



## MEDIAGUIDE2011

### SPAR EUROPEAN CROSS COUNTRY CHAMPIONSHIPS VELENJE, SLOVENIA SUNDAY 11 DECEMBER 2011



# CONTENTS

Aviva Great Britain and Northern Ireland Team Management: .....	3
Aviva GB & NI Team: .....	4
Event Timetable: .....	5
Previous Editions - Venues: .....	6
2010 Medal Table: .....	7
Previous Performances: .....	8-9
Aviva GB & NI Team Profiles: .....	10-21
Course Map and Elevation: .....	22

# AVIVA GB & NI TEAM MANAGEMENT

## **Team Leaders**

Spencer Barden  
Ian Stewart

## **Physiotherapists**

Mark Buckingham  
Alison Rose

## **Team Managers**

Bob Ashwood (Senior Men)  
Mick Woods (U23 Men)  
Rob Denmark (Junior Men)

## **Team Doctor**

John Rogers

Wendy Sly (Senior Women)  
Jackie Newton (U23 Women)  
Hayley Yelling-Higham  
(Junior Women)

## **Media Contact Details**

Katy Anderson  
E-mail: kanderson@uka.org.uk  
Mobile: +44 (0) 7701 099 763

Claire Boden  
E-mail: cboden@uka.org.uk  
Mobile UK +44 (0) 7920 078543

# AVIVA GB & NI TEAM

## SENIOR MEN

Andy Baddeley  
Mark Draper  
Ryan McLeod  
Frank Tickner  
Andy Vernon  
James Walsh

## UNDER-23 MEN

Phillip Berntsen  
Matthew Gillespie  
Mitch Goose  
Matthew Graham  
Derek Hawkins  
James Wilkinson

## JUNIOR MEN

Kieran Clements  
Niall Fleming  
Richard Goodman  
Jack Goodwin  
Jonny Hay  
Mark Shaw

## SENIOR WOMEN

Elle Baker  
Julia Bleasdale  
Hatti Dean  
Freya Murray  
Gemma Steel  
Emily Wicks

## UNDER-23 WOMEN

Lauren Howarth  
Emma Pallant  
Lily Partridge  
Naomi Taschimowitz  
Stephanie Twell  
Hannah Walker

## JUNIOR WOMEN

Beth Carter  
Emelia Gorecka  
Annabel Gummow  
Katie Holt  
Gemma Kersey  
Laura Muir














# TIMETABLE

TIME	EVENT	GROUP
10:30	Opening Ceremony	
<b>10:45</b>	<b>Junior Women – 3.970m</b>	<b>JW</b>
11:07	Junior Women Victory Ceremony - Individual	JW
11:14	Junior Women Victory Ceremony - Team	JW
<b>11:24</b>	<b>Junior Men – 6.070m</b>	<b>JM</b>
11:50	Junior Men Victory Ceremony - Individual	JM
11:57	Junior Men Victory Ceremony - Team	JM
<b>12:07</b>	<b>U23 Women – 6.070m</b>	<b>U23W</b>
12:35	U23 Women Victory Ceremony - Individual	U23W
12:42	U23 Women Victory Ceremony - Team	U23W
<b>12:52</b>	<b>U23 Men – 8.170m</b>	<b>U23M</b>
13:24	U23 Women Victory Ceremony - Individual	U23M
13:31	U23 Women Victory Ceremony - Team	U23M
<b>13:41</b>	<b>Senior Women – 8.170m</b>	<b>SW</b>
14:16	Senior Women Victory Ceremony - Individual	SW
14:23	Senior Women Victory Ceremony - Team	SW
<b>14:33</b>	<b>Senior Men – 9.870m</b>	<b>SM</b>
15:09	Senior Men Victory Ceremony - Individual	SM
15:16	Senior Men Victory Ceremony - Team	SM
<b>15:23</b>	<b>Closing Ceremony - Flag Handover</b>	

# EUROPEAN CROSS COUNTRY CHAMPIONSHIPS – PREVIOUS EDITIONS

YEAR		NATION	CITY
1994		United Kingdom	Alnwick
1995		United Kingdom	Alnwick
1996		Belgium	Charleroi
1997		Portugal	Oerias
1998		Italy	Ferrara
1999		Slovenia	Velenje
2000		Sweden	Malmö
2001		Switzerland	Thun
2002		Croatia	Medulin
2003		United Kingdom	Edinburgh
2004		Germany	Heringsdorf
2005		Netherlands	Tilburg
2006		Italy	San Giorgio su Legnano
2007		Spain	Toro
2008		Belgium	Brussels
2009		Ireland	Dublin
2010		Portugal	Albufeira

# 2010 MEDAL TOTALS

RANK		NATION	GOLD	SILVER	BRONZE	TOTAL
1		United Kingdom	4	1	2	7
22		Portugal	2	2	3	7
3		France	2	2	0	4
4		Spain	1	2	3	6
5		Turkey	1	1	0	2
6		Ukraine	1	0	1	2
7		Ireland	1	0	0	1
8		Serbia	0	2	0	2
9		Russia	0	1	2	3
10		Germany	0	1	0	1
11		Romania	0	0	1	1
<b>TOTAL</b>			<b>12</b>	<b>12</b>	<b>12</b>	<b>36</b>

Note: Totals include both individual and team medals, with medals in the Team competition counting as one medal.

