

Start list		Shot Put	Time: 17:00	
Order	Athlete	Nat	PB	SB
1	Kristo GALETA	EST	19.15	19.09
2	Mesud PEZER	BIH	19.99	19.99
3	Mats OLSSON	SWE	18.66	17.71
4	Tim NEDOW	CAN	20.98	20.76
5	Niklas ARRHENIUS	SWE	19.79	18.88

Medal Winners

2014 - Zürich European Ch.

1.	David STORL (GER)	21.41
2.	Bojja VIVAS JIMÉNEZ (ESP)	20.86
3.	Tomasz MAJEWSKI (POL)	20.83

2013 - Moskva IAAF World Ch.

1.	David STORL (GER)	21.73
2.	Ryan WHITING (USA)	21.57
3.	Dylan ARMSTRONG (CAN)	21.34

2012 - London Olympic Games

1.	Tomasz MAJEWSKI (POL)	21.89
2.	David STORL (GER)	21.86
3.	Reese HOFFA (USA)	21.23

2012 - Helsinki European Ch.

1.	David STORL (GER)	21.58
2.	Rutger SMITH (NED)	20.55
3.	Asmir KOLAŠINAC (SRB)	20.36

2011 - Daegu IAAF World Ch.

1.	David STORL (GER)	21.78
2.	Dylan ARMSTRONG (CAN)	21.64
3.	Christian CANTWELL (USA)	21.36

2010 - Barcelona European Ch.

1.	Tomasz MAJEWSKI (POL)	21.00
2.	Ralf BARTELS (GER)	20.93
3.	Maris URTANS (LAT)	20.72

2009 - Berlin IAAF World Ch.

1.	Christian CANTWELL (USA)	22.03
2.	Tomasz MAJEWSKI (POL)	21.91
3.	Ralf BARTELS (GER)	21.37

2008 - Beijing Olympic Games

1.	Tomasz MAJEWSKI (POL)	21.51
2.	Christian CANTWELL (USA)	21.09
3.	Dylan ARMSTRONG (CAN)	21.04

2007 - Osaka IAAF World Ch.

1.	Reese HOFFA (USA)	22.04
2.	Adam NELSON (USA)	21.61
3.	Rutger SMITH (NED)	21.13

2006 - Göteborg European Ch.

1.	Ralf BARTELS (GER)	21.13
2.	Joachim OLSEN (DEN)	21.09
3.	Rutger SMITH (NED)	20.90

Stockholm previous Winners

14	Reese HOFFA (USA)	21.06
12	Reese HOFFA (USA)	21.24
11	Christian CANTWELL (USA)	21.70
10	Christian CANTWELL (USA)	22.09
09	Tomasz MAJEWSKI (POL)	21.95
08	Adam NELSON (USA)	20.75
95	Andriy NEMCHANINOV (UKR)	19.86
88	Ulf TIMMERMANN (GDR)	21.48
86	Udo BEYER (GDR)	21.68
84	August WOLF (USA)	20.90

Diamond League 2015

Doha IAAF Diamond League

1.	David STORL (GER)	21.51
2.	Reese HOFFA (USA)	21.30
3.	Ryan WHITING (USA)	21.06

Eugene Prefontaine Classic

1.	Joe KOVACS (USA)	22.12
2.	David STORL (GER)	21.92
3.	Ryan WHITING (USA)	21.37

Roma Golden Gala - Pietro Mennea

1.	David STORL (GER)	21.46
2.	Jordan CLARKE (USA)	21.28
3.	Tomáš STANĚK (CZE)	20.64

New York adidas Grand Prix

1.	Joe KOVACS (USA)	21.67
2.	Jordan CLARKE (USA)	21.34
3.	Tom WALSH (NZL)	21.16

Lausanne Athletissima

1.	David STORL (GER)	22.20
2.	Joe KOVACS (USA)	21.71
3.	Reese HOFFA (USA)	21.30

Monaco Herculis

1.	Joe KOVACS (USA)	22.56
2.	Christian CANTWELL (USA)	21.24
3.	Reese HOFFA (USA)	21.08

Records

WR	23.12	Randy BARNES	USA	Westwood	20.05.90
AR	23.06	Ulf TIMMERMANN	GDR	Chania	22.05.88
NR	21.33	Hans HÖGLUND	SWE	Provo	06.06.75
WJB	20.43	David STORL	GER	Gerlingen	06.07.09
MR	22.09	Christian CANTWELL	USA		05.08.10
DLR	22.56	Joe KOVACS	USA	Monaco	17.07.15
SB	22.56	Joe KOVACS	USA	Monaco	17.07.15

2015 World Outdoor list

22.56	Joe KOVACS	USA	Monaco	17.07.15
22.20	David STORL	GER	Lausanne	09.07.15
21.69	O'Dayne RICHARDS	JAM	Toronto	21.07.15
21.64	Christian CANTWELL	USA	Eugene	28.06.15
21.58	Asmir KOLAŠINAC	SRB	Beograd	27.06.15
21.50	Tom WALSH	NZL	Mutterstadt	25.07.15
21.49	Jordan CLARKE	USA	Eugene	28.06.15
21.37	Ryan WHITING	USA	Eugene	29.05.15
21.35	Thomas SCHMITT	GER	Übach-Palenberg	21.03.15
21.30	Reese HOFFA	USA	Doha	15.05.15
21.11	Ryan CROUSER	USA	Austin	28.03.15
21.06	Tsanko ARNAUDOV	POR	Lisboa	17.05.15
20.92	Jonathan JONES	USA	Eugene	28.06.15
20.90	Darlan ROMANI	BRA	Sao Paulo	04.04.15
20.86	Darell HILL	USA	University Park	08.05.15
20.80	Tomasz MAJEWSKI	POL	Kraków	21.07.15
20.77	Germán Luján LAURO	ARG	Lima	13.06.15
20.76	Tim NEDOW	CAN	Sollentuna	25.06.15
20.75	Jacko GILL	NZL	Brisbane	29.03.15
20.74	Cory MARTIN	USA	Kingston	09.05.15

All-Time World Outdoor list

23.12	Randy BARNES	USA	Westwood	20.05.90
23.06	Ulf TIMMERMANN	GDR	Chania	22.05.88
22.91	Alessandro ANDREI	ITA	Viareggio	12.08.87
22.75	Werner GÜNTHER	SUI	Bern	23.08.88
22.67	Kevin TOTH	USA	Lawrence	19.04.03
22.64	Udo BEYER	GDR	Berlin	20.08.86
22.56	Joe KOVACS	USA	Monaco	17.07.15
22.54	Christian CANTWELL	USA	Gresham	05.06.04
22.52	John BRENNER	USA	Walnut	26.04.87
22.51	Adam NELSON	USA	Portland	18.05.02
22.45	Brian OLDFIELD	USA	El Paso	22.05.76
22.43	Reese HOFFA	USA	London	03.08.07
22.28	Ryan WHITING	USA	Doha	10.05.13
22.24	Sergey SMIRNOV	URS	Tallinn	21.06.86
22.21	Dylan ARMSTRONG	CAN	Calgary	25.06.11
22.20	John GODINA	USA	Carson	22.05.05
22.20	David STORL	GER	Lausanne	09.07.15
22.10	Sergey GAVRYUSHIN	URS	Tbilisi	31.08.86
22.10	Cory MARTIN	USA	Tucson	22.05.10
22.09	Sergey KASNAUSKAS	URS	Staiki	23.08.84

