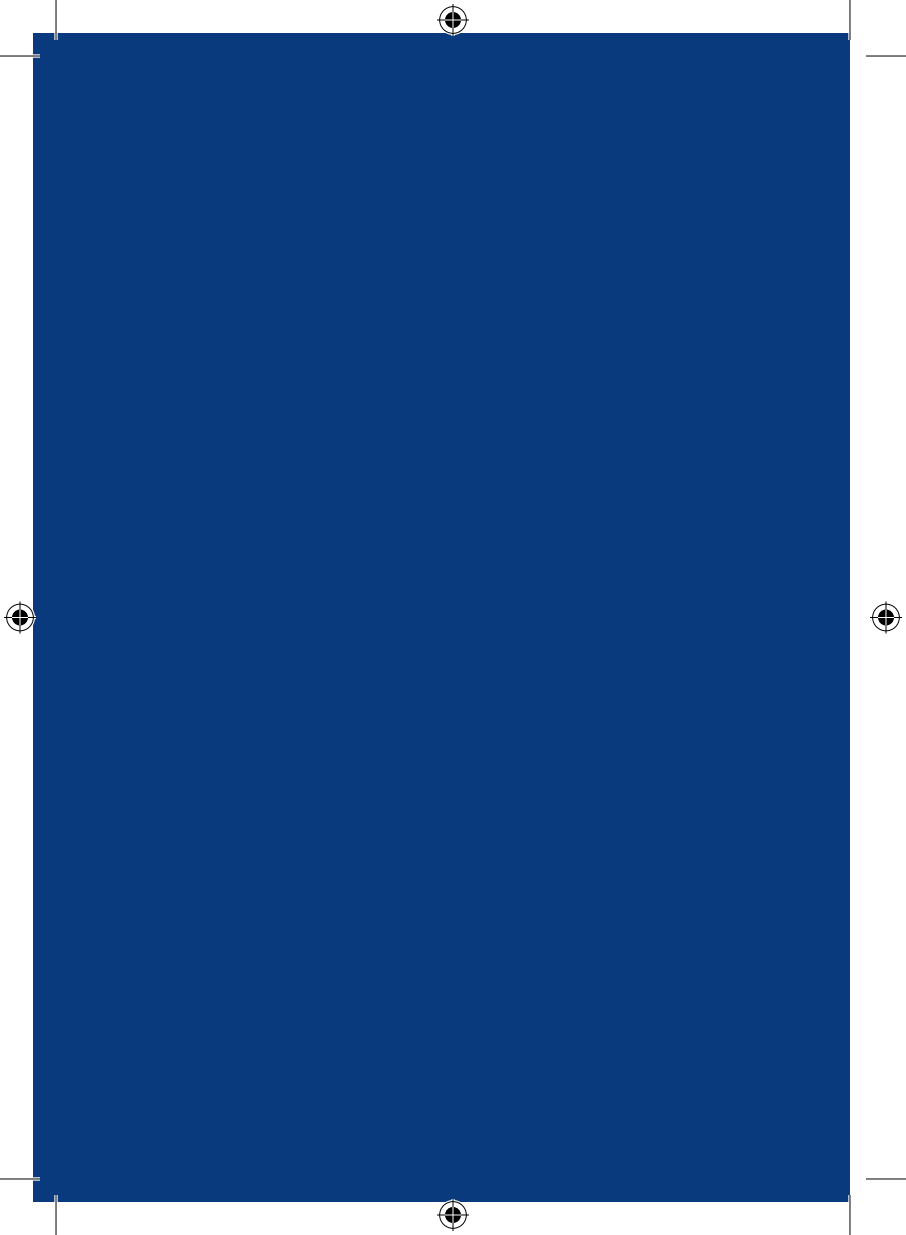




**SPAR EUROPEAN CROSS COUNTRY CHAMPIONSHIPS**  
BELGRADE, SERBIA - SUNDAY 8 DECEMBER 2013





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# GB & NI TEAM MANAGEMENT

## GB & NI TEAM LEADER

Neil Black

## TEAM MANAGER

Martin Rush

## HEAD OF DELEGATION

Wendy Sly

## TEAM MANAGERS

### Senior Men

Mick Woods

### Under 23 Men

Martin Rush

### Under 20 Men

Rob Denmark

### Senior Women

Jackie Newton

### Under 23 Women

Charlotte Fisher

### Under 20 Women

Beverley Kitching

## MEDICAL

### Team Doctor

Chris Tomlinson

### Physiotherapists

Andrew Walling

Catherine Riley

## MEDIA CONTACT DETAILS

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# GB & NI TEAM

## SENIOR MEN

Tom Farrell  
Keith Gerrard  
Adam Hickey  
Charlie Hulson  
Frank Tickner  
Andy Vernon

## SENIOR WOMEN

Julia Bleasdale  
Katie Brough  
Lauren Deadman  
Lauren Howarth  
Gemma Steel  
Stephanie Twell

## UNDER 23 MEN

Luke Caldwell  
Callum Hawkins  
Jonathan Hay  
Richard Goodman  
Jack Goodwin  
Dewi Griffiths

## UNDER 23 WOMEN

Jessica Andrews  
Rhona Auckland  
Kate Avery  
Lily Partridge  
Charlotte Purdue  
Laura Weightman

## UNDER 20 MEN

Michael Callegari  
Jack Crabtree  
Jonathan Davies  
Zak Miller  
Matthew Shirling  
Alex Short

## UNDER 20 WOMEN

Bobby Clay  
Jessica Gibbon  
Emelia Gorecka  
Amy Griffiths  
Georgia Taylor-Brown  
Lydia Turner

