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**British Athletics Team**

**Senior Men:**
Andrew Butchart (Terrance Mahon, Central AC)
Ben Connor (Steve Vernon, Derby)
Dewi Griffiths (Kevin Evans, Swansea Harriers)
Tom Lancashire (Steve Cram, Bolton)
Sam Stabler (Rob Denmark, Leicester)
Alex Teuten (Roderick Lock, Southampton)

**Senior Women:**
Emelia Gorecka (Chris Thompson, Aldershot Farnham & District)
Lily Partridge (Aldershot Farnham & District)
Gemma Steel (Liz Nuttall, Charnwood)
Charlotte Taylor (Helen Lehman-Winters, Nene Valley)
Steph Twell (Mick Woods, Aldershot Farnham & District)
Elle Vernon (David Turnbull, Stockport)

**U23 Men:**
Patrick Dever (Andy Bibby, Preston)
Daniel Jarvis (Mick Woods, Liverpool Harriers)
Mahamed Mahamed (Peter Haynes, Southampton)
Chris Olley (Mark Hookway, Tonbridge)
Jack Rowe (Mick Woods, Aldershot Farnham & District)
Joe Steward (Harry Kelly, East Cheshire)

**U23 Women:**
Philippa Bowden (Mick Woods, Aldershot Farnham & District)
Amy-Eloise Neale (Greg Metcalf, Wakefield)
Amy Griffiths (Rob Denmark, Aldershot Farnham & District)
Jess Judd (Mick Judd, Chelmsford)
Phoebe Law (Mick Woods, Kingston & Poly)
Mhairi MacLennan (John Lees, Inverness)

**Junior Men:**
Scott Beattie (Mike Bateman, Morpeth)
Ben Dijkstra (Alan Maddocks, Leicester)
Jake Heyward (James Thie, Cardiff)
William Richardson (Peter Stewart, Birchfield Harriers)
Lachlan Wellington (Vince Stamp, City of Portsmouth)
Matthew Willis (Self-coached, Wrexham AC)

**Junior Women:**
Phoebe Barker (Richard Owen, Tonbridge)
Niamh Brown (Mick Woods, Aldershot Farnham & District)
Cari Hughes (Andy Walling, Swansea)
Harriet Knowles-Jones (Paul Roden, Warrington)
Khahisa Mhlanga (Mick Judd, Chelmsford)
Victoria Weir (Bud Baldaro, City of Plymouth)

**Senior Mixed 4x1000m Relay:**
Cameron Boyek (David Lowes, Shildon)
Melissa Courtney (Rob Denmark, Shaftesbury Barnet)
Tom Marshall (James Thie, Cardiff AC)
Sarah McDonald (David Harmer, Birchfield)
**Senior Men:**

**Name:** Andrew Butchart  
**DOB:** 14/10/1991  
**Coach:** Terrance Mahon  
**Club:** Central AC  
**Best Int'l XC results:** 86th – 2015 IAAF World XC SM; 4th – 2016 Euro XC Champs SM & Team Gold  
**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:** 16th – 2016 Euro XC Champs SM & Team Gold; 67th – 2011 IAAF World XC U20;

**Name:** Dewi Griffiths  
**DOB:** 09/08/1991  
**Coach:** Kevin Evans  
**Club:** Swansea  
**Best Int'l XC results:** 70th – 2015 IAAF World XC Champs SM; 18th – 2016 European XC Champs SM & team gold medallist  
**Other career highlights:** 5th – 2016 European Championships 10,000m; 4th – 2009 European Junior Champs 10,000m

**Name:** Tom Lancashire  
**DOB:** 02/07/1985  
**Coach:** Steve Cram  
**Club:** Bolton  
**Best Int'l XC results:** 15th – 2015 European XC Champs SM; 2007 U23M team gold medallist  
**Other career highlights:** Silver medallist - 2003 European Junior Champs 1500m

**Name:** Sam Stabler  
**DOB:** 17/05/1992  
**Coach:** Rob Denmark  
**Club:** Owls Leicester  
**Best Int'l XC results:** Debutant  
**Other career highlights:** Winner of the Cardiff Cross Challenge 2017

**Name:** Alex Teuten  
**DOB:** 03/01/1992  
**Coach:** Roderick Lock  
**Club:** Southampton  
**Best Int'l XC results:** Debutant  
**Other career highlights:** BUCS XC champion 2017
Senior Women:

Name: Emelia Gorecka
DOB: 29/01/1994
Coach: Chris Thompson
Club: Aldershot Farnham & District
Best Int'l XC results: 2 x Gold – Euro XC U20 (2011 & 2013); 1 x silver – Euro XC U20 (2012); 1 x bronze – Euro XC U20 (2010); 4 x Euro XC Team gold; 1 x World XC Team bronze
Other career highlights: 2013 European Junior 3000m champion; 2011 European Junior 5000m silver medallist

Name: Charlotte Taylor
DOB: 17/01/1994
Coach: Helen Lehman-Winters
Club: Nene Valley
Best Int'l XC results: 4th – Euro XC U23; 2017 U23 team gold medallist
Other career highlights: 27th – 2017 IAAF World Champs 10,000m

Name: Lily Partridge
DOB: 09/03/1991
Coach: Self-coached
Club: Aldershot Farnham & District
Best Int'l XC results: 5th – 2013 Euro XC U23; 2010 Euro XC Team gold U20
Other career highlights: Bronze – 2015 European 10,000m Cup

Name: Gemma Steel
DOB: 12/11/1985
Coach: Liz Nuttall
Club: Charnwood
Best Int'l XC results: Gold – 2014 European XC Champs SW; Silver- 2013 European XC Champs SW; Bronze – 2011 European XC Champs SW; 15th – IAAF World XC Champs SW; 4 x Euro XC 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 Euro XC Team gold medallist
Other career highlights: Bronze – 2016 European Champs 5000m; Bronze - 2010 Commonwealth Games 1500m; Gold – 2008 IAAF World Junior Champs 1500m

Name: Elle Vernon
DOB: 11/12/1983
Coach: David Turnbull
Club: Stockport
Best Int'l XC results: 14th – 2011 Euro XC SW & Team gold
**Senior Mixed Relay:**

**Name:** Cameron Boyek  
**DOB:** 09/10/1993  
**Coach:** David Lowes  
**Club:** Shildon  
**Best Int’l XC results:** Debutant  
**Other career highlights:** 7th – 2015 European U23 Champs 1500m

**Name:** Melissa Courtney  
**DOB:** 30/08/1993  
**Coach:** Rob Denmark  
**Club:** Shaftesbury Barnet  
**Best Int’l XC results:** Debutant  
**Other career highlights:** 10th – 2015 European U23 Champs 1500m

**Name:** Tom Marshall  
**DOB:** 12/06/1989  
**Coach:** James Thie  
**Club:** Cardiff AC  
**Best Int’l XC results:** Debutant

**Name:** Sarah McDonald  
**DOB:** 02/08/1993  
**Coach:** David Harmer  
**Club:** Birchfield Harriers  
**Best Int’l XC results:** Debutant  
**Other career highlights:** 6th – 2017 Euro Indoor champs 1500m
U23 Men:

Name: Patrick Dever  
DOB: 05/09/1996  
Coach: Andy Bibby  
Club: Preston  
Best Int’l XC results: 49th – 2016 European XC U23 & Team Bronze

Name: Daniel Jarvis  
DOB: 21/10/1995  
Coach: Mick Woods  
Club: Liverpool Harriers  
Best Int’l XC results: Debutant  
Other career highlights: 12th – 2017 Euro U23 Champs 3000m SC

Name: Mahamed Mahamed  
DOB: 18/09/1997  
Coach: Peter Haynes  
Club: Southampton  
Best Int’l XC results: Bronze – 2016 Euro XC JM; 2015 & 2016 U20 team bronze medallist

Name: Chris Olley  
DOB: 26/03/1996  
Coach: Mark Hookway  
Club: Tonbridge  
Best Int’l XC results: 102nd – 2015 IAAF World XC; 2015 Euro XC Team bronze U20

Name: Jack Rowe  
DOB: 30/01/1996  
Coach: Helen Lehman-Winters  
Club: Aldershot Farnham & District  
Best Int’l XC results: 48th – World University XC Champs  
Other career highlights: 8th – European Junior Champs 10,000m

Name: Joe Steward  
DOB: 19/08/1996  
Coach: Harry Kelly  
Club: East Cheshire  
Best Int’l XC results: 27th – Euro XC & Team silver JM, 53rd – World XC  
Other career highlights: 51st World Mountain Running Champs SM
U23 Women:

Name: Philippa Bowden  
DOB: 29/03/1995  
Coach: Mick Woods  
Club: Aldershot Farnham & District  
Best Int'l XC results: Debutant  
Other career highlights: 8th – 2017 Euro U23 Champs 10,000m