WR progression

23.12	Randy BARNES	USA	Westwood	20.05.90
23.06	Ulf TIMMERMANN	GDR	Chania	22.05.88
22.91	Alessandro ANDREI	ITA	Viareggio	12.08.87
22.84	Alessandro ANDREI	ITA	Viareggio	12.08.87
22.72	Alessandro ANDREI	ITA	Viareggio	12.08.87
22.64	Udo BEYER	GDR	Berlin	20.08.86
22.62	Ulf TIMMERMANN	GDR	Berlin	22.09.85
22.22	Udo BEYER	GDR	Los Angeles	25.06.83
22.15	Udo BEYER	GDR	Göteborg	06.07.78
22.00	Aleksandr BARYSHNIKOV	URS	Colombes	10.07.76
21.85	Terry ALBRITTON	USA	Honolulu	21.02.76
21.82	Al FEUERBACH	USA	San José	05.05.73
21.78	Randy MATSON	USA	College Station	22.04.67
21.52	Randy MATSON	USA	College Station	08.05.65
20.68	Dallas LONG	USA	Los Angeles	25.07.64
20.20	Dallas LONG	USA	Los Angeles	29.05.64
20.10	Dallas LONG	USA	Los Angeles	04.04.64
20.08	Dallas LONG	USA	Los Angeles	18.05.62

Kristo GALETA

EST - 09.04.83 - Age: 32 years 111 days

Personal bests

Event	Result	Venue	Date
Shot Put	19.15	Tallinn (EST)	27.07.13
Shot Put ind.	19.16	Tartu (EST)	14.02.15
Discus Throw	51.30	Tallinn (EST)	18.05.11
Javelin Throw	78.05	Tallinn (EST)	14.09.05

Honours

Further Honours

Pl.	Event	Competition	Date
1.	Shot Put	Tallinn Estonian Ch.	02.08.14
1.	Shot Put	Tallinn Estonian Ch.	27.07.13
1.	Shot Put ind.	Tallinn Estonian Ind. Ch.	21.02.15
1.	Shot Put ind.	Tartu Estonian Ind. Ch.	22.02.14

Progression

Year	Result	Venue	Date
15	19.09	Viljandi (EST)	19.07.15
14	19.15	Maidla (EST)	27.07.14
13	19.15	Tallinn (EST)	27.07.13
12	17.90	Bar (MNE)	18.03.12

Order 1

11	18.52	Valmiera (LAT)	01.10.11
10	17.18	Viljandi (EST)	06.07.10
09	16.37	Tallinn (EST)	09.09.09
04	16.22	Denton (USA)	08.05.04
03	15.99	Denton (USA)	10.05.03
02	15.84	Viljandi (EST)	02.06.02

Outdoor Results in 2015

Event	Date	Venue	Ht.	Pl.	Result
Shot Put	15.03	Leiria	F	11.	18.79
Shot Put	28.05	Riga	F	8.	18.17
Shot Put	07.06	Raasepori	F	5.	18.37
Shot Put	09.06	Tartu	F	2.	18.70
Shot Put	13.06	Leiden	F	3.	18.80
Shot Put	20.06	Herakleion	F	5.	18.67
Shot Put	25.06	Sollentuna	F	3.	18.79
Shot Put	27.06	Bottnaryd	F1	4.	18.70
Shot Put	15.07	Tallinn	F	2.	18.97
Discus Throw	15.07	Tallinn	F	3.	49.65
Shot Put	19.07	Viljandi	F	2.	19.09
Shot Put	25.07	Maidla	F	2.	18.91

Mesud PEZER

BIH - 27.08.94 - Age: 20 years 336 days

Personal bests

Event	Result	Venue	Date
Shot Put	19.99	Zenica (BIH)	13.06.15
Shot Put ind.	19.36	Istanbul (TUR)	21.02.15
Shot Put (6kg)	20.44	Rieti (ITA)	18.07.13
Shot Put ind. (6kg)	20.26	Novi Sad (SRB)	17.02.13
Shot Put (5kg)	19.84	Zenica (BIH)	01.06.11
Discus Throw	53.57	Stara Zagora (BUL)	28.07.13
Discus Throw (1,75kg)	60.83	Rieti (ITA)	21.07.13
Discus Throw (1,5kg)	58.72	Bursa (TUR)	13.08.11

Honours

Further Honours

Pl.	Event	Competition	Date
1.	Discus Throw	Zenica Bosnia & Herzegovina Ch.	09.06.13
5.	Shot Put (6kg)	Barcelona IAAF World Junior Ch.	11.07.12
1.	Shot Put (6kg)	Rieti European Junior Championships	18.07.13

Order 2

Progression

Year	Result	Venue	Date
15	19.99	Zenica (BIH)	13.06.15
14	19.37	Växjö (SWE)	27.08.14
13	18.86	Zenica (BIH)	08.06.13
12	15.17	Bar (MNE)	18.03.12

Outdoor Results in 2015

Event	Date	Venue	Ht.	Pl.	Result
Shot Put	15.03	Leiria	F	1.	19.44
Shot Put	23.05	Oordegem	F	1.	19.00
Shot Put	25.05	Lokeren	F	1.	19.37
Shot Put	03.06	Zenica	F	4.	19.07
Shot Put	13.06	Zenica	F	1.	19.99
Shot Put	25.06	Sollentuna	F	2.	19.48
Shot Put	27.06	Bottnaryd	F1	2.	19.38
Shot Put	01.07	Velenje	F	3.	19.67
Shot Put	12.07	Tallinn	Q1	2.	18.54
Shot Put	12.07	Tallinn	F	4.	18.98

Mats OLSSON

SWE - 12.04.86 - Age: 29 years 108 days

Personal bests

Event	Result	Venue	Date
Shot Put	18.66	Falun (SWE)	19.08.10
Shot Put ind.	18.02	Örebro (SWE)	18.02.12
Discus Throw	48.99	Norrårlje (SWE)	08.08.08
Hammer Throw	55.05	Falun (SWE)	04.09.10
Weight Throw ind.	17.36	Falun (SWE)	01.03.12

Progression

Year	Result	Venue	Date
15	17.71	Bottnaryd (SWE)	27.06.15
14	17.40	Umea (SWE)	01.08.14
13	17.71	Falun (SWE)	15.05.13
12	18.15	Uppsala (SWE)	28.07.12

Order 3

11	17.01	Falun (SWE)	22.09.11
10	18.66	Falun (SWE)	19.08.10
09	17.50	Eskilstuna (SWE)	13.06.09
08	16.93	Halle (GER)	25.05.08
07	15.55	Nyköping (SWE)	02.06.07
06	15.74	Aarhus (DEN)	19.08.06
05	15.10	Bollnäs (SWE)	09.07.05

Outdoor Results in 2015

Event	Date	Venue	Ht.	Pl.	Result
Shot Put	05.06	Sollentuna	F	1.	17.29
Shot Put	25.06	Sollentuna	F	8.	16.97
Shot Put	27.06	Bottnaryd	F1	6.	17.71
Discus Throw	01.07	Sundsvall	F	4.	44.83

Tim NEDOW

CAN - 16.10.90 - Age: 24 years 286 days

Personal bests

Event	Result	Venue	Date
Shot Put	20.98	La Jolla (USA)	26.04.14
Shot Put ind.	20.54	Göteborg (SWE)	07.02.15
Shot Put (6kg)	19.00	Port-of-Spain (TTO)	02.08.09
Discus Throw	61.49	Toronto (CAN)	23.07.15
Weight Throw ind.	14.78	Ames (USA)	11.02.11

Honours**Area Championships**

Pl.	Event	Competition	Date
2.	Shot Put	Toronto Pan American Games	21.07.15
6.	Discus Throw	Toronto Pan American Games	23.07.15

