BRITISH ATHLETICS

2016 MEDIA INSERT

EUROPEAN CROSS COUNTRY CHAMPIONSHIPS
SUNDAY 11 DECEMBER, CHIA, ITALY
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British Athletics Team Management

Team Leader
Spencer Duval

Head of Delegation
Wendy Sly

Team Manager
Pauline Holmes

Team Coaches
Chris Jones – Senior Men
Mick Woods – Senior Women
Mark Pollard – U23 men
Andi Drake – U23 women
Charlotte Fisher – Junior Men
Liz Yelling – Junior women

Medical
Dr John Rogers - Doctor
Andrew Walling – Therapist
Alex O’Gorman – Therapist

Media officers
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Senior Men
Andrew Butchart (Derek Easton)
Ben Connor (Spencer Duval)
Dewi Griffiths (Kevin Evans)
Callum Hawkins (Robert Hawkins)
Ross Millington (Steve Vernon)
Andy Vernon (Nic Bideau)

U23 Men
William Christofi (David Bedwell)
Ellis Cross (Mick Woods)
Jonathan Davies (Rob McKim)
Patrick Dever (Andy Bibby)
Alex George (Paul de-Camps)
Alex Short (Phillip O'Dell)

Junior men
William Fuller (George Gandy)
Josh Kerr (Joe Franklin)
Mahamed Mahamed (Peter Haynes)
Sam Stevens (Alan Maddocks)
Paulos Surafel (Craig Winrow)
Alex Yee (Kenneth Pike)

Senior women
Charlotte Arter (James Thie)
Katrina Jones (Harvey Rose)
Emily Hosker-Thornhill (Mick Woods)
Gemma Steel (Rob Denmark)
Steph Twell (Mick Woods)
Pippa Woolven (Luke Gunn)

U23 women
Jessica Judd (Mick Judd)
Rebecca Murray (Alex Stanton)
Georgina Outten (Andrew Walling)
Mari Smith (William Alan Winter)
Charlotte Taylor (Helen Lehman-Winters)
Alice Wright (Joe Franklin)

Junior women
Gemma Holloway (Brenda Stone)
Harriet Knowles-Jones (Paul Roden)
Phoebe Law (Mick Woods)
Hannah Nuttall (John Nuttall)
Amelia Quirk (Beverly Kitching)
Victoria Weir (Simon Anderson)
Senior men

Name: Andrew Butchart
DOB: 14/10/1991
Coach: Derek Easton
Club: Central AC
**Best Int’l XC results:** 86th – 2015 IAAF World Cross XC SM; 35th – 2014 European XC Champs SM
**Other career highlights:** 6th – 2016 Olympic Games 5000m

Name: Ben Connor
DOB: 17/10/1992
Coach: Spencer Duval
Club: Derby AC
**Best Int’l XC results:** 67th – 2011 IAAF World XC Champs U20; 23rd 2010 European XC Champs U20; 2010 U20 team gold medallist

Name: Dewi Griffiths
DOB: 09/08/1991
Coach: Kevin Evans
Club: Swansea
**Best Int’l XC results:** 70th – 2015 IAAF World XC Champs SM; 20th – 2015 European XC Champs SM; 2015 SM team bronze medallist
**Other career highlights:** 5th – 2016 European Championships 10,000m; 4th – 2009 European Junior Champs 10,000m

Name: Callum Hawkins
DOB: 22/06/1992
Coach: Robert Hawkins
Club: Kilbarchan
**Best Int’l XC results:** 5th – 2014 European XC Champs U23; 2014 U23 team silver medallist
**Other career highlights:** 9th - Olympic Games Marathon; 15th – 2016 IAAF World Half Marathon Champs

Name: Ross Millington
DOB: 19/09/1989
Coach: Steve Vernon
Club: Stockport
**Best Int’l XC results:** 5th – 2014 European XC Champs SM;
**Other career highlights:** 31st – 2016 Olympic Games 10,000m

Name: Andy Vernon
DOB: 07/01/1986
Coach: Nic Bideau
Club: Aldershot Farnham & District
**Best Int’l XC results:** Bronze – 2013 European XC Champs SM; Silver – 2008 European XC Champs U23; Bronze – 2007 European XC Champs U23; Silver – European XC Champs U20
**Other career highlights:** 25th – 2016 Olympic Games 10,000m; Silver & Bronze – 2014 European Championships 10,000m & 5000m

