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AVIVA GREAT BRITAIN AND NORTHERN IRELAND TEAM MANAGEMENT

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Website: www.falesiahotel.com

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AVIVA GREAT BRITAIN AND NORTHERN IRELAND TEAM

SENIOR MEN
Mark Draper (Andy Hobdell) – Bedford & County;
Tom Humphries (Phil Champ) – Cannock & Staffs AC;
Ryan McLeod (John Nuttall) – Tipton Harriers;
Phil Nicholls (Bud Baldaro) – Tipton Harriers;
Frank Tickner (Clive Thomas) – Wells AC;
Andy Vernon (Nick Anderson) – Aldershot, Farnham & District

SENIOR WOMEN
Helen Clitheroe (John Nuttall) – Preston Harriers;
Louise Damen (self-coached) – Winchester & District;
Hatti Dean (Bud Baldaro) – Hallamshire Harriers;
Gemma Steel (Roy Stowell) – Charnwood AC;
Stephanie Twell (Mick Woods) – AFD;
Hayley Yelling-Higham (Conrad Milton) – Windsor, Slough, Eton & Hounslow

UNDER-23 MEN
Nick Goolab (Steve Sharp) – Belgrave Harriers;
Mitch Goose (Tim/Pauline Ash) – City of Norwich;
Ashley Harrell (Tim/Pauline Ash) – City of Norwich;
Derek Hawkins (Lawrie Spence) – Kilbarchan AC;
Ricky Stevenson (Steve Shaw) – New Marske Harriers;
James Wilkinson (Phil Townsend) – Leeds City AC

UNDER-23 WOMEN
Imogen Ainsworth (Keith Brackstone) – Bristol & West AC;
Elspeth Curran (Lawrie Spence) – Kilbarchan AC;
Natalie Gray (Bill Foster/Joe Franklin) – Medway & Maidstone;
Emma Pallant (Mick Woods) – AFD;
Emily Pidgeon (Andy Hobdell) – Stroud & District;
Sarah Waldron (Dave Sunderland) – Shaftesbury Barnet Harriers

JUNIOR MEN
Andy Combs (Mark Hookway/Mick Woods) – Tonbridge AC;
Ben Connor (Jelly Hall) – Derby AC;
Robbie Farnham-Rose (Mark Hookway) – Tonbridge AC;
Jonny Hay (Mick Woods) – AFD;
John McDonnell (John Stoker) – Luton AC;
Ryan Saunders (Mick Woods) – Bournemouth

JUNIOR WOMEN
Kate Avery (Bob Ashwood) – Shildon AC;
Emelia Gorceka (Mick Woods) – AFD;
Annabel Gummow (Chris Wooldridge) – Bristol & West;
Lily Partridge (Liz McColgan) – AFD;
Georgia Peel (Mick Woods) – AFD;
Charlotte Purdue (Mick Woods) – AFD

AVIVA GREAT BRITAIN AND NORTHERN IRELAND TEAM TIMETABLE

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<tr>
<th>TIME</th>
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Schedule in GMT time
COURSE MAP & PROFILE

EUROPEAN CROSS COUNTRY CHAMPIONSHIPS 2009: FINAL MEDAL TABLE

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PREVIOUS EUROPEAN CROSS COUNTRY CHAMPIONSHIPS TOP TEN PLACINGS 1994-2009

1994
Men team 4 GBR
Women team 9 GBR

1995
Men individual 3 Andrew Pearson
Men team 3 GBR
Men individual 4 Keith Cullen
Men individual 6 Jonathan Brown
Women team 7 GBR
Women individual 10 Elizabeth Talbot

1996
Men individual 1 Jonathan Brown
Women team 2 GBR
Men team 5 GBR
Women individual 8 Hayley Haining

1997
Junior Women team 3 GBR
Junior Men individual 5 Sam Haugham
Junior Men team 6 GBR
Men team 6 GBR
Women team 6 GBR

1998
Women individual 1 Paula Radcliffe
Junior Men team 2 GBR
Junior Men individual 4 Sam Haugham
Men team 4 GBR
Women team 5 GBR
Junior Men individual 9 Peter Riley
Men individual 10 Keith Cullen

