

Barcelona 2010 thrills with cinema commercial



Manolo Martínez (left), Naroa Agirre and Jackson Quiñónez (below) star in the Barcelona 2010 commercial

On 19 May, from dawn to dusk, seven of the main Spanish athletes participated in a commercial for the European Athletics Championships Barcelona 2010. The Montjuïc Olympic Stadium was the stage for this long day, which had more to do with cinema than athletics. In the commercial, designed by the agency Villarosás (the successful bidder in the tender organised), Naroa Agirre, Concha Montaner, Jackson Quiñónez, Reyes Estévez, Juan Carlos Higuero, Ángel David Rodríguez and Manolo Martínez illustrate, with carefully composed shots, that what seems easy from a distance is not when viewed close up.

This is the commercial's message. Athletics is not an easy sport and not everyone dares to Pole Vault or Shot Put. More than 150 volunteers participated in the shooting as extras. For a few hours the Olympic Stadium became a film set, and the popular band "Love of Lesbian" played the commercial's soundtrack, called "Incondicional".



The commercial will be broadcast on several TV channels during the month prior to the start of the European Athletics Championships Barcelona 2010, from 21 June. The commercial will be the main feature of the final Barcelona 2010 promotional campaign. This television promotion campaign will be added to the more traditional campaigns used previously, in order to reach as many fans as possible.

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76-year-old Championships

As we do not have a poster of the men's European Athletics Championships of 1938 (that was the only event where men and women competed separately), in this historical section we present the available graphical elements that were used to promote the previous 19 championships to date. Goteborg 2006, with 48 countries and 1,288 athletes, has been the largest event. These are the records that the European Athletics Championships Barcelona 2010 will try to beat. The 50 Member Federation countries of European Athletics have already signed up.

<p>Torino /ITA 07 - 09.09.1934 Stadio Benito Mussolini Countries: 23 Athletes: 226</p>	<p>Paris/FRA (Men) 03 - 05.09.1938 Stade Olympique de Colombes Countries: 23 Athletes: 272</p>	<p>Vienna/AUT (Women) 17 - 18.09.1938 Praterstadion Countries: 14 Athletes: 80</p>	<p>Oslo/NOR 23 - 25.08.1946 Bislet Idrettsplass Countries: 20 Athletes: 353</p>
<p>Brussels/BEL 23 - 27.08.1950 Stade du heysel Countries: 24 Athletes: 454</p>	<p>Bern/SUI 25 - 29.08.1954 Neufeld Stadion Countries: 28 Athletes: 686</p>	<p>Stockholm/SWE 19 - 24.08.1958 Olympic Stadium Countries: 26 Athletes: 626</p>	<p>Belgrade/YUG 12-16.09.1962 Stadion INA Countries: 29 Athletes: 670</p>

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 <p>Budapest/HUN 30.08 – 04.09.1966 Nepstadion Stadion Countries: 30 Athletes: 769</p>	 <p>Athens/GRE 16 - 21.09.1969 Stadion G.Karaiskakis Countries: 30 Athletes: 674</p>	 <p>Helsinki/FIN 10 - 15.08.1971 Olympic Stadium Countries: 29 Athletes: 857</p>	 <p>Rome/ITA 01-08.09.1974 Stadio Olimpico Countries: 29 Athletes: 745</p>
 <p>Prague/TCH 28.08 - 03.09.1978 Rosicky Stadion Countries: 29 Athletes: 1,004</p>	 <p>Athens/GRE 06 - 12.09.1982 Olympic Stadium Countries: 29 Athletes: 756</p>	 <p>Stuttgart/FRG 26 - 31.08.1986 Neckarstadion Countries: 31 Athletes: 906</p>	 <p>Split/YUG 27.08 - 01.09.1990 Gradski Stadion Countries: 33 Athletes: 952</p>
 <p>Helsinki/FIN 07 - 14.08.1994 Olympic Stadium Countries: 44 Athletes: 1,113</p>	 <p>Budapest/HUN 18 - 23.08.1998 Nep Stadium Countries: 44 Athletes: 1,259</p>	 <p>Munich/GER 06 - 11.08.2002 Olympia Stadion Countries: 48 Athletes: 1,244</p>	 <p>Göteborg/SWE 08 - 13.08.2006 Ullevi Stadium Countries: 48 Athletes: 1,288</p>

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Spanish athletes compliment the new Montjuïc Olympic Stadium



Juan Carlos Higuero

Since blue is the new colour in the Montjuïc Olympic Stadium, the elite Spanish athletes, who two months from now will participate in the European Athletics Championships Barcelona 2010, have visited Montjuïc to see the new synthetic track.