Further Honours

Pl.	Event	Competition	Date
3.	Shot Put	Glasgow Commonwealth Games	28.07.14
1.	Shot Put	Edmonton Canadian Ch.	05.07.15
1.	Discus Throw	Edmonton Canadian Ch.	03.07.15
1.	Discus Throw	Moncton Canadian Ch.	28.06.14
1.	Shot Put	Moncton Canadian Ch.	27.06.14
1.	Discus Throw	Moncton Canadian Ch.	22.06.13
1.	Shot Put	Moncton Canadian Ch.	21.06.13
1.	Discus Throw	Calgary Canadian Ch.	29.06.12
3.	Shot Put	Nice Francophone Games	10.09.13

Progression

Year	Result	Venue	Date
15	20.76	Sollentuna (SWE)	25.06.15

Order 4

14	20.98	La Jolla (USA)	26.04.14
13	20.74	San Diego (USA)	27.04.13
12	20.21	Calgary (CAN)	30.06.12
11	18.84	Louisville (USA)	13.05.11
10	17.90	Austin (USA)	27.05.10
09	16.69	Ottawa (CAN)	15.07.09

Outdoor Results in 2015

Event	Date	Venue	Ht.	Pl.	Result
Shot Put	17.04	Lawrence	F	4.	20.51
Shot Put	25.04	San Diego	F	4.	19.58
Shot Put	02.05	Irvine	F	1.	20.19
Shot Put	09.05	Los Angeles	F	2.	19.94
Discus Throw	09.05	Los Angeles	F	2.	60.48
Shot Put	24.05	Hengelo	F	3.	19.72
Shot Put	26.05	Ostrava	F	4.	19.96
Shot Put	04.06	Roma	F	6.	20.15
Shot Put	08.06	Praha	F	5.	20.00
Shot Put	16.06	Växjö	F	1.	20.38
Discus Throw	16.06	Växjö	F	3.	55.55
Shot Put	25.06	Sollentuna	F	1.	20.76
Shot Put	27.06	Bottnaryd	F1	1.	20.59
Discus Throw	03.07	Edmonton	F	1.	60.09
Shot Put	05.07	Edmonton	F	1.	20.53
Shot Put	21.07	Toronto	F	2.	20.53
Discus Throw	23.07	Toronto	F	6.	61.49

Niklas ARRHENIUS

SWE - 10.09.82 - Age: 32 years 322 days

Personal bests

Event	Result	Venue	Date
Shot Put	19.79	Göteborg (SWE)	11.06.11
Shot Put ind.	19.91	Air Force Academy (USA)	28.02.04
Discus Throw	66.22	Helsingborg (SWE)	08.08.11
Hammer Throw	53.70	Provo (USA)	03.09.14

Honours**Further Honours**

Pl.	Event	Competition	Date
8.	Shot Put ind.	Göteborg European Indoor Championships	01.03.13
1.	Discus Throw	Boras Swedish Ch.	31.08.13
1.	Discus Throw	Stockholm Swedish Ch.	25.08.12
1.	Discus Throw	Gävle Swedish Ch.	13.08.11
1.	Shot Put	Gävle Swedish Ch.	11.08.11
1.	Discus Throw	Falun Swedish Ch.	21.08.10
1.	Shot Put	Falun Swedish Ch.	19.08.10
1.	Shot Put	Malmö Swedish Ch.	02.08.09
1.	Discus Throw	Eskilstuna Swedish Ch.	11.08.07
1.	Discus Throw	Sollentuna Swedish Ch.	15.07.06
1.	Discus Throw	Karlstad Swedish Ch.	08.08.04
2.	Discus Throw	Santiago de Chile IAAF World Junior Ch.	21.10.00
1.	Shot Put ind.	Göteborg Swedish Ind. Ch.	22.02.14
1.	Shot Put ind.	Örebro Swedish Ind. Ch.	18.02.12
1.	Shot Put ind.	Göteborg Swedish Ind. Ch.	26.02.11
1.	Shot Put ind.	Sätra Swedish Ind. Ch.	27.02.10

Order 5

1.	Discus Throw	Sacramento NCAA Div. I Ch.	08.06.07
----	--------------	----------------------------	----------

Progression

Year	Result	Venue	Date
15	18.88	Bottnaryd (SWE)	27.06.15
14	19.39	Umea (SWE)	01.08.14
13	19.57	Stockholm (SWE)	08.09.13
12	19.66	Provo (USA)	04.08.12
11	19.79	Göteborg (SWE)	11.06.11
10	19.75	Göteborg (SWE)	10.08.10
09	17.87	Malmö (SWE)	02.08.09
08	17.98	Västeras (SWE)	03.08.08
07	17.35	Eskilstuna (SWE)	12.08.07
06	18.07	Sollentuna (SWE)	16.07.06
05	17.18	Fort Collins (USA)	14.05.05
04	18.88	Las Vegas (USA)	15.05.04
01	16.15	Boras (SWE)	11.08.01

Outdoor Results in 2015

Event	Date	Venue	Ht.	Pl.	Result
Discus Throw	16.06	Växjö	F	1.	57.80
Shot Put	25.06	Sollentuna	F	5.	18.25
Discus Throw	25.06	Sollentuna	F	4.	57.56
Shot Put	27.06	Bottnaryd	F1	3.	18.88
Discus Throw	27.06	Bottnaryd	F1	4.	60.14
Discus Throw	28.06	Helsingborg	F	5.	57.57
Shot Put	01.07	Sundsvall	F	1.	18.39

Order	Athlete	Nat	PB	SB
1	Brittany SMITH	USA	18.96	18.96
2	Anita MÁRTON	HUN	19.04	18.94
3	Lena URBANIAK	GER	18.00	18.00
4	Fanny ROOS	SWE	17.05	17.05
5	Cleopatra BOREL	TTO	19.42	19.26
6	Michelle CARTER	USA	20.24	20.02
7	Christina SCHWANITZ	GER	20.77	20.77
8	Valerie ADAMS	NZL	21.24	18.79

Medal Winners

2014 - Zürich European Ch.

1.	Christina SCHWANITZ (GER)	19.90
2.	Yevgeniya KOLODKO (RUS)	19.39
3.	Anita MÁRTON (HUN)	19.04

2013 - Moskva IAAF World Ch.

1.	Valerie ADAMS (NZL)	20.88
2.	Christina SCHWANITZ (GER)	20.41
3.	Lijiao GONG (CHN)	19.95

2012 - London Olympic Games

1.	Valerie ADAMS (NZL)	20.70
2.	Yevgeniya KOLODKO (RUS)	20.48
3.	Lijiao GONG (CHN)	20.22

2012 - Helsinki European Ch.

1.	Nadine KLEINERT (GER)	19.18
2.	Irina TARASOVA (RUS)	18.91
3.	Chiara ROSA (ITA)	18.47

2011 - Daegu IAAF World Ch.

1.	Valerie ADAMS (NZL)	21.24
2.	Nadezhda OSTAPCHUK (BLR)	20.05
3.	Jillian CAMARENA-WILLIAMS (USA)	20.02

2010 - Barcelona European Ch.

1.	Nadezhda OSTAPCHUK (BLR)	20.48
2.	Natalya MIKHNEVICH (BLR)	19.53
3.	Anna AVDEYEVA (RUS)	19.39

2009 - Berlin IAAF World Ch.

1.	Valerie ADAMS (NZL)	20.44
2.	Nadine KLEINERT (GER)	20.20
3.	Lijiao GONG (CHN)	19.89

2008 - Beijing Olympic Games

1.	Valerie ADAMS (NZL)	20.56
2.	Natalya MIKHNEVICH (BLR)	20.28
3.	Nadezhda OSTAPCHUK (BLR)	19.86

2007 - Osaka IAAF World Ch.

1.	Valerie ADAMS (NZL)	20.54
2.	Nadezhda OSTAPCHUK (BLR)	20.48
3.	Nadine KLEINERT (GER)	19.77

2006 - Göteborg European Ch.

