

Team **ESTONIA**

European Athletics
Championships
Zürich 2014



Tuesday, 12 August

10:04	Men	Decathlon	100m	Raja
10:34	Women	1500m	Round 1	Tšernov
11:07	Men	400m Hurdles	Round 1	R. Mägi, Jagor
11:35	Men	Decathlon	Long Jump A/B	Raja
12:50	Men	400m	Round 1	Niit
13:05	Men	Decathlon	Shot A/B	Raja
17:15	Men	Discus	Qualifying A	Kanter, Kupper, Israel
17:20	Men	Decathlon	High Jump A/B	Raja
18:45	Men	Discus	Qualifying B	Kanter, Kupper, Israel
19:52	Men	Decathlon	400m	Raja

Wednesday, 13 August

10:05	Men	Decathlon	110m Hurdles	Raja
10:50	Men	Decathlon	Discus A	Raja
10:55	Women	400m Hurdles	Round 1	M. Mägi
12:03	Men	Decathlon	Discus B	Raja
12:20	Women	800m	Round 1	Tšernov
13:15	Women	Hammer	Qualifying A	Ojaloo
13:40	Men	Decathlon	Pole Vault A/B	Raja
14:35	Women	Hammer	Qualifying B	Ojaloo
17:55	Men	Decathlon	Javelin A	Raja
18:05	Men	400m Hurdles	Semi-Final	R. Mägi, Jagor
18:45	Men	400m	Semi-Final	Niit
19:10	Men	Decathlon	Javelin B	Raja
20:35	Men	Discus	Final	Kanter, Kupper, Israel
20:37	Men	Decathlon	1500m	Raja

Thursday, 14 August

10:05	Women	Heptathlon	100m Hurdles	Šadeiko, Klaup
11:25	Men	200m	Round 1	Niit
12:05	Women	Heptathlon	High Jump A/B	Šadeiko, Klaup
17:30	Men	Javelin	Qualifying A	Mätas, Laanmäe, Kirt
18:10	Women	400m Hurdles	Semi-Final	M. Mägi
18:38	Women	800m	Semi-Final	Tšernov
18:45	Men	Javelin	Qualifying B	Mätas, Laanmäe, Kirt
19:50	Women	Heptathlon	Shot A/B	Šadeiko, Klaup
20:15	Men	200m	Semi-Final	Niit
21:15	Women	Heptathlon	200m	Šadeiko, Klaup

Friday, 15 August

10:04	Women	Shot	Qualifying A/B	Piirimäe
10:15	Men	5000m	Round 1	Nurme
10:35	Women	High Jump	Qualifying A/B	Haas, Udras
11:13	Women	3000m Steeple	Round 1	Patjuk
11:40	Women	Heptathlon	Long Jump A/B	Šadeiko, Klaup
18:04	Women	Heptathlon	Javelin A	Šadeiko, Klaup
18:50	Men	400m	Final	Niit
19:15	Women	Heptathlon	Javelin B	Šadeiko, Klaup
19:25	Women	1500m	Final	Tšernov
20:40	Women	Hammer	Final	Ojaloo
20:52	Men	400m Hurdles	Final	R. Mägi, Jagor
21:15	Women	Heptathlon	800m	Šadeiko, Klaup
21:49	Men	200m	Final	Niit

Saturday, 16 August

9:00	Women	Marathon	Final	Luik, Luik, Luik, Talts
15:35	Men	4x100m	Round 1	Team Estonia
16:05	Women	800m	Final	Tšernov
17:15	Women	400m Hurdles	Final	M. Mägi

Sunday, 17 August

9:00	Men	Marathon	Final	Nikolajev, Fosti
15:00	Women	Shot	Final	Piirimäe
15:16	Women	High Jump	Final	Haas, Udras
16:08	Women	3000m Steeple	Final	Patjuk
16:11	Men	Javelin	Final	Mätas, Laanmäe, Kirt
16:30	Men	5000m	Final	Nurme
17:05	Men	4x100m	Final	Team Estonia

About Estonia

QUICK FACTS

Official name: Republic of Estonia

Short form: Estonia (EST)

Language: Estonian

Flag: blue-black-white tricolour

Area: 45,228 km²

Population: 1.38 million

Capital: Tallinn

Population of capital: 425,000

Currency: euro

Language

The Estonian language is different from most languages spoken in Europe.

It belongs to the Finno-Ugric language family, and is closely related to Finnish and distantly related to Hungarian.

Geography

Estonia has plenty of islands (1 521), lakes (around 1200 lakes with an area of over 1 ha) and forests (55% of the country is covered in forests).

