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GB & NI TEAM MANAGEMENT

GB & NI TEAM LEADER
Neil Black

TEAM MANAGER
Martin Rush

HEAD OF DELEGATION
Wendy Sly

TEAM MANAGERS
Senior Men
Mick Woods

Under 23 Men
Martin Rush

Under 20 Men
Rob Denmark

Senior Women
Jackie Newton

Under 23 Women
Charlotte Fisher

Under 20 Women
Beverley Kitching

MEDICAL
Team Doctor
Chris Tomlinson

Physiotherapists
Andrew Walling
Catherine Riley

MEDIA CONTACT DETAILS
Claire Boden
E: cboden@britishathletics.org.uk
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Craig Gundersen
E: cgundersen@britishathletics.org.uk
Mobile: +44 (0) 7730 141 278
GB & NI TEAM

SENIOR MEN
Tom Farrell
Keith Gerrard
Adam Hickey
Charlie Hulson
Frank Tickner
Andy Vernon

SENIOR WOMEN
Julia Bleasdale
Katie Brough
Lauren Deadman
Lauren Howarth
Gemma Steel
Stephanie Twell

UNDER 23 MEN
Luke Caldwell
Callum Hawkins
Jonathan Hay
Richard Goodman
Jack Goodwin
Dewi Griffiths

UNDER 23 WOMEN
Jessica Andrews
Rhona Auckland
Kate Avery
Lily Partridge
Charlotte Purdue
Laura Weightman

UNDER 20 MEN
Michael Callegari
Jack Crabtree
Jonathan Davies
Zak Miller
Matthew Shirling
Alex Short

UNDER 20 WOMEN
Bobby Clay
Jessica Gibbon
Emelia Gorecka
Amy Griffiths
Georgia Taylor-Brown
Lydia Turner
TIMETABLE

SUNDAY, 24 MARCH

9.45  Opening ceremony
10.00  4km Junior women
10.24  Junior women Victory Ceremony- Individual
10.31  Junior women Victory Ceremony- Team
10.43  6km Junior men
11.11  Junior men Victory Ceremony- Individual
11.18  Junior men Victory Ceremony- Team
11.30  6km U23 Women
12.00  U23 women Victory Ceremony- Individual
12.07  U23 women Victory Ceremony- Team
12.19  8km U23 Men
12.53  U23 men Victory Ceremony- Individual
13.00  U23 men Victory Ceremony- Team
13.12  8km Senior women
13.50  Senior women Victory Ceremony- Individual
13.57  Senior women Victory Ceremony- Team
14.09  10km Senior men
14.49  Senior men Victory Ceremony- Individual
14.56  Senior men Victory Ceremony- Team
15.08  Closing ceremony
## EUROPEAN CROSS COUNTRY CHAMPIONSHIPS - PREVIOUS EDITIONS

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**Note:** Totals include both individual and team medals, with medals in the team competition counting as one medal.
PREVIOUS EUROPEAN CROSS COUNTRY CHAMPIONSHIPS TOP TEN PLACINGS 2000-2012

**2000**

**Junior Men**
- Individual 2nd: Chris Thompson
- Individual 7th: Mo Farah
- Team 2nd: GBR

**Junior Women**
- Individual 5th: Juliet Potter
- Individual 7th: Jane Potter
- Individual 9th: Collette Fagan
- Team 1st: GBR

**Senior Men**
- Team 6th: GBR

**Senior Women**
- Individual 5th: Kathy Butler
- Individual 8th: Liz Yelling
- Team 2nd: GBR

---

**2001**

**Junior Men**
- Individual 2nd: Mo Farah
- Individual 6th: Adam Bowden
- Team 1st: GBR

**Junior Women**
- Individual 5th: Charlotte Dale
- Team 2nd: GBR

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**2002**

**Junior Men**
- Team 7th: GBR

**Junior Women**
- Individual 1st: Charlotte Dale
- Individual 7th: Freya Murray
- Individual 8th: Dani Barnes
- Team 1st: GBR

**Senior Men**
- Team 4th: GBR

**Senior Women**
- Individual 5th: Hayley Tullett
- Team 3rd: GBR
PREVIOUS EUROPEAN CROSS COUNTRY CHAMPIONSHIPS TOP TEN PLACINGS 2000-2012