1999
Junior Men team 1 GBR
Men team 1 GBR
Men individual 3 Jonathan Brown
Women individual 4 Liz Yelling
Women team 4 GBR
Junior Men individual 5 Muktar Farah
Mohamed
Junior Women team 7 GBR
Men individual 9 Karl Keska
Junior Men individual 10 Steven Vernon

2000
Junior Women team 1 GBR
Junior Men individual 2 Christopher Thompson
Junior Men team 2 GBR
Women team 2 GBR
Junior Women individual 5 Juliet Potter
Women individual 5 Kathy Butler
Men 6 GBR
Junior Men individual 7 Mohamed Farah

2001
Junior Men team 1 GBR
Junior Men individual 2 Mohamed Farah
Junior Women team 2 GBR
Women team 2 GBR
Junior Women individual 5 Charlotte Dale
Women individual 7 GBR
Junior Women individual 8 Liz Yelling

2002
Junior Women individual 1 Charlotte Dale
Junior Women team 1 GBR
Women team 3 GBR
Women team 3 GBR
Women individual 5 Hayley Tullett
Junior Men team 7 GBR
Junior Women individual 7 Freya Murray
Junior Women individual 8 Danielle Barnes

2003
Junior Women individual 1 GBR
Women individual 1 Paula Radcliffe
Women team 1 GBR
Junior Women individual 3 Charlotte Dale
Junior Men team 4 GBR
Junior Men individual 5 Fayre Fullerton
Women individual 5 Hayley Yelling
Men team 7 GBR
Junior Women individual 8 Elizabeth Yelling
Junior Women individual 9 Dani Barnes

2004
Women individual 1 Hayley Yelling
Junior Women team 2 GBR
Women team 2 GBR
Junior Men team 3 GBR
Men individual 3 Jo Pavey
Men individual 7 Karl Keska
Junior Men individual 8 Luke Gann
Junior Men individual 10 Adam Hickey
Junior Women individual 10 Claire Holme

2005
Junior Women team 1 GBR
Junior Men individual 2 Andy Vernon
Junior Men team 2 GBR
Junior Women individual 2 Emily Pidgeon
Women team 2 GBR
Junior Women individual 6 Morag Macalrty
Women individual 6 Hayley Yelling
Junior Women individual 7 Stephanie Twell
Men team 7 GBR
Junior Women individual 8 Liz Yelling

2006
Junior Women individual 1 Stephanie Twell
Junior Women individual 1 GBR
Women U23 team 1 Mo Farah
Women team 2 GBR
Junior Women individual 4 Emily Pidgeon
Men team 4 GBR
Women U23 individual 4 Aine Hoban
Junior Men team 5 GBR
Men U23 team 5 GBR
Junior Women individual 6 Sian Edwards
Women individual 6 Hayley Yelling
Women individual 8 Jo Pavey
Women U23 individual 8 Laura Kenney
Junior Women individual 10 Abby Westley

2007
Junior Women individual 1 Stephanie Twell
Junior Women team 1 GBR
Men U23 team 1 GBR
Women U23 team 1 GBR
Junior Men team 2 GBR
Women team 2 GBR
Junior Men individual 3 Charlotte Purdue
Men U23 individual 3 Andy Vernon
Junior Men individual 4 David Forrester
Junior Women individual 4 Charlotte Roach
Men team 4 GBR
Men U23 individual 5 Lee Carey
Women U23 individual 5 Felicity Milton
Junior Women individual 6 Emily Pidgeon
Women individual 6 Kate Reed
Junior Women individual 8 Joanne Harvey
Women U23 individual 8 Katrina Wootton
Women individual 9 Hayley Yelling
Women individual 10 Liz Yelling