Where we lack is mountains - the highest peak in Estonia and in the entire Baltic States is Suur Munamägi (in translation "Big Egg Mountain"), reaching 318 metres (1,043 ft) above sea level.

Size and location

Estonia is located in Northern Europe, on the coast of the Baltic Sea. Estonia is one of the smallest nations in Europe with 1.3 million inhabitants, comparable to Cyprus, Luxembourg and Malta. At the same time, the area of Estonia covers 45,227 km², being larger than countries like Belgium, Holland and Denmark.

CAPITAL

The capital of Estonia is Tallinn (59°25'N 24°45'E) with a population of approximately 425 000 people.

WINTERS

We have long cold winters with plenty of beautiful snow. But no, there are no polar bears in Estonia.

E-everything

Estonians are the ones behind Skype, mobile parking, e-elections and many of the innovative technologies and solutions. Various e-services like e-banking, online medical and document registries; digital tickets; full wireless connectivity and excellent mobile coverage are considered to be as elementary as air and water by most modern Estonians. You can count on free WiFi almost everywhere.

Read more about Estonia

WWW.VISITESTONIA.COM

Roman *FOSTI*

Marathon

PB: 2.20,22 (2014)

SB: 2.20,22



Roman, aka Romka, is a former middle-distance runner, mainly 800m. He switched to long distances last year and ran his first marathon in Paris in spring 2013. Now he regularly competes in marathon, half-marathon and 10km distances and this year has won every Estonian high-level running competition which he has entered.

Cool fact

Romka has a degree in both economics and finance. He is a professional auditor, auditing companies on Mondays to Fridays from 9 to 5.

PERSONAL DATA

Date of birth: June 6, 1983

Lives in: Tallinn, Estonia

Height: 181 cm

Weight: 70 kg

Coach: Jane Salumäe

Club: Stamina Sports Club

Cool fact

Romka is fluent in Estonian, Russian, English and Spanish.

Eleriin HAAS

High jump

PB: 1.93 (2014)

SB: 1.93



Personal data

Date of birth:

July 4, 1992

Lives in: Vantaa,
Finland

Height: 180 cm

Coaches:

Reijo Jokela

Clubs: Sports Club
Altius, Kristiinan
Urheilijat

Member of Estonian
U23 team for
athletics talents

Eleriin has proved herself as a driven athlete from an early age. At 16, she set the new youth national indoor record at 1.84. At 18, she conquered the European Junior Championships standard just six months after giving birth. At 20, she broke the U23 national record at 1.92. At 22, just weeks before the European Championships, she took the U23 national record to 1.93, becoming the all-time second best Estonian female high jumper after Anna Iljuštšenko.

RESULTS

- 2013 *European U23 Championships*
1.87 (6th)
- 2013 *European Indoor Championships*
1.89 (14th)
- 2012 *European Championships*
1.83 (18th)
- 2011 *European Junior Championships*
1.82 (q), 1.77 (11th)

Cool fact

Eleriin has a 3-year-old son Kristofer who often spends time with her on the track.

NATIONAL RECORDS

U23 record 1.93 (2014), 1.92 (2012)
Youth indoor record 1.84 (2009)

Cool fact

The Estonian is in fact the ruling Finnish champion.

Märt *ISRAEL*

Discus throw

PB: 66.98 (2011)

SB: 64.40



Personal data

Date of birth:

September 23, 1983

Lives in: Tallinn,
Estonia

Height: 189 cm

Weight: 128 kg

Coach: Vesteinn
Hafsteinsson

Club: Sports Club of
Tallinn University of
Technology

Märt, the 2011 Universiade winner and Daegu World Championships 4th place, underwent surgery on his right wrist in fall 2013. The recovery has been smooth and he is eager to regain his former glory in Zürich.

Cool fact

This season, Märt did aerobic physical training together with world champion in fencing Nikolai Novosjolov (EST).

INTERESTING FACT

Despite his last name, he has no connections to the country of Israel.

Results

- 2012 Olympic Games: 60.34 (25th)
- 2012 European Championships: 60.59 (16th)
- 2011 World Championships: 64.19 (q), 65.20 (4th)
- 2011 Universiade: 61.26 (q), 64.07 (gold medal)
- 2010 European Championships: 63.99 (q), 62.59 (9th)
- 2009 World Championships: 59.58 (22nd)
- 2008 Olympic Games: 61.98 (14th)
- 2007 World Championships: 60.23 (22nd)

National record

63.17 U23 (2005)

Jaak-Heinrich *JAGOR*

400m hurdles
PB: 50,69 (2014)
SB: 50,69



Jaak-Heinrich aka Jack surprised everyone at the national championships on August 3rd when he improved his personal best by two seconds and met the Zürich's normative. Since in 2012-2013 he served 11 months in the army, he had not hoped to qualify to the European Championships before 2016. Jack started with athletics only at age 16 and specialised in 400m hurdles last autumn. His goal in Zürich is to make the run of his life.