U23 Men

Name: William Christofi
DOB: 17/09/1994
Coach: David Bedwell
Club: Bristol & West
**Best Int’l XC results:** Euro XC Champs Debut

Name: Ellis Cross
DOB: 22/09/1996
Coach: Mick Woods
Club: Aldershot Farnham & District
**Best Int’l XC results:** Euro XC Champs Debut

Name: Jonathan Davies
DOB: 28/10/1994
Coach: Rob McKim
Club: Reading AC
**Best Int’l XC results:** Gold – 2015 European XC Champs U23; 35th – 2013 IAAF World XC Champs U20
**Other career highlights:** Bronze – 2013 European Junior Champs 5000m

Name: Patrick Dever
DOB: 05/09/1996
Coach: Andy Bibby
Club: Preston
**Best Int’l XC results:** Euro XC Champs Debut

Name: Alex George
DOB: 06/02/1996
Coach: Paul de-Camps
Club: Gloucester
**Best Int’l XC results:** 39th – 2015 IAAF World XC Champs
**Other career highlights:** Gold - 2015 European Junior Champs 5000m
**Name:** Alex Short  
**DOB:** 07/01/1994  
**Coach:** Philip O'Dell  
**Club:** Bedford & County  
**Best Int'l XC results:** 26th – 2013 European XC Champs U20

**Other career highlights:** 9th – 2016 IAAF World Junior Champs 5000m; 6th – 2015 IAAF World Youth Champs 3000m

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**Junior men**

**Name:** William Fuller  
**DOB:** 14/05/1997  
**Coach:** George Gandy  
**Club:** Blackheath & Bromley  
**Best Int'l XC results:** Euro XC Champs Debut

**Name:** Josh Kerr  
**DOB:** 14/05/1997  
**Coach:** Joe Franklin  
**Club:** Edinburgh  
**Best Int'l XC results:** Euro XC Champs Debut  
**Other career highlights:** Gold – 2015 European Junior Champs 1500m

**Name:** Mahamed Mahamed  
**DOB:** 18/09/1997  
**Coach:** Peter Haynes  
**Club:** Southampton  
**Best Int'l XC results:** 22nd – 2015 European XC Champs JM; 2015 U20 team bronze medallist

**Name:** Sam Stevens  
**DOB:** 27/03/1998  
**Coach:** Alan Maddocks  
**Club:** Leicester Coritanians  
**Best Int'l XC results:** Euro XC Champs Debut

**Name:** Paulos Surafel  
**DOB:** 12/01/1997  
**Coach:** Craig Winrow  
**Club:** Enfield & Haringey  
**Best Int'l XC results:** Euro XC Champs Debut

**Name:** Alex Yee  
**DOB:** 18/02/1998  
**Coach:** Kenneth Pike  
**Club:** Kent  
**Best Int'l XC results:** 9th – 2015 European XC Champs U20; 2015 U20 team bronze medallist
Senior women

Name: Charlotte Arter  
DOB: 18/06/1991  
Coach: James Thie  
Club: Cardiff  
Best Int'l XC results: Euro Cross Debut

Name: Emily Hosker-Thornhill  
DOB: 27/10/1992  
Coach: Mick Woods  
Club: Aldershot Farnham & District  
Best Int'l XC results: Euro XC Champs Debut

Name: Gemma Steel  
DOB: 12/11/1985  
Coach: Rob Denmark  
Club: Charnwood  
Best Int'l XC results: Gold – 2016 European XC Champs SW; Silver - 2013 European XC Champs SW; Bronze – 2011 European XC Champs SW; 15th – IAAF World XC Champs SW; 4 x Team gold medallist  
Other career highlights: 7th – 2012 IAAF World Half Marathon Champs

Name: Steph Twell  
DOB: 17/08/1989  
Coach: Mick Woods  
Club: Aldershot Farnham & District  
Best Int'l XC results: 3 x Gold – (2006/07/08) European XC Champs JW; 6th – 2015 European XC Champs SW; 23rd – IAAF World XC Champs SW; 9 x Team gold medallist  
Other career highlights: Bronze – 2016 European Champs 5000m; Bronze - 2010 Commonwealth Games 1500m; Gold – 2008 IAAF World Junior Champs 1500m

Name: Pippa Woolven  
DOB: 26/07/1993  
Coach: Luke Gunn  
Club: Wycombe  
Best Int'l XC results: Euro XC Champs Debut  
Other career highlights: 8th – 2014 Commonwealth Games 3000m Steeplechase