2008
Men U20 Individual 5 David Forrester
Men U20 Team 3 GBR
Women U20 Individual 1 Stephanie Twell
Women U20 Individual 2 Charlotte Purdue
Women U20 Individual 3 Lauren Howarth
Women U20 Individual 4 Emily Pidgeon
Women U20 Individual 5 Emma Pallant
Women U20 Individual 6 Laura Park
Men U20 Team 1 GBR
Men U23 Individual 2 Andy Vernon
Men U23 Individual 4 Ben Lindsay
Men U23 Individual 6 John Beattie
Men U23 Individual 7 Keith Gerrard
Men U23 Team 1 GBR
Women U23 Individual 2 Sarah Turstall
Women U23 Individual 4 Morag Macalrty
Women U23 Individual 7 Kat Sparkes
Women U23 Team 1 GBR
Men Individual 2 Mo Farah
Men Individual 10 Frank Tickner
Men Team 2 GBR
Women Individual 8 Hatti Dean
Women Individual 9 Louise Damien
Women Team 2 GBR

2009
Men U20 Individual 2 Nick Goolab
Men U20 Team 3 James Wilkinson
Men U20 Team 1 GBR
Women U20 Individual 3 Kate Avery
Women U20 Individual 5 Lauren Howarth
Women U20 Individual 6 Mo Farah
Women U20 Team 2 GBR
Men U23 Individual 5 Mitch Goode
Men U23 Individual 8 Ricky Stevenson
Men U23 Individual 2 GBR
Women U23 Individual 3 Jess Sparkes
Women U23 Individual 4 Charlotte Browning
Women U23 Individual 5 Hollie Rowland
Women U23 Individual 10 Stevie Stockton
Women U23 Team 1 GBR
Men U20 Individual 2 Mo Farah
Men Team 2 GBR
Women Individual 1 Hayley Yelling-Higham
Women Individual 9 Freya Murray
Women Team 2 GBR

2008
Men U20 Individual 5 David Forrester
Men U20 Team 3 GBR
Women U20 Individual 1 Stephanie Twell
Women U20 Individual 2 Charlotte Purdue
Women U20 Individual 3 Lauren Howarth
Women U20 Individual 4 Emily Pidgeon
Women U20 Individual 5 Emma Pallant
Women U20 Individual 6 Laura Park
Men U20 Team 1 GBR
Men U23 Individual 2 Andy Vernon
Men U23 Individual 4 Ben Lindsay
Men U23 Individual 6 John Beattie
Men U23 Individual 7 Keith Gerrard
Men U23 Team 1 GBR
Women U23 Individual 2 Sarah Turstall
Women U23 Individual 4 Morag Macalrty
Women U23 Individual 7 Kat Sparkes
Women U23 Team 1 GBR
Men Individual 2 Mo Farah
Men Individual 10 Frank Tickner
Men Team 2 GBR
Women Individual 8 Hatti Dean
Women Individual 9 Louise Damien
Women Team 2 GBR

2009
Men U20 Individual 2 Nick Goolab
Men U20 Team 3 James Wilkinson
Men U20 Team 1 GBR
Women U20 Individual 3 Kate Avery
Women U20 Individual 5 Lauren Howarth
Women U20 Individual 6 Mo Farah
Women U20 Team 2 GBR
Men U23 Individual 5 Mitch Goode
Men U23 Individual 8 Ricky Stevenson
Men U23 Individual 2 GBR
Women U23 Individual 3 Jess Sparkes
Women U23 Individual 4 Charlotte Browning
Women U23 Individual 5 Hollie Rowland
Women U23 Individual 10 Stevie Stockton
Women U23 Team 1 GBR
Men U20 Individual 2 Mo Farah
Men Team 2 GBR
Women Individual 1 Hayley Yelling-Higham
Women Individual 9 Freya Murray
Women Team 2 GBR
Name: Mark Draper  
Club: Bedford & County  
Coach: Andy Hobdell  
Date of Birth: 28/06/1984  
Biog: Mark Draper has been in impressive form throughout 2010 and has recorded lifetime best performances over 1500m (3:41.03), mile (3:56.80)/4:10.61) and 5000m (13:43.75). He concluded his summer season with victory in the England Athletics Championships over 5000m. Although admitting cross country is not his favourite discipline, Draper clocked the fastest leg of the day at the English National Cross Country Relays in November and went on to finish a brilliant third in the McCain Liverpool Cross Challenge incorporating the European Cross Country Trials. His only major GB & NI international appearance so far is over 3000m in the 2009 European Indoor Championships.