1.	Natalya MIKHNEVICH (BLR)	19.43
2.	Petra LAMMERT (GER)	19.17
3.	Olga RYABINKINA (RUS)	19.02

Diamond Race

1	Christina SCHWANITZ (GER)	14
2	Michelle CARTER (USA)	7
3	Lijiao GONG (CHN)	6
4	Cleopatra BOREL (TTO)	3
5	Valerie ADAMS (NZL)	2
6	Tia BROOKS (USA)	2
7	Brittany SMITH (USA)	1

Stockholm previous Winners

13	Valerie ADAMS (NZL)	20.30
12	Valerie ADAMS (NZL)	20.26
11	Valerie ADAMS (NZL)	20.57
10	Nadezhda OSTAPCHUK (BLR)	20.63
09	Nadine KLEINERT (GER)	19.48
08	Nadezhda OSTAPCHUK (BLR)	20.33
80	Maria Elena SARRÍA (CUB)	19.93

Diamond League 2015

Shanghai Golden Grand Prix

1.	Lijiao GONG (CHN)	20.23
2.	Christina SCHWANITZ (GER)	19.94
3.	Tia BROOKS (USA)	18.66

Birmingham British Athletics Grand Prix

1.	Christina SCHWANITZ (GER)	19.68
2.	Cleopatra BOREL (TTO)	18.80
3.	Tia BROOKS (USA)	18.67

Oslo ExxonMobil Bislett Games

1.	Christina SCHWANITZ (GER)	20.14
2.	Michelle CARTER (USA)	19.20
3.	Brittany SMITH (USA)	18.93

Paris Meeting AREVA

1.	Christina SCHWANITZ (GER)	20.31
2.	Lijiao GONG (CHN)	19.75
3.	Michelle CARTER (USA)	19.37

London Sainsbury's Anniversary Games

1.	Michelle CARTER (USA)	19.74
2.	Valerie ADAMS (NZL)	18.59
3.	Cleopatra BOREL (TTO)	18.53

Records

WR	22.63	Natalia LISOVSKAYA	URS	Moskva	07.06.87
AR	22.63	Natalia LISOVSKAYA	URS	Moskva	07.06.87
NR	18.17	Helena ENGMAN	SWE	Göteborg	10.08.10
WJR	20.54	Astrid KUMBERNUSS	GER	Orimattila	01.07.89
MR	20.63	Nadezhda OSTAPCHUK	BLR		05.08.10
DLR	21.03	Valerie ADAMS	NZL	Roma	31.05.12
SB	20.77	Christina SCHWANITZ	GER	Beijing	20.05.15

2015 World Outdoor list

20.77	Christina SCHWANITZ	GER	Beijing	20.05.15
20.34	Lijiao GONG	CHN	Gotha	19.07.15
20.02	Michelle CARTER	USA	Eugene	25.06.15
19.26	Cleopatra BOREL	TTO	Székesfehérvár	07.07.15
18.96	Brittany SMITH	USA	Chula Vista	23.04.15
18.94	Anita MÁRTON	HUN	Kawasaki	10.05.15
18.93	Tia BROOKS	USA	Eugene	25.06.15
18.89	Daniella BUNCH	USA	Tucson	23.05.15
18.88	Aliona DUBITSKAYA	BLR	Grodno	24.07.15
18.86	Yuliya LEANTSUK	BLR	Turku	25.06.15
18.84	Jeneva STEVENS	USA	Eugene	25.06.15
18.79	Valerie ADAMS	NZL	Paris	04.07.15
18.73	Felisha JOHNSON	USA	Beijing	20.05.15
18.71	Jillian CAMARENA-WILLIAMS	USA	Eugene	25.06.15
18.65	Yang GAO	CHN	Biberach	13.07.15
18.60	Natalya MIKHNEVICH	BLR	Minsk	06.06.15
18.59	Tianqian GUO	CHN	Wuhan	07.06.15
18.53	Irina TARASOVA	RUS	Yerino	06.06.15
18.49	Tori BLISS	USA	Baton Rouge	02.05.15
18.42	Jessica RAMSEY	USA	Eugene	25.06.15

All-Time World Outdoor list

22.63	Natalia LISOVSKAYA	URS	Moskva	07.06.87
22.45	Ilona SLUPIANEK	GDR	Potsdam	11.05.80
22.32	Helena FIBINGEROVÁ	TCH	Nitra	20.08.77
22.19	Claudia LOSCH	FRG	Hainfeld	23.08.87
21.89	Ivanka KHRISTOVA	BUL	Belmeken	04.07.76
21.86	Marianne ADAM	GDR	Leipzig	23.06.79
21.76	Meisu LI	CHN	Shijiazhuang	23.04.88
21.73	Natalya AKHRIMENKO	URS	Leselidze	21.05.88
21.69	Vita PAVLYSH	UKR	Budapest	20.08.98
21.66	Xinmei SUI	CHN	Beijing	09.06.90
21.61	Verzhiniya VESELINOVA	BUL	Sofia	21.08.82
21.58	Margitta DROESE-PUFE	GDR	Erfurt	28.05.78
21.58	Nadezhda OSTAPCHUK	BLR	Minsk	18.07.12
21.57	Ines MÜLLER	GDR	Athina	16.05.88
21.53	Nunu ABASHIDZE	URS	Kiev	20.06.84
21.52	Zhihong HUANG	CHN	Beijing	27.06.90
21.46	Larisa PELESHENKO	RUS	Moskva	26.08.00
21.45	Nadezhda CHIZHOVA	URS	Varna	29.09.73
21.43	Eva WILMS	FRG	München	17.06.77
21.42	Svetlana KRACHEVSKAYA	URS	Moskva	24.07.80

WR progression

22.63	Natalia LISOVSKAYA	URS	Moskva	07.06.87
22.60	Natalia LISOVSKAYA	URS	Moskva	07.06.87
22.53	Natalia LISOVSKAYA	URS	Sochi	27.05.84
22.45	Ilona SLUPIANEK	GDR	Potsdam	11.05.80
22.36	Ilona SLUPIANEK	GDR	Celje	02.05.80
22.32	Helena FIBINGEROVÁ	TCH	Nitra	20.08.77
21.99	Helena FIBINGEROVÁ	TCH	Opava	26.09.76
21.89	Ivanka KHRISTOVA	BUL	Belmeken	04.07.76
21.87	Ivanka KHRISTOVA	BUL	Belmeken	03.07.76
21.67	Marianne ADAM	GDR	Karl Marx Stadt	30.05.76
21.60	Marianne ADAM	GDR	Berlin	06.08.75
21.20	Nadezhda CHIZHOVA	URS	Lvov	28.08.73
21.03	Nadezhda CHIZHOVA	URS	München	07.09.72
20.63	Nadezhda CHIZHOVA	URS	Sochi	19.05.72
20.43	Nadezhda CHIZHOVA	URS	Moskva	29.08.71
20.43	Nadezhda CHIZHOVA	URS	Athina	16.09.69
20.10	Nadezhda CHIZHOVA	URS	Athina	16.09.69
20.10	Margitta GUMMEL	GDR	Berlin	11.09.69

Brittany SMITH

USA - 25.03.91 - Age: 24 years 126 days

Personal bests

Event	Result	Venue	Date
Shot Put	18.96	Chula Vista (USA)	23.04.15
Shot Put ind.	19.01	Bloomington (USA)	17.01.15
Discus Throw	55.15	Knoxville (USA)	14.04.12
Hammer Throw	70.27	Normal (USA)	03.05.14
Weight Throw ind.	21.51	Normal (USA)	08.12.12

Honours

Further Honours

Pl.	Event	Competition	Date
1.	Shot Put	Irapuato NACAC U23 Championships	06.07.12
2.	Hammer Throw	Irapuato NACAC U23 Championships	06.07.12
7.	Shot Put	Moncton IAAF World Junior Championships	20.07.10