# PREVIOUS EUROPEAN CROSS COUNTRY CHA

<b>2000</b>			
Junior Men	Individual	2	Chris Thompson
	Individual	7	Mo Farah
	Team	2	GBR
Junior Women	Individual	5	Juliet Potter
	Individual	7	Jane Potter
	Individual	9	Collette Fagan
	Team	1	GBR
Men	Team	6	GBR
Women	Individual	5	Kathy Butler
	Individual	8	Liz Yelling
	Team	2	GBR
<b>2001</b>			
Junior Men	Individual	2	Mo Farah
	Individual	6	Adam Bowden
	Team	1	GBR
Junior Women	Individual	5	Charlotte Dale
	Team	2	GBR
Men	Individual	6	Sam Haughian
	Team	5	GBR
Women	Individual	5	Liz Yelling
	Individual	8	Hayley Yelling
	Team	2	GBR
<b>2002</b>			
Junior Men	Team	7	GBR
Junior Women	Individual	1	Charlotte Dale
	Individual	7	Freya Murray
	Individual	8	Dani Barnes
	Team	1	GBR
Men	Team	4	GBR
Women	Individual	5	Hayley Tullett
	Team	3	GBR
<b>2003</b>			
Junior Men	Team	4	GBR
Junior Women	Individual	3	Charlotte Dale
	Individual	5	Faye Fullerton
	Individual	9	Dani Barnes
	Team	1	GBR
	Team	7	GBR
Men	Team	7	GBR
Women	Individual	1	Paula Radcliffe
	Individual	5	Hayley Yelling
	Individual	8	Liz Yelling
	Team	1	GBR

<b>2004</b>			
Junior Men	Individual	8	Luke Gunn
	Individual	10	Adam Hickey
	Team	3	GBR
Junior Women	Individual	10	Claire Holme
	Team	2	GBR
Men	Team	3	GBR
Women	Individual	7	Karl Keska
	Individual	1	Hayley Yelling
	Individual	3	Jo Pavey
	Team	2	GBR
<b>2005</b>			
Junior Men	Individual	2	Andy Vernon
	Team	2	GBR
Junior Women	Individual	2	Emily Pidgeon
	Individual	6	Morag MacLarty
	Individual	7	Stephanie Twell
	Team	1	GBR
Men	Team	7	GBR
Women	Individual	6	Hayley Yelling
	Individual	8	Liz Yelling
	Team	2	GBR
<b>2006</b>			
Junior Men	Team	5	GBR
Junior Women	Individual	1	Stephanie Twell
	Individual	4	Emily Pidgeon
	Individual	6	Sian Edwards
	Individual	10	Abby Westley
	Team	1	GBR
Men U23	Team	5	GBR
Women U23	Individual	4	Aine Hoban
	Individual	8	Laura Kenney
	Team	1	GBR
Men	Individual	1	Mo Farah
	Team	4	GBR
Women	Individual	6	Hayley Yelling
	Individual	8	Jo Pavey
	Team	2	GBR

# CHAMPIONSHIPS TOP TEN PLACINGS 2000-2010

<b>2007</b>				<b>2009</b>			
Junior Men	Individual	4	David Forrester	Junior Men	Individual	2	Nick Goolab
	Individual	5	Lee Carey		Individual	3	James Wilkinson
	Team	2	GBR		Team	1	GB & NI
Junior Women	Individual	1	Stephanie Twell	Junior Women	Individual	3	Kate Avery
	Individual	3	Charlotte Purdue		Individual	6	Lauren Howarth
	Individual	4	Charlotte Roach		Team	2	GB & NI
	Individual	6	Emily Pidgeon	U23 Men	Individual	5	Mitch Goose
	Individual	8	Joanne Harvey		Individual	8	Ricky Stevenson
Men U23	Team	1	GBR		Team	2	GB & NI
	Individual	3	Andy Vernon	U23 Women	Individual	3	Jess Sparke
	Team	1	GBR		Individual	4	Charlotte Browning
Women U23	Individual	5	Felicity Milton		Individual	5	Hollie Rowland
	Individual	8	Katrina Wootton		Individual	10	Stevie Stockton
	Team	1	GBR		Team	1	GB & NI
Men Women	Team	4	GBR	Senior Men	Individual	2	Mo Farah
	Individual	6	Kate Reed		Team	2	GB & NI
	Individual	9	Hayley Yelling		Individual	1	Hayley Yelling-Higham
	Individual	10	Liz Yelling	Senior Women	Individual	9	Freya Murray
	Team	2	GBR		Team	2	GB & NI
<b>2008</b>				<b>2010</b>			
Junior Men	Individual	5	David Forrester	Junior Men	Individual	10	Ryan Saunders
	Team	3	GB & NI		Team	1	GB & NI
	Individual	1	Stephanie Twell	Junior Women	Individual	1	Charlotte Purdue
Junior Women	Individual	2	Charlotte Purdue		Individual	3	Emelia Gorecka
	Individual	3	Lauren Howarth		Individual	9	Lily Partridge
	Individual	4	Emily Pidgeon		Individual	10	Annabel Gummow
	Individual	5	Emma Pallant		Team	1	GB & NI
U23 Men	Individual	6	Laura Park	U23 Men	Individual	9	Ricky Stevenson
	Team	1	GB & NI		Team	4	GB & NI
	Individual	2	Andy Vernon	U23 Women	Individual	3	Emma Pallant
	Individual	4	Ben Lindsay		Individual	7	Natalie Gray
	Individual	6	John Beattie		Team	1	GB & NI
U23 Women	Individual	7	Keith Gerrard	Senior Men	Team	5	GB & NI
	Team	1	GB & NI		Individual	7	Hatti Dean
	Individual	2	Sarah Tunstall		Team	2	GB & NI
	Individual	4	Morag MacLarty				
	Individual	7	Kat Sparke				
Senior Men	Team	1	GB & NI				
	Individual	2	Mo Farah				
	Individual	10	Frank Tickner				
Senior Women	Team	3	GB & NI				
	Individual	8	Hatti Dean				
	Individual	9	Louise Damen				
	Team	2	GB & NI				