Name: Tom Humphries  
Club: Cannock & Staffs.  
Coach: Phil Champ  
Date of Birth: 24/09/1984  
Biog: Having finished fourth in the European Cross Country Trials in Liverpool, Humphries has proved he’s in good shape after his 16th place finish in the 2007 European Cross Country Championships. He finished 63rd in the 2008 IAAF World Cross Country Championships and the European Cross Country Championships in Portugal will be his return to competitive international action. On the road he was the second fastest in the English National Road Relays in October.

Name: Ryan McLeod  
Club: Tipton Harriers  
Coach: John Nuttall  
Date of Birth: 02/02/1982  
Biog: Ryan McLeod returned from a UKA/London Marathon altitude training camp in Iten, Kenya prior to the McCain Liverpool Cross Challenge/European Trials and recorded his best ever placing in sixth; his previous highest position was 16th. As an under-23, McLeod finished 18th for the Aviva GB & NI team in the 2007 European Cross Country Championships in Toro, Spain. His progress throughout 2010 has been impressive with PB’s over 3000m (7:52.99), 5000m (13:54.43) and 5k (14:15). He clocked the fastest leg at the English National Road Relays in October. His dad is Mike McLeod, Olympic 10,000m silver medallist in Los Angeles 1984.

Name: Phil Nicholls  
Club: Tipton Harriers  
Coach: Bud Baldaro  
Date of Birth: 29/09/1983  
Biog: Phil Nicholls represented the Aviva GB & NI team in the IAAF World Cross Country Championships in Mombasa, Kenya in 2007 and Amman, Jordan in 2009 finishing in 74th and 86th respectively. In 2010 he has recorded PB’s over 10k (29:07) and half marathon (64:57) – the latter when finishing third in Birmingham in October. In May 2010 represented the Aviva GB & NI team in the European Cup 10,000m in Marseille, finishing 10th. He finished seventh in the McCain Liverpool Cross Challenge/European Trials.

Name: Frank Tickner  
Club: Wells AC  
Coach: Clive Thomas  
Date of Birth: 12/10/1983  
Biog: After year out due to injury, Frank Tickner’s fifth place finish in the McCain Liverpool Cross Challenge/European Trials was a welcome return to form and competitive action. Prior to Liverpool he clocked the second fastest lap at the English National Cross Country Relays in November. His highest place finish in the European Cross Country Championships to date was 10th in Brussels in 2008 and he went on to win the English National Cross Country Championships and second finish in the World Cross Trials, going on to finish 74th in the 2009 IAAF World Cross Country Championships.

Name: Andy Vernon  
Club: Aldershot, Farnham & District  
Coach: Nick Anderson  
Date of Birth: 07/01/1986  
Biog: Andy Vernon’s 12th place finish and team silver in 2009 European Cross Country Championships added to an individual silver and bronze and team gold medals in the two previous editions of the event. He finished runner up to European track double gold medallist Mo Farah in the McCain UK Cross Challenge Final in Birmingham in early 2010 and went on to finish 44th in the World Cross Country Championships in Poland. On the track Vernon recorded PB’s in USA over 5000m (13:28.60) and 10,000m (28:11:43) and in October – following a 64:43 half marathon PB in Bristol - he represented England at the Commonwealth Games in Delhi. Most recently he won the McCain Liverpool Cross Challenge/European Trials, his first major race of the winter.

Name: Helen Clitheroe  
Club: Preston Harriers  
Coach: John Nuttall  
Date of Birth: 02/01/1974  
Biog: Helen Clitheroe is a three-time European Cross Country Championships team silver medallist since 2004. A regular international representative, Declaring where she finished fourth in the 3000m SC – was her third Commonwealth Games. She recorded a British women’s 3000m SC record of 9:29.14 at the Beijing Olympic Games in 2008 and previously represented Team GB over 1500m in the Sydney Games. Clitheroe has recorded PB’s over one mile indoors (4:29.46), one mile outdoors (4:39) and 5k (15:41) in 2010 and in May 2009 made history in becoming the first 10k race winner for the Aviva GB & NI team at 15000m at the IAAF World Indoor Championships, finishing seventh. Following the Commonwealth Games in October she trained at the UKA/London Marathon altitude camp in Iten, Kenya and returned to finish fourth in the McCain Liverpool Cross Challenge/European Trials.

