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AVIVA

GREAT BRITAIN

AVIVA

2012

MEDIAGUIDE

SPAR EUROPEAN CROSS COUNTRY CHAMPIONSHIPS

BUDAPEST, HUNGARY, SUNDAY 9 DECEMBER 2012

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AVIVA GB & NI TEAM MANAGEMENT

Team Leaders

Spencer Barden
Ian Stewart

Team Managers

Senior Men

Terrence Mahon

U23 Men

Mick Woods

Junior Men

Rob Denmark

Senior Women

Wendy Sly

U23 Women

Jackie Newton

Junior Women

Hayley Yelling-Higham

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Medical

Team Doctor

John Rogers

Physiotherapists

Mark Buckingham
Alison Rose

AVIVA GB & NI TEAM

SENIOR MEN

Tom Farrell
Keith Gerrard
Tom Humphries
Jonathan Taylor
Andy Vernon
Steve Vernon

UNDER-23 MEN

Nick Goolab
Dewi Griffiths
Jonny Hay
Simon Horsfield
Scott McDonald
James Wilkinson

JUNIOR MEN

Ian Bailey
Kieran Clements
Charlie Grice
Charlie Hulson
William Paulson
Luke Traynor

SENIOR WOMEN

Elle Baker
Louise Damen
Caryl Jones
Rosie Smith
Emily Wicks
Katrina Wootton

UNDER-23 WOMEN

Hannah Alderson
Jess Coulson
Lauren Howarth
Lily Partridge
Beth Potter
Hannah Walker

JUNIOR WOMEN

Rhona Auckland
Alex Clay
Emelia Gorecka
Jessica Judd
Annabel Mason
Jenny Walsh

TIMETABLE

Sunday, 9 December 2012

| EVENT | TIME |
|--|--------------|
| Opening Ceremony | 9:55 |
| Junior Women | 10:15 |
| Junior Women Victory Ceremony - Individual | 10:39 |
| Junior Women Victory Ceremony - Team | 10:45 |
| Junior Men | 10:55 |
| Junior Men Victory Ceremony - Individual | 11:24 |
| Junior Men Victory Ceremony - Team | 11:30 |
| U23 Women | 11:40 |
| U23 Women Victory Ceremony - Individual | 12:09 |
| U23 Women Victory Ceremony - Team | 12:15 |
| U23 Men | 12:25 |
| U23 Men Victory Ceremony - Individual | 11:59 |
| U23 Men Victory Ceremony - Team | 13:05 |
| Senior Women | 13:15 |
| U23 Women Victory Ceremony - Individual | 13:52 |
| U23 Women Victory Ceremony - Team | 13:58 |
| Senior Men | 14:08 |
| U23 Men Victory Ceremony - Individual | 14:46 |
| U23 Men Victory Ceremony - Team | 14:52 |
| Closing Ceremony - Flag Handover | 15:00 |

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 |
| 2011 |  | Slovenia | Velenje |

2011 MEDAL TABLE

| RANK | NATION | GOLD | SILVER | BRONZE | TOTAL |
|--------------|---|-----------|-----------|-----------|-----------|
| 1 |  Great Britain | 6 | 5 | 1 | 12 |
| 2 |  France | 2 | 0 | 2 | 4 |
| 3 |  Russia | 1 | 2 | 1 | 4 |
| 4 |  Norway | 1 | 0 | 1 | 2 |
| 5 |  Belgium | 1 | 0 | 0 | 1 |
| 6 |  Ireland | 1 | 0 | 0 | 1 |
| 7 |  Portugal | 0 | 2 | 2 | 4 |
| 8 |  Germany | 0 | 1 | 3 | 4 |
| 9 |  Spain | 0 | 1 | 1 | 2 |
| 10 |  Romania | 0 | 1 | 0 | 1 |
| 11 |  Serbia | 0 | 0 | 1 | 1 |
| TOTAL | | 12 | 12 | 12 | 36 |