2003

Junior Men
Team 4th GBR

Junior Women
Individual 3rd Charlotte Dale
Individual 5th Faye Fullerton
Individual 9th Dani Barnes
Team 1st GBR

Senior Men
Team 7th GBR

Senior Women
Individual 1st Hayley Yelling
Individual 3rd Jo Pavey
Team 2nd GBR

2004

Junior Men
Individual 8th Luke Gunn
Individual 10th Adam Hickey
Team 3rd GBR

Junior Women
Individual 10th Claire Holme
Team 2nd GBR

2005

Junior Men
Individual 2nd Andy Vernon
Team 2nd GBR

Junior Women
Individual 2nd Emily Pidgeon
Individual 6th Morag Macalarty
Individual 7th Stephanie Twell
Team 1st GBR

Senior Men
Team 7th GBR

Senior Women
Individual 6th Hayley Yelling
Individual 8th Liz Yelling
Team 2nd GBR
PREVIOUS EUROPEAN CROSS COUNTRY CHAMPIONSHIPS TOP TEN PLACINGS 2000-2012

2006

**Junior Men**
Team 5th GBR

**Junior Women**
Individual 1st Stephanie Twell
Individual 4th Emily Pidgeon
Individual 6th Sian Edwards
Individual 10th Abby Westley
Team 1st GBR

**Men U23**
Team 5th GBR

**Women U23**
Individual 4th Aine Hoban
Individual 8th Laura Kenney
Team 1st GBR

**Senior Men**
Individual 1st Mo Farah
Team 4th GBR

**Senior Women**
Individual 6th Hayley Yelling
Individual 8th Jo Pavey
Team 2nd GBR

2007

**Junior Men**
Individual 4th David Forrester
Individual 5th Lee Carey
Team 2nd GBR

**Junior Women**
Individual 1st Stephanie Twell
Individual 3rd Charlotte Purdue
Individual 4th Charlotte Roach
Individual 6th Emily Pidgeon
Individual 8th Joanne Harvey
Team 1st GBR

**Men U23**
Individual 3rd Andy Vernon
Team 1st GBR

**Women U23**
Individual 5th Felicity Milton
Individual 8th Katrina Wootton
Team 1st GBR

**Senior Men**
Team 4th GBR

**Senior Women**
Individual 6th Kate Reed
Individual 9th Hayley Yelling
Individual 10th Liz Yelling
Team 2nd GBR
## Previous European Cross Country Championships Top Ten Placings 2000-2012

### 2008

**Junior Men**
- Individual 5th: David Forrester
- Team 3rd: GB & NI

**Junior Women**
- Individual 1st: Stephanie Twell
- Individual 2nd: Charlotte Purdue
- Individual 3rd: Lauren Howarth
- Individual 4th: Emily Pidgeon
- Individual 5th: Emma Pallant
- Individual 6th: Laura Park
- Team 1st: GB & NI

**U23 Men**
- Individual 2nd: Andy Vernon
- Individual 4th: Ben Lindsay
- Individual 6th: John Beattie
- Individual 7th: Keith Gerrard
- Team 1st: GB & NI

**U23 Women**
- Individual 2nd: Sarah Tunstall
- Individual 4th: Morag MacLarty
- Individual 7th: Kat Sparke
- Team 1st: GB & NI

**Senior Men**
- Individual 2nd: Mo Farah
- Individual 10th: Frank Tickner
- Team 3rd: GB & NI

**Senior Women**
- Individual 8th: Hatti Dean
- Individual 9th: Louise Damen
- Team 2nd: GB & NI

### 2009

**Junior Men**
- Individual 2nd: Nick Goolab
- Individual 3rd: James Wilkinson
- Team 1st: GB & NI

**Junior Women**
- Individual 3rd: Kate Avery
- Individual 6th: Lauren Howarth
- Team 2nd: GB & NI

**U23 Men**
- Individual 5th: Mitch Goose
- Individual 8th: Ricky Stevenson
- Team 2nd: GB & NI

**U23 Women**
- Individual 3rd: Jess Sparke
- Individual 4th: Charlotte Browning
- Individual 5th: Hollie Rowland
- Individual 10th: Stevie Stockton
- Team 1st: GB & NI

