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GB & NI TEAM MANAGEMENT

HEAD OF DELEGATION
Wendy Sly

TEAM LEADER
Spencer Duval

TEAM COACHES
Mick Woods – Senior men
Charlotte Fisher – Senior women
Andrew Drake – U23 men
Chris Jones – U23 women
Gary Lough – Junior men
Liz Yelling – Junior women

MEDIA OFFICERS
Gareth Burrell
Email: gburrell@britishathletics.org.uk
Mobile: +44 (0)7718 394386

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Mobile: +44 (0) 7956 906 202

MEDICAL
Dr Rebecca Robinson – Team Doctor
Duncan Mason – Therapist
Andrew Walling – Therapist
BRITISH ATHLETICS TEAM

Senior men
Dewi Griffiths (Kevin Evans)
Jonny Hay (Mick Woods)
Adam Hickey (Eamonn Martin)
Tom Lancashire (Steve Vernon)
Ross Millington (Steve Vernon)
Jonathan Taylor (Gordon Surtees)

Senior women
Kate Avery (Tony Simmons)
Lauren Howarth (Steve Vernon)
Sonia Samuels (Self-coached)
Gemma Steel (John Nuttall)
Steph Twell (Mick Woods)
Elle Vernon (Steve Vernon)

Junior men
Ben Dijkstra (Alan Maddocks)
Oliver Fox (Richard Llewellyn Eaton)
Mahamed Mahamed (Peter Haynes)
Chris Olley (Mark Hookway)
Joe Steward (Harry Kelly)
Alex Yee (Kenneth Pike)

Junior women
Grace Baker (Mick Woods)
Bobby Clay (Rob Denmark)
Amy Griffiths (Mick Woods)
Harriet Knowles-Jones (Paul Roden)
Sabrina Sinha (Peter Mullervy)
Mari Smith (William Alan Winter)

U23 men
Jacob Allen (Mick Woods)
Jonathan Davies (Rob McKim)
Richard Goodman (Mick Woods)
Henry Pearce (George Gandy)
Marc Scott (Steve Gulley)
Luke Traynor (Dudley Walker)

U23 women
Beth Hawling (Matt Richards)
Laura Muir (Andy Young)
Madeleine Murray (John Lees)
Rebecca Murray (Alex Stanton)
Jenny Nesbitt (Joyce Hogg)
Calli Thackery (Joe Franklin)
TEAM PROFILES - MEN

Senior men

Name: Dewi Griffiths
DOB: 09/08/1991
Coach: Kevin Evans
Club: Swansea Harriers
Best XC performances: 70th at 2015 World XC Champs (SM), 16th at 2013 European XC Champs (U23)

Name: Jonny Hay
DOB: 12/02/1992
Coach: Mick Woods
Club: Aldershot Farnham & District
Best XC performances: 84th at 2015 World XC Champs (SM), 4th at 2014 European XC Champs (U23)

Name: Adam Hickey
DOB: 30/05/1988
Coach: Eamonn Martin
Club: Southend AC
Best XC performances: 9th at 2014 European XC Champs (SM)

Name: Tom Lancashire
DOB: 02/07/1985
Coach: Steve Vernon
Club: Bolton
Best XC performances: 27th at the 2014 European XC Champs (SM), 19th at 2007 European XC Champs (U23)

Name: Ross Millington
DOB: 19/09/1989
Coach: Steve Vernon
Club: Stockport
Best XC performances: 5th at the 2014 European XC Champs (SM),

Name: Jonathan Taylor
DOB: 10/10/1987
Coach: Gordon Surtees
Club: Morpeth
Best XC performances: 31st at 2013 World XC Champs (SM), 11th at the 2012 European XC Champs (SM)

U23 men

Name: Jacob Allen
DOB: 03/04/1994
Coach: Mick Woods
Club: Rugby & Northampton
Best XC performances: European Cross debut

Name: Jonathan Davies
DOB: 28/10/1994
Coach: Rob McKim
Club: Reading/Run Fast
Best XC performances: 30th at the 2014 European XC Champs (U23), 4th at the 2013 European XC Champs (JM), 35th at the 2013 World XC Champs (JM)
TEAM PROFILES - MEN

Name: Richard Goodman  
DOB: 04/04/1993  
Coach: Mick Woods  
Club: Shaftesbury Barnet  
Best XC performances: Silver medallist at the 2011 European XC Champs (JM), 5th at the 2009 European XC Champs (JM), 21st at the 2013 European XC Champs (U23), 71st at the World XC Champs (JM)

