The IAAF World Cross Country Championships were first held on 17 March 1973 at the Hippodrome de Waregem, Belgium. This series was preceded by the International Cross Country Championships, which were first held at Hamilton Park Racecourse, Glasgow on 28 March 1903. Then a race over 8 miles (12.87 km) was contested by the four countries from the British Isles, so it was international in name only. From then the race was held annually, with France entering in 1907, Belgium in 1923 and thereafter the event steadily gained in international prestige.

The first non-European nation to enter a team was Tunisia in 1958, the first Oceanic team was New Zealand in 1965 and the USA competed for the first time in 1966. A junior race was first added in 1961, although there had been an international race for juniors between England, France and Belgium in 1940, and the first women’s race was at Barry, Wales in 1967. There were two women’s races in 1970. A junior women’s race was introduced in 1989 and from 1998 to 2006 there were both long course and short course races for men and women (with teams of four).

The distances raced now are: Men - 12km, Women - 8km Junior Men - 8km, Junior Women 6km.

Teams are: Senior Men - maximum of nine runners, six to score Women and Juniors - maximum of six runners, four to score.

England, Northern Ireland, Scotland and Wales entered separate team up to 1987. England won the following team medals:


At the 35th IAAF World CC Championships in 2007 the senior championships reverted to just one race for men and for women.

From 1988 British team placings have been

<table>
<thead>
<tr>
<th>Year</th>
<th>Men</th>
<th>Jrn Men</th>
<th>Women</th>
<th>Jrn Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>1988</td>
<td>4</td>
<td>11</td>
<td>2</td>
<td>1998</td>
</tr>
<tr>
<td>1987</td>
<td>5</td>
<td>6</td>
<td>15</td>
<td>1997</td>
</tr>
<tr>
<td>1996</td>
<td>9</td>
<td>15</td>
<td>12</td>
<td>2000</td>
</tr>
<tr>
<td>1992</td>
<td>10</td>
<td>17</td>
<td>16</td>
<td>2004</td>
</tr>
<tr>
<td>1995</td>
<td>15</td>
<td>4</td>
<td>7</td>
<td>2005</td>
</tr>
<tr>
<td>1994</td>
<td>8</td>
<td>16</td>
<td>4</td>
<td>2003</td>
</tr>
<tr>
<td>1993</td>
<td>9</td>
<td>15</td>
<td>12</td>
<td>2002</td>
</tr>
<tr>
<td>1992</td>
<td>7</td>
<td>11</td>
<td>12</td>
<td>2001</td>
</tr>
<tr>
<td>1991</td>
<td>6</td>
<td>11</td>
<td>12</td>
<td>2000</td>
</tr>
</tbody>
</table>

* short distance/long distance races

From 1988 Britain’s best has been Spencer Duval, 12th 1989

Women

<table>
<thead>
<tr>
<th>Year</th>
<th>Men</th>
<th>Jrn Men</th>
<th>Women</th>
<th>Jrn Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>1988</td>
<td>11</td>
<td>4</td>
<td>10</td>
<td>1998</td>
</tr>
<tr>
<td>1987</td>
<td>13</td>
<td>15</td>
<td>12</td>
<td>1997</td>
</tr>
<tr>
<td>1996</td>
<td>9</td>
<td>15</td>
<td>12</td>
<td>2000</td>
</tr>
<tr>
<td>1992</td>
<td>10</td>
<td>17</td>
<td>16</td>
<td>2004</td>
</tr>
<tr>
<td>1995</td>
<td>15</td>
<td>4</td>
<td>7</td>
<td>2005</td>
</tr>
<tr>
<td>1994</td>
<td>8</td>
<td>16</td>
<td>4</td>
<td>2003</td>
</tr>
<tr>
<td>1993</td>
<td>9</td>
<td>15</td>
<td>12</td>
<td>2002</td>
</tr>
<tr>
<td>1992</td>
<td>7</td>
<td>11</td>
<td>12</td>
<td>2001</td>
</tr>
<tr>
<td>1991</td>
<td>6</td>
<td>11</td>
<td>12</td>
<td>2000</td>
</tr>
</tbody>
</table>