Personal data

Date of birth:
May 11, 1990
Lives in: Tartu,
Estonia
Height: 190 cm
Coach: Mehis Viru
Club: Tartu Kalev
Sports Club

Results

- 2009 European
Junior
Championships:
110m H 14,50 (26th)

Cool fact

Jack was a 110m hurdler, but started training for 400m hurdles because his two years younger brother Erik beat him continuously in 400m hurdles.

Gerd KANTER

Discus throw

PB: 73.38 (2006) – NR

SB: 66.02



Gerd is considered as one of the greatest Estonian athletes of all times. He is known and loved for being a superb athlete, a model citizen and overall a wonderful person. As the Olympic winner and world champion, he is missing a European Champion title and is eager to complete his medal collection with a 10th championships medal at Zürich.

National records

68.50 (2004), 68.61, 70.10
(both 2005), 72.30, 73.38
(both 2006)

Top result for world indoor
throwing 69.51 (2009)

Top result for European
Winter Cup 69.70 (2009)

Awards

*Estonian Male Athlete of the
Year in 2007, 2008 and 2011*

*Best Estonian Male Athletics
Athlete in 2006-2013*

*European Male Athlete of the
Month for April 2010*

Fun fact

Gerd is a proud father to his 5-month old son Kristjan. Kristjan is a legendary name in Estonian sports. Estonian Athlete of the Year trophy, which Gerd has been awarded on 3 occasions, is famously named Kristjan after one of the most legendary Estonian athletes Kristjan Palusalu, the 1936 double Olympic winner in both Greco-Roman and freestyle wrestling.

Results

- 2013 Overall Winner of Diamond League Series, Discus Throw
 - 2013 World Championships: 65.19 (bronze medal)
- 2012 Overall Winner of Diamond League Series, Discus Throw
- 2012 Olympic Games: 68.03 (bronze medal)
 - 2012 European Championships: 66.53 (silver medal)
 - 2011 World Championships: 66.95 (silver medal)
 - 2010 European Championships: 66.20 (4th)
 - 2009 World Championships: 66.88 (bronze medal)
- 2008 Olympic Games: 68.82 (Olympic Winner)
 - 2007 World Championships: 68.94 (World Champion)
 - 2006 European Championships: 68.03 (silver medal)
 - 2005 World Championships: 68.57 (silver medal)
- 2005 Universiade: 65.29 (gold medal)
- 2004 Olympic Games: 60.05 (19th)
 - 2003 World Championships: 56.63 (25th)
 - 2002 European Championships: 55.14 (12th)
- Winner of eight Diamond League meetings
 - Six time winner of European Winter Cup (2003–2005, 2007–2009)

Personal data

Date of birth:

May 6, 1979

Lives in: Tallinn,
Estonia

Height: 196 cm

Weight: 125-128kg

Armspan: 207cm

Coach: Indrek Tustit

Club: Tallinna
Kalev Sports Club

Magnus *KIRT*

Javelin throw

PB: 79.82 (2013)

SB: 79.70



Magnus started his athletics career, sharing himself between two events: high jump and javelin throw.

In 2010, he chose to focus fully on javelin and transferred to train until fellow javelin thrower Risto Mätas. Since then, he has won his first javelin silver medal at Estonian Championships in 2012, silver in 2013, and has been making good progress every year.

Personal data

Date of birth:

April 10, 1990

Lives in: Tallinn,
Estonia

Height: 192cm

Weight: 89kg

Coach: Risto Mätas

Club: Sports Club of
Tallinn University of
Technology

Cool fact

Magnus' PB from his high-jumping days is 2.10, which earned him the silver medal at Estonian championships in 2009.

RESULTS

2011 European U23
Championships:
66.32 (19th)

2009 European Junior
Championships:
63.75 (22nd)

Mari KLAUP

Heptathlon

PB: 6002 (2013)

SB: 5699



Mari was born into a family of athletics coaches and continues to train under the guidance of her mother Katrin in Gothenburg, Sweden. Her strongest events in heptathlon are high jump and javelin throw.