# TIMETABLE

## SUNDAY, 24 MARCH

<b>9.45</b>	<b>Opening ceremony</b>
<b>10.00</b>	<b>4km Junior women</b>
10.24	Junior women Victory Ceremony- Individual
10.31	Junior women Victory Ceremony- Team
<b>10.43</b>	<b>6km Junior men</b>
11.11	Junior men Victory Ceremony- Individual
11.18	Junior men Victory Ceremony- Team
<b>11:30</b>	<b>6km U23 Women</b>
12:00	U23 women Victory Ceremony- Individual
12:07	U23 women Victory Ceremony- Team
<b>12:19</b>	<b>8km U23 Men</b>
12:53	U23 men Victory Ceremony- Individual
13:00	U23 men Victory Ceremony- Team
<b>13:12</b>	<b>8km Senior women</b>
13:50	Senior women Victory Ceremony- Individual
13:57	Senior women Victory Ceremony- Team
<b>14:09</b>	<b>10km Senior men</b>
14:49	Senior men Victory Ceremony- Individual
14:56	Senior men Victory Ceremony- Team
<b>15:08</b>	<b>Closing ceremony</b>

# EUROPEAN CROSS COUNTRY CHAMPIONSHIPS - PREVIOUS EDITIONS

Year	Nation	City
1994	<b>United Kingdom</b>	Alnwick
1995	<b>United Kingdom</b>	Alnwick
1996	<b>Belgium</b>	Charleroi
1997	<b>Portugal</b>	Oerias
1998	<b>Italy</b>	Ferrara
1999	<b>Slovenia</b>	Velenje
2000	<b>Sweden</b>	Malmö
2001	<b>Switzerland</b>	Thun
2002	<b>Croatia</b>	Medulin
2003	<b>United Kingdom</b>	Edinburgh
2004	<b>Germany</b>	Heringsdorf
2005	<b>Netherlands</b>	Tilburg
2006	<b>Italy</b>	San Giorgio su Legnano
2007	<b>Spain</b>	Toro
2008	<b>Belgium</b>	Brussels
2009	<b>Ireland</b>	Dublin
2010	<b>Portugal</b>	Albufeira
2011	<b>Slovenia</b>	Velenje
2012	<b>Budapest</b>	Hungary

## 2012 MEDAL TABLE

Rank	Country	Gold	Silver	Bronze	Total
<b>1</b>	<b>Great Britain</b>	<b>2</b>	<b>3</b>	<b>5</b>	<b>10</b>
2	Russia	2	1	1	4
3	Ireland	2	0	0	2
4	France	1	3	1	5
5	Spain	1	1	0	2
6	Italy	1	0	2	3
7=	Norway	1	0	0	1
7=	Poland	1	0	0	1
7=	Serbia	1	0	0	1
10	Germany	0	1	2	3
11=	Portugal	0	1	0	1
11=	Belgium	0	1	0	1
11=	Bulgaria	0	1	0	1
14	Netherlands	0	0	1	1

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



# PREVIOUS EUROPEAN CROSS COUNTRY CHAMPIONSHIPS TOP TEN PLACINGS 2000-2012

## 2000

### Junior Men

Individual	2nd	Chris Thompson
Individual	7th	Mo Farah
Team	2nd	GBR

### Junior Women

Individual	5th	Juliet Potter
Individual	7th	Jane Potter
Individual	9th	Collette Fagan
Team	1st	GBR

### Senior Men

Team	6th	GBR
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### Senior Women

Individual	5th	Kathy Butler
Individual	8th	Liz Yelling
Team	2nd	GBR

## 2001

### Junior Men

Individual	2nd	Mo Farah
Individual	6th	Adam Bowden
Team	1st	GBR

### Junior Women

Individual	5th	Charlotte Dale
Team	2nd	GBR

### Senior Men

Individual	6th	Sam Haughian
Team	5th	GBR

### Senior Women

Individual	5th	Liz Yelling
Individual	8th	Hayley Yelling
Team	2nd	GBR

## 2002

### Junior Men

Team	7th	GBR
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### Junior Women

Individual	1st	Charlotte Dale
Individual	7th	Freya Murray
Individual	8th	Dani Barnes
Team	1st	GBR

### Senior Men

Team	4th	GBR
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### Senior Women

Individual	5th	Hayley Tullett
Team	3th	GBR

# PREVIOUS EUROPEAN CROSS COUNTRY CHAMPIONSHIPS TOP TEN PLACINGS 2000-2012

## 2003

### Junior Men

Team	4th	GBR
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### Junior Women

Individual	3rd	Charlotte Dale
Individual	5th	Faye Fullerton
Individual	9th	Dani Barnes
Team	1st	GBR

### Senior Men

Team	7th	GBR
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### Senior Women

Individual	1st	Paula Radcliffe
Individual	5th	Hayley Yelling
Individual	8th	Liz Yelling
Team	1st	GBR

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## 2004

### Junior Men

Individual	8th	Luke Gunn
Individual	10th	Adam Hickey
Team	3rd	GBR

### Junior Women

Individual	10th	Claire Holme
Team	2nd	GBR

### Senior Men

Team	3rd	GBR
Individual	7th	Karl Keska

### Senior Women

Individual	1st	Hayley Yelling
Individual	3rd	Jo Pavey
Team	2nd	GBR

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## 2005

### Junior Men

Individual	2nd	Andy Vernon
Team	2nd	GBR

### Junior Women

Individual	2nd	Emily Pidgeon
Individual	6th	Morag Maclarty
Individual	7th	Stephanie Twell
Team	1st	GBR