**Senior Men**
- Individual 2nd: Mo Farah
- Team 2nd: GB & NI
# Previous European Cross Country Championships Top Ten Placings 2000-2012

<table>
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PREVIOUS EUROPEAN CROSS COUNTRY CHAMPIONSHIPS TOP TEN PLACEMENTS 2000-2012

2012

Junior Men
Individual 3rd Kieran Clements
Individual 9th Charlie Grice
Team 3rd GB & NI

Junior Women
Individual 2nd Emelia Gorecka
Individual 5th Annabel Mason
Individual 8th Jenny Walsh
Team 1st GB & NI

U23 Men
Individual 3rd James Wilkinson
Team 3rd GB & NI

U23 Women
Individual 1st Jess Coulson
Individual 5th Lauren Howarth
Team 2nd GB & NI

Senior Men
Individual 4th Tom Farrell
Individual 10th Steve Vernon
Team 2nd GB & NI

Senior Women
Team 3rd GB & NI
GB & NI TEAM PROFILES
SENIOR MEN

Name: Tom Farrell
Club: Border/Oklahoma State University
Coach: Dave Smith
Date of Birth: 23/03/1991
Biog: Tom Farrell, a student at Oklahoma State University in the USA, goes into the European Cross Country Championships on the back of a 16th place finish at the NCAA Division I Cross Country Championships. During the summer he won a silver medal over 5,000m at the European Under 23 Championships and in 2012 had an impressive breakthrough over 5000m, running an Olympic A qualifying standard 13:15.31 at the end of April before injury ruled him out of contention for a place at the Olympic Games. This will be Farrell’s second appearance at the European Cross Country Championships after finishing fourth place in the senior race last year.

Name: Keith Gerrard
Club: Newham & Essex Beagles
Coach: Art Acevedo
Date of Birth: 24/03/1986
Biog: This will be Keith Gerrard’s second appearance as a senior at the European Cross Country Championships having finished 59th in Budapest last year. He has three European Cross Country Championships medals already to his name; he was a member of the winning GB & NI under-23 teams in both 2007 and 2008 and part of the second placed under-20 team in 2005. He started 2013 in dominant form, retaining his National Cross Country Championships title, and after a four month absence he returned to form with a third place finish at the Liverpool Cross Challenge, the trials for this championship, on 23 November.

Name: Adam Hickey
Club: Southend AC
Coach: Eamonn Martin
Date of Birth: 30/05/1988
Biog: After being one of GB & NI’s most talented juniors, Hickey has now established himself as a top senior and ran well to place fifth overall in Liverpool following a second place finish at the Bristol Cross Challenge in October. 2013 also saw him have a breakthrough year on the track, smashing his 5,000m personal best with a time of 13:41.66 and also lowering his 1500m and 3,000m PBs with times of 3:47.54 and 8:08.57. His last cross country appearance for GB & NI was at the World Cross Country Championships in Mombasa, Kenya, in 2007.
GB & NI TEAM PROFILES

SENIOR MEN

Name: Charlie Hulson
Club: Sale Harriers Manchester
Coach: Paul Roden
Date of Birth: 07/03/1993
Biog: Charlie Hulson made his GB & NI debut when he competed in the under 20 race at last year’s European Cross Country Championships where he was 24th but will make his senior debut in Belgrade after finishing eighth overall in Liverpool. He began this year by finishing fourth in the junior race at the Northern Cross Country Championships before going on to place fourth at the Home Countries International. In the summer he recorded a lifetime best in his primary event of 1500m with a time of 3:48.69.

Name: Andy Vernon
Club: Aldershot, Farnham & District
Coach: Nic Bideau
Date of Birth: 07/01/1986
Biog: Andy Vernon enters this year’s European Cross Country Championships after a dominant victory at the Liverpool Cross Challenge/European Cross Trials, an event he also won in 2008, 2010 and 2011. Vernon was 13th in Budapest last year as the senior men’s team won silver and was ninth in 2012 when he also picked up team silver. He has twice been a European Under-23 Cross Country medallist, third in 2007 and second in 2008, and won silver as a junior in 2005. This will be his 18th GB & NI appearance. He finished 12th when he stepped up to the senior category in Dublin 2009 and built on that with a credible 44th place finish in the IAAF World Cross Country Championships in Poland (2010). He was 58th at the 2011 World Cross and clocked a 5000m PB of 13:23.20 and a 10,000m PB of 27:52.65 in the summer of 2012.

