



SPAR EUROPEAN CROSS COUNTRY CHAMPIONSHIPS

ALBUFEIRA, PORTUGAL 12 DECEMBER 2010

mediaguide2010



BBC SPORT



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AVIVA GREAT BRITAIN AND NORTHERN IRELAND TEAM MANAGEMENT

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TEAM HOTEL

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AVIVA GREAT BRITAIN AND NORTHERN IRELAND TEAM

SENIOR MEN

Mark Draper (Andy Hobdell) – Bedford & County;
Tom Humphries (Phil Champ) – Cannock & Staffs AC;
Ryan McLeod (John Nuttall) – Tipton Harriers;
Phil Nicholls (Bud Baldaro) – Tipton Harriers;
Frank Tickner (Clive Thomas) – Wells AC;
Andy Vernon (Nick Anderson) – Aldershot, Farnham & District

SENIOR WOMEN

Helen Clitheroe (John Nuttall) – Preston Harriers;
Louise Damen (self-coached) – Winchester & District;
Hatti Dean (Bud Baldaro) – Hallamshire Harriers;
Gemma Steel (Roy Stowell) – Charnwood AC;
Stephanie Twell (Mick Woods) – AFD;
Hayley Yelling-Higham (Conrad Milton) – Windsor, Slough, Eton & Hounslow

UNDER-23 MEN

Nick Goolab (Steve Sharp) – Belgrave Harriers;
Mitch Goose (Tim/Pauline Ash) – City of Norwich;
Ashley Harrell (Tim/Pauline Ash) – City of Norwich;
Derek Hawkins (Lawrie Spence) – Kilbarchan AC;
Ricky Stevenson (Steve Shaw) – New Marske Harriers;
James Wilkinson (Phil Townsend) – Leeds City AC

UNDER-23 WOMEN

Imogen Ainsworth (Keith Brackstone) – Bristol & West AC;
Elspeth Curran (Lawrie Spence) – Kilbarchan AC;
Natalie Gray (Bill Foster/Joe Franklin) – Medway & Maidstone;
Emma Pallant (Mick Woods) – AFD;
Emily Pidgeon (Andy Hobdell) – Stroud & District;
Sarah Waldron (Dave Sunderland) – Shaftesbury Barnet Harriers

JUNIOR MEN

Andy Combs (Mark Hookway/Mick Woods) – Tonbridge AC;
Ben Connor (Jerry Hall) – Derby AC;
Robbie Farnham-Rose (Mark Hookway) – Tonbridge AC;
Jonny Hay (Mick Woods) – AFD;
John McDonnell (John Stoker) – Luton AC;
Ryan Saunders (Mick Woods) – Bournemouth

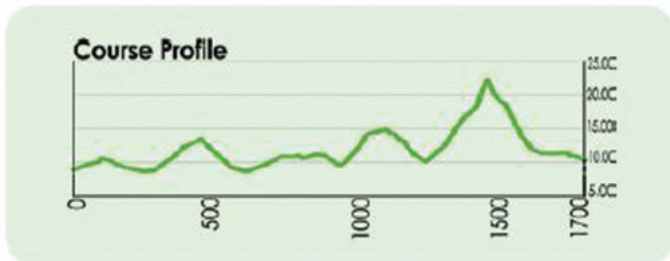
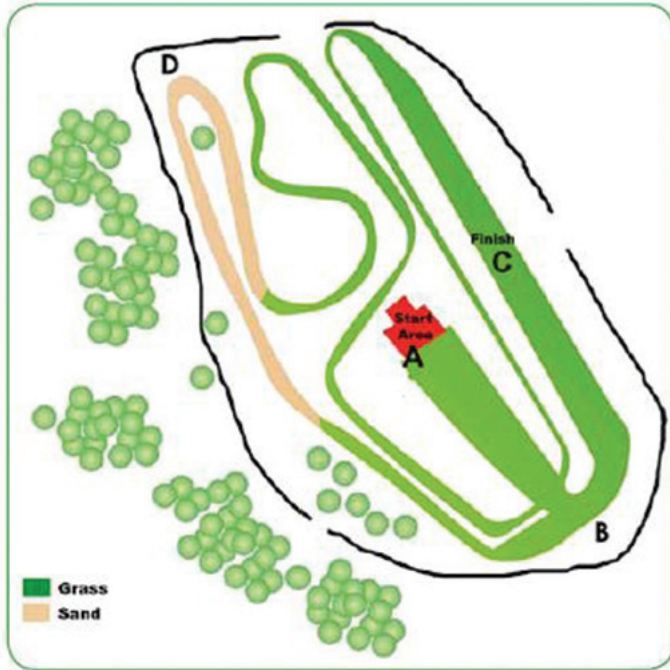
JUNIOR WOMEN