Progression

Year	Result	Venue	Date
15	18.96	Chula Vista (USA)	23.04.15

Order 1

14	18.57	Tucson (USA)	24.05.14
13	17.85	Eugene (USA)	08.06.13
12	17.92	Knoxville (USA)	14.04.12
11	15.83	Cedar Falls (USA)	14.05.11
10	15.98	Normal (USA)	16.05.10

Outdoor Results in 2015

Event	Date	Venue	Ht.	Pl.	Result
Shot Put	04.04	Charleston	F	1.	18.88
Shot Put	18.04	Walnut	F	2.	18.52
Shot Put	23.04	Chula Vista	F	1.	18.96
Shot Put	25.04	San Diego	F	3.	18.10
Shot Put	10.05	Kawasaki	F	2.	18.61
Shot Put	17.05	Shanghai	F	10.	17.76
Shot Put	07.06	Birmingham	F	5.	18.10
Shot Put	11.06	Oslo	F	3.	18.93
Shot Put	25.06	Eugene	F	5.	18.63
Shot Put	04.07	Paris	F	9.	17.81
Shot Put	07.07	Székesfehérvár	F	5.	17.67
Shot Put	11.07	Naperville	F	1.	18.12
Shot Put	25.07	London	F	5.	18.24

Anita MÁRTON

HUN - 15.01.89 - Age: 26 years 195 days

Personal bests

Event	Result	Venue	Date
Shot Put	19.04	Zürich (SUI)	17.08.14
Shot Put ind.	19.23	Praha (CZE)	07.03.15
Discus Throw	59.27	Szeged (HUN)	07.09.14
Hammer Throw	48.10	Nyíregyháza (HUN)	11.05.14

Honours

Area Championships

Pl.	Event	Competition	Date
3.	Shot Put	Zürich European Championships	17.08.14
7.	Shot Put	Helsinki European Championships	29.06.12

Further Honours

Pl.	Event	Competition	Date
6.	Shot Put ind.	Sopot IAAF World Indoor Championships	08.03.14
1.	Shot Put ind.	Praha European Indoor Championships	07.03.15
5.	Shot Put ind.	Paris European Indoor Championships	05.03.11
1.	Discus Throw	Székesfehérvár Hungarian Ch.	03.08.14
1.	Shot Put	Székesfehérvár Hungarian Ch.	02.08.14
1.	Discus Throw	Budapest Hungarian Ch.	28.07.13
1.	Shot Put	Budapest Hungarian Ch.	27.07.13
1.	Shot Put	Székszárd Hungarian Ch.	17.06.12
1.	Discus Throw	Székszárd Hungarian Ch.	17.06.12
1.	Shot Put	Székszárd Hungarian Ch.	07.08.11
1.	Discus Throw	Székszárd Hungarian Ch.	07.08.11
1.	Shot Put	Debrecen Hungarian Ch.	08.08.10
1.	Discus Throw	Debrecen Hungarian Ch.	08.08.10
1.	Shot Put	Budapest Hungarian Ch.	02.08.09
1.	Discus Throw	Budapest Hungarian Ch.	01.08.09
1.	Shot Put	Debrecen Hungarian Ch.	20.07.08
1.	Discus Throw	Debrecen Hungarian Ch.	20.07.08
2.	Shot Put	Leiria European Cup Winter Throwing	14.03.15
1.	Shot Put	Székesfehérvár Hungarian Ch.	28.07.07
1.	Shot Put	Debrecen Hungarian Ch.	22.07.06
3.	Discus Throw	Ostrava European U23 Championships	15.07.11
6.	Discus Throw	Bydgoszcz IAAF World Junior Ch.	13.07.08
7.	Shot Put	Bydgoszcz IAAF World Junior Ch.	10.07.08
1.	Shot Put ind.	Budapest Hungarian Ind. Ch.	21.02.15
1.	Shot Put ind.	Budapest Hungarian Ind. Ch.	22.02.14

Order 2

1.	Shot Put ind.	Budapest Hungarian Ind. Ch.	23.02.13
1.	Shot Put ind.	Budapest Hungarian Ind. Ch.	19.02.11
1.	Shot Put ind.	Budapest Hungarian Ind. Ch.	27.02.10
1.	Shot Put ind.	Budapest Hungarian Ind. Ch.	21.02.09
1.	Shot Put ind.	Budapest Hungarian Ind. Ch.	23.02.08
1.	Shot Put ind.	Budapest Hungarian Ind. Ch.	17.02.07
1.	Shot Put ind.	Budapest Hungarian Ind. Ch.	26.02.06

Progression

Year	Result	Venue	Date
15	18.94	Kawasaki (JPN)	10.05.15
14	19.04	Zürich (SUI)	17.08.14
13	18.18	Draževina (MNE)	28.04.13
12	18.48	Draževina (MNE)	28.04.12
11	18.15	Draževina (MNE)	24.04.11
10	18.20	Torino (ITA)	12.06.10
09	17.27	Nikiiti (GRE)	27.04.09
08	16.60	Bar (MNE)	01.05.08
07	15.68	Senta (SRB)	12.05.07
06	15.57	Budapest (HUN)	11.06.06
05	13.56	Budapest (HUN)	11.06.05

Outdoor Results in 2015

Event	Date	Venue	Ht.	Pl.	Result
Discus Throw	21.02	Budapest	F	1.	56.02
Shot Put	14.03	Leiria	F	2.	17.59
Shot Put	26.04	Draževina	F	1.	18.62
Shot Put	01.05	Bar	F	1.	18.24
Shot Put	03.05	Szombathely	F	1.	18.10
Discus Throw	03.05	Szombathely	F	1.	57.62
Shot Put	10.05	Kawasaki	F	1.	18.94
Shot Put	17.05	Shanghai	F	5.	18.57
Shot Put	20.05	Beijing	F	4.	18.59
Discus Throw	24.05	Debrecen	F	1.	55.81
Shot Put	07.06	Birmingham	F	6.	17.89
Shot Put	11.06	Oslo	F	7.	17.96
Shot Put	13.06	Budapest	F	1.	17.71
Discus Throw	20.06	Stara Zagora	F	2.	56.13
Shot Put	21.06	Stara Zagora	F	1.	18.36
Shot Put	04.07	Paris	F	7.	18.42
Shot Put	07.07	Székesfehérvár	F	3.	18.46
Shot Put	25.07	London	F	6.	18.01

Lena URBANIAK

GER - 31.10.92 - Age: 22 years 271 days

Personal bests

Event	Result	Venue	Date
Shot Put	18.00	Kwangju (KOR)	11.07.15
Shot Put ind.	17.79	Karlsruhe (GER)	21.02.15
Discus Throw	51.31	Schweinfurt (GER)	13.06.09
Javelin Throw	44.20	Böblingen (GER)	13.06.10

Honours

Area Championships

Pl.	Event	Competition	Date
8.	Shot Put	Zürich European Championships	17.08.14

Further Honours

Pl.	Event	Competition	Date
1.	Shot Put	Gwangju Universiade	11.07.15
3.	Shot Put	Tampere European U23 Championships	12.07.13
1.	Shot Put ind.	Karlsruhe German Ind. Ch.	21.02.15
1.	Shot Put	Tallinn European Junior Championships	23.07.11
1.	Shot Put	Bressanone IAAF World Youth Ch.	08.07.09

Progression

Year	Result	Venue	Date
15	18.00	Kwangju (KOR)	11.07.15

Order 3

14	17.84	Ulm (GER)	25.07.14
13	17.58	Ulm (GER)	06.07.13
12	16.62	Halle (GER)	20.05.12
11	16.65	Bremen (GER)	26.06.11
10	15.80	Schapbach (GER)	20.06.10
09	15.61	Neckarsulm (GER)	19.04.09
08	14.61	Ohrdruf (GER)	17.08.08