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

PREVIOUS EUROPEAN CROSS COUNTRY CHA

| | | | |
|--------------|------------|-----|------------------|
| 2000 | | | |
| 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 |
| 2001 | | | |
| 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 |
| Women | Team | 5 | GBR |
| | Individual | 5 | Liz Yelling |
| | Individual | 8 | Hayley Yelling |
| | Team | 2 | GBR |
| 2002 | | | |
| 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 |
| 2003 | | | |
| Junior Men | Team | 4 | GBR |
| Junior Women | Individual | 3 | Charlotte Dale |
| | Individual | 5 | Faye Fullerton |
| | Individual | 9 | Dani Barnes |
| | Team | 1 | GBR |
| Men | Team | 7 | GBR |
| Women | Individual | 1 | Paula Radcliffe |
| | Individual | 5 | Hayley Yelling |
| | Individual | 8 | Liz Yelling |
| | Team | 1 | GBR |
| 2004 | | | |
| 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 | |
| 2005 | | | |
| 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 |
| 2006 | | | |
| 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 |
| Women | Team | 4 | GBR |
| | Individual | 6 | Hayley Yelling |
| | Individual | 8 | Jo Pavey |
| | Team | 2 | GBR |
| 2007 | | | |
| Junior Men | Individual | 4 | David Forrester |
| | Individual | 5 | Lee Carey |
| | Team | 2 | GBR |
| Junior Women | Individual | 1 | Stephanie Twell |
| | Individual | 3 | Charlotte Purdue |
| | Individual | 4 | Charlotte Roach |
| | Individual | 6 | Emily Pidgeon |
| | Individual | 8 | Joanne Harvey |
| | Team | 1 | GBR |

CHAMPIONSHIPS TOP TEN PLACINGS 2000-2011

| | | | |
|--------------|------------|---------|--------------------|
| Men U23 | Individual | 3 | Andy Vernon |
| | Team | 1 | GBR |
| Women U23 | Individual | 5 | Felicity Milton |
| | Individual | 8 | Katrina Wootton |
| | Team | 1 | GBR |
| | Team | 4 | GBR |
| Men Women | Individual | 6 | Kate Reed |
| | Individual | 9 | Hayley Yelling |
| | Individual | 10 | Liz Yelling |
| | Team | 2 | GBR |
| 2008 | | | |
| Junior Men | Individual | 5 | David Forrester |
| | Team | 3 | GB & NI |
| Junior Women | Individual | 1 | Stephanie Twell |
| | Individual | 2 | Charlotte Purdue |
| | Individual | 3 | Lauren Howarth |
| | Individual | 4 | Emily Pidgeon |
| U23 Men | Individual | 5 | Emma Pallant |
| | Individual | 6 | Laura Park |
| | Team | 1 | GB & NI |
| | Individual | 2 | Andy Vernon |
| U23 Women | Individual | 4 | Ben Lindsay |
| | Individual | 6 | John Beattie |
| | Individual | 7 | Keith Gerrard |
| | Team | 1 | GB & NI |
| Senior Men | Individual | 2 | Sarah Tunstall |
| | Individual | 4 | Morag MacLarty |
| | Individual | 7 | Kat Sparke |
| | Team | 1 | GB & NI |
| Senior Women | Individual | 2 | Mo Farah |
| | Individual | 10 | Frank Tickner |
| | Team | 3 | GB & NI |
| Senior Women | Individual | 8 | Hatti Dean |
| | Individual | 9 | Louise Damen |
| | Team | 2 | GB & NI |
| 2009 | | | |
| Junior Men | Individual | 2 | Nick Goolab |
| | Individual | 3 | James Wilkinson |
| | Team | 1 | GB & NI |
| Junior Women | Individual | 3 | Kate Avery |
| | Individual | 6 | Lauren Howarth |
| | Team | 2 | GB & NI |
| U23 Men | Individual | 5 | Mitch Goose |
| | Individual | 8 | Ricky Stevenson |
| | Team | 2 | GB & NI |
| U23 Women | Individual | 3 | Jess Sparke |
| | Individual | 4 | Charlotte Browning |
| | Individual | 5 | Hollie Rowland |
| | Individual | 10 | Stevie Stockton |
| Team | 1 | GB & NI | |