Personal data

Date of birth:

February 27, 1990

Lives in:

Gothenburg, Sweden

Height: 180 cm

Coach: Katrin Klaup

Club: Tartu

University Academic Sports Club

Fun fact

In addition to being an MA-level English language student at the University of Gothenburg, Mari is also studying cosmetology to guarantee herself wider work options in the future.

TOP RESULTS

100m hurdles: 13.94 (2014)

Shot put: 13.40 (2014)

High jump: 1.83 (2014)

200m: 25.54 (2013)

Long jump: 5.80 (2011)

Javelin throw: 50.15 (2013)

800m: 2.18,35 (2011)

Best heptathlon:

6002 points – 14.09; 1.81;
12.81; 25.62; 5.83; 49.92;
2.18,67

Results

- 2013 World Championships:
5924 points (21st)
- 2013 Universiade:
5837 points (7th)
- 2013 European Cup Combined Events Super League: 6002 points (6th)
- 2011 European U23 Championships:
5445 points (11th)
- 2010 European Cup Combined Events Super League: 5739 points (10th)
- 2009 European Junior Championships:
5084 points (13th)

Martin *KUPPER*

Discus throw

PB: 65.03 (2013)

SB: 63.33



Personal data

Date of birth:

May 31, 1989

Lives in: Tallinn

Height: 198 cm

Weight: 114 kg

Armspan: 211 cm

Coach: Aleksander
Tammert Jr

Club: Audentes
Sports Club

Martin is currently No 2 discus thrower in Estonia, “fighting” over the position with Daegu World Championships fourth man Märt Israel. Martin threw his current season’s best only a few weeks before his first major championships and his goal in Zürich is no less than reaching the final.

Cool fact

Martin is studying harbour logistics at the university.

Results

2011 European U23
Championships:
55.82 (15th)

INTERESTING FACT

Martin is coached by the 2004 Athens Olympic Games discus throw bronze medallist Aleksander Tammert Jr. (EST)

Tanel LAANMÄE

Javelin

PB: 81.96 (2009)

SB: 81.16



Personal data

Date of birth:

September 29, 1989

Lives in: Tallinn,
Estonia

Height: 184 cm

Coach: Heino
Puuste

Club: Viraaž Sports
Club

Tanel ranks no 6 in Estonian men's all-time best list with 81.96. The last few years have been difficult for the athlete, including heart surgery, yet the athlete is bursting with determination to give his all in Zürich.

National record

U23 record 81.96
(2009)

COOL FACT

Tanel's first sport was horseback riding and he even won the silver medal at the national championships. He tried the javelin for the first time at the age of 11, scored almost 30 meters on the first try and became the county champion the following day with 43.10.

Interesting fact

Tanel has had 5 surgeries and 11 fractures during his career as a javelin thrower and previously snowboarder, motocross driver and horseback rider.

RESULTS

- 2012 European Championships: 71.87 (24th)
- 2011 European U23 Championships: 71.35 (q), 73.20 (9th)
- 2009 World Championships: 0
- 2009 European U23 Championships: 68.35 (21st)
- 2008 World Junior Championships: 68.88 (9th)
- 2007 European Junior Championships: 76.20 (q), 70.33 (7th)
- 2006 World Junior Championships: 62.07 (29th)



Leila *LUIK*

Marathon

PB: 2:37.11 (2013)

SB: -

Personal data

Date of birth:

October 14, 1985

Lives in: Tartu,
Estonia

Height: 165 cm

Coach: Harry
Lemberg

Club: Tartu
University Academic
Sports Club

Results

2014 World Half
Marathon
Championships:
74.18 (45th)

Lily *LUIK*

Marathon

PB: 2:50.17 (2013)

SB: -

Personal data

Date of birth:

October 14, 1985

Lives in: Tartu,
Estonia

Height: 163 cm

Coach:
Harry Lemberg

Club: Tartu
University Academic
Sports Club



Identical triplets Leila, Liina and Lily started off as professional dancers and switched to running in 2010. The triplets together with their team mates are national record holders in ekiden and they aim to break the national record in marathon as well. Their major goal is to run all together in Rio Olympics in 2016. Zürich is the first step towards the dream.

Liina LUIK

Marathon

PB: 2:40.45 (2013)

SB: -

Personal data

Date of birth:

October 14, 1985

Lives in: Tartu,

Estonia

Height: 164 cm

Coach: Harry

Lemberg

Club: Tartu

University Academic
Sports Club

Results

2014 World Half

Marathon

Championships:

74.18 (46th)

Advice

How to tell the triplets apart?

Leila is left-handed and 1 cm taller than

Liina and 2 cm taller than **Lily**.

Liina has a birthmark on her chin.