Name: Frank Tickner
Club: Wells City
Coach: Clive Thomas
Date of Birth: 12/10/1983
Biog: One of the GB & NI’s most experienced cross country runners, Tickner competed at his fourth World Cross Country Championships in Bydgoszcz, Poland, in March of this year. He has won the English National and Inter Counties titles numerous times and his best performance at the European Cross Country Championships came in 2008 when he finished tenth individually as part of a bronze medal winning GB & NI senior men’s team. The 30 year old started 2013 in good form with wins at the Southern Championships and Inter-Counties Championships but could only finish fifth at the Bristol Cross Challenge in October and was 13th place in Liverpool last month.
Name: Julia Bleasdale  
Club: Hillingdon  
Coach: Self-coached  
Date of Birth: 09/09/1981  
Biog: The highlight of Bleasdale’s career came at the London 2012 Olympics where she finished eighth in both the 5,000m and 10,000m. She set personal bests for both events in London with times of 15:02.00 and 30:55.63. The 32 year old started 2013 by placing eighth at the Great Edinburgh International Cross Country but missed most of the year before returning a run of 15:50 for a 5km road race in New York. Her best year for cross country came in 2011 when she was 59th at the IAAF World Cross Championships and then 13th at the European Cross Country Championships, where she won gold as part of the GB & NI senior women’s team.

Name: Katie Brough  
Club: Vale Royal  
Coach: Andrew Carter  
Date of Birth: 27/05/1981  
Biog: 2013 has been a massive breakthrough year for Brough as she has rewritten her personal bests from 1500m to 10km, winning bronze over 5,000m at the Sainsbury’s British Championships, and made great strides in her cross country performances. Early in the year she was tenth at both the English National and Inter Counties cross country championships before winning her first ever Cross Challenge event in Bristol in October. At the Liverpool Cross Challenge/European Cross Trials she finished sixth overall to receive automatic selection. She will make her GB & NI debut in Belgrade although she recently competed for England at the Cross Internacional de Soria in Spain where she placed ninth in a strong international field.
GB & NI TEAM PROFILES
SENIOR WOMEN

Name: Lauren Deadman
Club: Havering Mayesbrook
Coach: Bill Foster
Date of Birth: 27/03/1984
Biog: Her only other previous experience of the European Cross Country Championships came in Dublin in 2009 where she finished 29th and won a team silver medal. She will travel to Serbia in good form having finished third at the Bristol Cross Challenge, seventh at the Cross Internacional de Soria and eighth overall at the Liverpool Cross Challenge/European Cross Trials, equalling her previous best finish at the event in 2009.

Name: Lauren Howarth
Club: Leigh Harriers
Coach: Pete Riley
Date of Birth: 21/04/1990
Biog: Lauren Howarth, a Birmingham University medical student, is a cross country specialist who will be making her fifth appearance at the European Cross Country Championships in Belgrade. Howarth first made waves on the European scene when she won European Junior Cross Country bronze in Brussels 2008, the memorable event in which the GB & NI junior women won an unprecedented team gold medal after taking the top six positions. She finished sixth in Dublin in 2009, also as a junior, and was sixth in her final European Cross as an under 23 last year. Howarth has strong international pedigree and finished 10th in the IAAF World Junior Championships 3000m in 2008, 13th in the 2009 IAAF World Cross in Jordan and sixth in the 3,000m at the European Indoor Championships in Gothenburg in March of this year.
GB & NI TEAM PROFILES
SENIOR WOMEN

**Name:** Gemma Steel  
**Club:** Charnwood  
**Coach:** John Nuttall  
**Date of Birth:** 12/11/1985  
**Biog:** Steel is a former bronze medallist at the European Cross Country Championships having finished third in Slovenia in 2011 and is in the sort of form that suggests she could repeat that performance this time round. The 28 year old was a comfortable winner at the trial in Liverpool, just a month after winning the Bupa Birmingham Half Marathon in fine style with a personal best of 70:19. Her cross country pedigree was underlined when she appeared at her second consecutive IAAF World Cross Country Championships, finishing 31st in Bydgoszcz, Poland, earlier this year having also represented GB & NI in Punta Umbria, Spain, in 2011 where she finished 54th. Steel also finished an impressive seventh place at the IAAF World Half Marathon Championships in Bulgaria in 2012.