| | | | |
|--------------|------------|----|-----------------------|
| Senior Men | Individual | 2 | Mo Farah |
| | Team | 2 | GB & NI |
| Senior Women | Individual | 1 | Hayley Yelling-Higham |
| | Individual | 9 | Freya Murray |
| | Team | 2 | GB & NI |
| 2010 | | | |
| Junior Men | Individual | 10 | Ryan Saunders |
| | Team | 1 | GB & NI |
| Junior Women | Individual | 1 | Charlotte Purdue |
| | Individual | 3 | Emelia Gorecka |
| | Individual | 9 | Lily Partridge |
| | Individual | 10 | Annabel Gummow |
| U23 Men | Team | 1 | GB & NI |
| | Individual | 9 | Ricky Stevenson |
| U23 Women | Team | 4 | GB & NI |
| | Individual | 3 | Emma Pallant |
| | Individual | 7 | Natalie Gray |
| Senior Men | Team | 1 | GB & NI |
| | Team | 5 | GB & NI |
| Senior Women | Individual | 7 | Hatti Dean |
| | Team | 2 | GB & NI |
| 2011 | | | |
| Junior Men | Individual | 2 | Richard Goodman |
| | Individual | 8 | Jonny Hay |
| | Individual | 9 | Kieran Clements |
| Junior Women | Team | 1 | GB & NI |
| | Individual | 1 | Emelia Gorecka |
| | Individual | 6 | Annabel Gummow |
| | Team | 1 | GB & NI |
| U23 Men | Individual | 2 | James Wilkinson |
| | Individual | 8 | Mitch Goose |
| U23 Women | Team | 2 | GB & NI |
| | Individual | 2 | Emma Pallant |
| | Individual | 2 | Naomi Taschmowitz |
| | Individual | 4 | Stephanie Twell |
| Senior Men | Individual | 7 | Hannah Walker |
| | Team | 1 | GB & NI |
| | Individual | 9 | Andy Vernon |
| Senior Women | Team | 2 | GB & NI |
| | Individual | 3 | Gemma Steel |
| | Team | 1 | GB & NI |

AVIVA GB & NI TEAM PROFILES

SENIOR MEN

Name: Tom Farrell

Club: Border/Oklahoma State

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 strong ninth place finish at the NCAA Division I Cross Country Championships. During the summer he 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 first appearance at the European Cross Country Championships but he has twice competed in the World Cross Country Championships as an under-20, finishing 58th in 2009 and 50th in 2010.

Name: Keith Gerrard

Club: Newham & Essex Beagles

Coach: Art Acevedo

Date of Birth: 24/03/1986

Biog: Although this will be Keith Gerrard's first appearance as a senior, he has three European Cross Country Championships medals already to his name. He was a member of the winning Aviva GB & NI under-23 teams in both 2007 and 2008 and part of the second placed under-20 team in 2005. He started 2012 in dominant form, winning both the Inter Counties and National Cross Country Championships, before running a new 5,000m personal best of 13:50.06 and finishing a very credible ninth over 10,000m at the European Championships in June.

Name: Tom Humphries

Club: Cannock & Stafford

Coach: Phil Clamp

Date of Birth: 24/09/1984

Biog: Tom Humphries led the British team home in 15th in his last appearance at these Championships in 2010 and was 16th in 2007 as the Aviva GB & NI senior men's team finished fourth. He showed his cross country pedigree by winning Inter Counties and National Cross Country titles in 2008 and also has a 64th place finish at the 2011 World Cross Country Championships to his name. Although he has competed sparsely during 2012, a fourth place finish at the McCain Liverpool Cross Challenge/European Cross Trials signalled a return to close to his best form.

Name: Jonathan Taylor

Club: Morpeth

Coach: Gordon Surtees

Date of Birth: 10/10/1987

Biog: Jonathan Taylor had his best ever performance to qualify for the European Cross Country Championships as he defeated a strong field to take victory at the McCain Liverpool Cross Challenge/European Cross Trials. This performance comes at the end of a year in which Taylor recorded new personal bests over 1500m, 3000m, 2 Miles and 3000m steeplechase. His only previous appearance at the European Cross Country Championships was in 2009 when he finished 21st as a member of the silver medal winning Aviva GB & NI under-23 team.

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 after finishing second at the McCain Liverpool Cross Challenge/ European Cross Trials, an event he won in both 2010 and 2011. Vernon was ninth last year and picked up a silver medal as part of the senior men's team, and he will be looking to at least match this performance when he lines up in Budapest. 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 17th 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 this summer.

Name: Steve Vernon

Club: Stockport

Coach: Dave Turnbull

Date of Birth: 17/10/1980

Biog: Vernon - who is an experienced international cross country competitor - booked his place on the Aviva GB & NI European Cross team with a strong third place finish in Liverpool. Vernon has been in a rich vein of form over cross country in 2012: he was Northern Cross Country Champion in January and finished second at Parliament Hill in the National Cross Country Championships in February, more recently he ran the fastest leg at the National Cross Country Relays in Mansfield. In addition, he has represented Great Britain at European and World Mountain Running Championships this year. In addition, he coaches Ross Millington who won European Under-23 5000m silver in 2011.

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 compete at her second consecutive European Cross Country Championships after securing selection by finishing as fourth senior, eighth overall, at the McCain Liverpool Cross Challenge/European Cross Trials. Last year she was 14th and came home with a gold medal as the fourth counter in the victorious Aviva GB & NI team. She will go to Budapest in good form after slashing her 5000m PB to 15:44.98 in the summer and posting one of the quickest times at the National Cross Country Relays.