Juan Carlos Higuero is an early riser and so was the first one to see it. And he was left speechless. "It is perfect, much better than the track last year in Berlin," he said. However, no athlete has been able to train on this new blue track, which is being saved for competitions (the opening will be 9 July, for the Miting Internacional Ciutat de Barcelona), although some have tried to use it before.

After Higuero, similar comments were heard from long-distance runners Sergio Sánchez and Carles Castillejo, who will use it, hopefully, in the 10000m final on 27 July. In May, other international athletes visited Montjuïc, such as Concha Montaner, Naroa Agirre, Ángel David Rodríguez, Jackson Quiñónez, Ángel David Rodríguez and Reyes Estévez.



Sergio Sánchez

Montaner was impressed by the synthetic material quality. "I haven't been in this stadium since 2000 and this material is magnificent. When you step on it you want to start running," she said during the commercial shooting. Estévez also complimented the track: "It is very fast and it doesn't drain the legs. People are going to run very fast in these European Athletics Championships."

All you need to know about the European Athletics Championships 100M

Portugal's Francis Obikwelu, 100m and 200m European champion, is the fastest European athlete to run the 100m, but he is not the fastest runner to have used the Montjuïc Olympic Stadium. The fastest was the British 1992 Olympic champion, Linford Christie. The Ukrainian Valery Borzov is the athlete who has won the 100m race in the European Athletics Championships by the biggest margin. This was in 1971, in Helsinki, and he won by a margin of 22 hundredths of second.

These are only a few statistical references from a complete study on the men's 100m races in the European championships, carried out by an expert in the field, Ken Nakamura. One last fact, the best

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100m race ran in the month of July, the month when Barcelona 2010 will take place, was not run by Usain Bolt, the world record holder, but by US athlete Tyson Gay: 9.77 in the Rome Golden Gala.

MEN'S 100M

10 BEST PERFORMANCES AT THE EUROPEAN CHAMPIONSHIPS

PERFORMANCE	PERFORMER	TIME	WIND	NAME	NAT	POS	VENUE	YEAR
1	1	9.99	1.3	Francis Obikwelu	POR	1	Göteborg	2006
2	2	10.04	0.3	Darren Campbell	GBR	1	Budapest	1998
3		10.06	-0.3	Francis Obikwelu		1	Munich	2002
4	3	10.08	0.7	Linford Christie	GBR	1qf1	Helsinki	1994
5		10.09	0.3	Linford Christie		1sf1	Split	1990
6	4	10.10	0.3	Dwain Chambers	GBR	2	Budapest	1998
7	5	10.10	1.3	Andrey Yepishin	RUS	2	Göteborg	2006
8		10.11	0.5	Darren Campbell		1sf2	Budapest	1998
9		10.12	0.1	Francis Obikwelu		1sf2	Munich	2002
10		10.12	1.5	Andrey Yepishin		1s1	Göteborg	2006

MARGIN OF VICTORY

	DIFFERENCE	WINNING TIME	WIND	NAME	NAT	VENUE	YEAR
MAX	0.22	10.27	-1.3	Valeriy Borzov	URS	Helsinki	1971
		10.60	-0.6	Wieslaw Maniak	POL	Budapest	1966
MIN	0.01	10.49	-2.7	Valeriy Borzov	URS	Athens	1969

BEST PERFORMANCES AT EUROPEAN ATHLETICS

POSITION	TIME	WIND	NAME	NAT	VENUE	YEAR
1	9.99	1.3	Francis Obikwelu	POR	Göteborg	2006
	10.10	0.3	Dwain Chambers	GBR	Budapest	1998
2		1.3	Andrey Yepishin	RUS	Göteborg	2006
	10.04w	2.2	Daniel Sangouma	FRA	Split	1990
3	10.14	1.3	Matic Osovnikar	SLO	Göteborg	2006
	10.07w	2.2	John Regis	GBR	Split	1990

