



## MEDIAGUIDE2011

### IAAF WORLD CROSS COUNTRY CHAMPIONSHIPS

PUNTA UMBRIA, SPAIN  
20 MARCH 2011



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# AVIVA GREAT BRITAIN AND NORTHERN IRELAND TEAM MANAGEMENT

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## TIMETABLE

TIME	EVENT
11:00	Opening Ceremony
11:30	Junior Women 6 km (3 laps)
12:00	Junior Men 8 km (4 laps)
12:45	Senior Women 8km (4 laps)
13:40	Senior Men 12km (6 laps)

All times GMT+1

# AVIVA GREAT BRITAIN AND NORTHERN IRELAND TEAM

## SENIOR MEN

**Luke Gunn** (Bud Baldaro) – Derby;

**Derek Hawkins** (Lawrie Spence) –  
Kilbarchan AC;

**Tom Humphries** (Phil Clamp) – Cannock  
& Staffs AC;

**Ryan McLeod** (John Nuttall) – Tipton  
Harriers;

**Andy Vernon** (Nick Anderson) –  
Aldershot, Farnham & District;

**James Walsh** (Mike Baxter) – Leeds City

## JUNIOR MEN

**Ian Bailey** (Mick Woods) – AFD;

**Ben Connor** (Jerry Hall) – Derby AC;

**Tom Curr** (Chris Frapwell) – Stroud;

**Richard Goodman** (Geoff Williams) –  
Shaftesbury Barnet;

**Jonny Hay** (Mick Woods) – AFD;

**Ross Matheson** (Dave Campbell) –  
Lasswade

## SENIOR WOMEN

**Julia Bleasdale** (self-coached) –  
Hillingdon;

**Hatti Dean** (Bud Baldaro) – Hallamshire  
Harriers;

**Charlotte Purdue** (Mick Woods) – AFD;

**Gemma Steel** (Roy Stowell) – Charnwood  
AC;

**Stevie Stockton** (George Gandy) – Vale  
Royal;

**Naomi Taschimowitz** (Charlotte Fisher) –  
Taunton

## JUNIOR WOMEN

**Beth Carter** (Mick Woods) – AFD;

**Emelia Gorceka** (Mick Woods) – AFD;

**Annabel Gummow** (Chris Wooldridge) –  
Bristol & West;

**Ruth Haynes** (Mick Woods) – AFD;

**Georgia Peel** (Mick Woods) – AFD;

**Louise Small** (Mick Woods) – AFD

# PREVIOUS TOP AVIVA GB&NI PERFORMANCES 2000-2010

## 2000 - ALGARVE, PORTUGAL

Senior Men - 13th Karl Keska  
Senior Women - 5th Paula Radcliffe  
Junior Men - 25th Mo Farah  
Junior Women - 55th Henrietta Freeman  
Senior Men's Team - 6th  
Senior Women's Team - 6th  
Junior Men's Team - 12th  
Junior Women's Team - 10th

## 2001 - OSTEND, BELGIUM

Senior Men - 38th Karl Keska  
► Senior Women - 1st Paula Radcliffe  
Junior Men - 59th Mo Farah  
Junior Women - 23rd Emma Ward  
Senior Men's Team - 13th  
Senior Women's Team - 4th  
Junior Men's Team - 15th  
Junior Women's Team - 6th

## 2002 - DUBLIN, IRELAND

Senior Men - 43rd Sam Haughian  
► Senior Women - 1st Paula Radcliffe  
Junior Men - 31st Tom Sharland  
Junior Women - 31st Charlotte Dale  
Senior Men's Team - 10th  
Senior Women's Team - 5th  
Junior Men's Team - 11th  
Junior Women's Team - 8th

## 2003 - LAUSANNE, SWITZERLAND

Senior Men - 49th Matthew Smith  
Senior Women - 19th Hayley Yelling  
Junior Men - 48th Tom Humphries  
Junior Women - 14th Charlotte Dale  
Senior Men's Team - N/A  
Senior Women's Team - N/A  
Junior Men's Team - 13th  
Junior Women's Team - 5th

## 2004 - BRUSSELS, BELGIUM

Senior Men - 19th Jon Brown  
Senior Women - 11th Kathy Butler  
Junior Men - 50th Keith Gerrard  
Junior Women - 26th Carrie Hawitt  
Senior Men's Team - 10th  
Senior Women's Team - 3rd  
Junior Men's Team - 12th  
Junior Women's Team - 11th