### Senior Men

Team	7th	GBR
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### Senior Women

Individual	6th	Hayley Yelling
Individual	8th	Liz Yelling
Team	2nd	GBR

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# PREVIOUS EUROPEAN CROSS COUNTRY CHAMPIONSHIPS TOP TEN PLACINGS 2000-2012

2006

## Junior Men

Team 5th GBR

## Junior Women

Individual 1st Stephanie Twell

Individual 4th Emily Pidgeon

Individual 6th Sian Edwards

Individual 10th Abby Westley

Team 1st GBR

## Men U23

Team 5th GBR

## Women U23

Individual 4th Aine Hoban

Individual 8th Laura Kenney

Team 1st GBR

## Senior Men

Individual 1st Mo Farah

Team 4th GBR

## Senior Women

Individual 6th Hayley Yelling

Individual 8th Jo Pavey

Team 2nd GBR

2007

## Junior Men

Individual 4th David Forrester

Individual 5th Lee Carey

Team 2nd GBR

## Junior Women

Individual 1st Stephanie Twell

Individual 3rd Charlotte Purdue

Individual 4th Charlotte Roach

Individual 6th Emily Pidgeon

Individual 8th Joanne Harvey

Team 1st GBR

## Men U23

Individual 3rd Andy Vernon

Team 1st GBR

## Women U23

Individual 5th Felicity Milton

Individual 8th Katrina Wootton

Team 1st GBR

## Senior Men

Team 4th GBR

## Senior Women

Individual 6th Kate Reed

Individual 9th Hayley Yelling

Individual 10th Liz Yelling

Team 2nd GBR

# PREVIOUS EUROPEAN CROSS COUNTRY CHAMPIONSHIPS TOP TEN PLACINGS 2000-2012

## 2008

### Junior Men

Individual	5th	David Forrester
Team	3rd	GB & NI

### Junior Women

Individual	1st	Stephanie Twell
Individual	2nd	Charlotte Purdue
Individual	3rd	Lauren Howarth
Individual	4th	Emily Pidgion
Individual	5th	Emma Pallant
Individual	6th	Laura Park
Team	1st	GB & NI

### U23 Men

Individual	2nd	Andy Vernon
Individual	4th	Ben Lindsay
Individual	6th	John Beattie
Individual	7th	Keith Gerrard
Team	1st	GB & NI

### U23 Women

Individual	2nd	Sarah Tunstall
Individual	4th	Morag MacLarty
Individual	7th	Kat Sparke
Team	1st	GB & NI

### Senior Men

Individual	2nd	Mo Farah
Individual	10th	Frank Tickner
Team	3rd	GB & NI

### Senior Women

Individual	8th	Hatti Dean
Individual	9th	Louise Damen
Team	2nd	GB & NI

## 2009

### Junior Men

Individual	2nd	Nick Goolab
Individual	3rd	James Wilkinson
Team	1st	GB & NI

### Junior Women

Individual	3rd	Kate Avery
Individual	6th	Lauren Howarth
Team	2nd	GB & NI

### U23 Men

Individual	5th	Mitch Goose
Individual	8th	Ricky Stevenson
Team	2nd	GB & NI

### U23 Women

Individual	3rd	Jess Sparke
Individual	4th	Charlotte Browning
Individual	5th	Hollie Rowland
Individual	10th	Stevie Stockton
Team	1st	GB & NI

### Senior Men

Individual	2nd	Mo Farah
Team	2nd	GB & NI

# PREVIOUS EUROPEAN CROSS COUNTRY CHAMPIONSHIPS TOP TEN PLACINGS 2000-2012

## Senior Women

Individual	1st	Hayley Yelling-Higham
Individual	9th	Freya Murray
Team	2nd	GB & NI

## 2010

## Junior Men

Individual	10th	Ryan Saunders
Team	1st	GB & NI

## Junior Women

Individual	1st	Charlotte Purdue
Individual	3rd	Emelia Gorecka
Individual	9th	Lily Partridge
Individual	10th	Annabel Gummow
Team	1st	GB & NI

## U23 Men

Individual	9th	Ricky Stevenson
Team	4th	GB & NI

## U23 Women

Individual	3rd	Emma Pallant
Individual	7th	Natalie Gray
Team	1st	GB & NI

## Senior Men

Team	5th	GB & NI
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## Senior Women

Individual	7th	Hatti Dean
Team	2nd	GB & NI

## 2011

## Junior Men

Individual	2nd	Richard Goodman
Individual	8th	Jonny Hay
Individual	9th	Kieran Clements
Team	1st	GB & NI

## Junior Women

Individual	1st	Emelia Gorecka
Individual	6th	Annabel Gummow
Team	1st	GB & NI

## U23 Men

Individual	2nd	James Wilkinson
Individual	8th	Mitch Goose
Team	2nd	GB & NI

## U23 Women

Individual	1st	Emma Pallant
Individual	2nd	Naomi Taschmowitz
Individual	4th	Stephanie Twell
Individual	7th	Hannah Walker
Team	1st	GB & NI

## Senior Men

Individual	9th	Andy Vernon
Team	2nd	GB & NI

## Senior Women

Individual	3rd	Gemma Steel
Team	1st	GB & NI

# PREVIOUS EUROPEAN CROSS COUNTRY CHAMPIONSHIPS TOP TEN PLACINGS 2000-2012

**2012**

## **Junior Men**

Individual	3rd	Kieran Clements
Individual	9th	Charlie Grice
Team	3rd	GB & NI

## **Junior Women**

Individual	2nd	Emelia Gorecka
Individual	5th	Annabel Mason
Individual	8th	Jenny Walsh
Team	1st	GB & NI