Name: Louise Damen  
Club: Winchester & District  
Coach: Self-coached  
Date of Birth: 12/10/1982  
Biog: Louise Damen finished ninth in the 2008 European Cross Country Championships, winning a team silver to go with the same medal she won in 2007, and after her victory in the McCain Liverpool Cross Challenge/European Cross Trials she will be hoping to go one better in 2010. The former European U23 bronze medallist at 10,000m has also competed in the 2004 IAAF World Cross Country Championships where she finished 22nd, picking up a team bronze. This year Damen recorded personal best times of 33:14 for 10K and 55:15 for 10 miles as well as finishing seventh in the BUPA Great North Run with 73:24.

Name: Hatti Dean  
Club: Hallamshire Harriers  
Coach: Bud Baldaro  
Date of Birth: 02/02/1982  
Biog: Hatti Dean finished second in the McCain Liverpool Cross Challenge/European Trials – her first serious outing on the country this season. She had a breakthrough track season in 2010, recording a new personal best time of 9:30.19 to finish fourth in the 3000m steeplechase at the European Championships in Barcelona. The Yorkshire athlete was the Aviva GB & NI team’s top finisher at the 2007 World Cross Country Championships and 2008 European Cross Country Championships and will be looking to better her individual position in the European Cross of eighth in 2008.

Name: Gemma Steel  
Club: Charnwood AC  
Coach: Roy Stowell  
Date of Birth: 12/11/1985  
Biog: Gemma Steel has rapidly improved over the last few years to become a major force on the domestic cross country scene, culminating with her third place finish in the McCain Liverpool Cross Challenge/European Trials. She knocked over a minute off her 10K personal best with 33:16 at the Cardiff 10K in September before leading Charnwood AC to victory in the English National Cross Country Relays. Steel’s outstanding form has seen her rewarded with an international vest for the first time.

Name: Hayley Yelling-Higham  
Club: Windsor, Slough, Eton & Hounslow  
Coach: Conrad Milton  
Date of Birth: 03/01/1974  
Biog: 2009 European Cross Country champion Yelling-Higham, having returned to competition following a brief flirtation with retirement in 2008, was the outstanding cross country performer of the year; a surprise comeback and dominant victory in the European Cross Country Trials preceded her exceptional European Cross win in Dublin. Yelling-Higham’s greatest moments have undoubtedly come in the European Cross Country Championships where she has won team medals and two individual titles going back to 1994. A disappointing fifth place finish by her standards in the IAAF Permit Meet in Antwerp.
(January 2010) was found to be the result of an insect bite-related infection which caused her to miss the World Cross Trials; she returned to action in Poland at the IAAF World Cross Country Championships and finished 63rd. She also represented the Aviva GB & NI team on the track at the European Cup 10,000m in Marseille, finishing 10th. Suffering with a cold, she finished seventh in the McCain Liverpool Cross Challenge/European Trials.

Name: Nick Goolab
Club: Belgrave Harriers
Coach: Steve Sharp

Date of Birth: 30/01/1990
Biog: Nick Goolab finished runner-up in last year’s European Cross Country Championships and was joined on the podium by James Wilkinson to spearhead an Aviva GB & NI junior men’s team gold medal winning performance. He opened his 2010 cross country season with silver, this time in the British Universities (BUCS) Cross Country Championships, before winning the English National Cross Country Championships and finishing 6th in the European Cross Country Championships. He placed 16th in the senior/under-23 McCain Liverpool Cross Challenge/European Trials - fifth under-23.

