**British Team Positions**

**Men**

**Women**

**U23 Men**
- 2006-5th, 2007-1st

**U23 Women**
- 2006-1st, 2007-1st

**Junior Men**

**Junior Women**

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**Stats - European Cross-Country Championships**

First held at Alnwick, Northumberland in 1994.

**Venues:**
- 1994, Dec 10: Alnwick, GBR
- 1995, Dec 2: Alnwick, GBR
- 1996, Dec 15: Monsceau-sur-Sambre, Charleroi, BEL
- 1997, Dec 14: Deiras, PDR
- 1999, Dec 12: Velenje, SLO
- 2000, Dec 10: Malmo, SWE
- 2001, Dec 9: Thun, SUI
- 2002, Dec 9: Medalin, CRO
- 2003, Dec 14: Edinburgh, GBR
- 2004, Dec 12: Heringsdorf, GER
- 2005, Dec 11: Tilburg, NED
- 2006, Dec 10: San Giorgio su Legnano, ITA
- 2007, Dec 9: Toro, ESP

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**Great Britain & Northern Ireland performances at European Cross Country Championships**

**Men**
- Bronze: Andrew Pearson 1995

**Women**
- Bronze: Jo Pavey 2004

**U23 Men**
- Bronze: Andy Vernon 2007

**Junior Men**

**Junior Women**
- Silver: Emily Pidgeon 2005
- Bronze: Charlotte Dale 2003, Charlotte Purdue 2007

**History**

180 athletes from 23 countries took part in the first edition of the European Cross Country Championships, whose winners were the Portuguese Paulo Guerra and the Irish Catherine McKiernan. The junior category was held for the first time in 1996 as an exhibition competition, the next year they became official and in 2006 the U-23 was included. During these 16 years since its birth, the competition has been consolidated in the international calendar and it is one of the main targets of the best European Cross Country runners. The most outstanding star in the history of this event is the Ukranian Sergiy Lebid, who has been the champion six times (1998, 2001, 2002, 2003, 2004 and 2005), whereas the most outstanding star in the history of this event is the Ukranian Sergiy Lebid, who has been the champion six times (1998, 2001, 2002, 2003, 2004 and 2005), whereas the Portuguese Paulo Guerra has achieved the victory four times (1994, 95, 99 and 2000). Regarding women, the only one who has been the winner more than one time is Paula Radcliffe (1998-2003). "Parc de Laeken". Located within a 15 minutes walking distance from the city centre, Parc de Laeken is one of the finest locations to practice cross country on Belgian soil. The surface is made of grass. Parc de Laeken has been used for several national and regional cross country events. Lap = 1500m

**Format**

In each race a team of 8 athletes may be entered
No less than 4 athletes and no more than 6 athletes may start in each race
4 athletes score for the team in each race each race shall be scored separately. In all races, 4 (four) athletes shall score.
Biographies of athletes not featured in the 2008 UKA Media Guide

SENIOR MEN
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: Phil Wicks  
DOB: 14 March 1984  
Club: Belgrave Harriers  
Coach: Tom Osmant  
• Second in both the 2008 English National and 2008 Inter-Counties

Name: Michael Skinner  
DOB: 21 November 1979  
Club: Blackheath & Bremley  
Coach: Conrad Milten  
• Michael started his career over 1500m but has made a great impact in recent years over longer distances and 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: Scott Overall  
DOB: 9 February 1983  
Club: Blackheath & Bremley  
Coach: Joe Franklin  
• Recently returned from training in Ethiopia with training partner Mo Farah

Name: Lee Merrien  
DOB: 26 April 1979  
Club: Channel Islands AC  
Coach:  
• Won 1500m/5000m double for Guernsey at 2007 Island Games in Rhodes, Greece  
• Finished third at recent UK Trials in Liverpool

SENIOR WOMEN
Name: Hayley Yelling  
DOB: 3 January 1974  
Club: Windsor Slough Eton & Hounslow  
Coach: Conrad Milten  
• 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 steeplechaser and top duathlete. Liz Yelling is her sister in law having married Martin in 1999.

Name: Louise Damen  
DOB: 12 October 1982  
Club: Winchester & District AC  
Coach: Nick Andersen  
• Finished second and third in the first two events of this year's McCain Cross Challenge series in Gateshead and Liverpool respectively.

Name: Gemma Miles  
DOB: 27 October 1988  
Club: Kendal AAC  
Coach: Bob Ashwood  
• Won the Northern Cross Country Championships in Leeds at the beginning of 2008.  
• Is ranked sixth in the country for 10k after a pb performance at the UK 10k Championships this year.  
• She works as a physiotherapist at the Royal Orthopaedic Hospital in Birmingham.

Name: John Beattie  
DOB: 20 January 1986  
Club: Winchester & District  
Coach: Nick Andersen  
• Hampshire based John transferred from Southampton University to the University of Tulsa when 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).