## 2005 - SAINT ETIENNE, FRANCE

Senior Men - 37th Mo Farah  
Senior Women - 27th Mara Yamauchi  
Junior Men - 48th Andy Vernon  
Junior Women - 20th Emily Pidgeon

Senior Men's Team - 17th  
Senior Women's Team - 6th  
Junior Men's Team - 16th  
Junior Women's Team - 8th

## 2006 - FUKUOKA, JAPAN

Senior Men - 77th Gavin Thompson  
Senior Women - 23rd Mara Yamauchi  
Junior Men - 45th Adam Hickey  
Junior Women - 10th Sian Edwards  
Senior Men's Team - 16th  
Senior Women's Team - 7th  
Junior Men's Team - 13th  
Junior Women's Team - 5th

## 2007 - MOMBASA, KENYA

Senior Men - 11th Mo Farah  
Senior Women - 15th Hatti Dean  
Junior Men - 58th Lee Carey  
Junior Women - 15th Charlotte Purdue  
Senior Men's Team - 8th  
Senior Women's Team - 5th  
Junior Men's Team - 5th  
Junior Women's Team - 13th

## 2008 - EDINBURGH, SCOTLAND

Senior Men - 62nd Tom Humphries  
Senior Women - 15th Liz Yelling  
Junior Men - 24th David Forrester  
Junior Women - 16th Charlotte Purdue  
Senior Men's Team - 10th  
Senior Women's Team - 6th  
Junior Men's Team - 9th  
Junior Women's Team - 4th

## 2009 - AMMAN, JORDAN

Senior Men - 74th Frank Tickner  
Senior Women - 38th Stephanie Twell  
Junior Men - 58th Tom Farrell  
Junior Women - 13th Lauren Howarth  
Senior Men's Team - 14th  
Senior Women's Team - 9th  
Junior Men's Team - 15th  
Junior Women's Team - 4th

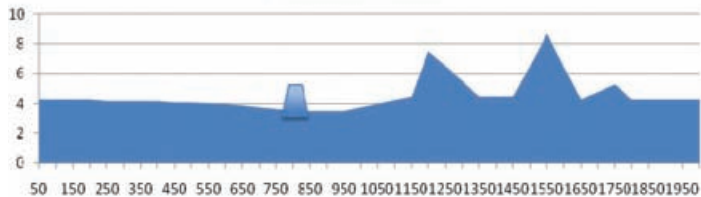
## 2010 - BYDGOSZCZ, POLAND

Senior Men - 20th Mo Farah  
Senior Women - 23rd Stephanie Twell  
Junior Men - 41st Ronnie Sparke  
Junior Women - 20th Kate Avery  
Senior Men's Team - 14th  
Senior Women's Team - 6th  
Junior Men's Team - 9th  
Junior Women's Team - 5th

# COURSE MAP & PROFILE



## Course Profile



# PROFILES FOR ATHLETES NOT IN THE UKA MEDIA GUIDE 2011

Name: **Luke Gunn**

Club: Derby

Coach: Bud Baldaro

Date of Birth: 22/03/1985

Biog: Best known as the UK's number one steeplechase athlete in 2010, Luke Gunn – who finished seventh in the McCain UK Cross Challenge Final/World Cross Trials – is likely to benefit from the fast, flat course expected in Spain. Having concluded an extended 2010 summer with a seventh place finish in the Commonwealth Games 3000mSC in October, Gunn, who has a lifetime best of 8:28.48 for the event, opened his 2011 winter season at the Alsager 5 in early February. He is the University of Birmingham's Sports Scholarship Manager and his girlfriend is Aviva GB&NI 1500m athlete Hannah England.

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, finished second in the Celtic Nations Cross Country and most recently finished sixth in the McCain UK Cross Challenge Final/World Cross Trials in Birmingham. The IAAF World Cross Country Championships will see him earn his first Aviva GB&NI senior vest although his family's strong running pedigree has seen his brother Callum earn representative honours as a junior in this event a year ago.

Name: **Tom Humphries**

Club: Cannock & Staffs.

Coach: Phil Clamp

Date of Birth: 24/09/1984

Biog: Having finished top British junior in 48th in the 2003 IAAF World Cross Country Championships in Switzerland, Tom Humphries went on to finish 63rd in the World Cross in Edinburgh 2008. He made an impressive return to competitive international action with a 15th place finish in the 2010 SPAR European Cross Country Championships in Portugal. He's been equally impressive throughout 2011 to date and opened his year finishing fourth Brit and 16th overall in the International Team Challenge at the BUPA Great Edinburgh Cross Country in January. Since then he hasn't finished outside of the podium positions, most recently finishing third in the McCain UK Cross Challenge Final/World Cross Trials in Birmingham.

