

BRITISH ATHLETICS
#REPRESENT

BRITISH ATHLETICS
Media Guide 2017

European Cross Country
Championships

Samorin, Slovakia

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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; 18^h – 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

		Gold	Silver	Bronze	Total
1 st	Turkey	3	2	1	6
2 nd	Great Britain & Northern Ireland	3	1	6	10
3 rd	Germany	1	3	0	4
4 th	Italy	1	1	2	4
5 th	Belgium	1	1	0	2
6 th	Norway	1	0	1	2
=7 th	France	1	0	0	1
=7 th	Poland	1	0	0	1
9 th	Spain	0	3	0	3
10 th	Denmark	0	1	0	1
11 th	Netherlands	0	0	1	1
11 th	Romania	0	0	1	1

British Athletics individual Gold medallists at the European Cross Country Championships

Mo Farah – Senior men 2006
Jon Brown – Senior men 1996
Paula Radcliffe – Senior women 1998 & 2003
Hayley Yelling – Senior women 2004 & 2009
Gemma Steel – Senior women 2014
Jonathan Davies – U23 men 2015
Rhona Auckland – U23 women 2014
Jessica Coulson – U23 women 2012
Emma Pallant – U23 women 2011
Emelia Gorecka – U20 women 2011 & 2013
Charlotte Purdue – U20 women 2010
Steph Twell – U20 women 2006, 2007 & 2008
Charlotte Dale – U20 women - 2002

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 Men

Mahamed Mahamed – Bronze

Team Bronze

U23 Men

Team Bronze

2015

Senior women

Kate Avery – Silver

Team gold

U23 women

Team gold

2013

Senior men

U20 women

Harriet Knowles-Jones – Silver

Team silver

Senior men

Team bronze

U23 Men

Jonny Davies – Gold

Team silver

U20 Men

Team silver

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****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

2011**Junior men**

Richard Goodman – silver

Team gold

Junior women

Emelia Gorecka – Gold

Charlotte Purdue – Bronze

Team gold

U20 women

Emelia Gorecka – Gold

Team gold

Kieran Clements – Bronze

Team bronze

Team gold

U23 Men

James Wilkinson – Silver

Team silver

U23 Women

Emma Pallant – silver

Naomi Taschimotowitz – 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-Higham – 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

13:25 – 13:32 - VC U23 M team

13:35 – 13:40 - VC U23 Women individual

13:40 – 13:47 - VC U23 W team