Outdoor Results in 2015

Event	Date	Venue	Ht.	Pl.	Result
Shot Put	14.03	Leiria	F	6.	16.69
Shot Put	01.05	Bad Boll	F	1.	16.29
Shot Put	13.05	Münster	F	1.	16.50
Shot Put	16.05	Halle	F	-	NM
Shot Put	25.05	Rehlingen	F	2.	17.17
Shot Put	30.05	Forst	F	1.	17.20
Shot Put	06.06	Leipzig	F	1.	16.83
Shot Put	10.06	Huelva	F	2.	16.95
Shot Put	25.06	Turku	F	2.	17.62
Shot Put	26.06	Schönebeck	F	3.	17.52
Shot Put	11.07	Kwangju	F	1.	18.00
Shot Put	14.07	Luzern	F	4.	16.80
Shot Put	19.07	Götha	F	7.	16.57
Shot Put	25.07	Nürnberg	F	2.	17.28

Fanny ROOS

SWE - 02.01.95 - Age: 20 years 208 days

Personal bests

Event	Result	Venue	Date
Long Jump	5.25	Stockholm (SWE)	30.07.11
Long Jump ind.	5.13	Växjö (SWE)	22.01.12
Shot Put	17.05	Leiden (NED)	13.06.15
Shot Put ind.	16.69	Göteborg (SWE)	28.02.15
Shot Put (3kg)	17.01	Sollentuna (SWE)	10.08.12
Shot Put ind. (3kg)	16.93	Bollnäs (SWE)	26.02.12
Discus Throw	50.86	Södertälje (SWE)	06.06.15
Hammer Throw	46.76	Växjö (SWE)	02.09.14
Hammer Throw (3kg)	46.50	Sollentuna (SWE)	10.08.12
Javelin Throw	42.93	Växjö (SWE)	23.09.13
Weight Throw ind.	15.05	Bollnäs (SWE)	25.02.12

Honours**Further Honours**

Pl.	Event	Competition	Date
1.	Shot Put	Umea Swedish Ch.	03.08.14
6.	Shot Put	Eugene IAAF World Junior Championships	25.07.14
1.	Shot Put ind.	Sätra Swedish Ind. Ch.	21.02.15
1.	Shot Put ind.	Göteborg Swedish Ind. Ch.	23.02.14

Progression

Year	Result	Venue	Date
15	17.05	Leiden (NED)	13.06.15

Order 4

14	16.29	Eugene (USA)	25.07.14
13	15.82	Rieti (ITA)	20.07.13
12	14.76	Mannheim (GER)	23.06.12
11	13.94	Lille (FRA)	06.07.11

Outdoor Results in 2015

Event	Date	Venue	Ht.	Pl.	Result
Shot Put	14.03	Leiria	F	4.	16.39
Shot Put	17.05	Halle	F	3.	16.36
Discus Throw	17.05	Halle	F	6.	49.25
Shot Put	23.05	Aarhus	F	2.	16.36
Shot Put	06.06	Södertälje	F	1.	16.84
Discus Throw	06.06	Södertälje	F	4.	50.86
Shot Put	07.06	Uppsala	F	1.	16.49
Shot Put	13.06	Leiden	F	2.	17.05
Shot Put	16.06	Växjö	F	1.	16.72
Discus Throw	16.06	Växjö	F	2.	50.54
Shot Put	21.06	Cheboksary	F	6.	16.83
Shot Put	28.06	Bottnaryd	F	1.	16.73
Shot Put	09.07	Tallinn	Q1	2.	16.59
Shot Put	09.07	Tallinn	F	4.	16.73
Shot Put	22.07	Karlstad	F	1.	16.91

Cleopatra BOREL

TTO - 10.03.79 - Age: 36 years 141 days

Personal bests

Event	Result	Venue	Date
Shot Put	19.42	Paris (FRA)	08.07.11
Shot Put ind.	19.48	Blacksburg (USA)	14.02.04
Hammer Throw	51.28	Baltimore (USA)	05.05.01

Honours**Area Championships**

Pl.	Event	Competition	Date
1.	Shot Put	Toronto Pan American Games	22.07.15
2.	Shot Put	Guadalajara Pan American Games	27.10.11
3.	Shot Put	Rio de Janeiro Pan American Games	27.07.07
6.	Shot Put	Santo Domingo Pan American Games	07.08.03

Further Honours

Pl.	Event	Competition	Date
4.	Shot Put	Stuttgart IAAF World Athletics Final	14.09.08
5.	Shot Put	Stuttgart IAAF World Athletics Final	23.09.07
7.	Shot Put ind.	Valencia IAAF World Indoor Championships	09.03.08
7.	Shot Put ind.	Moskva IAAF World Indoor Championships	12.03.06
7.	Shot Put	Monaco IAAF World Athletics Final	18.09.04
5.	Shot Put	Marrakesh IAAF Continental Cup	14.09.14
2.	Shot Put	Glasgow Commonwealth Games	30.07.14
2.	Shot Put	New Delhi Commonwealth Games	09.10.10
3.	Shot Put	Melbourne Commonwealth Games	22.03.06
1.	Shot Put	Port-of-Spain Trinidad & Tobago Ch.	28.06.15
1.	Shot Put	Port-of-Spain Trinidad & Tobago Ch.	22.06.14
1.	Shot Put	La Habana Copa Cuba	19.03.14
1.	Shot Put	Morelia CAC Championships	05.07.13
1.	Shot Put	Port-of-Spain Trinidad & Tobago Ch.	24.06.12
1.	Shot Put	Mayagüez CAC Ch.	17.07.11
1.	Shot Put	Port-of-Spain Trinidad & Tobago Ch.	26.06.10
1.	Shot Put	Port-of-Spain Trinidad & Tobago Ch.	20.06.09
1.	Shot Put	Cali CAC Championships	05.07.08
1.	Shot Put	Port-of-Spain Trinidad & Tobago Ch.	21.06.08
2.	Shot Put	Nassau CAC Championships	11.07.05
2.	Shot Put	St. Georges CAC Championships	06.07.03
3.	Shot Put	La Habana CAC Championships	05.07.09

Order 5

4.	Shot Put	Manchester Commonwealth Games	28.07.02
1.	Shot Put	Veracruz CAC Games	27.11.14
1.	Shot Put	Mayagüez CAC Games	26.07.10
1.	Shot Put	Port-of-Spain Trinidad & Tobago Ch.	24.06.07
1.	Shot Put	Bacolet Trinidad & Tobago Ch.	25.06.06
1.	Shot Put	Port of Spain Trinidad & Tobago Ch.	20.06.04
1.	Shot Put	Port-of-Spain Trinidad & Tobago Ch.	16.06.02

Progression

Year	Result	Venue	Date
15	19.26	Székesfehérvár (HUN)	07.07.15
14	19.13	Bruxelles (BEL)	05.09.14
13	17.84	Moskva (RUS)	11.08.13
12	18.82	Rovereto (ITA)	04.09.12
11	19.42	Paris (FRA)	08.07.11
10	19.30	Dubnica nad Váhom (SVK)	22.08.10
09	18.52	Rio de Janeiro (BRA)	17.05.09
08	18.87	Stockholm (SWE)	21.07.08
07	18.91	Arnhem (NED)	13.06.07
06	18.81	Bacolet (TTO)	25.06.06
05	18.44	Knoxville (USA)	16.04.05
04	18.90	Athina (GRE)	18.08.04
03	17.79	St. Georges (GRN)	06.07.03
02	16.90	Manchester (GBR)	27.07.02
01	16.44	Eugene (USA)	31.05.01
00	14.28	Centerville (USA)	21.05.00