Name: Mitch Goose
Club: City of Norwich
Coach: Tim/Pauline Ash

Date of Birth: 16/03/1989
Biog: Mitch Goose has won European Cross Country Championships team medals for three successive years but not yet won gold. His best individual placing was fifth in Dublin in 2009. Following a disappointing performance in the NCAA Cross Country Championships where he finished 65th, he returned to the UK in a final attempt to win an automatic qualifying spot for selection onto the Aviva GB & NI team and it paid off as he finished third under-23 in the combined senior/under-23 Trial. He was a bronze medallist in the BUCS Cross Country Championships in February and went on to record PBs over 3000m (8:19.27) and 5000m (14:02.44) in the summer.

Name: Ashley Harrell
Club: City of Norwich
Coach: Tim/Pauline Ash

Date of Birth: 19/01/1989
Biog: Ashley Harrell was an under-23 team silver medallist at the European Cross Country Championships in Dublin in 2009 where he finished 29th overall. He failed to recreate that form in early 2010 when he finished 29th in the McCain UK Cross Challenge Final/World Cross Country Trials, but he went on to clock PB’s on the track throughout the summer over 800m (1:57.8), 1500m (3:49.82) and 5000m (14:27:33). He returned to cross country with the sixth fastest lap of the day in Mansfield at the English National Cross Country and dominated a local Hampshire League race before going on to finish sixth under-23 – 16th overall – in the European Cross Country Trial.

Name: Derek Hawkins
Club: Kilbarchan AAC
Coach: Lawrie Spence

Date of Birth: 29/04/1989
Biog: Scottish National Junior Cross Country champion in 2009, Derek Hawkins stepped up to the senior ranks and finished third in 2010. He finished 18th in the McCain UK Cross Challenge Final/World Cross Country Trials a month later and had an equally impressive summer with lifetime best performances over 1500m (3:52.69), 3000m (8:27.5), one mile (4:05) and 10k (30:35). He was 12th in Belgium’s Lotto Crosscup: his best outing was second in the McCain Liverpool Cross Challenge performance as fourth under-23. This will be his Aviva GB & NI team debut although his family’s strong running pedigree has seen his brother Callum earn a 1500m personal best of 3:40.2.

Name: Andy Combs
Club: Tonbridge AC
Coach: Mark Hookway/Mick Woods

Date of Birth: 06/11/1991
Biog: Andy Combs started 2010 on a positive note with a fifth place finish in the McCain Cardiff Cross Challenge before racing to victory in the Kent Cross Country Championships. He placed 16th in the English National Cross Country Championships but finished sixth in the UK Inter Counties/McCain UK Cross Challenge Final in Birmingham. On the roads, he recorded the second fastest lap at the English National Cross Country Championships in October before going on to finish sixth at the McCain Liverpool Cross Challenge/European Trials.

Name: Natalie Gray
Club: Medway & Maidstone
Coach: Bill Foster/Jo Franklin

Date of Birth: 17/02/1988
Biog: Natalie Gray finished 18th in the 2009 European Cross Country Championships and finished ninth in the English National Cross Country Championships in early 2010. She also finished inside the top ten with an eighth place finish at the World University Cross Country Championships in Canada. She went on to have a successful track season with PBs over 3000m (9:31.98), 5000m (16:18.17) and 10,000m (34:51.72). Based in the USA at New Mexico University, Gray finished fourth in her NCAA Regional Cross Country Championships before an impressive 15th place finish in the NCAA Cross Country Championships.

Name: Sarah Waldron
Club: Shaftesbury Barnet Harriers
Coach: Dave Sunderland

Date of Birth: 11/02/1988
Biog: Based at New Mexico University in the USA, Sarah Waldron finished 44th in the NCAA Cross Country Championships but returned to the UK for the McCain Liverpool Cross Challenge/European Trials where she finished fourth under-23 and 14th overall in the senior/under-23 combined race. Her track form was impressive throughout the summer and included lifetime best performances over 3000m (9:29.55) and 5000m (16:26.85) in July, the latter when she finished fourth in the English National Championships and Commonwealth Trials.

Name: Ricky Stevenson
Club: New Marske Harriers
Coach: Steve Shaw

Date of Birth: 14/11/1988
Biog: Ricky Stevenson will travel to Portugal looking to improve on his eighth place in last year’s European Cross in Dublin. He goes into the race in good form after finishing eighth overall and second U23 in the in the McCain Liverpool Cross Challenge/European Trials. Earlier this year he dipped under the eight minute barrier at 3000m for the first time, clocking 7:55.9 and he has a 1500m personal best of 3:40.2.