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4	10.16	1.3	Ronald Pognon	FRA	Göteborg	2006
	10.10w	2.2	Bruno Marie-Rose	FRA	Split	1990
5	10.16	1.3	Mark Lewis-Francis	GBR	Göteborg	2006
	10.15w	2.2	Max Moriniere	FRA	Split	1990
6	10.21	1.3	Dariusz Kuc	POL	Göteborg	2006
7	10.24	1.3	Dwain Chambers	GBR	Göteborg	2006
8	10.34	-0.1	Antoine Richard	FRA	Stuttgart	1986

FASTEST TIME IN EACH ROUND (4 rounds were contested from 1994)

ROUND	TIME	WIND	NAME	NAT	VENUE	YEAR
Final	9.99	1.3	Francis Obikwelu	POR	Göteborg	2006
Semi-final	10.09	0.3	Linford Christie	GBR	Split	1990
Second round	10.08	0.7	Linford Christie	GBR	Helsinki	1994
First round	10.19	0.0	Pietro Mennea	ITA	Praga	1978
		0.0	Max Moriniere	FRA	Split	1990

FASTEST NON-QUALIFIER FOR THE FINAL

TIME	WIND	POSICIÓ	NAME	NAT	VENUE	YEAR
10.27	1.5	5sf1	Anatoliy Dovgal	UKR	Göteborg	2006
	1.5	5sf1	Christian Hass	FRG	Stuttgart	1986

MULTIPLE GOLD MEDALLISTS

Linford Christie (GBR)	1986, 1990, 1994
Valeriy Borzov (URS)	1969, 1971, 1974
Francis Obikwelu (POR)	2002, 2006

MULTIPLE MEDALLISTS

Linford Christie (GBR)	1986 Gold; 1990 Gold; 1994 Gold
Valeriy Borzov (URS)	1969 Gold; 1971 Gold, 1974 Gold
Francis Obikwelu (POR)	2002 Gold; 2006 Gold
Darren Campbell (GBR)	1998 Oro; 2002 Silver



Linford Christie

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Pietro Mennea (ITA) 1974 Silver; 1978 Gold
Claude Piquemal (FRA) 1962 Gold; 1966 Bronze

NUMBER OF MEDALS BY COUNTRIES

	GOLD	SILVER	BRONZE
GBR	5	2	3
URS	3		2
FRA	2	5	2
NED	2		
POR	2		
ITA	1	4	1
GER	1	2	1
GDR	1	2	
GFR	1	1	1
POL	1		1
NOR		2	
RUS		1	1
GRE			2
HUN			2
SWE			1
SLO			1
SUI			1



Valeriy Borzov

FASTEST PERFORMANCES ON EUROPEAN SOIL

PERFORMANCE	PERFORMER	TIME	WIND	NAME	NAT	POS	VENUE	YEAR
1	1	9.58	0.9	Usain Bolt	JAM	1	WC Berlin	16.08.09
2	2	9.71	0.9	Tyson Gay	USA	2	WC Berlin	16.08.09
3	3	9.72	0.2	Asafa Powell	JAM	1rA	Lausanne	02.09.04

FASTEST PERFORMANCES IN SPAIN

PERFORMANCE	PERFORMER	TIME	WIND	NAME	NAT	POS	VENUE	DMY
1	1	9.80	0.2	Maurice Greene	USA	1	WCSevilla	22.08.99
2	2	9.84	0.2	Brunn Surin	CAN	2	WCSevilla	22.08.99
3		9.91	-0.2	Maurice Greene		1q5	WC Sevilla	21.08.99

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FASTEST PERFORMANCES IN BARCELONA

PERFORMANCE	PERFORMER	TIME	WIND	NAME	NAT	POS	DMY
1	1	9.96	0.5	Linford Christie	GBR	1	01.08.92
2	2	9.97	-1.3	Leroy Burrell	USA	1sf1	01.08.92
3		10.00	-1.3	Linford Christie		2sf1	01.08.92

FASTEST PERFORMANCES IN JULY

PERFORMANCE	PERFORMER	TIME	WIND	NAME	NAT	POS	VENUE	DMY
1	1	9.77	0.4	Tyson Gay	USA	1	Roma	10.07.09
2	2	9.79	-0.2	Usain Bolt	JAM	1	Saint-Denis	17.07.09
3	3	9.82	-0.0	Asafa Powell	JAM	1rA	Monaco	29.06.08