## **U23 Men**

Individual	3rd	James Wilkinson
Team	3rd	GB & NI

## **U23 Women**

Individual	1st	Jess Coulson
Individual	5th	Lauren Howarth
Team	2nd	GB & NI

## **Senior Men**

Individual	4th	Tom Farrell
Individual	10th	Steve Vernon
Team	2nd	GB & NI

## **Senior Women**

Team	3rd	GB & NI
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## GB & NI TEAM PROFILES SENIOR MEN

**Name:** Tom Farrell

**Club:** Border/Oklahoma State University

**Coach:** Dave Smith

**Date of Birth:** 23/03/1991

**Biog:** Tom Farrell, a student at Oklahoma State University in the USA, goes into the European Cross Country Championships on the back of a 16th place finish at the NCAA Division I Cross Country Championships. During the summer he won a silver medal over 5,000m at the European Under 23 Championships and in 2012 had an impressive breakthrough over 5000m, running an Olympic A qualifying standard 13:15.31 at the end of April before injury ruled him out of contention for a place at the Olympic Games. This will be Farrell's second appearance at the European Cross Country Championships after finishing fourth place in the senior race last year.

**Name:** Keith Gerrard

**Club:** Newham & Essex Beagles

**Coach:** Art Acevedo

**Date of Birth:** 24/03/1986

**Biog:** This will be Keith Gerrard's second appearance as a senior at the European Cross Country Championships having finished 59th in Budapest last year. He has

three European Cross Country Championships medals already to his name; he was a member of the winning GB & NI under-23 teams in both 2007 and 2008 and part of the second placed under-20 team in 2005. He started 2013 in dominant form, retaining his National Cross Country Championships title, and after a four month absence he returned to form with a third place finish at the Liverpool Cross Challenge, the trials for this championship, on 23 November.

**Name:** Adam Hickey

**Club:** Southend AC

**Coach:** Eamonn Martin

**Date of Birth:** 30/05/1988

**Biog:** After being one of GB & NI's most talented juniors, Hickey has now established himself as a top senior and ran well to place fifth overall in Liverpool following a second place finish at the Bristol Cross Challenge in October. 2013 also saw him have a breakthrough year on the track, smashing his 5,000m personal best with a time of 13:41.66 and also lowering his 1500m and 3,000m PBs with times of 3:47.54 and 8:08.57. His last cross country appearance for GB & NI was at the World Cross Country Championships in Mombasa, Kenya, in 2007.

## GB & NI TEAM PROFILES SENIOR MEN

**Name:** Charlie Hulson

**Club:** Sale Harriers Manchester

**Coach:** Paul Roden

**Date of Birth:** 07/03/1993

**Biog:** Charlie Hulson made his GB & NI debut when he competed in the under 20 race at last year's European Cross Country Championships where he was 24th but will make his senior debut in Belgrade after finishing eighth overall in Liverpool. He began this year by finishing fourth in the junior race at the Northern Cross Country Championships before going on to place fourth at the Home Countries International. In the summer he recorded a lifetime best in his primary event of 1500m with a time of 3:48.69

**Name:** Frank Tickner

**Club:** Wells City

**Coach:** Clive Thomas

**Date of Birth:** 12/10/1983

**Biog:** One of the GB & NI's most experienced cross country runners, Tickner competed at his fourth World Cross Country Championships in Bydgoszcz, Poland, in March of this year. He has won the English National and Inter Counties titles numerous times and his best performance at the European Cross Country Championships came in 2008 when he finished tenth individually as part

of a bronze medal winning GB & NI senior men's team. The 30 year old started 2013 in good form with wins at the Southern Championships and Inter-Counties Championships but could only finish fifth at the Bristol Cross Challenge in October and was 13th place in Liverpool last month.

**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 after a dominant victory at the Liverpool Cross Challenge/European Cross Trials, an event he also won in 2008, 2010 and 2011. Vernon was 13th in Budapest last year as the senior men's team won silver and was ninth in 2012 when he also picked up team silver. He has twice been a European Under-23 Cross Country medallist, third in 2007 and second in 2008, and won silver as a junior in 2005. This will be his 18th GB & NI appearance. He finished 12th when he stepped 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 and clocked a 5000m PB of 13:23.20 and a 10,000m PB of 27:52.65 in the summer of 2012.





## GB & NI TEAM PROFILES SENIOR WOMEN

**Name:** Julia Bleasdale

**Club:** Hillingdon

**Coach:** Self-coached

**Date of Birth:** 09/09/1981



**Biog:** The highlight of Bleasdale's career came at the London 2012 Olympics where she finished eighth in both the 5,000m and 10,000m. She set personal bests for both events in London with times of 15:02.00 and 30:55.63. The 32 year old started 2013 by placing eighth at the Great Edinburgh International Cross Country but missed most of the year before returning a run of 15:50 for a 5km road race in New York. Her best year for cross country came in 2011 when she was 59th at the IAAF World Cross Championships and then 13th at the European Cross Country Championships, where she won gold as part of the GB & NI senior women's team.

**Name:** Katie Brough

**Club:** Vale Royal

**Coach:** Andrew Carter

**Date of Birth:** 27/05/1981

**Biog:** 2013 has been a massive breakthrough year for Brough as she has rewritten her personal bests from 1500m to 10km, winning bronze over 5,000m at the Sainsbury's British Championships, and made great strides in her cross country performances. Early in the year she was tenth at both the English National and Inter Counties cross country championships before winning her first ever Cross Challenge event in Bristol in October. At the Liverpool Cross Challenge/European Cross Trials she finished sixth overall to receive automatic selection. She will make her GB & NI debut in Belgrade although she recently competed for England at the Cross Internacional de Soria in Spain where she placed ninth in a strong international field.





