



# **World Indoor Championship 2008 Valencia, Spain 7-9<sup>th</sup> March**

<http://www.iaaf.org/wic08/index.html>

Local Organising Website

<http://www.iaaf.org/wic08/index.html>

Provisional Entries

[http://www.iaaf.org/mm/Document/Competitions/Competition/AT-----EL2\\_1143.pdf](http://www.iaaf.org/mm/Document/Competitions/Competition/AT-----EL2_1143.pdf)

Stats Handbook World Indoor Champs (good data)

[http://www.iaaf.org/mm/document/competitions/competition/29jan08all\\_737.pdf](http://www.iaaf.org/mm/document/competitions/competition/29jan08all_737.pdf)

Athlete: James Nolan

Event: 1500m



**Date of Birth:** 27-01-1977

**Club:** UCD

**Place of Birth:** Tullamore Co. Offaly

**Ht.** 1.83m

**Wt.** 71kg

**Current Status:** Currently studying a degree in Sports Management at UCD.

**Career Highlights:** 6<sup>th</sup> World Indoor Championships 2006  
Finalist Olympic Games 2004  
2<sup>nd</sup> EIC 1500m 2000  
2<sup>nd</sup> EU 23 Champs 1999

**PB's**

800m	1.46.05	1999
1500m	3.35.69	2003
3000m	7.52.84i	2006
1000m	2.21.12	2007

**Indoor Performances**

800m	1.51.98	2005
1000m	2.21.12	2007
1000m	2.21.55	2006
1500m	3.41.03	2007
1500m	3.39.89	2006
One Mile	3.58.85	2007
3000m	7.52.84	2006



**Progression**

	<b>800m</b>	<b>1500m</b>
2007		3.41.03
2006	1.47.51	3.37.89
2006	1.49.15	3.37.96
2005	1.51.98	3.37.78
2004	1.48.84	3.37.85
2003	1.47.50	3.35.69
2002	1.48.86	3.38.69 i
2001	1.48.40	3.36.50
2000	1.46.83	3.36.30
1999	1.46.05	3.40.2
1998	1.46.64	3.44.83
1997	1.47.06	3.46.0
1996	1.47.55	
1995	1.48.43	
1994	1.53.50	3.51.89

## Major Championship Record

### 800 m

1996	1:47.55	4s1	WJ	Sydney	22 Aug
1998	1:47.81	4	EIC	Valencia	1 Mar
1999	1:47.77	5	WIC	Maebashi	7 Mar
1999	1:46.94	2	EU23	Göteborg	1 Aug
1999	1:46.38	4h3	WC	Sevilla	26 Aug
1999	1:47.07	7s1	WC	Sevilla	27 Aug

### 1500 m

2000	3:41.59	2	EIC	Gent	26 Feb
2000	3:40.50	9h1	OG	Sydney	25 Sep
2001	3:42.84	10h1	WC	Edmonton	9 Aug
2002	3:50.84	6	EIC	Wien	2 Mar
2003	3:40.85	5h2	WIC	Birmingham	14 Mar
2003	3:44.67	6	WIC	Birmingham	15 Mar
2004	3:47.27	9h1	WIC	Budapest	
2004	3:42.62	8h1	OG	Athens	
2004	3:41.14	10s1	OG	Athens	
2005	3:42.53	11h3	WC	Helsinki	
2006	3:43.98	6	WIC	Moscow	
2006	3:49.94	14s1	EC	Gothenburg	

### 2008 Progression

1000m	2.21.12	9	11 Feb	Karlsruhe
1500m	3.41.03SB	5	3 Feb	Stuttgart
One Mile	3.58.81	4	27 Jan	Boston

James Nolan has been one of Ireland's top middle distance runners for over a decade. After a disappointing illness affected 2007, Nolan bounced back with a return to form indoors in 2008 running a 3.41.63 in Stuttgart on 2<sup>nd</sup> February. A highly experienced athlete he narrowly missed the 1,000m indoor record held by Marcus O'Sullivan. James spent most of the winter at his training base in South Africa. He has competed in every European and World Indoor Championships since 2002, finishing 6<sup>th</sup> in World Indoor Championships in Moscow in 2006.