Outdoor Results in 2015

Event	Date	Venue	Ht.	Pl.	Result
Shot Put	10.05	Kawasaki	F	3.	18.41
Shot Put	17.05	Shanghai	F	6.	18.32
Shot Put	07.06	Birmingham	F	2.	18.80
Shot Put	11.06	Oslo	F	6.	18.50
Shot Put	28.06	Port-of-Spain	F	1.	18.46
Shot Put	04.07	Paris	F	4.	19.07
Shot Put	07.07	Székesfehérvár	F	1.	19.26
Shot Put	14.07	Luzern	F	2.	18.71
Shot Put	22.07	Toronto	F	1.	18.67
Shot Put	25.07	London	F	3.	18.53

Michelle CARTER

USA - 12.10.85 - Age: 29 years 290 days

Order 6**Personal bests**

Event	Result	Venue	Date
Shot Put	20.24	Des Moines (USA)	22.06.13
Shot Put ind.	19.88	Zürich (SUI)	28.08.13
Discus Throw	54.06	Sacramento (USA)	06.06.07

Honours**Olympic Games**

Pl.	Event	Competition	Date
5.	Shot Put	London Olympic Games	06.08.12

World Championships

Pl.	Event	Competition	Date
4.	Shot Put	Moskva IAAF World Championships	12.08.13
6.	Shot Put	Berlin IAAF World Championships	16.08.09

Area Championships

Pl.	Event	Competition	Date
3.	Shot Put	Guadalajara Pan American Games	27.10.11

Further Honours

Pl.	Event	Competition	Date
3.	Shot Put ind.	Istanbul IAAF World Indoor Championships	10.03.12
5.	Shot Put ind.	Sopot IAAF World Indoor Championships	08.03.14
5.	Shot Put	Thessaloniki IAAF/MTB Bank WAF	13.09.09
1.	Shot Put	London Sainsbury's Anniversary Games	25.07.15
2.	Shot Put	Marrakesh IAAF Continental Cup	14.09.14
1.	Shot Put	Eugene USA Ch.	25.06.15
1.	Shot Put	Sacramento USA Ch.	25.06.14
1.	Shot Put	Des Moines USA Ch.	22.06.13
1.	Shot Put	Eugene USA Ch.	23.06.11
1.	Shot Put	Eugene USA Ch.	26.06.09
1.	Shot Put	Eugene US Olympic Team Trials	05.07.08
1.	Shot Put	Grosseto IAAF World Junior Championships	17.07.04

2.	Shot Put	Santo Domingo NACAC U23 Championships	07.07.06
1.	Shot Put ind.	Boston USA Ind. Ch.	01.03.15
1.	Shot Put ind.	Albuquerque USA Ind. Ch.	23.02.14
1.	Shot Put ind.	Albuquerque USA Indoor Ch.	03.03.13
2.	Shot Put	Debrecen IAAF World Youth Championships	14.07.01

Progression

Year	Result	Venue	Date
15	20.02	Eugene (USA)	25.06.15
14	19.84	Marrakesh (MAR)	14.09.14
13	20.24	Des Moines (USA)	22.06.13
12	19.60	Lausanne (SUI)	23.08.12
11	19.86	Eugene (USA)	23.06.11
10	18.80	Göteborg (SWE)	10.08.10
09	19.13	Stockholm (SWE)	30.07.09
08	18.85	Eugene (USA)	05.07.08
07	17.57	Indianapolis (USA)	24.06.07
06	17.98	Waco (USA)	13.05.06
05	18.26	Carson (USA)	24.06.05
04	17.55	Grosseto (ITA)	17.07.04
03	16.73	Austin (USA)	10.05.03
02	16.24	Palo Alto (USA)	22.06.02
01	15.23	Debrecen (HUN)	14.07.01
00	14.44	Amherst (USA)	27.07.00

Outdoor Results in 2015

Event	Date	Venue	Ht.	Pl.	Result
Shot Put	02.05	Baie Mahault	F	1.	18.51
Shot Put	07.06	Birmingham	F	4.	18.30
Shot Put	11.06	Oslo	F	2.	19.20
Shot Put	25.06	Eugene	F	1.	20.02
Shot Put	04.07	Paris	F	3.	19.37
Shot Put	07.07	Székesfehérvár	F	2.	19.20
Shot Put	25.07	London	F	1.	19.74

Christina SCHWANITZ

GER - 24.12.85 - Age: 29 years 217 days

Order 7**Personal bests**

Event	Result	Venue	Date
Shot Put	20.77	Beijing (CHN)	20.05.15
Shot Put ind.	20.05	Rochlitz (GER)	02.02.14
Discus Throw	40.29	Mönchengladbach (GER)	29.06.02

Honours**World Championships**

Pl.	Event	Competition	Date
2.	Shot Put	Moskva IAAF World Championships	12.08.13
7.	Shot Put	Helsinki IAAF World Championships	13.08.05

Area Championships

Pl.	Event	Competition	Date
1.	Shot Put	Zürich European Championships	17.08.14
5.	Shot Put	Helsinki European Championships	29.06.12

Further Honours

Pl.	Event	Competition	Date
2.	Shot Put ind.	Sopot IAAF World Indoor Championships	08.03.14
5.	Shot Put	Stuttgart IAAF World Athletics Final	14.09.08
6.	Shot Put ind.	Valencia IAAF World Indoor Championships	09.03.08
1.	Shot Put	Paris Meeting AREVA	04.07.15
1.	Shot Put	Oslo ExxonMobil Bislett Games	11.06.15
1.	Shot Put	Birmingham British Athletics Grand Prix	07.06.15
1.	Shot Put	Marrakesh IAAF Continental Cup	14.09.14
1.	Shot Put	Oslo ExxonMobil Bislett Games	13.06.13
1.	Shot Put	Shanghai IAAF Diamond League Meeting	18.05.13
1.	Shot Put ind.	Göteborg European Indoor Championships	03.03.13
2.	Shot Put ind.	Paris European Indoor Championships	05.03.11
1.	Shot Put	Nürnberg German Ch.	25.07.15
1.	Shot Put	Cheboksary European Team Championships	21.06.15
1.	Shot Put	Ulm German Ch.	25.07.14
1.	Shot Put	Braunschweig European Team Championships	22.06.14
1.	Shot Put	Ulm German Ch.	06.07.13
1.	Shot Put	Gateshead European Team Championships	23.06.13

1.	Shot Put	Kassel German Ch.	24.07.11
1.	Shot Put	Anncy SPAR European Cup	22.06.08
2.	Shot Put	Erfurt European U23 Championships	16.07.05
3.	Shot Put	Grosseto IAAF World Junior Championships	17.07.04
1.	Shot Put ind.	Leipzig German Ind. Ch.	22.02.14
1.	Shot Put ind.	Dortmund German Ind. Ch.	23.02.13
1.	Shot Put ind.	Leipzig German Ind. Ch.	26.02.11

Progression

Year	Result	Venue	Date
15	20.77	Beijing (CHN)	20.05.15
14	20.22	Halle (GER)	17.05.14
13	20.41	Moskva (RUS)	12.08.13
12	19.05	Bottrop (GER)	06.07.12
11	19.20	Daegu (KOR)	28.08.11
10	18.28	Chemnitz (GER)	20.06.10
09	19.06	Mannheim (GER)	20.06.09
08	19.31	Schönebeck (GER)	08.06.08
07	17.06	Igersheim (GER)	20.10.07
05	18.84	Rechberghausen (GER)	01.05.05
04	16.98	Stuttgart (GER)	10.10.04
03	15.07	Neckarsulm (GER)	27.04.03
02	14.26	Gengenbach (GER)	08.06.02