# AVIVA GB & NI TEAM PROFILES

## SENIOR MEN

Name: Andy Baddeley

Club: Harrow

Coach: Andy Hobbell

Date of Birth: 20/06/1982

Biog: Andy Baddeley is best known for his feats on the track and he established himself as the UK's top metric miler in 2006. Major Championship track highlights include making finals at the Beijing Olympics (2008), World Championships in Osaka (2007) and European Championships in Sweden (2006). He last competed in the European Cross Country Championships in Toro, Spain in 2007 where he finished top Brit in 11th. A fourth place finish at the McCain Liverpool Cross Challenge/ European Cross Trials earned the 29-year-old a place in the Aviva GB & NI team for this year's event in Slovenia. Other highlights for the Wirral-born athlete in 2011 include finishing fourth over 3000m at the European Indoor Championships and retaining his title at the Boston Invitation Mile event.

Name: Mark Draper

Club: Bedford & County

Coach: Andy Hobbell

Date of Birth: 28/06/1984

Biog: Mark Draper has continued his impressive 2010 form into 2011. He finished in a respectable 37th position at the European Cross Country Championships in Albufeira, Portugal, 12 months ago - fourth scoring athlete in the Aviva GB & NI team - and retains his place for the second successive season following an excellent performance at the McCain Liverpool Cross Challenge where he was a close second to Andy Vernon. The 27-year-old, who has recently been training at the UKA/London Marathon altitude camp in Kenya, has clocked PBs over 5000m (13:34.63) and 3000mSC (8:42.89) in 2011, the latter when finishing third at the Aviva World Trials and UK Championships.

Name: Ryan McLeod

Club: Tipton Harriers

Coach: John Nuttall

Date of Birth: 07/06/1985

Biog: Ryan McLeod returned from the 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 third - three places higher than in 2010. He had a positive start to 2011 with an 11th place finish (third Brit) in the International Team Challenge at the BUPA Great Edinburgh Cross Country in January. He was fourth in the McCain UK Cross Challenge Final/World Cross Trials and finished 83rd at the IAAF World Cross Country Championships in Punta Umbria, Spain. He was denied a podium finish in the UK Championships over 5000m, agonisingly finishing in fourth place, but clocked a number of PBs over the summer, most notably reducing his 5000m best by 13 seconds to 13:41.35. His dad is Mike McLeod, Olympic 10,000m silver medallist in Los Angeles 1984.

Name: Frank Tickner

Club: Wells AC

Coach: Self

Date of Birth: 12/10/1983

Biog: After another injury interrupted year, Frank Tickner returned to competitive action with victory in the McCain Bristol Cross Challenge. Undoubtedly a cross country specialist, his best ever international performance came with a tenth place finish in the European Cross Country Championships in Brussels in 2008 when the Aviva GB & NI men won team bronze. His sixth place finish at the McCain Liverpool Cross Challenge/ European Cross Trials sealed a deserved place on the British team for the second successive year and an opportunity to improve on his 48th place finish 12 months ago.

# AVIVA GB & NI TEAM PROFILES

## SENIOR MEN

Name: Andy Vernon

Club: Aldershot, Farnham & District

Coach: Nic Bideau

Date of Birth: 07/01/1986

Biog: Andy Vernon enters this year's European Cross Country Championships in scintillating form after he won the McCain Liverpool Cross Challenge/European Cross Trials for the second successive year. After pulling out of last year's European Cross due to stomach cramps, he has realistic aspirations of a top ten finish in Slovenia. Twice a European under-23 cross country medallist, finishing third in 2007 and second in 2008, he finished 12th when stepping up to the senior category in Dublin 2009 and built on that with a credible 44th place finish in the IAAF World Cross Country Championships in Poland (2010). He was 58th at the 2011 World Cross, clocked a 5000m PB of 13:27.85 this summer and will be buoyed by his late summer victory over the same distance at the World University Games in China.