Kate Avery (Bob Ashwood) – Shildon AC;
Emelia Gorceka (Mick Woods) – AFD;
Annabel Gummow (Chris Wooldridge) – Bristol & West;
Lily Partridge (Liz McColgan) – AFD;
Georgia Peel (Mick Woods) – AFD;
Charlotte Purdue (Mick Woods) – AFD

TIMETABLE

TIME	EVENT
Sunday, 12th December	
11.00	Opening Ceremony
11.15	Junior Women
11.40	Junior Women Victory Ceremony (Individual)
11.46	Junior Women Victory Ceremony (Team)
11.55	Junior Men
12.18	Junior Men Victory Ceremony (Individual)
12.24	Junior Men Victory Ceremony (Team)
12.35	Under 23 Women
13.03	Under 23 Women Victory Ceremony (Individual)
13.09	Under 23 Women Victory Ceremony (Team)
13.20	Under 23 Men
13.52	Under 23 Men Victory Ceremony (Individual)
13.58	Under 23 Men Victory Ceremony (Team)
14.10	Senior Women
14.43	Senior Women Victory Ceremony (Individual)
14.49	Senior Women Victory Ceremony (Team)
15.05	Senior Men
15.39	Senior Men Victory Ceremony (Individual)
15.45	Senior Men Victory Ceremony (Individual)
Schedule in GMT time	

COURSE MAP & PROFILE



EUROPEAN CROSS COUNTRY CHAMPIONSHIPS 2009: FINAL MEDAL TABLE

RANK	NATION	GOLD	SILVER	BRONZE	TOTAL
1	GBR	3	6	3	12
2	FRA	2	2	1	5
3	ESP	2	1	1	4
4	RUS	1	3	0	4
5	BEL	1	0	2	3
6	NOR	1	0	1	2
7=	POR	1	0	0	1
7=	TUR	1	0	0	1
9=	GER	0	0	1	1
9=	UKR	0	0	1	1
9=	ITA	0	0	1	1
9=	NED	0	0	1	1

PREVIOUS EUROPEAN CROSS COUNTRY CHAMPIONSHIPS TOP TEN PLACINGS 1994-2009

1994					
Men	team	4	GBR		
Women	team	9	GBR		
1995					
Men	individual	3	Andrew Pearson		
Men	team	3	GBR		
Men	individual	4	Keith Cullen		
Men	individual	6	Jonathan Brown		
Women	team	7	GBR		
Women	individual	10	Elizabeth Talbot		
1996					
Men	individual	1	Jonathan Brown		
Women	team	2	GBR		
Men	team	5	GBR		
Women	individual	8	Hayley Haining		
1997					
Junior Women	team	3	GBR		
Junior Men	individual	5	Sam Haugham		
Junior Men	team	6	GBR		
Men	team	6	GBR		
Women	team	6	GBR		
1998					
Women	individual	1	Paula Radcliffe		
Junior Men	team	2	GBR		
Junior Men	individual	4	Sam Haugham		
Men	team	4	GBR		
Women	team	5	GBR		
Junior Women	team	7	GBR		
Junior Men	individual	9	Peter Riley		
Men	individual	10	Keith Cullen		
1999					
Junior Men	team	1	GBR		
Men	team	1	GBR		
Men	individual	3	Jonathan Brown		
Women	individual	4	Liz Yelling		
Women	team	4	GBR		
Junior Men	individual	5	Muktar Farah		
Mohamed					
Junior Women	team	7	GBR		
Men	individual	9	Karl Keska		
Junior Men	individual	10	Steven Vernon		
2000					
Junior Women	team	1	GBR		
Junior Men	individual	2	Christopher Thompson		
Junior Men	team	2	GBR		
Women	team	2	GBR		
Junior Women	individual	5	Juliet Potter		
Women	individual	5	Kathy Butler		
Men	team	6	GBR		
Junior Men	individual	7	Mohamed Farah		