WOMEN'S 100M



Kim Gevaert

10 BEST PERFORMANCES AT THE EUROPEAN CHAMPIONSHIPS

PERFORMANCE	PERFORMER	TIME	WIND	NAME	NAT	POS	VENUE	YEAR
1	1	10.73	2.0	Christine Arron	FRA	1	Budapest	1998
2		10.81	1.3	Christine Arron		1sf1	Budapest	1998
3	2	10.83	2.0	Irina Privalova	RUS	2	Budapest	1998
4	3	10.87	2.0	Ekaterini Thanou	GRE	3	Budapest	1998
5	4	10.89	1.8	Katrin Krabbe	GDR	1	Split	1990
6	5	10.91	0.8	Marlies Göhr	GDR	1	Stuttgart	1986
7		10.92	0.9	Ekaterini Thanou		1sf2	Budapest	1998
8	6	10.92	2.0	Zhanna Pintusevich-Block	UKR	4	Budapest	1998
9		10.98	1.2	Marlies Göhr		1sf2	Stuttgart	1986
10		11.00	1.3	Zhanna Pintusevich-Block		2sf1	Budapest	1998

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MARGIN OF VICTORY

	DIFERENCE	WINNING TIME	WIND	NAME	NAT	VENUE	YEAR
MAX	0.21	10.89	1.8	Katrin Krabbe	GDR	Split	1990
MIN	0.08	11.02	0.6	Irina Privalova	RUS	Helsinki	1994
		11.66	-0.4	Petra Kandarr	GDR	Athinai	1969

BEST PERFORMANCES AT EUROPEAN ATHLETICS

PERFORMANCE	PERFORMER	WIND	NAME	NAT	VENUE	YEAR
1	10.73	2.0	Christine Arron	FRA	Budapest	1998
2	10.83	2.0	Irina Privalova	RUS	Budapest	1998
3	10.87	2.0	Ekaterini Privalova	GRE	Budapest	1998
4	10.92	2.0	Zhanna Pintusevich-Block	UKR	Budapest	1998
5	11.07	2.0	Melanie Paschke	GER	Budapest	1998
6	11.12	2.0	Petya Pendareva	BUL	Budapest	1998
7	11.16	2.0	Anzhela Kravchenko	UKR	Budapest	1998
8	11.27	2.0	Frederique Bangué	FRA	Budapest	1998

FASTEST TIME IN EACH ROUND

ROUND	TIME	WIND	NAME	NAT	VENUE	YEAR
Final	10.73	2.0	Christine Arron	FRA	Budapest	1998
Semi-final	10.81	1.3	Christine Arron	FRA	Budapest	1998
First round	11.01	0.9	Zhanna Pintusevich-Block	UKR	Helsinki	1994

FASTEST NON-QUALIFIER FOR THE FINAL

TIME	WIND	POSITIÓN	NAME	NAT	VENUE	YEAR
11.21	1.3	5sf1	Oksana Ekk	RUS	Budapest	1998

MULTIPLE GOLD MEDALLISTS

Marlies Göhr (GDR) 1978 Gold, 1982 Gold, 1986 Gold

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MÚLTIPLES MEDALSS

Kim Gevaert (BEL)	2002 Silver; 2006 Gold
Ekaterini Thanou (GRE)	1998 Bronze; 2002 Gold
Irina Privalova (RUS)	1994 Gold; 1998 Silver
Marlies Göhr (GDR)	1978 Gold; 1982 Gold; 1986 Gold
Renate Stecher (GDR)	1971 Gold; 1974 Silver
Irena Szewinska (POL)	1966 Gold; 1974 Gold
Fanny Blankers-Koen (NED)	1938 Bronze; 1950 Gold



NUMBER OF MEDALS BY COUNTRIES

	GOLD	SILVER	BRONZE
GDR	6	3	1
POL	3	1	1
URS	2	2	1
GBR	2	1	4
NED	1	2	2
RUS	1	2	1
BEL	1	1	
FRA	1		2
GRE	1		1
GER		2	2
FRG		1	2
UKR		1	
BUL		1	
SWE		1	
ITA			1



Russia's athlete Irina Privalova (above) and Poland's Irena Szewinska

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FASTEST EPRFORMANCES IN EUROPE