Name: Henry Pearce  
DOB: 24/01/1994  
Coach: George Gandy  
Club: Tonbridge  
Best XC performances: European Cross debut

Name: Marc Scott  
DOB: 21/12/1993  
Coach: Steve Gulley  
Club: Richmond & Zetland  
Best XC performances: 7th at the 2014 European XC Champs (U23)

Name: Luke Traynor  
DOB: 06/07/1993  
Coach: Dudley Walker  
Club: Giffnock North  
Best XC performances: 38th at the 2012 European XC Champs (JM)

Junior men

Name: Ben Dijkstra  
DOB: 31/10/1998  
Coach: Alan Maddocks  
Club: Leicester  
Best XC performances: European Cross debut

Name: Oliver Fox  
DOB: 06/10/1996  
Coach: Richard Llewelyn Eaton  
Club: Wells City  
Best XC performances: European Cross debut

Name: Mahamed Mahamed  
DOB: 18/09/1997  
Coach: Peter Haynes  
Club: Southampton  
Best XC performances: European Cross debut

Name: Chris Olley  
DOB: 26/03/1996  
Coach: Mark Hookway  
Club: Tonbridge  
Best XC performances: 102nd at the 2015 World XC Championships (JM)
TEAM PROFILES - MEN

Name: Joe Steward
DOB: 19/08/1996
Coach: Harry Kelly
Club: East Cheshire
Best XC performances: 53rd at the 2015 World XC Champs (JM)

Name: Alex Yee
DOB: 18/02/1998
Coach: Kenneth Pike
Club: Kent
Best XC performances: European Cross debut
TEAM PROFILES - WOMEN

Senior women

Name: Kate Avery
DOB: 10/10/91
Coach: Tony Simmons
Club: Shildon
Best XC performances: Silver medallist at the European XC 2014 (SW), fourth at the European XC 2013 (U23), 20th at the World XC 2010 (JW)

Name: Lauren Howarth
DOB: 21/04/90
Coach: Steve Vernon
Club: Leigh

Name: Sonia Samuels
DOB: 16/05/79
Coach: Self-coached
Club: Sale Harriers
Best XC performances: 15th at the European XC 2014 (SW), 21st at the European XC 2009 (SW)

Name: Gemma Steel
DOB: 12/11/85
Coach: John Nuttall
Club: Charnwood AC
Best XC performances: 18th at the World XC 2015 (SW), gold at the European XC 2014 (SW), silver European XC 2013 (SW), bronze European XC 2011 (SW)

Name: Steph Twell
DOB: 17/08/89
Coach: Mick Woods
Club: Aldershot Farnham & District

Name: Elle Vernon
DOB: 11/12/1983
Coach: Steve Vernon
Club: Stockport
Best XC performances: 20th at the European XC 2014 (SW), 46th at the World XC 2013 (SW), 18th at the European XC 2012 (SW), 14th at the European XC 2011 (SW), 60th at the World XC 2007 (SW)
TEAM PROFILES - WOMEN

**U23 women**

Name: Beth Hawling  
DOB: 28/07/94  
Coach: Matt Richards  
Club: Cheltenham  
Best XC performances: European Cross debut

Name: Laura Muir  
DOB: 09/05/93  
Coach: Andy Young  
Club: Dundee Hawkhill  
Best XC performances: 31st at the European XC 2011 (JW)

Name: Madeleine Murray  
DOB: 19/10/1993  
Coach: John Lees  
Club: Edinburgh AC  
Best XC performances: European Cross debut

Name: Rebecca Murray  
DOB: 26/09/1994  
Coach: Alex Stanton  
Club: Bedford & County  
Best XC performances: 29th at the 2014 European XC Champs (U23)

Name: Jenny Nesbitt  
DOB: 24/01/1995  
Coach: David Walker  
Club: Worcester  
Best XC performance: European Cross debut

Name: Calli Thackery  
DOB: 09/01/1993  
Coach: Joe Franklin  
Club: Hallamshire  
Best XC performance: European cross debut

**Junior women**

Name: Grace Baker  
DOB: 11/02/1996  
Coach: Mick Woods  
Club: Aldershot, Farnham & District  
Best XC performances: 82nd at 2015 World XC Champs (JW)

Name: Bobby Clay  
DOB: 19/05/1997  
Coach: Rob Denmark  
Club: Invicta East Kent  
Best XC performances: 8th at the 2013 European XC Champs (JW), 27th at the 2013 World XC Champs (JW)
TEAM PROFILES - WOMEN