Junior Women	individual	7	Jane Potter
Women	individual	8	Liz Yelling
Junior Women	individual	9	Collette Fagan
2001			
Junior Men	team	1	GBR
Junior Men	individual	2	Mohamed Farah
Junior Women	team	2	GBR
Women	team	2	GBR
Junior Women	individual	5	Charlotte Dale
Men	team	5	GBR
Women	individual	5	Liz Yelling
Junior Men	individual	6	Adam Bowden
Men	individual	6	Sam Haugham
Women	individual	8	Hayley Yelling
2002			
Junior Women	individual	1	Charlotte Dale
Junior Women	team	1	GBR
Women	team	3	GBR
Men	team	4	GBR
Women	individual	5	Hayley Tullett
Junior Men	team	7	GBR
Junior Women	individual	7	Freya Murray
Junior Women	individual	8	Danielle Barnes
2003			
Junior Women	team	1	GBR
Women	individual	1	Paula Radcliffe
Women	team	1	GBR
Junior Women	individual	3	Charlotte Dale
Junior Men	team	4	GBR
Junior Women	individual	5	Faye Fullerton
Women	individual	5	Hayley Yelling
Men	team	7	GBR
Women	individual	8	Elizabeth Yelling
Junior Women	individual	9	Dani Barnes
2004			
Women	individual	1	Hayley Yelling
Junior Women	team	2	GBR
Women	team	2	GBR
Junior Men	team	3	GBR2
Men	team	3	GBR
Women	individual	3	Jo Pavey
Men	individual	7	Karl Keska
Junior Men	individual	8	Luke Gunn
Junior Men	individual	10	Adam Hickey
Junior Women	individual	10	Claire Holme

2005					
Junior Women	team	1	GBR		
Junior Men	individual	2	Andy Vernon		
Junior Men	team	2	GBR		
Junior Women	individual	2	Emily Pidgeon		
Women	team	2	GBR		
Junior Women	individual	6	Morag MacLarty		
Women	individual	6	Hayley Yelling		
Junior Women	individual	7	Stephanie Twell		
Men	team	7	GBR		
Women	individual	8	Liz Yelling		
2006					
Junior Women	individual	1	Stephanie Twell		
Junior Women	team	1	GBR		
Men	individual	1	Mo Farah		
Women U23	team	1	GBR		
Women	team	2	GBR		
Junior Women	individual	4	Emily Pidgeon		
Men	team	4	GBR		
Women U23	individual	4	Aine Hoban		
Junior Men	team	5	GBR		
Men U23	team	5	GBR		
Junior Women	individual	6	Sian Edwards		
Women	individual	6	Hayley Yelling		
Women	individual	8	Jo Pavey		
Women U23	individual	8	Laura Kenney		
Junior Women	individual	10	Abby Westley		
2007					
Junior Women	individual	1	Stephanie Twell		
Junior Women	team	1	GBR		
Men U23	team	1	GBR		
Women U23	team	1	GBR		
Junior Men	team	2	GBR		
Women	team	2	GBR		
Junior Women	individual	3	Charlotte Purdue		
Men U23	individual	3	Andy Vernon		
Junior Men	individual	4	David Forrester		
Junior Women	individual	4	Charlotte Roach		
Men	team	4	GBR		
Junior Men	individual	5	Lee Carey		
Women U23	individual	5	Felicity Milton		
Junior Women	individual	6	Emily Pidgeon		
Women	individual	6	Kate Reed		
Junior Women	individual	8	Joanne Harvey		
Women U23	individual	8	Katrina Wootton		
Women	individual	9	Hayley Yelling		
Women	individual	10	Liz Yelling		

2008					
Men U20	Individual	5	David Forrester		
Men U20	Team	3	GBR		
Women U20	Individual	1	Stephanie Twell		
Women U20	Individual	2	Charlotte Purdue		
Women U20	Individual	3	Lauren Howarth		
Women U20	Individual	4	Emily Pidgeon		
Women U20	Individual	5	Emma Pallant		
Women U20	Individual	6	Laura Park		
Women U20	Team	1	GBR		
Men U23	Individual	2	Andy Vernon		
Men U23	Individual	4	Ben Lindsay		
Men U23	Individual	6	John Beattie		
Men U23	Individual	7	Keith Gerrard		
Men U23	Team	1	GBR		
Women U23	Individual	2	Sarah Tunstall		
Women U23	Individual	4	Morag MacLarty		
Women U23	Individual	7	Kat Sparke		
Women U23	Team	1	GBR		
Men	Individual	2	Mo Farah		
Men	Individual	10	Frank Tickner		
Men	Team	2	GBR		
Women	Individual	8	Hatti Dean		
Women	Individual	9	Louise Damsen		
Women	Team	2	GBR		
2009					
Men U20	Individual	2	Nick Goolab		
Men U20	Individual	3	James Wilkinson		
Men U20	Team	1	GBR		
Women U20	Individual	3	Kate Avery		
Women U20	Individual	6	Lauren Howarth		
Women U20	Team	2	GBR		
Men U23	Individual	5	Mitch Goose		
Men U23	Individual	8	Ricky Stevenson		
Men U23	Team	2	GBR		
Women U23	Individual	3	Jess Sparke		
Women U23	Individual	4	Charlotte Browning		
Women U23	Individual	5	Hollie Rowland		
Women U23	Individual	10	Stevie Stockton		
Women U23	Team	1	GBR		
Men	Individual	2	Mo Farah		
Men	Team	2	GBR		
Women	Individual	1	Hayley Yelling-Higham		
Women	Individual	9	Freya Murray		
Women	Team	2	GBR		

