 Athletics World Cup 2018; sf WCH 2019. 1 Jamaican Intercollegiate 2015; 1 Jamaican 2018/2019. Underwent shin surgery in October 2019. 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 Diamond League 2017 in his personal best of 13.05, then won again there in 2018 In 2021: 7 Kingston 'Triangular' 60; 1 Kingston Jamaican AAA Qualifier #1; 4 Miramar Invitational 'B'; 2 Kingston 'Velocity' #9; 2 Miami Sprint Classic</p>						
x	MURRAY Demar	JAM	29y	242d	1991	Men's 4x400 Metres/Mixed 4x400 Metres Relay
<p>400 pb: 46.00 -18 (46.83 -21). 400H pb: 49.94 -14. sf WJC 2010 (4 4x400). 6 Jamaican 400H 2014 In 2021: 4 Spanish Town 'C'; 4 Kingston 'Triangular'; 4 Kingston Jamaican AAA Qualifier #1 'D'; 2 Kingston 'Velocity' #8; 3 Kingston 'Velocity' #9 'B'; 1 Kingston Jamaican AAA Qualifier #9 'B'</p>						
x	POWELL Asafa	JAM	38y	158d	1982	Men's 4x100 Metres Relay
<p>The world's most prolific sub-10 second 100m runner (97 legal electric across 2004-2016, but none since) 100 pb: 9.72 -08 (10.48 -21). 200 pb: 19.90 -06. 400 pb: 45.94 -09 (50.32 -21). 5 OLY 100 2004/2008 (2012-7); 1 COM 100/4x100 2006; 3 WCH 100 2007 & 2 4x100; 3 WCH 100 2009 & 1 4x100; 2 WIC 60 2016; 1 OLY 4x100 2016 (but no longer 2008 after team were stripped of gold following the disqualification of Nesta Carter). 1 Jamaican 100 2004/2005/2007/2011 (1 200 2006). Set World records at 100m of 9.77 in Athens 2005, Gateshead 2006 and Zurich 2006, then 9.74 in Rieti 2007. Initially banned for 18 months in 2013/2014 for failing a doping control test for an amphetamine, but this was reduced to six months on appeal His 9.94 at Zurich on September 1, 2016 was his 106th sub-10 second run (97 legal, 8 windy + 1 hand time) – excluding his disqualified 9.88 from 2013 In 2021: 3 Kingston Jamaican AAA Qualifier #3 400 'B'; 1 Kingston 'Velocity' #9 100</p>						
x	THOMAS Terry	JAM	23y	364d	1997	Men's 4x400 Metres Relay
<p>Third leg for relay team which won World Championship silver in 2019 (Akeem Bloomfield, Nathon Allen, him, Demish Gaye) 400 pb: 45.47 -19 (47.07 -21). 200 pb: 21.44 -21. 100 pb: 10.27 -17. 3 WJC 4x400 2016; 4 North/Central American & Caribbean under-23 2019; 2 WCH 4x400 2019 (44.3 split). 2 Jamaican 2019 In 2021: 5 Kingston Jamaican AAA Qualifier #1 'D'; 4 Kingston Jamaican AAA Qualifier #3 'E'; 4 Kingston 'Velocity' #8 'B'; 2 Kingston 'Velocity' #9 200; 3 Kingston Jamaican AAA Qualifier #9 'C'</p>						
x	WHYTE Troy	JAM	25y	181d	1995	Men's 4x400 Metres Relay
<p>400 pb: 46.94 -21. 400H pb: 52.47 -20 In 2021: 1 Spanish Town 'Dual'; 1 Spanish Town 'Triangular'; 1 Kingston 'Triangular'; 3 Kingston Jamaican AAA Qualifier #1 'D'; 2 Kingston Jamaican AAA Qualifier #3 'E'; 3 Kingston 'Velocity' #8 'B'; 4 Kingston Jamaican AAA Qualifier #9 'C'</p>						
x	WILLIAMS Romario	JAM	25y	164d	1995	Men's 4x100/200 Metres Relay
<p>100 pb: 10.21 -20. 200 pb: 20.46 -20 (20.59 -21). 400 pb: 46.52 -17 (47.42 -21). 3 Central American & Caribbean Games 4x100 2018 In 2021: 7 Spanish Town 'Triangular' 'B'; 5 Kingston 'Triangular' 'B'; 7 Kingston Jamaican AAA Qualifier #1; 1 Kingston Jamaican AAA Qualifier #3; 1 Kingston 'Velocity' #8 200 'B'; 2 Kingston 'Velocity' #9 200 'C'</p>						
	DEDE Bruno	JPN	21y	205d	1999	Men's 4x100 Metres Relay
<p>Full name-Bruno Chikwadoro Dede Anchored Japan to relay victory at the 2019 World Student Games (Ryuichiro Sakai, Daisuke Miyamoto, Takamasa Matsuo, him) 100 pb: 10.11w -19, 10.20 -20 (10.47 -21). 200 pb: 20.62w -19, 21.08 -18. 1 WSG 4x100 2019. 1 Japanese junior 100 2018. Mother-Japanese, father-Nigerian In 2021: 5 Japanese World Relays Trial 100</p>						
	HIGUCHI Kazuma	JPN	22y	29d	1999	Men's 4x100 Metres Relay
<p>100 pb: 10.53w, 10.62 -20. 200 pb: 20.68 -20 (21.04 -21). 400 pb: 47.64 -15. 5 Japanese 200 2020 In 2021: 2 Japanese World Relays Trial 200 'B'</p>						
	IKEDA Kosuke	JPN	26y	9d	1995	Men's 4x400 Metres/Mixed 4x400 Metres Relay
<p>400 pb: 46.53 -19 (46.91 -21). 200 pb: 21.48 -19 In 2021: 2 Japanese World Relays Trial 'C'</p>						
	ITAHANA Kohei	JPN	26y	235d	1994	Men's 4x400 Metres/Mixed 4x400 Metres Relay
<p>400 pb: 46.24 -18 (47.36 -21) In 2021: 1 Japanese World Relays Trial 'B'; 6 Izumo Yoshioka Memorial 300 'B'</p>						
	ITO Rikuya	JPN	22y	171d	1998	Men's 4x400 Metres Relay
<p>Third leg for 4x400 team which won at 2019 Asian Championships // 400 pb: 45.79 -18 (46.76 -21). 1 Asian Champs 4x400 2019 (dq individual final, out of lane). 1 Japanese 2020 In 2021: 1 Japanese World Relays Trial 'C'</p>						
	KAWABATA Kaito	JPN	22y	256d	1998	Men's 4x400 Metres Relay
<p>400 pb: 46.03 -20. 200 pb: 21.00 -19 In 2021: 1 Izumo Yoshioka Memorial 100 'B'/300 'B'; 1 Izumo Yoshioka Memorial 'B'</p>						

KOBAYASHI Naoki JPN	30y	131d	1990	Mixed 4x400 Metres Relay
400 pb: 45.79 -14 (47.40 -21). 200 pb: 20.97 -14. 3 East Asian Games 2013; ht WCH 4x400 2015 In 2021: 1 Japanese World Relays Trial; 5 Izumo Yoshioka Memorial 100/300 'B'; 5 Izumo Yoshioka Memorial 'B'				
KUSANO Seiya JPN	33y	107d	1988	Men's 4x100 Metres Relay
100 pb: 10.19w -19, 10.28 -20 (10.23w, 19.44 -21). 200 pb: 21.50w -19, 22.03 -21. 1 Japanese Corporate 100 2015/2020, representing Accel Robotics In 2021: 1 Miyazaki Prefectural 100 'B'/200 'B'; 4 Japanese World Relays Trial 100; 4 Izumo Yoshioka Memorial 100				
MIYAMOTO Daisuke JPN	22y	13d	1999	Men's 4x100 Metres Relay
100 pb: 10.02w -19, 10.23 -17 (10.23w, 10.46 -21). 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 2021: 6 Japanese indoor 60; 6 Japanese World Relays Trial 100; 5 Izumo Yoshioka Memorial 100				
MIZUKUBO Soshi JPN	22y	60d	1999	Men's 4x100 Metres Relay
100 pb: 10.14 -20 (10.56 -21). 200 pb: 20.55w -19, 20.75 -20 (20.92 -21). 1 Japanese Universities 100/200 2020 In 2021: 1 Japanese World Relays Trial 200 'B'				
OBUCHI Mizuki JPN	24y	70d	1997	Men's 4x400 Metres Relay
400 pb: 45.78 -20 (47.41 -21). 4 WJC 4x400 2016. 2 Japanese 2019 In 2021: 3 Japanese World Relays Trial 'C'				
SAKAI Ryuichiro JPN	23y	47d	1998	Men's 4x100 Metres Relay
100 pb: 10.12 -19 (10.38 -21). 200 pb: 21.34 -19. 1 Japanese Universities 100 2019 In 2021: 3 Japanese indoor 60; 1 Japanese World Relays Trial 100				
SATO Kentaro JPN	26y	165d	1994	Men's 4x400 Metres Relay
Second leg for team which won at 2019 Asian Championships // 400 pb: 45.58 -15. 3 Asian Champs 2015; 2 WSG 4x400 2015; ht WCH 4x400 2017/2019; 1 Asian Champs 4x400 2019 (3 mixed 4x400). 2 Japanese 2015/2017				
SUZUKI Aoto JPN	19y	335d	2001	Men's 4x400 Metres Relay
400 pb: 47.27 -19. 100 pb: 10.40 -21. 200 pb: 21.18 -20 (21.33 -21) In 2021: 1 Kumagaya Heisei Kokusai University 100				
SUZUKI Ryota JPN	21y	309d	1999	Men's 4x100 Metres Relay
100 pb: 10.22 -20 (10.45 -21). 200 pb: 20.77 -20. 3 Japanese 200 2020 (6 100) In 2021: 3 Japanese World Relays Trial 200				
• WALSH Julian Jrummi JPN	24y	223d	1996	Men's 4x400 Metres Relay
Fifth at 2018 Asian Games & 2019 Asian Championships // 400 pb: 45.13 -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); sf WCH 2019. 1 Japanese 2016 (ending the 11-year streak of Yuzo Kanemaru) / 2018./2019 Born-Jamaica. Father-Jamaican, mother-Japanese. His father is International Reggae artist Emanuel Walsh				
YANAGITA Hiroki JPN	17y	279d	2003	Men's 4x100 Metres Relay
He was the second-quickest Asian junior at 100m in 2020 (and still a junior to the end of 2002) 100 pb: 10.27 -20 (10.44 -21). LJ pb: 7.51 -20. 7 Japanese 100 2020 In 2021: 2 Japanese World Relays Trial 100				
• CHERUIYOT Ferguson KEN	31y	151d	1989	Mixed 2x2x400 Metres Relay
Full name Ferguson Cheruiyot Rotich Fifth at Rio 2016, fourth at Beijing 2015, bronze at Doha 2019 800 pb: 1:42.54 -19 (1:45.64 -21). 1500 pb: 3:33.21 -18 (3:49.5 -21). 400 pb: 49.52 -16. 4 COM 800 2014; 4 African Champs 800 2014 (2018-5); 5 OLY 800 2016; 3 WCH 800 2019 (2013-dq sf-out of lane, 2017-sf). 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 men's professional football club). Member of Turkish Club Fenerbahçe Spor Kulubu In 2021: 1 Nairobi AK Relays #3 800 'C'; 5 Nairobi AK Weekend #1 1500; 2 Nairobi AK Weekend #2 800; 1 Nairobi AK Weekend #2 800				
EKWAM Zablon KEN	23y	269d	1997	Men's 4x400 Metres Relay
Full name-Zablon Ekhal Ekwan // 400 pb: 45.65 -21. 200 pb: 21.13 -21 In 2021: 1 Nairobi AK Relays #3 'B'; 1 Nairobi AK Weekend #1; 1 Nairobi AK Weekend #2 4x400. It is reported that he has withdrawn from Silesia21				
KIETI Stanley KEN	24y	120d	1996	Mixed 4x400 Metres Relay
Full name-Stanley Kieti Mutunga // 400 pb: 45.95 -16 (46.94 -21). 200 pb: 21.23 -21. dq ht World Youth 200 2013 (lane); sf African Champs 2016. 3 Kenyan Olympic Trial 2016; 3 Kenyan 2016 (2019-4) In 2021: 3 Nairobi AK Relays #3 'B'; 1 Nairobi AK Weekend #2				
• KINYAMAL Wycliffe KEN	23y	302d	1997	Mixed 2x2x400 Metres Relay
2018 Commonwealth 800m Champion (when he suddenly kicked with 200m to go, got a lead then held on grimly in the finishing straight) 400 pb: 46.55 -21. 800 pb: 1:43.12 -18 (1:46.09 -21). 1 East African Junior 800 2016; 1 COM 800 2018. Went out in his heat at the 2017 Kenyan World Championship Trials, but ended that season in style by improving from 1:45 to 1:43 when winning in Rovereto In 2021: 2 Nairobi AK Relays #3; 3 Nairobi AK Weekend #1 400				
KIVIASI Dan KEN	27y	311d	1993	Men's 4x200 Metres Relay
Full name-Dan Kiviasi Asamba // 200 pb: 20.82 -19 (21.3 -21). 100 pb: 10.9 -16. 400 pb: 48.16 -21. sf African Games 200 2019. 2 Kenyan 200 2019 In 2021: 2 Nairobi AK Relays #3 200; 2 Nairobi AK Weekend #2 200				
KOECH Haron KEN	31y	93d	1990	Mixed 4x400 Metres Relay
Full name-Haron Kipchumba Koech 2016 Olympic finalist, 2018 Commonwealth Games finalist (at 400m hurdles) 400 pb: 46.76 -19 (47.84 -21). 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 400H 2018 (1 4x00). 1 Kenyan 400H 2016; 3 World Relays Mixed 4x400 2019; 6 African Games 400H 2019. The late Nicholas Bett (1 WCH 400H 2015) was his twin brother In 2021: 2 Nairobi AK Relays #3 400 'C' (3 4x400); 3 Nairobi AK Weekend #2				

KORIR Emmanuel KEN	25y	319d	1995	Mixed 4x400 Metres Relay
Full name-Emmanuel Kipkurui Korir He has the best ever 400m speed of any top 800m man (he's even quicker than Alberto Juantorena) 400 pb: 44.21 -18 (45.79 -21). 800 pb: 1:42.05 -18. sf WCH 800 2017/2009; 2 African Champs 800 2018; 1 IAAF Continental Cup 800 2018; 1 Diamond League 800 2018; 6 WCH 400 2019. 1 NCAA 800 indoors & out 2017. 1 Kenyan 400 2019. Coached at University of Texas El Paso by Paul Ereng (1 OLY 800 1988). Won 2018 London Diamond League in 1:42.05, the world's quickest since 2010. Failed to reach the 800m final in Doha 2019, but returned to qualify for the 400m final In 2021: 1 Prairie View Sprint Summit 400 'B'; 4 Eugene Grand Prix 400. It is reported that he has withdrawn from Silesia21				
MOMANYI Jared KEN	30y	360d	1990	Men's 4x400 Metres Relay
Full name-Jared Nyambweke Momanyi Led off Kenyan relay team which won at the 2018 African Championships 400 pb: 45.13 -18 (46.76 -21). 7 African Champs 2018 (1 4x400); 3 World Relays Mixed 4x400 2019. 2 Kenyan 2018 In 2021: 2 Nairobi AK Relays #3; 4 Nairobi AK Weekend #1; 1 Nairobi AK Weekend #2				
MUKHOBE Wisemen Were KEN	23y	199d	1997	Mixed Shuttle Hurdles Relay
110H pb: 14.26 -19 (14.27 -21). 400H pb: 53.9 -19 (54.86 -21). 1 Kenyan 2019 In 2021: 2 Nairobi AK Relays #3; 1 Nairobi AK Weekend #1; 4 Nairobi AK Weekend #1; 1 Nairobi AK Weekend #2 (3 4x400)				
MUSYOKA Michael KEN	24y	93d	1997	Mixed Shuttle Hurdles Relay
Full name-Michael Musyoka Nzuku // 110H pb: 14.08w, 14.14 -19 (14.41 -21). 2 Kenyan 2018; 2 Kenyan Armed Forces 2018 In 2021: 1 Nairobi AK Relays #3; 2 Nairobi AK Weekend #1; 3 Nairobi AK Weekend #2				
MUTUA Emmanuel KEN	18y	126d	2002	Mixed 4x400 Metres Relay
400 pb: 46.35 -21. 7 African Youth 2019, sf Kenyan 2019 In 2021: 1 Nairobi AK Relays #3. It is reported that he has withdrawn from Silesia21				
NYANGAU Mike KEN	26y	245d	1994	Men's 4x200 Metres Relay
Full name-Mike Mokamba Nyangau (aka Nyang'au) 5x Kenyan Champion at 200m 200 pb: 20.38 -16 (20.96 -21). 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; 4 World Relays 4x200 2019; 8 African Games 200 2019. 1 Kenyan 100 2015/2016 & 200 2012/2013/2015/2016/2019). Coach/father-Elkana Nyangau In 2021: 1 Nairobi AK Relays #3 200 'B'; 1 Nairobi AK Weekend #2 200; 1 Nairobi AK Weekend #2				
OCHIENG Hesborn KEN	28y	216d	1992	Men's 4x200 Metres Relay
200 pb: 21.31 -19 (21.35 -21). 100 pb: 10.52 -19 (10.54 -21). 1 Kenyan Prisons 200 2018; 5 Kenyan 200 2018 In 2021: 3 Nairobi AK Relays #3 200 (2 100 'C'); 3 Nairobi AK Weekend #1 100; dq Nairobi AK Weekend #2 100; 1 Nairobi AK Weekend #2 4x100				
ODHIAMBO Mark KEN	27y	354d	1993	Men's 4x200 Metres Relay
Full name-Mark Otieno Odhiambo (sometimes he gets called Mark Otieno, sometimes Mark Odhiambo) 200 pb: 20.41 -17 (20.46 -21). 100 pb: 10.11 -21. sf African Games 100 2015 & sf African Champs 100 2016/2018; qf WCH 100 2017 (ht 200) sf COM 100/200 2018; 4 World Relays 4x200 2019. 1 Kenyan 100 2017/2018 (1 200 2017). His grandmother and father were both sprinters In 2021: 1 Nairobi AK Relays #3 200; 1 Nairobi AK Weekend #2 100; 1 Nairobi AK Weekend #2; 1 Lusaka All Comers 100/200; 1 Lusaka All Comers 200				
ONKWARE Elijah KEN	21y	82d	2000	Men's 4x100 Metres Relay
Full name-Elijah Onkware Mathew // 100 pb: 10.50 -21. 200 pb: 21.54 -21 In 2021: 1 Nairobi AK Relays #3 100 'B'/200 'B'; 6 Nairobi AK Weekend #2 100 (1 4x100)				
RAYIAN William KEN	26y	352d	1994	Men's 4x400 Metres Relay
400 pb: 46.13 -21. 800 pb: 1:49.8 -20. Member of Kenyan Police team In 2021: 1 Nairobi AK Relays #3; 2 Nairobi AK Weekend #1; 1 Nairobi AK Weekend #2 4x400				
ROTICH Kipkorir KEN	22y	360d	1998	Mixed Shuttle Hurdles Relay
110H pb: 14.22 -17. 400H pb: 50.80 -21. 2 Kenyan 110H 2017 In 2021: 1 Nairobi AK Relays #3 'B'; 3 Nairobi AK Weekend #1; 1 Nairobi AK Weekend #2 (2 110H). It is reported that he has withdrawn from Silesia21				
SANAYEK David KEN	20y	344d	2000	Men's 4x400 Metres Relay
Full name-David Sanayek Kapirante // 400 pb: 46.82 -19 (47.23 -21). 4 World Youth Mixed 4x400 2017 In 2021: 2 Nairobi AK Relays #3; 2 Nairobi AK Weekend #2 4x400				
TONUI Kevin KEN	23y	278d	1997	Men's 4x400 Metres Relay
Full name-Kevin Kiprotich Tonui // 400 pb: 46.26 -16 (46.73 -21). 1 Kenyan Prisons 2015; 1 East African junior 2016; 3 Kenyan junior 2016 In 2021: 2 Nairobi AK Relays #3 'B'; 2sf Nairobi AK Weekend #1 (1 4x400)				
AGARD Terrence NED	31y	14d	1990	Men's 4x400 Metres/Mixed 4x400 Metres Relay
Ex-Netherlands Antilles (country now dissolved) // 400 pb: 45.61 -19. 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. 1 Dutch 2019 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	21y	175d	1999	Men's 4x400 Metres Relay
Third leg for team which won 2021 European indoor 4x400 title // 400 pb: 46.48i -21, 46.49 -20. 400H pb: 49.60 -20. 2 Carifta Games 400H 2018 (he's from Curaçao); sf WJC 400H 2018; 7 under-23 ECH 2019; 1 EIC 4x400 2021 (team of Jochem Dobber, Liemarvin Bonevacía, him, Tony van Diepen) . His father Lesley Angela was a 400/800m runner In 2021: 1 Vienna T&F 'C'; 2 Metz 'B'; 2 Apeldoorn; 4 Dutch indoor; 1 EIC 4x400				
BONEVACIA Liemarvin NED	32y	25d	1989	Men's 4x400 Metres Relay
Three European Championship bronzes, two indoors and one outdoors 400 pb: 44.72 -15 (45.99i -21). 200 pb: 20.46 -18 (21.37i -21). 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 2017/2021 (2015/2019-ht); dq ETCh 2017 for false start (he ran under protest and 'won' in 45.44, his fastest of that year); 1 EIC 4x400 2021. 1 Dutch 2014/2015/2016/2017 (1 200 2015) & indoor 2015/2017/2021 (1 200 2018). From Curaçao (who are not a member of World Athletics or IOC), he formerly competed with Netherlands Antilles before that country was dissolved). Coaches-Bram Peters & Laurent Meuwly (same as Femke Bol etc) In 2021: 1 Vienna T&F; 1 Metz 'B'; 1 Apeldoorn; 1 Dutch indoor (Dutch indoor record 45.99); 3 EIC (1 4x400, team of Jochem Dobber, him, Ramsey Angela, Tony van Diepen)				

	BURNET Taymir	NED	28y	210d	1992	Men's 4x100 Metres Relay
	Anchored the Netherlands to 2018 European relay bronze (preceded by Christopher Garia, Churandy Martina & Hensley Paulina) 100 pb: 9.98w, 10.12 -19. 200 pb: 20.34 -19. ht WCH 4x100 2017 (dq final 2019; sf ECH 200 2018 (3 4x100); sf WCH 100/200 2019. 2 Dutch 100 2017. Born-Curacao					
	DOBBER Jochem	NED	23y	296d	1997	Men's 4x400 Metres/Mixed 4x400 Metres Relay
	2020 Dutch Champion. 2021 European indoor relay gold // 400 pb: 45.64 -20 (46.51i -21). sf WJC 2016; 5 EIC 2021 (1 4x400). 1 Dutch 2020. Student of computer science In 2021: 1 Vienna T&F; 3 Metz; 3 Apeldoorn; 3 Dutch indoor; 5 EIC (1 4x100, team of him, Liemarvin Bonevacija, Ramsey Angela, Tony van Diepen)					
	GARIA Christopher	NED	28y	134d	1992	Men's 4x100 Metres Relay
	Led off the Netherlands team which won 2018 European bronze (followed by Churandy Martina, Hensley Paulina, Taymir Burnet) 100 pb: 10.22 -19. 200 pb: 20.67w -18, 20.68 -19. 3 Carifta Games under-17 100 2008; sf ECH 100 2018 (3 4x100). 1 Dutch indoor 60 2018 (2021-2); 2 Dutch 100/200 2019. Ex-Netherlands Antilles (country dissolved in 2010, all athletes immediately eligible to compete for the Netherlands) In 2021: 1 Apeldoorn 60; 2 Dutch indoor 60					
	MARTINA Churandy	NED	36y	300d	1984	Men's 4x100 Metres Relay
	He and Usain Bolt were the only men to have contested the Olympic 200m final in Beijing, London and Rio 100 pb: 9.76w -06, 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); 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 In 2021: 5ht Dusseldorf 60; 2 Apeldoorn 60; 4 Dutch indoor 60					
	PAULINA Hensley	NED	27y	308d	1993	Men's 4x100 Metres Relay
	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); dq WCH 4x100 final 2019 (after 37.91 heat with team of Joris van Gool, Taymir Burnet, him, Churandy Martina)					
•	van DIEPEN Tony	NED	25y	12d	1996	Men's 4x400 Metres/Mixed 4x400 Metres Relay
	2021 European indoor silver & relay gold // 400 pb: 45.83 -19 (46.06i -21). 800 pb: 1:44.82 -20 (1:48.36i -21). ht EJC 800 2013/2015; sf WJC 800 2014; 3 EIC 400 2019 (2017-ht); 2 EUC 400 2021 (1 4x400). 1 Dutch indoor 400 2018/2019/2020; 1 Dutch 400 2018. Cut his 800m pb from 1:46.90 to 1:44.82 at Ostrava 2020. On social media he's "Tony Two Laps" In 2021: 6 Liévin 'Gold' Tour 800 'B'; 4 Apeldoorn 400; 9 Toruń 'Gold' Tour 800; 2 Dutch indoor 400; 2 EIC 400 (1 4x400, ran anchor)					
	van GOOL Joris	NED	23y	26d	1998	Men's 4x100 Metres Relay
	2019 European indoor bronze at 60m // 100 pb: 10.16 -19 200 pb: 21.51 -16. ht WJC 100 2016; sf EJC 100 2017; ht ECH 100 2018; 3 EIC 60 2019 (2021-dq ht); 3 under-23 ECH 100 2019. 1 Dutch 100 2020. 1 indoor 60 2019/2020/2021 In 2021: 1 Ghent 60; 1 Dortmund 60; dq Liévin 'Gold' Tour 60; 1 Dutch indoor 60; 3 Madrid 'Gold' Tour 60; dq/ht EIC 60 (false start)					
	WARDENBURG Nout	NED	24y	71d	1997	Men's 4x400 Metres/Mixed 4x400 Metres Relay
	400 pb: 46.76i -21, 47.20 -20. Decathlon pb: 7130 -18. 2 Dutch indoor Heptathlon 2019 In 2021: 2 Vienna T&F 400; 1 Apeldoorn 400 (Feb 10); 7 Apeldoorn 400 (Feb 13); 6 Dutch indoor 400					
x	ADEGOKE Enoch	NGR	21y	52d	2000	Men's 4x100 Metres Relay
	Full name-Enoch Olaoluwa Adegoke 2018 Commonwealth 100m finalist // 100 pb: 10.05w -21, 10.12 -19 (10.16 -21). 200 pb: 21.07 -19. 7 COM 100 2018; sf African Champs 100 2018; 1 African Junior 100 2019 (4 200) In 2021: 1 Akure All Comers #1 100; 1 Akure All Comers #2 100; 2 Lagos Grand Prix 100; 1 Nigerian Sports Festival 100/4x100; 1 Nigerian Sports Festival					
x	ADEYEMI Sikiru	NGR	22y	302d	1998	Men's 4x400 Metres Relay
	Full name-Sikiru Adewale Adeyemi // 400 pb: 45.93 -21. 200 pb: 21.40 -21. 5 African junior 2015; 4 Commonwealth Youth Games 2015. 5 Nigerian 2019 In 2021: 1 Akure All Comers #1 200 'N' & 400 'J'; 2 Akure All Comers #2; 3 Nigerian Sports Festival					
x	AKINTOLA Alaba	NGR	19y	228d	2001	Men's 4x100 Metres Relay
	Full name-Alaba Olukunle Akintola 2018 Youth Olympic silver at 100m 100 pb: 10.16w, 10.29 -21. 200 pb: 20.51 -21. 2 African Youth 100 2018; 2 Youth Olympic 100 2018 In 2021: 3 Akure All Comers #1 100; 5 Akure All Comers #2 100; 4 Lagos Grand Prix 100; 2 Lagos Grand Prix 200 (4 100); 1 Nigerian Sports Festival 200/4x100 (2 100)					
x	ALOWONLE Rilwan	NGR	27y	139d	1993	Men's 4x400 Metres Relay
	(aka Mohamed Rilwan Alowonle or RJ Alowonle) Fifth in 2018 Commonwealth Games 400mH final 400 pb: 46.60i -18, 47.27 -14. 400H pb: 49.42 -19 (50.75 -21). 110H pb: 14.36w, 14.49 -13. 5 COM 400H 2018; ht African Champs 400H 2018 (3 4x400); 4 African Games 400H 2019. 5 NCAA 400H 2014. 2 Nigerian 400H 2014; sf US 400H 2016/2017. He was clear to compete for Nigeria because even though he's competed in US Championships, he never represented the US internationally. So his is a allegiance declaration rather than transfer In 2021: 2 Columbia SC Gamecock Invitational 400H; 7 Des Moines Drake Relays 400H					
x	ASHE Favour	NGR	19y	2d	2002	Men's 4x100 Metres Relay
	Full name-Favour Oghenetajiri Ashe Down from 10.72 to 10.17 in 2021! 100 pb: 10.07w, 10.17 -21. 200 pb: 21.57 -21 In 2021: 1 Akure All Comers #1 100 'B'; 1 Akure All Comers #2 200 (4 100); 3 Lagos Grand Prix 100 (6 200); 6 Nigerian Sports Festival 100 (3 4x100)					
x	EMO-OGHENE Timothy	NGR	23y	161d	1997	Men's 4x400 Metres/Mixed 4x400 Metres Relay
	Twice Nigerian Champion at 400m Hurdles // 400H pb: 50.06 -21. 4 African Junior 400H 2015; dq ht WJC 400H 2016; ht African Games 400H 2019. 1 Nigerian 400H 2017/2019 In 2021: 1 Akure All Comers #2 400H 'B'; 1 Lagos Grand Prix 400H 'B'; 1 Nigerian Sports Festival 400H/Mixed Relay					
x	ITSEKIRI Usheoritse	NGR	23y	89d	1998	Men's 4x100 Metres Relay
	Winner of the sprint double at 2019 Nigerian Championships // 100 pb: 10.02 -19 (10.34 -21). 200 pb: 20.53 -19. 4 African Youth 200 2015; sf Commonwealth Youth Games 100 2015; dq COM 4x100 final 2018 (after good 38.52 heat); 3 African Games 100 2019 (2 4x100); qf WCH 100 2019. 1 Nigerian 100/200 2019. A graduate of Electrical Engineering from Afe Babalola University (in Ado Ekiti, Nigeria) In 2021: 2sf Akure All Comers #2 100; 4 Nigerian Sports Festival 100 (2 4x100)					

