



BRITISH ATHLETICS

2013 MEDIA GUIDE

IAAF WORLD CROSS COUNTRY CHAMPIONSHIPS
BYDGOSZCZ, POLAND - SUNDAY 24 MARCH 2013



BBC SPORT





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GB & NI TEAM MANAGEMENT

GB & NI TEAM LEADER

Peter Eriksson

TEAM MANAGER

Spencer Barden

ENDURANCE TEAM LEAD COACH

Terrence Mahon

TEAM MANAGERS

Senior Men

John Nuttall

Junior Men

Rob Denmark

Senior Women

Wendy Sly

Junior Women

Hayley Yelling-Higham

MEDICAL

Team Doctor

John Rogers

Physiotherapists

Mark Buckingham

Alison Rose

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GB & NI TEAM

SENIOR MEN

Phil Nicholls
Michael Skinner
Jonathan Taylor
Frank Tickner
Steve Vernon

SENIOR WOMEN

Elle Baker
Louise Damen
Lauren Howarth
Gemma Steel
Stephanie Twell
Emily Wicks

JUNIOR MEN

Gordon Benson
Michael Callegari
Jonathan Davies
Lewis Lloyd
William Paulson
Michael Ward

JUNIOR WOMEN

Alex Clay
Bobby Clay
Emelia Gorecka
Amy-Eloise Neale
Georgina Taylor-Brown
Rebecca Weston

TIMETABLE

SUNDAY, 24 MARCH

11:30	Opening Ceremony
12:00	Junior Women – 6km
12:30	Junior Men – 8km
13:00	Medal Ceremony Junior Women
13:15	Senior Women – 8km
13:55	Medal Ceremony Junior Men
14:10	Senior Men – 12km
14:55	Medal Ceremony Senior Women
15:05	Medal Ceremony Senior Men

2011 MEDAL TABLE

Country	Gold	Silver	Bronze	Total
Kenya	6	3	2	11
Ethiopia	2	4	1	7
Uganda	0	1	2	3
USA	0	0	2	2
Japan	0	0	1	1

GB & NI PREVIOUS PERFORMANCES

2000 - ALGARVE, PORTUGAL

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

2001 - OSTEND, BELGIUM

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

2002 - DUBLIN, IRELAND

Senior Men - 43rd Sam Haughian
► Senior Women - 15th Paula Radcliffe
Junior Men - 31st Tom Sharland
Junior Women - 31st Charlotte Dale
Senior Men's Team - 10th
Senior Women's Team - 5th
Junior Men's Team - 11th
Junior Women's Team - 8th

2003 - LAUSANNE, SWITZERLAND

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

2004 - BRUSSELS, BELGIUM

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

2005 - SAINT ETIENNE, FRANCE

Senior Men - 37th Mo Farah
Senior Women - 27th Mara Yamauchi
Junior Men - 48th Andy Vernon
Junior Women - 20th Emily Pidgeon
Senior Men's Team - 17th
Senior Women's Team - 6th
Junior Men's Team - 16th
Junior Women's Team - 8th

2006 - FUKUOKA, JAPAN

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

2007 - MOMBASA, KENYA

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

GB & NI PREVIOUS PERFORMANCES

2008 - EDINBURGH, SCOTLAND

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

2009 - AMMAN, JORDAN

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

2010 - BYDGOSZCZ, POLAND

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

2011 - PUNTA UMBRIA, SPAIN

Senior Men – 57th Andy Vernon
Senior Women – 14th Charlotte Purdue
Junior Men – 39th Jonathan Hay
Junior Women – 15th Emelia Gorecka
Senior Men's Team – 15th
Senior Women's Team – 5th
Junior Men's Team – 10th
Junior Women's Team – 5th

GB & NI TEAM PROFILES

SENIOR MEN

Name: Phil Nicholls

Club: Tipton Harriers

Coach: Bud Baldaro

Date of Birth: 29/09/1983

Biog: A seventh place finish at the McCain World Cross Trials was enough to secure Nicholls a place on his third World Cross team. Nicholls followed a 74th place finish in Kenya in 2007 by placing 86th in Jordan in 2009 and finished in 18th place finish in the 2010 European Cross Country Championships. Nicholls has enjoyed a steady return to his best form having improved on 23rd place at the McCain Liverpool Cross Challenge and 18th at the English National Championships to finish seventh in Birmingham.