PROFILES FOR ATHLETES NOT IN THE UKA MEDIA GUIDE 2010

Name: **Mark Draper**

Club: Bedford & County

Coach: Andy Hoddell

Date of Birth: 28/06/1984

Biog: Mark Draper has been in impressive form throughout 2010 and has recorded lifetime best performances over 1500m (3:41.03), mile (3:56.80/4:10.6) and 5000m (13:43.75). He concluded his summer season with victory in the England Athletics Championships over 5000m. Although admitting cross country is not his favourite discipline, Draper clocked the fastest leg of the day at the English National Cross Country Relays in November and went on to finish a brilliant third in the McCain Liverpool Cross Challenge incorporating the European Cross Country Trials. His only major GB & NI international appearance so far is over 3000m in the 2009 European Indoor Championships.

Name: **Tom Humphries**

Club: Cannock & Staffs.

Coach: Phil Champ

Date of Birth: 24/09/1984

Biog: Having finished fourth in the European Cross Country Trials in Liverpool, Humphries has proved he's in shape to better his 16th place finish in the 2007 European Cross Country Championships. He finished 63rd in the 2008 IAAF World Cross Country Championships and the European Cross Country Championships in Portugal will be his return to competitive international action. On the road he was the second fastest in the English National Road Relays in October.

Name: **Ryan McLeod**

Club: Tipton Harriers

Coach: John Nuttall

Date of Birth: 07/06/1985

Biog: Ryan McLeod returned from a UKA/London Marathon altitude training camp in Iten, Kenya prior to the McCain Liverpool Cross Challenge/European Trials and recorded his best ever placing in sixth; his previous highest position was 16th. As an under-23, McLeod finished 18th for the Aviva GB & NI team in the 2007 European Cross Country Championships in Toro, Spain. His progress throughout 2010 has been impressive with PB's over 3000m (7:52.99), 5000m (13:54.43)

and 5k (14:15). He clocked the fastest leg at the English National Road Relays in October. His dad is Mike McLeod, Olympic 10,000m silver medalist in Los Angeles 1984.

Name: **Phil Nicholls**

Club: Tipton Harriers

Coach: Bud Baldaro

Date of Birth: 29/09/1983

Biog: Phil Nicholls represented the Aviva GB & NI team in the IAAF World Cross Country Championships in Mombasa, Kenya in 2007 and Amman, Jordan in 2009 finishing in 74th and 86th respectively. In 2010 he has recorded PB's over 10k (29:07) and half marathon (64:57) – the latter when finishing third in Birmingham in October. In May 2010 represented the Aviva GB & NI team in the European Cup 10,000m in Marseille, finishing 10th. He finished seventh in the McCain Liverpool Cross Challenge/European Trials.

Name: **Frank Tickner**

Club: Wells AC

Coach: Clive Thomas

Date of Birth: 12/10/1983

Biog: After year out due to injury, Frank Tickner's fifth place finish in the McCain Liverpool Cross Challenge/European Trials was a welcome return to form and competitive action. Prior to Liverpool he clocked the second fastest lap at the English National Cross Country Relays in November. His highest place finish in the European Cross Country Championships to date was 10th in Brussels in 2008 and he went on to win the English National Cross Country Championships and finish second in the World Cross Trials, going on to finish 74th in the 2009 IAAF World Cross Country Championships.