## GB & NI TEAM PROFILES SENIOR WOMEN

**Name:** Lauren Deadman

**Club:** Havering Mayesbrook

**Coach:** Bill Foster

**Date of Birth:** 27/03/1984



**Biog:** Her only other previous experience of the European Cross Country Championships came in Dublin in 2009 where she finished 29th and won a team silver medal. She will travel to Serbia in good form having finished third at the Bristol Cross Challenge, seventh at the Cross Internacional de Soria and eighth overall at the Liverpool Cross Challenge/European Cross Trials, equalling her previous best finish at the event in 2009.

**Name:** Lauren Howarth

**Club:** Leigh Harriers

**Coach:** Pete Riley

**Date of Birth:** 21/04/1990

**Biog:** Lauren Howarth, a Birmingham University medical student, is a cross country specialist who will be making her fifth appearance at the European Cross Country Championships in Belgrade. Howarth first made waves on the European scene when she won European Junior Cross Country bronze in Brussels 2008, the memorable event in which the GB & NI junior women won an unprecedented team gold medal after taking the top six positions. She finished sixth in Dublin in 2009, also as a junior, and was sixth in her final European Cross as an under 23 last year. Howarth has strong international pedigree and finished 10th in the IAAF World Junior Championships 3000m in 2008, 13th in the 2009 IAAF World Cross in Jordan and sixth in the 3,000m at the European Indoor Championships in Gothenburg in March of this year.



## GB & NI TEAM PROFILES SENIOR WOMEN

**Name:** Gemma Steel

**Club:** Charnwood

**Coach:** John Nuttall

**Date of Birth:** 12/11/1985

**Biog:** Steel is a former bronze medallist at the European Cross Country Championships having finished third in Slovenia in 2011 and is in the sort of form that suggests she could repeat that performance this time round. The 28 year old was a comfortable winner at the trial in Liverpool, just a month after winning the Bupa Birmingham Half Marathon in fine style with a personal best of 70:19. Her cross country pedigree was underlined when she appeared at her second consecutive IAAF World Cross Country Championships, finishing 31st in Bydgoszcz, Poland, earlier this year having also represented GB & NI in Punta Umbria, Spain, in 2011 where she finished 54th. Steel also finished an impressive seventh place at the IAAF World Half Marathon Championships in Bulgaria in 2012.

**Name:** Stephanie Twell

**Club:** Aldershot, Farnham & District

**Coach:** Mick Woods

**Date of Birth:** 17/08/1989

**Biog:** The 2008 Olympian has had a strong pedigree over both track and cross country since winning her first international cross country medal aged 16 as part of the winning GB & NI Under-20 team at the 2005 European Cross Country Championships and uniquely winning a hat trick of European Under 20 titles. The following year she added individual gold as well as another team victory and finished 31st in the Under-20 race at her first IAAF World Cross Country Championships. Since then she has finished an impressive 23rd in the senior race at the 2010 World Cross, competed at a further four European Cross Country Championships, defending her Under-20 title in 2008, and won gold on the track over 1500m at the 2008 IAAF World Junior Championships. She completed her return from injury to compete at the 2013 World Cross Country Championships where she finished 40th and continued her form throughout the year, placing third overall in Liverpool to book her ticket to Belgrade.

## GB & NI TEAM PROFILES

### U23 MEN

**Name:** Luke Caldwell

**Club:** Dorking & Mole Valley/New Mexico University

**Coach:** Robert Russell

**Date of Birth:** 02/08/1991

**Biog:** The New Mexico University student finished tenth at the NCAA Cross Country Championships last month having been in good form on the American collegiate season all autumn. The 22 year old competed at the European Under 23 Championships in Tampere this summer, where he finished fifth in the 5,000m. He also ran a big personal best over 5,000m with a time of 13:29.94 and dropped his best 3,000m time to 8:14.66 indoors at the start of the year. When he lines up in Belgrade it will be his first GB & NI cross country appearance.

**Name:** Richard Goodman

**Club:** Shaftesbury Barnet

**Coach:** -

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

**Biog:** Having had two years out of the sport through injury, Goodman returned to form in style as he booked an automatic place on the GB & NI team at Liverpool, finishing second under 23 and fourth overall. In his penultimate year as an under 20 in 2011, Goodman won silver at the European Cross Country Championships in Velenje, Slovenia.

As a junior Goodman showed good pedigree on cross country with a win at the Southern Championships and second place finishes at the English National and Inter Counties Championships. He also set impressive track personal bests with 3:45.66 for 1500m and 8:12.94 for 3,000m.

**Name:** Jack Goodwin

**Club:** Bedford & County

**Coach:** Simon Goodwin

**Date of Birth:** 07/06/1993

**Biog:** In his first year as an under 23, Jack Goodwin secured a place at his second European Cross Country Championships having finished 25th as an under 20 in Velenje two years ago. He also competed at the World University Cross Country Championships in Lodz, Poland, in 2012 where he finished 59th and competed for GB & NI at the Bupa Great Edinburgh International Cross Country in 2012, finishing ninth in the under 20 race. A time of 14:03.65 for 5,000m on the track suggests he also has the speed to do well in Belgrade.