Lily can juggle with three balls and whistle loudly.

Cool fact

Leila and Lily are graduates of Tartu Health Care College and Liina is studying dance arts in the Viljandi Culture Academy.

COOL FACT

The triplets write a blog named Trio to Rio
(<http://luiged.blogspot.com/>; in Estonian)

Personal data

Date of birth:

August 11, 1987

Lives in: Tartu,
Estonia

Height: 168 cm

Coaches: Anne

Mägi, Taivo Mägi

Club: Tartu

University Academic
Sports Club

Cool fact

She is appr. 20-time
Estonian champion
in 200m, 400m,
400m hurdles and
800m.

Results

- 2011 World Championships:
52.93, 53.27 (21st)
- 2011 Universiade:
54.49, 52.88, 53.92
(8th)
- 2010 European Championships:
52.85 (11th)
- 2010 World Indoor Championships:
53.30 (12th)
- 2009 European Indoor Championships:
53.43 (7th)



Maris MÄGI

400m hurdles
PB: 56.56 (2013) – NR
SB: - 59.79

Maris is well-known for her concentration on the track and cheerful and energetic personality off the track. In 2013, only a week after a superb performance and national record at the Estonian Championships, Maris ruptured her Achilles tendon and was forced to take a break for almost a year. Now she is back on track and full of determination to succeed in Zürich.

National records

400m hurdles: 56.56 (2013)
400m indoor: 53.59, 53.16
(2007), 52.98 (2010)
4 x 400m: 3.36.82 (2007)

INTERESTING FACT

Mägi means "hill" or "mountain" in Estonian. The highest peak in Estonia is 318m.

Rasmus MÄGI

400m hurdles
PB 48,77 (2014) – NR
SB 48,77



Personal data

Date of birth: May 4, 1992
Lives in: Tartu, Estonia
Height: 188 cm
Weight: 74 kg
Coaches: Taivo Mägi,
Anne Mägi
Club: Tartu University
Academic Sports Club
Member of U23 Team for
athletics talents

Cool fact

Maris and Rasmus are siblings. Both are coached by their parents Taivo and Anne Mägi.

Rasmus is a versatile sprinter who favours the challenging 400m hurdles as his most preferred event. In fact, he is the official ruler of the 400m hurdles in Estonia, having all national records in all classes in his name – Men's, U23, U20 and U18. Rasmus has proven his ability to focus and concentrate on his performance at major championships and he is considered one of the favourites of the Estonian team in Zürich.

NATIONAL RECORDS

49,54 (2012), 49,51, 49,19 (both 2013), 48,87,
48,77 (both 2014)

RESULTS

- 2013 World Championships: 49,63; 49,42 (16th)
- 2013 European U23 Championships: 50,34; 49,68; 49,19 (Bronze medal)
- 2012 Olympic Games: 50,05 (28th)
- 2012 European Championships: 50,61; 49,54; 50,01 (5th)
- 2011 Universiade: 51,55; 50,14 (9th)
- 2011 European Junior Championships: 51,78; 50,67; 50,63 (4th)
- 2011 European Indoor Championships: 40,40; 48,49 (22nd)
- 2010 World Junior Championships: 53,86 (36th)
- 2009 Youth World Championships: 53,48; 53,97 (13th)
- 2009 European Youth Olympic Festival: 54,19; 52,85 (Bronze medal)

Cool fact

Rasmus' idea of a good celebration is a glass or two of Coke.

Risto MÄTAS

Javelin throw

PB: 83.48 (2013)

SB: 80.63



Personal data

Date of birth:

April 30, 1984

Lives in: Tallinn,
Estonia

Height: 189 cm

Weight: 91 kg

Coach: Rauno Mätas

Club: Audentes
Sports Club

Risto is the leader of Estonian javelin throwing, which is a very competitive but stable and friendly group of athletes. In the beginning of 2014 outdoor season Risto suffered back injury, thus the season began with modest throws. Now the injury is in the past and the 2013 World Championships 8th javelin thrower wants to show in Zürich what he is really made of.

Interesting fact

Risto with his team is actively using video analysis. His video blog can be followed at <http://ristomatas.ee/>

COOL FACT

Risto is coached by his identical twin brother Rauno, who is also a professional architect. It is difficult to tell them apart, so make sure you know which brother you are talking to!