Name: James Wilkinson
Club: Leeds City
Coach: Phil Townsend

Date of Birth: 13/07/1990
Biog: Having opted to make his World Trials senior debut in Birmingham, European junior cross country bronze medallist James Wilkinson was rewarded with a place on the Aviva GB & NI team for this year’s World Cross. His selection was also testament to his consistent performances throughout the winter, including finishing runner-up-in the English National Cross Country Championships and his proven progress through the ranks. He made his Aviva GB & NI World Cross junior debut with an 85th place finish in the 2009 edition of the World Cross in Amman, Jordan.

Name: Imogen Ainsworth
Club: Bristol & West
Coach: Keith Brackstone

Date of Birth: 24/07/1988
Biog: Imogen Ainsworth finished 19th overall and fifth U23 in the McCain Liverpool Cross Challenge/European Trials. The Bristol University student has had a fine early winter with the 2010 European Cross being the rapidly improving athlete’s first international competition.

Name: Espeth Curran
Club: Kilbarchan AAC
Coach: Lawrie Spence

Date of Birth: 27/07/1989
Biog: Espeth Curran was 12th overall and third U23 in the McCain Liverpool Cross Challenge/European Trials. This came just one week after winning the Scottish Universities Championships in Stirling. She recorded personal bests across the board on the track in 2010, posting times of 4:27.99 for 1500m, 9:34.13 for 3000m and 16:41.66 for 5000m.
Name: Ben Connor
Club: Derby AC
Coach: Jerry Hall
Date of Birth: 17/10/1992
Biog: Ben Connor comes into the Aviva GB & NI team for the European Cross after finishing third in the McCain Liverpool Cross Challenge/European Trials. He finished third in the English Schools’ Cross Country Championships in Manchester earlier this year and followed this with big personal bests on the track with 3:57.44 for 1500m and 8:23.97 for 3000m in his first track season in the junior men’s age group.

Name: Robbie Farnham-Rose
Club: Tonbridge AC
Coach: Mark Hookway
Date of Birth: 05/01/1994
Biog: At only 16 years-old Robbie Farnham-Rose is the youngest athlete on the Aviva GB & NI team for this year’s European Cross Country Championships. He finished third in the English National Cross Country Championships in February and has had a successful track season with victories in the Aviva English Schools’ Cross Challenge – where he recorded a 3000m PB of 8:26.33 – and Aviva Schools International over 3000m. He also took the UK School Games title over the same distance. Farnham-Rose clocked the quickest time of the day (under-17) at the English National Cross Country Relays three weeks earlier it was a confident performance, well delivered. On the track McDonnell finished fifth in the Aviva England Under-20 Championships and went on to win the Aviva English Schools 1500m title and clocked PBs over 1500m (3:46.61), 3000m (8:16.02) and 5000m (14:35.43).

Name: Jonny Hay
Club: AFD
Coach: Mick Woods
Date of Birth: 12/02/1992
Biog: Jonny Hay finished second in McCain Liverpool Cross Challenge/European Trials and will travel to Portugal targeting an individual medal and to match his team gold winning performance 12 months ago. He finished 23rd in Dublin in 2009 and returned to the podium with a third place finish in the McCain Cardiff Cross Challenge before an international victory in the LXVII Cross International Juan Muguerza in Spain. He earned selection onto the Aviva GB & NI team for the IAAF World Cross Country Championships in Poland and finished 62nd - a huge improvement on his 90th place finish in Jordan a year before. The track highlights for Hay in 2010 was undoubtedly his impressive 14:02.29 for 5000m to make him top ranked UK junior for the year, while he also clocked PB’s over 400m (50.8), 800m (1:51.12), 1500m (3:46.02), 3000m (8:08.84), 10k (31:25) and half marathon (69:51).