**Name:** Dewi Griffiths

**Club:** Swansea Harriers

**Coach:** Kevin Evans

**Date of Birth:** 09/08/1991

**Biog:** The Welshman will be making his second appearance at the European Cross Country

## GB & NI TEAM PROFILES

### U23 MEN

Championships when he lines up in Belgrade. He was 38th in the under 23 race in Budapest last year and will hope to finish higher this time round after starting the winter in great form with a half marathon personal best of 65:01 in Cardiff, victory at the Bristol Cross Challenge and a seventh place finish at the trial in Liverpool. He has competed at the World Cross Country Championships in Edinburgh in 2008, finishing a solid 67th in the junior race and he was sixth in the World Mountain Running Championships as a junior in 2010.

**Name:** Callum Hawkins

**Club:** Kilbarchan

**Coach:** Robert Hawkins

**Date of Birth:** 22/06/1992

**Biog:** The Scot has been in good form in 2013 both on the roads and cross country. He won the Paisley 10k and the Bank of Scotland Great Scottish 10k in August and October respectively and set a big 10k personal best of 29:24 at the Leeds Abbey Dash last month. Liverpool was his first cross country race for the best part of two years but he wasn't affected as he finished sixth overall, third under 23. This will be his second European Cross Country Championships appearance having competed as a junior in Dublin in 2009. On that occasion he finished 19th as the GB & NI team won gold.

**Name:** Jonathan Hay

**Club:** Aldershot, Farnham & District

**Coach:** Mick Woods

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

**Biog:** 2011 European Junior 5000m bronze medallist Jonny Hay has already ran at three European Cross Country Championships. In 2009 he was 23rd as part of a gold medal winning GB & NI team in Dublin, he improved to 14th in his second year as a junior in the Portugal, once again winning team gold, and had an eighth place finish in 2011. He qualified as an under 23 last year but was forced to withdraw before the championships with injury and didn't compete over cross country for the next year. He returned to form in recent weeks though, running one of the fastest times at the National Cross Country Relays in Mansfield, finishing third at the Bristol Cross Challenge and placing second overall, first under 23, at the Liverpool Cross Challenge/European Cross Trials. At the IAAF World Cross Country Championships, he finished 90th on his debut in 2009, 62nd in Bydgoszcz, Poland in the 2010 and in 2011 he finished first European in Spain in 39th overall.

## GB & NI TEAM PROFILES

### U23 WOMEN

**Name:** Jessica Andrews

**Club:** Aldershot, Farnham & District

**Coach:** Mick Woods

**Date of Birth:** 01/10/1992

**Biog:** 21 year old Andrews will make her GB & NI debut in Serbia after finishing fourth under 23 in Liverpool, ninth overall, to secure automatic selection for the European Cross Country Championships. She has been in good form in 2013, finishing fourth in the Southern Cross Country Championships and fifth in the English National. Her track season was curtailed but she was able to rewrite her 3,000m personal best in August with a time of 9:38.69. She was also 11th female in the recent Bupa Great South Run, running 59:56 for the 10 mile race.

**Name:** Rhona Auckland

**Club:** Banchory Stonehaven

**Coach:** Joyce Hogg

**Date of Birth:** 11/05/1993

**Biog:** Rhona Auckland made her GB & NI debut at last year's European Cross Country Championships where she finished 23rd. In the summer she ran a 10,000m personal best of 34:07.61 which earned her selection for the European Under 23 Championships where she finished ninth. On the cross she won the Celtic Nations Championships in 2011 and the Home Countries Cross Country International in March of 2012, and

has gone from strength to strength since then, claiming the Scottish National title earlier this year to add to victories in the Scottish 4k and Scottish Universities Cross Country Championships.

**Name:** Kate Avery

**Club:** Shildon/Iona College

**Coach:** Tony Simmons

**Date of Birth:** 10/10/1991

**Biog:** Kate Avery will go to Belgrade in superb form having had the best run of her career to date as she finished third at the NCAA Cross Country Championships in America, the highest ever placing by a British woman. This performance came after a breakthrough track season in which she ran under nine minutes for the first time over 3,000m and ran an excellent time of 33:37.44 for 10,000m. She competed over 5,000m at the European Under 23 Championships in Tampere where she won an excellent bronze medal. She competed at the European Cross Country Championships as an under 20 in 2009 and 2010 winning a bronze medal in Dublin in 2009 and placing 12th a year later.

## GB & NI TEAM PROFILES

### U23 WOMEN

**Name:** Lily Partridge

**Club:** Aldershot, Farnham & District

**Coach:** Mick Woods

**Date of Birth:** 09/03/1991

**Biog:** This will be Lily Partridge's fifth European Cross Country Championships. She finished 15th and took home team gold in the under 23 race last year and in 2011 in Slovenia she was 20th and won team gold. A consistently strong international performer, she had previously finished ninth for the GB & NI gold medal winning junior women's team at the 2010 European Cross in Portugal – her best ever performance at this level – and has twice taken part in the IAAF World Cross Country Championships, with her best position being 31st in Amman, Jordan, in 2009. A strong race in this year's combined senior and under 23 European Cross Trials in Liverpool saw Partridge finish second under 23 and fourth overall to earn automatic selection for Belgrade.

**Name:** Charlotte Purdue

**Club:** Aldershot, Farnham & District

**Coach:** Mick Woods

**Date of Birth:** 10/06/1991

**Biog:** Purdue ran in her first cross country race for over two and a half years, and only her second race of 2013, when she ran in Liverpool last month but she returned in style by finishing as the first under 23, placing second overall in the senior women's race. The talented 22 year old has a

great record at the European Cross Country Championships having won three individual medals as a junior; gold in 2010, silver in 2008 and bronze in 2007. In addition to her run in Liverpool she ran a time of 56:57 to finish third in very difficult conditions at the Great South Run 10 mile. With track personal bests of 15:23.4 for 5,000m and 32:03.55 for 10,000m as well as two 14th place finishes at the IAAF World Cross Country Championships as a junior, Purdue will have high hopes of a medal in Belgrade.