Name: Amy Griffiths  
DOB: 22/03/1996  
Coach: Rob Denmark  
Club: Aldershot Farnham & District  
Best Int'l XC results: 5th – 2014 Euro XC JW & Team gold  
Other career highlights: Silver – Euro Junior Champs 1500m

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: Phoebe Law  
DOB: 12/01/1997  
Coach: Mick Woods  
Club: Kingston & Poly  
Best Int'l XC results: 14th – 2014 European XC Champs U20; 2014 & 2016 U20 team gold medallist  
Other career highlights: 4th – 2017 European U23 Champs 10,000m

Name: Mhairi MacLennan  
DOB: 26/03/1995  
Coach: John Lees  
Club: Inverness  
Best Int'l XC results: Debutant

Name: Amy-Eloise Neale  
DOB: 05/08/1995  
Coach: Greg Metcalf  
Club: Wakefield  
Best Int'l XC results: Debutant  
Other career highlights: 5th – 2013 European Junior Champs 3000m SC
U20 Men:

Name: Scott Beattie  
DOB: 04/12/1998  
Coach: Mike Bateman  
Club: Morpeth  
Best Int’l XC results: 48th – 2017 IAAF World XC U20

Name: Ben Dijkstra  
DOB: 31/10/1998  
Coach: Alan Maddocks  
Club: Leicester Corinthians  
Best Int’l XC results: 19th – 2015 Euro XC U20 & team bronze

Name: Jake Heyward  
DOB: 26/04/1999  
Coach: James Thie  
Club: Cardiff AC  
Best Int’l XC results: Debutant  
Other career highlights: 2017 European Junior 1500m champion

Name: Will Richardson  
DOB: 23/02/1998  
Coach: Peter Stewart  
Club: Birchfield Harriers  
Best Int’l XC results: Debutant

Name: Lachlan Wellington  
DOB: 25/06/2001  
Coach: Vince Stamp  
Club: City of Portsmouth  
Best Int’l XC results: Debutant

Name: Matthew Willis  
DOB: 04/02/2000  
Coach: Self-coached  
Club: Wrexham  
Best Int’l XC results: Debutant
**U20 Women:**

**Name:** Phoebe Barker  
**DOB:** 27/11/1999  
**Coach:** Richard Owen  
**Club:** Tonbridge  
**Best Int’l XC result:** 57th – 2017 IAAF World XC Champs

**Name:** Niamh Brown  
**DOB:** 16/04/1999  
**Coach:** Mick Woods  
**Club:** Aldershot Farnham & District  
**Best Int’l XC results:** Debutant

**Name:** Cari Hughes  
**DOB:** 15/03/1999  
**Coach:** Andy Walling  
**Club:** Swansea  
**Best Int’l XC results:** Debutant

**Name:** Harriet Knowles-Jones  
**DOB:** 03/04/1998  
**Coach:** Paul Roden  
**Club:** Warrington  
**Best Int’l XC results:** Silver – 2015 European XC Champs U20; 2017 U20 team gold medallist  
**Other career highlights:** 2017 European Junior 1500m bronze medallist

**Name:** Khahisa Mhlanga  
**DOB:** 26/12/1999  
**Coach:** Mick Judd  
**Club:** Chelmsford  
**Best Int’l XC results:** Debutant  
**Other career highlights:** 2017 European Junior 800m champion

**Name:** Victoria Weir  
**DOB:** 17/03/1998  
**Coach:** Simon Anderson  
**Club:** City of Plymouth  
**Best Int’l XC results:** 10th – 2016 Euro XC JW & Team gold medallist
### 2016 European Cross Country Championships medal table

<table>
<thead>
<tr>
<th>Place</th>
<th>Nation</th>
<th>Gold</th>
<th>Silver</th>
<th>Bronze</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>Turkey</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>6</td>
</tr>
<tr>
<td>2nd</td>
<td>Great Britain &amp; Northern Ireland</td>
<td>3</td>
<td>1</td>
<td>6</td>
<td>10</td>
</tr>
<tr>
<td>3rd</td>
<td>Germany</td>
<td>1</td>
<td>3</td>
<td>0</td>
<td>4</td>
</tr>
<tr>
<td>4th</td>
<td>Italy</td>
<td>1</td>
<td>1</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>5th</td>
<td>Belgium</td>
<td>1</td>
<td>1</td>
<td>0</td>
<td>2</td>
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<td>Norway</td>
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<tr>
<td>=7th</td>
<td>Poland</td>
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<td>0</td>
<td>1</td>
</tr>
<tr>
<td>9th</td>
<td>Spain</td>
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<td>3</td>
<td>0</td>
<td>3</td>
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<td>10th</td>
<td>Denmark</td>
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<tr>
<td>11th</td>
<td>Netherlands</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>11th</td>
<td>Romania</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>
**British Athletics individual Gold medallists at the European Cross Country Championships**