x	JAKPA Jerry	NGR	22y	343d	1998	Men's 4x100 Metres Relay
100 pb: 10.25w, 10.32 -18 (10.33 -21). 200 pb: 20.59 -19. 400 pb: 47.30 -21. sf African Champs 200 2018 In 2021: 1 Akure All Comers #1 200; 3 Akure All Comers #2 100; 1 Lagos Grand Prix 200; 2 Nigerian Sports Festival 200 (3 100)						
x	ODUDURU Divine	NGR	24y	204d	1996	Men's 4x100 Metres Relay
Full name-Ejowvokoghene Divine Oduduru Sprint double winner at 2019 US Collegiate Championships (clocking 9.86 & 19.73 on the same day) 100 pb: 9.86 -19 (10.25 -21). 200 pb: 19.73 -19 (20.46 -21). 6 World Youth 200 2013; 1 African junior 200 2013/2015 (1 100 2015); 2 WJC 200 2012; 2 African Games 200 2015/2019; sf OLY 200 2016; 2 African Champs 200 2018 (2014-6); sf WCH 200 2019. 1 Nigerian 200 2016; 1 NCAA 200 2018 & 100/200 2019, representing Texas Tech University In 2021: 1 Miramar Florida International; 4 Gainesville Tom Jones Memorial 200 (1 4x100, 2 4x400); 5 Eugene Grand Prix 100						
x	OGHENEWEGBA Samson	NGR	23y	244d	1997	Men's 4x400 Metres Relay
(Aka Samson Oghenewegba Nathaniel, Nathaniel Samson Oghenewegba or Samson Nathaniel) 400 pb: 45.23 -17 (46.43 -21). 200 pb: 21.24 -16. sf World Youth 2013; 4 African Youth Games 2014; ht WJC 2014; sf African Games 2015; 5 WIC 4x400 2016; ht WCH 2017; sf COM 2018; sf African Champs 2018; 3 African Games 4x400 2019. 1 Nigerian 2017 In 2021: 2 Akure All Comers #1; 1 Lagos Grand Prix; 4 Nigerian Sports Festival						
x	OJELI Ifeanyi Emmanuel	NGR	22y	202d	1998	Men's 4x400 Metres/Mixed 4x400 Metres Relay
2019 African Games relay bronze bronze // 400 pb: 45.91 -19 (45.99 -21). 100 pb: 10.40 -21. 200 pb: 20.78 -21. 6 African Games 2019 (3 4x400). 1 Nigerian 2019 In 2021: 5 Akure All Comers #1 100; 1 Akure All Comers #1 200 'C'; 1 Akure All Comers #2; 1 Lagos Grand Prix; 2 Nigerian Sports Festival						
x	OKEZIE Chidi	NGR	27y	265d	1993	Men's 4x400 Metres/Mixed 4x400 Metres Relay
Full name-Chidi Anthony Okezie Allegiance transferee from the USA – the country he represented when winning a World Junior relay gold in 2012 400 pb: 45.60 -21. 100 pb: 10.50w -18, 10.55 -16 (10.60 -21). 200 pb: 20.68w -17, 20.81 -15 (20.84 -21). 1 WJC 4x400 2012; sf WIC 2018 (2016-ht); sf COM 2018. 3 US junior 2012; 1 Nigerian 2015. Attended Hampton University (Virginia) In 2021: 1 Norfolk VA Rogers Invitational 100/200; 1 Norfolk VA Rogers Invitational 200; 1 Nigerian Sports Festival (3 200); 3 Nigerian Sports Festival 200						
	BRZEZINSKI Adrian	POL	22y	249d	1998	Men's 4x100/200 Metres Relay
2012 Polish Indoor Champion at 200m // 100 pb: 10.36w, 10.46 -19. 200 pb: 20.94w -19, 21.06i -21, 21.09 -20. sf under-23 ECH 200 2019. 2 Polish 200 2020; 1 Polish indoor 200 2021 In 2021: 1 Toruń 'National' 60 (Jan 18); 1 Toruń 'National' 200 (4 60) (Jan 23); 1 Toruń 'National' 200 (Jan 30); 1 Toruń 'National' 200 (Feb 6); 7 Łódź Orlen Cup 60; 1 Polish indoor 200 (5 LJ)						
•	CZYKIER Damian	POL	28y	262d	1992	Men's 4x100 Metres/Mixed Shuttle Hurdles Relay
(Say it like "Chick-Ear") Twice fourth at European Championships outdoors, and twice fourth at European Team Championships 100 pb: 10.28 -17. 110H pb: 13.28 -17. 4 ECH 110H 2016/2018; sf OLY 110H 2016; 4 ETCh 110H 2017/2019 (2015-6); sf WCH 110H 2017; 3 WSG 110H 2017 (2015-4); sf WIC 60H 2018; 6 EIC 60H 2021 (2015/2019-sf, 2017-ht). 1 Manchester 'Great' CityGames 110H 2018 (beat Pozzi & Merritt). 1 Polish 110H 2016-2020 & indoor 60H 2017 -2021. His father Dariusz Czykier was a footballer in the Polish League, playing in 230 matches and scoring 33 goals. He studied Civil Engineering at the Warsaw University of Technology, where he wrote a thesis on the efficiency of bus line #103 in the Polish Capital. Club-KS Podlasie Białystok In 2021: 1 Toruń 'National' 60H; 3 Toruń 'National' 60H; dq Karlsruhe 'Gold' Tour 60H; 1 Düsseldorf 60H; 5 Liévin 'Gold' Tour 60H; 4 Łódź Orlen Cup 60H; 4 Toruń 'Gold' Tour 60H; 1 Polish indoor 60H; 6 EIC 60H						
•	DOBEK Patryk	POL	27y	76d	1994	Mixed 2x2x400 Metres Relay
7x Polish Champion at 400m Hurdles, now he's European Indoor Champion at 800m 800 pb: 1:46.81i -21. 400 pb: 46.12 -19 (47.69i -21). 400H pb: 48.40 -15. 3 World Youth 400H 2011; sf WJC 400H 2012 (2 4x400); 2 EJC 400H 2013 (2 4x400); 1 under-23 ECH 400H 2015; 7 WCH 400H 2015 (2017/2019-sf); ht OLY 400H 2016; 5 WSG 400H 2017; 2 Athletics World Cup 400H 2018; 5 ECH 400H 2018 (2014-sf); 3 WSG 400H 2019 (2017-5); 1 ETCh 400H 2019 (2015-2, 2017-3); 1 EIC 800 2021. 1 Polish 400H 2014-2020. 1 Polish indoor 800 2021. Club-MKL Szczecin Coach (since December 2020)-Zbigniew Król, who previously coached Adam Kszczot In 2021: 1 Toruń 'National' 400; 1 Spała 400; dnf Metz 800; 1 Toruń PZLA 'Control' 800; 1 Polish indoor 800 (defeated Adam Kszczot); 1 EIC 800						
	DUSZYNSKI Kajetan	POL	25y	353d	1995	Men's 4x400 Metres Relay
2020 Polish Indoor Champion // 400 pb: 45.98 -17 (46.85i -21). 2 under-23 ECH 4x400 2015/2017; 7 under-23 ECH 2017 400 2017; 7 WCH 4x400 2017; 4 WSG 2017; 3 WSG 4x400 2019. 1 Polish indoor 2020. Former biathlete. Club-AZS Łódź In 2021: 1 Toruń PZLA 'Control' 'C'; 4 Polish indoor; 3sf EIC						
	GRZEGORZEWICZ Patryk	POL	18y	339d	2002	Mixed 2x2x400 Metres Relay
Twice Polish Junior Indoor Champion at 400m // 400 pb: 47.44 -20. 200 pb: 21.65w -19. 100 pb: 10.91 -20. Ran in heats of 2018 European Youth Medley Relay, so awarded bronze medal won by Poland in the final. 1 Polish junior indoor 400 2020/2021 In 2021: 1 Spała 400 'B'; 1 Spała 200; 1 Polish junior indoor 400; 2ht Polish indoor 400						
	KILJAN Krzysztof	POL	21y	121d	1999	Mixed Shuttle Hurdles Relay
110H pb: 13.88 -20. sf EIC 2021. 3 Polish 2020; 2 Polish indoor 2021 (2020-3). Club-AZS AWF Warsaw In 2021: 2 Toruń 'National'; 1 Spała; 3 Łódź Orlen Cup; 6 Toruń 'Gold' Tour; 2 Polish indoor; 5sf EIC						
	KOPEC Dominik	POL	26y	56d	1995	Men's 4x100/200 Metres Relay
2018 & 2019 Polish Champion at both sprints (outdoors) // 100 pb: 10.24w, 10.25 -20. 200 pb: 20.59 -18 (21.51i -21). 5 under-23 ECH 100 2015; ht ETCh 100 2017; sf ECH 100 2018; sf EIC 60 2021. 1 Polish 100/200 2018/2019. Club-KS Agros Zamość In 2021: 2 Toruń 'National' 60 (Jan 23); 2 Toruń 'National' 60/200 (Jan 30); 2 Ostrava Czech Indoor Gala 60; 3 Łódź Orlen Cup 60; 4 Polish indoor 60; 8sf EIC 60						
	KOWALUK Dariusz	POL	25y	13d	1996	Men's 4x400 Metres/Mixed 4x400 Metres Relay
2018 Polish under-23 Champion // 400 pb: 46.06 -18 (46.98i -21). 8 EJC 400 2015; 2 under-23 ECH 4x400 2017; ht ECH 400 2018; 4 EIC 4x400 2019. 1 Polish under-23 400 2018. Club-AZS AWF Warsaw In 2021: 1 Toruń 'National' 300 (4 200); 2 Toruń PZLA 'Control' 'B'; 2 Polish indoor						
	KRAWCZUK Łukasz	POL	31y	319d	1989	Men's 4x400 Metres/Mixed 4x400 Metres Relay
Third leg for the world indoor record breaking Polish 4x400m team at the 2018 World Indoor Championships (he closed right down on the US 'weak link', Aldrich Bailey) 400 pb: 45.65 -14 (47.09 -21). 5 ETCh 2014; sf ECH 2014 (2 4x400); 4 EIC 2015 (2 4x400); sf ECH 2016 (2 4x400); 7 OLY 4x400 2016; 1 EIC 4x400 2017; 1 WIC 4x400 2018; sf ECH 2018. 1 Polish 200 2020. Coaches-Maciej Wojsa & Józef Lisowski In 2021: 1 Spała 300 (Jan 31); 1 Spała; 2ht Polish indoor						

• KRZEWINA Jakub POL	31y	202d	1989	Men's 4x400 Metres/Mixed 4x400 Metres Relay
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 (47.04i -21). 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. Club-WKS Śląsk Wrocław. Coach-Marek Rożej He is passionate about Polish history and has six tattoos including a picture from the bombing of Wieluń in September 1939 and ceremonial sword bearing the words God, Honor, Fatherland "Those who know me, know that these tattoos are not for show ... they add to my strength when I am fighting for Poland" In 2021: 1 Toruń PZLA 'Control'; 5 Polish indoor				
KWIATKOWSKI Karol POL	24y	252d	1996	Men's 4x100/200 Metres Relay
100 pb: 10.15w -20, 10.43 -18. 200 pb: 21.40 -18. 1 Polish indoor 4x200 2019 & outdoor 4x100 2019 with his club AWF Katowice				
NOGA Artur POL	32y	362d	1988	Mixed Shuttle Hurdles Relay
Fifth at Beijing Olympics. 2012 European bronze // 110H pb: 13.20w -10, 13.26 -13. 1 WJC 2006; 1 EJC 2007; 5 OLY 2008 (2012-dnf ht); 1 under-23 ECH 2009; sf WCH 2009/2015; 2 ETCh 2010 (2009-6, 2013-3); 8 WIC 2012; 3 ECH 2012 (2010-5, 2014-6, 2018-sf); sf EIC 2021. 1 Polish 2008/2010/2012/2013/2014/2016 & indoor 2010/2016. Club-AZS AWF Warsaw. Coach-Andrzej Radiuk. 1.96 tall In 2021: 1 Toruń 'National' (equalled his pb of 7.64 after 13 years); 6 Karlsruhe 'Gold' Tour; 5 Łódź Orlen Cup; dq Toruń 'Gold' Tour; 3 Polish indoor; 7sf EIC				
PAJĄK Rafał POL	22y	86d	1999	Men's 4x100/200 Metres Relay
100 pb: 10.37w -19, 10.48 -20. 200 pb: 21.73 -20. 3 European Youth Medley Relay 2018. 1 Polish Universities 100 2020 In 2021: 2 Toruń 'National' 60 (Jan 18); 1 Spała 60; 5ht Łódź Orlen Cup 60; 7 Polish indoor 60				
RZEZNICZAK Mateusz POL	22y	281d	1998	Men's 4x400 Metres Relay
2017 European junior relay bronze // 400 pb: 46.50 -18 (47.16i -21). 3 EJC 4x400 2017; 2 Athletics World Cup 4x400 2018; 4 under-23 ECH 4x400 2019. Former karate player but gave up when he broke his arm. Club-RKS Łódź In 2021: 1 Łódź Regional 500; 2 Spała 300 (Jan 31); 1 Spała 'C' (Feb 6); 2 Toruń PZLA 'Control'; 6 Polish indoor				
SIUDA Mateusz POL	22y	360d	1998	Men's 4x100/200 Metres Relay
100 pb: 10.53 -20. 200 pb: 21.44 -20. 5 Polish under-23 100 2018 In 2021: 1 Toruń 'National' under-16 60 'C' (Jan 24); 5 Toruń 'National' 60 (Jan 30); 1 Toruń 'National' 60 (Feb 6); dq Łódź Orlen Cup 60; 8 Polish indoor 60				
SŁOWIKOWSKI Przemysław POL	27y	161d	1993	Men's 4x100/200 Metres Relay
2015 Polish Champion at 100m // 100 pb: 10.03w, 10.19 -20. 200 pb: 20.77 -19. 4 WJC 4x100 2012; 2 under-23 ECH 4x100 2013; 8 ETCh 100 2015; sf ECH 100 2016; ht ECH 100 2018; ht ETCh 200 2019; sf EIC 60 2021. 1 Polish 100 2015. Club-AZS AWF Katowice In 2021: 1 Toruń 'National' 60 (Jan 23); 3 Toruń 'National' 60 (Jan 30); 5ht Berlin ISTAF 60; 5 Łódź Orlen Cup 60; 2 Polish indoor 60; 5sf EIC 60				
SOŁTYSIAK Daniel POL	19y	236d	2001	Men's 4x400 Metres Relay
400 pb: 46.74 -20. 1 Polish junior 2020 In 2021: 1 Toruń 'National' 200 'B'/300 'B'				
SUWARA Wiktor POL	24y	279d	1996	Men's 4x400 Metres Relay
He led off the Polish mixed 4x400 squad in Doha 2019 (they led for most of the race because they were the only ones to go man-man-woman-woman) 400 pb: 46.17 -19 (47.00i -21). 5 WSG 2019 (3 4x400); 3 ETCh 4x400 2019; 5 WCH Mixed 4x400 2019. 1 Polish 2019. Club-AZS AWF Warsaw In 2021: 1 Toruń 'National' 'C'; 1 Toruń PZLA 'Control' 'B'; 3 Polish indoor				
• ZALEWSKI Karol POL	27y	266d	1993	Men's 4x400 Metres/Mixed 4x400 Metres Relay
Led off the world indoor record breaking Polish 4x400m team at the 2018 World Indoor Championships 400 pb: 45.11 -18 (46.52i -21). 100 pb: 10.24w, 10.25 -13. 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 2013/2014/2016/2017/2020, 1 200 2015. (1 indoor 200 2014/2015 & 400 2015/2019/2021). Club-AZS AWF Katowice. Coach-Zbigniew Ludwichowski In 2021: 1 Toruń PZLA 'Control' 200/300; 1 Polish indoor 400 (he due to run the 4x400 at the European Indoors in Toruń, but Polish squad forced to withdraw due to cases of coronavirus infection)				
ZOK Łukasz POL	19y	348d	2001	Men's 4x100/200 Metres Relay
100 pb: 10.65 -20. 200 pb: 21.09 -20 (21.18i -21). 2 Polish indoor 200 2021. Coach-Tomasz Saska In 2021: 2 Toruń 'National' 200 (Jan 30); 3 Toruń 'National' 60 (Feb 6); 2 Polish indoor 200				
ACEA Raidel POR	30y	181d	1990	Mixed 4x400 Metres Relay
(aka Raidel Morales) Allegiance transferee from Cuba – cleared by World Athletics to represent Portugal from January 1, 2020 400 pb: 45.18 -15 (46.51 -21). 800 pb: 1:45.62 -11. 1 Pan-Am junior 800 2009; 3 Pan-Am Games 800 2011; dnf OLY 4x400 2012; 1 Central American & Caribbean Games 400 2014; 7 WCH 4x400 2015. 1 Cuban junior 400/800 2008. Former Cuban international (2011 Pan-American Games bronze at 800m, 2014 Central American & Caribbean Games Champion at 400m). Attained Portuguese citizenship in 2017 In 2021: 2 Mondeville 'Elite' 400 'B'; 1 Coimbra 400; 3 Lisbon Trials 400				
ANTUNES Diogo POR	28y	178d	1992	Men's 4x100/200 Metres Relay
4x Portuguese Champion at 100m // 100 pb: 10.10w -17, 10.24 -19 (10.77 -21). 200 pb: 20.70 -19. ht EIC 60 2013; ht ECH 100 2014; 4 Mediterranean Games 100 2018; 7 ECH 4x100 2018. 1 Portuguese indoor 60 2013/2020; 1 Portuguese 100 2016/2017/2019 & 200 2018 In 2021: 3 Portuguese indoor 60; 3 Lisbon Trials 100				
BERNARDO Pedro POR	31y	353d	1989	Men's 4x100/200 Metres Relay
100 pb: 10.37w -19, 10.41 -14 (11.01 -21). 200 pb: 21.29w -17, 21.31 -14. 4 Portuguese 100 2018/2020 & 200 2013 In 2021: 3 Lisbon Trials 100 'B'				
COELHO João POR	22y	26d	1999	Mixed 4x400 Metres Relay/2x2x400 Metres Relay
Full name-João Ricardo Coelho 2019 Portuguese Indoor Champion // 400 pb: 46.69 -21. 200 pb: 21.48 -19. sf under-23 ECH 2019. 1 Portuguese indoor 2019/2020 In 2021: 1 Pombal 'Hope'; 2 Lisbon Trials				
CURVELO Frederico POR	23y	293d	1997	Men's 4x100/200 Metres Relay
100 pb: 10.33w -19, 10.37 -18. 200 pb: 21.21 -21. ht WJC 4x100 2016; 2 Mediterranean under-23 100 2018; 7 ECH 4x100 2018; sf under-23 ECH 100/200 2019. 1 Portuguese indoor 60 2019 & 200 2018. 1 Portuguese 200 2020 In 2021: 2 Lisbon 60 (Jan 10); 2 Lisbon 60 (Jan 16); 2 Braga 60; 4 Portuguese indoor 60; 2 Coimbra 400 (48.79); 2 Lisbon Trials 200 (4 100)				

dos SANTOS Ricardo POR	26y	133d	1994	Mixed 4x400 Metres Relay
Portuguese record holder indoors & out // 400 pb: 45.14 -18 (46.64i -21). 200 pb: 20.78 -18. 7 Mediterranean Games 2018; 7 ECH 2018; ht EIC 2021. 1 Portuguese 2014/2016/2017/2018/2019/2020 (indoor 2014/2016/2018/2021). Born-Lisbon, lives-London (father is British). Member of British Club Thames Valley Harriers. Coach-Linford Christie. Partner-Bianca Williams (2 WCH 4x100 2019), they have a young son In 2021: 2 Miramas 'Elite' 'B'; 1 Mondeville 'Elite' 'B'; 2 Ostrava Czech Indoor Gala; 1 Portuguese indoor; 5ht EIC				
JORGE Rafael POR	24y	60d	1997	Men's 4x100/200 Metres Relay
100 pb: 10.35w, 10.41 -17. 200 pb: 21.04 -18. 400 pb: 48.43i -21. sf EJC 100 2015; ht WJC 4x100 2016; sf under-23 ECH 100/200 2017; 3 Mediterranean Games 4x100 2018. 2 Portuguese 200 2018 In 2021: 1 Pombal 400 'C'; 1 Portuguese indoor 400 'B'; 2 Lisbon 60				
LOPES Jose POR	25y	342d	1995	Men's 4x100/200 Metres Relay
2020 Portuguese Champion at 100m // 100 pb: 10.32 -18 (10.98 -21). 200 pb: 21.40 -20. 5 under-23 ECH 4x100 2017. 5 Mediterranean Games 100 2018 (3 4x100); sf ECH 100/2018 (7 4x100). 1 Portuguese 100 2020 In 2021: 2 Alpiarça 60; dq Portuguese indoor 60; 5 Lisbon Trials 100/200				
NASCIMENTO Carlos POR	26y	200d	1994	Men's 4x100/200 Metres Relay
Multiple Portuguese titles at 60m, 100m & 200m // 100 pb: 10.13 -18. 200 pb: 21.05 -18. ht World Youth 100 2011; 7 WJC 100 2012 (ht 200); sf EJC 100 2013; 8 under-23 ECH 100 2015; ht WIC 60 2016; sf ECH 100 2018 (2016-ht); 5 EIC 60 2021 (2019-sf). 1 Portuguese 100 2012/2018. 1 Portuguese indoor 60 2016/2017/2021 & 200 2015/2017 In 2021: 1 Lisbon 60 (2x); 1 Braga 60; 1 Portuguese indoor 60; 4 Madrid 'Gold' Tour 60; 5 EIC 60				
PEREIRA Mauro POR	23y	34d	1998	Mixed 4x400 Metres Relay/2x2x400 Metres Relay
400 pb: 46.41 -21. ht EIC 2021. 1 Portuguese indoor 2017 In 2021: 1 Braga; 1 Pombal; 2 Portuguese indoor; 4ht EIC; 1 Portuguese Clubs; 1 Lisbon Trials				
PRAZERES Andre POR	21y	342d	1999	Men's 4x100/200 Metres Relay
100 pb: 10.38w, 10.58 -19 (10.72 -21). 200 pb: 22.04 -18. 3 Portuguese 100 2019 In 2021: 3 Lisbon 60; 2 Lisbon Trials 100				
SANTOS Delvis POR	21y	307d	1999	Men's 4x100/200 Metres Relay
100 pb: 10.52 -19 (10.66 -21). 200 pb: 20.78 -21. 1 Portuguese junior 200 & indoor 60 2018 In 2021: 1 Lisbon 200; 1 Lisbon Trials 200; 1 Alpiarça 60; 2 Portuguese indoor 60; 1 Lisbon Trials 200				
ADAMS Luxolo RSA	24y	271d	1996	Men's 4x100 Metres Relay
2018 African Championships bronze at 200m // 100 pb: 10.07w -21. 200 pb: 20.01 -18 (20.34 -21). 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 contested an individual 100m before 2021 In 2021: 1 Potchefstroom ACNW Open 100; 2 Johannesburg ASA Invite #1 100 'B'; 1 Gauteng North 200				
DIKGALE Ranti RSA	33y	292d	1987	Men's 4x400 Metres/Mixed 4x400 Metres Relay
Full name-Ranti Marvin Dikgale Second leg on team which won silver at 2019 African Games (Gardeo Isaacs, him, Thapelo Phora, Derrick Mokaleng) 400 pb: 45.66 -17 (45.84 -21). 200 pb: 21.31w, 21.33 -17. 6 World Relays 4x400 2019; 2 African Games 4x400 2019. 2 South African 2017 (2019-4, 2021-5) In 2021: 1 Gauteng North League #1; 1 Central Gauteng Open #3; 5 Johannesburg ASA Invite #1 'B'; 2 Gauteng North; 5 South African (1 4x400)				
DLODLO Thando RSA	22y	8d	1999	Men's 4x100 Metres Relay
Led off the South African sprint relay team which clocked super-fast times at Doha 2019: 37.65 heat & 37.73 final (5th) 100 pb: 10.08 -19 (10.21 -21). 200 pb: 20.41 -18 (21.42 -21). ht WJC 100 2018; 8 African Games 100 2019 (3 4x100); 5 WCH 4x100 2019. 2 South African 100 2018/2019 & 200 2018; 2 South African 100 2019 (2 700) In 2021: 2 Potchefstroom ACNW Open 200; 3 Gauteng North 100; 6 South African 100				
ERASMUS Emile RSA	29y	26d	1992	Men's 4x100 Metres Relay
Second leg for team which won silver at 2018 Commonwealth Games // 100 pb: 10.01 -18 (10.38 -21). 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 2021: 1 Sasolburg AVT #4 100; 4 Gauteng North 100				
KHUZWAYO Ukona RSA	23y	364d	1997	Mixed 4x400 Metres Relay
400 pb: 46.06 -21. 200 pb: 21.92 -19. This (Silesia 2021) is he first journey put of South Africa In 2021: 1 Potchefstroom ACNW Open; 1 Central Gauteng Open #3 'F'; 4 Johannesburg ASA Invite #1; 3 Gauteng North				
KOEKEMOER Berend RSA	25y	322d	1995	Men's 4x400 Metres Relay
400 pb: 45.42 -15 (45.58 -21). 200 pb: 21.62 -21. sf WJC 2014; ht WCH 2015. Clocked 45.42 at age 19 but did not advance thereafter and retired in 2018-2020 to work at the family farm on the Eastern Cape ("It felt selfish to focus on an athletics career, knowing that I could make a difference") In 2021: 2 Gauteng North League #1 'F'; 3 Potchefstroom ACNW Open 200; 2 Johannesburg ASA Invite #1; 1 Gauteng North				
LEOTLELA Tlotliso Gift RSA	22y	353d	1998	Men's 4x100 Metres Relay
Full name-Tlotliso Gift Leotlela 2016 World Junior silver at 200m 100 pb: 9.94w -21, 10.12 -17 (10.16 -21). 200 pb: 20.20 -17. 1 African youth 100/200 2014; 5 World Youth 200 2015; 1 Commonwealth Youth Games 100/200 2015; 4 African Champs 100 2016; (1 4x100); 2 WJC 200 2016 (4 100); ht OLY 200 2016 In 2021: 2 Gauteng North 100; 2 South African 100				
MAVUNDLA Oscar RSA	29y	34d	1992	Men's 4x400 Metres Relay
400 pb: 45.69 -21. 200 pb: 20.92 -18 (21.86 -19). 100 pb: 10.49 -18 In 2021: 2 Gauteng North League #1 200; 3 Johannesburg ASA Invite #1; 8 South African (1 4x400)				
MUNYAI Clarence RSA	23y	69d	1998	Men's 4x100 Metres Relay
Clocked 19.69 for 200m at altitude in March 2018, but not otherwise below 20 seconds 100 pb: 10.10 -18. 200 pb: 19.69 -18 (21.03 -21). 300 pb: 31.61 -17. 4 WJC 200 2016; ht OLY 200 2016; dq ht WCH 200 2017 (lane); 4 COM 200 2018; sf WCH 200 2019. Third leg for South African sprint relay team which clocked super-fast times at Doha 2019: 37.65 heat & 37.73 final (5th). 1 South African 200 2016 In 2021: 3sf South African 200				

•	NENE Zakithi RSA	23y	28d	1998	Men's 4x400 Metres Relay
	("Zack") 2021 South African Champion // 400 pb: 45.54 -21. 200 pb: 20.97 -18 (21.06 -21). 100 pb: 10.68 -21. sf African Champs 2018 (2 4x400); 2 WSG 4x400 2019. 1 South African 2021. Born/lives-Ladysmith In 2021: 1 Durban 100/200 'B'; 1 Central Gauteng Open #3 'C'; 3 Johannesburg ASA Invite #1 'B'; 1 KwaZulu-Natal Champs; 1 South African				
•	PILLAY Lythe RSA	18y	67d	2003	Men's 4x400 Metres Relay
	2019 African Youth Champion & still a junior to the end of 2002 // 400 pb: 45.53 -21. 200 pb: 21.13 -21. 1 African Youth 2019. 1 South African youth 2019 & junior 2021. Ran his first ever 400m while still at primary school – "I ran my first 400 just by chance. I ran it in one minute, eighteen seconds". Set a South African age-15 best of 46.76 in 2018. Coach-Lindi du Plessis In 2021: 1 Boksburg; 1 Central Gauteng Open #1; 2 Central Gauteng Open #2 200; 1 Central Gauteng Open #3; 2 Johannesburg ASA Invite #1; 1 South African junior 400/4x400				
•	SIMBINE Akani RSA	27y	221d	1993	Men's 4x100 Metres Relay
	Commonwealth Games & African Champion at 100m in 2018. Fourth at 2019 World Championships 100 pb: 9.82w -21, 9.89 -16 (9.99 -21). 200 pb: 19.95 -17. 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; 1 African Champs 100/4x100 2018; 4 WCH 100 2019 (2013/2015-sf, 2017-5). 1 South African 100 2015/2017/2021 & 200 2019. He was Wayde van Niekerk's room-mate at the Rio Olympics. Anchored RSA to fifth place in the 4x100 at Doha 2019 in 37.73; they'd won their heat in an African record 37.65 (team was Thando Dlodlo, Simon Magakwe, Clarence Munyai, him) In 2021: 1 Johannesburg ASA Invite #1 100 'B'; 1 Gauteng North 100; 2 Johannesburg ASA Invite 2 200 'B'; 1 South African 100 (2 4x100)				
	van NIEKERK Wayde RSA	28y	288d	1992	Men's 4x400 Metres Relay
	2016 Olympic Champion and world record holder from lane 8. Twice World Champion 400 pb: 43.03 -16. 300 pb: 30.81 -17. 200 pb: 19.84 -17 (20.10w, 20.38 -21). 100 pb: 9.94 -17. 4 WJC 200 2010; sf WSG 400 2013 (2 4x400); 2 COM 400 2014; 2 African Champs 400 2014; 1 WCH 400 2015; 1 African Champs 200/4x100 2016; 1 OLY 400 2016; 1 WCH 400 2017 (2 200). 1 South African 200 2011/2017/2021 & 400 2012/2014/2015/2016. Coach-Lance Brauman (formerly Ans Botha, amicable split). Married Chesney Campbell in Cape Town on October 28, 2017. In his world 400m record he was timed at 10.7 for 100, 20.5 for 200m & 31.0 for 300m with a final 100m in 12.0 In 2018: Did not compete after having torn ligaments in his right knee while playing celebrity tag rugby on October 7, 2017; underwent surgery and could not train for 10 months In 2019: Raced only once (47.28 in February), was still experiencing pain in his reconstructed right knee In 2020: Clocked 10.10/20.31 & 45.58 in low-key races but was forced into three weeks of isolation following a positive Covid test while training in Italy In 2021: Decided to move to Florida to train under Lance Brauman (group includes Shaunae Miller-Uibo and Noah Lyles). 1 Potchefstroom ACNW Open 200; 1 Johannesburg ASA Invite 2 200 'B'; 1 South African 200 It is reported that he will miss Silesia21 to concentrate on his transfer to the USA				
	RUDOLF Zan SLO	27y	356d	1993	Mixed 2x2x400 Metres Relay
	Slovenian 800m record holder // 800 pb: 1:46.00 -15 (1:48.29i -21). 400 pb: 47.03 -15. sf WJC 800 2010/2012; 7 Youth Olympic Games 1000 2010; 2 EJC 800 2011; sf ECH 800 2012/2016 (2014/2018-ht); ht EIC 800 2013/2015/2019/2021; 3 under-23 ECH 800 2015; ht WCH 800 2015; ht OLY 800 2016. 1 Slovenian 800 2013/2014/2015/2019 & 400 2014/2017. 1 Slovenian indoor 800 2015/2021. Coach-Svjetlan Vujasin In 2021: 1 Slovenian indoor 800; 2 Balkan indoor 800; 4ht EIC 800				
	BUJNA Simon SVK	25y	124d	1995	Mixed 4x400 Metres Relay
	400 pb: 46.44 -20 (47.57i -21). 100 pb: 10.37w, 10.42 -18. 200 pb: 20.67 -18. ht ECH 100/200 2018; sf EIC 60 2019; ht EIC 400 2021. 1 Slovak 400 2019/2020 & 200 2017. 1 Slovak indoor 200 2018 In 2021: 2 Vienna T&F 400; 5 Ostrava Czech Indoor Gala 400 'B'; 1 Budapest MASZ 400; 2 Vienna 'Road to Toruń' 400; 3 Slovak indoor 60; 6ht EIC 400				
	DOMOTOR Patrik SVK	20y	137d	2000	Mixed 4x400 Metres Relay/2x2x400 Metres Relay
	400 pb: 48.04 -19. 400H pb: 52.35 -19. sf EJC 400H 2019. 1 Slovak indoor 400 2019/2020; 1 Slovak under-23 400/400H 2020 In 2021: 3 Bratislava ELAN 400				
	KUCERA Martin SVK	30y	355d	1990	Mixed 4x400 Metres Relay
	2013 World Student Games Champion at 400m Hurdles // 400 pb: 46.98 -16 (47.53i -21). 400H pb: 49.08 -16. 1 WSG 400H 2013; 7 ECH 400H 2016 (2012-ht, 2018-sf); ht OLY 400H 2016; ht EIC 400 2021. 1 Slovak 400H 2012/2015/2016/2018/2019/2020. 1 Slovak 400 2013 & indoor 400 2012/2013 In 2021: 2 Vienna T&F 400; 4 Ostrava Czech Indoor Gala 400; 1 Budapest MASZ 400 'B'; 1 Vienna 'Road to Toruń' 400; 5ht EIC 400				
	MARCEK Miroslav SVK	25y	247d	1995	Mixed 2x2x400 Metres Relay
	400 pb: 48.07 -20 (48.61i -21). 1 Slovak indoor 400 2021 In 2021: 2 Vienna T&F 'J'; 1 Bratislava; 1 Slovak indoor 400/4x400 with his club AO TJ Slávia STU Bratislava				
	MURCKO Oliver SVK	19y	362d	2001	Mixed 4x400 Metres Relay
	400 pb: 46.29 -20 (47.79i -21). 200 pb: 21.19 -18. 7 Youth Olympic 200 2018; sf EJC 200 2019. 3 Slovak 100 2019; 3 Slovak 200 2020 In 2021: 2 Vienna T&F 'G'				
x	BLEDMAN Keston TTO	33y	52d	1988	Men's 4x100 Metres Relay
	Ran opening leg for Trinidad team which won Olympic sprint relay gold in 2008 (upgraded from silver after Nesta Carter's disqualification) and silver in 2012 (upgraded from bronze after Tyson Gay's disqualification) 100 pb: 9.85w -12, 9.86 -12/15. 200 pb: 20.73 -08. 3 World Youth 100 2005; 7 WJC 100 2006; 1 OLY 4x100 2008 (2012-2, 2016-dq final); 1 Central American & Caribbean Champs 100 2011; sf OLY 100 2012 (2016-ht); sf WCH 100 2013 (2007/2015-ht); sf COM 100 2014 (3 4x100); 4 Pan-Am Games 100 2015 (2019-8); ht WCH 100 2017; ht WIC 60 2018; sf COM 100 2018. 1 Trinidadian 100 2012/2013/2015/2018/2019. Ran 4x100 heat at 2009 World Championships, so awarded silver medal won by Trinidad in final				
x	CALLENDER Emmanuel TTO	36y	354d	1984	Men's 4x100/200 Metres Relay
	Came in at short notice for third leg of sprint relay team which won 2008 Olympic silver, then gold, after the disqualification Nesta Carter JAM 100 pb: 10.05 -09 (10.58 -21). 200 pb: 20.40 -09 (21.66 -21). 400 pb: 46.85 -17. 2 OLY 4x100 2008; 1 Central American & Caribbean Champs 100 2009; 2 WCH 4x100 2009 (sf 200, qf 100); 4 COM 100 2010 (7 200); ht WCH 200 2011 & 100 2017; 3 Pan-Am Games 100 2011 & 4x100 2015; ht WIC 60 2018; sf COM 100 2018 In 2021: 3 Kingston 'Triangular' 100 'C'; 4 Kingston Jamaican AAA Qualifier #1 100; 5 Kingston Jamaican AAA Qualifier #3 100; 5 Kingston 'Velocity' #8 100 'C'; 3 Kingston 'Velocity' #9 100; 4 Kingston Jamaican AAA Qualifier #9 100 (2 200 'F')				
x	CEDENIO Machel TTO	25y	236d	1995	Men's 4x200 Metres Relay
	Fourth at Rio 2016 and twice seventh in World Championship finals 200 pb: 20.84 -21. 400 pb: 44.01 -16. 4 World Youth 400 2011; 1 WJC 400 2014 (2012-5); 2 Pan-Am Games 400 2015 (1 4x400); 7 WCH 400 2015 (2 4x400); bronze WIC 4x400 2016; 4 OLY 400 2016 (dq ht 4x400); sf WCH 400 2017 (1 4x400); sf COM 400 2018 (4 4x400); 3 Pan-Am Games 4x400 2019; 7 WCH 400 2019. 1 Trinidadian 2016/2017/2019. He won his semi-final in Rio 2016, unexpectedly 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). 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) In 2021: 2 Clermont FL 'Pure Spring' 200 'C'				