Name: Katrina Wootton  
DOB: 02/09/1985  
Coach: Harvey Rose

Club: Coventry  
Best Int'l XC results: 8th – 2007 European XC Champs U23; 5 x Team medallist

U23 Women

Name: Jessica Judd  
DOB: 07/01/1995  
Coach: Mick Judd  
Club: Chelmsford  
Best Int'l XC results: Silver – 2014 European XC Champs U20  
Other career highlights: Silver – 2012 IAAF World Junior Champs 800m; Bronze – 2011 IAAF World Youth Champs 800m

Name: Rebecca Murray  
DOB: 26/09/1994  
Coach: Alex Stanton  
Club: Bedford & County  
Best Int'l XC results: 14th – 2015 European XC Champs U23; 2015 U23 Team gold medallist

Name: Georgina Outten  
DOB: 26/06/1996  
Coach: Andrew Walling  
Club: Birchfield Harriers  
Best Int'l XC results: 26th – 2014 European XC Champs U20; 2014 U20 Team gold medallist

Name: Mari Smith  
DOB: 14/11/1996  
Coach: William Alan Winter  
Club: Birchfield Harriers  
Best Int'l XC results: 22nd – 2015 European XC Champs U20; 2015 U20 silver medallist

Name: Charlotte Taylor  
DOB: 17/01/1994  
Coach: Helen Lehman-Winters  
Club: Nene Valley  
Best Int'l XC results: Euro XC Champs Debut

Name: Alice Wright  
DOB: 03/11/1994  
Coach: Joe Franklin  
Club: Worcester  
Best Int'l XC results: 9th – 2014 European XC Champs U23
**Other career highlights:** Bronze – 2015 European U23 Champs 10,000m

**Junior women**

**Name:** Gemma Holloway  
**DOB:** 07/04/1997  
**Coach:** Brenda Stone  
**Club:** Thurrock  
**Best Int’l XC results:** Euro XC Champs Debut

**Name:** Harriet Knowles-Jones  
**DOB:** 03/04/1998  
**Coach:** Paul Roden  
**Club:** Warrington  
**Best Int’l XC results:** Silver – 2015 European XC Champs U20; 2015 U20 silver medallist  
**Other career highlights:** 8th – 2016 IAAF World Junior Champs 1500m; 4th – 2015 IAAF World Youth Champs 1500m

**Name:** Phoebe Law  
**DOB:** 12/01/1997  
**Coach:** Mick Woods  
**Club:** Kingston & Poly  
**Best Int’l XC results:** 14th – 2014 European XC Champs U20; 2014 U20 gold medallist  
**Other career highlights:** 14th – 2015 European Junior Champs 5000m

**Name:** Hannah Nuttall  
**DOB:** 07/07/1997  
**Coach:** John Nuttall  
**Club:** Charnwood  
**Best Int’l XC results:** 45th – 2015 IAAF World XC Champs U20

**Name:** Amelia Quirk  
**DOB:** 18/12/1999  
**Coach:** Beverley Kitching  
**Club:** Bracknell  
**Best Int’l XC results:** Euro XC Champs Debut

**Name:** Victoria Weir  
**DOB:** 17/03/1998  
**Coach:** Simon Anderson  
**Club:** City of Plymouth  
**Best Int’l XC results:** Euro XC Champs Debut
2015 European Cross Country Championships medal table

<table>
<thead>
<tr>
<th>Rank</th>
<th>Nation</th>
<th>Gold</th>
<th>Silver</th>
<th>Bronze</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>Great Britain &amp; Northern Ireland</td>
<td>3</td>
<td>4</td>
<td>2</td>
<td>9</td>
</tr>
<tr>
<td>2nd</td>
<td>Spain</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>6</td>
</tr>
<tr>
<td>3rd</td>
<td>France</td>
<td>1</td>
<td>4</td>
<td>1</td>
<td>6</td>
</tr>
<tr>
<td>4th</td>
<td>Germany</td>
<td>2</td>
<td>0</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>5th</td>
<td>Italy</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>3</td>
</tr>
<tr>
<td>6th</td>
<td>Netherlands</td>
<td>1</td>
<td>1</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td>=7th</td>
<td>Belgium</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>1</td>
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<tr>
<td>=7th</td>
<td>Turkey</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>=9th</td>
<td>Denmark</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>=9th</td>
<td>Ireland</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>=9th</td>
<td>Norway</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>=9th</td>
<td>Serbia</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

