8TH IAAF/EDF ENERGY WORLD HALF MARATHON CHAMPIONSHIPS

Birmingham, United Kingdom
11th October 2009

TEAM STAFF
Team Leader: Ian Stewart
Team Manager: Spencer Barden
Team Coach – Senior Men: John Nuttall
Team Coach – Senior Women: Liz McColgan
Physiotherapist: Duncan Mason
UKA Communications:
Katy Andersen (Team Press Officer)
Mobile: +44 777 352 9336
Email: katy.anderson@scottishathletics.org.uk

TEAM HOTEL
Crowne Plaza Birmingham City Centre
1 Holiday Street
Birmingham, B1 1HH
Tel: 00 44 (0)121 224 5000
Fax: 00 44 (0)121 642 9018
Email: enquiries@cpbhamcity.com
Website: www.crowneplazabirmingham.com

LOC OFFICE
House of Sport
300 Broad Street
Birmingham, B1 2DR
Tel: 00 44 (0)121 464 2012 /
00 44 (0)121 464 6035
Website: www.birminghamwhm2009.com

MEDIA CENTRE
The Birmingham Repertory Theatre Ltd.
Centenary Square (off Broad Street),
Birmingham B1 2EP
Directly adjacent to start/finish line, media
tribune and mixed zone
Opening times:
Friday 9 October: 09:00 – 17:00
Saturday 10 October: 09:00 – 21:00
Sunday 11 October: 07:30 – 15:30

SUB CENTRE
City Inn Birmingham
1 Brunswick Square
Brindleyplace, Birmingham B1 2HW
Opening times:
Thursday 8 October: 15:00 – 21:00
Friday 9 October: 09:00 – 21:00
Saturday 10 October: 09:00 – 21:00
Sunday 11 October: 06:30 – 08:30/14:30 – 20:30

TIMETABLE IAAF WORLD HALF MARATHON CHAMPIONSHIPS - VENUES

<table>
<thead>
<tr>
<th>TIME</th>
<th>SEX</th>
<th>EVENT</th>
<th>ROUND</th>
</tr>
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<tbody>
<tr>
<td>Sunday 11th October</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>07:00</td>
<td>W</td>
<td>Half Marathon</td>
<td>Final</td>
</tr>
<tr>
<td>07:30</td>
<td>M</td>
<td>Half Marathon</td>
<td>Final</td>
</tr>
</tbody>
</table>

AVIVA GREAT BRITAIN AND NORTHERN IRELAND TEAM

MEN
Andi Jones (Trafford)
Andrew Lemencello (Fife)
Mark Miles (Belgrave)
Gareth Raven [Sale Harriers]
Phil Wicks (Belgrave)

WOMEN
Alyson Dixon (Chester-le-Street)
Claire Hallissey (Bristol & West)
Gemma Miles [Kendal]
Paula Radcliffe [Bedford & County]
Rebecca Robinson [Kendal]

IAAF WORLD HALF MARATHON CHAMPIONSHIPS

GREAT BRITAIN AND NORTHERN IRELAND MEDAL RECORD (SINCE 1997)

<table>
<thead>
<tr>
<th>YEAR</th>
<th>VENUE</th>
<th>GOLD</th>
<th>SILVER</th>
<th>BRONZE</th>
<th>TOTAL</th>
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<tbody>
<tr>
<td>2008</td>
<td>Rio de Janeiro, Brazil</td>
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<tr>
<td>2007</td>
<td>Udine, Italy</td>
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<tr>
<td>2006</td>
<td>Debrecen, Hungary</td>
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<tr>
<td>2005</td>
<td>Edmonton, Canada</td>
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<tr>
<td>2004</td>
<td>New Delhi, India</td>
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<tr>
<td>2003</td>
<td>Vilamoura, Portugal</td>
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<td>1</td>
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<tr>
<td>2002</td>
<td>Brussels, Belgium</td>
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<tr>
<td>2001</td>
<td>Bristol, England</td>
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<tr>
<td>2000</td>
<td>Veracruz, Mexico</td>
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<tr>
<td>1999</td>
<td>Palermo, Italy</td>
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<tr>
<td>1998</td>
<td>Zurich, Switzerland</td>
<td>1</td>
<td>1</td>
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<td>3</td>
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<tr>
<td>1997</td>
<td>Kosice, Slovakia</td>
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</tbody>
</table>

HALF MARATHON – RECORDS

World Record

World Lead 2009
Female: 67:00 – Mary Jepkosgei Keitany [Ken] – Lille, France (5 September 2009)

Championship Record
Female: 67:00 – Mary Jepkosgei Keitany [Ken] – Lille, France (5 September 2009)

IAAF WORLD HALF MARATHON CHAMPIONSHIPS

GREAT BRITAIN AND NORTHERN IRELAND HIGHEST FINISHING POSITIONS (SINCE 2007)