x	ELCOCK Jerod TTO	22y	274d	1998	Men's 4x100/200 Metres Relay
2019 Pan-American Games relay silver // 100 pb: 10.17 -19 (10.46w, 10.55 -21). 200 pb: 20.65 -19 (21.56 -21). 400 pb: 47.21 -17. 2 North/Central American & Caribbean under-23 200 2019 (5 100); 2 Pan-Am Games 4x100 2019 In 2021: 3 Topeka 60/200 'B'; 8 Pittsburg 'Jayhawk' 60 (2 200 'B'); 4 Arkansas City Tiger Invite 100; 1 North Newton Reusser Invitational 200 (3 100 'G')					
x	GREAU Kyle TTO	33y	3d	1988	Men's 4x100/200 Metres Relay
2019 World Championship 100m finalist // 100 pb: 10.16 -17. 200 pb: 19.97 -18 (20.90 -21). 400 pb: 47.14 -13. ht OLY 200 2016; 6 COM 200 2018 (2014-sf); 2 Pan-Am Games 4x100 2019; 8 WCH 200 2019 (2013/2015-ht, 2017-sf). 1 Trinidadian 200 2015/2018. His father Vernie Greaux was an international athlete. Coach-Trevor Green In 2021: 4 Clermont FL 'Pure Spring' 200					
x	LENDORE Deon TTO	28y	183d	1992	Men's 4x100/200 Metres Relay
Three bronzes from the past two World Indoor Championships // 200 pb: 20.40w, 20.49 -21. 400 pb: 44.36 -14 (45.80 -21). ht OLY 400 2012 (3 4x400); sf WCH 400 2013; ht WCH 400 2015 (2 4x400); 3 WIC 400/4x400 2016; ht OLY 400 2016 (dq ht 4x400); 3 WIC 400 2018 (4 4x400); 3 Pan-Am Games 4x400 2019; 1 World Relays 4x400 2019. 1 NCAA indoor 400 2014. 1 Trinidadian 400 2013. Studied Business Management at Texas A&M University In 2021: 1 Fayetteville American Track League 2 200 'B'; 1 Fayetteville American Track League 3 400 'C'; 2 Staten Island 'Gold' Tour 200; 1 Tucson Williams 200; 1 Prairie View Relays; 2 Texas A&M Team Invitational, Cushing Stadium (Texas A&M) 200 'E'; 1 Waco Michael Johnson Invitational 'F'					
x	MARCANO Andre TTO	35y	34d	1986	Men's 4x100 Metres Relay
100 pb: 10.30w, 10.34 -19 (10.37w, 10.53 -21). 200 pb: 21.83 -15 (22.11 -21) In 2021: 1 New York 60; 4 Miami Tropical Park 100; 1 Maplewood East Coast 100 'B'; 1 New York St. John's Invitational 100; 1 Miami Sprint Classic 100 'C'					
x	RICHARDS Jereem TTO	27y	107d	1994	Men's 4x100/200 Metres Relay
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 2 100 pb: 10.23 -19 (10.27w, 10.36 -21). 200 pb: 19.97 -17 (20.26 -21). 400 pb: 45.21 -17. 3 WIC 4x400 2012; 3 WCH 200 2017 (1 4x400); 4 WIC 4x400 2018; 1 COM 200 2018 (4 4x400); 2 Pan-Am Games 200 (3 4x400); sf WCH 200 2019. 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). Coach-Lance Brauman 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 2021: 1 Clermont FL 60 'B'; 1 Fayetteville American Track League 2 200; 1 Staten Island 'Gold' Tour 300; 1 Clermont FL 'Pure Spring' 200 'B'; 2 Gainesville Tom Jones Memorial 200 (4 100 'C'); 1 Eugene Grand Prix 200					
	AKÇAM Berke TUR	19y	20d	2002	Men's 4x400 Metres Relay
Third leg for Turkish relay team which won at the 2019 European Juniors 400 pb: 46.47 -21. 400H pb: 49.78 -20. 7 European Youth 400H 2018; 1 EJC 4x400 2019; 1 Balkan 400H 2020; ht EIC 400 2021. 1 Turkish 400H 2020 & indoor 400 2021 In 2021: 2 Istanbul 'C' (Jan 9); 1 Istanbul (Jan 16); 1 Istanbul Indoor 'Olympic' Trial 400 (Jan 23); 1 Turkish indoor 400; 3 Balkan indoor 400; 3ht EIC 400; 1 Belek Selection Trial					
	ALTINTAŞ Batuhan TUR	25y	3d	1996	Men's 4x400 Metres Relay
2018 Balkan Champion // 400 pb: 45.85 -17. 5 World Youth 2013; sf WJC 2014; ht ECH 2014/2016/2018; 3 EJC 2015; 1 Balkan indoor 2016/2017; 2 Mediterranean under-23 2016; sf EIC 2017 (6 4x400); sf under-23 ECH 2017; 1 Balkan 2018 In 2021: 3 Istanbul 200; 1 Vienna T&F; 1 Turkish indoor 300 (2 200); 5 Belek Selection Trial					
	BARNES Emre Zafer TUR	32y	173d	1988	Men's 4x100 Metres Relay
Alligance transferee from Jamaica – formerly known as Winston Barnes, gained Turkish citizenship on June 24, 2015 and cleared by World Athletics to represent Turkey from June 24, 2016 100 pb: 10.02w -17, 10.18 -18. 200 pb: 20.67 -15 (21.94 -21). 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 one more in 2019 In 2021: 8 Kingston Jamaican AAA Qualifier #3 200					
	CAN Yavuz TUR	34y	66d	1987	Men's 4x400 Metres Relay
(Can is pronounced "Jan") Turkish record holder // 400 pb: 45.51 -16 (47.23 -21). 200 pb: 20.99 -14. sf WSG 2011; 1 Balkan 2013/2014 (1 indoor 2012/2015/2019); sf EIC 2013/2015 (2019-ht); 8 ETC 2014; sf WIC 2016; sf ECH 2016 (2014/2018-ht); sf WIC 2016; 5 Mediterranean Games 2018. 1 Turkish 2012/2013/2014 & indoor 2012/2014/2015/2016/2018 (1 200 2016) In 2021: 1 Vienna T&F; 3 Turkish indoor; 2 Istanbul; 2 Belek Selection Trial					
	ÇANAKÇI İlyas TUR	19y	235d	2001	Men's 4x400 Metres Relay
Ran epic anchor leg to win 4x400 gold at the European Juniors // 400 pb: 46.48 -19 (46.91i, 47.33 -21). 5 European Youth 2018; 4 Youth Olympic 2018; 6 EJC 2019 (1 4x400, he passed four men on the inside in the last 100m, 45.93 split); 1 Balkan indoor 2021; sf EIC 2021 In 2021: 1 Istanbul 'C' (Jan 9); 1 Istanbul 300 (Jan 24); 1 Vienna T&F 'B'; 2 Turkish indoor 300; 1 Ukrainian indoor; 1 Balkan indoor; 5sf EIC; 3 Belek Selection Trial					
	ENÇU Kubilay TUR	20y	110d	2001	Men's 4x400 Metres/Mixed 4x400 Metres Relay
Second leg for Turkish team which won at 2019 European Junior Championships 400 pb: 47.39 -21. 2 European Youth Medley Relay 2018; 1 EJC 4x400 2019; ht EIC 2021 In 2021: 1 Istanbul 'B' (Jan 9); 2 Istanbul (Jan 16); 4 Turkish indoor; 5 Ukrainian indoor; 1 Istanbul (Feb 20); 5ht EIC; 4 Belek Selection Trial					
•	GULIYEV Ramil TUR	30y	336d	1990	Men's 4x100 Metres Relay
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. 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, 2019-5); 1 ECH 200 2018 (2 4x100). Alligance 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 Striking tattoos on both arms. Right-a phoenix; left-a dragon and the latin word "meus" (my)					
	HARVEY Jak Ali TUR	31y	361d	1989	Men's 4x100 Metres Relay
Alligance 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 World Athletics to compete for Turkey from July 24, 2015 2016 European 100m silver 100 pb: 9.91w -18, 9.92 -16 (10.37 -21). 200 pb: 20.38 -15 (20.91w -21). 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; 1 Mediterranean Games 100 2018. 7 Jamaican 100 2010/2011 (2012-8). 1 Turkish 100 2018 In 2021: 2 Clermont FL 60 'B'; 5 Fayetteville American Track League 2 60; 3 Clermont FL 'Pure Spring' 200 'B'					

KAYA Oguzhan TUR	20y	26d	2001	Men's 4x400 Metres/Mixed 4x400 Metres Relay
Lead off Turkish team which won at the 2019 European Junior Championships 400 pb: 47.35 -21. 1 EJC 4x400 2019 In 2021: 4 Istanbul 'C' (Jan 9); 1 Istanbul (Jan 30); 1 Turkish indoor 'B'; 1 Belek Selection Trial 'B'				
OREN Sinan TUR	22y	210d	1998	Mixed 4x400 Metres Relay
400 pb: 46.95 -20 (47.50 -21). 400H pb: 50.23 -20. 4 EJC 400H 2017, ht under-23 ECH 400H 2019. Set Turkish 300m best of 32.46 in 2020 In 2021: 6 Belek Selection Trial				
OZKAN Ertan TUR	24y	240d	1996	Men's 4x100 Metres Relay
100 pb: 10.38w -21, 10.43 -18. 200 pb: 21.52 -18. 4 Mediterranean under-23 100 2018. 1 Turkish indoor 60 2017. 1 Turkish 100 2018 In 2021: 1 Belek Selection Trial 100				
UYAR Oğuz TUR	19y	193d	2001	Men's 4x100 Metres Relay
100 pb: 10.39w -21, 10.62 -20. 200 pb: 21.25i -21, 21.32 -20. 3 Balkan junior 100/200 2020; ht EIC 60 2021. 1 Turkish 200 2020 & indoor 200 2021 In 2021: 1 Istanbul 60 (Jan 9); 2 Istanbul Indoor 'Olympic' Trial 60; 1 Istanbul 200 (Jan 24); 2 Istanbul 60 (Jan 30); 1 Turkish indoor 200 (dq 60); 1 Ukrainian indoor 200 (5 60); 2 Istanbul 60 (Feb 14); 4ht EIC 60; 2 Belek Selection Trial 100				
UYSAL Umut TUR	19y	57d	2002	Men's 4x100 Metres Relay
100 pb: 10.35w -20, 10.47 -19. 200 pb: 21.75 -19. sf EJC 100 2019; 1 European Youth Olympic Festival 100 2019; 1 Balkan junior 100 2020 & indoor 60 2020; ht EIC 60 2021 In 2021: 2 Istanbul 60 (2x); 4 Istanbul Indoor 'Olympic' Trial 60; 1 Istanbul 60 (2x); dq Turkish indoor 60; 7 Balkan indoor 60; 7ht EIC 60; 1 Istanbul Municipal 60; 3 Belek Selection Trial 100				
IBRAHIMOV Emil UKR	31y	88d	1990	Men's 4x100 Metres Relay
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 2021: 8 Ukrainian indoor 60				
KOSTRYTSYA Erik UKR	21y	224d	1999	Men's 4x100 Metres Relay
2020 Ukrainian Indoor Champion at 60m // 100 pb: 10.50 -19. 200 pb: 21.28 -19. ht WJC 4x100 2018; sf EIC 60 2021. 1 Ukrainian indoor 60 2020. 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 2021: 1 Kiev 'Christmas' 60; 1 Ukrainian Indoor Team Champs 60; 5ht Ostrava Czech Indoor Gala 60; 4 Ukrainian indoor 60; 1 Kiev B&Y Memorial 60; 8sf EIC 60				
KOVALENKO Stanislav UKR	24y	7d	1997	Men's 4x100 Metres Relay
100 pb: 10.47 -19. 200 pb: 21.24 -19. 3 Balkan indoor 60 2021; sf EIC 60 2021. 1 Ukrainian indoor 200 2019; 1 Ukrainian 100 2019 In 2021: 2 Ukrainian Indoor Team Champs 60; 2 Ukrainian indoor 60; 3 Balkan indoor 60; 7sf EIC 60				
PRYKHODKO Kyrylo UKR	19y	326d	2001	Men's 4x100 Metres Relay
100 pb: 10.52w, 10.73 -20. 200 pb: 21.00w, 21.21 -20 (21.60i -21). sf European Youth 200 2018. 1 Ukrainian junior 100/200 2020 In 2021: 6 Ukrainian Indoor Team Champs 60; 1 Ukrainian Indoor Team Champs 200; 2 Ukrainian indoor 200 (7 60)				
SMELYK Sergiy UKR	34y	11d	1987	Men's 4x100 Metres Relay
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 2013/2019 (2015/2017-ht); 3 ECH 200 2014 (2012-5, 2016/2018-sf); 1 ETCh 200 2015/2017 (2011-10, 2013-3, 2014/2019-4); ht OLY 200 2016; 5 ECH 4x100 2018. 1 Ukrainian 100 2010/2012/2014/2017/2018/2019 (1 200 2012/2013/2016/2018/2019/2020). Coach-Viktor Bryzgin (1 OLY 4x100 1988), husband of Olga Bryzgina (1 OLY 400 1988) In 2021: 4 Ukrainian Indoor Team Champs 60				
CHARAMBA Makanakaishe ZIM	19y	131d	2001	Men's 4x100 Metres Relay
200 pb: 21.10 -21. In 2021: 7 Lusaka All Comers 200 (1 4x100)				
KAMUNGEREMU Dickson ZIM	31y	279d	1989	Men's 4x100 Metres Relay
100 pb: 10.37 -21. 6 African Games 4x100 2019. 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) In 2021: 5 Lusaka All Comers 100 (1 4x100)				
MAKUSHA Ngoni ZIM	26y	312d	1994	Men's 4x100 Metres Relay
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: 10.17 -18 (10.26w, 10.28 -21). 200 pb: 20.49 -19 (20.56 -21). 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 2021: 1 Gauteng North League #1 100 'C'; 1 Potchefstroom ACNW Open 200 (2 100); 4 Johannesburg ASA Invite #1 100 'B'; 8 Johannesburg ASA Invite 2 200 'B'; 2 Lusaka All Comers 100 (4 200, 1 4x100)				
MUWISHI Gerren ZIM	27y	42d	1994	Men's 4x100 Metres Relay
100 pb: 10.37 -18. 200 pb: 21.42 -19. 400 pb: 48.44 -19 (48.54 -21) In 2021: 6 Lusaka All Comers (1 4x100)				
NDLOVU Rodwell ZIM	30y	57d	1991	Men's 4x100 Metres Relay
Full name-Rodwell Leroy Ndlovu // 100 pb: 10.68w -13, 10.82 -18. 200 pb: 21.40 -14. 400 pb: 46.04 -15. sf African Champs 200 2014 & 400 2018; 8 African Games 4x400 2019. 1 Zimbabwean 400 2013				
TSUMBA Tatenda ZIM	29y	169d	1991	Men's 4x100 Metres Relay
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. 200 pb: 20.28w -18, 20.44 -16 (21.50 -21). ht WCH 200 2015; ht OLY 200 2016; 4 African Champs 200 2018 (sf 100); 6 African Games 4x100 2019. 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 2021: 2 University of Birmingham Series #1 200				
VAMBE Itai ZIM	31y	301d	1989	Men's 4x100 Metres Relay
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 (10.80w -21). qf World Student Games 100 2013 In 2021: 5 Gauteng North League #1 100 'B' (3 200 'D'); 3 Gauteng North League #1 200				

World Athletics Relays 2021 • Biographical Entry List • Women

	Age	(Days)	Born	Event (s)
VERVAET Imke BEL	28y	19d	1993	Women's 4x400 Metres Relay
2019 Belgian Champion at 200m // 400 pb: 53.22 -19 (53.30 -21). 200 pb: 23.12w, 23.234 -19. 100 pb: 11.62 -19. LJ pb: 6.18 -19. 6 WJC 200 2011; 6 WJC 200 2012 (5 4x100); ht WCH 200 2019 (5 4x400). 1 Belgian indoor 200 2017/2021; 1 Belgian 200 2019/2020 In 2021: 1 Liévin 200; 1 Ghent 400 (Jan 30); 1 Ghent 200 (Feb 6); 1 Dortmund 400 'B'; 3 Ghent IFAM 400; 1 Belgian indoor 200				
VAN PUYVELDE Margo BEL	25y	130d	1995	Women's 4x400/Mixed 4x400 Metres Relay
400 pb: 52.25 -18 (53.77i, 55.03 -21). 5 under-23 ECH 400H 2017; 7 WSG 400H 2017; sf ECH 400H 2018; 5 EIC 4x400 2019. 2 Belgian 400H 2017 (2018-3) In 2021: 1 Liévin; 2 Ghent (Jan 30); 4 Ghent IFAM 'B'; 4 Belgian indoor				
MAUDENS Hanne BEL	24y	49d	1997	Women's 4x400/Mixed 4x400 Metres Relay
World & European junior heptathlon medallist // pbs in Heptathlon events: 100H: 13.82; HJ: 1.81i/1.80; SP: 13.99i/13.82; 200: 23.81; LJ: 6.51; JT: 42.27; 800: 2:06.31 Heptathlon pb: 6252 -18. 400 pb: 53.52i -21, 53.78 -20. 4 Youth Olympic Games LJ 2014; 2 EJC Heptathlon 2015 (5 LJ); 3 WJC Heptathlon 2016; 10 ECH Heptathlon 2018; 8 EIC Pentathlon 2019; 3 under-23 ECH Heptathlon 2019 (9 LJ); 11 WCH 2019 (2017-23); ht EIC 400 2021. 1 Belgian LJ 2017/2019. 1 indoor LJ 2017/2018/2019/2020. 1 Belgian indoor Pentathlon 2019. Coached-Wim Vandeven, former coach of 2008 Olympic HJ Champion Tia Hellebaut In 2021: 2 Mondeville 'Elite' 400 'B'; 1 Ghent 400 (Feb 6); 1 Ghent IFAM 400 'B'; 3 Belgian indoor 400; 5ht EIC 400				
LAUS Camille BEL	27y	342d	1993	Women's 4x400/Mixed 4x400 Metres Relay
Twice Belgian Indoor Champion // 400 pb: 51.49 -18 (53.17 -21). 200 pb: 23.79 -19. LJ pb: 6.05 -13. 5 WJC 4x100 2012; sf ECH 400 2018 (4 4x400); 5 EIC 4x400 2019; 5 WCH 4x400 2019 (& 6 Mixed 4x400); ht EIC 2021. 1 Belgian LJ 2013; 1 Belgian indoor 400 2018/2020. Partner-Kevin Borlée, coach-Jacques Borlée In 2021: 2 Metz 400; 2 Ghent IFAM 400; 2 Belgian indoor; 4ht EIC				
COUCKUYT Paulien BEL	23y	346d	1997	Women's 4x400 Metres Relay
2019 European under-23 Champion at 400m Hurdles // 400 pb: 52.98 -20 (53.57i, 53.58 -21). 400H pb: 55.46 -19. 1 under-23 ECH 400H 2019; 5 WCH 4x400 2019. 2 Belgian 400H 2019 In 2021: 2 Ghent 400 (Feb 6); 3 Ghent IFAM 400 'B'; 1 Belgian indoor 400 'B'				
BOLINGO MBONGO Cynthia BEL	28y	108d	1993	Women's 4x400/Mixed 4x400 Metres Relay
So near (0.01) to European Indoor gold in 2019 after setting Belgian records in all three rounds 400 pb: 51.69 -18 (52.27i -21). 200 pb: 23.11 -15. 100 pb: 11.57 -14. 3 Francophone Games 200 2013; 8 under-23 ECH 2015; ht WCH 200 2015; ht OLY 200 2016; sf ECH 2018 (4 4x400); 2 EIC 2019 (5 4x400); sf EIC 2021. 1 Belgian indoor 2015/2019/2021; 1 Belgian 100/200 2017 & 200 2018. Coach-Carole Bam A tough time for her since her 2019 European indoor medal. Achilles injury that summer, then in 2020 her father passed away (to Covid) In 2021: 1 Ostrava Czech Indoor Gala; dq Dortmund; 1 Val-de-Reuil; 1 Belgian indoor; 6sf EIC				
• VELIKANOVICH Ilona BLR	27y	68d	1994	Mixed 2x2x400 Metres Relay
(Formerly known as Ilona Ivanau) 2018 European Cross Country Mixed relay bronze 800 pb: 2:01.69 -19. 1500 pb: 4:23.89 -18. At EXC: 2013-45J, 2014-43u23, 2018-3 Relay. 1 Belarusian shot course XC 2017; 2 Belarusian 800/1500 2020; 1 Belarusian indoor 800 2021 In 2021: 1 Belarusian indoor 800 (2 1500)				
LIMAI Asteria BLR	19y	285d	2001	Mixed 4x400 Metres Relay
2019 European junior relay silver (ran second leg) // 400 pb: 54.77 -19. sf European Youth 2018; 2 EJC 4x400 2019 In 2021: 2 Belarusian Indoor Universiade 200/400; 3 Belarusian indoor 60				
KHILMANOUVICH Aliaksandra BLR	24y	136d	1996	Mixed 4x400 Metres Relay
400 pb: 55.13 -18. 400H pb: 58.39 -20. 2 Belarusian 400H 2020 In 2021: 1 Mogilyov 200/400 (Jan 14/15); 3 Belarusian Cup 60 'B'; 1 Mogilyov 400; 3 Belarusian indoor 400				
KHARASHKEVICH Katsiaryna BLR	26y	238d	1994	Mixed 4x400 Metres Relay
400 pb: 53.76 -20 (54.30i -21). 3 Belarusian indoor 2020; 3 Belarusian 2020 In 2021: 1 Minsk 'Winter'; 1 Belarusian Cup 60 'B'/200; 4 Belarusian indoor				
NOWE Oratile BOT	20y	344d	2000	Women's 4x400/Mixed 4x400 Metres Relay
Twice Botswanan Champion at 800m // 400 pb: 53.22 -20 (53.99 -21). 800 pb: 2:05.78 -21. 2 African Games 4x400 2019. 1 Botswanan 800 2016/2018 In 2021: 1 Gaborone Interzonal 800; 1 Gaborone SVRC Series; 1 Potchefstroom ACNW Open				
MOROKO Galefele BOT	24y	14d	1997	Women's 4x400 Metres Relay
2019 African Games Champion. Down from 51.30 to 50.59 in her heat at the 2019 World Championships, but then pulled up injured in the semi-final 400 pb: 50.59 -19 (56.44 -21). 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; 1 African Games 2019 (2 4x400); dnf sf WCH 2019. 1 Botswanan 2018 In 2021: 5 Gaborone BAA Series 'B'				
• MONTSHO Amantle BOT	37y	300d	1983	Women's 4x400 Metres Relay
Former World Champion. Twice Commonwealth Champion // 400 pb: 49.33 -13 (52.67 -21). 200 pb: 22.88w -11, 22.89 -12 (24,19 -21). 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); 2 African Games 4x400 2019. 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 In 2021: 3 Gaborone SVRC Series 200; 1 Johannesburg ASA Invite #1 'B'; 1 Potchefstroom ACNW Open; 1 Gaborone BAA Series 'B'				
MOKENANE Oarabile BOT	29y	52d	1992	Women's 4x400/Mixed 4x400 Metres Relay
(Formerly Oarabile Babolayi) Botswanan record holder at 400m Hurdles 400 pb: 54.47 -20 (55.08 -21). 400H pb: 57.96 -19 (58.93 -21). ht World Youth 400H 2009; 3 African Junior 100H/400H 2011; 2 African Champs 4x400 2012; 5 African Games 400H 2019 (2 4x400) In 2021: 4 Johannesburg ASA Invite #1; 1 Central Gauteng 400H; 1 Potchefstroom ACNW Open 400H				
MATLHAKU Leungo BOT	26y	37d	1995	Women's 4x400/Mixed 4x400 Metres Relay
2018 Commonwealth Games relay bronze // 400 pb: 54.34 -20. 200 pb: 23.25 -16 (23.44 -21). 100 pb: 11.24 -21. 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); 7 African Games 200 2021 In 2021: 1 Gaborone Interzonal 100/100; 1 Gaborone SVRC Series 100/200; 1 Gaborone BAA Series 100 'B'/200 'B'				

BOTLOGETSWE Christine	BOT	25y	211d	1995	Mixed 4x400 Metres Relay
Fourth at 2018 Commonwealth Games (where she set personal bests in all three rounds) 400 pb: 50.48 -19 (56.47 -21). 200 pb: 23.14 -18. ht WJC 2012; 1 African Games 4x400 2015; 6 African Champs 2016; ht OLY 2016; ht WCH 2017/2019; 4 COM 2018 (3 4x400); 2 African Champs 2018 In 2021: 1 Gaborone BAA Series					
BASELE Tihomphang	BOT	21y	61d	2000	Women's 4x400 Metres Relay
400 pb: 54.20 -21. 200 pb: 24.15 -20 (24.30 -21). 1 Botswana 2019 In 2021: 2 Gaborone Interzonal 200; 1 Johannesburg ASA Invite #1; 1 Central Gauteng; 3 Potchefstroom ACNW Open 200					
• SILVA Ana Cláudia	BRA	32y	174d	1988	Women's 4x100 Metres Relay
Full name-Ana Cláudia Lemos Silva South American record holder at 200m 100 pb: 10.93w -13, 11.01 -15 (11.38 -21). 200 pb: 22.48 -11 (23.89 -21). 1 Ibero-American 100/4x100 2010/2014; 1 South American 100/200 2011/2013 & 100 2017; 6 WCH 4x100 2011 (2017-7); 1 World Military Games 200/4x100 2011; sf WCH 100/200 2011; 1 Pan-Am Games 200 2011 (4 100); sf WCH 100 2013 (ht 200); 1 Brazilian 100/200 2010/2011 (1 100 2013, 1 200 2015.) Served a five-month doping ban in 2016 In 2021: 1 Bragança Paulista Tournament 100					
• SANTOS Rosângela	BRA	30y	131d	1990	Women's 4x100 Metres Relay
South American record holder at 60m & 100m. 2017 World 100m finalist 100 pb: 10.91 -17 (11.13w, 11.55 -21). 200 pb: 22.77 -15 (23.35 -21). 3 OLY 4x100 2008; 5 WSG 100 2011; sf WCH 100 2011; 1 Pan-Am Games 100 2011 (2015-4); 1 Ibero-American 100 2012/2016; sf OLY 100 2012/2016; sf WCH 100/200 2015; sf WIC 60 2016; 7 WCH 100 2017; ht WIC 60 2018; 1 Pan-Am Games 4x100 2019; ht WCH 100 2019; 1 South American indoor 60 2020. 1 Brazilian 100 2008/2012/2015/2016/2019 (1 200 2012). Anchored Brazil to fourth place in the 2008 Olympic 4x100 (at age 17), but upgraded to bronze after the positive re-test of Yulia Chermoshanskaya RUS In 2021: 1 Mondeville 'Elite' 60; 4 Metz 60; 2 Liévin 'Gold' Tour 60; 2 Chula Vista 'High Performance' #1 200; 1 Azusa Franson 100; 1 Azusa Bryan Clay Invitational 100/4x100; 2 Chula Vista High Performance #2 100					
• ROSA Vitoria Cristina	BRA	25y	108d	1996	Women's 4x100 Metres Relay
Winner of the sprint double at the 2019 South American Championships 100 pb: 11.03 -18 (11.09w, 11.20 -21). 200 pb: 22.62 -19 (22.98 -21). 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 South American 100/200 2019; 5 WSG 100 2019; 2 Pan-Am Games 100/200 2019 (1 4x100); ht WCH 100/200 2019. 1 Brazilian 100/200 2018 In 2021: 1 Chula Vista 'High Performance' #1 100; 1 Chula Vista 'High Performance' #1 200; 1 Azusa Bryan Clay Invitational 200/4x100 (2 100); 1 Chula Vista High Performance #2 100/200					
MARTINS Lorraine	BRA	21y	25d	2000	Women's 4x100 Metres Relay
2019 Pan-American 4x100 gold with team of Andressa Fidelis, Vitoria Cristina Rosa, her, Rosângela Santos 100 pb: 11.22w, 11.35 -19 (11.81 -21). 200 pb: 23.06 -19 (23.57 -21). 4 World Youth 100/200 2017; 6 WJC 100 2018 (7 200); 1 South American Junior 100/200 2019; 3 Pan-Am Junior 200 2019; 1 Pan-Am Games 4x100 2019; ht WCH 200 2019. 1 Brazilian 200 2019 In 2021: 2 Azusa Bryan Clay Invitational 200 (1 4x100)					
de SENA Maria Vitoria	BRA	20y	289d	2000	Mixed 4x400 Metres Relay
400 pb: 52.60 -19 (55.60 -21). 1 South American Junior 2019; 6 Pan-Am Junior 2019 In 2021: 4 Bragança Paulista Open 'B'; 6 Bragança Paulista Open 'B'					
de CARVALHO Tabata	BRA	25y	6d	1996	Mixed 4x400 Metres Relay
Full name-Tabata Vitorino de Carvalho Former South American Junior Champion 400 pb: 52.15 -20 (53.46 -21). 200 pb: 23.58 -20 (24.37 -21). 1 South American Junior 2015. 3 Brazilian 2016 In 2021: 2 Azusa Franson; 2 Azusa Bryan Clay Invitational; 1 Azusa Bryan Clay Invitational; 2 Chula Vista High Performance #2					
de BASSI Anny	BRA	23y	318d	1997	Women's 4x100 Metres Relay
Full name-Anny Caroline de Bassi // 100 pb: 11.46w -19, 11.52 -18. 200 pb: 23.69 -18. 1 South American 4x100 2019 (first leg) In 2021: 1 Brazilian World Relays Trial 100; 3 Bragança Paulista Open 100					
• DA SILVA Tiffani	BRA	21y	359d	1999	Mixed 4x400 Metres Relay
Full name-Tiffani Beatriz Domingos Silva do Nascimento Marinho Reigning South American Champion both indoors & out 400 pb: 51.84 -19 (51.88 -21). 200 pb: 23.52 -19 (24.40 -21). sf WJC 2018; 1 South American 2019; ht WCH 2019; 1 South American indoor 2020. 1 Brazilian 2009 In 2021: 1 Azusa Franson; 1 Azusa Bryan Clay Invitational 400/4x400					
COUTINHO Geisa	BRA	40y	332d	1980	Mixed 4x400 Metres Relay
Full name-Geisa Aparecida Coutinho 3x South American Champion, across a span of 14 years 400 pb: 51.08 -11 (52.50 -21). 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 (2012/2018-2); 1 South American Games 2014 (2018 -2); 8 WCH Mixed 4x400 2019. 1 Brazilian 2002/2003/2004/2010/2011/2012/2014/2015/2016/2017/2018. Coach-Carlos Alberto Cavalheiro In 2021: 1 Bragança Paulista Open					
CAETANO Vida Aurora	BRA	20y	28d	2001	Women's 4x100 Metres Relay
Full name-Vida Aurora Manuela Evaristo Caetano // 100 pb: 11.52 -20 (11.57 -21). 200 pb: 23.62 -20. 1 Brazilian junior 100/200 2020 In 2021: 2 Brazilian World Relays Trial 100; 1 Bragança Paulista Open 100					
AZEVEDO Ana Carolina	BRA	22y	346d	1998	Women's 4x100 Metres Relay
Second leg for Brazilian 4x1 team which won at the 2019 South American Championships (Anny de Bassi, her, Bruna Jéssica Farias, Andressa Fidelis) 100 pb: 11.32w -21, 11.33 -20. 200 pb: 23.01 -20. 400 pb: 56.06 -17. sf World Youth 100/200 2015; 4 World Relays 4x100 2019; 5 South American 200 2019 (1 4x100, 2 4x400) In 2021: 2 Chula Vista 'High Performance' #1 100; 3 Chula Vista 'High Performance' #1 200; 2 Azusa Franson 200; 3 Azusa Bryan Clay Invitational 100 (1 4x400); 1 Azusa Bryan Clay Invitational; 2 Chula Vista 'High Performance' #2 200 (3 100)					
x WATSON Sage	CAN	26y	314d	1994	Women's 4x400/Mixed 4x400 Metres Relay
Broke Rosey Edeh's 23 year-old Canadian 400m hurdles record to reach her second World Championship final, in 2019 400 pb: 51.62 -18 (52.25 -21). 400H pb: 54.32 -19 (55.93 -21). 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 Pan-Am Games 400H 2019 (2 4x400); 8 WCH 400H 2019. 1 NCAA 400H 2017. 1 Canadian 400H 2017. Studied Business Marketing at Florida State University and then the University of Arizona. Coach-Fred Harvey In 2021: 4 Fayetteville American Track League 1 300; 3 Tucson Williams; 1 Tucson Jim Click; 1 Tucson West Coast Classic; 5 Des Moines Drake Relays					

x	SURIN Katherine CAN	25y	74d	1996	Women's 4x400 Metres Relay
400 pb: 52.43 -19. 200 pb: 23.90w, 24.09 -19. 3 Canadian 2016 (2017-5). Was at the University of Nevada, then the University of Connecticut. Coach-Bruno Gajer Her father Bruny Surin was one of the world's greatest sprinters in the 90s (2 WCH 100 95/99, 4 OLY 100 92, 1 WIC 60 93/95) In 2021: 4 Eaubonne 60					
x	STIVERNE Aiyanna CAN	26y	69d	1995	Women's 4x400/Mixed 4x400 Metres Relay
Allegiance transferee from the USA – she has dual citizenship with Canada, her declaration for that country was confirmed by World Athletics from July 7, 2015 400 pb: 51.63 -19. 200 pb: 22.76 -18 (23.44 -21). 7 WCH 4x400 2015; ht WCH 2017/2019; 4 WSG 2017; 2 North/Central American & Caribbean 2018; 2 Pan-Am Games 4x400 2019 (ht 200). 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 In 2021: 7 Virginia Beach 60 (1 300 'B') (Feb 6); 4 Virginia Beach Norfolk State Invitational 60 2 200 'B' (Feb 12); 2 Miami Tropical Park 100; 5 Miramar Florida International 100					
x	SHERAR Zoe CAN	21y	174d	1999	Women's 4x400/Mixed 4x400 Metres Relay
Third leg for Canadian mixed team which finished second at the 2019 World Relays (Austin Cole, Aiyanna Stiverne, her, Philip Osei) 400 pb: 52.34 -19 (52.63 -21). 200 pb: 23.44w, 23.55 -21. 2 World Relays Mixed 4x400 2019; sf WSG 2019 (5 4x400) In 2021: 4 Miramar Florida International (3 200 'B'); 2 Baton Rouge Battle on the Bayou (6 200); 3 Baton Rouge LSU Gold					
x	ROXBOROUGH Shyvonne CAN	22y	139d	1998	Women's 4x100 Metres Relay
100 pb: 11.46w -17, 11.56 -21. 200 pb: 23.65 -19 (24.01 -21). sf WJC 100 2016; 3 Pan-American junior 4x100 2017; 6 North/Central American & Caribbean under-23 100 2019 (2 4x100). 4 Canadian 200 2019 (6 100). Coach-Jason Kerr In 2021: 2 Toronto 'High Performance' #5 60; 1 Clermont FL 'Pure Spring' 100 'B' (2 200 'D'); 3 Baton Rouge Battle on the Bayou 100 'B'/200 'B'; 5 Baton Rouge LSU Gold 200					
x	PRICE Madeline CAN	25y	231d	1995	Women's 4x400/Mixed 4x400 Metres Relay
400 pb: 51.56 -19 (54.21 -21). 200 pb: 23.20w, 23.32 -18 (23.74w, 23.77 -21). sf WJC 2014 (4 4x400); 4 North/Central America & Caribbean under-23 200/400 2016; 6 North/Central American & Caribbean 2018; 6 WSG 2019. 2 Canadian 2018 In 2021: 5 Raleigh Relays 100/200; 2 Charlottesville Virginia Invitational 200/400; dnf Durham NC 'Tobacco Road' Challenge					
x	POWELL Micha CAN	26y	108d	1995	Women's 4x100 Metres Relay
400 pb: 51.97 -16 (53.22 -21). 200 pb: 23.71 -21. sf WSG 2017; 3 North/Central American & Caribbean 4x400 2018 (2015-3). 5 Canadian 2018. Mother-Rosey Edeh held the Canadian 400H record from 1996 to 2019. Father-Mike Powell holds the world long jump record (8.91 in 1991) She's now run 400m quicker than her mother's pb, which was 52.38 in 1998 In 2021: 2 Toronto 'High Performance' #3 60; 1 Toronto 'High Performance' #4 300 'B'; 2 Carolina Spring Break; 3 Clermont FL 'Pure Spring'; 7 Miramar Invitational; 5 Baton Rouge LSU Gold					
x	McCREATH-TARDIEL Sade CAN	24y	308d	1996	Women's 4x100 Metres Relay
100 pb: 11.33w, 11.47 -19 (11.49 -21). 200 pb: 23.75w, 23.91 -19 (25.19i -21). sf WSG 100 2019 In 2021: 3 Toronto 'High Performance' #8 200; 1 Baton Rouge LSU Gold 100 'B'					
x	LEDUC Audrey CAN	22y	52d	1999	Women's 4x100 Metres Relay
100 pb: 11.48 -19 (11.61 -21). 200 pb: 23.97 -19. 2 North/Central American & Caribbean under-23 4x100 2019 In 2021: 4 Baton Rouge LSU Gold 100 'B'					
x	JACQUES Farah CAN	31y	81d	1990	Women's 4x100 Metres Relay
100 pb: 11.49 -16. 200 pb: 23.21 -16 (24.26 -21). 100H pb: 13.09w -19, 13.31 -18 (13.64 -21). 400 pb: 53.91 -16. 6 OLY 4x100 2016. 3 Canadian 200 2016 & 100H 2018 In 2021: 3 Baton Rouge Battle on the Bayou 100H (Apr 3); 1 Baton Rouge Battle on the Bayou 100H 'B'(2 200 'B') (Apr 17)					
x	HARRISON Shaina CAN	27y	50d	1994	Women's 4x100 Metres Relay
100 pb: 11.23w -19, 11.36 -15 (11.89w -21). 200 pb: 24.49w -16, 24.72 -15. 3 Commonwealth Youth Games 100 2011; 3 North/Central American & Caribbean under-23 100 2014. 3 Canadian 100 2019. She keeps her bib if she runs a personal best. Coach-Charles Allen In 2021: 5 Baton Rouge Battle on the Bayou 100					
x	EMMANUEL Crystal CAN	29y	154d	1991	Women's 4x100 Metres Relay
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 (11.34w -21). 200 pb: 22.50 -17 (23.03 -21). 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); 2 Pan-Am Games 4x100 2019 (6 100, 4 200); sf WCH 100/200 2019. 1 Canadian 100/200 2011/2016/2017/2018 (1 200 2012/2019). Her mother Rosalind ran internationally for Barbados. Coach-Charles Allen In 2021: 1 Toronto 'High Performance' #5 60; 1 Toronto 'High Performance' #8 200; 4 Baton Rouge Battle on the Bayou 100; 2 Baton Rouge LSU Gold 200 'B'					
x	BUCHANAN Leya CAN	24y	255d	1996	Women's 4x100 Metres Relay
2019 Pan-American Games relay silver // 100 pb: 11.15w -17, 11.17 -18 (11.64w, 11.96 -21). 200 pb : 23.21 -18 (23.71 -21). sf World Youth 100 2013; sf WJC 200 2014; 2 Pan-Am Games 4x100 2019. 1 Canadian 200 2019 In 2021: 7 Prairie View Sprint Summit 100 'B'; 3ht Azusa Bryan Clay Invitational 100/200					
x	BROWN Alicia CAN	31y	99d	1990	Women's 4x400/Mixed 4x400 Metres Relay
400 pb: 51.84 -16 (52.76 -21). 5 WSG 2013; ht WCH 2013; 4 Francophone Games 2013; 4 OLY 4x400 2016; 4 World Relays 4x400 2019. 1 Canadian 2013 (2016-2). Served two-year drug ban in 2013-2015 In 2021: 1 Clermont FL 'Pure Spring'; 4 Baton Rouge LSU Gold					
x	BINGHAM Khamica CAN	26y	319d	1994	Women's 4x100 Metres Relay
2015 Canadian Champion at 100m // 100 pb: 11.00w -15, 11.13 -15 (11.31 -21). 200 pb: 22.83w -15, 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 Huntoon In 2021: 3 Baton Rouge LSU Purple Tiger 60; 5 Staten Island 'Gold' Tour 60; 6 Baton Rouge LSU Gold 100					
	WEIL Martina CHI	21y	292d	1999	Women's 4x400 Metres Relay
2018 South American under-23 Champion // 400 pb: 52.60 -18 (54.28i -21). 200 pb: 23.78 -18 (24.97i -21). 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). Attends University of Tennessee In 2021: 4 Blacksburg 'Hokie' 200; 2 Nashville 'Music City Challenge'; 4 NCAA div 2 indoor 4x400					