Name: Louise Damen

Club: Winchester

Coach: Self

Date of Birth: 12/10/1982

Biog: Louise Damen is one of the most experienced cross country runners on the Aviva GB & NI team and already boasts three European Cross Country Championships team silver medals (2007, 2008 and 2010) as well as a team bronze medal from the 2004 World Cross Country Championships. Her best ever European Cross Country performance was ninth in 2008 in Brussels (Belgium). She was crowned National Cross Country Champion in 2011 and was the first senior across the line at the McCain Liverpool Cross Challenge/European Cross Trials, finishing third overall behind two under-23 athletes.

Name: Caryl Jones

Club: Swansea Harriers

Coach: George Edwards

Date of Birth: 04/04/1987

Biog: Caryl Jones has enjoyed a big breakthrough year in 2012. She rewrote her personal bests over every distance on the track and finished as first Brit in the 10,000m at the Aviva Olympic Trials & UK Championships. She also earned her first appearance in a Great Britain vest at the World Half Marathon Championships in Kavarna, Bulgaria, where she finished tenth. Her cross country season got off to a strong start with a win at the McCain Bristol Cross Challenge and she was fourth overall, second senior, at the McCain Liverpool Cross Challenge/European Cross Trials.

Name: Rosie Smith

Club: Durham

Coach: Bryan Mackay

Date of Birth: 28/06/1985

Biog: Rosie Smith had an excellent run to finish sixth at the McCain Liverpool Cross Challenge/European Cross Trials and will make her Aviva GB & NI debut in Budapest. Her previous best cross country performances came in the form of a second place finish at the Scottish National Cross Country Championships in February, a fifth place at the McCain Cardiff Cross Challenge in January and second place at the Home Countries Cross Country International in March, where she represented Scotland. This will be her senior international cross country debut but she has previously represented Great Britain at age group level where she finished 12th as a junior in 2004 as part of a silver medal winning team.

AVIVA GB & NI TEAM PROFILES

SENIOR WOMEN

Name: Emily Wicks

Club: Aldershot, Farnham & District

Coach: Keith Donkin

Date of Birth: 27/01/1985

Biog: Emily Wicks will appear at her second European Cross Country Championships after making her debut in Slovakia last year where she was forced to withdraw mid-race. She got her cross country season underway with an 11th place finish at the recent McCain Liverpool Cross Challenge, one place below her position last year, just a month after lowering her half marathon personal best to 75:09. She is married to fellow cross country athlete Phil Wicks.

Name: Katrina Wootton

Club: Coventry

Coach: Harvey Rose

Date of Birth: 02/09/1985

Biog: Katrina Wootton finished eighth as an under-23 in the 2007 European Cross Country Championships, winning team gold in the process, and then finished 20th and picked up a silver medal on her senior debut in 2009. She competed twice for the Aviva GB & NI team as a junior and competed alongside her team mate Rosie Smith in 2004. During 2012 she lowered her 5000m personal best by 10 seconds to 15:33.38 and she booked her place on the plane to Hungary by finishing in ninth place, fifth senior, at the McCain Liverpool Cross Challenge/ European Cross Trials.

AVIVA GB & NI TEAM PROFILES

UNDER 23 MEN

Name: Nick Goolab

Club: Belgrave

Coach: Steve Sharp

Date of Birth: 30/01/1990

Biog: Although he is just 22 years old, Nick Goolab has already appeared at three European Cross Country Championships and has picked up three medals since his debut four years ago. In 2008 he was 65th in the junior race, with Aviva GB & NI finishing third team, but just a year later he progressed to finish in second place as the Aviva GB & NI team clinched gold. Goolab's only other appearance as an under-23 came in 2010 when he finished 25th. After a quiet couple of years, Goolab returned with a bang at the start of the cross country season, running the sixth fastest leg of the day at the National Cross Country Relays and finishing 14th, second under-23, at the McCain Liverpool Cross Challenge/European Cross Trial.

Name: Dewi Griffiths

Club: Swansea Harriers

Coach: Kevin Evans

Date of Birth: 09/08/1991

Biog: The Welshman will be making his first appearance at the European Cross Country Championships when he lines up in Budapest. He has, however, competed at the World Cross Country Championships, finishing a solid 67th in the junior race at Edinburgh in 2008 and he was sixth in the World Mountain Running Championships as a junior in 2010. During 2012 he has finished 46th at the World University Championships in April and showed excellent recent form by winning the first McCain Cross Challenge of the new season at Bristol in October before placing 22nd overall and sixth under-23 at the McCain Liverpool Cross Challenge/European Cross Trial.