Name: James Walsh

Club: Leeds City

Coach: Mike Baxter

Date of Birth: 22/09/1981

Biog: James Walsh will make his European Cross Country debut in Slovenia but has previously finished 126th (Edinburgh 2008) and 77th (Punta Umbria, Spain 2011) in the IAAF World Cross Country Championships. A fifth place finish at this year's McCain Liverpool Cross Challenge/European Cross Trials signalled a rapid improvement from last year's event when he was 18th, while throughout the year he has achieved PBs at almost every distance including 5000m (13:39.23) - a distance in which he was crowned English Champion - and 10,000m (28:37.30) when finishing sixth in the Aviva World Trials and UK Championships.

# AVIVA GB & NI TEAM PROFILES

## SENIOR WOMEN

Name: Elle Baker

Club: Stockport

Coach: David Turnbull

Date of Birth: 11/12/1983

Biog: Elle Baker will return to international duty at this year's European Cross Country Championships for the first time since she placed 60th in the IAAF World Cross Country Championships in Kenya in 2007. A seventh place finish, fifth senior, at the McCain Liverpool Cross Challenge/European Cross Trials earned her a place on the senior team and she comes into the Championships in good form after posting a quick time at the National Cross Country Relays. The European Cross event shares the same date as her birthday.

Name: Julia Bleasdale

Club: Hillingdon

Coach: Self

Date of Birth: 09/09/1981

Biog: 2011 has been a good year for Julia Bleasdale. The European Cross Country Championships will be the second time in less than 12 months she will have pulled on an international vest courtesy of her sixth place finish in the McCain Liverpool Cross Challenge (fourth senior). A 59th placed finish at the IAAF World Cross Country Championships in March was a commendable performance on her senior debut in that event and in July, she became the UK national champion over 5000m at the Aviva World Trials and UK Championships. Throughout the summer she recorded lifetime bests over 1500m (4:19.68), 3000m (9:09.1) and 5000m (15:44.00).

Name: Hatti Dean

Club: Hallamshire

Coach: Bud Baldaro

Date of Birth: 02/02/1982

Biog: Hatti Dean returned from the UKA/London Marathon altitude camp in Kenya to win an exciting McCain Liverpool Cross Challenge/European Cross Trial race ahead of the in-form Gemma Steel. Her international cross country record speaks for itself. She was 21st (second Brit) at the 2011 IAAF World Cross Country in Spain and was the first Aviva GB & NI athlete home at the 2010 SPAR European Cross Country Championships in seventh, leading the team to the overall silver medal. The Yorkshire athlete was previously the top Aviva GB & NI team finisher at the 2007 World Cross Country Championships in Kenya finishing 15th. On the track she's also excelled, narrowly missing out on a medal in the 2010 European Championships 3000mSC in fourth.

Name: Freya Murray

Club: Chester-Le-Street

Coach: Steve Jones

Date of Birth: 20/09/1983

Biog: Freya Murray has been unlucky with injuries over the past few years but the Scottish athlete appears to have put those woes behind her in the last few months. In her first race back since winning the Scottish National Cross Country title in February, she clocked a half marathon PB of 72:44 in the Great North Run in October. In her first cross country race of the 2011/2012 season, she earned a deserved spot on the podium after pipping under-23 Hannah Walker on the line to finish third in the McCain Liverpool Cross Challenge/European Cross Trials. The north-east of England based athlete was an impressive seventh place in the 2009 European Cross Country Championships in Dublin where the Aviva GB & NI women won team silver. She competed for Scotland in the 2010 Commonwealth Games over 5000m and 10,000m, finishing fifth and seventh respectively.



# AVIVA GB & NI TEAM PROFILES

## SENIOR WOMEN

Name: Gemma Steel

Club: Charnwood AC

Coach: John Nuttall

Date of Birth: 12/11/1985

Biog: Having rapidly improved over the last few years to become a major force on the domestic cross country scene, Gemma Steel brought her 2010 to a close with a 27th place for the silver medal winning senior women's team at the SPAR European Cross Country Championships on her Aviva GB & NI international debut. She has once again brought consistency to the table in 2011 with impressive performances in the McCain Cross Challenge Series – first place in Bristol followed up by a runners-up spot in Liverpool – in addition to taking the runbritain Grand Prix title on the roads. Earlier this year she made her debut at the IAAF World Cross Country Championship in which she achieved 54th position.

Name: Emily Wicks

Club: Aldershot, Farnham & District

Coach: Keith Donkin

Date of Birth: 27/01/1985

Biog: Emily Wicks will make her Aviva GB & NI debut at the 2011 European Championships. Her inclusion on the team is reward for her improving performances over the past 12 months. She finished in 10th place at the recent McCain Liverpool Cross Challenge – a significant improvement from 31st the previous two years. She is married to fellow cross country athlete Phil Wicks.

# AVIVA GB & NI TEAM PROFILES

## UNDER-23 MEN

Name: Phillip Berntsen

Club: Winchester

Coach: Keith Anderson

Date of Birth: 18/01/1990

Biog: Phillip Berntsen was 18th at the European (junior) Cross Country Championships in 2008 in Brussels where the Aviva GB & NI junior men won team bronze. He recorded solid and consistent performances throughout 2009 but was less prominent in 2010 before returning in style with multiple PBs in 2011 and most recently a 15th place finish overall – third under-23 – in the McCain Liverpool Cross Challenge/European Cross Trials.