SAAVEDRA Stephanie CHI	31y	329d	1989	Women's 4x400 Metres Relay
Allegiance transferee from Spain – cleared by World Athletics to compete for Chile from June 25, 2019 400 pb: 53.85 -19 (54.51 -21). 7 Pan-Am Games 4x400 2019. 3 Spanish junior 2008. Born in Madrid of Chilean parents, she has dual citizenship In 2021: 1 Barcelona; 1 Catalonian Clubs; 1 Madrid; 1 Madrid Champs; 1 Catalonian Clubs 400/4x400; 1 Spanish Clubs 400/4x400				
MACKENNA Maria Fernanda CHI	34y	149d	1986	Women's 4x400 Metres Relay
Seven relay bronzes at South American Championships: 2007 (4x100/4x400), 2011 (4x100/4x400), 2015 (4x100/4x400) and 2017 (4x400) 400 pb: 53.03 -19 (54.76 -21). 200 pb: 23.67 -12 (24.39 -21). 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 2021: 1 Chilean 'National Speed Championship' 400 (5 200); 2 Santiago de Chile Meeting UC 200/400; 1 Santiago de Chile Meeting UC 400; 1 Chilean 400 (3 200)				
ECHEVERRIA María José CHI	38y	274d	1982	Women's 4x400 Metres Relay
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 (54.70 -21). 200 pb: 23.95w -15, 24.23 -03 (24.46 -21). 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 2021: 2 Chilean 'National Speed Championship' 200/400; 1 Santiago de Chile Meeting UC 400; 2 Chilean 400 (4 200)				
CASTILLO Berdine CHI	21y	42d	2000	Women's 4x400 Metres Relay
400 pb: 55.25 -19 (56.69 -21). 800 pb: 2:10.05 -19 (2:10.64 -21). 8 South American 800 2019; 7 Pan-Am Junior 900 2019. 1 Chilean 800 2019/2021. Born-Haiti, came to Chile at age 6 In 2021: 1 Coronel 800; 4 Chilean 400; 1 Chilean 800				
CARDOCH Poulette CHI	24y	31d	1997	Women's 4x400 Metres Relay
400 pb: 55.82 -19 (55.92 -21). 200 pb: 24.73 -17. 4 South American 4x400 2019. 3 Chilean 2019/2021 In 2021: 3 Chilean 'National Speed Championship'; 3 Chilean				
PADILLA Yennifer COL	31y	119d	1990	Mixed 4x400 Metres Relay
2011 Pan-American Champion // 400 pb: 51.53 -11 (53.42 -21). 200 pb: 23.32w -15. 23.35 -11. 2 Ibero-American 2010/2014; 2 South American 2011/2017; 1 Pan-Am Games 2011; dq ht OLY 2012 (out of lane); 3 Central American & Caribbean Games 2014; 1 South American Games 2018; 1 South American 4x400 2019 (2011/2013/2017 -2). 1 Colombian 2013/2016/2017/2018 In 2021: 1 Miami Tropical Park; 4 Clermont FL 'Pure Spring'; 6 Gainesville Tom Jones Memorial				
ESCOBAR Rosangélica COL	27y	168d	1993	Mixed 4x400 Metres Relay
400 pb: 52.69 -16 (53.98 -21). 800 pb: 2:03.41 -17. 1 South American Games 4x400 2018 (2 800); 4 South American 800 2019. 1 Colombian 800 2019 In 2021: 5 Clermont FL 'Pure Spring' 'B'; 2 Gainesville Tom Jones Memorial 'B'				
CHAVEZ Eliana COL	23y	123d	1997	Mixed 4x400 Metres Relay
Leg three for relay team which won at 2019 South American Championships (Lina Licona, Melissa Gonzalez, her, Yennifer Padilla) 400 pb: 52.94 -19. 400H pb: 58.14 -18. ht WJC 400 2016; 1 South American Games 4x400 2018; 1 South American 4x400 2019 (5 400)				
VEITIA Lisneidy CUB	27y	1d	1994	Women's 4x400 Metres Relay
Full name-Inés Lisneidys Veitía Cordova // 400 pb: 51.72 -14 (52.46 -21). 800 pb: 1:58.93 -16. 1 Central American & Caribbean Games 800 2014; 8 Pan-Am Games 800 2015; 5 North/Central America & Caribbean 800 2015; ht WCH 800 2015; 1 North/Central American & Caribbean under-23 800 2016; ht OLY 800 2016 In 2021: 3 Havana Speed Trial #1; 2 Havana Speed Trial #2 (1 4x400); 2 Havana Speed Trial #3 (1 4x400)				
HECHAVARRIA Zurian CUB	25y	263d	1995	Women's 4x400 Metres Relay
Twice fourth in Pan-American Games at 400m Hurdles // 400 pb: 52.43 -21. 400H pb: 55.00 -19 (55.68 -21). 3 Central American & Caribbean Games 400H 2014; 4 WJC 400H 2014; 4 Pan-Am Games 400H 2015/2019; 3 North/Central America & Caribbean 400H 2015 (2018-4); ht OLY 400H 2016; 3 Central American & Caribbean Games 400H 2018; WCH 400H 2019. 1 Cuban 400H 2014/2017/2010 In 2021: 1 Havana Trial #2 400H; 1 Havana Trial #3 400H; 1 Havana Trial #4 400H; 2 Havana Speed Trial #1 400; 3 Havana Speed Trial #2 400 (1 4x400); 1 Havana Speed Trial #3 4x400				
• GOMEZ Roxana CUB	22y	113d	1999	Women's 4x400 Metres Relay
3x Cuban Champion // 400 pb: 51.13 -21. 5 World Youth 2015; 6 WJC 2016; 1 Pan-Am Junior 2017; sf WCH 2017; 4 Pan-Am Games 2019; sf WCH 2019. 1 Cuban 2016/2017/2019 In 2021: 1 Havana Speed Trial #1; 1 Havana Speed Trial #2 400/4x400; 1 Havana Speed Trial #3 400/4x400				
DIAGO Sahily CUB	25y	247d	1995	Women's 4x400 Metres Relay
2014 World junior silver at 800m // 400 pb: 53.76 -16. 800 pb: 1:57.74 -14 (2:01.10 -21). 1500 pb: 4:14.73 -14. sf World Youth 800 2011; 2 WJC 800 2014; 6 IAAF Continental Cup 800 2014; 3 North/Central American & Caribbean under-23 800 2016; ht OLY 800 2016. 1 Cuban 800 2013 & 1500 2020 In 2021: 2 Guatemala City 600/800; 2 Izabal 800				
• ALMANZA Rose M. CUB	28y	290d	1992	Women's 4x400 Metres Relay
2017 World Student Games Champion at 800m // 400 pb: 53.66 -17. 800 pb: 1:57.70 -15 (1:59.76 -21). 1500 pb: 4:14.53 -14. 4 World Youth 800 2009; 4 WJC 800 2010; 2 Central American & Caribbean Champs 800 2011 (2013-3); sf OLY 800 2012 (2016-ht); sf WCH 800 2015/2017/2019; ht WIC 800 2016; 1 WSG 800 2017; 1 Central American & Caribbean Games 800/1500 2018; 2 Pan-Am Games 800 2019 (2015-4). 1 Cuban 800 2014/2015/2016/2017/2019 & 1500 2013/2015/2017/2019. The M stands for Mary. Born-Camagüey In 2021: 1 Guatemala City 600/800; 1 Izabal 800				
VONDROVA Lada CZE	21y	236d	1999	Mixed 4x400 Metres Relay
2019 European under-23 silver at 400m flat (then sixth at 400m hurdles the following day, five races in three days) 400 pb: 51.35 -20 (52.20i -21). 400H pb: 56.78 -19. sf World Youth 400H 2015; 7 EJC 400H 2017; sf WIC 400 2018; ht ECH 400 2018; ht EIC 400 2019/2021; 2 under-23 ECH 400 2019; sf WCH 400 2019. 1 Czech 400 2019 & indoor 2019/2020/2021 (1 indoor 200 2020) In 2021: 1 Prague Czech League round 1 300 (4 1000); 1 Prague Czech League round 2 400 (2 200); 1 Czech indoor 400; 3ht EIC 400				
SPLECHTNOVA Barbora CZE	18y	273d	2002	Women's 4x100 Metres Relay
Fourth at 2018 Youth Olympic Games 200m (after clocking 24.30 & 23.82 in the two sections) 100 pb: 11.91 -18. 200 pb: 23.68i -21, 23.82 -18. 7 European Youth 200 2018 (2 Medley Relay); 4 Youth Olympic 200 2018. 1 Czech junior 200 2020 In 2021: 1 Prague Czech League round 2 200; 2 Prague Czech League round 3 200; 2 Czech indoor 200				
SLANINOVA Jana CZE	30y	288d	1990	Women's 4x100 Metres Relay
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 -18, 11.68 -20. 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 Tařána Netoličková-Kocembová (formerly Slaninova), 1983 World 400m silver medallist				

SEIDLOVA Klára CZE	27y	51d	1994	Women's 4x100 Metres Relay
Czech record holder at 60m (7.23i -18) // 100 pb: 11.30w -18, 11.38 -19. 200 pb: 23.40w -18, 23.66 -17 (23.80 -19). 3 EJC 100 2013 (6 200); sf WIC 60 2018; ht ECH 100 2018; 6 ETCh 100 2019. 1 Czech 100 2017/2018 & indoor 60 2018/2019/2020 In 2021: 1 Prague Czech League round 1 60				
PETRZILKOVA Tereza CZE	27y	232d	1993	Mixed 4x400 Metres Relay
400 pb: 53.29 -20 (53.33i -21). 200 pb: 24.00 -20. ht WIC 4x400 2018; ht WCH Mixed 4x400 2019; ht EIC 2019/2021. 2 Czech 2017 & indoor 2021 In 2021: 3 Prague Czech League round 1 300; 2 Prague Czech League round 2; 3 Ostrava Czech Indoor Gala; 2 Czech indoor; 4ht EIC				
MALIKOVA Barbora CZE	19y	121d	2001	Mixed 4x400 Metres Relay
2018 Youth Olympic Champion // 400 pb: 51.65 -20. 200 pb: 24.21 -19. 800 pb: 2:03.14 -20. 1 World Youth 2017; 1 European Youth 2018 (2 Medley Relay); 1 Youth Olympic 2018; 3 EJC 2019. 1 Czech 2017/2020				
KAISEROVA Johana CZE	21y	96d	2000	Women's 4x100 Metres Relay
100 pb: 11.79 -20. 200 pb: 24.33 -18. ht EJC 100 2017/2019. 1 Czech junior 100 2018; 1 Czech under-23 200 2020 In 2021: 5 Prague Czech League round 1 60; 2 Prague Czech League round 2 60; 5ht Ostrava Czech Indoor Gala 60; 3 Czech indoor 60				
JIRANOVA Helena CZE	26y	56d	1995	Women's 4x100 Metres Relay
100 pb: 11.67 -17. 200 pb: 23.69w, 23.73 -17. 100H pb: 13.36 -17. 400 pb: 53.77 -17. sf WJC 400 2014; 4 EIC 4x400 2015; 7 under-23 ECH 100H 2017; sf EIC 60H 2021. 1 Czech indoor 60H 2019/2021. 1 Czech 400 2014/2015 & indoor 2014 In 2021: 2 Prague Czech League round 1; 2 Prague Czech League round 2; 8 Ostrava Czech Indoor Gala; 2 Prague Invitational; 1 Czech indoor (5 60); 8sf EIC 60H				
HOFMANOVA Martina CZE	26y	114d	1995	Women's 4x100/Mixed 4x400 Metres Relay
100 pb: 11.64 -20. 200 pb: 23.43 -20 (24.03i -21). 400 pb: 53.29 -20 (53.59i -21). 1 Czech indoor 400 2018 & Czech 200 2020 In 2021: 2 Prague Czech League round 1 200/300; 3 Prague Czech League round 2 400 (5 60); 1 Ostrava Czech Indoor Gala 'B'; 2 Prague Czech League round 3 200 'B'; 1 Prague Invitational 400				
DVORAKOVA Barbora CZE	23y	355d	1997	Women's 4x100 Metres Relay
100 pb: 11.76w -19, 11.78 -18 pbs in Heptathlon events: 100H: 13.98; HJ: 1.68i/1.66; SP: 12.25; 200: 23.86i/23.89w/24.19; LJ: 6.20; LJ: 29.91; 800: 2:22.68. Heptathlon pb: 5442 -17 12 World Youth LJ 2013; 19 under-23 ECH Heptathlon 2017 In 2021: 2 Prague Czech League round 2 LJ (8 60); 1 Ostrava Czech Indoor Gala National LJ (8 60); 3 Nehvizdy LJ; 2 Prague Invitational 200; 2 Czech indoor LJ (6 60)				
BENDOVA Nikola CZE	21y	177d	1999	Women's 4x100 Metres Relay
Twice Czech Champion at 200m, first at age 15 // 100 pb: 11.41 -19. 200 pb: 23.16 -20. 5 World Youth 200 2015 (sf 100); ht WJC 100 2016. 1 Czech 200 2015/2017				
ØSTERGARD Louise DEN	26y	322d	1994	Women's 4x100/4x200 Metres Relay
100 pb: 11.75 -20. 200 pb: 24.70 -20. ht ECH 4x100 2018. 2 Danish 100 2018; 2 Danish indoor 60 2017/2018/2021 In 2021: 1 Randers 200; 1 Aarhus 60 (2x); 2 Danish indoor 200 (5 60)				
KRAMER Mathilde U. DEN	27y	313d	1993	Women's 4x100/4x200 Metres Relay
Multiple Danish Champion at sprints & hurdles // 100 pb: 11.49w -19, 11.52 -20. 200 pb: 23.70w -20, 23.85 -18 (24.17i -21). 100H pb: 13.88 -17. sf WSG 100 2017; ht WIC 60 2018; ht EIC 60 2019/2021. 1 Danish 100 2014/2015/2017/2018/2020, 200 2018, 100H 2014. 1 Danish indoor 60 2014/2016/2017/2018/2019 & 60H 2017/2018. The U stands for Uldall Anchored team which set Danish record (43.90) at the 2019 World Relays in Yokohama (Astrid Glenner-Frandsen, Ida Kathrine Karstoft, Mette Graversgaard, her) In 2021: 2 Odense 60; 5 Vienna T&F 60; 1 Randers 60/200; dq/ht EIC 60 (false start)				
KARSTOFT Ida Kathrine DEN	25y	183d	1995	Women's 4x100/4x200 Metres Relay
Second leg for team which set Danish record (43.90) at the 2019 World Relays in Yokohama (Astrid Glenner-Frandsen, her, Mette Graversgaard, Mathilde U. Kramer) 100 pb: 11.66 -19. 200 pb: 23.57 -19. 400 pb: 55.96 -18. ht ECH 4x100 2018. 1 Danish under-23 100/200 2017; 1 Danish indoor 200 2018 & 400 2018				
GRAVERSGAARD Mette DEN	25y	207d	1995	Women's 4x100/4x200 Metres Relay
Danish sprint hurdles record holder indoors & out // 100H pb: 13.13 -20. 100 pb: 11.68w -19, 11.80 -19. 200 pb: 23.54 -20. sf WSG 100H 2017; ht EIC 60H 2021. 1 Danish 100H 2013/2015/2016/2017/2020 & indoor 60H 2016/2019/2020. 1 Danish 200 2013/2015/2020 Third leg for team which set Danish record (43.90) at the 2019 World Relays in Yokohama (Astrid Glenner-Frandsen, Ida Kathrine Karstoft, her, Mathilde U. Kramer) In 2021: 1 Randers 200 (Jan 16); 1 Vienna T&F 200; 2 Vienna T&F 60H; 1 Randers 60H (Feb 6); dnf/ht EIC 60H				
GLENNER-FRANSEN Astrid DEN	28y	19d	1993	Women's 4x100/4x200 Metres Relay
Danish record holder at 60m & 100m // 100 pb: 11.33w, 11.39 -19. 200 pb: 23.83 -20 (24.05i -21). sf EIC 60 2021. 1 Danish 100/200 2019. 1 Danish indoor 60/200 2020/2021 Led off team which set Danish record (43.90) at the 2019 World Relays in Yokohama (her, Ida Kathrine Karstoft, Mette Graversgaard, Mathilde U. Kramer) In 2021: 1 Randers 60 (2 200); 1 Odense 60; 2 Vienna T&F 60/200; 1 Danish indoor 60/200; 5sf EIC 60 (improved Danish record to 7.32i)				
BOMME Emma Beiter DEN	22y	306d	1998	Women's 4x100/4x200 Metres Relay
100 pb: 11.94 -15. 200 pb: 23.99i -21, 24.29w, 24.32 -19 pbs in Heptathlon events: 100H: 14.04; HJ: 1.69; SP: 9.59; 200: 23.99i/24.29w/24.32. LJ: 6.13, JT: 25.01. Heptathlon pb: 5026 -20 1 Danish indoor 200 2019; 1 Danish under-23 Heptathlon 2020 In 2021: 3 Randers 60 (1 200 'B'); 4 Danish indoor 60				
PAULINO Marileidy DOM	24y	186d	1996	Mixed 4x400 Metres Relay
Dominican Republic record holder at 200m & now 400m (after she improved from 51.88 to 50.31 in only her third race at the distance) 400 pb: 50.31 -21. 200 pb: 22.87 -18 (23.10 -21). 100 pb: 11.27w, 11.39 -18. 4 Central American & Caribbean Games 100/200 2018; 7 Pan-Am Games 200 2019; sf WCH 200 2019. Her first sport was handball. Coach-Yassen Gómez CUB				
MEDINA Anabel DOM	24y	135d	1996	Mixed 4x400 Metres Relay
Coach-Anabel Medina Ventura // 400 pb: 51.91 -21. 200 pb: 23.30w -19, 23.36 -17 (23.76 -21). 3 Central American & Caribbean Games 4x100 2018. 1 Dominican 2019 In 2021: 2 Santo Domingo Speed Festival, also a trio of fast times (23.76 / 51.91 / 3:30.02) when guesting at the Colombian Championships				
FIORDALIIZA Cofil DOM	20y	184d	2000	Mixed 4x400 Metres Relay
400 pb: 52.71 -19 (52.72 -21). sf WJC 2018 (7 4x400); 2 Central American & Caribbean Games 2018 In 2021: 2 Santo Domingo Speed Festival, also a trio of good times when guesting at the Colombian Championships (23.74 / 52.93 / 3:30.02)				

VILLALBA Virginia ECU	24y	293d	1996	Women's 4x100 Metres Relay
Full name-Virginia Elizabeth Villaba // 100 pb: 12.64 -19. 200 pb: 23.80w, 23.87 -18 (24.90 -21). 400 pb: 54.70 -18 (55.82 -21). 400H pb: 58.83 -17. ht WJC 400H 2014; 7 Ibero-American 2018; 6 World Relays 4x200 2019. 1 Ecuadorian 400H 2014/2015/2017/2018 (1 400 2019) In 2021: 2 Ecuadorean (3 200)				
• TENORIO Angela ECU	25y	93d	1996	Women's 4x100/4x200 Metres Relay
Full name-Angela 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 (11.30 -21). 200 pb: 22.59w -15/19, 22.84 -15 (23.06 -21). 2 World Youth 200 2013 (3 100); ht WCH 100 2013/2017/2019; 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); 2 South American Games 200 2018; 5 IAAF Continental Cup 100 2018; 3 Pan-Am Games 100 2019 (6 200). 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 2021: 1 Miami Tropical Park 100 (2 200); 1 Clermont FL 'Pure Spring' 100 (2 200 'B'); 5ht Miramar Invitational 100; 3 Gainesville Tom Jones Memorial 200 'B'				
• SUAREZ Gabriela Anahí ECU	20y	87d	2001	Women's 4x100/200 Metres Relay
2018 Youth Olympic bronze at 100m // 100 pb: 11.16 -20. 200 pb: 23.21w -18, 23.39 -21. sf WJC 100/200 2018; 3 Ibero-American 200 2018; 3 Youth Olympic 100 2018 (11.97 + 11.29w); 6 World Relays 4x200 2019; 3 South American 100/200 2019; 5 Pan-Am Junior 200 2019 (7 100) In 2021: 1 Coimbra 100; 1 Lisbon Trials 100/200; 2 Lisbon Liberdade 100				
LANDAZURI Narcisa ECU	28y	155d	1992	Women's 4x100/200 Metres Relay
Full name-Marisol Narcisa Landazuri // 100 pb: 11.12 -18 . 200 pb: 23.22 -17 (23.22w, 23.69 -21). 400 pb: 55.19 -21. 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; 6 World Relays 4x200 2019. 1 Ecuadorean 200/400 2021. Encouraged as a schoolgirl to take up athletics when it was noticed she could run faster than all the boys. Coach-Nelson Gutierrez In 2021: 7 Miramar Invitational 200; 1 Ecuadorean 200/400				
ANGULO Yuliana ECU	26y	298d	1994	Women's 4x100 Metres Relay
Ecuadorean record holder at long jump // 100 pb: 11.50 -15. 100H pb: 13.59 -17. LJ pb: 6.50 -15 (6.46i -21). ht World Youth 100H 2011; 3 South American LJ 2015; 6 Ibero-American LJ 2016 In 2021: 1 Spanish Clubs indoor LJ				
SEVILLA Paula ESP	23y	306d	1997	Women's 4x100 Metres Relay
Led off the Spanish sprint relay team which won at the 2017 European under-23s 100 pb: 11.40 -19. 200 pb: 23.27 -19 (23.96i -21). 6 WJC 4x100 2016; 1 under-23 ECH 4x100 2017; ht ECH 200 2018; ht EIC 60 2019/2021; 4 under-23 ECH 100 2019; 8 ETCh 200 2019. 1 Spanish 100 2019/2020. 1 Spanish indoor 60 2021 & 200 2017 In 2021: 1 Madrid 60/200; 1 Puertollano 60; 2 Spanish Clubs indoor 200; 1 Spanish indoor 60; 7ht EIC 60				
SANCHEZ Carmen ESP	30y	153d	1990	Mixed 4x400 Metres Relay
400 pb: 53.46 -19 (54.22 -21). 200 pb: 23.74 -17 (24.53i -21). 3 Spanish indoor 2017/2020; 2 Spanish 2017 (2018/2019-3) In 2021: 4 Valencia Grand Prix; 1 Catalunan indoor 400 (2 200); 1 Antequera; 5 Spanish indoor				
ROSSELL Ona ESP	23y	70d	1998	Women's 4x100 Metres Relay
100 pb: 11.91 -20 (12.30 -21). 200 pb: 24.76 -20. 3 Spanish indoor 60 2020 (2021-4); 4 Spanish 100 2020; 1 Spanish under-23 100 2020 In 2021: 1 Barcelona 60 (2 200) (Jan 16); 1 Catalunan indoor 60; 2 Spanish Clubs indoor 60; 1 Barcelona 60/200 (Feb 12); 4 Spanish indoor 60				
PEREZ María Isabel ESP	28y	60d	1993	Women's 4x100 Metres Relay
100 pb: 11.17w, 11.33 -18. 200 pb: 24.28 -19. ht ECH 100 2018 (8 4x100); ht EIC 60 2021. 1 Spanish 100 2018 In 2021: 1 Antequera 60 (3x); 1 Spanish Clubs indoor 60; 2 Spanish indoor 60; 5ht EIC 60; 2 Spanish Clubs 100				
PENA Ruth ESP	23y	24d	1998	Women's 4x400 Metres Relay
400 pb: 54.13 -19. ht World Youth 2015; sf EJC 2017. 1 Spanish junior 2017; 1 Spanish under-23 2019 In 2021: 3 Madrid Indoor Champs 800; 3 Madrid Champs; 4 Spanish Clubs 800 (3 4x400)				
PARRA Herminia ESP	23y	294d	1997	Women's 4x400 Metres Relay
Full name-Herminia Parra Morales // 400 pb: 53.63 -18 (54.33, 55.53i -21). 3 Mediterranean Games 4x400 2018 In 2021: 1 Valencia Grand Prix 'B'; 1 Madrid 200 'C'; 3 Spanish Clubs; 2 Spanish Clubs				
PARALLUELO Salma Celeste ESP	17y	168d	2003	Women's 4x400 Metres Relay
Full name-Salma Celeste Paralluelo Ayingono // 400 pb: 53.70 -20 (53.92i -21). 400H pb: 57.36 -20. ht EIC 400 2019 (at age 15). 1 Spanish under-16 300H 2018; 1 European Youth Olympic Festival 400H 2019. 3 Spanish indoor 2019/2021. She is world class at football (played in the Spanish team which beat Mexico 2-1 in the 2018 FIFA World under-17 Cup Final). "I have no preferences, they are two incredible worlds and two sports that I really enjoy," she says In 2021: 3 Valencia Grand Prix 400; 1 Barcelona Catalunya International 400; 3 Spanish indoor 400				
MOLINA Sonia ESP	27y	290d	1993	Women's 4x100 Metres Relay
100 pb: 11.75 -20 (12.20 -21). 200 pb: 23.92 -18 (24.07i -21, 24.39 -21). 2 Spanish indoor 200 2019/2020 In 2021: 2 Antequera 60 (Jan 17); 1 Antequera 60 (Jan 30); 1 Granada 200; 1 Control Meeting 200; 1 Antequera 200 (Feb 13); 2 Spanish Clubs 100				
MARCO Carmen ESP	21y	134d	1999	Women's 4x100 Metres Relay
100 pb: 11.60 -19. 200 pb: 24.75 -21. 7 EJC 4x100 2017. 3 Spanish indoor 60 2018; 3 Spanish 100 2019 In 2021: 2 Valencia 60/200 (Jan 16/17); 3 Valencia Grand Prix 60; 1 Spanish under-23 indoor 60; 8 Spanish indoor 60; 1 Spanish Clubs 200				
LARA Cristina ESP	25y	268d	1995	Women's 4x100 Metres Relay
Twice Spanish Champion at 100m // 100 pb: 11.20w -18, 11.40 -17 (12.04 -21). 200 pb: 23.22 -17. 9 ETCh 100 2015; sf EIC 60 2017; 3 ETCh 4x100 2017 (2019-4); 6 Mediterranean Games 100 2018 (2 4x100); ht ECH 100 2018 (8 4x100). 1 Spanish 100 2015 & 200 2016. 1 indoor 60 2015/2017/2018 In 2021: 3 Antequera 60 (Jan 17); 5 Valencia Grand Prix 60; 3 Antequera 60 (Jan 30); 1 Antequera 60 (Feb 13); 5 Spanish indoor 60; 1 Spanish Clubs 100/4x100				
JIMENEZ Andrea ESP	19y	155d	2001	Women's 4x400 Metres Relay
400 pb: 53.22 -19, 53.66i -21. 8 Youth Olympic 2018; 5 European Youth 2018; 5 EJC 2019; ht EIC 2021. 1 Spanish 2020 In 2021: 3 Spanish Clubs indoor; 1 Spanish under-23 indoor; 2 Spanish indoor; 5ht EIC				
GOMEZ Sara ESP	26y	64d	1995	Mixed 4x400 Metres Relay
400 pb: 54.08 -14. 200 pb: 24.3 -18 (25.89 -21). 2 Spanish 2014 (56.93 -21); 1 Spanish under-23 2015 In 2021: 5 Spanish Clubs indoor; 2 Basque Country Clubs Champs; 8 Spanish Clubs 200				

