



# mediaguide2009

UPDATE SHEET

## EUROPEAN CROSS COUNTRY CHAMPIONSHIPS, DUBLIN 2009

13 December 2009



### TIMETABLE

Opening Ceremony	10.00	Under 23 Men Race	12.25
Junior Women Race	10.15	Senior Women Race	13.15
Junior Men Race	11.00	Senior Men Race	14.10
Under 23 Women Race	11.40		

### 2008 EUROPEAN CROSS COUNTRY CHAMPIONSHIPS: MEDAL TABLE

Rank	NOC	Men's				Women's				Total			
		G	S	B	Tot	G	S	B	Tot	G	S	B	Tot
1	GBR	1	2	2	5	3	3	1	7	4	5	3	12
2	FRA	2	1	2	5	0	0	1	1	2	1	3	6
3	NED	0	0	0	0	2	0	0	2	2	0	0	2
4	POR	0	0	0	0	1	1	1	3	1	1	1	3
5	ITA	1	1	0	2	0	0	0	0	1	1	0	2
5	UKR	1	0	0	1	0	1	0	1	1	1	0	2
7	ESP	1	0	0	1	0	0	0	0	1	0	0	1
8	NOR	0	2	0	2	0	0	0	0	0	2	0	2
9	RUS	0	0	0	0	0	1	2	3	0	1	2	3
10	GER	0	0	0	0	0	0	1	1	0	0	1	1
10	SWE	0	0	1	1	0	0	0	0	0	0	1	1
10	TUR	0	0	1	1	0	0	0	0	0	0	1	1

### PREVIOUS CHAMPS DATE & VENUE

Year	Venue	2001	Thun/ SUI
1994	Atnwick/ GBR	2002	Medulin / CRO
1995	Atnwick/ GBR	2003	Edinburgh/ GBR
1996	Charleroi/ BEL	2004	Heringsdorf/ GER
1997	Oeiras/ POR	2005	Tilburg / NED
1998	Ferrara / ITA	2006	San Giorgio/ ITA
1999	Velenje / SLO	2007	Toro/ ESP
2000	Malmo/ SWE	2008	Brussels/ BEL

### Profiles for athletes not in the UKA Media Guide 2009

#### MEN

Name: Andrew Lemoncello  
Club: Fife  
Date of Birth: 12/10/1982  
Biog: Was first Brit to cross the line in 26th place at the 2009 World Half Marathon. In 2008 he finished 79th at the World Cross Country. Lives and trains in the US. His personal best for 10k is 27.57.

Name: Mike Skinner  
Club: Blackheath & Bromley  
Date of Birth: 21/11/1979  
Biog: Won the European Cross Country trials race. Finished 20th and 27th in the last two European Cross Country races.

Name: Chris Thompson  
Club: AFD  
Date of Birth: 17/04/1981  
Biog: Finished 18th in the European Cross Country in 2004 and won junior silver in 2000. He lives and trains in the US. Clocked 13.46 for 5k in a road race and 49:10 at the Great South Run this season.

Name: Andy Vernon  
Club: AFD  
Date of Birth: 07/01/1986  
Biog: Finished fourth in the European Cross Country Trails. Has previously won silver and bronze at U23 age group. He is the UK 10,000m champion for 2009.

Name: Ben Whitby  
Club: Windsor, Slough, Eton & Hounslow  
Date of Birth: 06/01/1977  
Biog: Finished eighth in the European Cross Country trials. Has competed in the Steeplechase at two Commonwealth Games. His only major Cross Country outing was at the 2002 Worlds at which he placed 79th.

#### WOMEN

Name: Lauren Deadman  
Club: Havering & Mayesbrook  
Date of Birth: 27/03/1984  
Biog: Finished eighth in the European Cross Country trials and was ninth at the Gateshead UK Cross Challenge event which preceded the trials in Liverpool.

Name: Freya Murray  
Club: Chester Le Street & Dist AC  
Date of Birth: 20/09/1983  
Biog: Finished second in the trails for the European Cross Championships. In 2009 she was 5000m champion in the UK and fastest over 10,000m. Her previous European Junior record was a seventh place finish in 2002.