**Name:** Stephanie Twell  
**Club:** Aldershot, Farnham & District  
**Coach:** Mick Woods  
**Date of Birth:** 17/08/1989  
**Biog:** The 2008 Olympian has had a strong pedigree over both track and cross country since winning her first international cross country medal aged 16 as part of the winning GB & NI Under-20 team at the 2005 European Cross Country Championships and uniquely winning a hat trick of European Under 20 titles. The following year she added individual gold as well as another team victory and finished 31st in the Under-20 race at her first IAAF World Cross Country Championships. Since then she has finished an impressive 23rd in the senior race at the 2010 World Cross, competed at a further four European Cross Country Championships, defending her Under-20 title in 2008, and won gold on the track over 1500m at the 2008 IAAF World Junior Championships. She completed her return from injury to compete at the 2013 World Cross Country Championships where she finished 40th and continued her form throughout the year, placing third overall in Liverpool to book her ticket to Belgrade.
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U23 MEN

Name: Luke Caldwell
Club: Dorking & Mole Valley/New Mexico University
Coach: Robert Russell
Date of Birth: 02/08/1991
Biog: The New Mexico University student finished tenth at the NCAA Cross Country Championships last month having been in good form on the American collegiate season all autumn. The 22 year old competed at the European Under 23 Championships in Tampere this summer, where he finished fifth in the 5,000m. He also ran a big personal best over 5,000m with a time of 13:29.94 and dropped his best 3,000m time to 8:14.66 indoors at the start of the year. When he lines up in Belgrade it will be his first GB & NI cross country appearance.

Name: Jack Goodwin
Club: Bedford & County
Coach: Simon Goodwin
Date of Birth: 07/06/1993
Biog: In his first year as an under 23, Jack Goodwin secured a place at his second European Cross Country Championships having finished 25th as an under 20 in Velenje two years ago. He also competed at the World University Cross Country Championships in Lodz, Poland, in 2012 where he finished 59th and competed for GB & NI at the Bupa Great Edinburgh International Cross Country in 2012, finishing ninth in the under 20 race. A time of 14:03.65 for 5,000m on the track suggests he also has the speed to do well in Belgrade.

Name: Richard Goodman
Club: Shaftesbury Barnet
Coach: -
Date of Birth: 04/04/1993
Biog: Having had two years out of the sport through injury, Goodman returned to form in style as he booked an automatic place on the GB & NI team at Liverpool, finishing second under 23 and fourth overall. In his penultimate year as an under 20 in 2011, Goodman won silver at the European Cross Country Championships in Velenje, Slovenia.

Name: Dewi Griffiths
Club: Swansea Harriers
Coach: Kevin Evans
Date of Birth: 09/08/1991
Biog: The Welshman will be making his second appearance at the European Cross Country
GB & NI TEAM PROFILES
U23 MEN

Championships when he lines up in Belgrade. He was 38th in the under 23 race in Budapest last year and will hope to finish higher this time round after starting the winter in great form with a half marathon personal best of 65:01 in Cardiff, victory at the Bristol Cross Challenge and a seventh place finish at the trial in Liverpool. He has competed at the World Cross Country Championships in Edinburgh in 2008, finishing a solid 67th in the junior race and he was sixth in the World Mountain Running Championships as a junior in 2010.

Name: Callum Hawkins
Club: Kilbarchan
Coach: Robert Hawkins
Date of Birth: 22/06/1992
Biog: The Scot has been in good form in 2013 both on the roads and cross country. He won the Paisley 10k and the Bank of Scotland Great Scottish 10k in August and October respectively and set a big 10k personal best of 29:24 at the Leeds Abbey Dash last month. Liverpool was his first cross country race for the best part of two years but he wasn’t affected as he finished sixth overall, third under 23. This will be his second European Cross Country Championships appearance having competed as a junior in Dublin in 2009. On that occasion he finished 19th as the GB & NI team won gold.