Name: **Ryan McLeod**

Club: Tipton Harriers

Coach: John Nuttall

Date of Birth: 07/06/1985

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; he went on to finish 29th – third Aviva GB&NI team scorer – in the SPAR European Cross Country Championships in December. His progress throughout 2010 was impressive with PBs over 3000m (7:52.99), 5000m (13:54.43) and 5k (14:15) and he's had an equally 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 missed out on selection for the European Indoor Championships when finishing marginally outside the 3000m qualifying standard, but bounced back to finish fourth in the McCain UK Cross Challenge Final/World Cross Trials. His dad is Mike McLeod, Olympic 10,000m silver medallist in Los Angeles 1984.

Name: **Andy Vernon**

Club: Aldershot, Farnham & District

Coach: Nick Anderson

Date of Birth: 07/01/1986

Biog: Andy Vernon's year on year progress in the IAAF World Cross Country Championships has seen him rise from 115th on his senior debut in Edinburgh 2008, to 78th in Jordan 2009 and 44th in Poland last year, and a top 40 finish would be a realistic target for the 25-year old on this occasion. On the track, he recorded PBs over 5000m (13:28.60), 10,000m (28:11.43) and half marathon (64:43) in 2010 (amongst others), and concluded his summer when representing England at the Commonwealth Games in Delhi. He started his winter with victory in the McCain Liverpool Cross Challenge/European Cross Country Trials but was disappointed to drop out of the SPAR European Cross Country Championships with stomach cramps after a 12th place individual finish and team silver 12 months earlier. His fifth place finish – second Brit – in the International Team Challenge at the BUPA Great Edinburgh Cross Country in January was a welcome return to form and more recently he destroyed the field when securing his third successive McCain UK Cross Challenge Series title with victory in the McCain UK Cross Challenge Final/World Cross Trials.

Name: **James Walsh**

Club: Leeds City

Coach: Mike Baxter

Date of Birth: 22/09/1981

Biog: James Walsh has performed consistently at the UK Inter-Counties/McCain UK Cross Challenge Final in recent years, and this year's fifth place finish was once place higher than his previous best in the World Cross Trials. His only previous senior outing in the IAAF World Cross Country Championships was a disappointing 126th in Edinburgh (2008), but since then he's acquitted himself well when representing the Aviva GB&NI team in the European Mountain Running Championships (2009) and finishing second for England in the Home Countries Cross Country International in 2010. His performances have been consistent overall in 2011 to date, his fifth place finish in the Inter Counties backed up by victories in the Warwickshire and Midlands Cross Country Championships and a fourth place finish in the English National.

Name: **Julia Bleasdale**

Club: Hillingdon

Coach: Self-coached

Date of Birth: 09/09/1981

Biog: Julia Bleasdale represented Great Britain at the Chiba Ekiden Relay as an under-23 athlete in 2004 but this year's IAAF World Cross Country Championships will be her first major senior international vest. She paid her own way to train at altitude in Kenya in January and was rewarded for her dedication with a fifth place finish in the McCain UK Cross Challenge Final/World Cross Trials – her only race of the year to date. The majority of her road and track PBs were recorded in 2004 and 2005 but she raced consistently well on cross country throughout 2010.

Name: **Gemma Steel**

Club: Charnwood AC

Coach: Roy Stowell

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 finish for the Aviva GB&NI silver medal winning team at the SPAR European Cross Country Championships on her international debut. Prior to that performance she had knocked over a minute off her 10K personal best with a mark of 33:16 at the Cardiff 10K in September before leading Charnwood AC to victory in the English National Cross Country Relays. Having scored top five finishes in the McCain UK Cross Challenge Series events in Antrim and Cardiff in January 2011, plus an impressive win in the Lotto CrossCup in Belgium in mid-February, Steel concluded her overall McCain UK Cross Challenge Series campaign with a third place finish in the World Cross Trial to earn her place on the Aviva GB&NI team – and her IAAF World Cross Country Championships debut – in Spain.

Name: **Stevie Stockton**

Club: Vale Royal

Coach: George Gandy

Date of Birth: 23/08/1989

Biog: Primarily a track athlete – and the third ranked British under-23 over 1500m in 2010 – Stevie Stockton has regularly impressed over cross country and is a proven Championship performer. She finished 52nd as a junior in Kenya in the 2007 IAAF World Cross Country Championships and in 2009 finished tenth in the SPAR European Cross



Country Championships, the fourth scoring British athlete en route to team gold. At the 2010 World Cross in Poland, competing as a senior, she finished 47th, and already in 2011 Stockton has demonstrated the kind of form which points to a further improvement this time around; she finished 11th overall in the International Team Challenge at the BUPA Great Edinburgh Cross Country in January, second in the BUCS Cross Country Championships and seventh in the McCain UK Cross Challenge Final/World Cross Trials.