Name: Andy Vernon  
DOB: 7 January 1986  
Club: Aldershot, Farnham & District  
Coach: Nick Andersen  
• 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 1999.
• He won the junior race silver medal at the 2005 European Cross Country Championships, and bronze in the U23 race in 2007.
• His mother represented Great Britain in rowing (coxless fours).
• Winner of senior men’s race at trials and elected to step down to U23 for Euro Cross

Name: Alex Derricott  
DOB: 28 November 1988  
Club: City of Stoke  
Coach:  
• Won the Stone St Michael’s 10k Road Race in June with 33:23.  
• Was a promising cross country runner in his early teens and has show a return to that form in making the European XC

Name: Keith Gerrard  
DOB: 24 March 1986  
Club: Newham & Essex Beagles  
Coach: Nick Andersen  
• In 2008 he was 3rd in the Southern and 2nd in the British Universities CC before being the second finisher on Britain’s silver-medal winning men’s team at the World University Cross-country.

Name: Tom Russell  
DOB: 11 October 1986  
Club: Bristol & West AC  
Coach:  
• Competed at the European Under 23 Cross Country Champs in 2006

U23 WOMEN
Name: Hannah England  
DOB: 6 March 1987  
Club: Oxford City AC  
Coach:  
• Winner of 1500m at 2007 NCAAs.  
• Hannah is a top junior middle distance runner currently ranked third in the country for the 1500m.

Name: Susannah Hignett  
DOB: 26 February 1986  
Club: Blenheim/Moulton AC, Bath University AC  
Coach: Martin Rush  
• She is studying sport and exercise at the University of Bath.
• In 2007 she ran a 3800m pb of 9:17.7 at the Loughborough International and followed that with a 5000m best of 16:10.7 at Manchester  
• She then won the England U23 title and was 9th at the European U23s. She was Britain’s fourth finisher on the gold medal-winning team at the European U23 CC.

Name: Stacey Johnson  
DOB: 15 April 1987  
Club: Canncn & Stafford AC  
Coach:  
• Won the 1500m at the England Athletics under/23 Championships in the summer of 2008, an amazing improvement from 12th place the year before.

Name: Morag MacLarty  
DOB: 10 February 1986  
Club: Central AC  
Coach: Liz McColgan  
• Winner of 1500m at 2005 European Junior Championships  
• Recently finished ninth and seventh respectively at the Liverpool and Gateshead McCain Cross Challenge events  
• Her appeal for inclusion in the Commonwealth Games was successful so she took her part as the youngest member of the Scotland athletics team in Melbourne in March 2006, although a calf injury three months earlier held back her performance.

Name: Katherine Sparke  
DOB: 26 December 1987  
Club: Woodford Green & Essex Ladies  
Coach: Mick Woods  
• Thriving at longer distances, after placing 7th in the National Junior CC, she reduced her 3000m best from 9:52.62 to 9:30:35 in 2007 and ran 16:44:60 for 5th in the end-season Birmingham Grand Prix.
• She was Britain’s third finisher on the gold medal-winning team at the European U23 CC.
• She is studying psychology and nutrition at St. Mary’s College.

Name: Sarah Tunstall  
DOB: 19 April 1986  
Club: Kendal Amateur Athletic Club  
Coach:  
• In 2007 was 17th in World Mountain Trophy and went on to make GB & NI debut at Euro CC  
• She improved at 10km on the roads from 38:31 in 2006 to 36:47 in 2007, when she was 17th in the World Mountain Running Trophy, and she made her international cross-country debut at the Europeans  
• She was 7th in the National CC in 2008.

U23 MEN
Name: Phillip Berntsen  
DOB: 16 January 1990  
Club: Andover & District  
Coach: Nick Anderson  
• Fourth in Trials in Liverpool

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 blood 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.
• He is new studying at St Mary’s University College.
• Mitch shares the same birthday as England and Arsenal striker Theo Walcott.

Name: Nick Goddab  
DOB: 30 January 1990  
Club: Ealing, Southall and Middlesex AC  
Coach:  
• Currently 6th in U20 rankings for 3k.  
• Finished in second place at the Liverpool McCain Cross Challenge

Name: Chris O’Hare  
DOB: 23 November 1990  
Club: Edinburgh AC  
Coach:  
• Represented Scotland at the Commonwealth Youth Games in October 2008, finishing eighth in the 1500m

U20 WOMEN
Name: Laura Park  
DOB: 31 October 1991  
Club: Eilenborough  
Coach: Brian Taylor  
• Laura won an impressive seven national titles in 2007 including the English and British Fell Championships, and the English and British Schools Cross Country championships.
• 27th in junior women’s race last year’s Euro Cross at age of 16
• Improved further still that winter when finishing a remarkable 17th at 2008 World Cross
• Winner of 3000m at 2008 UK School Games

Name: Lauren Howarth  
DOB: 21 April 1990  
Club: Leigh Harriers & AC  
Coach:  
• Made her International debut in July this year at the World Junior Championships where she ran 9:16.92 over 3k to set a new pb.
• She in her first year studying Medicine at Birmingham University