Name: **Andy Vernon**

Club: Aldershot, Farnham & District

Coach: Nick Anderson

Date of Birth: 07/01/1986

Biog: Andy Vernon's 12th place finish and team silver in the 2009 European Cross Country Championships added to an individual silver and bronze and team gold medals in the two previous editions of the event. He finished runner up to European track double gold medalist Mo Farah in the McCain UK Cross Challenge Final in

Birmingham in early 2010 and went on to finish 44th in the World Cross Country Championships in Poland. On the track Vernon recorded PB's in USA over 5000m (13:28.60) and 10,000m (28:11.43) and in October – following a 64:43 half marathon PB in Bristol – he represented England at the Commonwealth Games in Delhi. Most recently he won the McCain Liverpool Cross Challenge/European Trials, his first major race of the winter.

Name: **Helen Clitheroe**

Club: Preston Harriers

Coach: John Nuttall

Date of Birth: 02/01/1974

Biog: Helen Clitheroe is a three-time European Cross Country Championships team silver medalist since 2004. A regular international representative, Delhi – where she finished fourth in the 3000m SC – was her third Commonwealth Games. She recorded a British women's 3000m SC record of 9:29.14 at the Beijing Olympic Games in 2008 and previously represented Team GB over 1500m in the Sydney Games. Clitheroe has recorded PB's over one mile indoors (4:29.46), one mile outdoors (4:39) and 5k (15:45) in 2010 and in March represented the Aviva GB & NI team over 1500m at the IAAF World Indoor Championships, finishing seventh. Following the Commonwealth Games in October she trained at the UKA/London Marathon altitude camp in Iten, Kenya and returned to finish fourth in the McCain Liverpool Cross Challenge/European Trials.

Name: **Louise Damen**

Club: Winchester & District

Coach: Self-coached

Date of Birth: 12/10/1982

Biog: Louise Damen finished ninth in the 2008 European Cross Country Championships, winning a team silver to go with the same medal she won in 2007, and after her victory in the McCain Liverpool Cross Challenge/European Cross Trials she will be hoping to go one better in 2010. The former European U23 bronze medalist at 10,000m has also competed in the 2004 IAAF World Cross Country Championships where she finished 22nd, picking up a team bronze. This year Damen recorded personal best times of 33:14 for 10K and 55:15 for 10 miles as well as finishing seventh in the BUPA Great North Run with 73:24.

Name: **Hatti Dean**

Club: Hallamshire Harriers

Coach: Bud Baldaro

Date of Birth: 02/02/1982

Biog: Hatti Dean finished second in the McCain Liverpool Cross Challenge/European Trials – her first serious outing on the country this season. She had a breakthrough track season in 2010, recording a new personal best time of 9:30.19 to finish fourth in the 3000m steeplechase at the European Championships in Barcelona. The Yorkshire athlete was the Aviva GB & NI team's top finisher at the 2007 World Cross Country Championships and 2008 European Cross Country Championships and will be looking to better her best individual position in the European Cross of eighth in 2008.

Name: **Gemma Steel**

Club: Charnwood AC

Coach: Roy Stowell

Date of Birth: 12/11/1985

Biog: Gemma Steel has rapidly improved over the last few years to become a major force on the domestic cross country scene, culminating with her third place finish in the McCain Liverpool Cross Challenge/European Trials. She knocked over a minute off her 10K personal best with 33:16 at the Cardiff 10K in September before leading Charnwood AC to victory in the English National Cross Country Relays. Steel's outstanding form has seen her rewarded with an international vest for the first time.

Name: **Hayley Yelling-Higham**

Club: Windsor, Slough, Eton & Hounslow

Coach: Conrad Milton

Date of Birth: 03/01/1974

Biog: 2009 European Cross Country champion Yelling, having returned to competition following a brief flirtation with retirement in 2008, was the outstanding cross country performer of the year; a surprise comeback and dominant victory in the European Cross Country Trials preceded her exceptional European Cross win in Dublin. Yelling-Higham's greatest moments have undoubtedly come in the European Cross Country Championships where she has won ten team medals and two individual titles going back to 1994. A disappointing fifth place finish by her standards in the IAAF Permit Meet in Antrim

PROFILES FOR ATHLETES NOT IN THE UKA MEDIA GUIDE 2010

(January 2010) was found to be the result of an insect bite-related infection which caused her to miss the World Cross Trials; she returned to action in Poland at the IAAF World Cross Country Championships and finished 63rd. She also represented the Aviva GB & NI team on the track at the European Cup 10,000m in Marseille, finishing 10th. Suffering with a cold, she finished seventh in the McCain Liverpool Cross Challenge/European Trials.