- Great Britain & Northern Ireland have topped the medal table at the event for the last 13 years.
<table>
<thead>
<tr>
<th>British Athletics Gold medallists at the European Cross Country Championships</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mo Farah</strong> – Senior men 2006</td>
</tr>
<tr>
<td><strong>Jon Brown</strong> – Senior men 1996</td>
</tr>
<tr>
<td><strong>Paula Radcliffe</strong> – Senior women 1998 &amp; 2003</td>
</tr>
<tr>
<td><strong>Hayley Yelling</strong> – Senior women 2004 &amp; 2009</td>
</tr>
<tr>
<td><strong>Gemma Steel</strong> – Senior women 2014</td>
</tr>
<tr>
<td><strong>Jonathan Davies</strong> – U23 men 2015</td>
</tr>
<tr>
<td><strong>Rhona Auckland</strong> – U23 women 2014</td>
</tr>
<tr>
<td><strong>Jessica Coulson</strong> – U23 women 2012</td>
</tr>
<tr>
<td><strong>Emma Pallant</strong> – U23 women 2011</td>
</tr>
<tr>
<td><strong>Emelia Gorecka</strong> – U20 women 2011 &amp; 2013</td>
</tr>
<tr>
<td><strong>Charlotte Purdue</strong> – U20 women 2010</td>
</tr>
<tr>
<td><strong>Steph Twell</strong> – U20 women 2006, 2007 &amp; 2008</td>
</tr>
<tr>
<td><strong>Charlotte Dale</strong> – U20 women - 2002</td>
</tr>
</tbody>
</table>
British Athletics medallists at the European Cross Country Championships since 2006

2015
Senior women
Kate Avery – Silver
Team gold
U23 women
Harriet Knowles-Jones – Silver
Team silver
U20 women
Team gold
Senior men
Team bronze
U23 Men
Jonny Davies – Gold
Team silver
U20 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
U20 women
Emelia Gorecka – Gold
Team gold

2014
Senior women
Gemma Steel – Gold
Kate Avery – Silver
Team gold
U23 Women
Rhona Auckland – 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

2010

**Junior men**
Team gold

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

**Senior women**
Team bronze

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 – silver
Naomi Taschimotwitz – Bronze
Team gold

**Senior men**
Team silver

2009

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

**Junior women**
Kate Avery – Bronze
Team silver
<table>
<thead>
<tr>
<th>Year</th>
<th>Category</th>
<th>Gender</th>
<th>Medalist</th>
<th>Medal Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>2008</td>
<td>U23 men</td>
<td>Team silver</td>
<td>Jess Sparke</td>
<td>Bronze</td>
</tr>
<tr>
<td>2008</td>
<td>U23 women</td>
<td>Team gold</td>
<td>Mo Farah</td>
<td>Silver</td>
</tr>
<tr>
<td>2008</td>
<td>Senior men</td>
<td>Team silver</td>
<td>Hayley Yelling-Highham</td>
<td>Gold</td>
</tr>
<tr>
<td>2007</td>
<td>U23 Men</td>
<td>Team bronze</td>
<td>Andy Vernon</td>
<td>Bronze</td>
</tr>
<tr>
<td>2007</td>
<td>U23 women</td>
<td>Team gold</td>
<td>Charlotte Purdue</td>
<td>Bronze</td>
</tr>
<tr>
<td>2006</td>
<td>Junior men</td>
<td>Team silver</td>
<td>Mo Farah</td>
<td>Gold</td>
</tr>
<tr>
<td>2006</td>
<td>Senior men</td>
<td>Team silver</td>
<td>Sarah Tunstall</td>
<td>Silver</td>
</tr>
<tr>
<td>2006</td>
<td>Senior women</td>
<td>Team silver</td>
<td>Mo Farah</td>
<td>Silver</td>
</tr>
</tbody>
</table>
## Competition timetable

<table>
<thead>
<tr>
<th>Event</th>
<th>Start time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Opening ceremony</td>
<td>10:00</td>
</tr>
<tr>
<td>Junior women</td>
<td>10:15</td>
</tr>
<tr>
<td>Junior men</td>
<td>10:40</td>
</tr>
<tr>
<td>U23 women</td>
<td>11:10</td>
</tr>
<tr>
<td>U23 men</td>
<td>11:50</td>
</tr>
<tr>
<td>Senior women</td>
<td>12:30</td>
</tr>
<tr>
<td>Senior men</td>
<td>13:10</td>
</tr>
<tr>
<td>Victory ceremonies</td>
<td>14:15</td>
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</tbody>
</table>
Course map for the 2016 European Cross Country Championships