Name: Sonia Samuels  
Club: Sale  
Date of Birth: 16/05/1979  
Biog: Samuels finished sixth in the European Cross trials, third at the UK Cross Challenge in Gateshead and third at the 2009 national Cross Country. Her previous international cross country outing was 75th place at the World Cross Country in 2002.

Name: Katrina Wootton  
Club: Bedford & County  
Date of Birth: 02/09/1985  
Biog: Wotton has competed for GB&NI on the track and in cross country previously with outings at the 2007 European Cross and the 2009 European Indoors. She finished fourth in the trials and clocked 4.06 for 1500m in 2009. She competed in the Great North Run, finishing in 15th place.

Name: Hayley Yelling  
Club: Windsor Slough, Eton and Hounslow  
Date of Birth: 03/01/1974  
Biog: Yelling retired from competition in 2008 but made a surprise comeback at the European Cross Country trials to win the race. She has competed in no less than nine European Cross Championships since 1996 and has also represented GB&NI at the World Cross event. She won the individual championship title in 2004.

#### UNDER 23 MEN

Name: Alistair Brownlee  
Club: Bingley Harriers  
Date of Birth:  
Biog: World triathlon champion Brownlee competes at the UK Cross Challenge in Liverpool annually, amongst other athletics events during the winter season. He finished 21st at the trials in Liverpool.

Name: Mitch Goose  
Club: City of Norwich  
Date of Birth: 16/03/1989  
Biog: Finished 15th at the European Cross Country trials and has impressive track performances to boost form from the summer season. He finished 15th and 27th in the last two European Cross Country competitions.

Name: Ashley Harrell  
Club: City of Norwich  
Date of Birth: 19/01/1989  
Biog: Represented GB&NI at U20 level for the steeplechase and finished 14th at the European Cross trials in Liverpool.

## AVIVA GREAT BRITAIN & NORTHERN IRELAND TEAM INFORMATION

#### TEAM STAFF

**Team Leader**  
Ian Stewart (07775 647190)

**Team Manager:**  
Spencer Barden (07917 424567)

#### Team Managers:

**Junior Men:**  
Andy Hobbell (+353 (0) 868 515342)

**Junior Women:**  
Jo Mersh (07841 504006)

**U23 Men:**  
Bob Ashwood (+353 (0) 861 704536)

**U23 Women:**  
Wendy Sly (+353 (0) 868 371723)

**Snr Men:**  
George Gandy (07714 752731)

**Snr Women:**  
Liz McColgan (+353 (0) 868 371724)

**Media Liaison:**  
Emma Pickles (07920 078543)

**Team Doctor:**  
Dr John Rogers (+353 (0) 863 852028)

**Physiotherapist:**  
Alison Rose (+353 (0) 861 705036)  
Mark Buckingham (+353 (0) 863 852017)

#### TEAM HOTEL

Carlton Airport Hotel  
Old Airport Road, Cloghran  
Dublin, Ireland

#### LOC CONTACT DETAILS

**Venue**  
Santry Demesne, Dublin

**LOC President**  
Liam Hennessy

**Contact Address - Organising Committee**  
Unit 19, Northwood Court, Santry  
Dublin 9, Ireland  
Tel: +353 1 8869933  
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E-mail: info@dublin2009.ie  
Website: www.dublin2009.ie

## GREAT BRITAIN AND NORTHERN IRELAND TEAM

#### MEN

Mo Farah (Newham & Essex Beagles); Andrew Lemoncello (Fife); Mike Skinner (Blackheath & Bromley); Chris Thompson (AFD); Andy Vernon (AFD); Ben Whitby (Windsor, Slough, Eton & Hounslow)

#### UNDER 23 MEN

Alistair Brownlee (Bingley Harriers); Mitch Goose (City of Norwich); Ashley Harrell (City of Norwich); Ricky Stevenson (New Marske); Jonathan Taylor (Morpeth); Lewis Timmins (Morpeth)