Name: Matthew Gillespie

Club: Shettleston

Coach: Amanda Gillespie

Date of Birth: 04/11/1990

Biog: A member of the Aviva GB & NI junior men's team that won gold in the European Cross Country Championships in Dublin 2009, Matthew Gillespie finished in 14th place and was the fourth scoring athlete. The 21-year-old has won various notable titles this year including the Home Countries Cross Country International for the second year in succession and the Scottish National 4k Championships. He cemented his place on the 2011 Aviva GB & NI under-23 team with a strong run fifth place run at the McCain Liverpool Cross Challenge, finishing 20th overall in the senior race.

Name: Mitch Goose

Club: City of Norwich

Coach: Tim/Pauline Ash

Date of Birth: 16/03/1989

Biog: UK-based NCAA athlete Mitch Goose recently returned to the UK to compete in the European Cross Country Trial and his journey across the pond was a worthwhile one. Goose was the first under-23 athlete across the finish line in Liverpool and an impressive 12th overall in the senior race. He has won multiple European Cross Country Championships team medals for the Aviva GB & NI team but not yet won gold. His best individual placing was fifth in Dublin in 2009 when the team took silver. In last year's event, for which he also returned from the USA to the UK for the Trial, he finished third Brit in 22nd overall.

Name: Matthew Graham

Club: Kirkintilloch

Coach: Andrew Craycraft

Date of Birth: 02/02/1991

Biog: Scotland's Matthew Graham has spent the last three years competing for DePaul University on the NCAA circuit in the USA. During spells back to the UK, he became the Aviva England Under-20 3000mSC champion in 2010 and went onto compete at the IAAF World Junior Championships in Canada in the same year. The McCain Liverpool Cross Challenge/European Cross Trials was his first race back in the UK this year and his fifth place finish in the under-23 category earned him a place on the plane to Slovenia.

# AVIVA GB & NI TEAM PROFILES

## UNDER-23 MEN

Name: Derek Hawkins

Club: Kilbarchan AAC

Coach: Lawrie Spence

Date of Birth: 29/04/1989

Biog: Derek Hawkins, the 2011 Scottish National Cross Country champion, made a breakthrough in 2010 when he recorded lifetime best performances over 1500m (3:52.69), 3000m (8:27.5), one mile (4:05) and 10k (30.35). His year concluded with selection onto the Aviva GB & NI under-23 team – his international debut – for the SPAR European Cross Country Championships in Portugal where he finished 48th. His progression has continued into 2011; he was the first Aviva GB & NI under-23 athlete home in the International Team Challenge at the BUPA Great Edinburgh Cross Country and was selected for the Aviva GB & NI senior team for the IAAF World Championships in Spain, where he finished 91st. He was 14th overall and second under-23 in the McCain Liverpool Cross Challenge/European Cross Trials to make the team.

Name: James Wilkinson

Club: Leeds City

Coach: Phil Townsend

Date of Birth: 13/07/1990

Biog: James Wilkinson was the European junior cross country bronze medallist in Dublin 2009 as part of a gold medal winning junior men's team. He was 107th in the 2010 IAAF World Cross Country Championships in Poland and will be keen to banish the memories of last year's European Cross event when he had to pull out through injury. Highlights to date in 2011 include a new lifetime best in the 3000mSC of 8:36.50, and while he won the Aviva England under-23 3000mSC title, he was unfortunate to miss out on selection for the European Under-23 Championships. He did however finish second in the Aviva World Trials and UK Championships later in the summer. On his return from the UKA/London Marathon altitude camp in Kenya he finished seventh under-23 in the McCain Liverpool Cross Challenge/European Cross Trial, 22nd overall, and was admittedly disappointed. A repeat of Dublin's 2009 podium finish would be most welcome on this occasion.

# AVIVA GB & NI TEAM PROFILES

## UNDER-23 WOMEN

Name: Lauren Howarth

Club: Leigh

Coach: Bud Baldaro

Date of Birth: 21/04/1990

Biog: Lauren Howarth, a Birmingham University medical student, won European (junior) Cross Country bronze in Brussels 2008, the memorable event in which the Aviva GB & NI women won gold after taking the top six positions. An experienced cross country athlete, she finished an impressive 13th and first team scorer in the 2009 World Cross in Jordan and after an injury hit summer returned to finish sixth in the European Cross in Dublin later that year. Track highlights in 2011 include PBs over 3000m (9:10.10) and 5000m (15:51.49) in addition to a quick 32:33 on the road to win Salford 10k. She finished 16th overall and sixth under-23 in the McCain Liverpool Cross Challenge/European Cross Trials to make the team for this event.

Name: Emma Pallant

Club: Aldershot, Farnham & District

Coach: Mick Woods

Date of Birth: 04/06/1989

Biog: Tottenham Hotspur supporter Emma Pallant, a qualified physiotherapist, has impressive international Championship pedigree with highlights including European Cross Country bronze (under-23) in Albufeira, Portugal (2010), World Junior Championships 1500m bronze (2008) and a fourth place finish in the European Junior Championships (2007). She finished 27th in the junior race at the 2008 IAAF World Cross Country Championships in Edinburgh and was fifth in the unbelievable European Cross in Brussels where Britain secured the top six positions in the junior women's race. After clocking a lifetime best of 15:54.40 for 5000m in May, she went onto finish seventh in the European Under-23 Championships in July 2011. She finished fourth under-23 in the McCain Liverpool Cross Challenge/European Cross Trials.