Name: Nick Goolab

Club: Belgrave Harriers

Coach: Steve Sharp

Date of Birth: 30/01/1990

Biog: Nick Goolab finished runner-up in last year's European Cross Country Championships and was joined on the podium by James Wilkinson to spearhead an Aviva GB & NI junior men's team gold medal winning performance. He opened his 2010 cross country season with silver, this time in the British Universities [BUCS] Cross Country Championships, before winning the English National title at the end of February. His summer track season was less successful but on his return to cross country he recorded the fourth quickest lap at the English National Cross Country Relays and finished 14th in the combined senior/under-23 McCain Liverpool Cross Challenge/European Trials - fifth under-23.

Name: Mitch Goose

Club: City of Norwich

Coach: Tim/Pauline Ash

Date of Birth: 16/03/1989

Biog: Mitch Goose has won European Cross Country Championships team medals for three successive years but not yet won gold. His best individual placing was fifth in Dublin in 2009. Following a disappointing performance in the NCAA Cross Country Championships where he finished 65th, he returned to the UK in a final attempt to win an automatic qualifying spot for selection onto the Aviva GB & NI team and it paid off as he finished third under-23 in the combined senior/under-23 Trial. He was a bronze medalist in the BUCS Cross Country Championships in February and went on to record PBs over 3000m (8:19.27) and 5000m (14:02.44) in the summer.

Name: Ashley Harrell

Club: City of Norwich

Coach: Tim/Pauline Ash

Date of Birth: 19/01/1989

Biog: Ashley Harrell was an under-23 team silver medalist at the European Cross Country Championships in Dublin in 2009 where he finished 29th overall. He failed to recreate that form in early 2010 when he finished 29th in the McCain UK Cross Challenge Final/World Cross Country Trials, but he went on to clock PB's on the track throughout the summer over 800m (1:57.8), 1500m (3:49.82) and 5000m (14:27:33). He returned to cross country with the sixth fastest lap of the day in Mansfield at the English National Cross Country and dominated a local Hampshire League race before going on to finish sixth under-23 - 16th overall - in the European Cross Country Trial.

Name: Derek Hawkins

Club: Kilbarchan AAC

Coach: Lawrie Spence

Date of Birth: 29/04/1989

Biog: Scottish National Junior Cross Country champion in 2009, Derek Hawkins stepped up to the senior ranks as an under-23 and finished third in 2010. He finished 18th in the McCain UK Cross Challenge Final/World Cross Country Trials a month later and had an equally impressive summer with lifetime best performances over 1500m (3:52.69), 3000m (8:27.5), one mile (4:05) and 10k (30.35). He was 12th in Belgium's Lotto Crosscup before posting his best ever McCain Liverpool Cross Challenge performance as fourth under-23. This will be his Aviva GB & NI team debut although his family's strong running pedigree has seen his brother Callum earn representative honours in the 2009 European Cross Country Championships and 2010 World Cross Country Championships.

Name: Ricky Stevenson

Club: New Marske Harriers

Coach: Steve Shaw

Date of Birth: 14/11/1988

Biog: Ricky Stevenson will travel to Portugal looking to improve on his eighth place in last year's European Cross in Dublin. He goes into the race in good form after finishing eighth overall

and second U23 in the in the McCain Liverpool Cross Challenge/European Trials. Earlier this year he dipped under the eight minute barrier at 3000m for the first time, clocking 7:55.9 and he has a 1500m personal best of 3:40.2.

Name: James Wilkinson

Club: Leeds City

Coach: Phil Townsend

Date of Birth: 13/07/1990

Biog: Having opted to make his World Trials senior debut in Birmingham, European junior cross country bronze medalist James Wilkinson was rewarded with a place on the Aviva GB & NI team for this year's World Cross. His selection was also testament to his consistent performances domestically throughout the winter, including finishing runner-up in the English National, and his proven progress through the ranks. He made his Aviva GB & NI World Cross junior debut with an 85th place finish in the 2009 edition of the World Cross in Amman, Jordan.

Name: Imogen Ainsworth

Club: Bristol & West

Coach: Keith Brackstone

Date of Birth: 24/07/1988

Biog: Imogen Ainsworth finished 19th overall and fifth U23 in the McCain Liverpool Cross Challenge/European Trials. The Bristol University student has had a fine early winter with the 2010 European Cross being the rapidly improving athlete's first international competition.

Name: Elspeth Curran

Club: Kilbarchan AAC

Coach: Lawrie Spence

Date of Birth: 27/07/1989

Biog: Elspeth Curran was 12th overall and third U23 in the McCain Liverpool Cross Challenge/European Trials. This came just one week after winning the Scottish Universities Championships in Stirling. She recorded personal bests across the board on the track in 2010, posting times of 4:27.99 for 1500m, 9:34.13 for 3000m and 16:41.66 for 5000m.