#### JUNIOR MEN

Richard Goodman (Shaftesbury Barnet); James Wilkinson (Leeds City); Johnathan Hay (AFD); Callum Hawkins (Kilbarchan); Nick Goolab (Belgrave Harriers); Matthew Gillespie (Shettleston Harriers)

#### WOMEN

Lauren Deadman (Havering & Mayesbrook); Laura Kenney (Royal Sutton Coldfield); Freya Murray (Club); Sonia Samuels (Sale); Katrina Wootton (Bedford & County); Hayley Yelling (Club)

#### UNDER 23 WOMEN

Charlotte Browning (); Natalie Gray (Medway & Maidstone); Hollie Rowland (City of Norwich); Jessica Sparke (Woodford Green & Essex Ladies); Stevie Stockton (Vale Royal AC); Stephanie Twell (AFD)

#### JUNIOR WOMEN

Kate Avery (Shildon); Lauren Howarth (Leigh Harriers); Katie Knowles (Bristol & West); Lily Partridge (AFD); Beth Potter (Victoria Park City of Glasgow); Eleanor Wimshurst (Bristol & West)

Name: James Wilkinson  
Club: Leeds City  
Date of Birth: 13/07/1990  
Biog: Wilkinson, who finished second in the European Cross Country trials, has also a European junior silver medal in the steeplechase and 85th place at the World Cross to his credit.

Name: Johnathan Hay  
Club: AFD  
Date of Birth: 12/02/1992  
Biog: Represented GB&NI at the World Youth Championships and World Cross Country Championships in 2009. He finished in third place at the European Cross trials.

Name: Callum Hawkins  
Club: Kilbarchan  
Date of Birth: 22/06/92  
Biog: Hawkins proved consistency to selectors with fourth and fifth place finishes at both the McCain UK Cross Challenge events this year. He also won the European Youth Olympic 3000m title in 2009.

Name: Nick Goolab  
Club: Belgrave Harriers  
Date of Birth: 30/01/1990  
Biog: Goolab won the junior race at the English Cross Country Championships in 2009 and finished 65th at the European junior cross country in 2008.

Name: Matthew Gillespie  
Club: Shettleston Harriers  
Date of Birth: 04/11/1990  
Biog: Finished sixth in the trial and fourth in the Gateshead UK Challenge event. He was runner-up in the U20 5000m in 2009.

#### JUNIOR WOMEN

Name: Kate Avery  
Club: Shildon  
Date of Birth: 10/10/1991  
Biog: Finished 25th at the World Cross Country Championships and took silver at the European Junior championships on the track in the 3000m in 2009.

Name: Lily Partridge  
Club: AFD  
Date of Birth: 09/03/1991  
Biog: Has competed at two previous World Cross Country events for the GB&NI junior team placing 43rd and 31st. She was fifth at both the McCain UK Challenge events in Gateshead and Liverpool.

Name: Jonathan Taylor  
Club: Morpeth Harriers  
Date of Birth: 10/10/1987  
Biog: Has represented GB&NI on the track over 5,000m with a best place of 13th. He finished 20th at the European Trials; and placed 13th at the Gateshead UK Cross Challenge which preceded the Liverpool trials.

Name: Lewis Timmins  
Club: Morpeth Harriers  
Date of Birth: 17/06/1987  
Biog: Represented GB&NI at the 2006 World junior cross country, finishing in 66th place. He also competed at the European U23 track and field event, placing 19th over 5,000m. He finished 11th in the trials for the Dublin event.

**UNDER 23 WOMEN**  
Name: Charlotte Browning  
Club: AFD  
Date of Birth: 08/10/1987  
Biog: Currently lives and trains in the US. She used an NCAA race in the US, at which she placed 20th, to prove form rather than flying to the UK to compete at the trials in Liverpool. Her best time for 1500m was 4.19 this year.

Name: Natalie Gray  
Club: Medway & Maidstone  
Date of Birth: 17/02/1988  
Biog: Finished 12th in the trial race for the European Cross Country and 13th at the UK Cross Challenge event in Gateshead.