Name: Lily Partridge

Club: Aldershot, Farnham & District

Coach: Self

Date of Birth: 09/03/1991

Biog: Lily Partridge recorded her best ever international cross country performance when finishing ninth for the Aviva GB & NI gold medal winning junior women's team at the European Cross Country Championships in Albufeira, Portugal in 2010. She has twice taken part in the IAAF World Cross Country Championships, with her best position being 31st in Amman, Jordan, in 2009. She finished 13th overall and fifth under-23 in this year's combined European Cross Trial race incorporated within the McCain Liverpool Cross Challenge and has recorded notable personal best times over 1500m (4:27.94), five kilometres (17:26) and five miles (27:58) in 2011.

Name: Naomi Taschimowitz

Club: Taunton

Coach: Charlotte Fisher

Date of Birth: 19/10/1989

Biog: Naomi Taschimowitz made her breakthrough in 2010 with a 14th place finish in the McCain UK Cross Challenge Final/World Cross Trials after which she went onto win silver for England in the Home Countries Cross Country International. On the track she also impressed, winning the England Athletics Under-23 Championships 5000m title. In 2011, she finished third in the McCain UK Cross Challenge Final/World Cross Trials to secure her international debut at the IAAF World Cross Country Championships in Spain where she finished 46th overall and fourth scoring athlete. PB highlights over the summer include 4:16.73 for 1500m and 9:12.66 for 3000m. She finished eighth in the European Cross Trial and third under-23 to secure her place on the Aviva GB & NI team for this event.

# AVIVA GB & NI TEAM PROFILES

## UNDER-23 WOMEN

Name: Stephanie Twell

Club: Aldershot, Farnham & District

Coach: Mick Woods

Date of Birth: 17/08/1989

Biog: With three European Junior Cross Country titles to her name (2006-08), Stephanie Twell has enjoyed great success in this event. She stepped up to senior level in 2010 and although still in the under-23 age bracket, finished third Aviva GB & NI scoring athlete in a silver medal winning team. On the global stage, the Aldershot athlete also impressed, finishing 38th on her World Cross debut in Jordan (injury had forced her to miss the 2008 World Cross in Edinburgh) and 23rd a year later in Poland. Her international track highlights in recent years are also numerous, but include selection for Olympic, World and European Championships over 1500m and in October 2010, winning 1500m bronze for Scotland in the Commonwealth Games in Delhi and finishing fourth in the 5000m. 2010 on the whole was an incredible year for Twell as she achieved lifetime best performances in almost every event including 800m (2:02.59), 1500m (4:02.54), 3000m (8:42.75), 5000m (14:54.08) and 5k (15:32). She started off 2011 with great promise, but after badly fracturing her ankle in a freak fall during a cross country race in Belgium in February, was forced to miss the entire summer season. Following a period of training at the UKA/London Marathon altitude camp in Kenya, the McCain Liverpool Cross Challenge/European Cross Trials was her first competitive race back in action and she finished a very credible fifth overall and second under-23.

Name: Hannah Walker

Club: Birchfield Harriers

Coach: Bud Baldaro

Date of Birth: 09/08/1991

Biog: Hannah Walker made her Aviva GB & NI international debut at the IAAF World Cross Country Championships in Bydgoszcz, Poland in 2010, finishing 32nd and fourth scoring Brit. It was an impressive debut from the diminutive Birchfield Harrier who will make her European Cross Country debut in Slovenia after winning the under-23 Trial race and finishing fourth overall in the McCain Liverpool Cross Challenge. She started the year with victory in the Home Countries Cross Country International for England in Antrim in March and made her international track debut when finishing eighth over 5000m at the European Under-23 Championships in Ostrava, Czech Republic. In a successful summer, she recorded PBs over 1500m (4:28.07), 3000m (9:21.4), 5000m (15:48.69) and 10,000m (33:09.50) – the latter good enough to rank her third in the UK for 2011.

# AVIVA GB & NI TEAM PROFILES

## JUNIOR MEN

Name: Kieran Clements

Club: Ipswich

Coach: Steve Benson

Date of Birth: 20/11/1993

Biog: Two-time winner of Belgium's Lotto Crosscup, and with consistently good quality performances to his name, Kieran Clements truly burst onto the domestic cross country scene with victory in the English National Cross Country Championships in February 2011. He made a brave decision to step up an age group to run the World Cross Trial race (under-20) at the McCain Cross Challenge final but it didn't quite pay off on that occasion when he finished 23rd. He returned to take the English Schools title and finished second on the roads in the Virgin London Mini Marathon. Over the summer his PB highlights included 8:16.67 for 3000m – third best junior in the UK this year – and 14:39.72 for 5000m. He was the dominant winner of the McCain Bristol Cross Challenge, the opening event of the 2011/2012 Series prior to his fourth place and European Cross selection run in the McCain Liverpool Cross Challenge.