Name: Jonny Hay

Club: Aldershot, Farnham & District

Coach: Mick Woods

Date of Birth: 12/02/1992

Biog: 2011 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. In 2011 he finished first European in the IAAF World Cross Country Championships in Spain in 39th overall and ended the year with an eighth place finish in the European Cross Country Championships. Despite a knee injury, Hay - who clocked a half marathon PB of 64:45 in September - qualified for the team as first under-23 and tenth overall at the McCain Liverpool Cross Challenge/European Cross Trial.

AVIVA GB & NI TEAM PROFILES

UNDER 23 MEN

Name: Simon Horsfield

Club: Sale Harriers Manchester

Coach: Norman Poole

Date of Birth: 11/05/1990

Biog: Horsfield returned to form at the McCain Liverpool Cross Challenge/European Cross Trial to secure his first Great Britain vest since winning a bronze medal over 5000m at the 2009 European Junior Championships in Serbia. Though he has never run at the European Cross Country Championships, he has twice represented Aviva GB & NI as a junior at the World Cross, with an 81st place finish in Edinburgh in 2008 being the pick of his two appearances. He was in the top ten times at the National Cross Country relays and an impressive 16th overall, third under-23, in Liverpool.

Name: Scott McDonald

Club: Central AC

Coach: Derek Easton

Date of Birth: 28/05/1990

Biog: Scott McDonald will be making his Aviva GB & NI international cross country debut in Budapest after confirming his place on the plane by finishing as fifth under-23 at the McCain Liverpool Cross Challenge/European Cross Trial. The Scot has enjoyed success as a mountain runner, competing at both World and European Mountain Running Championships and will be hoping to convert those performances into success at the European Cross Country Championships.

Name: James Wilkinson

Club: Leeds City

Coach: Phil Townsend

Date of Birth: 13/07/1990

Biog: James Wilkinson was the European Cross Country under-23 silver medallist both as an individual and as part of the Aviva GB & NI team in Slovenia last year to add to the bronze medal he won as a junior in Dublin in 2009 when he was also part of a gold medal winning junior men's team. In 2009 he also won a silver medal in the 3000mSC at the European Junior Championships. Highlights to date in 2012 include a new lifetime best in the 3000mSC of 8:34.00 and a second place finish in the Aviva World Trials and UK Championships later in the summer. He finished fourth under-23 in the McCain Liverpool Cross Challenge/European Cross Trial, 20th overall, and will be hoping for yet another European podium finish in Budapest.

AVIVA GB & NI TEAM PROFILES UNDER 23 WOMEN

Name: Hannah Alderson

Club: Yate/Bristol & West

Coach: Alan Thomas

Date of Birth: 01/03/1992

Biog: Hannah Alderson – who will be making her Aviva GB & NI debut – earned her place on the team courtesy of a sixth place finish in the under-23 age group in the McCain Liverpool Cross Challenge/European Cross Trials where she finished 23rd overall. The 20-year-old has enjoyed a successful year on the track as well as in cross country. She finished third under-23 in the McCain Bristol Cross Challenge in October (12th overall), the opening event of the McCain Cross Challenge Series in October, while in the 2011/12 McCain Cross Challenge Final/UK Inter Counties, she finished 12th. She set personal bests on the track and road throughout the summer from 3000m up to 10k and finished on the podium in both the England Athletics Under-23 Championships and England Athletics Closed Senior Championships over 5000m.

Name: Jess Coulson

Club: Stockport

Coach: Mick Woods

Date of Birth: 18/04/1990

Biog: In form and with a European Junior Cross Country Championships team gold medal from 2006 already under her belt, McCain Liverpool Cross Challenge/European Cross Trials winner Jess Coulson will be looking to continue her re-emergence as a force to contend with on the cross country scene in Budapest. Her recent form has been impressive; she finished as first European in the recent IX Cross de Atapuerca in Burgos, Spain, defeating 2011 European Cross Country Champion Fionnuala Britton in the process prior to her seven second victory in the combined senior/under-23 event in Liverpool. The talented 22-year-old was out of action for

the whole of 2010, but since switching to coach Mick Woods and returning to competition in 2011, the Stockport Harrier has gone from strength to strength. She posted the fastest ever 10-mile run by a British under-23 late last year, and this summer finished runner-up in the British Universities 10,000m in the Olympic Park in a personal best time and won the England Athletics Closed Senior Championships 5000m. Her recent results on the cross country circuit have established her as a strong individual medal hope for the Europeans.