Name: Hollie Rowland  
Club: City of Norwich  
Date of Birth: 28/09/1988  
Biog: Showed early season consistency at both the UK Cross Challenge events finishing seventh in Gateshead and at the trials in Liverpool. Clocked a 9.26 3,000m this year at a German race.

Name: Jessica Sparke  
Club: Woodford Green & Essex Ladies  
Date of Birth: 26/12/1987  
Biog: Finished 30th at the European Cross Country in 2007 for U23 age group. She clocked an impressive third place at the trials for the European Cross team which was a joint senior and U23 race.

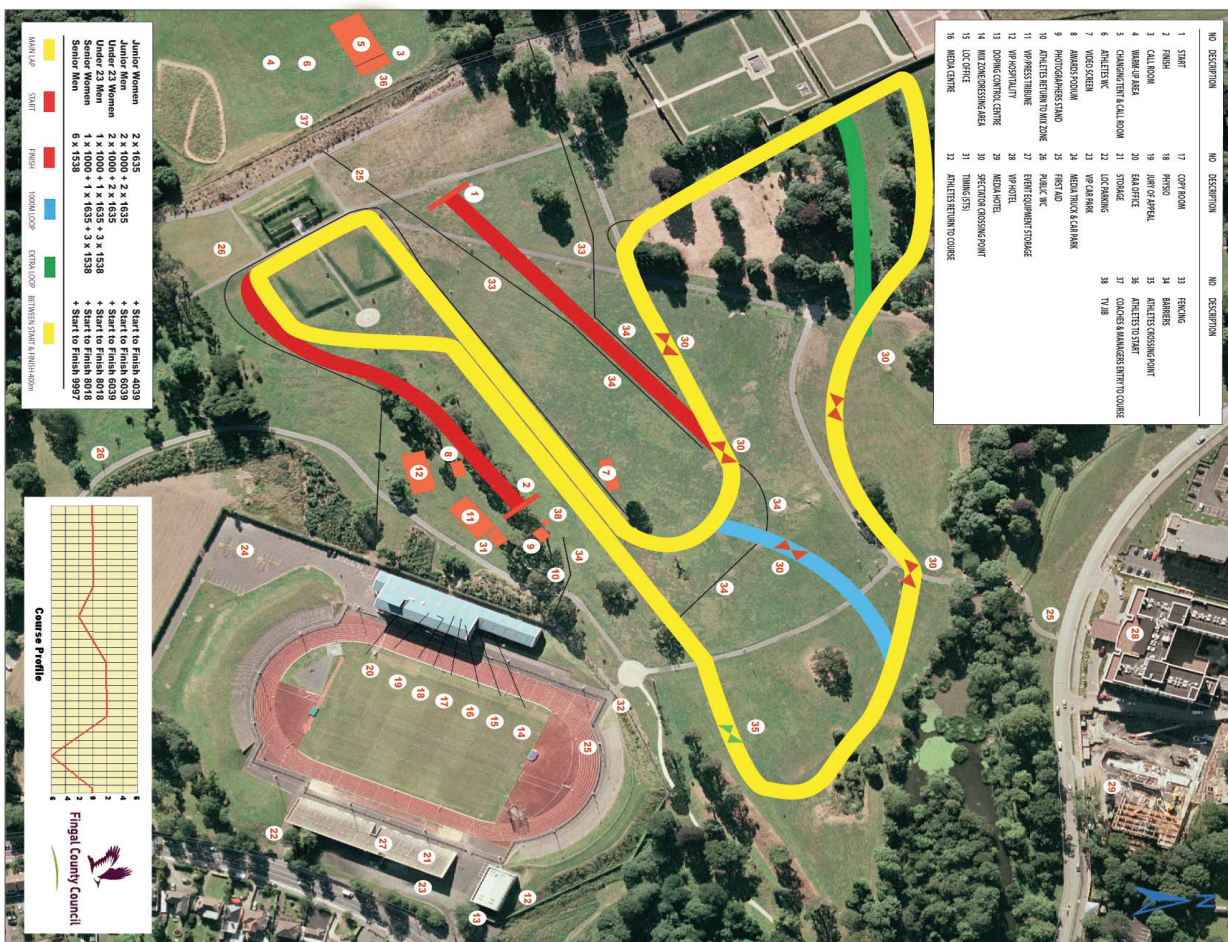
#### JUNIOR MEN

Name: Richard Goodman  
Club: Shaftesbury Barnet  
Date of Birth: 04/04/1993  
Biog: Sixteen year old Goodman won the European Cross trials race to get automatic selection for the Dublin competition. He represented GB&NI at the European Youth Olympics in Finland in 2009, finishing in 11th place for the 1500m.