Name: Jonathan Hay
Club: Aldershot, Farnham & District
Coach: Mick Woods
Date of Birth: 12/02/1992
Biog: 2011 European Junior 5000m bronze medallist Jonny Hay has already ran at three European Cross Country Championships. In 2009 he was 23rd as part of a gold medal winning GB & NI team in Dublin, he improved to 14th in his second year as a junior in the Portugal, once again winning team gold, and had an eighth place finish in 2011. He qualified as an under 23 last year but was forced to withdraw before the championships with injury and didn’t compete over cross country for the next year. He returned to form in recent weeks though, running one of the fastest times at the National Cross Country Relays in Mansfield, finishing third at the Bristol Cross Challenge and placing second overall, first under 23, at the Liverpool Cross Challenge/European Cross Trials. At the IAAF World Cross Country Championships, he finished 90th on his debut in 2009, 62nd in Bydgoszcz, Poland in the 2010 and in 2011 he finished first European in in Spain in 39th overall.
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U23 WOMEN

Name: Jessica Andrews  
Club: Aldershot, Farnham & District  
Coach: Mick Woods  
Date of Birth: 01/10/1992  
Biog: 21 year old Andrews will make her GB & NI debut in Serbia after finishing fourth under 23 in Liverpool, ninth overall, to secure automatic selection for the European Cross Country Championships. She has been in good form in 2013, finishing fourth in the Southern Cross Country Championships and fifth in the English National. Her track season was curtailed but she was able to rewrite her 3,000m personal best in August with a time of 9:38.69. She was also 11th female in the recent Bupa Great South Run, running 59:56 for the 10 mile race.

Name: Rhona Auckland  
Club: Banchory Stonehaven  
Coach: Joyce Hogg  
Date of Birth: 11/05/1993  
Biog: Rhona Auckland made her GB & NI debut at last year’s European Cross Country Championships where she finished 23rd. In the summer she ran a 10,000m personal best of 34:07.61 which earned her selection for the European Under 23 Championships where she finished ninth. On the cross she won the Celtic Nations Championships in 2011 and the Home Countries Cross Country International in March of 2012, and has gone from strength to strength since then, claiming the Scottish National title earlier this year to add to victories in the Scottish 4k and Scottish Universities Cross Country Championships.

Name: Kate Avery  
Club: Shildon/Iona College  
Coach: Tony Simmons  
Date of Birth: 10/10/1991  
Biog: Kate Avery will go to Belgrade in superb form having had the best run of her career to date as she finished third at the NCAA Cross Country Championships in America, the highest ever placing by a British woman. This performance came after a breakthrough track season in which she ran under nine minutes for the first time over 3,000m and ran an excellent time of 33:37.44 for 10,000m. She competed over 5,000m at the European Under 23 Championships in Tampere where she won an excellent bronze medal. She competed at the European Cross Country Championships as an under 20 in 2009 and 2010 winning a bronze medal in Dublin in 2009 and placing 12th a year later.
GB & NI TEAM PROFILES
U23 WOMEN

Name: Lily Partridge
Club: Aldershot, Farnham & District
Coach: Mick Woods
Date of Birth: 09/03/1991
Biog: This will be Lily Partridge’s fifth European Cross Country Championships. She finished 15th and took home team gold in the under 23 race last year and in 2011 in Slovenia she was 20th and won team gold. A consistently strong international performer, she had previously finished ninth for the GB & NI gold medal winning junior women’s team at the 2010 European Cross in Portugal – her best ever performance at this level – and has twice taken part in the IAAF World Cross Country Championships, with her best position being 31st in Amman, Jordan, in 2009. A strong race in this year’s combined senior and under 23 European Cross Trials in Liverpool saw Partridge finish second under 23 and fourth overall to earn automatic selection for Belgrade.