**Name:** Laura Weightman

**Club:** Morpeth

**Coach:** Steve Cram

**Date of Birth:** 01/07/1991

**Biog:** Weightman has a track pedigree that includes reaching the final of the 1500m at the London 2012 Olympic Games and competing in the same event at the IAAF World Championships in Moscow earlier this year. She also ran well over 3,000m this summer, running the fifth fastest time ever by a British under 23 with 8:43.46 and finishing third at the European Athletics Team Championships in Gateshead in June. She finished third in the Northern Cross Country Championships as a junior in 2011 but her tenth place finish at Liverpool, making her fifth under 23, was her best cross country result to date.

## GB & NI TEAM PROFILES

### U20 MEN

**Name:** Michael Callegari

**Club:** Shaftesbury Barnet

**Coach:** Nadeem Shaikh

**Date of Birth:** 01/09/1994

**Biog:** Callegari has been a consistent cross country performer in 2013, including representing GB & NI at the IAAF World Cross Country Championships in March, where he finished 37th in the under 20 race. He has been to the fore in all of the Cross Challenge fixtures, being in the top five in Cardiff, Antrim and Birmingham as well as being fifth in Liverpool which acted as the European trials. He has also performed well on the track this summer, winning the 3,000m at the English Schools Championships and gaining selection for the 5,000m at the European Junior Championships where he just missed out on a medal, finishing fourth.

**Name:** Jack Crabtree

**Club:** Aldershot, Farnham & District

**Coach:** Norman Poole

**Date of Birth:** 13/09/1996

**Biog:** Crabtree was still eligible for the World Youth Championships in the summer where he ran for GB & NI in the 1500m. Domestically, he won an impressive 1500m and 3,000m double at the England Athletics Under 17 Championships and was second in the 1500m and the UK School Games. He qualified for the European Cross

thanks to a sixth place finish at the Liverpool Cross Challenge/European Trial.

**Name:** Jonathan Davies

**Club:** Reading AC

**Coach:** Rob McKim

**Date of Birth:** 28/10/1994

**Biog:** Davies has been the dominant junior in Britain this year, a fact underlined by the nature of his victory at the Liverpool Cross Challenge/European Trial that booked his place on the team. He is unbeaten on cross country in the UK this year and also picked up a Cross Challenge win in Bristol with a margin of over a minute. He was the first GB & NI runner home at the IAAF World Cross Country Championships in March in 35th. On the track this summer he set a new 5,000m personal best of 14:09.46 and went to the European Junior Championships where he clinched 5,000m bronze. He will go to Belgrade as a real podium contender.

**Name:** Zak Miller

**Club:** Trafford

**Coach:** Paul Shaw

**Date of Birth:** 21/03/1997

**Biog:** The youngest male athlete on the team, he secured automatic selection with a fourth place finish in Liverpool. He was English Schools Cross Country Champion earlier this



## GB & NI TEAM PROFILES

### U20 MEN

year and fourth in the junior race at the English National Cross Country Championships. On the roads, he was Junior Great North Run champion and runner up in the Virgin London Mini Marathon. He also ran well on the track this year, finishing third over 3,000m at both the English Schools and England Athletics Championships.

**Name:** Matthew Shirling

**Club:** Liverpool Harriers

**Coach:** Adrian Webb

**Date of Birth:** 05/10/1995

**Biog:** Matthew Shirling ran brilliantly on home turf in Liverpool to finish second and guarantee selection for the European Cross Country Championships. On the track he holds the British record for under 17 1500m after breaking a record once held by Steve Cram with a time of 3:44.11 in 2012. In 2012 he broke the English Schools record as he led from gun to tape to win in 3:49.15 and won in similar fashion at the England Athletics Under 17 Championships. His best cross country performance before Liverpool came in March when he was crowned English Schools champion.

**Name:** Alex Short

**Club:** Chelmsford

**Coach:** Phil O'Dell

**Date of Birth:** 07/01/1994

**Biog:** The Cambridge University student had a breakthrough run in Liverpool as he finished third to secure automatic selection to the GB & NI team for the European Cross Country Championships, a huge improvement on his 43rd place finish in the same race last year. His best previous cross country performances were in 2012 when he was 16th at the English Schools and 45th at the English National Cross Country Championships.

## GB & NI TEAM PROFILES

### U20 WOMEN

**Name:** Bobby Clay

**Club:** Invicta East Kent

**Coach:** Peter Mullervy

**Date of Birth:** 19/05/1997

**Biog:** Despite being the youngest athlete on the GB & NI team, Clay doesn't lack experience having competed on the international stage a number of times already. She was 27th at the IAAF World Cross Country Championships in March, helping GB & NI to win team bronze and also competed at the IAAF World Youth Championships in Donetsk, Ukraine, where she was fourth in the 1500m. Also this summer she won 1500m gold at the UK School Games and England Athletics Championships. She will go to Belgrade on the back of a fifth place finish at the Liverpool Cross Challenge/European Trials.

**Name:** Jessica Gibbon

**Club:** Reading AC

**Coach:** Rob McKim

**Date of Birth:** 19/08/1996

**Biog:** Jessica Gibbon has made vast improvements in 2013 from finishing 15th at the English National Cross Country Championships and 20th at the English School Championships to place fourth at the Bristol Cross Challenge and then crucially seventh in Liverpool to gain selection for the European Cross Country

Championships. On the track she set personal bests over both 1500m (4:41.1) and 3,000m (10:05.93) in 2013.