From 1988 Britain’s best has been Spencer Duval, 12th 1989

Women 4km

<table>
<thead>
<tr>
<th>Year</th>
<th>Men</th>
<th>Jrn Men</th>
<th>Women</th>
<th>Jrn Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>1988</td>
<td>11</td>
<td>4</td>
<td>10</td>
<td>1998</td>
</tr>
<tr>
<td>1987</td>
<td>13</td>
<td>15</td>
<td>12</td>
<td>1997</td>
</tr>
<tr>
<td>1996</td>
<td>9</td>
<td>15</td>
<td>12</td>
<td>2000</td>
</tr>
<tr>
<td>1992</td>
<td>10</td>
<td>17</td>
<td>16</td>
<td>2004</td>
</tr>
<tr>
<td>1995</td>
<td>15</td>
<td>4</td>
<td>7</td>
<td>2005</td>
</tr>
<tr>
<td>1994</td>
<td>8</td>
<td>16</td>
<td>4</td>
<td>2003</td>
</tr>
<tr>
<td>1993</td>
<td>9</td>
<td>15</td>
<td>12</td>
<td>2002</td>
</tr>
<tr>
<td>1992</td>
<td>7</td>
<td>11</td>
<td>12</td>
<td>2001</td>
</tr>
<tr>
<td>1991</td>
<td>6</td>
<td>11</td>
<td>12</td>
<td>2000</td>
</tr>
</tbody>
</table>

From 1988 Britain’s best has been Spencer Duval, 12th 1989

Women 4km

<table>
<thead>
<tr>
<th>Year</th>
<th>Men</th>
<th>Jrn Men</th>
<th>Women</th>
<th>Jrn Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>1988</td>
<td>11</td>
<td>4</td>
<td>10</td>
<td>1998</td>
</tr>
<tr>
<td>1987</td>
<td>13</td>
<td>15</td>
<td>12</td>
<td>1997</td>
</tr>
<tr>
<td>1996</td>
<td>9</td>
<td>15</td>
<td>12</td>
<td>2000</td>
</tr>
<tr>
<td>1992</td>
<td>10</td>
<td>17</td>
<td>16</td>
<td>2004</td>
</tr>
<tr>
<td>1995</td>
<td>15</td>
<td>4</td>
<td>7</td>
<td>2005</td>
</tr>
<tr>
<td>1994</td>
<td>8</td>
<td>16</td>
<td>4</td>
<td>2003</td>
</tr>
<tr>
<td>1993</td>
<td>9</td>
<td>15</td>
<td>12</td>
<td>2002</td>
</tr>
<tr>
<td>1992</td>
<td>7</td>
<td>11</td>
<td>12</td>
<td>2001</td>
</tr>
<tr>
<td>1991</td>
<td>6</td>
<td>11</td>
<td>12</td>
<td>2000</td>
</tr>
</tbody>
</table>

From 1988 Britain’s best has been Spencer Duval, 12th 1989

Women 4km

<table>
<thead>
<tr>
<th>Year</th>
<th>Men</th>
<th>Jrn Men</th>
<th>Women</th>
<th>Jrn Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>1988</td>
<td>11</td>
<td>4</td>
<td>10</td>
<td>1998</td>
</tr>
<tr>
<td>1987</td>
<td>13</td>
<td>15</td>
<td>12</td>
<td>1997</td>
</tr>
<tr>
<td>1996</td>
<td>9</td>
<td>15</td>
<td>12</td>
<td>2000</td>
</tr>
<tr>
<td>1992</td>
<td>10</td>
<td>17</td>
<td>16</td>
<td>2004</td>
</tr>
<tr>
<td>1995</td>
<td>15</td>
<td>4</td>
<td>7</td>
<td>2005</td>
</tr>
<tr>
<td>1994</td>
<td>8</td>
<td>16</td>
<td>4</td>
<td>2003</td>
</tr>
<tr>
<td>1993</td>
<td>9</td>
<td>15</td>
<td>12</td>
<td>2002</td>
</tr>
<tr>
<td>1992</td>
<td>7</td>
<td>11</td>
<td>12</td>
<td>2001</td>
</tr>
<tr>
<td>1991</td>
<td>6</td>
<td>11</td>
<td>12</td>
<td>2000</td>
</tr>
</tbody>
</table>