Name: Charlotte Purdue
Club: Aldershot, Farnham & District
Coach: Mick Woods
Date of Birth: 10/06/1991
Biog: Purdue ran in her first cross country race for over two and a half years, and only her second race of 2013, when she ran in Liverpool last month but she returned in style by finishing as the first under 23, placing second overall in the senior women’s race. The talented 22 year old has a great record at the European Cross Country Championships having won three individual medals as a junior; gold in 2010, silver in 2008 and bronze in 2007. In addition to her run in Liverpool she ran a time of 56:57 to finish third in very difficult conditions at the Great South Run 10 mile. With track personal bests of 15:23.4 for 5,000m and 32:03.55 for 10,000m as well as two 14th place finishes at the IAAF World Cross Country Championships as a junior, Purdue will have high hopes of a medal in Belgrade.

Name: Laura Weightman
Club: Morpeth
Coach: Steve Cram
Date of Birth: 01/07/1991
Biog: Weightman has a track pedigree that includes reaching the final of the 1500m at the London 2012 Olympic Games and competing in the same event at the IAAF World Championships in Moscow earlier this year. She also ran well over 3,000m this summer, running the fifth fastest time ever by a British under 23 with 8:43.46 and finishing third at the European Athletics Team Championships in Gateshead in June. She finished third in the Northern Cross Country Championships as a junior in 2011 but her tenth place finish at Liverpool, making her fifth under 23, was her best cross country result to date.
Name: Michael Callegari  
Club: Shaftesbury Barnet  
Coach: Nadeem Shaikh  
Date of Birth: 01/09/1994  
Biog: Callegari has been a consistent cross country performer in 2013, including representing GB & NI at the IAAF World Cross Country Championships in March, where he finished 37th in the under 20 race. He has been to the fore in all of the Cross Challenge fixtures, being in the top five in Cardiff, Antrim and Birmingham as well as being fifth in Liverpool which acted as the European trials. He has also performed well on the track this summer, winning the 3,000m at the English Schools Championships and gaining selection for the 5,000m at the European Junior Championships where he just missed out on a medal, finishing fourth.

Name: Jack Crabtree  
Club: Aldershot, Farnham & District  
Coach: Norman Poole  
Date of Birth: 13/09/1996  
Biog: Crabtree was still eligible for the World Youth Championships in the summer where he ran for GB & NI in the 1500m. Domestically, he won an impressive 1500m and 3,000m double at the England Athletics Under 17 Championships and was second in the 1500m and the UK School Games. He qualified for the European Cross

Name: Jonathan Davies  
Club: Reading AC  
Coach: Rob McKim  
Date of Birth: 28/10/1994  
Biog: Davies has been the dominant junior in Britain this year, a fact underlined by the nature of his victory at the Liverpool Cross Challenge/European Trial that booked his place on the team. He is unbeaten on cross country in the UK this year and also picked up a Cross Challenge win in Bristol with a margin of over a minute. He was the first GB & NI runner home at the IAAF World Cross Country Championships in March in 35th. On the track this summer he set a new 5,000m personal best of 14:09.46 and went to the European Junior Championships where he clinched 5,000m bronze. He will go to Belgrade as a real podium contender.

Name: Zak Miller  
Club: Trafford  
Coach: Paul Shaw  
Date of Birth: 21/03/1997  
Biog: The youngest male athlete on the team, he secured automatic selection with a fourth place finish in Liverpool. He was English Schools Cross Country Champion earlier this
Name: Matthew Shirling  
Club: Liverpool Harriers  
Coach: Adrian Webb  
Date of Birth: 05/10/1995  
Biog: Matthew Shirling ran brilliantly on home turf in Liverpool to finish second and guarantee selection for the European Cross Country Championships. On the track he holds the British record for under 17 1500m after breaking a record once held by Steve Cram with a time of 3:44.11 in 2012. In 2012 he broke the English Schools record as he led from gun to tape to win in 3:49.15 and won in similar fashion at the England Athletics Under 17 Championships. His best cross country performance before Liverpool came in March when he was crowned English Schools champion.