**Name:** Emelia Gorecka

**Club:** Aldershot, Farnham & District

**Coach:** Mick Woods

**Date of Birth:** 19/01/1994

**Biog:** When she lines up in Belgrade, Gorecka will bid to win her fourth consecutive European Cross Country Championships medal in the under 20 women's race having finished third in 2010, first in 2011 and second in 2012.

The World Junior 3,000m bronze medallist showed that her dominance is unlikely to subside as she set the fastest time at the English National Cross Country Relays in Mansfield in October and taking a comfortable victory at the trial in Liverpool.

She has shown exceptional talent since becoming World School Games 3000m champion in 2009 and her credentials were underlined in 2011 when she finished a brilliant 15th and top European in the IAAF World (U20) Cross Country Championships, raced to silver in the European Junior Championships (5000m) and won the Commonwealth Youth Games 3000m. In 2013 the 19 year old has continued to impress and won cross country titles at the English National and BUCS championships. On the track she had a superb second place



## GB & NI TEAM PROFILES

### U20 WOMEN

at the European Athletics Team Championships in the 5,000m and was crowned European Junior champion over 3,000m.

**Name:** Amy Griffiths

**Club:** Aldershot, Farnham & District

**Coach:** Mick Woods

**Date of Birth:** 22/03/1996



**Biog:** Amy Griffiths will make her first GB & NI appearance after she clinched the fourth automatic qualifying spot for Belgrade as she finished fourth at the Liverpool Cross Challenge/European Trials. She has been to the fore on the domestic scene throughout 2013, finishing fifth at the English National Cross Country Championships, third at the English Schools Cross Country Championships and third at the Bristol Cross Challenge. On the track she finished second over 3,000m at both the English Schools Championships and England Athletics Championships and lowered her 1500m personal best to 4:21.02.

**Name:** Georgia Taylor-Brown

**Club:** Sale Harriers Manchester

**Coach:** Paul Roden

**Date of Birth:** 15/03/1994

**Biog:** A second place finish in Liverpool ensured that triathlon specialist Georgia Taylor-Brown will

run for GB & NI for the second time this year after competing at the IAAF World Cross Country Championships in Bydgoszcz, Poland, where she was second Brit home in 17th place. Taylor-Brown focusses on triathlon in the summer and in 2012 she was named Female Elite Junior Triathlete of the Year. She won the European Junior Triathlon title in both 2012 and 2013.

**Name:** Lydia Turner

**Club:** Birtley

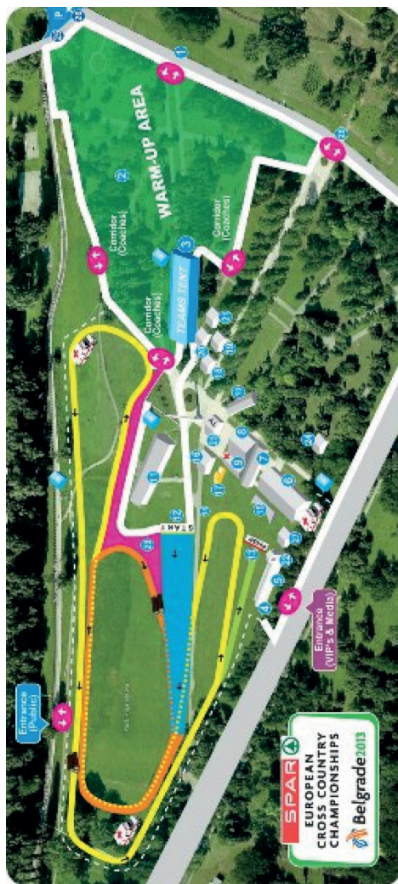
**Coach:** Thomas Millmore

**Date of Birth:** 19/11/1996



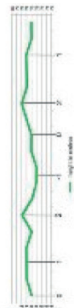
**Biog:** Lydia Turner came to prominence at the Bristol Cross Challenge in October as she overcame a strong field to take victory in the combined under 20 and under 17 women's race. She maintained that form to Liverpool where she finished fifth despite still being an under 17. Earlier in the year she finished fifth at the English Schools Cross Country Championships and went on to win a bronze medal over 3,000m at the England Athletics Under 17 Championships.

# COURSE MAP & ELEVATION



Start (W)	4850m	S-200m	-51200m
Start (M)	4850m	S-200m	-51200m
Start (F)	4850m	S-200m	-51200m
Start (M)	4850m	S-200m	-51200m
Start (F)	4850m	S-200m	-51200m
Start (M)	4850m	S-200m	-51200m

Start Straight  
Short Loop  
Main Loop  
Finish Straight



## VENUE STRUCTURES

1	Teams Drop-off / Pick-up	7	Media Zone	13	FINISH	19	European Athletics Office	25	VP & Media Parking
2	Warm-up Area	8	UT Collection Area	14	Video Screen	20	LOC Office	26	Public Parking
3	Warm-up Area	9	Medical Centre	15	Photography Platform	21	Arrival of Athletes Room	27	Sale Timing Room
4	VP Tribune	10	Media Centre	16	Video Commentary Preparation Room	22	Event Presentation Management	28	VP & Media Drop-off / Pick-up
5	Media Tribune	11	Call Room	17	Video Commentary Platform	23	TV Consular	29	Coach Zone
6	European Athletics Club	12	START	18	TIC + Carry Room	24	Event Control Station		

# NOTES

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