**Name: Naomi Taschimowitz**

**Club:** Taunton

**Coach:** Charlotte Fisher

**Date of Birth:** 19/10/1989

**Biog:** Naomi Taschimowitz made her breakthrough in 2010 with a fourth place finish in the English National Cross Country Championships and a 14th place finish in the McCain UK Cross Challenge Final/World cross Trials which led to a silver medal winning performance when selected to represent England in the Home Countries Cross Country International. On the track she also impressed, winning the England Athletics Under-23 Championships 5000m title. The 22-year-old has had a successful 2011 to date with a domestic cross country victory at the Southern Championships followed up with a third place finish in the BUCS Cross Country Championships. Internationally she finished eighth in Belgium's Lotto Crosscup before a brilliant third place in the McCain UK Cross Challenge Final/World Cross Trials to secure her international debut in Spain.

**Name: Ian Bailey**

**Club:** AFD

**Coach:** Mick Woods

**Date of Birth:** 04/03/1993

**Biog:** Ian Bailey will make his Aviva GB&NI debut at the 2011 IAAF World Cross Country Championships after a fourth place finish in the McCain UK Cross Challenge Final/World Cross Trials. The 18-year old, second in last year's UK Inter Counties under-17 event, has continued his positive progression through the age-groups and recorded lifetime best performances in 2010 over 800m (2:03.7), 1500m (4:01.08), 3000m (8:25.27), 5000m (15:03.66) and 10M (52:00). He opened his 2011 cross country season with bronze medal finishes in the Surrey County Championships and McCain Cardiff Cross Challenge, before an international runners-up spot at the Lotto CrossCup in Belgium and a sixth place finish in the English National.

**Name: Ben Connor**

**Club:** Derby AC

**Coach:** Jerry Hall

**Date of Birth:** 17/10/1992

**Biog:** Ben Connor finished 23rd overall – fifth Brit – in the SPAR European Cross Country Championships in Portugal on his international debut in December. His performance concluded a successful year which saw him record big personal bests in his first track season as a junior, including marks of 3:57.44 for 1500m and 8:23.97 for 3000m. So far in 2011 he's finished fifth – first British athlete – in the Elgoibar International Cross Country in Spain, third in the English National and ninth in the McCain UK Cross Challenge Final/World Cross Trials; performances which point to a place in the Aviva GB&NI scoring quartet at the IAAF World Cross Country Championships.

**Name: Tom Curr**

**Club:** Stroud

**Coach:** Chris Frapwell

**Date of Birth:** 06/09/1992

**Biog:** A former UK Inter Counties cross country champion in the under-15 age group, Tom Curr built on his impressive track and cross country performances in recent years to secure his place on the Aviva GB&NI team for the IAAF World Cross Country Championships with a sixth place finish in the McCain UK Cross Challenge Final/World Cross Trials. The 2009 Aviva SIAB cross country champion – also the Aviva English Schools and Schools International 3000m champion – won the England Athletics under-17 1500m final title in his final year in the age group before concluding his most successful year to date with a fifth place finish in the World School Games in Doha. Highlights as an under-20 include back-to-back victories in the Midland Cross Country Championships in 2010 and 2011 and track PBs including 3:48.34 for 1500m and 8:21.32 for 3000m.

**Name: Richard Goodman**

**Club: Shaftesbury Barnet**

**Coach: Geoff Williams**

**Date of Birth: 04/04/1993**

**Biog:** 2010 was a hugely successful year for Richard Goodman who opened with victories in the McCain Cardiff Cross Challenge, Southern Cross Country Championships, English National and UK Inter Counties. He went on to record PBs on the track 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's returned in style in 2011, finishing second under-20 in the International Team Challenge at the BUPA Great Edinburgh Cross Country in January before going on to place second in the English National and the McCain UK Cross Challenge Final/World Cross Trials.

**Name: Jonny Hay**

**Club: AFD**

**Coach: Mick Woods**

**Date of Birth: 12/02/1992**

**Biog:** Jonny Hay has developed a healthy pattern of progression in his short 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 2011 speaks for itself with four successive age group victories at the McCain Cardiff Cross Challenge, the international Cinque Mulini in Italy and Lotto CrossCup in Belgium, the English National and most recently the McCain UK Cross Challenge Final/World Cross Trials.