Results

- 2013 World Championships: 80.18, 80.03 (8th)
- 2013 European Cup Winter Throwing: 79.10 (3rd)
- 2012 Olympic Games: 78.56 (21st)
- 2012 European Championships: 79.34; 75.85 (10th)
- 2012 European Cup Winter Throwing: 78.74 (3rd)
- 2011 Universiade: 78.99 (4th)
- 2007 Universiade: 77.29 (6th)
- 2006 European Championships: 74.58 (19th)

Marek *NIIT*

200m, 400m, 4x100m

PB: 20,43 (2011) – NR; 45,91 (2012) – NR

SB: 20,83; 46,10

Personal data

Date of birth:

August 9, 1987

Lives in: Arkansas,
USA and Kuressaare,
Estonia

Height: 183cm

Coach: himself

Club: Athletics Club
Saare

National records

100m: 10,19 (2012)

200m: 20,43 (2011)

200m i: 20,63 (2014)

400m: 45,91 (2012)

400m i: 45,99 (2011)

4x400m: 3.08,16
(2011)

Fun fact

Niit means
“meadow” or “floss”
in Estonian. Yet
Marek’s nickname
is Niiduk, meaning
“lawn-mover”.



Where there is a record to break, you can count on Marek to do it. He is the golden boy of Estonian sprint, holding the national records in 100m, 200m and 400m as well as 200m indoor and 400m indoor. Regularly winning races in the US NCAA, the once 200m junior world champion is now looking forward to Zürich.

RESULTS

- 2014 World Indoor Championships, 400m: 46,52, 47,67 (11th)
- 2012 Olympic Games, 200m: 20,82 (37th)
- 2012 European Championships, 200m: 20,93, 21,44 (21st)
- 2012 NCAA gold medallist in 4x400m relay: 3.04,92 i
 - 2011 World Championships, 200m: 20,90 (29th)
- 2011 Universiade, 200m: 21,81; 21,05; 20,94; 21,09 (8th)
- 2011 NCAA silver medallist, 200m: 20,38
- 2011 NCAA bronze medallist in 4x400m relay: 3.06,75 i
 - 2009 World Championships, 200m: 21,21 (32nd)
- 2006 World Junior Championships, 200m: 20,96 (gold medal)

Ilja *NIKOLAJEV*

Marathon

PB: 2:17.31 (2013)

SB: -



Personal data

Date of birth:

July 3, 1981

Lives in: Viimsi,

Estonia

Height: 183 cm

Weight: 62-64 kg

Coach: Einar Kaigas

Club: Jooksupartner

Ilja is fulfilling his childhood dreams of being an athlete. His strengths are focus and efficiency – according to Ilja without these characteristics you are not able to make to the elite level. Ilja tried his first marathon in 2007 and specialised in this antique discipline in 2011.

Cool fact

Family is everything to Ilja. He fell in love with his future wife at first sight and proposed to her 3 weeks later. Now they are raising a 5-year-old son.

Results

2014 World Half
Marathon

Championships: DNF

COOL FACT

His favourite dishes are all sorts of pastas and the drink he cannot live without – apple juice.

Tiidrek *NURME*

5000m

PB: 13.31,87

SB: 14.14,92



Tiidrek is always running. He is very dedicated and hardworking and has earned respect through his serious-mindedness, balance and focus. Tiidrek has proven his ability to push himself to his limits at major championships and there is no reason to think Zürich will be any different.

Personal data

Date of birth: November 18, 1985

Lives in: Tartu, Estonia

Height: 185 cm

Coach: Harry Lemberg

Club: Tartu University Academic Sports Club

Results

- 2012 European Championships: 5000m 13.51,29 (16th)
- 2011 Universiade: 5000m 14.22,21 (q), 14.05,03 (4th)
- 2010 European Championships: 5000m 13.49,19 (16th)
- 2009 World Championships: 1500m 3.43,73 (33rd)
- 2008 Olympic Games: 1500m 3.38,59 – NR (27th place)

COOL FACT

Tiidrek is married and together with his wife Maili they are raising 4-year-old son Jakob.

INSPIRATIONAL FACT

As a boy, Tiidrek got into bad company. While in a juvenile detention centre, Tiidrek thought hard about his life and values and found religion. Since then he has become an active Christian and a professional runner, with several national records in his name.

National records

1500m: 3.38,59 (2008)

1500m: 3.46,10 i (2011)

2000m: 5.06,02 (2008)

3000m: 7.48,24 (2014)

Kati OJALOO

Hammer

PB: 65.07 (2014)

SB: 65.07



Although Kati says that hammer throw wasn't her love at first sight, her technique developed fast and five years ago it was decided that Kati will become a hammer thrower. Three time national champion has improved her personal best every year by several meters and she is ready to give her best at her first major championships in Zürich.