Name: Niall Fleming

Club: Shaftesbury Barnet

Coach: Mick Woods

Date of Birth: 27/07/1992

Biog: Niall Fleming's fifth place finish in the McCain Liverpool Cross Challenge/European Cross Trials was arguably the performance of his career to date. An Aviva English Schools 3000m silver medallist in 2010, he took third in the European Clubs Junior Championship, also over 3000m, that summer. His 5000m season's best of 14:39.47 ranks him seventh in the UK as a junior this year. The European Cross Country Championships will be his Aviva GB & NI debut.

Name: Richard Goodman

Club: Shaftesbury Barnet

Coach: Geoff Williams

Date of Birth: 04/04/1993

Biog: Following a fifth place finish (third Brit) in the 2009 European (junior) Cross Country Championships in Dublin, 2010 was a hugely successful year for Richard Goodman. He opened with victories in the McCain Cardiff Cross Challenge, Southern Cross Country Championships, English National and UK Inter Counties then went on to record PBs on the track (at the time) including 3:45.77 for 1500m and 8:12.94 for 3000m, but was unfortunate to pick up an injury and missed the 2010 cross country season. He returned in style in 2011, finishing second under-20 at the BUPA Great Edinburgh Cross Country in January then finishing 71st - fourth team scorer - at the IAAF World Cross Country Championships in Spain. He improved his 1500m best to 3:45.66 at the Aviva World Trials and UK Championships in July and after a period of training at the UKA/London marathon altitude training camp in Kenya he placed second in the McCain Liverpool Cross Challenge/European Cross Trials to secure his place on the team for this event.

Name: Jack Goodwin

Club: Bedford & County

Coach: Simon Goodwin

Date of Birth: 07/06/1993

Biog: Courtesy of his victory in the Solihull BMC Nike Grand Prix, Jack Goodwin finished third in the UK junior 5000m rankings for 2011 with a best of 14:28.83. It was one of six PBs for the Bedford & County athlete this year. He earned his first international cross country vest at the Home Countries International in March, finishing fifth for England in Antrim after placing eighth in the UK Inter Counties/McCain Cross Challenge Final. He was runner-up in the IAAF Cross Country Permit meeting in Spain prior to his sixth place finish in the McCain Liverpool Cross Challenge/European Cross Trials. He'll make his Aviva GB & NI debut in Slovenia.

# AVIVA GB & NI TEAM PROFILES

## JUNIOR MEN

Name: Jonny Hay

Club: Aldershot, Farnham & District

Coach: Mick Woods

Date of Birth: 12/02/1992

Biog: European Junior 5000m bronze medallist

Jonny Hay has developed a healthy pattern of progression in his international career to date. He finished 90th on his IAAF World Cross Country Championships debut in early 2009 and concluded that year with a 23rd place finish as part of a gold medal winning Aviva GB & NI team in the SPAR European Cross Country Championships in Dublin. He placed 62nd in Bydgoszcz, Poland in the 2010 edition of World Cross and improved to 14th in his second year as a junior in the European Cross in Portugal - once again winning team gold. His unbeaten record in early 2011 was a great indication of things to come as he finished first European in the IAAF World Cross Country Championships in Spain in 39th overall. Highlights this summer, in addition to his European podium place, include lifetime bests for 1500m (3:42.83) and 5000m (13:57.16).

Name: Mark Shaw

Club: New Marske

Coach: Steve Shaw

Date of Birth: 25/01/1994

Biog: In his first year as an under-20, Mark Shaw has enjoyed the most successful year of his career to date and has rarely finished outside of the top ten in any competition. He set a great standard early in 2011 when taking third in the English National before winning the UK Inter Counties title/McCain UK Cross Challenge Final. Over the summer he smashed his lifetime bests for 1500m (3:55.93) and 3000m (8:21.78) and laid down a good marker for 5000m with 14:37.17 at the BMC Nike Grand Prix in Manchester. The English Schools 3000m silver medallist concluded his summer early but once again proved his talent as an up and coming junior with a solid victory over decent British opposition in the IAAF Cross Country event in Spain. He went on to finish third in the McCain Liverpool Cross Challenge/European Cross Trial to earn his Aviva GB & NI debut vest for this event and is one of the youngest members of the team.

# AVIVA GB & NI TEAM PROFILES

## JUNIOR WOMEN

Name: Beth Carter

Club: Aldershot, Farnham & District

Coach: Mick Woods

Date of Birth: 15/07/1992

Biog: Beth Carter - after finishing seventh in the 2010 McCain Liverpool Cross Challenge/European Trials and winning the Lotto CrossCup in Belgium - continued her good form into 2011 when she returned to Belgium's International Lotto CrossCup, finishing second, and backed that up with a fourth place domestic finishes in the English National and McCain UK Cross Challenge Final/World Cross Trials. She made her Aviva GB & NI debut at the IAAF World Cross Country Championships in Spain in March, finishing 45th. Over the summer she clocked a 10,000m PB of 35:53.67 to secure bronze in the BUCS Championships. She finished sixth overall and fourth under-20 in the McCain Liverpool Cross Challenge/European Cross Trial to be selected for this event.