**Name: Ross Matheson**

**Club: Lasswade**

**Coach: Dave Campbell**

**Date of Birth: 24/09/1992**

**Biog:** Scottish National cross country champion Ross Matheson was selected for his Aviva GB&NI debut courtesy of a third place finish in the McCain UK Cross Challenge Final/World Cross Trials. He won the UK Inter Counties title as an under-17 12 months ago, and backed up that performance over the summer with PBs – at the time - including 1:51.69 for 800m and 3:54.7 for 1500m plus national titles in the Aviva Scottish Schools Championships and Scottish Under-20 Championships over 1500m.

Throughout 2011 to date, and preceding his bronze medal finish in the Trials, he finished second in the Celtic Cup 1500m indoors in a new lifetime best of 3:54.36, the third quickest time by an under-20 in the UK this year, and took silver in the Celtic Nations Cross Country.

**Name: Beth Carter**

**Club: AFD**

**Coach: Mick Woods**

**Date of Birth: 15/07/1992**

**Biog:** Beth Carter - after finishing seventh in the 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 fourth place domestic finish in the English National and McCain UK Cross Challenge Final/World Cross Trials. Her international experience – which dates back to 2008 when she competed in Elgoibar in Spain as a 16-year-old – will be of huge benefit to her on her IAAF World Cross Country Championships debut.

**Name: Emelia Gorecka**

**Club: AFD**

**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 SPAR 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. The ISF World School Games 3000m champion in late 2009, Gorecka went on to secure back to back victories through to March 2010 – 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 went on to win the Aviva England Under-20 Championships 3000m title and finish 11th over the distance at the IAAF World Junior Championships in Canada. Over the course of 2010 she also clocked new PBs over 1500m (4:16.79), 3000m (9:13.93), 5000m (15:56.87) and 5k (16:48) and in 2011 to date, in addition to her most recent title winning performance in the McCain UK Challenge Final/World Cross Country Trials, she's scored victories in the Southern Cross Country Championships and the English National in

addition to a top under-17 placing – 12th overall in the BUPA Great Edinburgh Cross Country .

**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. The Aviva English Schools' 3000m champion finished sixth in the McCain Liverpool Cross Challenge/European Cross Trials later the same year and went on to finish tenth – fourth Aviva GB&NI scoring athlete – in the SPAR European Cross Country Championships. She finished runner up to Emelia Gorecka for the second year in succession in the McCain UK Challenge Final/World Cross Country Trials, prior to which she'd finished second in the McCain Cardiff Cross Challenge and third in the English National.

**Name: Ruth Haynes**

Club: AFD

Coach: Mick Woods

Date of Birth: 03/11/1993

Biog: Ruth Haynes will make her full Aviva GB&NI debut at the 2011 IAAF World Cross Country Championships following a sixth place finish in the McCain UK Challenge Final/World Cross Country Trials. The 17-year-old has been a consistent cross country performer in recent years and finished second in the World Schools Cross Country Championships in April 2010. She finished fourth in the McCain Liverpool Cross Challenge (under-17) in November and maintained that good run of form into early 2011 when finishing fourth in the Southern Cross Country Championships before securing an international victory in Belgium's Lotto CrossCup. Her 3000m PB of 9:40.19 ranked her fourth in her age group in the UK in 2010.

**Name: Georgia Peel**

Club: AFD

Coach: Mick Woods

Date of Birth: 26/05/1994

Biog: Georgia Peel finished 27th in the 2010 SPAR European Cross Country Championships to conclude a impressive year in which 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 will compete in her first IAAF World Cross Country Championships courtesy of a fifth place finish in the McCain UK Challenge Final/World Cross Country Trials.

**Name: Louise Small**

Club: AFD

Coach: Mick Woods

Date of Birth: 27/03/1992

Biog: Louise Small is returning to the form which saw her earn selection onto the Aviva GB&NI team on two occasions in 2009, finishing fifth in the IAAF World Youth Championships 1500m and third in the European Junior Championships 3000m. Her track PBs were also recorded that year, highlights including her 4:21.07 1500m, 9:15.47 3000m and 16:11.03 5000m. She struggled with injury in 2010 but returned to high quality international competition with a second place finish in Belgium's Lotto CrossCup in December. Throughout 2011 to date, highlights include McCain UK Cross Challenge victories in Antrim and Cardiff, victory in the Southern Cross Country Championships and a third place finish in the McCain UK Challenge Final/World Cross Country Trials.



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