Name: Lauren Howarth

Club: Leigh

Coach: Peter 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 fourth appearance at the European Cross Country Championships in Budapest. 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 Aviva 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 will be keen to improve on last year's 13th place finish in her first European Cross under-23 competition in Slovenia. Howarth has strong international pedigree and finished 10th in the IAAF World Junior Championships 3000m in 2008, although arguably one of her best ever performances came with her impressive 13th place finish (first Aviva GB & NI athlete home) in the 2009 IAAF World Cross in Jordan. With the return of World Cross in 2013 for the first time since it moved to a biennial event, she will be keen to impress in Hungary.

AVIVA GB & NI TEAM PROFILES UNDER 23 WOMEN

Name: Lily Partridge

Club: Aldershot, Farnham and District

Coach: Mick Woods

Date of Birth: 09/03/1991

Biog: Lily Partridge finished 20th and took home team gold with the Aviva GB & NI under-23s at last year's European Cross Country Championships in Slovenia. A consistently strong international performer, she had previously finished ninth for the Aviva 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 senior/under-23 combined European Cross Trials in Liverpool saw Partridge finish fourth under-23 and seventh overall to earn automatic selection for Budapest.

Name: Beth Potter

Club: Shaftesbury Barnet

Coach: Mick Woods

Date of Birth: 27/12/1991

Biog: Having been crowned Scottish Cross Country Champion on numerous occasions, Beth Potter secured her place on the plane to Budapest with third place finish and automatic qualifying position in the under-23 category at the McCain Liverpool Cross Challenge/European Cross Trials. This will be her first Aviva GB & NI vest since finishing 36th at the IAAF World Cross Country Championships in Bydgoszcz, Poland in 2010, prior to which she enjoyed international experience at the 2009 European Junior championships in Serbia, finishing fifth in the 3000m. She won team silver in the European Cross Country in Dublin that same year, also as a junior. With a lifetime best performance

on the road at the recent Leeds Abbey Dash in addition to a strong performance at the English National Cross Country Relays, she's in good form heading to Budapest and will be keen to better her 25th place individual finish from three years ago.

Name: Hannah Walker

Club: Birchfield Harriers

Coach: Bud Baldaro

Date of Birth: 09/08/1991

Biog: Hannah Walker has been in impressive form this winter, clocking the quickest time of the day at the English National Cross Country Relays and finishing seventh in the recent IX Cross de Atapuerca in Burgos, Spain. Prior to that, she ran the second-fastest time ever by a British under-23 when clocking 71:50 at the Bristol Half Marathon in September. She secured her place on the Aviva GB & NI team for this year's European Cross Country Championships with a second place finish overall in the combined senior/under-23 women's Trials race in Liverpool. Having made her Aviva GB & NI international debut at the IAAF World Cross Country Championships in Bydgoszcz, Poland in 2010, Walker finished 32nd and fourth scoring Brit. It was an impressive debut from the diminutive Birchfield Harrier who made her European Cross Country debut in Slovenia last year after winning the under-23 Trial race and finishing fourth overall in the McCain Liverpool Cross Challenge. She was seventh overall in Slovenia as part of a gold medal winning British team 12 months ago, and has a realistic chance of an individual medal on this occasion.

AVIVA GB & NI TEAM PROFILES

JUNIOR MEN

Name: Ian Bailey

Club: Aldershot, Farnham and District

Coach: Mick Woods

Date of Birth: 04/03/1993

Biog: Ian Bailey made his Aviva GB & NI debut at the IAAF World Cross Country Championships in 2011 in Punta Umbria, Spain where he finished just outside the scoring quartet in 72nd overall. Ironically, in the absence of a World Cross in 2012, he had his best ever run at the traditional Trials event, the McCain UK Cross Challenge Final and UK Inter Counties, where he finished runner-up in the junior men's event. He clocked a 10k road best at the Bupa London 10,000m in May (32:03), either side of which he recorded lifetime best performances on the track over 1500m and 3000m, both in Watford. He secured his automatic selection spot for this event with victory in the McCain Liverpool Cross Challenge/ European Cross Trials.

Name: Kieran Clements

Club: Ipswich

Coach: Ricardo Santos

Date of Birth: 20/11/1993

Biog: Kieran Clements 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 that same season, but it didn't quite pay off on that occasion when he finished 23rd. He came back with a vengeance, however, and finished an impressive ninth in the 2011 European Cross Country Championships in Velenje, Slovenia – part of a gold medal winning junior men's team – before winning his third successive Lotto Cross Cup title one week later in Belgium. Clements,

now based in the US and a potential individual medallist in Budapest, has clocked multiple personal bests on the track this summer and returned from the States to finish fourth in the McCain Liverpool Cross Challenge/European Cross Trials, enough to earn his place on the team.