Name: John McDonnell
Club: Luton AC
Coach: John Stoker
Date of Birth: 22/11/1991
Biog: John McDonnell’s victory in the McCain Liverpool Cross Challenge/European Cross Country Trials was unexpected for some, but having raced to the fastest time at the English National Cross Country Relays three weeks earlier it was a confident performance, well delivered. On the track McDonnell finished fifth in the Aviva England Under-20 Championships and went on to win the Aviva English Schools 1500m title and clocked PBs over 1500m (3:46.61), 3000m (8:16.02) and 5000m (14:35.43).

Name: Ryan Saunders
Club: Bournemouth
Coach: Mick Woods
Date of Birth: 29/07/1991
Biog: Ryan Saunders has clocked lifetime best performances over 400m (51.17), 800m (1:50.48), 1500m (3:46.56) and 3000m (8:34.34) and 5k (15:28) in 2010 and finished runner up in the Aviva England Under-20 Championships 1500m in the summer. His impressive fourth place finish in the 2010 McCain Liverpool Cross Challenge/European Cross Country Trials was a significant improvement on his junior debut in 2009 when he finished 20th.

Name: Kate Avery
Club: Shildon AC
Coach: Bob Ashwood
Date of Birth: 10/10/1991
Biog: Kate Avery won a brilliant bronze medal in the 2009 European Cross Country Championships in Dublin to conclude an exceptional year in which she also won European silver over 3000m on the track. She was the first British junior home in 20th in the IAAF World Cross Country Championships in March of this year and went onto represent the Aviva GB & NI team over 5000m in the IAAF World Junior Championships in Canada where she finished 11th. On her return from a UKA/London Marathon altitude training camp in Iten, Kenya in November, she finished third in the McCain Liverpool Cross Challenge/European Trials and gained automatic selection onto the Aviva GB & NI team for this year’s event.

Name: Emelia Gorecka
Club: AFD
Coach: Mick Woods
Date of Birth: 29/01/1994
Biog: Emelia Gorecka finished second in the junior women’s European Cross Country Trials event at the McCain Liverpool Cross Challenge to gain automatic selection onto the Aviva GB & NI team. It was a welcome result following her victory in 2009, which although an exceptional performance, didn’t allow her to be selected for the showpiece event because she was too young. She made up for it by winning gold over 3000m in the ISF World School Games in Doha to conclude a brilliant year. In 2010 Gorecka secured back to back victories through to March – including wins in the English National and McCain UK Challenge Final/World Cross Country Trials – and won selection for the IAAF World Cross Country Championships where she finished 20th. She won the Aviva England Under-20 Championships 3000m title and went on to finish 11th over the distance at the IAAF World Junior Championships in Canada. Over the course of 2010 she’s clocked new PBs over 1500m (4:16.79), 3000m (9:13.93), 5000m (15:56.87) and 5k (16:48).

Name: Lily Partridge
Club: AFD
Coach: Liz McColgan
Date of Birth: 09/03/1991
Biog: Lily Partridge has twice raced for the Aviva GB & NI team in the IAAF World Cross Country Championships, with her best position being 31st in Amman, Jordan, in 2009. She finished fourth in the McCain Liverpool Cross Challenge/European Trials and has track personal bests of 4:29.69 for 1500m and 9:34.17 for 3000m with PBs also recorded for 5000m (16:24.50) and 10k (35:16) in 2010.

Name: Georgia Peel
Club: AFD
Coach: Mick Woods
Date of Birth: 26/05/1994
Biog: Georgia Peel trains with the strong Mick Woods-coached group in Aldershot. She concluded a successful 2009 – which also included victories in the Aviva English Schools Championships 1500m and UK School Games 1500m – with an outstanding victory over 1000m in the ISF World School Games in Doha, Qatar. Her performances have been even more impressive in 2010 as she took bronze on the international stage in the Youth Olympic Games European Trials 1000m in Moscow and finished sixth in the Youth Olympic Games in Singapore. Domestic highlights included victory in the Aviva English Schools Championships over 800m and a second place finish in the Aviva England Under-20 Championships over 1500m. She clocked the third fastest lap at the European Cross Country Relays in Mansfield and went on to finish fifth in the McCain Liverpool Cross Challenge/European Trials.