Name: Natalie Gray

Club: Medway & Maidstone

Coach: Bill Foster/Joe Franklin

Date of Birth: 17/02/1988

Biog: Natalie Gray finished 18th in the 2009 European Cross Country Championships and finished ninth in the English National Cross Country Championships in early 2010. She also finished inside the top ten with an eighth place finish at the World University Cross Country Championships in Canada. She went on to have a successful track season with PBs over 3000m (9:31.98), 5000m (16:18.17) and 10,000m (34:51.72). Based in the USA at New Mexico University, Gray finished fourth in her NCAA Regional Cross Country Championships before an impressive 15th place finish in the NCAA Cross Country Championships.

Name: Sarah Waldron

Club: Shaftesbury Barnet Harriers

Coach: Dave Sunderland

Date of Birth: 11/02/1988

Biog: Based at New Mexico University in the USA, Sarah Waldron finished 44th in the NCAA Cross Country Championships but returned to the UK for the McCain Liverpool Cross Challenge/European Trials where she finished fourth under-23 and 14th overall in the senior/under-23 combined race. Her track form was impressive throughout the summer and included lifetime best performances over 3000m (9:29.55) and 5000m (16:20.85) in July, the latter when she finished fourth in the English National Championships and Commonwealth Trials.

Name: Andy Combs

Club: Tonbridge AC

Coach: Mark Hookway/Mick Woods

Date of Birth: 06/11/1991

Biog: Andy Combs started 2010 on a positive note with a fifth place finish in the McCain Cardiff Cross Challenge before racing to victory in the Kent Cross Country Championships. He placed 16th in the English National Cross Country Championships but finished sixth in the UK Inter Counties/McCain UK Cross Challenge Final in Birmingham. On the roads, he recorded the second fastest lap at the English National six-stage Relays in October before going on to finish sixth at the McCain Liverpool Cross Challenge/European Trials.

PROFILES FOR ATHLETES NOT IN THE UKA MEDIA GUIDE 2010

Name: **Ben Connor**

Club: Derby AC

Coach: Jerry Hall

Date of Birth: 17/10/1992

Biog: Ben Connor comes into the Aviva GB & NI team for the European Cross after finishing third in the McCain Liverpool Cross Challenge/European Trials. He finished third in the English Schools' Cross Country Championships in Manchester earlier this year and followed this with big personal bests on the track with 3:57.44 for 1500m and 8:23.97 for 3000m in his first track season in the junior men's age group.

Name: **Robbie Farnham-Rose**

Club: Tonbridge AC

Coach: Mark Hookway

Date of Birth: 05/01/1994

Biog: At only 16 years-old Robbie Farnham-Rose is the youngest athlete on the Aviva GB & NI team for this year's European Cross Country Championships. He finished third in the English National Cross Country Championships in February and had a successful track season with victories in the Aviva English Schools Championships – where he recorded a 3000m PB of 8:26.33 - and Aviva Schools International over 3000m. He also took the UK School Games title over the same distance. Farnham-Rose clocked the quickest time of the day (under-17) at the English National Cross Country Relays and finished fifth in the McCain Liverpool Cross Challenge/European Trials.

Name: **Jonny Hay**

Club: AFD

Coach: Mick Woods

Date of Birth: 12/02/1992

Biog: Jonny Hay finished second in McCain Liverpool Cross Challenge/European Trials and will travel to Portugal targeting an individual medal and to match his team gold winning performance 12 months ago. He finished 23rd in Dublin in 2009 and returned to the podium with a third place finish in the McCain Cardiff Cross Challenge before an international victory in the LXVII Cross International Juan Muguerza in Spain. He earned selection onto the Aviva GB & NI team for the IAAF World Cross Country Championships in Poland and finished 62nd - a huge

improvement on his 90th place finish in Jordan a year before. The track highlights for Hay in 2010 was undoubtedly his impressive 14:02.29 for 5000m to make him top ranked UK junior for the year, while he also clocked PB's over 400m (50.8), 800m (1:51.12), 1500m (3:46.02), 3000m (8:08.84), 10k (31:25) and half marathon (69:51).