PERFORMANCES	PERFORMER	TIME	WIND	NAME	NAT	POS	VENUE	DMY
1	1	10.67	-0.1	Carmelita Jeter	USA	1	Thessaloniki	13.09.09
2	2	10.70	-0.1	Marion Jones	USA	1	Sevilla	22.08.99
3		10.72	0.0	Marion Jones		1	Monaco	08.08.98

FASTEST PERFORMANCES IN SPAIN

PERFORMANCES	PERFORMER	TIME	WIND	NAME	NAT	POS	VENUE	DMY
1	1	10.70	-0.1	Marion Jones	USA	1	WC Sevilla	22.08.99
2		10.76	0.3	Marion Jones		1q4	WC Sevilla	21.08.99
3	2	10.78	1.7	Marlene Ottey	JAM	1	Sevilla	30.05.90

FASTEST PERFORMANCES IN BARCELONA

PERFORMANCE	PERFORMER	TIME	WIND	NAME	NAT	POS	DMY
1	1	10.82	-1.0	Gail Devers	USA	1	01.08.92
2	2	10.83	-1.0	Juliet Cuthbert	JAM	2	01.08.92
3	3	10.84	-0.1	Irina Privalova	RUS	3	01.08.92

FASTEST PERFORMANCES IN JULY

PERFORMANCE	PERFORMER	TIME	WIND	NAME	PAÍS	POS	VENUE	DMY
1	1	10.49	0.0	Florence Griffith-Joyner	USA	1qf1	Indianapolis	16.07.88
2		10.61	1.2	Florence Griffith-Joyner		1	Indianapolis	17.07.88
3		10.70	1.6	Florence Griffith-Joyner		1s1	Indianapolis	17.07.88
4	2	10.75	0.6	Marion Jones	USA	1	Roma	14.07.98

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- **2:05.31** is the average time of the ten best runners in the London Marathon. London is still the fastest in the world after Rotterdam and Berlin
- **6:53** is the time it took the Russian Liliya Shobuhkova to run the last 2.195km in the London marathon (2:15.07-2:22.00), even faster than when Paula Radcliffe beat the world record
- **26:59.60** was the time registered by Chris Solinsky in the Palo Alto 10000m. He is the first non-African White long-distance runner to run the race in under 27 minutes. Plus, he is also the best newcomer at this distance
- **50** is the number of times Andreas Thorkildsen has competed against Tero Pitkamaki in the Javelin. In major events, the advantage is 3-1 to the Norwegian
- **50** years was the birthday celebrated on 10 May by the Slovenian Merlene Ottey, who has yeat to retire. This Winter she ran the 60m race in 7.66. She has won 29 medals since Moscow 1980.
- **16** marquees will be placed in the Market Square, the B10 commercial area which will be located in the esplanade between Olympic Stadium and Palau Sant Jordi

B10 signs two collaboration agreements with Turisme de Barcelona and Oxidoc



President, José María Odriozola, signed both of these agreements at the Montjuïc Lluís Companys Olympic Stadium. They will be used to increase the number of spectators and to improve the event's medical coverage.

The support of Turisme de Barcelona through this collaboration agreement will increase the external demand, the number of spectators, and the number of tourists and visitors to the city. This agreement, according to Joan Gaspart, Turisme de Barcelona President, "will display the city to the rest of the world".

Barcelona 2010 has also reached an agreement with Oxidoc to provide the event with medical materials, and to offer the championships better medical coverage. This company, which has more than 25 years of experience in this area, will provide the event with the latest resuscitation defibrillators, ventilators, and laryngoscopes etc. The agreement's signature was attended by the company's president, Miguel Vaquer.



José M^a Odriozola, signing collaboration agreements with Joan Gaspart (above) and Miguel Vaquer

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The 10 greatest moments in the European Athletics Championships

Fatima Whitbread in Stuttgart 1986. The East German Petra Felke was the best Javelin thrower at the time the European Athletics Championships took place in Stuttgart. Whitbread, who was 26-years-old, surprised the entire world by beating the world record with a 77.44m throw in the qualifying round, which is unusual. She then beat Felke in the final, and the following year she became world champion in Rome.