Name: Charlie Grice

Club: Brighton Phoenix

Coach: Jon Bigg

Date of Birth: 07/11/1993

Biog: Since his Youth Olympic Games bronze medal in 2010, Charlie Grice - who returned from the UKA/London Marathon altitude camp in Kenya just prior to the McCain Liverpool Cross Challenge/European Cross Trials where he finished second – has gone from strength to strength. He made the final of the European Junior Championships 1500m in Tallinn, Estonia in 2011 as a first-year under-20 and was selected for this year's IAAF World Junior Championships. Personal bests of 1:47.33 for 800m, 3:40.95 for 1500m and 3:57.90 for the mile, impressively achieved in the Emsley Carr Mile at the Samsung Diamond League in London, rank him number one in the UK for his age group in those events for 2012.

AVIVA GB & NI TEAM PROFILES

JUNIOR MEN

Name: Charlie Hulson

Club: Sale Harriers Manchester

Coach: Paul Roden

Date of Birth: 07/03/1993

Biog: Charlie Hulson has international cross country experience at the Lotto Cross Cup, but he will make his Aviva GB & NI debut when he lines up in this year's SPAR European Cross Country Championships. He opened 2012 with victory in the Welsh Cross Country Championships and went on to finish fifth in the Home Countries International. He recorded lifetime bests on the track over the summer, but one of his best performances of the year to date came with his third place finish in the McCain Liverpool Cross Challenge/European Cross Trials to guarantee his selection onto the team for Budapest.

Name: William Paulson

Club: Stroud AC

Coach: Chris Frapwell

Date of Birth: 17/11/1994

Biog: The youngest member of this junior men's team, William Paulson - who will run abroad for the first time - achieved one of his best ever performances with automatic selection onto the Aviva GB & NI team for the European Cross Country Championships after finishing sixth in the Trial in Liverpool. Coincidentally, he finished sixth as an under-17 in the same event 12 months ago. Although outside of the podium positions in his major Championships this summer, he clocked personal bests over 800, 1500, mile and 3000m and he opened his cross country season with victory in the Gwent League followed by a seventh place finish in a strong junior line up in the McCain Cross Challenge Series opener in Bristol.

Name: Luke Traynor

Club: Giffnock North

Coach: Dudley Walker

Date of Birth: 06/07/1993

Biog: Aviva GB & NI debutant Luke Traynor has had his best year ever with multiple personal bests across a range of events, but most notably his 30:30.35 10,000m achieved at the Aviva UK Championships and Olympic Trials which ranked him number one British junior for the year in that event. He was sixth (and second junior) in the Scottish 4k Cross Country Championships before finishing in fifth, an automatic European Cross Country qualifying position, at the McCain Liverpool Cross Challenge/European Cross Trials.

AVIVA GB & NI TEAM PROFILES

JUNIOR WOMEN

Name: Rhona Auckland

Club: Banchory & Stonehaven

Coach: Joyce Hogg

Date of Birth: 11/05/1993

Biog: Rhona Auckland will make her Aviva GB & NI debut at this year's SPAR European Cross Country Championships after finishing fifth eligible athlete in the Trials – her best ever performance in a McCain Cross Challenge event. She won the Celtic Nations Cross Country in 2011 and the Home Countries Cross Country International in March this year, and has gone from strength to strength since then with a particular highlight in 2012 being a bronze medal and lifetime best performance over 10,000m (34:53.24) at the British Universities Championships in the Olympic Park in May. Her most notable cross country performances just prior to the McCain Liverpool Cross Challenge were victories in the Scottish 4k and Scottish Universities Cross Country Championships.

Name: Alex Clay

Club: Invicta East Kent

Coach: Peter Mullervy

Date of Birth: 02/09/1995

Biog: Winner of the Lotto Cross Cup in Belgium in December 2011, Alex Clay - a debutant on the Aviva GB & NI team for this year's SPAR European Cross Country Championships – has rarely finished outside of a podium position in any race this year. She opened 2012 with second place finished in the English National and Inter Counties (McCain Cross Challenge Final) and finished third in the English Schools behind her sister Bobby Clay (too young according IAAF age group rules to be selected for this event) and GB & NI team mate Annabel Mason. On the track she clocked multiple personal best performances over 800m, 1500m, Mile and 3000m and won Kent County,

Kent Schools, Inter County, Schools International and national age-group titles. Prior to the Trial in Liverpool, she finished third overall and second under-17 in round one of the McCain Cross Challenge Series in Bristol.