Outdoor Results in 2015

Event	Date	Venue	Ht.	Pl.	Result
Shot Put	17.05	Shanghai	F	2.	19.94
Shot Put	20.05	Beijing	F	1.	20.77
Shot Put	25.05	Rehlingen	F	1.	19.85
Shot Put	07.06	Birmingham	F	1.	19.68
Shot Put	11.06	Oslo	F	1.	20.14
Shot Put	21.06	Cheboksary	F	1.	19.82
Shot Put	26.06	Schönebeck	F	1.	20.36
Shot Put	04.07	Paris	F	1.	20.31
Shot Put	13.07	Biberach	F	1.	20.60
Shot Put	19.07	Gotha	F	2.	20.08
Shot Put	25.07	Nürnberg	F	1.	20.00

Valerie ADAMS

Order 8

NZL - 06.10.84 - Age: 30 years 296 days

Personal bests

Event	Result	Venue	Date
Shot Put	21.24	Daegu (KOR)	29.08.11
Shot Put ind.	20.98	Zürich (SUI)	28.08.13
Discus Throw	58.12	Wanganui (NZL)	31.03.04
Hammer Throw	58.32	Auckland (NZL)	06.04.02

Records

Record	Result	Event	Venue	Date
AR	21.24	Shot Put	Daegu (KOR)	29.08.11
AR	20.98	Shot Put ind.	Zürich (SUI)	28.08.13

Honours

Olympic Games

Pl.	Event	Competition	Date
1.	Shot Put	London Olympic Games	06.08.12
1.	Shot Put	Beijing Olympic Games	16.08.08
7.	Shot Put	Athens Olympic Games	18.08.04

World Championships

Pl.	Event	Competition	Date
1.	Shot Put	Moskva IAAF World Championships	12.08.13
1.	Shot Put	Daegu IAAF World Championships	29.08.11
1.	Shot Put	Berlin IAAF World Championships	16.08.09
1.	Shot Put	Osaka IAAF World Championships	26.08.07
2.	Shot Put	Helsinki IAAF World Championships	13.08.05
5.	Shot Put	Paris-St-Denis IAAF World Championships	27.08.03

Further Honours

Pl.	Event	Competition	Date
1.	Shot Put ind.	Sopot IAAF World Indoor Championships	08.03.14
1.	Shot Put ind.	Istanbul IAAF World Indoor Championships	10.03.12
1.	Shot Put	Split IAAF/VTB Bank Continental Cup	05.09.10
1.	Shot Put	Thessaloniki IAAF/VTB Bank WAF	13.09.09
1.	Shot Put	Stuttgart IAAF World Athletics Final	14.09.08
1.	Shot Put ind.	Valencia IAAF World Indoor Championships	09.03.08
1.	Shot Put	Monaco IAAF World Athletics Final	09.09.05
2.	Shot Put ind.	Doha IAAF World Indoor Championships	14.03.10
2.	Shot Put	Stuttgart IAAF World Athletics Final	23.09.07
2.	Shot Put	Stuttgart IAAF World Athletics Final	10.09.06
1.	Shot Put	Bruxelles Memorial Van Damme	05.09.14
1.	Shot Put	Birmingham British Athletics Grand Prix	24.08.14
1.	Shot Put	Monaco Herculis	18.07.14
1.	Shot Put	Lausanne Athletissima	03.07.14
1.	Shot Put	New York adidas Grand Prix	14.06.14
1.	Shot Put	Roma Golden Gala - Pietro Mennea	05.06.14
1.	Shot Put	Doha IAAF Diamond League	09.05.14
1.	Shot Put ind.	Zürich Weltklasse	28.08.13
1.	Shot Put	Stockholm DN Galan	22.08.13
1.	Shot Put	London Sainsbury's Anniversary Games	27.07.13
1.	Shot Put	Paris Meeting AREVA	06.07.13
1.	Shot Put	Eugene Prefontaine Classic	31.05.13
1.	Shot Put ind.	Zürich Weltklasse	29.08.12
1.	Shot Put	Birmingham Aviva Grand Prix	26.08.12
1.	Shot Put	Lausanne Athletissima	23.08.12
1.	Shot Put	Stockholm DN Galan	17.08.12
1.	Shot Put	New York adidas Grand Prix	09.06.12
1.	Shot Put	Roma Golden Gala	31.05.12
1.	Shot Put ind.	Zürich Weltklasse	07.09.11

1.	Shot Put	Crystal Palace AVIVA London Grand Prix	06.08.11
1.	Shot Put	Stockholm DN Galan	28.07.11
1.	Shot Put	Paris Meeting AREVA	08.07.11
1.	Shot Put	Oslo ExxonMobil Bislett Games	09.06.11
1.	Shot Put	New York adidas Grand Prix	12.06.10
1.	Shot Put	Athina IAAF World Cup	17.09.06
6.	Shot Put	Madrid IAAF World Cup	21.09.02
1.	Shot Put	Glasgow Commonwealth Games	30.07.14
1.	Shot Put	New Delhi Commonwealth Games	09.10.10
1.	Shot Put	Melbourne Commonwealth Games	22.03.06
1.	Shot Put	Wellington New Zealand Ch.	29.03.14
1.	Shot Put	Auckland New Zealand Ch.	23.03.13
1.	Shot Put	Dunedin New Zealand Ch.	26.03.11
1.	Shot Put	Christchurch New Zealand Ch.	27.03.10
1.	Shot Put	Angers French Ch.	25.07.09
1.	Shot Put	Wellington New Zealand Ch.	28.03.09
1.	Shot Put	Brisbane Australian Open Ch.	19.03.09
1.	Shot Put	Auckland New Zealand Ch.	28.03.08
1.	Shot Put	Brisbane Australian Ch.	28.02.08
2.	Shot Put	Manchester Commonwealth Games	28.07.02
1.	Shot Put	Inglewood New Zealand Ch.	04.03.07
1.	Shot Put	Christchurch New Zealand Ch.	28.01.06
1.	Shot Put	Wanganui New Zealand Ch.	12.03.05
1.	Shot Put	Sydney Telstra Australian Ch.	06.03.05
1.	Shot Put	Wellington New Zealand Ch.	12.03.04
1.	Shot Put	Sydney Australian Ch.	29.02.04
1.	Shot Put	Narbonne French Ch.	26.07.03
1.	Shot Put	Dunedin New Zealand Ch.	23.03.03
1.	Hammer Throw	Dunedin New Zealand Ch.	23.03.03
1.	Shot Put	Kingston IAAF World Junior Championships	20.07.02
1.	Shot Put	Auckland New Zealand Ch.	01.03.02
1.	Shot Put	Hastings New Zealand Ch.	23.02.01
1.	Shot Put	Debrecen IAAF World Youth Championships	14.07.01

Progression

Year	Result	Venue	Date
15	18.79	Paris (FRA)	04.07.15
14	20.59	Bruxelles (BEL)	05.09.14
13	20.90	London (GBR)	27.07.13
12	21.11	Luzern (SUI)	17.07.12
11	21.24	Daegu (KOR)	29.08.11
10	20.86	Split (CRO)	05.09.10
09	21.07	Thessaloniki (GRE)	13.09.09
08	20.56	Beijing (CHN)	16.08.08
07	20.54	Osaka (JPN)	26.08.07
06	20.20	Bad Köstritz (GER)	27.08.06
05	19.87	Helsinki (FIN)	12.08.05
04	19.29	Auckland (NZL)	04.12.04
03	18.93	Osaka (JPN)	10.05.03
02	18.40	Madrid (ESP)	21.09.02
01	17.08	Debrecen (HUN)	13.07.01
00	15.72	Papakura (NZL)	26.01.00
99	14.15	Hamilton (NZL)	26.02.99

Outdoor Results in 2015

Event	Date	Venue	Ht.	Pl.	Result
Shot Put	04.07	Paris	F	5.	18.79
Shot Put	14.07	Luzern	F	1.	18.73
Shot Put	25.07	London	F	2.	18.59