Triple Spanish glory in the Marathon at Helsinki 1994. Until then, never before had three Spanish



athletes reached the three podium places at the same time. But on 14 August, history was about to change. Martín Fiz became European champion (2:10.31) in the Helsinki Olympic Stadium, reaching the finishing line before Diego García and Alberto Juzdado and comfortably beating the favourite, Englishman Richard Nerurkar. With them began the golden age of the Marathon in Spain. Later, Fiz and Abel Antón became world champions.

Paula Radcliffe in the rain at Munich 2002. The most impressive lone effort that fans have had the chance to witness took place in Munich eight years ago. Paula Radcliffe, who would subsequently go on to beat the Marathon world record, escaped her rivals in the first laps of the 10000m final in driving rain, to obtain an incredible victory. She beat the European record, with 30:01.09, and almost beat the world record. The silver medallist arrived 45 seconds later!

The 4x100m French relay at Split 1990. Only one team, Jamaicans apart since Usain Bolt has entered the game, has been able to seize a relay record from the US team. The feat took place in the 4x100m final in Split. The French team, with their usual refined technique, won the race and beat the world record, which was set in 1984 (37.83) in Los Angeles by none other than Carl Lewis and his team. Morinière, Sangouma, Marie-Rose and Troubal ran fourhundredths of a second faster and achieved the event's greatest feat.

Two records in the same race in Athens 1969. On 18 September 1969 in Athens, during the 400m final, two world records were beaten at the same time. Never before had an athlete, who had not won an event before, managed to beat the world record. At the finishing line, no one could work out which one of the two French sprinters, Nicole Duclos or Colette Besson, had won. Both finished with an identical time (51.1, manual), and beat the world record by two-tenths of second. The electronic

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chronometer determined that Duclos had run in 51.72 and her colleague in 51.74. However, they shared the 400m European champion title.

The first great world record Torino 1934. Matti Jarvinen had obtained the Javelin Olympic gold medal two years earlier in Los Angeles, and had beaten eight world records, but all of them in Finland, his home country. That gave more value to his feat during the first European Athletics Championships, which shocked everyone. Jarvinen won the gold medal with a throw of 76.66 metres, a huge distance at the time. The silver medallist finished 7m behind.

Vladimir Kuts Bern 1954. Beating the Czech Emil Zatopek and seizing the world record from him was not something easily done. In Bern in 1954, the Soviet Vladimir Kuts obtained the 5000m gold medal in an unforgettable race, where he also beat the world record by 14 minutes (1:56.6). The incredibly strong runner of Ukrainian origin finished 100m ahead of the Czech runner, who ended in third position after the Englishman Christopher Chataway. The championships were worth it just for this race.



Daley Thompson, Decathlon athlete, at Athens 1982. With his Olympic victories (Moscow and Los Angeles), the Englishman Daley Thomson, who knew no pressure, dominated the Decathlon event with his brilliant technique. He beat four world records, one in Athens, where he obtained his only European champion title. Rarely before had such a complete team as the German team (Western and Eastern) been left so far behind. Thompson won with 8744 points.

Juha Vaatainen at Helsinki 1971. The Finn Juha Vaatainen was the greatest star at Helsinki 1971. He won convincingly in the 5000m and 10000m, and impressed everyone at the end of the 10000m race with an unforgettable sprint. The first five athletes beat their respective national records, including the Spaniard Mariano Haro. Vaatainen won in 27:52.78.

Sara Simeoni, the tallest woman at Prague 1978. In a year when the first test-tube baby, Louise Brown, was born and women achieved more respect and freedom, Sara Simeoni, was the biggest star in the Prague championships. The Italian high jumper won with an incredible 2.01m jump, the same result with which the Easter German jumper Rosemarie Ackerman had beaten the world record at Brescia 1977.



Sara Simeoni in a famous picture among athletics fans

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Concha Montaner: "I will beat my own records and I will be close to 7 metres"



One of the Spanish athletes most looking forward to the championships this year is the long jumper Concha Montaner. The passing years and, especially, becoming a mother and having to stop competing, have turned Concha into a different athlete, more mature, and completely renewed. The first step she took towards her comeback was this winter (6.39m and Spanish indoor champion for the 7th time) and she recently jumped 6.43m in her first event outdoors in Salamanca.

