

YOUTUBE MAN

How to get to the TOP
without a coach

JULIUS YEGO

- Born 04.01.1989
- Team : Police team
- Great athlete
- Great person
- Highly respected by the other international javelin throwers
Highly respected by Kenyan Track and Field Federation....team captain

Progression

■ 2007	61.80m
■ 2008	72.18m
■ 2009	74.00m
■ 2010	75.44m
■ 2011	78.34m
■ 2012	81.81m
■ 2013	85.40m
■ 2014	84.72m

International Champs

- 2010 African CH 3rd
- 2010 Commonwealth Games 7th
- 2011 All African CH 1st !!
- 2012 Olympics 12th...Final ..great..
- 2013 WCH 4th ...too close..it hurts..
- 2014 Commonwealth Games 1st , YES !
- 2014 African CH 1st...beat Ihab ...
- 2014 Continental Cup 4th