Name: Alex Short  
Club: Chelmsford  
Coach: Phil O’Dell  
Date of Birth: 07/01/1994  
Biog: The Cambridge University student had a breakthrough run in Liverpool as he finished third to secure automatic selection to the GB & NI team for the European Cross Country Championships, a huge improvement on his 43rd place finish in the same race last year. His best previous cross country performances were in 2012 when he was 16th at the English Schools and 45th at the English National Cross Country Championships.
**GB & NI TEAM PROFILES**

**U20 WOMEN**

**Name:** Bobby Clay  
**Club:** Invicta East Kent  
**Coach:** Peter Mullervy  
**Date of Birth:** 19/05/1997  
**Biog:** Despite being the youngest athlete on the GB & NI team, Clay doesn’t lack experience having competed on the international stage a number of times already. She was 27th at the IAAF World Cross Country Championships in March, helping GB & NI to win team bronze and also competed at the IAAF World Youth Championships in Donetsk, Ukraine, where she was fourth in the 1500m. Also this summer she won 1500m gold at the UK School Games and England Athletics Championships. She will go to Belgrade on the back of a fifth place finish at the Liverpool Cross Challenge/European Trials.

**Name:** Jessica Gibbon  
**Club:** Reading AC  
**Coach:** Rob McKim  
**Date of Birth:** 19/08/1996  
**Biog:** Jessica Gibbon has made vast improvements in 2013 from finishing 15th at the English National Cross Country Championships and 20th at the English School Championships to place fourth at the Bristol Cross Challenge and then crucially seventh in Liverpool to gain selection for the European Cross Country Championships. On the track she set personal bests over both 1500m (4:41.1) and 3000m (10:05.93) in 2013.

**Name:** Emelia Gorecka  
**Club:** Aldershot, Farnham & District  
**Coach:** Mick Woods  
**Date of Birth:** 19/01/1994  
**Biog:** When she lines up in Belgrade, Gorecka will bid to win her fourth consecutive European Cross Country Championships medal in the under 20 women's race having finished third in 2010, first in 2011 and second in 2012. The World Junior 3,000m bronze medallist showed that her dominance is unlikely to subside as she set the fastest time at the English National Cross Country Relays in Mansfield in October and taking a comfortable victory at the trial in Liverpool. She has shown exceptional talent since becoming World School Games 3000m champion in 2009 and her credentials were underlined in 2011 when she finished a brilliant 15th and top European in the IAAF World (U20) Cross Country Championships, raced to silver in the European Junior Championships (5000m) and won the Commonwealth Youth Games 3000m. In 2013 the 19 year old has continued to impress and won cross country titles at the English National and BUCS championships. On the track she had a superb second place
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U20 WOMEN

at the European Athletics Team Championships in the 5,000m and was crowned European Junior champion over 3,000m.

Name: Amy Griffiths
Club: Aldershot, Farnham & District
Coach: Mick Woods
Date of Birth: 22/03/1996
Biog: Amy Griffiths will make her first GB & NI appearance after she clinched the fourth automatic qualifying spot for Belgrade as she finished fourth at the Liverpool Cross Challenge/European Trials. She has been to the fore on the domestic scene throughout 2013, finishing fifth at the English National Cross Country Championships, third at the English Schools Cross Country Championships and third at the Bristol Cross Challenge. On the track she finished second over 3,000m at both the English Schools Championships and England Athletics Championships and lowered her 1500m personal best to 4:21.02.

Name: Georgia Taylor-Brown
Club: Sale Harriers Manchester
Coach: Paul Roden
Date of Birth: 15/03/1994
Biog: A second place finish in Liverpool ensured that triathlon specialist Georgia Taylor-Brown will run for GB & NI for the second time this year after competing at the IAAF World Cross Country Championships in Bydgoszcz, Poland, where she was second Brit home in 17th place. Taylor-Brown focusses on triathlon in the summer and in 2012 she was named Female Elite Junior Triathlete of the Year. She won the European Junior Triathlon title in both 2012 and 2013.

Name: Lydia Turner
Club: Birtley
Coach: Thomas Millmore
Date of Birth: 19/11/1996
Biog: Lydia Turner came to prominence at the Bristol Cross Challenge in October as she overcame a strong field to take victory in the combined under 20 and under 17 women’s race. She maintained that form to Liverpool where she finished fifth despite still being an under 17. Earlier in the year she finished fifth at the English Schools Cross Country Championships and went on to win a bronze medal over 3,000m at the England Athletics Under 17 Championships.
COURSE MAP & ELEVATION