From 1988 Britain’s best has been Spencer Duval, 12th 1989

Women 4km

<table>
<thead>
<tr>
<th>Year</th>
<th>Men</th>
<th>Jrn Men</th>
<th>Women</th>
<th>Jrn Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>1988</td>
<td>11</td>
<td>4</td>
<td>10</td>
<td>1998</td>
</tr>
<tr>
<td>1987</td>
<td>13</td>
<td>15</td>
<td>12</td>
<td>1997</td>
</tr>
<tr>
<td>1996</td>
<td>9</td>
<td>15</td>
<td>12</td>
<td>2000</td>
</tr>
<tr>
<td>1992</td>
<td>10</td>
<td>17</td>
<td>16</td>
<td>2004</td>
</tr>
<tr>
<td>1995</td>
<td>15</td>
<td>4</td>
<td>7</td>
<td>2005</td>
</tr>
<tr>
<td>1994</td>
<td>8</td>
<td>16</td>
<td>4</td>
<td>2003</td>
</tr>
<tr>
<td>1993</td>
<td>9</td>
<td>15</td>
<td>12</td>
<td>2002</td>
</tr>
<tr>
<td>1992</td>
<td>7</td>
<td>11</td>
<td>12</td>
<td>2001</td>
</tr>
<tr>
<td>1991</td>
<td>6</td>
<td>11</td>
<td>12</td>
<td>2000</td>
</tr>
</tbody>
</table>
BIOGRAPHIES OF ATHLETES NOT FEATURED IN UK ATHLETICS 2008 MEDIA GUIDE:

Senior Men
Name: Jo Beattie  
DOB: 20 January 1986  
Club: Winchester & District  
Coach: Nick Anderson  
- Hampshire based John transferred from Southampton University to the University of Tulsa where he was named 2007 Conference USA Male Cross Country Newcomer of the Year.  
- He is currently working towards a Masters Degree in Business Administration (MBA).  
- Edinburgh will be John’s Norweich Union GB debut.

Name: Tom Humphries  
DOB: 24 September 1984  
Club: Caernick & Stafford  
Coach: Keith Holt  
- Tom had a long successful career in the junior cross country ranks dominating through the under 17 and junior age groups and has recently started to establish himself as a strong senior performer.  
- He made his GB debut at the European Junior Cross Country championships in 2002, and has since gone on to finish 9th in the European Junior Championships 5000m in 2003 and 16th in the European Cross Country last December in Toro.  
- Tom previously studied Engineering at Loughborough University, and Graphic Design at Salford.  
- He completed the English National XC and Inter-Counties double at Nottingham two weeks ago.

Name: Andrew Lemoncello  
DOB: 12 October 1982  
Club: Fife  
Coach: Ken Morrison  
- In 2006 Andrew gained a scholarship to study at Florida State University in Tallahassee – he has remained in the States, now based at Flagstaff, Arizona.  
- He topped the UK rankings in 2007 with his 8.23.74 3000m steeplechase performance.

Name: Andi Jones  
DOB: 10 October 1978  
Club: Salford Harriers  
Coach: Bob Merrill  
- Andi is a talented road, cross country and fell runner who has competed for Great Britain on various services.  
- He finished 4th in the 2003 World Mountain Running trophy in Alaska.  
- He works as a Design and Technology teacher in Oldham.

Name: Rachel Townsend  
DOB: 19 February 1979  
Club: Winchester & District  
Coach: Ken Hardcastle  
- Rachel's selection marks the culmination of a highly successful winter where she competed at the Chiba Ekiden and won the Southern Cross Country title.  
- She won the bronze at the English National and finished third in the trial at Nottingham.  
- She works full time as a lawyer in the Government Legal Service, and will marry Notts AC steeplechaser Tim Wдорожime in May 2008.

Name: Jo Wilkinson  
DOB: 2 May 1973  
Club: Bedford & County  
Coach: Alec and Rosemary Stanton  
- Jo was second at the trials, and finished 4th at the English National in February.  
- She won the Eastern Run in the Autumn in a personal best time of 74.32.  
- She competed for England in the Commonwealth Games in 2002 and finished 6th in the 10000m.  
- She gained her first GB vest 18 months after giving birth to her son, Callum, who is now 3 yrs old, and she works as the Welfare Officer for England Athletics.

Name: Hayley Yelling  
DOB: 3 January 1974  
Club: Windsor Slough Elton & Hounslow  
Coach: Conrad Milton  
- Hayley's greatest achievement was winning the European CC title at the end of 2004 whilst leading the British team to the silver medals.  
- She is an excellent cross country specialist, but has also performed well on the track finishing 5th and 6th in the Commonwealth Games 10,000m in 2002 and 2006.  
- Her brother Martin, was a former 3000m steeplechase and top duathlete. Liz Yelling is her sister in law having married Martin in 1999.

Name: Liz Yelling  
DOB: 5 December 1974  
Club: Bedford & County  
Coach: Alec Stanton  
- Liz Yelling was a team-mate of Paula Radcliffe at Bedford & County  
- In 1999 she married Martin Yelling who later won the 2002 British duathlon championship and competed in Hawaii Ironman. They run a performance, health and fitness consultancy together.  
- She left her job as a part-time PE/Food Technology teacher to become a full-time athlete in December 2001.  
- She is the women’s running editor of Running Fitness magazine and has written a book "The Real Woman’s Guide to Running".