## PREVIOUS EUROPEAN CROSS COUNTRY CHAMPIONSHIPS TOP TEN PLACINGS 1994-2007

Year	Gender	Category	Rank	Name	Time	Year	Gender	Category	Rank	Name	Time
1994	Men	teams	4	Great Britain & NI	77	2000	Junior Women	teams	1	Great Britain & NI	21
	Women	teams	9	Great Britain & NI	84		Junior Men	individual	2	Christopher Thompson	19:00
1995	Men	individual	3	Andrew Pearson	26:47	Junior Men	teams	2	Great Britain & NI	25	
	Men	teams	3	Great Britain & NI	55	Women	teams	2	Great Britain & NI	33	
	Men	individual	4	Keith Cullen	26:48	Junior Women	individual	5	Juliet Potter	13:02	
	Men	individual	6	Jonathan Brown	26:56	Women	individual	5	Kathy Butler	16:51	
	Women	teams	7	Great Britain & NI	65	Men	teams	6	Great Britain & NI	103	
	Women	individual	10	Elizabeth Talbot	14:23	Junior Men	individual	7	Mohamed Farah	19:12	
1996	Men	individual	1	Jonathan Brown	32:37	Junior Women	individual	7	Jane Potter	13:14	
	Women	teams	2	Great Britain & NI	39	Women	individual	8	Liz Yelling	16:55	
	Men	teams	5	Great Britain & NI	76	Junior Women	individual	9	Collette Fagan	13:15	
	Women	individual	8	Hayley Haining	17:37						
1997	Junior Women	teams	3	Great Britain & NI	43	2001	Junior Men	teams	1	Great Britain & NI	54
	Junior Men	individual	5	Sam Haugham	16:10		Junior Men	individual	2	Mohamed Farah	19:38
	Junior Men	teams	6	Great Britain & NI	77		Junior Women	teams	2	Great Britain & NI	54
	Men	teams	6	Great Britain & NI	117		Women	teams	2	Great Britain & NI	49
	Women	teams	6	Great Britain & NI	57		Junior Women	individual	5	Charlotte Dale	11:07
							Men	teams	5	Great Britain & NI	92
1998	Women	individual	1	Paula Radcliffe	18:07		Women	individual	5	Liz Yelling	15:55
	Junior Men	teams	2	Great Britain & NI	30		Junior Men	individual	6	Adam Bowden	19:43
	Junior Men	individual	4	Sam Haugham	16:57	Men	individual	6	Sam Haugham	28:12	
	Men	teams	4	Great Britain & NI	91	Women	individual	8	Haley Yelling	15:58	
	Women	teams	5	Great Britain & NI	55	2002	Junior Women	individual	1	Charlotte Dale	12:26
	Junior Women	teams	7	Great Britain & NI	60		Junior Women	teams	1	Great Britain & NI	27
	Junior Men	individual	9	Peter Riley	17:15		Women	teams	3	Great Britain & NI	80
	Men	individual	10	Keith Cullen	28:41		Men	teams	4	Great Britain & NI	93
							Women	individual	5	Hayley Tullett	20:25
							Junior Men	teams	7	Great Britain & NI	119
					Junior Women		individual	7	Freya Murray	12:40	
					Junior Women		individual	8	Danielle Barnes	12:40	
1999	Junior Men	teams	1	Great Britain & NI	26	2003	Junior Women	teams	1	Great Britain & NI	32
	Men	teams	1	Great Britain & NI	35		Women	individual	1	Paula Radcliffe	22:04
	Men	individual	3	Jonathan Brown	33:32		Women	teams	1	Great Britain & NI	25
	Women	individual	4	Liz Yelling	19:06		Junior Women	individual	3	Charlotte Dale	16:04
	Women	teams	4	Great Britain & NI	41		Junior Men	teams	4	Great Britain & NI	92