Personal data

Date of birth: January 31, 1990

Lives in: Tallinn, Estonia

Height: 165 cm

Coach: Jarmo Pöyry, Raigo Toompuu, Toivo Ruut

Club: KJS Sakala

Cool fact

Kati is studying at the Tallinn University of Technology in the MA programme of distributed energy.

Jekaterina *PATJUK*

3000m steeplechase

PB: 9.50,15 – NR (2014)

SB: 9.50,15 – NR

Personal data

Date of birth:

April 6, 1983

Lives in: Tallinn,

Estonia

Height: 163 cm

Coach: Harry

Lemberg

Club: Tartu

University Academic

Sports Club



COOL FACT

Katja has a master degree in sports sciences and she loves to read.

Cool fact

The first time ever that Katja ran 3000m steeples in 2006, she finished with the new national record.

Jekaterina, known to everyone as Katja, has been running 3000m steeplechase from 2006. The frequent Estonian champion in various running disciplines ranging from 1500m to half marathon never quits a race and always finishes. Katja's main goals in Zürich are to improve the national record and run in the final.

Results

- 2013 European Cross Country Championships (8km): 29.20 (57th)
- 2011 European Cross Country Championships (8km): 28.00 (37th)
- 2010 European Cross Country Championships (8,17km): 29.17 (39th)

National records

3000m steeple: 10.21,65 (2006), 10.21,65 (2007), 10.03,95 (2009, 2010),
10.03,04 (2011), 9.58,00, 9.50,15 (both in 2014)

Kätlin *PIIRIMÄE*

Shot put

PB: 16.80 (2013)

SB: 16.46



The only junior athlete in the team, Kätlin is looking forward to competing at her first major championship.

European Junior Championships bronze medallist's main goal for Zürich is to give her very best.

Personal data

Date of birth: November 8, 1995

Lives in: Koigi, Järva County,
Estonia

Height: 177 cm

Coach: Külli Tambre

Club: Athletics Club Koigi

RESULTS

- 2014 World Junior Championships:
15.09, 15.49 (10th)
- 2013 European Junior Championships:
15.28, 16.80 (bronze medal)
- 2012 World Junior Championships:
13.98 (18th)

Cool fact

18-year-old Kätlin is the youngest member of Team Estonia in Zürich.

National record

U23 record and junior record 16.80 (2013)

Cool fact

Floorball is Kätlin's biggest hobby.

Andres RAJA

Decathlon

PB: 8119 (2009)

SB: 7455

Personal data

Date of birth:

June 2, 1982

Lives in: Tallinn,
Estonia

Height: 187cm

Coach: Remigija
Nazaroviene

Club: Võru Athletics
Club Lõunalõvi

PERSONAL BESTS

100m: 10,81 (2009)

400m: 48,83 (2011)

1500m: 4:37,13 (2010)

110m hurdles: 13,84
(2011)

High jump: 2.10 (2011)

Pole vault: 4.85
(2010)

Long jump: 7.53
(2013)

Shot put: 15.47 (2013)

Discus throw: 45.84
(2011)

Javelin throw: 67.16
(2008)



Andres is a multiple eventer full of potential and unexpectancies. He qualified to Zürich in decathlon and 110m hurdles and decided in favour of his long-time favourite – decathlon. In Zürich he wants to make a standout performance and represents his country with pride.

Results

(decathlon)

- 2013 European Cup Combined Events Super League: 7909 points (6th)
 - 2011 World Championships: 7982 points (15th)
- 2011 European Cup Combined Events Super League: 8114 points (winner)
 - 2011 European Indoor Championships: DNF
- 2010 European Championships: 7991 points (10th)
 - 2009 World Championships: 8119 points (15th)
 - 2008 Olympic Games: 8118 points (13th)
 - 2007 World Championships in Osaka: 7794 points (16th)

Results

(heptathlon)

- 2008 World Indoor Championships in Valencia: 5894 (6th)

Grit ŠADEIKO

Heptathlon

PB: 6221 – NR (2013)
SB: 6128

National record

6221 points (2013)

Personal data

Date of birth:

July 29, 1989

Lives in: Tartu,
Estonia

Height: 172 cm

Coach: Anne Mägi,
Taivo Mägi

Club: Tartu
University Academic
Sports Club

Cool fact

Grit comes from a long line of athletics – her father Jaanus, mother Deivi, grandmother Aili, great aunt Helgi have all won medals at national championships.

Grit's younger sister Grete came 4th at World Junior Championships 2010 (PB 5705).



Grit is a talented heptathlete, who's most favourable events are sprint and hurdles.