Name: Michael Skinner  
DOB: 21 November 1979  
Club: Blackheath & Bromley  
Coach: Conrad Milton  
- Michael started his career over 1500m but has made a great impact in recent years over longer distances and cross country.  
- He caused a surprise when winning the Falkirk cross challenge at the start of the 2004/05 season against more established cross country runners, and was 2nd in last year’s World Cross Country.  
- He works as a Competition Manager for the Richmond and Kingston School Sport Partnership  
- He is the current UK Cross Challenge champion.

Name: Frank Tickner  
DOB: 12 October 1983  
Club: Wells City Harriers  
Coach: Clive Thomas  
- Frank was a good junior cross country athlete who also competed well over the steeplechase.  
- As a student of French at Birmingham, he spent his third year teaching in Lyon in France.  
- At the end of 2005 he made his senior international debut at the European Cross Country.  
- In early 2007 declined a place in Britain’s World Cross Country team due to the need to concentrate on his studies.  
- In October 2007 he started work for News International in foreign logistics.  
- In early 2007 declined a place in Britain’s World Cross Country team due to the need to concentrate on his studies, but returned to the GB fold to run the 5000m at the European Cup finishing 7th.

Name: Andy Vernon  
DOB: 7 January 1986  
Club: Aldershot, Farnham & District  
Coach: Nick Anderson  
- Andy studied Sports Science at St Mary’s University College.  
- Andy is a talented track and cross country athlete who has featured regularly in Great Britain cross country teams in recent years since his debut in 2004.  
- He won the junior race silver medal at the 2005 European Cross Country Championships, and bronze in the U23 race in 2007.  
- His represented Great Britain in rowing (coless fours).

Name: James Walsh  
DOB: 22 September 1981  
Club: Leeds City  
Coach: Phil Townsend  
- James is a three-time Midland Cross Country Champion and is part of the strong Leeds club squad winning titles on all surfaces in recent seasons.  
- A former BUSA cross country champion James has also competed for Great Britain at the European Mountain Running Championships.

Name: Phil Wicks  
DOB: 16 March 1984  
Club: Belgrave Harriers  
Coach: Tom Osment  
- Phil finished second in both the trial and the English National behind Tom Humphries.  
- A talented endurance athlete, he has been a regular feature in recent GB cross country teams.  
- In winning the recent prestigious Alagier 5 mile race he set a PB of 23.50.

Junior Men
Name: Phillip Berntsen  
DOB: 18 January 1990  
Club: Andover & District  
Coach: Alex Horser  
- Finished third in Nottingham’s trial race and was second in the English Schools senior race.  
- He was third in the Southern championships in January.

Name: Mitch Goose  
DOB: 16 March 1989  
Club: City of Norwich  
Coach: Tim and Pauline Ash  
- After a great early 2006 on the country, Mitch fractured his skull in an accident and suffered a bleed clot in his head, which meant he missed the summer season.  
- He returned to form in 2007 winning the English Schools cross country and 3000m titles.  
- Mitch ran the fastest junior leg in the junior race at the English Cross Country Relays to lead Norwich to team gold.  
- He is now studying at St Mary’s University College.  
- Mitch shares the same birthday as England and Arsenal striker Theo Walcott.

Name: Dave Griffiths  
DOB: 9 August 1991  
Club: Camarthen Harriers  
Coach: Kevin Evans  
- Davei s dominated the Welsh National age groups in Cross Country, is captain if the Welsh Boys team, and his selection will mark his Great Britain debut at the age of 16.  
- He missed much of last season ill and an appendixectomy, but has performed well this winter on both the cross and on the indoors.  
- He was 6th in the Welsh Indoor championships over 3000m.

Name: Laura Park  
DOB: 31 October 1991  
Club: Ellensborough  
Coach: Brian Taylor  
- Laura who lives in Cumbria, won the British fell-running title in her age group in 2006.  
- She won an impressive seven national titles in 2007 including the English and British Fell Championships.  
- Aged just 16 Laura was 27th at the European Cross Country in December and won the trial in Nottingham two weeks ago.

Name: Lily Partridge  
DOB: 9 March 1991  
Club: Aldershot, Farnham & District  
Coach: Martin McCarthy  
- Lily is a middle distance athlete who performs well on the cross country. She is the current Surrey Champion and had an impressive win at the IAFF permit cross country in Seville in January.  
- She was third at the trial at Nottingham.