Name: Emelia Gorecka

Club: Aldershot, Farnham & District

Coach: Mick Woods

Date of Birth: 29/01/1994

Biog: Emelia Gorecka raced to a hugely successful Aviva GB & NI cross country debut at the 2010 European Cross Country Championships when she finished third as part of a gold medal winning junior women's team. It was a brilliant result from the 17-year-old who had won the Trial event in 2009 but was too young to be selected for the showpiece event. Earlier that year she had finished 11th in the IAAF World Junior Championships over 3000m. In 2011, Gorecka - a former ISF World School Games 3000m champion (2009) - has continued to prove her exceptional talent. She secured back to back victories in the early part of the year at the Surrey County, Southern Cross, National Cross and McCain Cross Challenge Final/World Cross Trials, before finishing a brilliant 15th and top European in the IAAF World (junior) Cross Country Championships. She recorded personal best times over 3000m (9:08.01) and 5000m (15:51.20) in the summer and finished second in the European Junior Championships (5000m) before winning the Commonwealth Youth Games 3000m title.

Name: Annabel Gummow

Club: Bristol & West

Coach: Chris Wooldridge

Date of Birth: 16/09/1993

Biog: Annabel Gummow finished 30th at the IAAF World Cross Country Championships in Bydgoszcz, Poland, in March 2010, despite being just 17 years-of-age. She finished sixth in the McCain Liverpool Cross Challenge/European Cross Trials later the same year and went on to finish tenth - third Aviva GB & NI scoring athlete - in the SPAR European Cross Country Championships. Her impressive form continued when she was 22nd in the 2011 IAAF World Cross Country Championships and second Brit overall. She was bronze medallist behind team mate Emelia Gorecka over 5000m at the European Junior Championships in Tallinn, Estonia and raced to victory in the McCain Bristol Cross Challenge prior to her runners-up spot in the McCain Liverpool Cross Challenge/European Cross Trials in Liverpool.

Name: Katie Holt

Club: City of Stoke

Coach: Alan Morris

Date of Birth: 07/09/1992

Biog: A former UK Inter Counties under-17 cross country champion and English Schools Cross Country bronze medallist (2010), Katie Holt was fourth over 1500m in the English Schools Championships in July. After back-to-back victories in the North Staffordshire Cross Country League through October and November she carried that form into the McCain Liverpool Cross Challenge/European Cross Trials where she finished fourth overall (third under-20) to earn selection onto the Aviva GB & NI team for her international debut.



# AVIVA GB & NI TEAM PROFILES

## JUNIOR WOMEN

Name: Gemma Kersey

Club: Basildon

Coach: Eamonn Martin

Date of Birth: 06/02/1992

Biog: Gemma Kersey made a positive start to 2011 with victory in the Essex County Cross Country Championships before taking that form indoors to win the England Athletics under-20 1500m title. She was 12th in the UK Inter Counties Cross Country Championships/McCain Cross Challenge Final. Highlights in a busy summer included a fourth place finish in the Aviva England Under-20 Championships over 1500m and a lifetime best of 4:20.44 in the 1500m heats of the Aviva World Trials and UK Championships (senior). Other relevant PBs in 2011 include 2:08.33 for 800m and 9:32.05 for 3000m. Prior to her fifth place under-20 finish in the McCain Liverpool Cross Challenge/European Cross trials she raced to the highest profile victory of her career to date in the IAAF Cross Country permit meeting in Burgos, Spain.

Name: Laura Muir

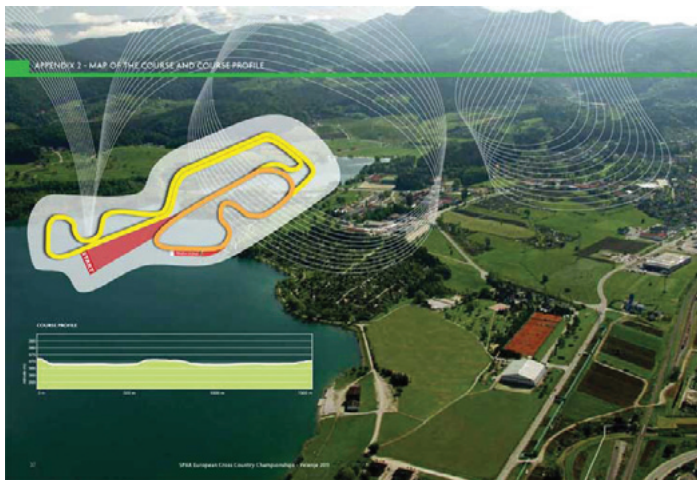
Club: Dundee Hawkhill Harriers

Coach: Alan Mackintosh

Date of Birth: 09/05/1993

Biog: Following her runners-up spot in the Scottish Secondary Schools Cross Country Championships in March 2011, Laura Muir has recorded PB times over every distance she's run in 2011. Arguably her best domestic performance, at the time, came with a fourth place finish - second under-20 - in the Scottish National 4k Cross Country Championships just prior to finishing sixth in the Scottish Students Cross Country Championships. She finished eighth overall and sixth under-20 in the McCain Liverpool Cross Challenge/European Cross Trials, to secure her place on the Aviva GB & NI team, her international debut, at the European Cross Country Championships.

# COURSE MAP AND ELEVATION



[illegible]



**Our new address is:** UK Athletics Limited, Athletics House, Alexander Stadium, Walsall Road, Perry Barr, Birmingham, B42 2LR

Tel: 0121 7138 400 · Fax: 0121 713 8452 [www.uka.org.uk](http://www.uka.org.uk)

