



## 27<sup>th</sup> International Meeting of Combined Events

I.A.A.F. WORLD COMBINED EVENTS CHALLENGE 2014

FIRENZEATLETICA International Meeting

Firenze (Italy) "L. Ridolfi" Stadium - May 2<sup>th</sup> - 3<sup>th</sup>, 2014

Name: **Jo ROWLAND**  
Country: Great Britain & N. I.  
Date of birth: 29 December 1989  
Place of birth: Redhill  
Profession: Student  
Club: Crawley/Brunel University  
Coach: Ian Grant  
Height: 1,67  
Weight: 60

Personal best:		Best results:	
Heptathlon	5.702 Arona	2.06.13	European cup 14 2013
100 m. hurdles	14.46 Firenze 0,9	2.05.13	
High jump	1.72 Woerden	25.08.12	
Shot put	13.47 Trafford	20.07.13	
	13.71i Sheffield	26.01.14	
200 m.	24.85 Arona 0,0	1.06.13	
Long jump	5.82 Arona -0,4	2.06.13	
	5.91i Sheffield	5.01.14	
Javelin throw	42.81 Tallinn	30.06.13	
800 m.	2.17.27 Arona	2.06.13	
100 m.	12.46 Exeter	1.09.13	
400 m.	58.96 London	5.05.12	
	57.94i Sheffield	25.02.12	
Pole vault	3.05 Exeter	1.09.13	
Discus throw	34.80 Crawley	10.08.13	
Hammer throw	22.80 Lewes	15.06.13	



Career:

4219	1) HENDON	24.06.07	17.5	1.60	10.41	27.9	5.31	29.81	2.31.6	0,6	-1,3
4416	1) BEDFORD	5.08.07 SEAA	16.40	1.60	10.40	26.91	5.06	30.62	2.31.41	0,9	-0,8 0,5
4088	3) HORSHAM	9.09.07 SURREY	19.69	1.58	11.40	26.72	5.10	28.32	2.32.70	-1,0	0,2
4552	3) EXETER	16.09.07 ESAA	16.64	1.57	10.83	26.61	5.12	32.56	2.24.19	-0,8	-0,4 0,9
4219	9) BIRMINGHAM	1.06.08	17.13	1.57	10.54	26.87	5.10	25.88	2.32.53	0,5	-0,2 -1,5
4369	2) READING	29.06.08	16.5	1.56	9.92	27.0	5.22	31.31	2.28.1		
3241	1) HORSHAM	14.09.08	21.84	1.59	10.59	27.39	5.32	28.78	dnf	-2,0	2,1
4341	7) BIRMINGHAM	21.09.08	17.72	1.60	10.67	27.14	5.21	32.22	2.31.18	-0,1	0,0 1,2
4628	1) BEDFORD	28.09.08 ENG-SOUTH	16.73	1.63	11.31	26.96	5.24	33.48	2.27.07	0,0	0,2 1,4
4865	3) WOODFORD	16.05.10 INVT	15.72	1.62	10.97	26.14	5.33	35.16	2.25.29	0,1	-1,7 0,1
4842	8) BEDFORD	6.06.10 ENGCH	15.91	1.62	11.49	26.38	5.39	33.99	2.25.75	-2,3	-0,5 -1,5
4981	3) HEXHAM	4.07.10 INVT	15.66	1.66	11.78	25.95	5.45	34.51	2.27.68	1,5	1,2 2,8
4786	11) ARRAS	8.08.10 INVT	15.80	1.63	10.95	26.03	5.14	34.24	2.26.80	-1,1	-1,1 -1,2
5277	4) ARONA	15.05.11 NP ESP	15.06	1.67	11.53	25.72	5.41	42.50	2.22.94	-0,3	0,0 0,0
5229	2) BEDFORD	5.06.11 ENG	14.68	1.61	12.31	25.40	5.31	40.72	2.26.31	3,0	0,5 1,4
5178	1) ABINGDON	31.07.11 SOUTH	15.22	1.66	11.56	25.62	5.54	39.87	2.27.94	-2,2	0,8 2,3
5112	1) STOKE ON TRENT	4.09.11 HOME	14.99	1.65	12.02	25.85	5.30	37.44	2.26.21	-0,9	-0,1 -0,5
5245	1) WOODFORD	22.04.12 MEET	14.78	1.62	11.95	25.54	5.52	39.80	2.25.55	1,8	0,8 2,0
5381	1) BEDFORD	27.05.12 ENGCH	14.98	1.65	13.04	25.67	5.53	40.22	2.21.38	-1,9	-2,8 1,4
5372	6) WOERDEN	26.08.12 INVT	14.77	1.72	13.24	25.47	5.38	36.86	2.24.61	2,5	1,7 0,0
5638	2) FIRENZE	3.05.13 INVT	14.46	1.66	13.09	25.25	5.68	42.45	2.17.75	0,9-	0,8 0,3
5702	1) ARONA	2.06.13 INVT	14.59	1.67	13.38	24.85	5.82	40.53	2.17.27	1,5	0,0 -0,4
5643	14) TALLINN	30.06.13 EP	14.55	1.66	13.03	25.10	5.74	42.81	2.19.11	-0,4	1,7 1,2
dnf	-) WOERDEN	25.08.13 INVT	23.93	1.66	13.08	25.53	5.57	39.62	dns	-0,1	-0,5 1,0

Indoor

2968	10) SHEFFIELD	12.01.08 ENG	10.35	1.59	9.97	4.87	2.42.46
3442	7) SHEFFIELD	10.01.10 ENG	9.63	1.60	10.54	5.28	2.27.79
3002	8) BOMPAS	7.03.10 INT	11.94	1.63	10.89	4.90	2.27.97
3515	6) SHEFFIELD	9.01.11 ENG	9.54	1.59	11.74	5.13	2.25.34
3534	7) SHEFFIELD	6.03.11 V2	9.31	1.53	12.13	5.24	2.26.53
3683	6) SHEFFIELD	8.01.12 ENG	9.20	1.62	12.64	5.22	2.27.01
3952	3) SHEFFIELD	5.01.13 ENG	9.04	1.68	12.54	5.63	2.22.90
4000	6) VALENCIA	27.01.13 V4	8.91	1.65	13.04	5.67	2.22.05
4062	3) SHEFFIELD	5.01.14 ENG	8.91	1.66	12.93	5.91	2.23.10
3938	9) SHEFFIELD	26.01.14 NC	9.08	1.66	13.71	5.41	2.22.46