GARCIA Estela ESP	32y	41d	1989	Women's 4x100 Metres Relay
Full name-Estela García Villalta 2013 Mediterranean Games silver at 100m, then 200m bronze in 2018 100 pb: 11.30 -18. 200 pb: 23.04w -17, 23.11 -18 (23.87i -21). ht WJC 100/200 2008; 10 ETCh 100 2013 (2014-11); 5 ETCh 200 2013 (2009-7, 2015-10); 2 Mediterranean Games 100 2013 (4 200); ht ECH 100 2014; sf ECH 200 2016 (ht 100); ht OLY 200 2016; 6 ETCh 200 2017; ht WCH 200 2017; 3 Mediterranean Games 200 2018; sf ECH 200 2018; sf EIC 60 2019. 1 Spanish 100 2013/2014/2016 (1 200 2013/2017) (1 indoor 60 2016 & 200 2021). Coach-Ricardo Dieguez In 2021: 2 Madrid 60 (Jan 24); 1 Madrid 60 (Jan 30); 1 Madrid 60/200 (Feb 6/7); 1 Madrid Indoor Champs 200; 1 Madrid 60 (Feb 14); 1 Spanish indoor 200 'B'				
GARCIA Angela ESP	22y	73d	1999	Mixed 4x400 Metres Relay
400 pb: 54.25 -21. 8 Spanish 2019/2020; 1 Spanish under-23 2020 In 2021: 1 Salamanca; 3 Spanish under-23 indoor; 5ht Spanish indoor; 2 Spanish Clubs (1 4x400)				
GALLEGO Sara ESP	20y	200d	2000	Women's 4x400 Metres Relay
Full name-Sara Gallego Sotelo 2019 European junior bronze // 400 pb: 54.08i -21, 54.97 -18. 400H pb: 56.97 -20 (57.83 -21). 3 European Youth 400H 2016; 4 WJC 400H 2018; sf ECH 400H 2018; 3 EJC 400H 2019. 1 Spanish 400H 2017/2018/2020. Coach-Armando Alvarez Anaya In 2021: 1 Barcelona 400; 2 Spanish under-23 indoor 400; 4 Spanish indoor 400; 1 Spanish Clubs 400H				
CISNEROS María ESP	21y	131d	1999	Women's 4x100 Metres Relay
100 pb: 11.70w -19, 11.84 -21. 3 Spanish indoor 60 2021 In 2021: 1 Salamanca 60; 4 Spanish under-23 indoor 60; 3 Spanish indoor 60				
CAMBLOR Barbara ESP	27y	6d	1994	Mixed 4x400 Metres Relay
400 pb: 53.57 -16 (53.99 -21). sf World Youth 2011; 2 Ibero-American 4x400 2016; ht ECH 4x400 2016. 2 Spanish 2015 In 2021: 1 Oviedo (Jan 16); 1 Oviedo (Feb 6); 1 Oviedo (Feb 13); 3ht Spanish indoor; 1 Oviedo; 1 Spanish Clubs				
BUENO Laura ESP	27y	340d	1993	Women's 4x400 Metres Relay
5x Spanish Champion (3 in + 2 out) // 400 pb: 52.14 -18 (54.58i, 55.01 -21). ht ETCh 2017; ht WIC 2018; sf ECH 2018 (2016-ht); 3 Ibero-American 2018; sf EIC 2019 (2017-ht). 1 Spanish 2017/2018 & indoor 2017/2018/2019. Coach-Jesús Montiel In 2021: 1 Antequera; 6 Spanish indoor; 2 Spanish Clubs				
BOKESA Aauri Lorena ESP	32y	136d	1988	Women's 4x400 Metres Relay
Full name-Aauri Lorena Bokesa Abia 12x Spanish Champion (7 out + 5 in) 400 pb: 51.66 -14 (52.74i -21). ht OLY 2012/2016; 5 ETCh 2013 (2009-9, 2011-10, 2014-6, 2015-7, 2019-ht); 4 WSG 2013; sf WCH 2013 (2015-ht); 8 ECH 2014 (2012/2016-sf); sf EIC 2017 (2013/2015/2019/2021-ht). 1 Spanish 2009/2011/2012/2013/2015/2016/2019 (1 indoor 2012/2013/2014/2016/2021). Former basketball professional, moved to athletics in 2008. Coach-Jorge Marin In 2021: 2 Valencia Grand Prix; 2 Magglingen 'Biel/Bienne'; 2 Spanish Clubs indoor; 1 Spanish indoor; 5ht EIC				
AVILES Carmen ESP	19y	25d	2002	Women's 4x400 Metres Relay
400 pb: 53.86 -19. 200 pb: 24.12 -20. 1 Spanish youth 2019; 1 Spanish junior 200 2020; 2 Spanish indoor 2020 In 2021: 1 Antequera (Jan 10); 1 Antequera 200 (Jan 23); 1 Antequera 200 (Feb 7); 5ht Spanish indoor				
ZAHY Carolle FRA	26y	322d	1994	Women's 4x100 Metres Relay
Twice European Team Champion at 100m // 100 pb: 11.01 -18. 200 pb: 22.78w, 22.85 -19. ht WIC 60 2016; 1 Mediterranean under-23 100 2016; 1 ETCh 100 2017/2019; ht WCH 100 2017; 1 Mediterranean Games 200 2018; 7 ECH 100 2018; 1 World Relays 4x200 2019 (1st leg); sf WCH 200 2019; 1 World Military Games 100 2019; 6 EIC 60 2021 (2019-sf). 1 French 100 2017/2018/2019/2020 (1 200 201/2020). 1 French indoor 60 2016/2018. Born-Abidjan (CIV), came to France at age 9. Acquired French citizenship on November 10, 2015 and cleared by World Athletics to compete for France on March 2, 2016 (she never competed for CIV). Coach-Alex Menal In 2021: 1 Miramas 'Elite' 60; dns/ht Karlsruhe 'Gold' Tour 60; 6 EIC 60				
XAILLY Laurine FRA	24y	55d	1997	Women's 4x400 Metres Relay
400 pb: 53.64 -17 (54.25i -21). 200 pb: 24.79 -18. 6 Mediterranean under-23 2018. 1 French under-23 2017. Coach-Frederic Fabiani In 2021: 3 Metz 'B'; 1 Liévin; 1ht French indoor (scratched from final)				
TRYNKLER Elise FRA	29y	70d	1992	Women's 4x400 Metres Relay
400 pb: 53.11 -19 (55.01i -21). 200 pb: 23.52 -17 (23.77i -21). 5 Francophone Games 200 2017; ht WCH 4x400 2019. 1 French Universities 200 2017 In 2021: 1 Lyon; 5 Val-de-Reuil 'B'; 4 French indoor 200 'B'				
SYLLA Sounkamba FRA	22y	295d	1998	Mixed 4x400 Metres Relay
400 pb: 53.55 -19 (54.46i -21). 2 French indoor 2020 In 2021: 3 Nantes; 4 Val-de-Reuil 'B'; 2 French indoor 'B'				
SAINT-MARC Jessie FRA	29y	288d	1991	Women's 4x100 Metres Relay
100 pb: 11.42w, 11.46 -20. 200 pb: 24.02 -20. 8 EJC 100 2009; sf WJC 100 2020; 7 under-23 ECH 100 2011. 3 French 100 2020. Retired from athletics in 2015-2019 In 2021: 2 Liévin 60 (3 200); 6 Miramas 'Elite' 60; 2 Val-de-Reuil 200; 4 Eaubonne 200				
RICHARD MINGAS Sarah FRA	23y	28d	1998	Women's 4x100 Metres Relay
Two medals at 2019 European under-23 Championships // 100 pb: 11.37w -18, 11.41 -19. 200 pb: 23.22 -19. sf World Youth 100 2015; 2 EJC 4x100 2017 (sf 100); 3 under-23 ECH 200 2019 (2 4x100). Coach-Olivier Vallaeys In 2021: 1 Val-de-Reuil 200 (Feb 7); 3 Eaubonne 200 'B'; 6 Val-de-Reuil 60 (Feb 14); 3 French indoor 60 'B'				
PAULINE Kellya FRA	24y	3d	1997	Mixed 4x400 Metres Relay
2018 Mediterranean under-23 Champion // 400 pb: 52.89 -18 (53.34i -21). 1 Mediterranean under-23 2018. 1 French under-23 2018 indoors & out. Coach-Alex Menal In 2021: 1 Eaubonne; 4 Metz 'C'; 2 Eaubonne 200 'B'; 3 Val-de-Reuil; 5 French indoor				
PARE Maroussia FRA	24y	285d	1996	Women's 4x100 Metres Relay
3x French Indoor Champion at 200m // 100 pb: 11.37w -19, 11.52 -15. 200 pb: 23.05 -15, 23.17 -19. 3 EJC 200 2015; 1 Mediterranean under-23 200 2016 (2018-3); 7 under-23 ECH 200 2017 (2 4x100); 1 World Relays 4x200 2019 (ran anchor); 4 ETCh 200 2019. 1 French indoor 200 2017/2019/2020. Coach-Alain Lastecoueres In 2021: 3 Miramas 'Elite' 60 'B'; 4 Mondeville 'Elite' 60 'B'; 3ht Eaubonne 60; 5 Metz 60 'B'; 6 French indoor 60				
OMBISSA-DZANGUE Orlann FRA	29y	339d	1991	Women's 4x100 Metres Relay
2018 Mediterranean Games Champion at 100m // 100 pb: 11.06 -18. 200 pb: 24.08 -18. sf WJC 100 2010; 2 under-23 ECH 4x100 2011; 1 Mediterranean Games 100 2018; 8 ECH 100 2018; 1 ETCh 4x100 2019; ht WCH 100 2019; 4 EIC 60 2021. 2 French 100 2017/2018. Coach-Guy Ontanon In 2021: 2 Miramas 'Elite' 60; 2 Karlsruhe 'Gold' Tour 60; 4 EIC 60				

NTIAMOAH Brigitte FRA	27y	56d	1994	Women's 4x400 Metres Relay
2016 European 4x400m relay silver // 400 pb: 52.31 -16 (54.06i -21). 200 pb: 23.13 -16 (23.59i -21). 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 2021: 1 Lyon (Jan 17); 1 Lyon 200 (Jan 31); 1 Miramas; 2 French indoor 200				
LEDUC Cynthia FRA	24y	73d	1997	Women's 4x100 Metres Relay
Twice French Indoor Champion at 60m // 100 pb: 11.33 -19. 200 pb: 23.35 -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; 1 World Relays 4x200 2019 (3rd leg). 1 French indoor 60 2020/2021 In 2021: 3 Miramas 'Elite' 60; 2 Mondeville 'Elite' 60; 5 Metz 60; 1 Eaubonne 60; 1 French indoor 60				
LACOSTE Sokhna FRA	20y	247d	2000	Women's 4x400 Metres Relay
Allegiance transferee from Senegal (Sokhna Diop) – cleared by World Athletics to compete for France from July 10, 2019 400 pb: 52.48 -20. 200 pb: 23.60 -20 (23.69i -21). 6 EJC 2019. 1 French 2020 In 2021: 1 French indoor 200 'B'				
GUEI Floria FRA	30y	363d	1990	Women's 4x400 Metres Relay
2017 European Indoor Champion. Medals from the last four European Championships 400 pb: 50.84 -16 (52.90i -21). 200 pb: 23.00 -16. 4 European Youth 200 2007; ht WJC 2008; 3 EIC 4x400 2011; 6 OLY 4x400 2012; 2 ECH 4x400 2012; sf WCH 2013/2015; 3 WCH 4x400 2013; sf ECH 2014 (1 4x400); sf EIC 2015 (1 4x400); 1 ETCh 2015 (2014-5); 2 ECH 400/4x400 2016; sf OLY 2016; 1 EIC 2017; 2 Athletics World Cup 2018; 7 ECH 2018(2 4x400). 1 French 2013/2016/2018. Miraculous anchor leg (in 49.71) to take her team from distant fourth to gold at the 2014 European Championships ("I didn't panic, that was the main thing"). Son Cameron born April 23, 2019 In 2021: 2 Metz 'B'; 2 Val-de-Reuil				
GREBO Shana FRA	20y	171d	2000	Women's 4x400 Metres Relay
400 pb: 54.25 -19. 400H pb: 57.57 -19. 5 World Youth 400H 2017; 4 EJC 400H 2019. 2 French 400H 2020 In 2021: 1 Val-de-Reuil 60/200; 1 Nantes 200 (2 60) (Jan 16); 1 Rennes 400; 4 Nantes 400 (Jan 24); 6 Eaubonne 60; 3 French indoor 400 (5 200)				
CLERC Farah FRA	30y	273d	1990	Women's 4x400 Metres Relay
2020 French Champion at 400m Hurdles // 400 pb: 54.37 -19 (55.31i -21). 400H pb: 57.57 -19. 3 Francophone Games 400H 2017. 3 French indoor 400 2020; 1 French 400H 2020 In 2021: 2 Lyon 400 (Jan 17); 2 Lyon 400 (Jan 31); 2 Miramas 400 'C'				
BROSSIER Amandine FRA	25y	258d	1995	Women's 4x400 Metres Relay
2019 World Student Games bronze // 400 pb: 51.77 -19 (52.14i -21). 200 pb: 23.13w, 23.33 -18 (23.63i -21). 2 under-23 ECH 4x100 2017; sf EIC 2019 (4 4x400); 3 WSG 2019; ht WCH 2019; ht EIC 2021. 1 French indoor 2020/2021 (1 200 2018) In 2021: 1 Nantes; 1 Metz 'C'; 2 Eaubonne 200; 1 French indoor; 3ht EIC				
BERGER Eva FRA	25y	223d	1995	Women's 4x100 Metres Relay
100 pb: 11.52 -19. 200 pb: 23.32w, 23.44 -18 (24.31i -21). Ran in heat of 2013 EJC 4x100, so awarded silver won by France in final. sf WJC 100 2014. 3 French 200 2017. Born-Burkina Faso. Coach-Frederic Demaneche In 2021: 6 Miramas 'Elite' 60 'B'; 2 Lyon 200; 2 Miramas 60 (Feb 7); 5 French indoor 200 'B'				
ATATOU Wided FRA	21y	289d	1999	Women's 4x100 Metres Relay
100 pb: 11.26w, 11.38 -20. 200 pb: 23.12 -20 (23.58i -21). 4 WJC 4x100 2018. 2 French 100 2020; 3 French indoor 200 2020/2021 In 2021: 1 Lyon 60/200; 2 Miramas 'Elite' 60 'B'; 6 Mondeville 'Elite' 60; 2 Metz 200 'B'; 3 Eaubonne 200; 3 French indoor 200				
AMARO Kalyi FRA	22y	306d	1998	Mixed 4x400 Metres Relay
400 pb: 52.71 -19 (53.27i -21). sf EJC 2017. 4 EIC 4x400 2019. 1 French Universities 2017; 1 French under-23 indoor 2019. Coach-Thomas Verro In 2021: 1 Mondeville 'Elite' 'B'; 1 Miramas 'B'; 2 French indoor				
AKAKPO Stella FRA	27y	61d	1994	Women's 4x400 Metres Relay
2013 European Junior Champion at 100m // 400 pb: 58.87 -11. 100 pb: 11.17 -16. 200 pb: 23.27i -16, 23.49w -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 2021: 1 Liévin 60; 1 Nantes 60; 2 Mondeville 'Elite' 60 'B'; 2 Val-de-Reuil 60; 5 French indoor 60				
TURNER Jessica GBR	25y	265d	1995	Women's 4x400 Metres Relay
2019 World Championship semi-finalist at 400m Hurdles // 400 pb: 52.57 -20 (52.92 -21). 400H pb: 55.72 -19. sf EJC 400H 2013; sf WJC 400H 2014; 2 under-23 400H 2017; 5 WSG 400H 2017; ht COM 400H 2018; sf WCH 400H 2019 (2017-ht). 2 UK 400H 2016 (2017/2018-3); 2 UK 400 2020. 1 British Universities 400H 2015/2016. Coach-Nick Dakin In 2021: 2 Coventry 400				
PIPI Ama GBR	25y	155d	1995	Women's 4x400/Mixed 4x400 Metres Relay
Full name-Amarachi Pipi Third leg for team which won 2021 European indoor relay silver (Zoey Clark, Jodie Williams, her, Jessie Knight) 400 pb: 52.26 -18. 200 pb: 22.83w, 22.95 -17 (23.33 -21). 100 pb: 11.35w, 11.72 -17 (11.75 -21). sf EIC 2021 (2 4x400). 2 English Schools 200 under-17 2012 & under-19 2014; 4 UK 200 2016 (2017-7); 7 NCAA indoor 400 2018; 1 UK indoor 200 2010. Was at Oklahoma Christian University. Coach-Linford Christie In 2021: 1 Dubai 200; 1 Manchester Invitational 400 'B'; 1 Manchester UK Trial 400 'B'; 3sf EIC (2 4x400)				
NIELSEN Laviai GBR	25y	47d	1996	Women's 4x400 Metres Relay
Laviai pronounced "Laa-Vee-Ah" Fourth at European Championships indoors & out 400 pb: 50.83 -19. 800 pb: 2:08.88 -16. 200 pb: 23.19w -21, 23.26 -19. 100 pb: 11.34w -21, 11.63 -19. 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; sf WCH 2019. 1 UK 2019/2020. Identical twin Sister Lina (one minute younger, 8 EJC 2015 & 1 4x400) is also an international athlete. 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 2021: 1 Lee Valley April Open 300 (pb 37.24); 1 Lee Valley Open 100/200 (windy pbs 11.34 / 23.19)				
LIVERPOOL Yasmin GBR	22y	105d	1999	Women's 4x400/Mixed 4x400 Metres Relay
Reigning (2019) English Midland Champion at 200m & 400m // 400 pb: 52.21 -20. 200 pb: 23.61w, 23.91 -20 (24.64 -21). 2 under-23 ECH 4x400 2019; 1 ETCh Mixed 4x400 2019. 1 British Universities indoors & out 2019; 1 Midland 200/400 2019; 3 UK 2020 (2019-7). Student of Economics at Warwick University. Coach-Stewart Marshall In 2021: 3 Manchester Invitational 'B'; 3 Manchester UK Trial 'B'; 5 Nuneaton Open 'Opener' 200				

•	KNIGHT Jessie GBR	26y	319d	1994	Women's 4x400 Metres Relay
Huge improvement across 2019 and 2020 at both 400m flat & hurdles to enter world top 10 & UK all-time top 10 400 pb: 51.9 -20, 51.57i -20 (52.17i -21) 400H pb: 55.27 -20. sf EIC 400 2021 (2 4x400). 1 English Schools 400 2012; 1 South of England 400H 2017; 1 UK indoor 400 2020; 1 UK 400H 2020 (2019-3). She is a primary school teacher at Danetree School in Ewell. Coach-Marina Armstrong In 2021: 1 Manchester Invitational; 2 Manchester UK Trial; 4sf EIC (2 4x400)					
	DOBBIN Beth GBR	26y	327d	1994	Mixed 4x400 Metres Relay
Five Scottish records at 200m outdoors (2018-22.84, 22.83, 22.75, 22.59; 2019-22.50) 400 pb: 53.21i -18 (53.53i -21). 200 pb: 22.50 -19. 100 pb: 11.51 -19. 3 Athletics World Cup 200 2018; 7 ECH 200 2018; sf WCH 200 2019. 1 English under-23 200 2016; 1 UK 200 2018 (2019-2). Born-Doncaster, her father is the former Scottish football international Jim Dobbin. Psychology graduate from Loughborough University, now works part-time at the University to fund her training. Coach-Leon Baptiste (1 COM 200 2010) In 2021: 2 Glasgow 400					
•	DIAMOND Emily GBR	29y	323d	1991	Women's 4x400 Metres Relay
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 (52.61 -21). 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); sf WCH 2019 (4 4x400 & Mixed 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-Benke Blomkvist In 2021: 1 Coventry					
•	CLARK Zoey GBR	26y	187d	1994	Women's 4x400 Metres Relay
2017 British #1 at 400m (after 13 successive years of Christine Ohuruogu holding that position) 400 pb: 51.36 -18 (52.03i, 52.95 -21). 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); 4 WCH 4x400 & Mixed 4x400 2019; 2 EIC 4x400 2021. 1 Scottish 2015; 1 UK 2017 & indoor 2019. At the 2017 London World Championship relay, she ran excellent lead-off legs of 51.5 in both heat & final. Coach-Eddie McKenna In 2021: 1 Glasgow 60/400 (Jan 30); 1 Glasgow (2 60) (Feb 6); 2 Manchester UK Trial 'B'; 2 EIC 4x400 (leg 1 in a fast 51.83); 3 Coventry; 1 Loughborough April Open					
	ALLCOCK Amy GBR	27y	249d	1993	Women's 4x400/Mixed 4x400 Metres Relay
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; sf ECH 2018 (3 4x400); 6 ETCh 2019. 1 English Schools 300 2008/2009; 1 British Universities Indoor 2015; 3 UK 2018 (2017-5). Coach-Glyn Hawkes In 2021: 3 Loughborough April Open 200. It is reported that she has withdrawn from Silesia21					
	ZAPALSKA Monika GER	26y	341d	1994	Mixed Shuttle Hurdles Relay
100H pb: 13.21 -16. 7 EJC 2013. 3 German 2020; 3 German indoor 2021 In 2021: 1 Leverkusen; 2 Dortmund; 3 German indoor					
x	WESSOLLY Jessica-Bianca GER	24y	139d	1996	Women's 4x100 Metres Relay
2019 World Student Games 200m silver // 100 pb: 11.36 -19 (11.41w -21). 200 pb: 22.89 -18 (23.07i, 23.07w -21). 4 Athletics World Cup 200 2018; sf ECH 200 2018; 2 WSG 200 2019; sf WCH 200 2019 (5 4x100). 1 German 200 2018/2020 (1 indoor 200 2020) In 2021: 1 Mannheim 60 (4x); 1 Mannheim 200 (2x); 2 Leipzig 200; 2 Gran Canaria Open #2 200 (5 100)					
	WEIGOLD Anne GER	23y	6d	1998	Mixed Shuttle Hurdles Relay
100H pb: 13.31 -20. ht EJC 2017. 2 German 2020 In 2021: 1 Chemnitz; 1 Leipzig; dnf German indoor					
	THIEL Luna GER	21y	155d	1999	Mixed 4x400 Metres Relay
(Née Bulmahn) // 400 pb: 52.37 -19 (53.69i, 53.93 -21). 4 under-23 ECH 2019 (3 4x400). 1 German 2019 In 2021: 1 Chemnitz 'B'; 3 Erfurt; 3 Dortmund 'B'; 6 German indoor; 2 Gran Canaria Open #1 100/300; 5 Gran Canaria Open #2					
	SPELMEYER-PREUSS Ruth Sophia GER	30y	223d	1990	Mixed 4x400 Metres Relay
3x German Champion (2 out + 1 in) // 400 pb: 51.43 -16 (53.14i, 53.24 -21). 200 pb: 23.43 -16. 100 pb: 11.78w -16, 11.81 -20 (11.77w -21). sf WJC 200 2008; 4 EJC 200 2009 (1 4x100); ht EIC 2015; sf ECH 2016; sf OLY 2016; 6 EIC 4x400 2017/2021; sf WCH 2017 (6 4x400); ht ETCh 2019. 1 German 2016/2017 (1 indoor 2015). In December 2020 married water polo international Tobias Preuss (6 WCH 2009 with German team) In 2021: 2 Chemnitz; 1 Erfurt 'B'; 2 Dortmund; 5 German indoor; 6 EIC 4x400; 3 Gran Canaria Open #1 100/300; 2 Gran Canaria Open #2					
•	SCHWAB Corinna GER	22y	25d	1999	Women's 4x400 Metres Relay
Second leg for team which won 2018 world junior sprint relay gold (team of Viktoria Dönicke, her, Sophia Junk, Denise Uphoff) 400 pb: 51.73 -20 (52.01i, 52.98 -21). 200 pb: 22.99w -21, 23.00i -21, 23.23 -20. 100 pb: 11.22w -21, 11.39 -20. 400H pb: 59.18 -15. 4 EJC 2017 (2 4x400); 6 WJC 200 2018; 1 WJC 4x100 2018 (5 4x400); sf EIC 2021 (6 4x400). 1 German 2020 & indoor 2020/2021 In 2021: 1 Chemnitz (2 60); 1 Erfurt; 4ht Berlin ISTAF 60; 2 Leipzig 200; 1 German indoor; 4ht EIC (6 4x400); 1 Gran Canaria Open #1 200/300; 1 Gran Canaria Open #2 (3 100)					
	SCHMIDT Alica GER	22y	173d	1998	Women's 4x400 Metres Relay
European junior & under-23 relay medallist // 400 pb: 52.21 -20 (53.53i -21). 2 EJC 4x400 2017; 3 under-23 ECH 4x400 2019 In 2021: 2 Chemnitz 'B'; 2 Erfurt 'B'; 2 Dortmund 'B'; 1 Leipzig; 4 German indoor					
	PAHLITZSCH Karolina GER	27y	25d	1994	Women's 4x400 Metres Relay
400 pb: 51.88 -20 (53.61 -21). 400H pb: 57.10 -19. 7 EJC 400H 2013; 6 ECH 4x400 -2018; 4 ETCh 4x400 2019; ht WCH Mixed 4x400 2019. 2 German 400 2019/2020. Was at Arizona State University In 2021: 2 Gran Canaria Open #1 200 (4 300); 4 Gran Canaria Open #2					
	MULLER Laura GER	25y	140d	1995	Women's 4x400 Metres Relay
2017 European under-23 silver at 400m // 400 pb: 51.69 -16 (52.60i -21). 200 pb: 22.65 -17. 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 2021: 2 Erfurt 400; 1 Dortmund 400; 1 Frankfurt 200; 2 German indoor 400; 3ht EIC 400 (6 4x400)					
	MERGENTHALER Hannah GER	24y	52d	1997	Mixed 4x400 Metres Relay
400 pb: 52.83 -18 (54.18i -21). 3 WJC 4x400 2014; 4 WJC 4x400 2016; 2 under-23 ECH 4x400 2017; 6 WCH 4x400 2018. 1 German under-23 2017 In 2021: 2 Mannheim; 2 Sindelfingen; 3ht German indoor					
x	MAYER Lisa GER	24y	362d	1996	Women's 4x100 Metres Relay
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 In 2021: 1 Frankfurt 60; 4 Karlsruhe 'Gold' Tour 60; 2 Berlin ISTAF 60; 5 German indoor 60					

	MAIHOFFER Lisa GER	22y	184d	1998	Mixed Shuttle Hurdles Relay
	<p>pbs in Heptathlon events: 100H: 13.70; HJ: 1.87i/1.84; SP: 12.84; 200: 24.95w/25.12; LJ: 6.42; JT: 37.24; 800: 2:21.13 Heptathlon pb: 5566 -18. 4 World Youth Heptathlon 2015; 9 WJC Heptathlon 2016 In 2021: 7ht Karlsruhe 'Gold' Tour 60H; 3 Dortmund 60H; 3 Luxembourg; 5 German indoor 60H</p>				
	LOBE Ricarda GER	27y	17d	1994	Mixed Shuttle Hurdles Relay
	<p>Fifth at 2018 European Championships // 100H pb: 12.89 -16. 100 pb: 11.33 -16. 200 pb: 23.87 -16. 7 under-23 ECH 2015; 6 EIC 2017; sf WCH 2017; ht WIC 2018; 5 ECH 2018. 2 German 2018; 1 German indoor 2021 In 2021: 5ht Karlsruhe 'Gold' Tour; 6 Düsseldorf; 6 Berlin ISTAF; 1 Luxembourg; 1 German indoor</p>				
x	LEDERER Amelie-Sophie GER	27y	8d	1994	Women's 4x100 Metres Relay
	<p>2021 German Indoor Champion at 60m // 100 pb: 11.27w -19, 11.28 -17 (11.40w -21). 200 pb: 23.43 -20. 100H pb: 13.72 -14. 1 under-23 ECH 4x100 2015; sf EIC 60 2021. 1 German Police 100 2017; 1 German indoor 60 2021. Coach-Patrick Saile In 2021: In January she completed a four-and-a-half year apprenticeship with the Bavarian Police and secured the rank of Police Chief; 1 Magglingen 'Biel/Bienne' 60; 4 Dortmund 60; 1 German indoor 60 (pb down from 7.26 to 7.20 in heat then 7.12 in final – "I am absolutely speechless"); 5sf EIC 60; 4 Gran Canaria Open #2 100 (1 4x100)</p>				
x	KWAYIE Lisa Marie GER	24y	184d	1996	Women's 4x100 Metres Relay
	<p>Double sprint bronze at 2019 World Student Games // 100 pb: 11.19 -20. 200 pb: 22.77 -19. 3 WJC 4x100 2014 (ht 100); sf ECH 100 2018 (3 4x100, led off team); sf EIC 60 2019; 3 WSG 100/200 2019; sf WCH 200 2019 (5 4x100). 1 German indoor 60 2019. Born-Ghana In 2021: 6 Berlin ISTAF 60; 1 Leipzig 60; 7 German indoor 60; 1 Gran Canaria Open #2 4x100 (Yasmin Kwadwo, Amelie-Sophie Lederer, Rebekka Haase, her)</p>				
x	KWADWO Yasmin GER	30y	172d	1990	Women's 4x100 Metres Relay
	<p>2009 European Junior Champion at 100m // 100 pb: 11.14w -21, 11.25 -19. 200 pb: 23.84 -11. sf WJC 100 2008; 1 EJC 100/4x100 2009; sf WIC 60 2010/2014 (2018-ht); ht ECH 100 2010; sf WCH 100 2011; 4 WCH 4x100/2013 (2019-5); dq ht EIC 60 2021. 1 German junior indoor 60 2008/2009; 1 German junior & under-23 100 2009; 1 German indoor 60 2010. Her younger sister Keshia Kwadwo (born 1999) was the 2016 European Youth Champion at 100, their parents from Ghana In 2021: 2 Frankfurt 60; 2 Leverkusen 60; 5ht Karlsruhe 'Gold' Tour 60; 4ht Düsseldorf 60; 5 Berlin ISTAF 60; 3 German indoor 60; dq/ht EIC 60 (false start); 1 Gran Canaria Open #2 4x100 (2 100)</p>				
x	JUNK Sophia GER	22y	60d	1999	Women's 4x100 Metres Relay
	<p>World & European junior relay golds // 100 pb: 11.42 -20. 200 pb: 23.35 -17. 2 EJC 200 2017 (1 4x100); 5 WJC 200 2018 (1 4x100); 5 World Relays 4x200 2019. 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 2021: 1 Frankfurt 60; 5ht Düsseldorf 60; 2 Erfurt 60; 5ht Dortmund 60</p>				
x	HAASE Rebekka GER	28y	118d	1993	Women's 4x100 Metres Relay
	<p>Anchored Germany to relay bronze at the 2018 Europeans (team of Lisa Marie Kwayie, Gina Lückenkemper, Tatjana Pinto, her) 100 pb: 10.94w, 11.06 -17 (10.99w -21). 200 pb: 22.58w, 22.76 -17 (22.80w, 22.83i -21). 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 2019. 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 2021: 1 Chemnitz 60/200; 7 Karlsruhe 'Gold' Tour 60; 4 Düsseldorf 60; 1 Leipzig 200; 4 German indoor 60; 1 Gran Canaria Open #1 100; 1 Gran Canaria Open #2 100/200/4x100 (Yasmin Kwadwo, Amelie-Sophie Lederer, her, Lisa Marie Kwayie)</p>				
	GONSKA Nadine GER	31y	97d	1990	Women's 4x400 Metres Relay
	<p>Twice German Indoor Champion // 400 pb: 52.00 -18 (53.55 -21). 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-Rudiger Harksen In 2021: 1 Mannheim; 1 Sindelfingen; 3ht German indoor; 3 Gran Canaria Open #2</p>				
	OWUSU-AGYAPONG Flings GHA	32y	195d	1988	Women's 4x100 Metres Relay
	<p>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; 7 World Relays 4x100 2019. She was the Ghanaian flagbearer at the opening ceremony at the Rio Olympics</p>				
	HOR Halutie GHA	22y	26d	1999	Women's 4x100 Metres Relay
	<p>2018 Commonwealth Games 100m finalist // 100 pb: 11.45 -18 (11.94w, 12.17 -21). 200 pb: 23.49 -18 (24.83w, 25.07 -21). 8 COM 100 2018 (5 4x100); 4 African Champs 100 2018 (5 200); 7 World Relays 4x100 2019; ht WCH 4x100 2019. Attends Colby Community College in Kansas In 2021: 1 Highland 60; 2 Pittsburg 'Triton' 60; 2 Pittsburg Kansas Challenge 60; 2 Pratt 200; 1 Arkansas City, Tiger Invite 100 'C'; 1 Wichita State Open 200 'F'; 2 KT Woodman Classic, Cessna Stadium 100</p>				
	ANOKYE Josephine GHA	28y	333d	1992	Women's 4x100 Metres Relay
	<p>100 pb: 11.40 -21. 200 pb: 23.00 -19/21. 400 pb: 53.39 -21. Attends Arizona State University In 2021: 1 Phoenix GCU Invitational 100/200; 2 Tucson Williams; 1 Phoenix Antelope Invitational; 1 Tucson Jim Click 100/200; 2 Tucson West Coast Classic</p>				
	AMPONSAH Janet GHA	28y	18d	1993	Women's 4x100 Metres Relay
	<p>2010 Commonwealth Games relay silver // 100 pb: 11.09w -14, 11.21 -18. 200 pb: 22.67 -18 (24.00 -21). 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 2021: 3 Miami Sprint Classic 200</p>				
	ALI Latifa GHA	22y	136d	1998	Women's 4x100 Metres Relay
	<p>100 pb: 11.57w, 11.67 -21. 200 pb: 24.0, 24.29 -21. 400 pb: 54.92 -21. qf WSG 100 2019. Attends Coppin State University in Baltimore, Maryland In 2021: 1 Virginia Beach 200 (4 60) (Feb 6); 2 Virginia Beach Norfolk State Invitational 200 (3 60) (Feb 12/13); 4 Columbia SC Weems Baskin Invitational 100 (5 LJ); 3 Columbia SC Weems Baskin Invitational; 2 Towson Invitational LJ; 2 Greensboro 'Aggie' Invitational 200 'B'; 1 Aggie Classic, Irwin Belk Track 200/400</p>				
	ACHEAMPONG Gemma GHA	28y	76d	1993	Women's 4x100 Metres Relay
	<p>100 pb: 11.37w -19, 11.43 -16 (11.52 -21). 200 pb: 23.59 -17 (23.83 -21). ht COM 200 2014; 6 African Champs 100 2014 (3 4x100); 6 African Champs 100 2016 (2 4x100); sf COM 100 2018 (5 4x100); 7 World Relays 4x100 2019; ht WCH 4x100 2019. Born-Chicago. Studied English at Boston University, now works there as a member of the coaching staff In 2021: 3 Auburn War Eagle Invite 100 (2 200 'B')</p>				
x	VISMAYA V. K. IND	23y	351d	1997	Women's 4x400 Metres Relay
	<p>Full name-Vismaya Velluva Koroth Anchored Indian team to 4x400 gold at 2018 Asian Games 400 pb: 52.12 -19. 200 pb: 23.43 -19. 1 Asian Games 4x400 2018; 2 Asian Champs 4x400/mixed 4x400 2019; 7 WCH Mixed 4x400 2019. 1 Indian 2019</p>				