Name: **John McDonnell**

Club: Luton AC

Coach: John Stoker

Date of Birth: 22/11/1991

Biog: John McDonnell's victory in the McCain Liverpool Cross Challenge/European Cross Country Trials was unexpected for some, but having raced to the fastest time at the English National Cross Country Relays three weeks earlier it was a confident performance, well delivered. On the track McDonnell finished fifth in the Aviva England Under-20 Championships and went on to win the Aviva English Schools 1500m title and clocked PBs over 1500m (3:46.61), 3000m (8:16.02) and 5000m (14:35.43).

Name: **Ryan Saunders**

Club: Bournemouth

Coach: Mick Woods

Date of Birth: 29/07/1991

Biog: Ryan Saunders has clocked lifetime best performances over 400m (51.17), 800m (1:50.48), 1500m (3:46.56) and 3000m (8:34.34) and 5k (15:28) in 2010 and finished runner up in the Aviva England Under-20 Championships 1500m in the summer. His impressive fourth place finish in the 2010 McCain Liverpool Cross Challenge/European Cross Country Trials was a significant improvement on his junior debut in 2009 when he finished 20th.

Name: **Kate Avery**

Club: Shildon AC

Coach: Bob Ashwood

Date of Birth: 10/10/1991

Biog: Kate Avery won a brilliant bronze medal in the 2009 European Cross Country Championships in Dublin to conclude an exceptional year in which she also won European silver over 3000m on the track. She was the first British junior home in 20th in the IAAF World Cross Country Championships in March of this year and went on to represent the Aviva GB & NI team over 5000m in the IAAF World Junior Championships in Canada where she finished 11th. On her return from a UKA/London Marathon altitude training camp in Iten, Kenya in November, she finished third in the McCain Liverpool Cross Challenge/European Trials and gained automatic selection onto the Aviva GB & NI team for this year's event.

Name: **Emelia Gorecka**

Club: AFD

Coach: Mick Woods

Date of Birth: 29/01/1994

Biog: Emelia Gorecka finished second in the junior women's European Cross Country Trials event at the McCain Liverpool Cross Challenge to gain automatic selection onto the Aviva GB & NI team. It was a welcome result following her victory in 2009, which although an exceptional performance, didn't allow her to be selected for the showpiece event because she was too young. She made up for it by winning gold over 3000m in the ISF World School Games in Doha to conclude a brilliant year. In 2010 Gorecka secured back to back victories through to March – including wins in the English National and McCain UK Challenge Final/World Cross Country Trials – and won selection for the IAAF World Cross Country Championships where she finished 20th. She won the Aviva England Under-20 Championships 3000m title and went on to finish 11th over the distance at the IAAF World Junior Championships in Canada. Over the course of 2010 she's clocked new PBs over 1500m (4:16.79), 3000m (9:13.93), 5000m (15:56.87) and 5k (16:48).

Name: **Annabel Gummow**

Club: Bristol & West

Coach: Chris Wooldridge

Date of Birth: 16/09/1993

Biog: Annabel Gummow comes into the European Cross having had experience of a major international cross country competition when she finished 30th at the IAAF World Cross Country Championships in Bydgoszcz, Poland, in March – despite being just 17 years-of-age. The Aviva English Schools' 3000m champion finished sixth in the McCain Liverpool Cross Challenge/European Trials.

Name: **Lily Partridge**

Club: AFD

Coach: Liz McColgan

Date of Birth: 09/03/1991

Biog: Lily Partridge has twice raced for the Aviva GB & NI team in the IAAF World Cross Country Championships, with her best position being 31st in Amman, Jordan, in 2009. She finished fourth in the McCain Liverpool Cross Challenge/European Trials and has track personal bests of 4:29.69 for 1500m and 9:34.17 for 3000m with PBs also recorded for 5000m (16:24.50) and 10k (35:16) in 2010.

Name: **Georgia Peel**

Club: AFD

Coach: Mick Woods

Date of Birth: 26/05/1994

Biog: Georgia Peel trains with the strong Mick Woods-coached group in Aldershot. She concluded a successful 2009 – which also included victories in the Aviva English Schools Championships 1500m and UK School Games 1500m - with an outstanding victory over 1000m in the ISF World School Games in Qatar, Doha. Her performances have been even more impressive in 2010 as she took bronze on the international stage in the Youth Olympic Games European Trials 1000m in Moscow and finished sixth in the Youth Olympic Games in Singapore. Domestic highlights included victory in the Aviva English Schools Championships over 800m and a second place finish in the Aviva England Under-20 Championships over 1500m. She clocked the third fastest lap at the English National Cross Country Relays in Mansfield and went on to finish fifth in the McCain Liverpool Cross Challenge/European Trials.

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