The European U23 Champion 2011 was injured during the World Championships in Moscow, but has recovered well and is ready to break the national heptathlon record – again.

Cool fact

On her wrist, Grit has a tattoo "Willpower".

Results

- 2013 World Championships: DNF
- 2012 Olympic Games: 6013 (23rd)
- 2011 World Championships: 5190 (26th)
- 2011 European U23 Championships: 6134 (Winner)
- 2010 European Championships: 5761 (19th)
- 2008 World Junior Championships: 5765 (bronze medal)

Best heptathlon

6221 points – 13,62;
1.78; 12.00; 24,21; 6.35;
46.75; 2.17,58

Top results

100m hurdles:
13,36 (2012)

Shot put: 12.76 (2014)

High jump: 1.78 (2011)

200m: 24,10 (2012)

Long jump: 6.35 (2013)

Javelin throw:
50.04 (2008)

800m: 2.16,60 (2014)

Evelin TALTS

Marathon

PB: 2.39,18 (2012)
SB: -



Evelin started running marathons three years ago at the age of 34. In her third ever marathon in 2012 Evelin met Olympic Games normative and fulfilled one of her biggest dreams – to run in Olympics. Aside from running, Evelin works as an aerobics coach.

Personal data

Date of birth:
May 18, 1977
Lives in: Tallinn,
Estonia
Height: 168 cm
Coach: herself
Club: Stamina
Sports Club

RESULTS

- 2012 Olympic Games: 2:54,15 (102nd)

Cool fact

Evelin loves winter sports – cross country, alpine skiing, snowboarding – just name it!

Cool fact

In 1997 Evelin won the national title in 400m hurdles.

Liina TŠERNOV

800m, 1500m

PB: 2.05,23 (2014) 4.12,73 – NR (2014)

SB: 2.05,23, 4.12,73 – NR



Liina comes from an athletics family - both her mother and father were also middle-distance runners. At first Liina specialised in different sprint distances, and then focusing on 800m and 1500m at the age of 18. Liina is enthusiastic about her sport: "It makes you stronger!" European Championships in Zürich is the first major championships for her.

Personal data

Date of birth: December 28, 1987

Lives in: Saku, Estonia

Height: 179 cm

Coach: Endel Pärn

Club: Sportkeskus.ee

RESULTS

- 2011 Universiade: 1500m 4.34,15 (15th), 800m 2.09,60 (26th)
- 2007 European U23 Championships, 800m: 2.09,46 (15th)

Cool fact

Liina is a sweet tooth and especially fond of cheesecakes she bakes herself.

National record

4.12,73 – NR (2014)

Cool fact

Liina's best friend is actually faster than her – Russian toy terrier named Pippa!

Grete *UDRAS*

High jump

PB: 1.92 (2011)

SB: 1.85



Personal data

Date of birth:

March 11, 1988

Lives in: Tartu,
Estonia

Height: 180 cm

Coach: Mehis Viru

Club: Tartu Kalev
Sportsclub

Grete is a strong and explosive jumper.

She has been suffering from injuries allowing her only to make seldom appearances. Now she is back on track and ready to improve in Zürich firstly her seasonal best and if everything works out perfectly, then also her personal best.

Results

- 2011 *European Indoor Championships:*
1.92 (11th)
- 2009 *European U23 Championships:*
1.80 (13th)

Cool fact

Grete has four dogs.

INTERESTING FACT

Grete works as a coach in
Jooksupartner.ee.

4x100m TEAM

PB: 39,69 (2002, 2003) - NR

SB: 39,93



MAREK
NIIT

Personal data

Date of birth: August 9, 1987

Lives in: Arkansas, USA and
Kuressaare, Estonia

Height: 183cm

Coach: himself

Club: Athletics Club Saare



RAIT
VEESALU

Personal data

Date of birth: March 25, 1994

Lives in: Pärnu, Estonia

Height: 186 cm

Coach: Valter Espe

Club: Sports Club Altius



MARKUS
ELLISAAR

Personal data

Date of birth: February 14, 1992

Lives in: Tartu, Estonia

Height: 175 cm

Coach: Tiina Torop

Club: Tartu University Academic
Sports Club



MART
MURU

Personal data

Date of birth: November 10, 1989

Lives in: Kuusalu, Estonia

Height: 189 cm

Coach: himself

Club: Audentes Sports Club



MIKK
MIHKEL
NURGES
(backup)

Personal data

Date of birth: December 24, 1992

Lives in: Tartu, Estonia

Height: 185 cm

Coach: Tiina Torop

Club: Tartu University Academic
Sports Club



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