x	VEERAMANI Revathi IND	23y	158d	1997	Women's 4x400 Metres Relay
400 pb: 53.63 -19. 200 pb: 23.54 -19. 100 pb: 11.77 -19. 4 Asian Champs 4x100 2019. 1 Indian junior 100/200 2016					
x	SUBHA Venkatesan IND	21y	242d	1999	Women's 4x400/Mixed 4x400 Metres Relay
400 pb: 53.67 -19 (54.48 -21). 7 Asian Junior 200 2018 (2 4x400); ht WCH 4x400 2019 In 2021: 3 Patiala 200/400; 3 Indian Grand Prix #1 200; 3 Indian Grand Prix #2; 2 Indian Federation Cup					
x	ROY Himashree IND	26y	46d	1995	Women's 4x100 Metres Relay
100 pb: 11.57 -19 (11.85 -21). 200 pb: 24.64 -19. ht WSG 100/200 2013; 3 Asian Champs 4x100 2017. 3 Indian 100 2019 In 2021: 4 Indian Grand Prix #2 100 'B'; 4 Indian Federation Cup 100					
x	POOVAMMA Machettira Raju IND	30y	329d	1990	Women's 4x400 Metres Relay
(aka M. R Poovamma) Relay golds at Asian Championships in 2013/2017 & Asian Games in 2014/2018 400 pb: 51.73 -14 (53.45 -21). 800 pb: 2:03.35 -21. 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 2021: 1 Indian Grand Prix #1; 1 Indian Grand Prix #2; 1 Indian Grand Prix #3; 1 Indian Grand Prix #3; 1 Indian Federation Cup; 3 Indian Federation Cup					
x	MATHEW Jisna IND	22y	113d	1999	Women's 4x400/Mixed 4x400 Metres Relay
400 pb: 52.65 -17. 2 Asian Champs 4x400 2015; 2 Commonwealth Youth Games 2015; 1 Asian Junior 2016/2018; dq ht WJC 2016 (out of lane); 7 WCH Mixed 4x400 2019					
x	KIRAN IND	20y	267d	2000	Women's 4x400 Metres Relay
400 pb: 52.73 -19 (54.55 -21). 2 Indian 2019 In 2021: 2 Indian Grand Prix #1; 2 Indian Grand Prix #2; 3 Indian Federation Cup					
x	DHANALAKSHMI S. IND	22y	329d	1998	Women's 4x100 Metres Relay
Full name-Dhanalakshmi Sekar // 100 pb: 11.38 -21. 200 pb: 23.24 -18 (23.26 -21). ht WSG 100/200 2019 In 2021: 1 Tamil Nadu State Meet 100; 1 Tamil Nadu State Meet 200; 1 Indian Federation Cup 100 (2 200)					
x	DAS Hima IND	21y	111d	2000	Women's 4x100 Metres Relay
2018 World Junior Champion at 400m. Three medals at 2018 Asian Games 100 pb: 11.63 -21. 200 pb: 23.10 -18 (23.21 -21). 400 pb: 50.79 -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 2021: 1 Indian Grand Prix #2 200; 1 Indian Grand Prix #3 100; 1 Indian Federation Cup 200 (dq 100)					
x	DANESHWARI A. T. IND	20y	258d	2000	Women's 4x100 Metres Relay
Full name-Daneshwari Ashok Thakkannavar // 100 pb: 11.70 -19 (11.86 -21). 200 pb: 24.57 -21. 1 Indian junior 100 2018 In 2021: 2 Indian Grand Prix #1 100; 5 Indian Federation Cup 100; 4 Indian Federation Cup 200					
x	CHAND Dutee IND	25y	86d	1996	Women's 4x100 Metres Relay
Multiple minor medals at Asian Games & Championships, then finally a big gold in 2019 – in the World Student Games 100m 100 pb: 11.22 -19 (11.44 -21). 200 pb: 23.00 -18. 400 pb: 54.09 -14. 3 Asian Champs 200 2013/2019 & 100 2017; 6 World Youth 100 2013; 3 Asian Indoor Champs 60 2016; sf WIC 60 2016; ht OLY 100 2016; ht WCH 100 2017/2019; 4 Asian Indoor Games 60 2017; 2 Asian Games 100/200 2018; 1 WSG 100 2019 (5 200) In mid-2014, she was banned from competition because of raised androgen levels. She appealed against the suspension, and in 2015 the Court of Arbitration for Sport requested further evidence in support of the regulations on hyperandrogenism. In the meantime she - and other women who may have similar conditions - were free to compete without undergoing hormone-suppressing treatment. In 2019 it was agreed that the regulations would only apply to athletes competing at distances from 400m to one mile In 2021: 1 Indian Grand Prix #1 100; 1 World University Games Athletics Trials 100; 2 Indian Federation Cup 100					
x	ARCHANA Suseendran IND	26y	325d	1994	Women's 4x100 Metres Relay
100 pb: 11.49 -19 (11.66 -21). 200 pb: 23.18 -19 (23.60 -21). ht World Youth 200 2017; ht WCH 200 2019; 4 Asian Champs 4x100 2019. 1 Indian 100 2017 In 2021: 3 Indian Federation Cup 100/200					
	WHELAN Niamh IRL	30y	278d	1990	Women's 4x100/4x200 Metres Relay
(Niamh is pronounced "Neeve") 5x Irish Champion at 200m (3 in + 2 out) 100 pb: 11.54w, 11.63 -09. 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 2021: 4 Dublin 60					
	SCOTT Molly IRL	22y	31d	1999	Women's 4x100/4x200 Metres Relay
Led off the Irish sprint relay team which won silver at the 2018 World Junior Championships (her, Gina Akpe-Moses, Ciara Neville, Patience Jumbo Gula) 100 pb: 11.58 -19. 100H pb: 13.59 -19. 100H pb: 13.72 -18. 3 European Youth 100H 2016; sf EJC 4x100 2017 (4 4x100); 2 WJC 4x100 2018; ht EIC 60 2019/2021. 1 Irish indoor 60 2019. Coach/mother-Deirdre Scott In 2021: 1 Dublin 60; 7ht EIC 60					
	QUINN Sarah IRL	23y	22d	1998	Women's 4x100/4x200 Metres Relay
100 pb: 11.78 -19. 200 pb: 24.55 -20. 100H pb: 13.47 -19. 1 Irish 100H 2020. 1 Irish indoor 60H 2020					
	McMANUS Catherine IRL	28y	355d	1992	Mixed 4x400 Metres Relay
400 pb: 53.81i -18, 54.36 -17 (55.2i -21). 200 pb: 24.01 -17 (24.98 -21). 100 pb: 11.62w -14, 11.73 -17. 100H pb: 13.76 -17. 1 Irish indoor 60H 2015 In 2021: 2 Dublin 200/400 'B'					
	MAWDSLEY Sharlene IRL	22y	263d	1998	Mixed 4x400 Metres Relay
2019 Irish Champion at 400m // 400 pb: 52.89 -19 (53.56i -21). 8 EJC 200 2015 (4 4x100); dq/ht WJC 200 2016 (lane) (5 4x100); 4 EJC 4x100 2017; 7 under-23 ECH 400 2019 (4 4x100); ht EIC 400 2021. 1 Irish 400 2019. 1 Irish indoor 200 2017. Coach-Gary Ryan (11x Irish Champion at 200m) In 2021: 1 Ghent IFAM 400 'C'; 3 Dublin 400; 5ht EIC 400					
	LYNCH Aoife IRL	22y	16d	1999	Women's 4x100/4x200 Metres Relay
Aoife pronounced "ee-fuh" // 100 pb: 11.74w, 11.91 -19. 200 pb: 24.17 -19. ht EJC 200 2017. 3 Irish 200 2019; 3 Irish indoor 200 2019 In 2021: 5 Dublin 60					

LAVIN Sarah IRL**26y** 337d 1994**Women's 4x100/4x200 Metres Relay**

7x Irish Champion (4 out + 3 in) at hurdles // 100 pb: 11.61w, 11.67 -20. 200 pb: 23.65 -14. 100H pb: 13.23 -14. sf WJC 100H 2012; 2 EJC 100H 2013; 4 WSG 100H 2019; sf EIC 60H 2021. 1 Irish 100H 2013/2014/2017/2018 & indoor 60H 2013/2014/2016. Physiotherapist. Coach-Noelle Morrissey
In 2021: 4ht Vienna T&F 60H; 5 Vienna T&F 60H; 3 Ostrava Czech Indoor Gala 60H; 1 Dublin 60H; 3 Madrid 'Gold' Tour 60H; 4sf EIC 60H

• **HEALY Phil** IRL**26y** 162d 1994**Mixed 4x400 Metres Relay**

12x Irish Champion across 60m, 100m, 200m & 400m // 400 pb: 51.94i -21, 52.19 -18 (52.51 -21). 200 pb: 22.99 -18 (23.24 -21). 100 pb: 11.16w, 11.28 -18 (11.43 -21). 4 EJC 100 2013; ht ECH 100 2014; sf EIC 60 2017 (ht 400); sf WIC 400 2018; sf ECH 100/200 2018; ht WCH 200 2019; 4 EIC 400 2021 (2019-sf). 1 Irish 100 2014/2020 & 200 2017/2018/2019/2020; 1 Irish indoor 60 2016, 200 2016/2020 & 400 2017/2018/2019. Extraordinary 400m relay leg at the 2016 Irish Universities Championships, coming "from the depths of hell" to win, watched 3.4 million times on YouTube. Her older sister Joan Healy is also an international sprinter. Coach-Shane McCormack
In 2021: 1 Dublin 400; 4 EIC 400; 1 Málaga 100/200/400

HEALY Joan IRL**28y** 211d 1992**Women's 4x100/4x200 Metres Relay**

100 pb: 11.57 -18. 200 pb: 23.75w -18, 24.03 -17. 4 European Youth Olympic Festival 100 2009; sf EJC 100 2011; ht ECH 4x100 2016/2018; ht EIC 60 2021. 2 Irish 100 2018. 2 Irish indoor 60 2012/2017/2018/2020. Her younger sister is the multiple Irish sprints champion Phil Healy (4 EIC 400 2021). Coach-Alan Mohoney
In 2021: 2 Dublin 60; 8ht EIC 60

DOHERTY Kate IRL**29y** 358d 1991**Women's 4x100/4x200 Metres Relay**

100 pb: 11.83 -19. 100H pb: 13.70w -19, 13.72 -18. 1 Irish under-23 100 2018; 1 Irish indoor 60H 2019
In 2021: 3 Dublin 60

BECKER Sophie IRL**23y** 349d 1997**Mixed 4x400 Metres Relay**

400 pb: 53.20i -21, 53.67 -19. ht under-23 ECH 2019; ht EIC 2019/2021. 1 Irish 2020 indoors & out. Studied Genetics at Dublin City University. Coach-Jeremy Lyons
In 2021: 2 Dublin; 3ht EIC

AKPE-MOSES Gina IRL**22y** 64d 1999**Women's 4x100/4x200 Metres Relay**

2017 European Junior Champion at 100m (the first Irish athlete to ever win an able-bodied European sprint title)
100 pb: 11.45 -19. 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 2021: 7 Ostrava Czech Indoor Gala 60

TROIANI Virginia ITA**25y** 67d 1996**Women's 4x400 Metres Relay**

400 pb: 53.02 -20 (53.68i -21). 200 pb: 24.16w, 24.40 -18. 2 EJC 4x400 2015; 4 World Relays Mixed 4x400 2019. 1 Italian under-23 2018
In 2021: 2 Ancona (Jan 23); 1 Ancona (Jan 31); 3 Milan

TREVISAN Giancarla ITA**28y** 72d 1993**Women's 4x400 Metres Relay**

Full name-Giancarla Dimich Trevisan // 400 pb: 52.46 -21. 200 pb: 23.88 -19. 3 World Relays 4x400 2019; 3 ETCh 4x400 2019; ht WCH Mixed 4x400 & 4x400 2019. 2 Italian 2018. Born/lives-USA, (her Italian grandparents moved from Italy to Des Moines, Iowa). Coach-Ryan Wilson
In 2021: 2 Birmingham AL 'Blazer' 500; 1 Birmingham AL KMS Open 200 'B'; 1 Virginia Beach Norfolk State Invitational 400 (Feb 6); 1 Virginia Beach Norfolk State Invitational 400 (Feb 12); 1 Miramar Florida International; 1 Prairie View Sprint Summit

SIRAGUSA Irene ITA**27y** 311d 1993**Women's 4x100 Metres Relay**

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); 7 WCH 4x100 2019; ht EIC 60 2021. 1 Italian 100 2014/2017 & 200 2014/2018. 1 Italian indoor 60 2020
In 2021: 1 Ancona 60; 1 Modena 60; 2 Italian indoor 60; 6ht EIC 60

POLINARI Anna ITA**22y** 82d 1999**Women's 4x400 Metres Relay**

400 pb: 53.55i -21, 53.88 -20. 400H pb: 59.82 -18. sf EJC 400H 2017; ht WJC 400H 2018. 1 Italian junior 400H 2018
In 2021: 1 Padua; 2 Italian under-23 indoor; 3ht Italian indoor

NARDELLI Petra ITA**25y** 19d 1996**Women's 4x400 Metres Relay**

400 pb: 53.28 -20 (53.63 -21). 200 pb: 24.06 -18. 4 Italian 2018 & indoor 2020
In 2021: 2 Innsbruck 60; 4ht Italian indoor (7ht 60); 2 Milan; 1 Rovereto 150

MELON Chiara ITA**21y** 204d 1999**Women's 4x100 Metres Relay**

100 pb: 11.42 -19 (11.71 -21). 200 pb: 23.65 -20. 7 under-23 ECH 4x100 2019. 2 Italian indoor 60 2020 (2021-3)
In 2021: 2 Saronno 60 'B'; 2 Modena 60; 2 Italian under-23 indoor 60; 3 Italian indoor 60; 2 Rome Sprint Festival 100

MARCHIANDO Eleonora ITA**23y** 215d 1997**Women's 4x400 Metres Relay**

400 pb: 53.28 -21. 400H pb: 57.44 -20. ht World Youth 400 2013; 4 EJC 400H 2015; sf WJC 400H 2016 (8 4x400); ht EIC 400 2021 (4 4x400). 2 Italian 400H 2020; 3 Italian indoor 400 2021
In 2021: 2 Padua 400; 3 Italian indoor; 5ht EIC 400 (4 4x400); 1 Milan

MANGIONE Alice ITA**24y** 101d 1997**Mixed 4x400 Metres Relay**

2020 Italian Champion // 400 pb: 52.70 -20, 52.73i -21. 200 pb: 23.75 -20. ht World Youth 2013; 6 EJC 2015; 8 WJC 4x400 2016; 5 under-23 ECH 4x400 2019; ht EIC 2021 (4 4x400). 1 Italian 2020
In 2021: 1 Ancona; 1 Vienna T&F 'D'; 2 Italian indoor; 3ht EIC (4 4x400); 1 Rieti 'Perseus'

LUKUDO Raphaela Boaheng ITA**26y** 275d 1994**Mixed 4x400 Metres Relay**

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); ht WCH 4x400 Mixed & Women 2019. 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 2021: 6 Modena 60; 6 Italian indoor 400; 2 Rieti Perseus 300

KADDARI Dalia ITA**20y** 38d 2001**Women's 4x100 Metres Relay**

2018 Youth Olympic silver at 200m // 100 pb: 11.29w, 11.44 -20. 200 pb: 23.23 -20. 4 European Youth 200 2018; 2 Youth Olympic 200 2018 (runs of 24.24 & 23.45); 6 EJC 200 2019. 2 Italian 200 2019. Mother-Sardinian, father-Moroccan. Coach-Fabrizio Fanni
In 2021: 5 Italian under-23 indoor 60

	HOOPER Gloria ITA	29y	57d	1992	Women's 4x100 Metres Relay
	Sprint double winner at the 2015 & 2016 Italian Championships // 100 pb: 11.34 -16 (11.52 -21). 200 pb: 22.89 -16. 400 pb: 53.12 -15. 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); ht WCH 200 2019 (7 4x100). 1 Italian 100 2013. 1 Italian 100/200 2015/2016 (1 200 2017). Parents from Ghana Second leg for team which broke the Italian record and placed seventh at the 2019 World 4x100 (Johanelis Herrera Abreu, her, Anna Bongiorno, Irene Siragusa) In 2021: 1 Rome Sprint Festival 100; 1 Rieti 'Perseus' 100				
	HERRERA ABREU Johanelis ITA	25y	262d	1995	Women's 4x100 Metres Relay
	Allegiance transferee from Dominican Republic – has lived in Italy since 2007, acquired Italian citizenship in 2012 and cleared by World Athletics to represent Italy from July 3, 2012 100 pb: 11.51 -19. 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; 7 WCH 4x100 2019 (led off team which set Italian record 42.90 in heat). 1 Italian 100 2018 & indoor 60 2019 In 2021: 2 Padua 60; 1 Ancona 60; 4 Italian indoor 60				
	FONTANA Vittoria ITA	20y	280d	2000	Women's 4x100 Metres Relay
	2019 European Junior Champion at 60m // 100 pb: 11.40 -19. 200 pb: 23.62 -20. 8 WJC 4x100 2018; 1 EJC 100 2019 (4 4x100); sf EIC 60 2021. 1 Italian indoor 60 2021. Her older brother Riccardo (born 1997) clocked 10.84 for 100m in 2018. Coach-Giuseppe Cappelletti In 2021: 1 Modena 60; 1 Italian under-23 indoor 60; 1 Italian indoor 60; 4sf EIC 60				
	FOLORUNSO Ayomide ITA	24y	194d	1996	Women's 4x400 Metres Relay
	Twice World Student Games Champion, 3x Italian Champion // 400 pb: 52.25 -18 (53.36i -21). 400H pb: 54.75 -19. 7 WJC 400H 2014; 3 EJC 400H 2015; 4 ECH 400H 2016 (2018-sf); sf OLY 400H 2016 (5 4x400); 1 under-23 ECH 200H 2017; sf WCH 400H 2017/2019; 1 WSG 400H 2017; 2 Mediterranean Games 400H 2018; sf EIC 400 2019 (3 4x400); 4 ETCh 400H 2019. 1 Italian 400H 2016/2018/2019 & indoor 400 2016. Came to Italy from Nigeria at age eight, acquired Italian citizenship on July 3, 2013 In 2021: 3 Modena 60 (Jan 24); 1 Ancona 200; 2 Modena 60H (Feb 6); 1 Val-de-Reuil 400 'B'; 5 Italian indoor 400; 1 Pavia 150				
	DOSSO Zaynab ITA	21y	230d	1999	Women's 4x100 Metres Relay
	Allegiance transferee from Ivory Coast – has lived in Italy since 2010, acquired Italian citizenship in 2016 and cleared by World Athletics to represent Italy from June 11, 2016 100 pb: 11.35w, 11.43 -20 (11.80 -21). 200 pb: 24.18w 16, 24.27 -16. sf EJC 100 2017; 3 European Youth Medley Relay 2018; 5 ETCh 100 2019. 1 Italian 100 2019/2020 In 2021: 2 Rieti 'Perseus' 100				
	COIRO Eloisa ITA	20y	149d	2000	Mixed 4x400 Metres Relay
	2019 Italian Champion at age 18 // 400 pb: 53.44i -21, 54.22 -20. 800 pb: 2:03.95 -19. 6 WJC 800 2018; 4 EJC 800 2019 (2017-5); 11 ETCh 800 2019; 4 EIC 4x400 2021. 1 Italian 800 2019; 2 Italian indoor 800 2020 In 2021: 1 Italian under-23 indoor 400; 4 Italian indoor 400; 4 EIC 4x400 (Anchored team which set Italian indoor record, Rebecca Borga, Alice Mangione, Eleonora Marchiando, her)				
	CHIGBOLU Maria Benedicta ITA	31y	277d	1989	Women's 4x400 Metres Relay
	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 2015/2017/2019; sf ECH 2016 (3 4x400); ht OLY 2016 (5 4x400); sf ECH 2018; 3 World Relays 4x400 2019; 3 ETCh 2019. 2 Italian 2013/2015/2016/2019. Her grandfather Julius Chigbolu was ninth at the 1956 Olympics in the high jump (2.00) for Nigeria In 2021: 3 Rieti 'Perseus' 300				
	BORGA Rebecca ITA	22y	323d	1998	Mixed 4x400 Metres Relay
	Second at 2018 Mediterranean under-23 Championships // 400 pb: 52.69i -21, 52.84 -20. sf World Youth 2015; sf WJC 2016; 6 EJC 2017; 2 Mediterranean under-23 2018; 8 under-23 ECH 2019; sf EIC 2021 (4 4x400). 1 Italian indoor 2021. She races in her lucky socks. Coach-Andrea Montanari In 2021: 1 Mondeville 'Elite'; 1 Padua; 1 Italian indoor; 6sf EIC (4 4x400)				
	BONGIORNI Anna ITA	27y	227d	1993	Women's 4x100 Metres Relay
	Third leg for team which broke the Italian record and placed seventh at the 2019 World 4x100 (Johanelis Herrera Abreu, Gloria Hooper, her, Irene Siragusa) 100 pb: 11.30 -20. 200 pb: 23.31 -20. 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; 7 WCH 4x100 2019 (leg 3). 1 Italian under-23 100/200 2015; 1 Italian indoor 60 2018				
x	WILLIAMS Jeanine JAM	24y	92d	1997	Mixed Shuttle Hurdles Relay
	100 pb: 11.56 -18 (11.70 -21). 100H pb: 12.62w, 12.72 -19 (13.00w, 13.28 -21). sf WJC 2016; 2 Athletics World Cup 2018; 3 Central American & Caribbean Games 2018. 3 Jamaican 2018. Attends Georgia Tech University In 2021: 3 Clemson 'Pollock'; 7 Staten Island 'Gold' Tour; 1 Atlanta Yellow Jacket Invitational 100/100H; 2 Tuscaloosa Crimson Tide Invitational 100H (5 100); 1 Atlanta Georgia Tech Invitational 100H (3 100)				
x	WHYTE Rhonda JAM	30y	175d	1990	Women's 4x400 Metres Relay
	Big advancement at 400m hurdles from 55.58 to 54.29 in 2017, but disqualified at Worlds for line-stepping 400 pb: 51.28 -21. 400H pb: 54.29 -17. 200 pb: 23.20 -21. 6 WSG 400H 2015; dq sf WCH 400H 2017 (lane); 4 COM 400H 2018; 8 Pan-Am Games 400H 2019; ht WCH 400H 2019. 1 Jamaican 400H 2017. Coach-Maurice Wilson In 2021: 4 Spanish Town 400; 1 Kingston 'Triangular' 400				
x	WHYTE Natalliah JAM	23y	264d	1997	Women's 4x100/4x200 Metres Relay
	Led off winning Jamaican 4x1 team at 2019 World Championships // 100 pb: 11.04 -18 (11.07 -21). 200 pb: 22.55 -18 (22.88 -21). 7 WJC 200 2014 (2 4x100); 1 Youth Olympic Games 200 2014; 1 WCH 4x100 2019. 2 NCAA 100 2018, representing Auburn University, but she's since transferred to Florida Atlantic University to be with celebrated coach Henry Rolle In 2021: 1 Miami Tropical Park 200; 3 Clermont FL 'Pure Spring' 200; 3 Miramar Invitational 100				
x	THOMPSON-HERAH Elaine JAM	28y	305d	1992	Women's 4x100/4x200 Metres Relay
	2016 Olympic Champion at 100m & 200m but no individual medal since 100 pb: 10.70 -16 (11.21 -21). 200 pb: 21.66 -15 (22.44w -21). 400 pb: 55.88 -19 (56.26 -21). 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 Pan-Am Games 100 2019; 4 WCH 100 2019 (dns sf 200). 1 Jamaican 200 2015 & 100 2016/2017. Married Derron Herah in St Ann on November 2, 2019. Coach-Stephen Francis She says she's experiencing sporadic pain in her Achilles tendon – "Some days I am 100 per cent, sometimes 50. I just work round it." In 2021: 1 Spanish Town 60 (Feb 13); 4 Miramar Invitational 200; 1 Kingston 'Velocity' #9 100				
x	TAPPER Megan JAM	27y	43d	1994	Mixed Shuttle Hurdles Relay
	(Née Simmonds) 2019 World Championship finalist after pb in semi (but dnf after messing up first hurdle) 100H pb: 12.61 -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; 3 Pan-Am Games 2019; dnf WCH Final 2019. 1 Jamaican 2016. Coach/husband Mathue Tapper				

x	SALMON Shiann JAM	22y	30d	1999	Women's 4x400/Mixed 4x400 Metres Relay
2019 World Championship semi-finalist at 400m Hurdles // 400 pb: 51.74 -21. 400H pb: 55.16 -21 (56.02 -21). HJ pb: 1.82 -16. ht World Youth 400H 2015; 2 WJC 400H 2018 (3 4x400); 2 North/Central American & Caribbean under-23 400H 2019; sf WCH 400H 2019. 1 Jamaican junior HJ 2016; 2 Jamaican 400H 2019 In 2021: 2 Fayetteville American Track League 3 400; 2 Texas Relays; 2 Prairie View Sprint Summit 400H; 3 Des Moines Drake Relays 400H					
x	RUSSELL Janieve JAM	27y	167d	1993	Women's 4x400 Metres Relay
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 (51.77 -21). 400H pb: 53.46 -18. 200 pb: 23.43 -18 (23.84 -21). 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 Continental Cup 400H 2018; silver WCH Mixed 4x400 2019 (ran heat). 1 Jamaican Heptathlon 2011 (while still a junior); 1 Jamaican 400H 2015 In 2021: 3 Spanish Town 'Triangular' 'B'; 1 Kingston 'Velocity' #8; 1 Miami Sprint Classic					
x	MORRISON Natasha JAM	28y	163d	1992	Women's 4x100 Metres Relay
Second leg for Jamaican 4x100m team which won at 2015 World Championships (in a super-fast 41.07) 100 pb: 10.87 -21. 200 pb: 23.08 -13 (23.48 -21). 5 Pan-American junior 100 2011; 7 WCH 100 2015 (1 4x100); sf WCH 100 2017 (3 4x100); 5 COM 100 2018 (2 4x100); 5 Pan-Am Games 100 2019. Gold WCH 4x100 2019 (ran heat) In 2021: 2 Spanish Town 60; 5 Kingston Jamaican AAA Qualifier #1 200 'B'; 5 Kingston Jamaican AAA Qualifier #3 200 'B'; 4 Miramar Invitational 100 'B'; 1 Miami Sprint Classic 100					
x	MCPHERSON Stephenie Ann JAM	32y	155d	1988	Women's 4x400 Metres Relay
The rightful World bronze medallist from 2013 (she received that medal at London 2017, following the disqualification of Antonina Krivoshepa RUS) 400 pb: 49.92 -13 (51.09 -21). 200 pb: 22.90 -21. 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 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 Continental Cup 400 2018 (1 mixed relay); 6 WCH 2019 (3 4x400). 1 Jamaican 2016/2018. Coach-Stephen Francis In 2021: 1 Spanish Town 'Dual' 'B'; 1 Spanish Town 'Triangular' 'B'; dnf Kingston 'Triangular' 200 'B'; 2 Kingston Jamaican AAA Qualifier #1 200 'B'; 4 Kingston Jamaican AAA Qualifier #3 200 'B'; 4 Miramar Invitational; 2 Kingston 'Velocity' #9 200 'B'					
x	McLEOD Candice JAM	24y	165d	1996	Women's 4x200 Metres Relay
200 pb: 23.82 -21. 400 pb: 51.56 -21. 400H pb: 57.54 -19. 2 Pan-Am Junior 4x400 2015. 1 Jamaican Intercollegiate 400H 2018 In 2021: 1 Kingston Jamaican AAA Qualifier #1 200; 2 Kingston 'Velocity' #8; 2 Kingston 'Velocity' #9 'B'					
x	McGREGOR Roneisha JAM	23y	203d	1997	Women's 4x400/Mixed 4x400 Metres Relay
Two medals from 2019 World Championships: Mixed 4x400 silver and then Women-only 4x400 bronze after she ran in the heats only 400 pb: 51.36 -19 (52.06 -21). 200 pb: 23.19 -17. sf WJC 200 2016. 2 North/Central American & Caribbean under-23 2019; 3 Pan-Am Games 4x400 2019; 2 WCH Mixed 4x400 2021 (Nathon Allen, her, Tiffany James, Javon Francis); bronze WCH 4x400 2019 (ran heat) In 2021: 5 Kingston 'Triangular' 60; 1 Kingston Jamaican AAA Qualifier #1 'B'; 3 Kingston Jamaican AAA Qualifier #3 'C'; 3 Kingston 'Velocity' #9 'B'; 1 Kingston Jamaican AAA Qualifier #9 200					
x	LE-ROY Anastasia JAM	33y	231d	1987	Women's 4x200 Metres Relay
2018 Commonwealth 400m silver // 200 pb: 22.16 straight -18, 22.85 -16 (23.45 -21). 400 pb: 50.57 -18. 100 pb: 11.27w -09, 11.41 -07. 6 WJC 200 2006 (3 4x100); ht WCH 4x400 2007; 3 Central American & Caribbean Champs 200 2011; 3 WSG 2013; 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); ht WCH 2019 (3 4x400). Coach-Maurice Wilson In 2021: 4 Kingston Jamaican AAA Qualifier #1 200; 8 Kingston Jamaican AAA Qualifier #3 200 'B'; 3 Kingston 'Velocity' #8 200; 5 Kingston 'Velocity' #9 200 'B'					
x	JENKINS Tovea JAM	28y	184d	1992	Women's 4x400/Mixed 4x400 Metres Relay
Fifth at 2018 World Indoor Championships // 400 pb: 51.99 -17. 200 pb: 23.62 -21. sf WSG 2015; 5 WIC 2018 (dq 4x400 on her exchange to Janieve Russell, because of Russell's switch in position while waiting, they would otherwise have won silver); sf COM 2028 2 NCAA div 2 2016 (2 indoor 2017). Studied Communications at Johnson C. Smith University (in Charlotte, North Carolina) In 2021: 3 Spanish Town (Jan 30); 5 Spanish Town (Feb 13); 3 Kingston 'Triangular'; 3 Kingston Jamaican AAA Qualifier #1 200; 6 Kingston 'Velocity' #8 200 'B'; 4 Kingston 'Velocity' #9 'B'					
x	JAMES Tiffany JAM	24y	89d	1997	Women's 4x200 Metres Relay
2016 World Junior Champion at 400m. Two relay medals for 2019 Worlds 200 pb: 23.31 -16 (23.33 -21). 400 pb: 51.32 -16 (52.67 -21). 3 World Youth 400 2013; sf WJC 400 2014; 1 WJC 400 2016 (2 4x400); 2 WCH Mixed 4x400 2019 (3 4x400). Ran in relay heats at 2018 World Indoor Championships, but no medal as team (without her) were disqualified in the final In 2021: 6 Spanish Town 200 race 2; 4 Kingston 'Triangular' 200; 2 Kingston Jamaican AAA Qualifier #1 200; 6 Kingston Jamaican AAA Qualifier #3 200 'B'; 4 Kingston 'Velocity' #8 200; 4 Kingston 'Velocity' #9 200 'B'					
x	JACKSON Shericka JAM	26y	288d	1994	Women's 4x400 Metres Relay
400m bronzes in Beijing 2015, Rio 2016 & Doha 2019 (where she also anchored Jamaica to victory in the 4x100, deputising for Elaine Thompson) 400 pb: 49.47 -19 (52.54 -21). 200 pb: 22.05 -18 (22.79 -21). 100 pb: 11.03w -19, 11.13 -18 (11.46 -21). 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 Pan-Am Games 2019; 3 WCH 400 2019 (1 4x100, 3 4x400). 1 Jamaican 2017/2019 & 200 2018. Coach-Paul Francis (brother of Stephen Francis) In 2021: 1 Spanish Town 'Triangular' 200 'B'; 1 Kingston 'Triangular' 200 'B'; 1 Kingston Jamaican AAA Qualifier #3 100 'B'; 1 Kingston 'Velocity' #9					
x	FORBES Shashalee JAM	24y	354d	1996	Women's 4x100/4x200 Metres Relay
(Shashalee is pronounced "Sasha-lee") 2016 Olympic relay silver, after running in the heats only (when Elaine Thompson and Christania Williams were rested) & 2013 bronze 100 pb: 11.10 -17. 200 pb: 22.71 -17 (23.32 -21). 2 WJC 4x100 2014; silver OLY 4x100 2016; sf WCH 200 2017 (3 4x100) 1 WSG 100 2017; 3 WCH 4x00 2017; dq COM 200 2018 (originally 5th in 22.59, but out of lane); sf WCH 200 2019. 1 Jamaican 200 2017. Her cousin is Simone Facey (1 WCH 4x100 2009) In 2021: 2 Kingston 'Triangular' 60; 4 Kingston Jamaican AAA Qualifier #1 200 'B'; 3 Kingston Jamaican AAA Qualifier #3 200 'B'; 1 Kingston 'Velocity' #8 200; 2 Kingston Jamaican AAA Qualifier #9 200 'B'					
x	DAY Christine JAM	34y	250d	1986	Women's 4x400 Metres Relay
Fourth at 2015 World Championships, then relay gold. Two successive Olympic relay silvers 400 pb: 50.14 -15 (52.53 -21). 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 In 2021: 4 Kingston 'Triangular'; 2 Kingston Jamaican AAA Qualifier #1 'B'; 4 Kingston Jamaican AAA Qualifier #3 'C'; 3 Kingston 'Velocity' #8					
x	CAMERON Kasheika JAM	22y	190d	1998	Women's 4x100 Metres Relay
100 pb: 11.24 -21. 200 pb: 23.39 -18 (23.65 -21). 5 Pan-Am Junior 200 2017 (2 4x100) In 2021: 1 Spanish Town 200 (6 60) (Jan 30); 1 Spanish Town 'Dual' 200; 2 Spanish Town 200 race 2/60 'B' (Feb 13); 1 Kingston 'Triangular' 200 'B' (6 60); 2 Kingston Jamaican AAA Qualifier #1 100 'B'; 2 Kingston Jamaican AAA Qualifier #3 100 'B'; 5 Kingston 'Velocity' #8 200; 4 Miramar Invitational 100; 3 Kingston 'Velocity' #9 100 'B'; 4 Miami Sprint Classic 100					