---

### World top list as of 6<sup>th</sup> March

3:34.80	<u><a href="#">Daniel Kipchirchir Komen</a></u>	 KEN	27/11/1984	1	Peania	13/02/2008
3:35.23	<u><a href="#">Bernard Lagat</a></u>	 USA	12/12/1974	1	Birmingham, GBR	16/02/2008
3:35.46	<u><a href="#">Suleiman Kipses Simotwo</a></u>	 KEN	21/04/1980	2	Peania	13/02/2008
3:35.51	<u><a href="#">Deresse Mekonnen</a></u>	 ETH	20/10/1987	3	Peania	13/02/2008
3:36.38	<u><a href="#">Belal Mansoor Ali</a></u>	 BRN	17/10/1988	4	Peania	13/02/2008
3:36.63	<u><a href="#">Mekonnen Gebremehdin</a></u>	 ETH	11/10/1988	1r2	Valencia, ESP	09/02/2008
3:36.74	<u><a href="#">Juan Carlos Higuero</a></u>	 ESP	03/08/1978	5	Peania	13/02/2008
3:38.10	<u><a href="#">Youssef Baba</a></u>	 MAR	07/08/1979	6	Peania	13/02/2008
3:38.13	<u><a href="#">Arturo Casado</a></u>	 ESP	26/01/1983	4r2	Valencia, ESP	09/02/2008
3:38.47	<u><a href="#">Carsten Schlangen</a></u>	 GER	31/12/1980	1	Sindelfingen	24/02/2008
3:38.68	<u><a href="#">Shedrack Kibet Korir</a></u>	 KEN	12/04/1978	3	Birmingham, GBR	16/02/2008
3:38.82	<u><a href="#">Mulugeta Wendimu</a></u>	 ETH	28/02/1985	1	Leipzig	17/02/2008
3:38.84	<u><a href="#">Rui Silva</a></u>	 POR	03/08/1977	4	Birmingham, GBR	16/02/2008

Athlete: Ailis Mc Sweeney

Event: 60m



**Date of Birth:** 04-10-1983  
**Club:** Leevale A/C  
**Coach:** Sean Cahill & Terri Horgan

**Place of Birth:** Cork

**Ht.** 5ft 3in  
**Wt.** 52kg

**Current Status:** Ailis is studying a Masters degree in Law at DCU.

**Career Highlights** Ailis took home a silver and a bronze medal from the World University Games in 2005 in the 100m and 4 x 100m relay

**PB's**

100m	11.59
200m	23.83

Progression	60m	100m	200m
2008	7.38		
2007	7.59	11.92	
2006	7.41	11.84	24.96
		11.70w	
2005	7.37	11.59	23.83
		11.43w	
2004	7.48	11.60	24.14
2003		11.67	24.52
		11.66w	
2002		12.30	

Ailis McSweeney has bounced back from a disappointing couple of years to return to her best indoor form. Her time of 7.38sec was an agonizing 1/100<sup>th</sup> of a second outside the World Indoor qualifying time but she came the obvious wild card selection when no qualified female athlete opted to compete. This winter she opted to change coaches from Jim Kilty to Sean Cahill/Terri Horgan with immediate results. In 2006 she was semi-finalist at the World Indoor Championships in Moscow

Worlds Top list as of 6<sup>th</sup> March

.09	<u><a href="#">Yevgeniya Polyakova</a></u>	RUS	29/05/1983	1	Moskva	08/02/2008
7.09	<u><a href="#">Ene Franca Idoko</a></u>	NGR	15/06/1985	1	Chemnitz	29/02/2008
7.11	<u><a href="#">Angela Williams</a></u>	USA	30/01/1980	1	Boston (Roxbury), MA	24/02/2008
7.13	<u><a href="#">Kelly-Ann Baptiste</a></u>	TRI	14/10/1986	1	Fayetteville, AR	02/03/2008
7.15	<u><a href="#">Kim Gevaert</a></u>	BEL	05/08/1978	2	Birmingham, GBR	16/02/2008
7.16	<u><a href="#">Svetlana Nabokina</a></u>	RUS	26/01/1982	1h1	Moskva	27/01/2008
7.16	<u><a href="#">Tahesia Harrigan</a></u>	IVB	15/02/1982	1h1	Stuttgart	02/02/2008
7.16	<u><a href="#">Jeanette Kwakye</a></u>	GBR	20/03/1983	1h1	Birmingham, GBR	16/02/2008
7.17	<u><a href="#">Christine Arron</a></u>	FRA	13/09/1973	1	Paris (Bercy)	22/02/2008
7.18	<u><a href="#">Samantha Henry</a></u>	JAM	25/09/1988	2	New York (Armory), NY	08/02/2008
7.19	<u><a href="#">Jessica Young</a></u>	USA	06/04/1987	1r1	Fayetteville, AR	15/02/2008



### Major Championship Record

<b>100m</b>				
2005	11.93	3h3	EU23	Germany
2005	11.68	2	WUG	Ismir Turkey
<b>4x100m</b>				
2005	44.69	3	WUG	Ismir Turkey
<b>60m</b>				
2005	7.44	6h4	EIC	Madrid
2006	7.44	5h3	WIC	Moscow
2006	7.42	7s3	WIC	Moscow

### 2008 Form

Indoors	7.38 SB Sheffield	10th Feb
	7.41.	Luxenburg 19th Jan
	7.40	Sheffield 10th Feb
	7.47	Gent 24th Feb