	Junior Men	individual	5	Muktar Farah Mohamed	23:18		Junior Women	individual	5	Faye Fullerton	16:07
	Junior Women	teams	7	Great Britain & NI	79		Women	individual	5	Hayley Yelling	22:44
	Men	individual	9	Karl Keska	33:57		Men	teams	7	Great Britain & NI	126
	Junior Men	individual	10	Steven Vernon	23:24		Women	individual	8	Elizabeth Yelling	22:49
							Junior Women	individual	9	Dani Barnes	16:23
2004	Women	individual	1	Hayley Yelling	18:06	2007	Junior Women	individual	1	Stephanie Twell	14:12
	Junior Women	teams	2	Great Britain & NI	64		Junior Women	teams	1	Great Britain & NI	14
	Women	teams	2	Great Britain & NI	44		Men U23	teams	1	Great Britain & NI	52
	Junior Men	teams	3	Great Britain & NI	62		Women U23	teams	1	Great Britain & NI	47
	Men	teams	3	Great Britain & NI	63		Junior Men	teams	2	Great Britain & NI	48
	Women	individual	3	Jo Pavey	18:08		Women	teams	2	Great Britain & NI	47
	Men	individual	7	Karl Keska	28:23:00		Junior Women	individual	3	Charlotte Purdue	14:22
	Junior Men	individual	8	Luke Gunn	16:45		Men U23	individual	3	Andy Vernon	24:35
	Junior Men	individual	10	Adam Hickey	16:46		Junior Men	individual	4	David Forrester	20:21
	Junior Women	individual	10	Claire Holme	11:55		Junior Women	individual	4	Charlotte Roach	14:27
2005	Junior Women	teams	1	GBR	30	Men	teams	4	Great Britain & NI	81	
	Junior Men	individual	2	Andy Vernon	18:42	Junior Men	individual	5	Lee Carey	20:22	
	Junior Men	teams	2	GBR	68	Women U23	individual	5	Felicity Milton	23:02	
	Junior Women	individual	2	Emily Pidgeon	15:25	Junior Women	individual	6	Emily Pidgeon	14:31	
	Women	teams	2	GBR	54	Women	individual	6	Kate Reed	27:11	
	Junior Women	individual	6	Morag Maclarty	15:42	Junior Women	individual	8	Joanne Harvey	14:32	
	Women	individual	6	Hayley Yelling	20:16	Women U23	individual	8	Katrina Wootton	23:08	
	Junior Women	individual	7	Stephanie Twell	15:45	Women	individual	9	Hayley Yelling	27:28	
2006	Men	teams	7	GBR	129	Women	individual	10	Liz Yelling	27:31	
	Women	individual	8	Liz Yelling	20:17						
	Junior Women	individual	1	Stephanie Twell	12:33						
	Junior Women	teams	1	Great Britain & NI	21						
	Men	individual	1	Mo Farah	27:56						
	Women U23	teams	1	Great Britain & NI	56						
	Women	teams	2	Great Britain & NI	47						
	Junior Women	individual	4	Emily Pidgeon	12:59						
	Men	teams	4	Great Britain & NI	79						
	Women U23	individual	4	Aine Hoban	19:10						
Junior Men	teams	5	Great Britain & NI	97							
Men U23	teams	5	Great Britain & NI	105							
Junior Women	individual	6	Sian Edwards	13:12							
Women	individual	6	Hayley Yelling	25:28							
Women	individual	8	Jo Pavey	25:38							
Women U23	individual	8	Laura Kenney	19:23							
Junior Women	individual	10	Abby Westley	13:19							




  
**European Cross Country Championships**  
**Dublin 2009**