x	BURCHELL Remona JAM	29y	227d	1991	Women's 4x100 Metres Relay
2018 World indoor finalist at 60m // 100 pb: 10.95w -14, 11.03 -14. 200 pb: 23.43w -18, 23.71 -21. 8 WIC 60 2018. 1 NCAA 100 2014; 1 NCAA indoor 60 2014/2015. Was at the University of Alabama In 2021: 3 Spanish Town 60 (Jan 30); 4 Spanish Town 60 (8 200) (Feb 13); 1 Kingston 'Triangular' 60; 1 Kingston Jamaican AAA Qualifier #3 200; 4 Kingston 'Velocity' #8 200 'B'; 2 Kingston 'Velocity' #9 100; 2 Kingston Jamaican AAA Qualifier #9 200					
x	BROWN Janeek JAM	22y	351d	1998	Mixed Shuttle Hurdles Relay
2019 World Championship finalist. 2019 US Collegiate Champion, representing the University of Arkansas 100H pb: 12.40 -19. 100 pb: 11.19w, 11.29 -21. 200 pb: 22.40 -19. 6 Youth Olympic Games 2014; sf World Youth 2015; 7 WCH 2019. 1 NCAA 2019 (2018-5). Coach-Chris Johnson Clocked 12.40 to break Brigitte Foster-Hylton's Jamaican record in June 2019, but it stood for only 42 days before Danielle Williams clocked 12.32 in London In 2021: 5 Miami Sprint Classic 100					
	TSURUTA Remi JPN	24y	12d	1997	Women's 4x100 Metres Relay
100 pb: 11.48 -20 (11.80i, 12.33 -21). 200 pb: 23.17 -20. 400 pb: 56.30 -21. 1 Japanese 200 2020 In 2021: 1 Osaki indoor 100; 6 Japanese World Relays Trial 'B'; 2 Izumo Yoshioka Memorial 300 (1 4x100)					
	TAKASHIMA Saki JPN	19y	71d	2002	Women's 4x400/Mixed 4x400 Metres Relay
2019 Asian Youth Champion // 400 pb: 53.31 -19 (54.33 -21). 1 Asian Youth 2019; ht WCH Mixed 4x400 2019. 2 Japanese 2019 (2020-3); 1 Japanese Schools 2019. She held a big lead at the start of her anchor leg in the 2019 World Championship Mixed relay heats (Japan having gone Women, Man, Man, Woman), but run down by the seven male anchors in the other teams (and she was only 17 at the time). Born-Shizuoka Prefecture In 2021: 2 Japanese World Relays Trial 'B'; 2 Izumo Yoshioka Memorial					
	SHINTAKU Asami JPN	27y	53d	1994	Women's 4x400 Metres Relay
400 pb: 53.78 -15 (55.00 -13). 200 pb: 24.48 -20. 100 pb: 12.11 -19. 1 Japanese Universities 2015 In 2021: 1 Okinawa Spring Record Meeting; 2 Japanese World Relays Trial; 6 Izumo Yoshioka Memorial					
	SAITO Ami JPN	18y	196d	2002	Women's 4x100/4x400 Metres Relay
100 pb: 11.57 -16 (11.66 -21). 200 pb: 23.46 -16 (23.62 -21). 400 pb: 55.16 -16. sf World Youth 200 2015. 1 Japanese Schools 100/200 2016; 3 Japanese 200 2019 In 2021: 2 Japanese World Relays Trial 100; 1 Japanese World Relays Trial 200; 1 Izumo Yoshioka Memorial 300 (1 4x100)					
	OISHI Sayaka JPN	29y	354d	1991	Women's 4x100 Metres Relay
100 pb: 11.73w -17, 11.84 -16 (11.90i -21). 200 pb: 23.78 -20 (24.26 -21) In 2021: 2 Osaki indoor 100; 3 Japanese World Relays Trial 200					
	MATSUMOTO Nanako JPN	24y	238d	1996	Women's 4x400/Mixed 4x400 Metres Relay
400 pb: 53.31 -20 (53.80 -21). 6 World Youth 2013 (3 Medley Relay); 2 Asian Games 4x400 2014. 1 Japanese 2014 (2018/2020-2) In 2021: 1 Japanese World Relays Trial 'B'; 1 Izumo Yoshioka Memorial					
	KODAMA Mei JPN	21y	326d	1999	Women's 4x100 Metres Relay
100 pb: 11.35 -20 (12.13 -21). 200 pb: 23.44 -20 (24.50 -21). 3 Asian Junior 100 2018 (2 4x100); 4 World Relays 4x200 2019. 1 Japanese 200 2019 & 100 2010 In 2021: 5 Japanese World Relays Trial 200; 1 Izumo Yoshioka Memorial					
	KOBAYASHI Mayu JPN	24y	170d	1996	Women's 4x400 Metres Relay
400 pb: 54.62 -18 (54.31 -21). 200 pb: 24.85 -19. 6 Japanese 2018/2020 In 2021: 1 Japanese World Relays Trial; 3 Izumo Yoshioka Memorial					
	KAWATA Ayaka JPN	21y	251d	1999	Women's 4x400 Metres Relay
400 pb: 53.50 -18 (54.54 -21). 800 pb: 2:02.71 -18 (2:07.38 -21). 6 WJC 800 2018; 4 Asian Games Mixed 4x400 2018 (5 4x400). 1 Japanese 400 2018 & 800 2020 In 2021: 1 Osaka Record Meeting 400; 1 Osaka Gakuren 400/800; 2 Nara Takashi Yamada Memorial 400; 3 Japanese World Relays Trial 400 'B'; 1 Osaka Student v School 400/800; 3 Izumo Yoshioka Memorial 400					
	ISHIKAWA Yu JPN	18y	164d	2002	Women's 4x100 Metres Relay
100 pb: 11.46w -21, 11.56 -20. 200 pb: 23.82w, 24.03 -20. 3 Japanese 100 2020 In 2021: 3 Japanese World Relays Trial 100; 1 Izumo Yoshioka Memorial 100					
	AOYAMA Seika JPN	24y	363d	1996	Women's 4x400/Mixed 4x400 Metres Relay
Asin Championships relay bronzes in 2017 & 2019 // 400 pb: 52.38 -20. 200 pb: 23.78 -13 (23.95 -21). sf World Youth 200 2013 (3 Medley Relay); 5 Asian Games 400 2014; 7 Asian Champs 2017 (3 4x400); 3 Asian Champs 4x400 2019; ht WCH Mixed 4x400 2019. 1 Japanese 2016 In 2021: 2 Japanese World Relays Trial 200					
	AOYAMA Hanae JPN	18y	247d	2002	Women's 4x100 Metres Relay
100 pb: 11.55w -18, 11.56 -21. 200 pb: 24.01w, 24.22 -20. 2 Asian Youth 100 2019 In 2021: 1 Osaka indoor 60; 1 Japanese World Relays Trial 100; 1 Izumo Yoshioka Memorial 4x100					
	WAKA Doreen KEN	26y	168d	1994	Women's 4x200 Metres Relay
100 pb: 11.82w -21, 12.00 -21. 200 pb: 25.21 -21 In 2021: 1 Nairobi AK Relays #3 100 'B' (2 200 'B'); 1 Nairobi AK Weekend #1 100; 6 Nairobi AK Weekend #1 200; 2 Nairobi AK Weekend #2 100					
•	TUEI Emily Jerotich KEN	34y	352d	1986	Mixed 2x2x400 Metres Relay
Former World Youth Champion, now faster than ever in her 30s // 400 pb: 54.03 -15. 800 pb: 1:58.04 -18 (2:02.86 -21). 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 2021: 7 Liévin 'Gold' Tour 800 'B'; 9 Val-de-Reuil 800; 9 Val-de-Reuil; 3 Nairobi AK Weekend #2					
	TABUNDA Priscilla KEN	31y	251d	1989	Mixed Shuttle Hurdles Relay
Kenyan record holder at 100m Hurdles // pbs in Heptathlon events: 100: 14.08 (14.79 -21); HJ: 1.70; SP: 8.16; 200: 25.32; LJ: 6.18; JT: 34.46; 800: 2:22.00. Heptathlon: pb: 5074 -15. TJ pb: 12.03 -21. 400H pb: 59.81 -17. 8 African Champs LJ 2016; ht COM 100H 2018 (dnq LJ). 1 Kenyan 100H 2015/2016/2017/2019. She is a Lance corporal in the Kenyan Army In 2021: 2 Nairobi AK Relays #3 100H; 1 Nairobi AK Weekend #1 100H; 2 Nairobi AK Weekend #2 100H					
	SYOMBUA Hellen KEN	23y	265d	1997	Women's 4x400/Mixed 4x400 Metres Relay
Full name-Hellen Syombua Kalii Kenyan record holder // 400 pb: 51.09 -19 (53.72 -21). 2 African Games 4x400 2015; 2 African Champs 4x400 2018; 3 World Relays Mixed 4x400 2019; ht WCH 2019 (injured). 3 Kenyan 2016 In 2021: 1 Nairobi AK Weekend #1. It is reported that she has withdrawn from Silesia21					

SAFANIA Monicah KEN	30y	203d	1990	Women's 4x200 Metres Relay
100 pb: 11.9, 12.19 -20. 200 pb: 24.62 -21. 1 Kenyan 100 2019 In 2021: 1 Nairobi AK Relays #3 100; 3 Nairobi AK Weekend #1 200; 3 Nairobi AK Weekend #2 100; 2 Nairobi AK Weekend #2 200				
RUKIA Nusra KEN	19y	244d	2001	Mixed Shuttle Hurdles Relay
100H pb: 14.63 -21. ht World Youth 2017 In 2021: 1 Nairobi AK Relays #3; 1 Nairobi AK Weekend #2				
NYAMBURA Susan KEN	33y	144d	1987	Women's 4x200 Metres Relay
200 pb: 25.28w -21, 25.51 -19. 100 pb: 12.24w, 12.36 -21 In 2021: 2 Nairobi AK Relays #3 100 'B' (5 200 'B'); 3 Nairobi AK Weekend #1 100; 4 Nairobi AK Weekend #2 100; 4 Nairobi AK Weekend #2 200				
NYAGISERA Vanice KEN	20y	26d	2001	Mixed Shuttle Hurdles Relay
Full name-Vanice Kerubo Nyagisera 2019 African Games Champion at 400m Hurdles 100H pb: 15.87 -21. 400H pb: 56.95 -19. 3 African Youth Games 100H 2018; 1 African Games 400H 2019. 1 Kenyan 400H 2019 In 2021: 4 Nairobi AK Relays #3				
NALYANYA Eglay KEN	24y	336d	1996	Mixed 4x400 Metres Relay
Full name-Eglay Nafuna Nalyanya 2018 Commonwealth Games finalist at 800m 400 pb: 54.28 -20. 800 pb: 2:00.28 -18. 1500 pb: 4:11.55 -18 (4:17.0 -21). dq/ht WJC 400 2014 (out of lane); 5 World Relays 4x800 2018 (2015-8); 8 COM 800 2018. 1 Kenyan Police 800 2015/2019; 3 Kenyan 800 2017 (2014-5, 2016/2018-4); 1 Israeli 800/1500 2018 In 2021: dnf Liévin 'Gold' Tour 800; 2 Luxembourg 800; 5 Nairobi AK Weekend #1; 2 Nairobi AK Weekend #2				
MUTUA Veronica KEN	29y	87d	1992	Women's 4x400 Metres Relay
Full name-Veronica Kamumbe Mutua // 400 pb: 52.14 -17 (54.57 -21). 200 pb: 24.91 -21. 6 World Relays Mixed 4x400 2017; sf COM 2018; 7 African Champs 2018 (2 4x400). 2 Kenyan 2017/2018 In 2021: 2 Nairobi AK Relays #3 200; 5 Nairobi AK Weekend #1 200; 3 Nairobi AK Weekend #2				
MUSYOKI Gladys KEN	26y	151d	1994	Women's 4x400 Metres Relay
Full name-Gladys Nthenya Musyoki // 400 pb: 52.89 -19 (54.35 -21). LJ pb: 6.17 -14. TJ pb: 12.98 -14. dnf COM LJ 2014; 8 African Champs LJ 2014; sf COM 400 2018 (ht 200); ht WCH Mixed 4x400 2019. 1 Kenyan LJ/TJ 2014 In 2021: 2 Nairobi AK Relays #3; 2 Nairobi AK Weekend #1; 4 Nairobi AK Weekend #2				
MORAA Mary KEN	21y	105d	2000	Women's 4x400/Mixed 4x400 Metres Relay
2019 World Championship semi-finalist while still a junior // 400 pb: 51.75 -19 (52.63 -21). 200 pb: 24.37 -21. 800 pb: 2:03.27 -20 (2:04.32 -21). 2 World Youth 2017; 5 WJC 2018; 1 African Junior 2019; 4 African Games 2019; sf WCH 2019 In 2021: 1 Nairobi AK Relays #3 400/800; 2 Nairobi AK Weekend #1 200				
MAKENA Evangeline KEN	22y	150d	1998	Women's 4x200 Metres Relay
Full name-Evangeline Makena Katheranya // 200 pb: 25.09w, 25.45 -21. 400 pb: 54.10 -21. 2 Kenyan junior 400 2016 In 2021: 3 Nairobi AK Relays #3 100 'B' (1 200 'C'); 3 Nairobi AK Weekend #1; 3 Nairobi AK Weekend #2 200; 1 Nairobi AK Weekend #2 (3 200)				
KORIR Naomi KEN	22y	241d	1998	Mixed 2x2x400 Metres Relay
800 pb: 2:02.70 -21. ht African Games 2019. 3 Kenyan World Championship Trial (but did not have the qualifying standard) In 2021: 6 Liévin 'Gold' Tour 'B'; 6 Luxembourg; 3 Nairobi AK Weekend #1; 1 Nairobi AK Weekend #2				
IMALI Maximilia KEN	24y	142d	1996	Women's 4x200 Metres Relay
2018 Commonwealth Games finalist // 100 pb: 11.64 -19 (11.80 -21). 200 pb: 24.12w -21, 24.41 -20 (26.25 -21). 400 pb: 51.18 -17. 800 pb: 2:04.20 -14. LJ pb: 6.43 -19 (6.03 -21). dnf WJC 800 final 2014; ht WCH 2017; 5 COM 2018; 4 African Games LJ 2019 (7 100). 1 Kenyan 400 2017/2018 (1 100 2017 & LJ 2019). She has necessarily moved down from 400m/800m to sprints and long jump, having spoken openly (to The Olympic Channel) about her hyperandrogenism – “any person going through this problem we are facing now should not be discouraged. I encourage them to keep training, get strong, and run the races we are eligible to run.” In 2021: 1 Nairobi AK Relays #3 200; 1 Nairobi AK Weekend #1 200/LJ; 1 Nairobi AK Weekend #2 100/200/LJ				
CHESEBE Sylvia KEN	33y	348d	1987	Mixed 4x400 Metres Relay
Full name-Sylvia Chematui Chesebe // 400 pb: 53.2 -16 (55.26 -21). 800 pb: 2:00.76 -13 (2:04.66 -21). 3 African Games 800 2011; 4 African Champs 800 2012/2016; 2 IAAF Relays 4x800 2014 & Distance Medley 2015; 5 World Relays 4x800 2017. Member of Kenyan Prisons team In 2021: 1 Nairobi AK Relays #3 'B'; 2 Nairobi AK Weekend #1; 5 Nairobi AK Weekend #2				
CHERONO Joan KEN	29y	314d	1991	Women's 4x400 Metres Relay
400 pb: 52.85 -19 (54.32 -21). 200 pb: 24.08 -18 (24.86 -21). ht COM 200 2018; 3 African Champs 4x100 2018 (ht 200); 3 African Games 4x100 2019. 1 Kenyan 100 2018 (3 200) In 2021: 2 Nairobi AK Relays #3 'B'; 4 Nairobi AK Weekend #1 200; 2 Nairobi AK Weekend #2				
• VISSER Nadine NED	26y	80d	1995	Women's 4x100 Metres Relay
Twice European Indoor Champion at 60m Hurdles. Sixth & seventh at the last two outdoor World Championship 100m Hurdles finals 100 pb: 11.25 -20 pbs in Heptathlon events: 100H: 12.57w/12.71; HJ: 1.80; SP: 13.89i/13.64; 200: 22.83w/23.46; LJ: 6.48; JT: 44.01; 800: 2:13.08 Heptathlon pb: 6467 -15. 4 EJC Heptathlon 2013; 10 ETCh LJ 2014; 3 WJC Heptathlon 2014 (2012-11); 3 WJC 100H 2014; ht ECH 100H 2014; 19 OLY Heptathlon 2016; =1 under-23 ECH 100H 2017 (2015-3); 7 WCH Heptathlon 2017 (2015-8); 1 WSG Heptathlon 2017; 3 WIC 60H 2018; 4 ECH 100H 2018 (2016-sf); 1 EIC 60H 2019/2021 (2015-sf, 2017-7); 6 WCH 100H 2019 (2017-7). 1.75/61kg In 2021: 3 Karlsruhe 'Gold' Tour 60H; 1 Düsseldorf 60H; 2 Berlin ISTAF 60H; 1 Liévin 'Gold' Tour 60H; 1 Dutch indoor 60H; 1 Madrid 'Gold' Tour 60H; 1 EIC 60H (Dutch record 7.77)				
VAN HUNENSTIJN Marije NED	26y	59d	1995	Women's 4x100 Metres Relay
Second leg for Dutch sprint relay team which won silver at the 2018 European Championships 100 pb: 11.13 -19. 200 pb: 22.91 -20. ht WJC 100 2014. Gold ECH 4x100 2016 (ran in heat only, deputising for Dafne Schippers); 2 ECH 4x100 2018 (sf 100); ht WCH 100 2019. 3 Dutch indoor 60 2021 In 2021: 2 Apeldoorn 60; 3 Dutch indoor 60				
SEDNEY Naomi NED	26y	134d	1994	Women's 4x100 Metres Relay
Anchored the Netherlands to European Championship relay gold in Amsterdam 2016 (team of Jamile Samuel, Dafne Schippers, Tessa Van Schagen, Naomi Sedney) 100 pb: 11.01w -17, 11.24 -18. 200 pb: 23.08w, 23.42 -17. 6 WJC 4x100 2012; 3 EJC 4x100 2013; 4 under-23 ECH 100 2015; ht WCH 100 2015/2017; sf ECH 100 2016 (1 4x100); 4 ETCh 100 2017; sf EIC 60 2021. 1 Dutch 100 2016 & indoor 60 2017/2021. Her younger sister Zoe Sedney (born 2001) is also an international sprinter In 2021: 1 Hafnarfjörður 60; 1 Apeldoorn 60; 1 Dutch indoor 60; 6sf EIC 60				

•	SCHIPPERS Dafne NED	28y	318d	1992	Women's 4x100 Metres Relay
World 200m gold plus a 100m medal from both Beijing 2015 & London 2017 100 pb: 10.81 -15. 200 pb: 21.63 -15. Heptathlon pb: 6545 -14. 1 WJC Heptathlon 2010 (3 4x100); 1 EJC Heptathlon 2011 (2009-4); sf WCH 200 2011; 5 ECH 200 2012 (2 4x100); 10 OLY Heptathlon 2012; 1 under-23 ECH 100 2013; 3 WCH Heptathlon 2013; 1 ETCh 200/4x100 2014; 1 IAAF Continental Cup 200 2014 (3 100); 1 EIC 60 2015 (2011-sf, 2013-4, 2019-2); 1 WCH 200 2015 (2 100); 2 WIC 60 2016 (2014-sf, 2018-5); 1 ECH 100/4x100 2016; 2 OLY 200 2016 (5 100); 1 WCH 200 2017 (3 100); 2 ECH 200/4x100 2018 (3 100); 2 IAAF Continental Cup 200 2014 (4 100); Qualified for 2019 WCH 100 final, but scratched (back injury). 1 Dutch 100 2011/2012/2015/2019 & indoor 60 2010/2011/2012/2013/2014/2015/2016. 1.78/62kg					
•	SAMUEL Jamile NED	29y	5d	1992	Women's 4x100 Metres Relay
2018 European 200m bronze, 2021 European indoor 60m bronze // 100 pb: 11.04w -17, 11.10 -18. 200 pb: 22.37 -18. sf WJC 100/200 2008; 3 EJC 4x100 2009; 3 WJC 100/200/4x100 2010; 2 EJC 100/200 2011; sf WIC 60 2014/2016 (2012-ht); 6 ECH 200 2014; dq/ht WCH 100 2015 (false start) – then part of the relay team who were also disqualified; 4 ECH 200 2016 (1 4x100); ht OLY 200 2016; ht WCH 100 2017 (8 4x100); 3 ECH 200 2018 (5 100, 2 4x100); sf WCH 200 2019; 3 EIC 60 2021 (2013/2019/sf, 2015-7). 1 Dutch 100 2009/2017/2018 & 200 2011/2012/2015/2018. 1 Dutch indoor 60 2009 In 2021: 7ht Karlsruhe 'Gold' Tour 60; 6 Düsseldorf 60; 1 Ostrava Czech Indoor Gala 60; 6 Metz 60; 5 Liévin 'Gold' Tour 60; 2 Dutch indoor 60; 3 EIC 60					
	SAALBERG Eveline NED	22y	274d	1998	Mixed 4x400 Metres Relay
400 pb: 53.65i, 54.01 -20 (53.79i -21). 400H pb: 58.86 -19. 1 Dutch 400H 2019; 3 Dutch indoor 400 2020; 2 Dutch 400 2020 In 2021: 2 Vienna T&F 'C'; 5 Metz 'B'; 1 Apeldoorn; 4 Dutch indoor					
•	KLAVER Lieke NED	22y	253d	1998	Mixed 4x400 Metres Relay
Led off the winning Netherlands 4x4 team at the 2021 European Indoors (team of her, Marit Dopheide, Lisanne de Witte, Femke Bol) 400 pb: 50.98 -20. 200 pb: 22.66 -20. 6 EJC 200 2015/2017; 7 WCH 4x400 2019; 5 EIC 2021 (1 4x400). 1 Dutch 200 2020, indoor 200 2017 & indoor 400 2020. Training partner of 53.79 400m hurdler Femke Bol. Their coaches-Laurent Meuwly (SUI) & Bram Peters In 2021: 1 Vienna T&F 200 & 400 'B'; 1 Metz 200 & 400 'B'; 3 Toruń 'Gold' Tour; 2 Dutch indoor; 5 EIC (1 4x400)					
	HOVENKAMP Eva NED	24y	284d	1996	Women's 4x400 Metres Relay
400 pb: 52.83 -17 (54.16i -21). 100 pb: 11.69 -16. 200 pb: 23.43w -17, 23.74 -16. sf EJC 100/200 2015; 6 ECH 4x400 2016 In 2021: 2 Apeldoorn (Feb 10); 4 Apeldoorn (Feb 13); 6 Dutch indoor					
	DOPHEIDE Marit NED	30y	123d	1990	Women's 4x400 Metres Relay
Second leg for Dutch team which won at the 2021 European Indoor Championships 400 pb: 53.03 -14 (53.17i -21). 200 pb: 23.32 -11. 3 under-23 ECH 200 2011; silver ECH 4x100 2012 (ran in heat only, deputising for Dafne Schippers); 1 EIC 4x400 2021. 1 Dutch 400 2011 In 2021: 3 Vienna T&F 400 'E'; 1 Apeldoorn 400; 3 Apeldoorn 400; 3 Dutch indoor 400; 1 EIC 4x400 (Lieke Klaver, her, Lisanne de Witte, Femke Bol)					
	DE WITTE Lisanne NED	28y	231d	1992	Mixed 4x400 Metres Relay
European bronzes indoors (2019) & out (2018) // 400 pb: 50.77 -18 (52.82i -21). 800 pb: 2:05.39 -13. 200 pb: 23.67i -19, 24.35 -18. 8 under-23 ECH 2013; sf WIC 2014/2016; 1 ETCh 2017; 3 ECH 2018; 3 EIC 2019 (2017-ht, 2021-sf); sf WCH 2019 (2017-ht); 1 EIC 4x400 2021. 1 Dutch 2016/2017/2019 (1 800 2015); 1 Dutch indoor 2016 (1 200 2019). 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 Her 50.77 is still a national record despite Femke Bol clocking 50.64 indoors, because the Netherlands don't mix their records In 2021: 3 Metz 'C'; 4sf EIC 400 (1 4x400)					
	De WITTE Laura NED	25y	266d	1995	Women's 4x400 Metres Relay
She is the 2017 European under-23 400m bronze medallist; her sister Lisanne won the same medal at European senior championships indoors & out 400pb: 52.15 -17 (54.26i -21). 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 Lisanne 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 2021: 1 Vienna T&F 'H'; 4 Apeldoorn (Feb 10); 6 Apeldoorn (Feb 13); 2ht Dutch indoor					
	BOUMA Andrea NED	21y	175d	1999	Women's 4x400 Metres Relay
400 pb: 53.53 -20 (54.04i -21). 200 pb: 23.89 -17. sf WJC 200 2016; sf EJC 200 2017 (8 4x400). 1 Dutch 400 2020 In 2021: 1 Vienna T&F 400 'G'; 3 Metz 400; 2 Apeldoorn 400; 5 Dutch indoor 400					
•	BOL Femke NED	21y	66d	2000	Mixed 4x400 Metres Relay
Rapid improvement to be the world's top 400m hurdler in 2020, only her second year at the event 400 pb: 50.63i -21, 51.13 -20. 400H pb: 53.79 -20. sf EJC 400 2017; 1 EJC 400H 2019; sf WCH 400H 2019 (4 4x400); 1 EIC 400/4x400 2021. 1 Dutch indoor 400 2019/2021. Coached by both Laurent Meuwly (SUI) & Bram Peters, who says "the last 100m is her strongest". Former judo player. 1.83 tall Unbeaten at 400m hurdles in 2020 (6 / 6 wins, down from 55.32 to 53.79) In 2021: 1 Vienna T&F 400 (50.96); 1 Metz 400 (50.81); 1 Toruń 'Gold' Tour 400 (50.66); 1 Dutch indoor 400 (50.64, her fourth Dutch indoor record in 23 days); 1 EIC 400/4x400 (49.99 split)					
x	USENBOR Joy Osaretin NGR	16y	150d	2004	Women's 4x400 Metres Relay
400 pb: 54.00 -21. 200 pb: 25.69 -21 In 2021: 5 Akure All Comers #1 200; 5 Akure All Comers #2 'B'; 2 Lagos Grand Prix 'B'; 3 Nigerian Sports Festival					
x	UDO-GABRIEL Joy NGR	21y	332d	1999	Women's 4x100 Metres Relay
Led off winning Nigerian 4x1 team at the 2019 African Games (her, Mercy Ntia Obong, Bukola Adekunle, Rosemary Chukwuma) 100 pb: 11.34 -21. 200 pb: 23.92 -21. 3 COM 4x100 2018; 3 African Champs 100 2018 (1 4x100); 4 African Games 100 2019 (1 4x100). Coach-Deji Aliu (2004 Olympic relay bronze) In 2021: 1 Akure All Comers #1 100; 2 Akure All Comers #2 100; 2 Lagos Grand Prix 100 (3 200); 2 Nigerian Sports Festival 100/4x100					
x	OKON Glory Patrick NGR	20y	247d	2000	Women's 4x400 Metres Relay
400 pb: 53.61 -21. 200 pb: 24.70 -17 In 2021: 3 Akure All Comers #2; 2 Lagos Grand Prix; 1 Nigerian Sports Festival (6 400)					
x	OKE Opeyemi NGR	16y	182d	2004	Women's 4x400 Metres Relay
400 pb: 53.59 -21. 200 pb: 24.81 -21 In 2021: 4 Akure All Comers #1; 2 Akure All Comers #2; 6 Lagos Grand Prix; 5 Nigerian Sports Festival					

x	OKAGBARE Blessing NGR	32y	202d	1988	Women's 4x100 Metres Relay
<p>Married name is Okagbare-Ighoteguonor 2014 Commonwealth Games Champion at both sprints, also high world class at long jump (which she says is her favourite event) 100 pb: 10.75w, 10.79 -13 (10.97 -21). 200 pb: 22.04 -18 (22.66-21). LJ pb: 7.14w, 7.00 -13. TJ pb: 14.13 -08. dnq WJC LJ/TJ 2006; 2 OLY LJ 2008 (2012-dnq); dnq WCH LJ 2009; 1 African 100/LJ/4x100 2010; 3 IAAF Continental Cup 100 2010 (6 LJ); 5 WCH 100 2011 (dnq LJ); 1 African Games LJ 2011 (2 100); 8 OLY 100 2012; 2 WCH LJ 2013 (3 200, 6 100); 1 COM 100/200 2014 (2 4x100); 1 African Champs 100 2014; 1 IAAF Relays 4x200 2015; 8 WCH 100 2015; sf OLY 100/200 2016 (7 4x100); 8 WCH LJ 2017 (sf 100); 3 COM 4x100 2018; dq ht WCH 200 2019 (lane). 1 Nigerian 100 2009/2010/2011/2014, 200 2014, LJ 2007/2008/2009/2011, TJ 2007. 1 NCAA 100/LJ & indoor 60/LJ 2010. 1.80 tall In 2021: 1 Fayetteville American Track League 1 60; 1 Fayetteville American Track League 3 60/200 'B'; 1 Fayetteville American Track League 3 200; 2 Miramar Florida International; 3 Gainesville Tom Jones Memorial 200; dq Gainesville Tom Jones Memorial; 1 Eugene Grand Prix 100. She has transferred to Jacksonville, Florida, to train with the group of Rana Reider</p>					
x	NWOKOCHA Grace Nzubechi NGR	20y	23d	2001	Women's 4x100 Metres Relay
<p>Has progressed from 11.60 to 11.09 for 100m so far in 2021 // 100 pb: 11.09 -21. 200 pb: 22.79 -21. 3 African Junior 100 2019 (4 200) In 2021: 1 Akure All Comers #2 100; 1 Lagos Grand Prix 100 (11.09 after 11.17 heat); 1 Nigerian Sports Festival 100/200; 1 Nigerian Sports Festival 200</p>					
x	NSE UKO Imeobong NGR	17y	69d	2004	Mixed 4x400 Metres Relay
<p>400 pb: 51.70 -21. 200 pb: 23.89 -21. 1 Nigerian youth 2019 In 2021: 1 Akure All Comers #2; 1 Lagos Grand Prix; 1 Nigerian Sports Festival</p>					
x	IDAMADUDU Praise NGR	22y	133d	1998	Women's 4x100/4x400 Metres Relay
<p>Full name-Praise Idamadudu Oghenefejiro 2015 Commonwealth Youth Champion at 200m 400 pb: 52.49 -18 (54.29 -21). 200 pb: 23.30w, 23.48 -15 (23.87 -21). 100 pb: 11.46 -21. 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 2021: 1 Akure All Comers #1 200 (2 100); 2 Akure All Comers #2 200 (3 100); 3 Lagos Grand Prix 100 (5 400); 4 Nigerian Sports Festival 200 (1 4x100/4x400)</p>					
x	GODBLESS Tima Seikeseye NGR				Women's 4x100 Metres Relay
<p>100 pb: 11.55w, 11.59 -21. 200 pb: 23.65 -21 In 2021: 4 Akure All Comers #1 100; 6 Lagos Grand Prix 100; 1 Lagos Grand Prix 200; 2 Nigerian Sports Festival 200 (3 100/4x100); 3 Nigerian Sports Festival</p>					
x	GEORGE Patience NGR	29y	156d	1991	Mixed 4x400 Metres Relay
<p>Full name-Patience Okon George 2015 African Games silver & African Championship bronzes in 2014/2016 400 pb: 50.71 -15 (52.31 -21). 200 pb: 23.49 -16/17. 2 COM 4x400 2014/2018; 3 African Champs 2014 (1 4x400); sf WCH 2015/2017/2019; 2 African Games 2015; 3 African Champs 2016; sf OLY 2016; 5 African Champs 2018 (1 4x400); 5 African Games 2019 (1 4x400) 1 Nigerian 2015/2016/2017/2019. She's not related to former Nigerian international 400m runner Regina George In 2021: 2 Nigerian Sports Festival</p>					
x	BRUME Ese NGR	25y	100d	1996	Women's 4x100 Metres Relay
<p>As a long jumper, she's the reigning African & African Games Champion. Former Commonwealth Games Champion. 2019 World bronze (Nigeria's only medal in Doha) 100 pb: 11.41 -19 (11.63 -21). 200 pb: 23.97w -21, 24.20 -18. TJ pb: 13.16 -15. 1 African Junior LJ 2013/2015; dnq WJC LJ 2014; 1 COM LJ 2014; 1 African Champs LJ 2014/2016/2018; 5 OLY LJ 2016; 1 African Games LJ 2019 (2015-4, 2017-dnq); 3 WCH LJ 2021 (2017-dnq). 1 Nigerian LJ 2014/2016/2017 In 2021: 2 Baton Rouge Battle on the Bayou 200 'B'/3 100 'B'; 1 Nigerian Sports Festival LJ/4x100</p>					
x	AMUSAN Tobi NGR	24y	7d	1997	Women's 4x100 Metres Relay
<p>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: 12.48 -19 (13.10 -21). 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; 7 WIC 2018; 1 COM 2018; 1 African Champs 2018; 4 WCH 2019 (2017-sf). 1 NCAA 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 In 2021: 2 Karlsruhe 'Gold' Tour 60H; 1 Metz 60H; 4 Liévin 'Gold' Tour 60H; 6 Val-de-Reuil 60H; 6 Eugene Grand Prix</p>					
x	AKPAN Abasiono NGR	20y	135d	2000	Women's 4x400 Metres Relay
<p>Full name-Uwemedino Abasiono Akpan // 400 pb: 53.71 -21. 400H pb: 57.63 -21. 6 African Champs 400H 2018; 3 African Games 400H 2019. 1 Nigerian junior 400H 2018/2019 In 2021: 1 Akure All Comers #2 400H (4 400); 1 Lagos Grand Prix 'B'; 1 Nigerian Sports Festival 400H</p>					
	WYCISZKIEWICZ-ZAWADZKA Patrycja POL	27y	112d	1994	Women's 4x400 Metres Relay
<p>World Championship relay silvers indoors & out // 400 pb: 51.31 -15 (53.29i -21). 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; bronze WCH 4x400 2017; 2 WIC 4x400 2018; 1 World Relays 4x400 2019; 2 WCH 4x400 2019 (leg 2). 1 Polish 2015. Coach-Edward Motyl In 2021: 2 Toruń 'National' 300 (1 200 'C'); 3 Toruń 'Gold' Tour 'B'; 5 Polish indoor. It is reported that she has withdrawn from Silesia21 (injured)</p>					
	WOJTUNIK Klaudia POL	21y	350d	1999	Mixed Shuttle Hurdles Relay
<p>100H pb: 13.08 -20. sf WJC 2018; 7 under-23 ECH 2019. 3 Polish indoor 2020/2021; 2 Polish 2020 In 2021: 1 Łódź Regional; 6 Ostrava Czech Indoor Gala; 4 Łódź Orlen Cup; 7 Toruń 'Gold' Tour; 3 Polish indoor</p>					
	WIDAWSKA Natalia POL	21y	136d	1999	Women's 4x400/Mixed 4x400 Metres Relay
<p>Third leg for relay team which won at the 2019 European under-23s 400 pb: 54.36 -18 (54.79i -21). 200 pb: 24.84 -19. 1 under-23 ECH 4x400 2019 In 2021: 1 Toruń 'National' 'B' (Jan 23); 3 Toruń 'National' (Jan 30); 2 Toruń 'National' 'E' (Feb 6); 3 Toruń PZLA 'Control' 300 (4 200); 4ht Polish indoor</p>					
•	SWOBODA Ewa POL	23y	278d	1997	Women's 4x100/4x200 Metres Relay
<p>2019 European Indoor 60m Champion // 100 pb: 11.07 -19. 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 2016/2017/2018/2019/2020; sf ECH 100 2018; 1 EIC 60 2019 (2015-8, 2017-3); 1 under-23 ECH 100 2019; 3 ETCh 100 2019. 1 Polish 100 2017/2020 & indoor 60 2015/2017/2018/2019/2021. Club- AZS AWF Katowice Two big false start disqualifications, from races she could have won – 2014 Youth Olympic 100m final and 2017 European Team Championships 100m She has a large collection of tattoos, the first of which (in 2015) were the roses on her right thigh. There's also a cat on her chest and a pistol on her right bicep. "they give me an extra kick," she says In 2021: 1 Łódź Orlen Cup 60; 3 Toruń 'Gold' Tour 60; 1 Polish indoor 60; She couldn't defend her European Indoor 60m title in Toruń after testing positive for COVID-19</p>					
	STEFANOWICZ Magdalena POL	20y	220d	2000	Women's 4x100 Metres Relay
<p>100 pb: 11.33w -18 (11.47 -28). 200 pb: 23.82w, 24.11 -18 (24.39i -21). 2 World Youth 100 2017 (6 200); 5 WJC 100/4x100 2018; 5 EJC 100 2019 (6 4x100) In 2021: 1 Toruń 'National' 60 (Jan 18); 6 Toruń 'National' 60 (Jan 23); 4 Toruń 'National' 60 (2 200 'C') (Jan 30); 4 Toruń 'National' 60 (Feb 6); 8 Łódź Orlen Cup 60; 6 Toruń 'Gold' Tour 60; 5 Polish indoor 60</p>					