<table>
<thead>
<tr>
<th>YEAR</th>
<th>VENUE</th>
<th>ATHLETE/POSITION</th>
</tr>
</thead>
<tbody>
<tr>
<td>2008</td>
<td>Rio de Janeiro, Brazil</td>
<td>Male – N/A Female: Wendy Nicholls – 40th</td>
</tr>
<tr>
<td>2007</td>
<td>Udine, Italy</td>
<td>Male – N/A Female: Michelle Ross-Cope – 40th</td>
</tr>
<tr>
<td>2006</td>
<td>Debrecen, Hungary</td>
<td>Male – N/A Female: Susan Partridge – 27th</td>
</tr>
</tbody>
</table>
Profiles for athletes not in the UKA Media Guide 2009

Name: Andi Jones
DOB: 12/10/78
Lives: Stalybridge
Club: Trafford
Coach: Bob Merrell
PB: 64:22
SB: 64:22
Andi Jones was the top British finisher at the Flora London Marathon in April 2009, clocking a UK lead time and personal best of 2:15:20. He has had an outstanding year to date, recording lifetime best performances, in addition to the marathon, 5000m (14:50.86), 10000m (33:09.6) and half marathon (65:05).

Name: Andrew Lemoncello
DOB: 12/10/82
Lives: Flagstaff, USA
Club: Fife AC
Coach: Greg McMillan
PB: 61:52 (downhill gradient)
SB: 61:52 (downhill gradient)
Andrew Lemoncello is training to step up to the full marathon distance – he intends to make his marathon debut early in 2010 - and selection for the IAAF World Half Marathon Championships – in 65:54. Although achieving the UKA ‘B’ standard for selection onto the Aviva Great Britain & Northern Ireland team for the IAAF World Athletics Championships (marathon), he ruled himself out of selection as he was due to get married at that time.

Name: Claire Hallissey
DOB: 17/03/83
Lives: Bristol & West
Club: Bristol & West
Coach: Keith Brickstone
PB: 72:03
SB: 72:03
Claire Hallissey was the outstanding winner of the IAAF World Half Marathon Championships trial race in Bristol in September (65:05).

Name: Mark Miles
DOB: 24/03/77
Lives: Birmingham
Club: Belgrave
Coach: Dave Cannon/Bud Baldaro
PB: 62:51
SB: 62:51
Birmingham-based Mark Miles finished third (second British athlete) in the Bristol Half Marathon – the trial race for the IAAF World Half Marathon Championships – in 65:54. He clocked a PB over the half marathon distance at the Wilmso Devil Half Marathon in March (64:11), his third consecutive victory in a positive start to 2009.

Mark will be joined by his wife Gemma in Birmingham, who is also on the Aviva GB & NI team. However, she’s recorded PBs over the 10k (33:10.73) and half marathon (66:12) in 2009. Any concerns she is now using, as with many other athletes, to step up to the full distance. He has had an outstanding year to date, recording lifetime best performances, in addition to the 10000m (29:23.24), 5M (16:16), 5k (16:24.27), 10k (33:38) in 2009 when winning the Lancaster 5k and Birchwood 10k respectively.

Name: Gareth Raven
DOB: 10/10/78
Lives: Paul Roden
Club: Sale Harriers
Coach: Bob Merrell
PB: 64:28
SB: 65:05
Gareth Raven was part of the Aviva GB & NI men’s team – was part of the Aviva GB & NI silver medal winning women’s team in June’s European Cup 10000m in Madeira, finishing 15th overall in 33:55.17.

Since then, she’s recorded PBs over 10M (54:55), when winning the Basingstoke Carnival 10 mile race. And also in August, when clocking 73:40 to go third in the World Half trial in Bristol.

Name: Gemma Miles
DOB: 28/10/82
Lives: Kendal
Club: Kendal
Coach: Norman Matthews
PB: 73:11
SB: 73:11
Gemma Miles – whose husband Mark will also race in Birmingham as part of the Aviva GB & NI men’s team – was part of the Aviva GB & NI silver medal winning women’s team in June’s European Cup 10000m in Madeira, finishing 15th overall in 33:55.17.

She has also recorded PBs over 5k (16:24.27), 10k (33:38) in 2009 when winning the Lancashire 5k and Birchwood 10k respectively.

Name: Phil Wicks
DOB: 14/03/84
Lives: Colham
Club: Belgrave
Coach: Matt Whiting
PB: 62:51
SB: 62:51
Phil Wicks has represented Aviva GB & NI teams in numerous track and cross country championships in recent years, picking up team bronze in the 2008 European Cross Country Championships in Brussels and finishing 20th in the marathon at the European Cup 10000m in Madeira earlier this year. He was part of the Aviva GB & NI silver medal winning women’s team in June’s European Cup 10000m in Madeira, finishing 15th overall in 33:55.17.

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