Name: Emelia Gorecka

Club: Aldershot, Farnham and District

Coach: Mick Woods

Date of Birth: 29/01/1994

Biog: Defending European Junior Cross Country Champion and World Junior 3000m bronze medallist 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 then 16-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) – continued to prove her exceptional talent. In 2011 she finished a brilliant 15th and top European in the IAAF World (junior) Cross Country Championships, raced to silver in the European Junior Championships (5000m) and won the Commonwealth Youth Games 3000m title before securing European Junior Cross Country gold in Slovenia 12 months ago. 2012 has been equally exceptional for the 18-year-old with highlights prior to her McCain Liverpool Cross Challenge/European Cross Trials victory including early-year English National, English Schools and Inter Counties Cross Country titles and personal bests over 1500m, Mile, 3000m and 5000m on the track in addition to that exceptional World Juniors podium finish.

AVIVA GB & NI TEAM PROFILES

JUNIOR WOMEN

Name: Jessica Judd

Club: Chelmsford

Coach: Rob Denmark

Date of Birth: 07/01/1995

Biog: 12 months ago, Jessica Judd finished second overall and first in her age group in the combined under-17/20 European Cross Trials but although eligible for selection, turned down the opportunity in order to focus on her track season in 2012. That decision paid off to an extent, with the 17-year-old recording lifetime best performances over 800m (good enough to rank her second in the under-20 UK All-Time lists) and 1500m, and racing to silver over 800m at the IAAF World Junior Championships in Barcelona. She memorably finished third in the Aviva Olympic Trials and UK (senior) Championships earlier in the summer, but her Olympic dream didn't quite materialise on that occasion. Her late-2011/early-2012 cross country performances were impressive, the most notable results including victory in last year's McCain Liverpool Cross Challenge and the McCain UK Cross Challenge Final/Inter Counties earlier this year, plus finishing runner-up in the English Schools and third in the English National.

Name: Annabel Mason

Club: Wakefield

Coach: John Mason

Date of Birth: 21/09/1996

Biog: Best known as a fell and mountain running specialist, Annabel Mason has already won Aviva GB & NI international honours and is the youngest member of this year's European Cross team having qualified automatically as second under-17 and fifth overall in the Trial. She does have cross country pedigree, however, and as an under-15 finished sixth in last year's English National, although her highlights in 2011 came on the hills and mountains with age group victories in the

English Junior Uphill Championships, UKA World Mountain Running Trials, British and Irish Junior Mountain Running Championships and the English Schools Fell Championships. She has been even more impressive in 2012, finishing second in the English National, UK Inter Counties and English Schools Cross Country Championships. Her career highlights however, arguably came over the summer with victory in the European Mountain Running Championships and the Home Countries Mountain International, and a fourth place finish in the World Mountain Running Championships.

Name: Jenny Walsh

Club: Spenborough

Coach: Deborah Rowlands

Date of Birth: 22/02/1993

Biog: English Schools Cross Country Champion and 800m track champion in 2011, Jenny Walsh went onto make her Aviva GB & NI track debut at the European Junior Championships in Estonia where she was hugely disappointed to fall and finish 10th in the final. In 2012, Walsh won the British Universities 1500m title in the Olympic Stadium and the English National 800m title, going on to finish eighth in the final of the IAAF World Junior Championships in Barcelona in a lifetime best performance which ranked her second fastest under-20 for the year over that distance behind her team mate Jessica Judd. She won the junior women's IAAF World Cross Meeting in Burgos, Spain which gave her confidence going into the McCain Liverpool Cross Challenge/ European Cross Trial where she ran brilliantly to finish second behind winner Emelia Gorecka, although the pair were credited with the same time.

COURSE MAP



COURSE PROFILE



DISTANCES

| | | |
|------------|--------|--|
| Junior (W) | 4000 m | $(505\text{m} + 555\text{m} + 1470\text{m} \times 2)$ |
| Junior (M) | 6025 m | $(505\text{m} + 555\text{m} \times 2 + 1470\text{m} \times 3)$ |
| U23 (W) | 6025 m | $(505\text{m} + 555\text{m} \times 2 + 1470\text{m} \times 3)$ |
| U23 (M) | 8050 m | $(505\text{m} + 555\text{m} \times 3 + 1470\text{m} \times 4)$ |
| Senior (W) | 8050 m | $(505\text{m} + 555\text{m} \times 3 + 1470\text{m} \times 4)$ |
| Senior (M) | 9880 m | $(505\text{m} + 555\text{m} + 1470\text{m} \times 6)$ |



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