SOKOLSKA Katarzyna POL	27y	250d	1993	Women's 4x100/4x200 Metres Relay
100 pb: 11.50w -16, 11.53 -19. 200 pb: 24.07 -20. 4 EJC 4x100 2011; 4 WJC 4x100 2012; 5 under-23 ECH 4x100 2015; ht EIC 60 2021. 2 Polish indoor 60 2020. She is a soldier in the Polish Territorial Defence Force. Club-CWZS Zawisza Bydgoszcz SL In 2021: 2 Toruń 'National' 60 (Jan 23); 5 Toruń 'National' 60 (Jan 30); 1 Toruń 'National' 60 (Feb 6); 4 Łódź Orlen Cup 60; 6 Polish indoor 60; 5ht EIC 60				
SKRZYSZOWSKA Pia POL	20y	10d	2001	Women's 4x100/4x200 Metres Relay
2019 European junior hurdles silver // 100 pb: 11.55 -20. 200 pb: 23.95 -18. 100H pb: 13.01 -20. 8 European Youth 200 2018 (sf 100); 6 Youth Olympic 200 2018; 2 EJC 110H 2019; 5 EIC 60H 2021. Club-AZS AWF Warsaw. Mother-6.90 long jumper Jolanta Bartczak (3 EIC 1988). Coach/father-Jarosław Skrzyszowska In 2021: 1 Toruń 'National' 60; 1 Ostrava Czech Indoor Gala; 4 Metz; 3 Toruń 'Gold' Tour; 2 Polish indoor; 5 EIC 60H (7.88 semi, 3rd Polish all-time)				
POPOWICZ-DRAPAŁA Marika POL	33y	1d	1988	Women's 4x100/4x200 Metres Relay
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 2016/2020). Husband-Radosław Drapala (2 EJC 4x100 2005). Coach-Jacek Lewandowski In 2021: 2 Toruń 'National' 60 (Jan 30); 6 Łódź Orlen Cup 60; 3 Polish indoor 60				
MIERZYNSKA Jagoda POL	22y	270d	1998	Women's 4x100 Metres Relay
100 pb: 11.67w, 11.80 -19. 200 pb: 24.25w, 24.72 -19 (24.70i -21). 3 Polish under-23 100 2019; 4 Polish indoor 60 2021 In 2021: 8 Toruń 'National' 60 (Jan 23); 4 Toruń 'National' 200 (Jan 30); 7 Toruń 'National' 60 (Feb 6); 4 Polish indoor 60				
ŁOZOWSKA Karolina POL	21y	337d	1999	Mixed 4x400/2x2x400 Metres Relay
2016 European Youth silver // 400 pb: 53.63 -17 (54.69i -21). 2 European Youth 2016; 6 WJC 4x400 2016; 8 EJC 2017 (4 4x400); ht WJC 2018. 1 Polish junior 2018 In 2021: 2 Toruń PZLA 'Control' 200/300; 3ht Polish indoor				
LINKIEWICZ Joanna POL	30y	363d	1990	Women's 4x400 Metres Relay
2016 European silver, 2017 World Student Games silver (at 400m Hurdles) 400 pb: 53.41i -18, 53.72 -13. 400H pb: 55.25 -16. 4 Francophone Games 400H2013; 3 EIC 4x400 2015; 1 WSG 400H/4x400 2015; 2 ECH 400H 2016 (2014-8, 2018-sf); sf OLY 400H 2016; sf WCH 400H 2017/2019 (2015-ht); 2 WSG 400H 2017; silver WIC 4x400 2018; 3 ETCh 400H 2019 (2011-9, 2013/2014-6, 2017-5). 1 Polish 400H 2013/2015/2016/2017/2018/2019/2020 & indoor 400 2011. Former acrobat. Club-WKS Śląsk Wrocław In 2021: 3 Toruń PZLA 'Control' 400; 3ht Polish indoor 400				
LESIEWICZ Kornelia POL	17y	259d	2003	Women's 4x400 Metres Relay
Third leg for Polish Team win won bronze at the 2021 European Indoors 400 pb: 52.56i -21, 52.73 -20. 3 EIC 4x400 2021. 1 Polish youth 2019; 1 Polish junior indoor 2021; 2 Polish indoor 2021 at age 17. Club-AZS AWF Gorzów Wielkopolski She was inspired to take up athletics on a family holiday in London in 2018, where they were spectators at the ill-fated 'Athletics World Cup' In 2021: 1 Toruń 'National' 300 (Feb 6); 1 Polish junior indoor; 2 Polish indoor; 3 EIC 4x400				
KIEPURA Monika POL	20y	253d	2000	Mixed Shuttle Hurdles Relay
100H pb: 13.49 -20. 6 Polish indoor 2020 In 2021: 1 Toruń 'National' (Jan 18); 2 Łódź Regional; 2 Toruń 'National'				
• KACZMAREK Natalia POL	23y	103d	1998	Women's 4x400/Mixed 4x400 Metres Relay
Individual & relay gold at 2019 European under-23 Championships // 400 pb: 52.34 -19 (52.82i -21). sf World Youth 2015; sf WJC 2016; 7 EJC 2017; silver WIC 4x100/2018; gold ECH 4x400 2018 (ran heat); 1 under-23 ECH 400/4x400 2019 (ran down Great Britain's Hannah Williams on the anchor); 3 EIC 4x400 2021. 3 Polish indoor 2020. Partner is the 129kg shot putter Konrad Bukowiecki (2 ECH 2018). Club-WKS Śląsk Wrocław In 2021: 1 Toruń 'National'; 1 Toruń PZLA 'Control' 300 'B'; 2 Toruń 'Gold' Tour 'B'; 4 Polish indoor; 3 EIC 4x400 (led off)				
• JOZWIK Joanna POL	30y	90d	1991	Mixed 2x2x400 Metres Relay
Fifth at 2016 Olympics // 800 pb: 1:57.37 -16 (2:00.42i -21). 400 pb: 53.08 -14. sf WJC 2010; 8 under-23 ECH 800 2013; 5 Francophone Games 800 2013; 3 ECH 800 2014 (2016-6); 2 ETCh 800 2015 (2017-4); 7 WCH 800 2015 (2017-sf); 5 OLY 800 2016; 2 EIC 800 2021 (2015-3). 1 Polish 800 2014/2015/2020 & indoor 2021. Club-AZS AWF Katowice In 2021: 3 Metz 800; 1 Liévin 'Gold' Tour 800 'B'; 2 Toruń 'Gold' Tour 800; 1 Polish indoor 800; 2 EIC 800				
HULISZ Zuzanna POL	21y	289d	1999	Mixed Shuttle Hurdles Relay
100H pb: 13.39 -20. sf EJC 2017; sf under-23 ECH 2019. 3 Polish 200 In 2021: 1 Toruń 'National' (Jan 23); 1 Toruń 'National' (Jan 30); 6 Łódź Orlen Cup; 5ht Toruń 'Gold' Tour; 4 Polish indoor				
• HOŁUB-KOWALIK Małgorzata POL	28y	181d	1992	Women's 4x400 Metres Relay
European relay golds indoors in 2017 & 2019 and outdoors in 2018, then World Championship silver in 2019 (third leg) 400 pb: 51.18 -18 (52.74i -21). 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 (2021-3); 2 WCH 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]. Club-AZS UMCS Lublin. Coach-Zbigniew Maksymiuk In 2021: 1 Toruń PZLA 'Control' 200 'B' (2 300 'B'); 4 Toruń 'Gold' Tour; 3 Polish indoor; 3 EIC 4x400 She led off the team which won at the 2019 World Relays (her, Patrycja Wyciszekiewicz, Anna Kiebasirińska, Justyna Świąty-Ersetic)				
GUZOWSKA Paulina POL	20y	316d	2000	Women's 4x100/4x200 Metres Relay
100 pb: 11.47w, 11.51 -20. 200 pb: 23.76i -21, 24.14 -20. 1 Polish indoor 200 2021 In 2021: 1 Toruń 'National' 60 'B'/200; 3 Toruń 'National' 200 (5 60); 2 Toruń 'National' 200 (8 60); 6ht Łódź Orlen Cup 60; 1 Polish indoor 200 (7 60)				
GOLA Marlana POL	22y	326d	1998	Women's 4x200 Metres Relay
2020 Polish Champion at 200m // 100 pb: 11.52w -19, 11.60 -20. 200 pb: 23.50w -19, 23.52 -20. 3 under-23 ECH 4x100 2019. 1 Polish 200 2020 indoors & out; 1 Polish Universities 100/200 2020 In 2021: 3ht Toruń 'National' 60 (Jan 23); 5 Polish indoor 200				
GAWORSKA Aleksandra POL	25y	174d	1995	Women's 4x400 Metres Relay
World Championship relay medals at London 2017 & Birmingham 2018 400 pb: 52.45 -17 (53.53i -21). 400H pb: 56.87 -17. 4 under-23 ECH 400H 2017 (1 4x400); 3 WCH 4x400 2017; 4 WSG 400H 2017; 2 WIC 4x400 2018; 3 WIC 4x400 2021. 1 Polish under-23 400 2017. Club-AZS AWF Kraków In 2021: 3 Mondeville 'Elite'; 3 Ostrava Czech Indoor Gala 'B'; 3 Toruń PZLA 'Control' 200 'B'/300 'B'; 3 Toruń PZLA 'Control' 'B'; 6 Polish indoor; 3 EIC 4x400 (anchor)				
GACKA Kinga POL	19y	187d	2001	Mixed 4x400 Metres Relay
400 pb: 54.06 -20 (54.17i -21). 200 pb: 24.01i -21, 24.11 -19. sf European Youth 2018; 18 Youth Olympic 2018; sf EJC 2019. 1 Polish junior 2020 In 2021: 1 Toruń 'National' 300 (Jan 30); 1 Toruń 'National' 'C' (Feb 6); 2 Toruń PZLA 'Control'; 3 Polish indoor 200 (ht 200)				

	CIBA Kamila POL	26y	32d	1995	Women's 4x200 Metres Relay
	100 pb: 11.44w -18, 11.56 -19. 200 pb: 23.60w -19, 23.89 -18 (24.20i -21). 8 World Youth 100 2011; 4 WJC 4x100 2012; 6 ECH 4x100 2018. 1 Polish junior 100 2014; 3 Polish indoor 60 2019 In 2021: 7 Toruń 'National' 60 (2 200 'B') (Jan 30); 3 Toruń 'National' 60; 6ht Łódź Orlen Cup 60; 5ht Polish indoor 60/200				
	BAUMGART-WITAN Iga POL	32y	19d	1989	Women's 4x400 Metres Relay
	2019 World finalist & relay silver // 400 pb: 51.02 -19. 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); 8 WCH 2020 (2 4x400). 1 Polish 2017 & indoor 2019. Married Polish second division footballer Andrzej Witan on December 25, 2017. Coach/mother-Iwona Baumgart In 2021: It is reported that she has withdrawn from Silesia21 – as have Poland's other top 400m women Justyna Święty-Ersetic & Patrycja Wyciszkievicz-Zawadzka				
	ADAMEK Klaudia POL	22y	39d	1999	Women's 4x100/4x200 Metres Relay
	100 pb: 11.47 -20. 200 pb: 23.84w 18, 23.91 -20. sf World Youth 200 2015; 3 European Youth 100 2016; 4 WJC 4x100 2016 (ht 100); 6 EJC 100 2017. 3 Polish 100 2020; 2 Polish indoor 60 2021 In 2021: 3 Toruń 'National' 60; 3 Ostrava Czech Indoor Gala 60; 8 Toruń 'Gold' Tour 60; 2 Polish indoor 60				
	MENTAI Rivinilda POR	27y	29d	1994	Mixed 4x400/2x2x400 Metres Relay
	Full name-Rivinilda Carreira Mentai // 400 pb: 53.65 -18 (55.35i -21). 200 pb: 23.59w -17, 23.89 -15 (24.60i -21). 1 Ibero-American 4x400 2019. 1 Portuguese 200 2015. 1 Portuguese indoor 200 2016/2017 & 400 2018 In 2021: 2 Liévin; 1 Pombal 200; 4 Portuguese indoor; 2 French indoor 'C'				
	EVORA Dorothé POR	29y	337d	1991	Mixed 4x400/2x2x400 Metres Relay
	400 pb: 53.54 -18 (54.96 -21). 800 pb: 2:14.05 -16. ht WIC 4x400 2018; 1 Ibero-American 4x400 2018 In 2021: 1 Lisbon 400; 2 Portuguese indoor 400; 1 Pombal 400; 2 Lisbon Trials 400				
	BARBOSA Vera POR	32y	107d	1989	Mixed 4x400 Metres Relay
	Portuguese record holder & 7x Champion at 400m Hurdles // 400 pb: 52.89 -19 (55.16 -21). 400H pb: 55.22 -12 (57.74 -21). ht WCH 400H 2007; ht WIC 400 2008; 6 ETCh 400H 2011; 4 under-23 ECH 400H 2011; sf ECH 400H 2012/2014/2016; sf OLY 400H 2012 (2016-ht). 1 Portuguese 400H 2011/2012/2013/2014/2017/2019/2020 (1 400 2014). Ex-Cape Verde (she represented that country to 2009). Served a one-year ban in 2018/2019 after three whereabouts failures. Coach-Carlos Silva In 2021: 3 Portuguese indoor 400; 1 Lisbon Trials 400H (3 400)				
	AZEVEDO Cátia POR	27y	52d	1994	Mixed 4x400 Metres Relay
	Portuguese record holder // 400 pb: 51.62 -19 (53.28i -21). 800 pb: 2:05.96i -19, 2:06.11 -17. 5 EJC 2013; sf ECH 2016/2018 (2014-ht); ht OLY 2016; ht WCH 2017/2019; 5 WSG 2017; ht WIC 2018; ht EIC 2019/2021; 5 WSG 2019. 1 Portuguese 2016/2017/2018/2019/2020 & indoor 2015/2016/2017/2018/2019/2021 In 2021: 1 Lisbon 200/800; 1 Portuguese indoor; 1 Belgrade Serbian Open 'B'; 5ht EIC				
x	SCOTT Gabby PUR	24y	107d	1997	Women's 4x400 Metres Relay
	400 pb: 52.34 -19 (52.77 -21). 400H pb: 56.04 -19. ht Pan-Am Games 400 2019 (5 4x400). 2 NCAA 400H 2019 In 2021: 2 Fayetteville American Track League 2, 600; 1 Carolina 400; 2 Prairie View Sprint Summit 400 'B'; 11 Miramar Invitational 800; 1 Gainesville Tom Jones Memorial 800 'B'; 3 Baton Rouge LSU Gold 800				
x	MORALES Priscilla PUR	24y	267d	1996	Women's 4x400 Metres Relay
	400 pb: 55.62 -21. 800 pb: 2:03.74 -19 (2:06.75 -21). 2 Pan-Am Junior 800 2015. 1 Puerto Rican 800 2015 In 2021: 4 Carolina; 1 Columbian Interclubs				
x	GARCIA Parisi PUR	26y	157d	1994	Women's 4x400 Metres Relay
	400 pb: 52.71 -16. 5 North/Central America & Caribbean under-23 2016; 5 Pan-Am Games 4x400 2019 (2015-6) In 2021: 2 Carolina 4x400				
x	CLAXTON Grace PUR	27y	254d	1993	Women's 4x400 Metres Relay
	Puerto Rican record holder at 400m indoors, but also high world class at 400m hurdles 400 pb: 52.81 -16 (54.01i -21). 400H pb: 55.85 -16 (56.91 -21). sf WJC 400 2012; 4 North/Central American & Caribbean under-23 400 2014; sf WIC 400 2016 (2018-ht); sf WCH 400H 2017. Coach-Roberto Vives In 2021: 1 Birmingham AL KMS Open 600/800; 2 Virginia Beach 400 (4 300); 1 Carolina 400H				
x	CAMACHO-QUINN Jasmine PUR	24y	251d	1996	Women's 4x400 Metres Relay
	With her 12.32 at Gainesville on April 17, 2021, she's seventh world all-time 300 pb: 36.12 -20. 100H pb: 12.32 -21. 200 pb: 22.21w -18, 22.45 -20. 1 North/Central American & Caribbean under-23 100H 2016; dq sf OLY 100H 2016 (got into trouble and deliberately knocked down hurdle). 1 NCAA 100H 2016/2018 (2016-2), representing the University of Kentucky; sf US 100H 2016. Her older brother Robert Quinn plays American Football for the 'Chicago Bears'. Coach-Edrick Floreal (same as Keni Harrison) Allegiance transferee from USA – she holds dual citizenship with Puerto Rico (her mother is Puerto Rican) and formally cleared by World Athletics to represent Puerto Rico from June 29, 2016 In 2021: 2 Fayetteville American Track League 4, 200; 1 Carolina; 2 Carolina; 1 Miramar Florida International 200; 1 Columbia SC Gamecock Invitational 100H; 1 Gainesville Tom Jones Memorial 100H (12.32); 1 Eugene Grand Prix 100H				
	VILJOEN Marlie RSA	20y	271d	2000	Mixed 4x400 Metres Relay
	400 pb: 53.69 -21. ht WJC 2018. 3 South African 2019 In 2021: 1 Gauteng North League #1; 5 Potchefstroom ACNW Open; 3 Johannesburg ASA Invite #1; 1 Gauteng North; 5 South African				
	MPITI Dalene RSA	20y	262d	2000	Mixed 4x400 Metres Relay
	Surprise new South African Champion // 400 pb: 52.67 -21. 1 South African 2021. Coach-Irma Venter In 2021: 1 Potchefstroom ACNW Open; 1 South African				
	BIELDT Taylon RSA	22y	177d	1998	Mixed 4x400 Metres Relay
	Former African Junior Champion at 100m Hurdles // 400 pb: 52.81 -20 (53.64 -21). 400H pb: 56.17 -21. 100H pb: 13.35 -16. sf World Youth 100H 2015 (2 Mixed 4x400); 1 Commonwealth Youth Games 100H 2015; 4 African Champs 100H 2016; 7 WJC 100H 2016; 1 African Junior 100H 2017; 3 African Games 100H 2018 (2 4x100). 1 South African 100H 2018/2019. Coach/mother-Charmaine In 2021: 1 Boksburg 400; 1 Central Gauteng Open #1; 1 Gauteng North League #1; 3 Potchefstroom ACNW Open; 1 Gauteng North; 2 Johannesburg ASA Invite 2; 3 South African				
	HORVAT Anita SLO	24y	234d	1996	Mixed 4x400 Metres Relay
	Slovenian record holder at 400m // 800 pb: 2:04.84i -21, 2:14.46 -12. 400 pb: 51.22 -18. 100 pb: 11.79 -17. 200 pb: 23.47 -17. 400H pb: 59.72 -15. ht EJC 400/400H 2015; 4 under-23 ECH 400 2017; ht WCH 400 2017/2019; ht WIC 400 2018; sf ECH 400 2018; sf EIC 400 2019; ht EIC 800 2021. 1 Slovenian 400H 2015 & 400 2016/2018/2019/2020 (1 indoor 2016/2017). 1 Slovenian 100/200 2017 (1 200 2018). Coach-Tevez Korent (formerly Rok Predanic) In 2021: 2 Vienna T&F 400 'F'; 1 Novo Mesto 800; 2 Slovenian indoor 800; 1 Balkan indoor 400 'B'; 5ht EIC 800				

VANCARDO Veronica SUI	20y	215d	2000	Women's 4x400 Metres Relay
400 pb: 54.06 -20 (54.90i -21). 5 EJC 4x100 2017; sf WJC 2018 (6 4x400); sf EJC 2019 (7 4x400) In 2021: 3 Magglingen 'Biel/Bienne' 600; 3 Magglingen 'Hallenmeeting'; 3 Magglingen 'Q' 800; 2ht Swiss indoor				
SPRUNGER Lea SUI	31y	56d	1990	Women's 4x400 Metres Relay
Fourth & fifth in the last two World 400m hurdles finals // 400 pb: 50.52 -18 (52.22i -21). 400H pb: 54.06 -19. 200 pb: 22.38 -16. 100 pb: 11.34 -14. Heptathlon pb: 5651 -11. 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; dq/sf WIC 400 2018; 1 ECH 400H 2018 (2016-3); 1 EIC 400 2019 (2013/2015/2021-sf, 2017-5); 4 WCH 400H 2019 (2015-sf, 2017-5). Her older sister Ellen Sprunger is an international Heptathlete (pb 6124 -12), 19th in London 2012 Olympics. Coach-Laurent Meulwy (who has relocated to the Netherlands and also co-coaches Femke Bol) In 2021: 1 Magglingen 'Biel/Bienne' 200/400; 1 Metz 200 'B' & 2 400 'C'; 1 Toruń 'Gold' Tour 400 'B'; 7 Swiss indoor 60; 3sf EIC 400. It is reported that she has withdrawn from Silesia21 (injured)				
SENN Giulia SUI	19y	132d	2001	Women's 4x400 Metres Relay
400 pb: 54.22 -19 (55.29i -21). sf EJC 2019 (7 4x400). 3 Swiss indoor 2020 In 2021: 1 Magglingen 'Hallenmeeting' 'B'; 3 Magglingen 'Q'; 3ht Swiss indoor				
REINLE Cynthia SUI	20y	358d	2000	Women's 4x100 Metres Relay
100 pb: 11.52 -20. 200 pb: 23.86 -20 (24.18i -21). sf EJC 100 2019 (7 4x100). 2 Swiss indoor 200 2020; 2 Swiss 100 2020 In 2021: 3 Magglingen 'Biel/Bienne' 60 (3 200); 2 Magglingen 'Hallenmeeting' 60 (1 200 'C'); 3 Swiss indoor 200 (4 60)				
PELLAUD Rachel SUI	26y	53d	1995	Women's 4x400 Metres Relay
400 pb: 53.88 -19 (54.36i -21). ht WCH 4x400 2019. 3 Swiss indoor 2016; 2 Swiss 2018 (2020-3) In 2021: 4 Metz 'B'; 3 Ghent IFAM 'C'; 4 Swiss indoor				
LEMMENS Silke SUI	21y	151d	1999	Women's 4x400 Metres Relay
400 pb: 53.10 -20 (53.37i -21). 6 WJC 4x100 2018; 8 under-23 ECH 4x100 2019; ht EIC 2021. 1 Swiss under-23 2019; 1 Swiss indoor 2021 In 2021: 2 Magglingen 'Hallenmeeting' (1 200 'B'); 2 Magglingen 'Q'; 1 Swiss indoor; 6ht EIC				
KORA Salomé SUI	26y	326d	1994	Women's 4x100 Metres Relay
Anchor woman for Swiss relay squad which placed fourth at Doha 2019 and the last two European Championships 100 pb: 11.13 -19. 200 pb: 23.92 -16. sf ECH 100 2016/2018 (4 4x100 both times); sf WCH 100 2017; 3 WSG 100 2017 (2019-4); 1 WSG 4x100 2019; ht ETCh 100 2019; ht WCH 100 2019 (4 4x100); sf EIC 60 2021. 2 Swiss 100 2016/2017 (2018/2019-3) In 2021: 1 Belgrade Indoor Champs 60; 2 Belgrade 60 (Jan 24); 2 Magglingen 'Biel/Bienne' 60; 6ht Berlin ISTAF 60; 2 Dortmund 60; 2 Swiss indoor 60; 1 Belgrade Serbian Open 60; 3sf EIC 60				
HALBHEER Cornelia SUI	28y	256d	1992	Women's 4x100 Metres Relay
Third leg for Swiss 4x100m relay team which won at the 2017 World Student Games 100 pb: 11.37w, 11.44 -17. 400 pb: 54.65i -19. 200 pb: 23.12 -18. 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 2018/2020 In 2021: 2 Magglingen 'Biel/Bienne' 200 (2 60); 3 Magglingen 'Hallenmeeting' 200 (5 60); dq/ht Swiss indoor 200				
GIGER Yasmin SUI	21y	175d	1999	Women's 4x400 Metres Relay
2017 European Junior Champion. 2019 European under-23 bronze // 400 pb: 52.91 -19. 400H pb: 55.90 -17. 2 European Youth 400H 2016; ht EIC 400 2017/2019; 1 EJC 400H 2017; ht WCH 400H 2017; 3 WJC 400H 2018; sf ECH 400H 2018; 6 EIC 4x400 2019; 3 under-23 ECH 400H 2019; 5 ETCh 400H 2019. 1 Swiss 400H 2019/2020 & indoor 400 2017/2018/2019				
FAHR Annina SUI	28y	24d	1993	Women's 4x400 Metres Relay
400 pb: 53.52 -20. 400H pb: 57.56 -20 pbs in Heptathlon events: 100H: 14.03; HJ: 1.54; SP: 10.35; 200: 24.48w/24.83; LJ: 5.67; JT: 33.75; 800: 2:12.60 Heptathlon pb: 5256 -20. 2 Swiss 400H 2020				
DIETSCHKE Riccarda SUI	25y	today	1996	Women's 4x100 Metres Relay
Ran in heat of 2019 World Student Games 4x100 (deputising for Salomé Kora), so awarded gold won by team in final 100 pb: 11.61 -20. 200 pb: 24.17 -18. 3 under-23 ECH 4x100 2017; gold WSG 4x100 2019; sf EIC 60 2021. 2 Swiss indoor 200 2019 In 2021: 2 St. Gallen 60; 3 Magglingen 'Biel/Bienne' 60 (Jan 30); 1 Magglingen 'Hallenmeeting' 60 (Feb 6); 3 Swiss indoor 60; 6sf EIC 60				
DEL PONTE Ajla SUI	24y	288d	1996	Women's 4x100 Metres Relay
100 pb: 11.08 -20. 200 pb: 22.83w, 23.02 -20 (23.39i -21). 5 WJC 4x100 2014; 4 ECH 4x100 2016; sf WIC 60 2018; sf ECH 100 2018 (4 4x100); 2 WSG 100 2019 (1 4x100); 4 WCH 4x100 2019; 1 EIC 60 2021 (2017-sf, 2019-8). 1 Swiss 100 2020. 1 Swiss indoor 60 2020/2021 & 200 2021. Coach-Lauren Meuwly Lead-off woman for Swiss relay squad which placed fourth at Doha 2019 and the last two European Championships In 2021: 3 Karlsruhe 'Gold' Tour 60; 2 Düsseldorf 60; 2 Metz 60; 4 Liévin 'Gold' Tour 60; 2 Toruń 'Gold' Tour 60; 1 Swiss indoor 60/200; 1 EIC 60 (world lead 7.03, record winning margin of 0.21). It is reported that she has withdrawn from Silesia21 (covid)				
ATCHO Sarah SUI	25y	333d	1995	Women's 4x100/4x400 Metres Relay
Second leg for Swiss team which won at the 4x100 at the 2019 World Student Games 100 pb: 11.20 -18. 200 pb: 22.80 -18. 400 pb: 53.37 -17 (23.58i -21). 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 WSG 4x100 2019; ht WCH 200 2019 (4 4x100). 1 Swiss indoor 200 2019 In 2021: 4 Magglingen 'Biel/Bienne' 60; 2 Magglingen 'Hallenmeeting' 200 (3 60); 3 Ghent IFAM 60; 2 Swiss indoor 200 (5 60). It is reported that she has withdrawn from Silesia21 (hamstring)				
AMBROSINI Coralie SUI	24y	13d	1997	Women's 4x100 Metres Relay
100 pb: 11.62 -20. 200 pb: 24.05w, 24.33 -20 (24.82i -21). ht under-23 ECH 100 2019. 1 Swiss under-23 200 2019 In 2021: 1 Magglingen 'Biel/Bienne' 200 'B' (3 60); 2 Magglingen 'Hallenmeeting' 60				
ZAPLETALOVA Emma SVK	21y	36d	2000	Mixed 4x400 Metres Relay
Slovak record holder at 400m Hurdles // 400 pb: 52.54 -20. 400H pb: 55.19 -20. 5 WJC 400H 2018; ht ECH 400H 2018 (8 4x400). 1 Slovak 400H 2020 & indoor 400 2017/2018				
SVECOVA Andrea SVK	18y	113d	2003	Mixed 2x2x400 Metres Relay
400 pb: 56.00 -19. 800 pb: 2:18.32 -18. 2 Slovak indoor 400 2021 In 2021: 6 Bratislava ELÁN indoor; 2 Slovak indoor 400; 2 Slovak junior indoor 200				

PUTALOVA Iveta SVK	33y	36d	1988	Mixed 4x400 Metres Relay
World & European indoor finalist // 400 pb: 52.18 -15 (53.69i -21). 800 pb: 2:04.91 -20. 200 pb: 23.71 -15 (23.94w, 24.14 -18). 4 EIC 2015 (2017-sf, 2019/2021-ht); 5 WSG 2015/2017; 6 WIC 2016 (2018-sf); sf ECH 2016 (2014/2018-ht). 1 Northern Irish 2008. 1 Slovak 2013/2014/2015/2016/2020 (1 indoor 2011/2013/2014/2015/2019) In 2021: 4 Ostrava Czech Indoor Gala 'B'; 3 Val-de-Reuil 'B'; 2 Vienna 'Road to Toruń'; 1 Slovak indoor 200; 3 Belgrade Serbian Open; 6ht EIC				
LEDECKA Daniela SVK	24y	176d	1996	Mixed 4x400/2x2x400 Metres Relay
3x Slovak Champion at 400m Hurdles // 400 pb: 53.24 -20. 400H pb: 56.79 -19. ht WJC 400H 2014; sf EJC 400H 2015; ht ECH 400H 2018 (8 4x400); 5 WSG 400H 2019. 1 Slovak 400H 2017/2018/2019				
BEZEKOVA Alexandra SVK	28y	259d	1992	Mixed 4x400 Metres Relay
Multiple Slovak Champion across 60m, 100m, 200m & 400m // 400 pb: 52.46 -18 (54.71i -21). 100 pb: 11.42w, 11.50 -16. 200 pb: 23.28 -18, 23.44 -17. ht EIC 60 2015/2017; 8 WSG 100 2015; sf ECH 100 2016 (2014-ht); 4 WSG 200 2017; ht ECH 400 2018 (8 4x400). 1 Slovak 100/200 2012/2018 (1 100 2017, 1 200 2013/2014/2016). 1 Slovak indoor 200 2014/2015/2017/2018 (1 60 2015/2017 & 400 2021) In 2021: 4 Val-de-Reuil 400; 1 Slovak indoor 400				
YİLDİRİM Büsra TUR	24y	354d	1996	Mixed 4x400 Metres Relay
400 pb: 54.16 -21. 400H pb: 59.37 -18. ht World Youth 400H 2013; ht WJC 400H 2014 In 2021: 2 Belek Selection Trial				
ŞANLI-KIRCIN Emel TUR	27y	297d	1993	Mixed 4x400 Metres Relay
4x Turkish Champion at 400m Hurdles // 400 pb: 53.67 -19 (54.12i -21). 400H pb: 57.51 -19. sf WJC 400H 2012; 11 ETCh 400H 2014; 1 Balkan indoor 4x400 2020. 1 Turkish 400H 2014/2015/2018/2020 & indoor 400 2014/2018/2021 In 2021: 1 Istanbul Indoor 'Olympic' Trial 400 (3x); 1 Turkish indoor 400; 4 Balkan indoor 400				
POLAT Elif TUR	22y	97d	1999	Mixed 4x400 Metres Relay
400 pb: 54.36 -21. 200 pb: 24.32 -20 (24.48 -21). 100 pb: 11.77w -18, 11.81 -19. 2 Balkan indoor 4x400 2021. 1 Turkish 100/200 2020 In 2021: 1 Istanbul 200 (Jan 31); 2 Turkish indoor 200/400; 1 Istanbul 300 (Feb 14); 3 Belek Selection Trial; 1 Antalya 200				
SEPISO Abigail ZAM	26y	80d	1995	Women's 4x100 Metres Relay
100 pb: 11.84 -12. 200 pb: 24.59 -20 (24.74 -21). 400 pb: 53.80 -21. ht WJC 100 2012; 3 African Champs 4x400 2018 In 2021: 2 Lusaka All Comers 400 (Mar 6); 4 Lusaka All Comers 200 (Mar 20); 7 Lusaka All Comers (Apr 11)				
• NJOBVU Rhodah ZAM	27y	91d	1994	Women's 4x100 Metres Relay
Zambian record holder at 100m & 200m // 100 pb: 11.12 -21. 200 pb: 22.69 -21. 400 pb: 54.35 -15. ht COM 400 2014; 5 African Games 4x100 2015 (2019-7); sf African Champs 200 2016 (ht 400); 3 African Champs 4x400 2018 In 2021: 1 Lusaka All Comers 100 (Mar 6); 1 Lusaka All Comers 100/200 (Mar 20); 1 Lusaka All Comers 200/4x100 (Apr 10/11)				
NIDY Mingilishi ZAM	19y	249d	2001	Women's 4x100 Metres Relay
2018 Youth Olympic 400m bronze // 400 pb: 52.81 -21. 200 pb: 23.57 -20 (24.38 -21). 100 pb: 12.03 -19. 7 World Youth 400 2017; 3 African Youth 400 2018; 3 Youth Olympic 400 2018 (55.16 + 55.32 in her two races) In 2021: 1 Lusaka All Comers 400 'B' (Mar 6); 5 Lusaka All Comers 400 (Apr 11)				
MPONDELA Suwilanji ZAM	21y	82d	2000	Women's 4x100 Metres Relay
100 pb: 11.94 -21. sf World Youth 100 2017; ht WJC 100 2018 In 2021: 1 Lusaka All Comers 4x100 (3 100) (Apr 10/11)				
MAKUMBA Hellen ZAM	24y	348d	1996	Women's 4x100 Metres Relay
100 pb: 11.54 -21. 200 pb: 24.78 -18. 3 African Games 4x100 2019; ht WCH 100 2019 In 2021: 3 Lusaka All Comers 100 (Mar 6); Lusaka All Comers 100; 1 Lusaka All Comers (Mar 20); 1 Lusaka All Comers 100/4x100 (Apr 10/11)				
KATUNDU Lumeka ZAM	29y	221d	1991	Women's 4x100 Metres Relay
100 pb: 11.33 -21. 200 pb: 23.04 -21. 5 African Games 4x100 2015 (2019-7) In 2021: 2 Lusaka All Comers 100 (1 200 'C'); 2 Lusaka All Comers 100/200 (Mar 20); 3 Lusaka All Comers 200 (1 4x100) (Apr 10/11)				