<table>
<thead>
<tr>
<th>Name</th>
<th>Category</th>
<th>Year(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mo Farah</td>
<td>Senior men</td>
<td>2006</td>
</tr>
<tr>
<td>Jon Brown</td>
<td>Senior men</td>
<td>1996</td>
</tr>
<tr>
<td>Paula Radcliffe</td>
<td>Senior women</td>
<td>1998 &amp; 2003</td>
</tr>
<tr>
<td>Hayley Yelling</td>
<td>Senior women</td>
<td>2004 &amp; 2009</td>
</tr>
<tr>
<td>Gemma Steel</td>
<td>Senior women</td>
<td>2014</td>
</tr>
<tr>
<td>Jonathan Davies</td>
<td>U23 men</td>
<td>2015</td>
</tr>
<tr>
<td>Rhona Auckland</td>
<td>U23 women</td>
<td>2014</td>
</tr>
<tr>
<td>Jessica Coulson</td>
<td>U23 women</td>
<td>2012</td>
</tr>
<tr>
<td>Emma Pallant</td>
<td>U23 women</td>
<td>2011</td>
</tr>
<tr>
<td>Emelia Gorecka</td>
<td>U20 women</td>
<td>2011 &amp; 2013</td>
</tr>
<tr>
<td>Charlotte Purdue</td>
<td>U20 women</td>
<td>2010</td>
</tr>
<tr>
<td>Steph Twell</td>
<td>U20 women</td>
<td>2006, 2007 &amp; 2008</td>
</tr>
<tr>
<td>Charlotte Dale</td>
<td>U20 women</td>
<td>2002</td>
</tr>
</tbody>
</table>
British Athletics medallists at the European Cross Country Championships since 2006

2016

Senior Men
Team Gold
Callum Hawkins - Bronze

U23 Women
Alice Wright – Bronze
Team Gold

U20 Women
Team Gold
Harriet Knowles-Jones – Bronze

Senior Women
Team Silver

U20 women
Harriet Knowles-Jones – Silver
Team silver

Senior men
Team bronze

U23 Men
Jonny Davies – Gold
Team silver

U20 Men
Team silver

2015

Senior women
Kate Avery – Silver
Team gold

U23 women
Team gold

2013

Senior men

2014

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

U23 Women
Rhona Auckland – Gold
Team silver

U20 Women
Jessica Judd – Silver
Lydia Turner – Bronze
Team gold

U23 Men
Team silver

Andy Vernon – Bronze
Team bronze
Senior Women
Gemma Steel - Silver
Team silver
U23 men
Team gold
U23 women

2012
Junior men
Emelia Gorecka – Bronze
Team gold
Junior women
James Wilkinson – Bronze
Team bronze
U23 men
James Wilkinson – Bronze
Team bronze
U23 women
Jess Coulson – Gold
Team silver
Senior men
Team silver
Senior women
Team bronze

2010
Junior men
Richard Goodman – silver
Team gold
Junior women
Emelia Gorecka – Gold
Charlotte Purdue – Bronze
Team gold
U20 women
Emelia Gorecka – Gold
Team gold
Regional silver
Senior men
Team silver
Senior women
Team bronze

2011
Junior men
Charlotte Purdue – Bronze
Team gold
U20 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
Senior women
Team bronze

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

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

2008

Team gold

**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
U23 women
Team gold

Senior women
Team silver
**Timetable**

(UK time)

07:45: Opening Ceremony
08:00: U20 Women Race
08:25: U20 Men Race
08:55: U23 Women race
09:35: U23 Men race
10:15: Senior Women Race
10:55: Senior Men race
11:30 – 11:35 - VC Senior W individual
11:35 – 11:42 - VC Senior W team
11:45 – 11:50 - VC Senior M individual
11:50 – 11:57 - VC Senior M team
12:00 – 12:05 - Flag hand over

12:10: Senior Mixed Relay
12:40 – 12:45 - VC U20 Women Individual
12:45 – 12:52 - VC U20 W team
12:55 – 13:02 - VC Mixed Relay
13:05 – 13:10 - VC U20 Men individual
13:10 – 13:17 - VC U20 M team
13:20 – 13:25 - VC U23 Men individual
13:35 – 13:40 - VC U23 Women individual
13:40 – 13:47 - VC U23 W team