Name: Amy Griffiths  
DOB: 22/03/1996  
Coach: Mick Woods  
Club: Aldershot Farnham & District  
Best XC performances: 5th at the 2014 European XC champs (JW)

Name: Harriet Knowles-Jones  
DOB: 03/04/1998  
Coach: Paul Roden  
Club: Warrington AC  
Best XC performances: European Cross debut

Name: Sabrina Sinha  
DOB: 19/04/1999  
Coach: Peter Mullervy  
Club: Cambridge Harriers  
Best XC performances: European Cross debut

Name: Mari Smith  
DOB: 14/11/1996  
Coach: William Alan Winter  
Club: Leicester  
Best XC performances: European Cross debut
## 2014 MEDAL TABLE

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BRITISH ATHLETICS MEDALLISTS AT THE EUROPEAN CROSS COUNTRY CHAMPIONSHIPS SINCE 2004

2014

**Senior women**
Gemma Steel – Gold
Kate Avery – Silver
Team Gold

**U23 Women**
Rhona Auckland – Gold
Team Silver

**Junior Women**
Jessica Judd – Silver
Lydia Turner – Bronze
Team Gold

**U23 Men**
Team Silver

2013

**Senior men**
Andy Vernon – Bronze
Team bronze

**Senior Women**
Gemma Steel – Silver
Team silver

**U23 men**
Team gold

**U23 women**
Charlotte Purdue – Bronze
Team gold

**Junior Women**
Emelia Gorecka – Gold
Team gold

2012

**Junior men**
Kieran Clements – Bronze
Team bronze

**Junior women**
Emelia Gorecka – Bronze
Team gold

**U23 men**
James Wilkinson – Bronze
Team bronze

**U23 women**
Jess Coulson – Gold
Team silver

**Senior men**
Team silver

**Senior women**
Team bronze
BRITISH ATHLETICS MEDALLISTS AT THE EUROPEAN CROSS COUNTRY CHAMPIONSHIPS SINCE 2004

2011

Junior men
Richard Goodman – silver
Team gold

Junior women
Emelia Gorecka – Gold
Team gold

U23 men
James Wilkinson – silver
Team silver

U23 women
Emma Pallant – Gold
Noami Taschimotwitz – Silver
Team gold

Senior men
Team silver

Senior women
Gemma Steel – Bronze
Team gold

2009

Junior men
Nick Goolab – Silver
James Wilkinson – Bronze
Team gold

Junior women
Kate Avery – Bronze
Team silver

U23 men
Team silver

U23 women
Jess Sparke – Bronze
Team gold

Senior men
Mo Farah – Silver
Team silver

Senior women
Hayley Yelling-Highham – Gold
Team silver

2010

Junior men
Team gold

Junior women
Charlotte Purdue – Gold
Emelia Gorecka – Bronze
Team gold

U23 women
Emma Pallant – Bronze
Team gold

Senior women
Team silver
BRITISH ATHLETICS MEDALLISTS AT THE EUROPEAN CROSS COUNTRY CHAMPIONSHIPS SINCE 2004

2008
Junior men
Team bronze

Junior women
Steph Twell – Gold
Charlotte Purdue – Silver
Lauren Haworth – Bronze

Team gold
U23 Men
Andy Vernon – Silver
Team gold

U23 women
Sarah Tunstall – silver
Team gold

Senior men
Mo Farah – silver
Team bronze

Senior women
Team silver

2007
Junior men
Team silver

Junior women
Steph Twell – Gold
Charlotte Purdue – Bronze
Team gold

U23 men
Andy Vernon – Bronze
Team gold

U23 women
Team gold

Senior women
Team silver

2006
Junior women
Steph Twell – Gold
Team gold

U23 women
Team gold

Senior men
Mo Farah – Gold

Senior women
Team silver

2005
Junior men
Andy Vernon – Silver
Team silver

Junior women
Emily Pidgeon – Silver
Team gold

Senior women
Team silver

2004
Junior men
Team bronze

Junior women
Team bronze

Senior men
Team bronze

Senior women
Hayley Yelling – Gold
Jo Pavey – Bronze
Team silver
## COMPETITION TIMETABLE

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<td>U23 women</td>
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<td>U23 men</td>
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<tr>
<td>Senior women</td>
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<tr>
<td>Senior men</td>
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<td>Closing ceremony – flag handover</td>
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