"I'm feeling very well. My year off has proved to be very beneficial. I hadn't rested for 11 seasons, competing in all major events, and it is normal that I was a bit worn out, both physically and psychologically. Now I feel like a very different athlete," says Concha, who is greatly enjoying her family life, the latest addition to which is Alba, a little girl "who is very good and doesn't give me too much work." Montaner has just turned 29, and it seems like a long time ago since, in the autumn of 2000, she became world junior Long Jump champion in Santiago de Chile.

"Sometimes, when I speak to my friends, I remind them of that victory in 2002, when I jumped 6.89m. It's good for my self-esteem. But now I'm convinced that I will improve my own records and that I will jump close to 7 metres." These are the words of an athlete from Valencia in the Montjuïc Olympic Stadium, a stadium where she hasn't been since the Spanish Championships in 2000, when her husband, Venaciano José (they were dating at the time) beat the 100m Spanish record.

Concha believes that she will be "the same Concha" and highlights some of the aspects of maternity that have been beneficial to her. "I feel stronger, faster and better at jumping. It will be hard to compete again, it's obvious. If in the winter I reached 6.39m in the form that I was, now I'm convinced that my next jumps will be much better than that result".

Three weeks after giving birth she was at the gym, lifting weights and doing cross-training. The athlete from Eliana has returned with renewed energy and is more organised to face her present needs. She is more professional and more complete.

Regarding her event schedule, after Salamanca she will go to San Fernando to participate in the Iberoamericano Championships and after that she will try to jump every week. "It is really good for me to compete. Jumpers don't find it difficult to compete, quite the opposite, it's the best thing for us. For me, the more I compete, the better," she explains without further details about the meetings in which she will participate before Barcelona 2010, when she will try to reach the podium.

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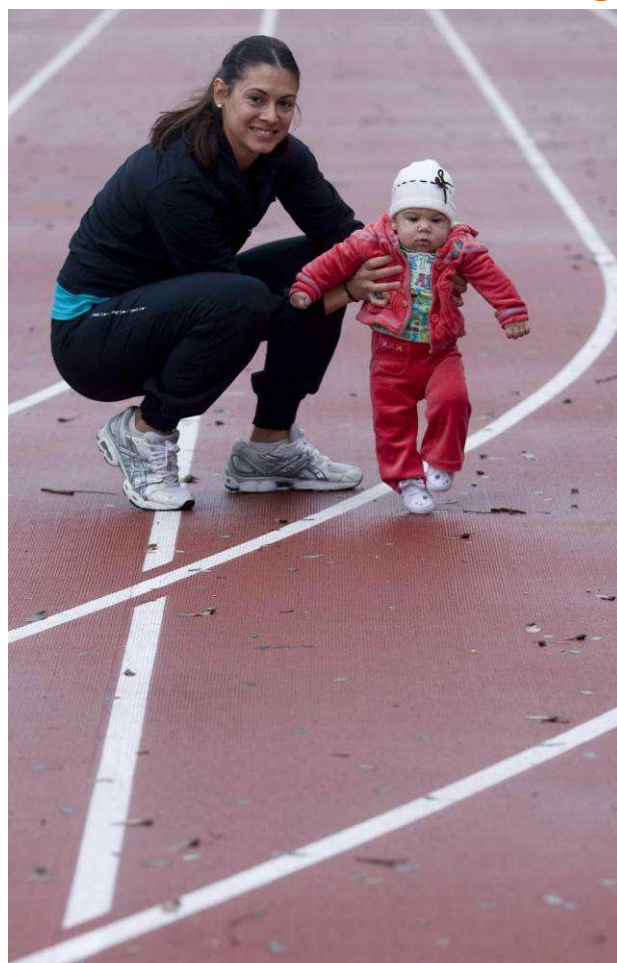
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"My first objective is to qualify for the final and, once I'm there, I will try to win a medal. I'm in my best form after the technical changes that we've made with my trainer, Jerónimo Schwab. With him I've achieved stability and we get along very well. The medals in Barcelona will be won, as it tends to happen in Long Jump, with jumps between 6.80m and 7.00m. They might be won without reaching this limit, or it may be that the three medallists jump over 6.80m. I hope to be there," adds Montaner.

She is so calm, that she is not even worried about the pressure that can come with competing at home. "Quite the contrary", she says, "what I like is to compete at home."



Concha Montaner playing with her daughter, Alba

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