Name: Michael Skinner

Club: Blackheath & Bromley

Coach: Andrew Hobdell

Date of Birth: 21/11/1979

Biog: Skinner qualified for an impressive sixth IAAF World Cross Country Championships by finishing fifth at the McCain World Cross Trials. His previous World Cross appearances came in 2005, 2007, 2008, 2009 and 2010 with typically consistent performances placing him 64th in St. Galmier, 62nd in Kenya, 66th in Edinburgh, 87th in Jordan and 65th in Bydgoszcz, where this year's championships will be held. Skinner

has also twice represented GB & NI at the SPAR European Cross Country Championships; finishing 20th individual and third team in Brussels in 2008 and 13th individual in Dublin to pick up a team silver a year later.

Name: Jonathan Taylor

Club: Morpeth

Coach: Gordon Surtees

Date of Birth: 10/10/1987

Biog: Jonathan Taylor defeated a strong field to take victory at the McCain Liverpool Cross Challenge in November to qualify for the SPAR European Cross Country Championships where he went on to finish an excellent 11th. During 2012 Taylor recorded new personal bests over 1500m, 3000m, 2 miles and 3000m steeplechase. This will be his first appearance at the IAAF World Cross Country Championships but he has also competed at the European Cross Country Championships in 2009 when he finished 21st as a member of the silver medal winning Aviva GB & NI under-23 team.

GB & NI TEAM PROFILES

SENIOR MEN

Name: Frank Tickner

Club: Wells City

Coach: Clive Thomas

Date of Birth: 12/10/1983

Biog: Tickner qualified for his fourth IAAF World Cross Country Championships with a dominant performance to take victory at the McCain World Cross Trials in Birmingham. Tickner was also crowned Southern Champion in January and finished second and fourth in the Cardiff and Antrim legs of the McCain Cross Challenge. In his previous World Cross appearances, Tickner finished 83rd in 2006, 73rd in 2008 and 74th in 2009. His best international cross country performance to date came in 2008 when he finished 10th at the European Cross Country Championships, winning a team bronze in the process.

Name: Steve Vernon

Club: Stockport

Coach: Dave Turnbull

Date of Birth: 17/10/1980

Biog: The former National Cross Country Champion booked his place on his the GB & NI World Cross team with a strong second place finish in Birmingham. Vernon has been in a rich vein of form over cross country having finished tenth at the European Championships in Budapest in December before going on to be crowned Northern Cross Country Champion in January and finishing second at the English National Cross Country Championships in February. Vernon has appeared at five previous IAAF World Cross Country Championships with his best performances coming in 2005, where he was 75th, and 2003, where he finished 47th in the now non-existent short course race.

GB & NI TEAM PROFILES

JUNIOR MEN

Name: Gordon Benson

Club: Leeds City AC

Coach: Philip Townsend

Date of Birth: 12/05/1994

Biog: Primarily a triathlete, Benson was named as British Triathlon's Male Elite Junior Triathlete of the Year in both 2011 and 2012. He has also enjoyed success as a cross country runner finishing sixth at the BUCS Cross Country Championships in February before going on to finish second at the McCain World Cross Trials to earn his first GB & NI selection.

Name: Michael Callegari

Club: Shaftesbury Barnet

Coach: Nadeem Shaikh

Date of Birth: 01/09/1994

Biog: Having finished third in the Under-17 race at the McCain Cross Challenge Final and Inter Counties in 2012, Michael Callegari capped off another excellent cross country season by finishing fifth at the McCain World Cross Trials this time round to qualify for his maiden World Cross. The 18 year old had previously finished third at the Southern Championships and second at the English National Cross Country Championships. Callegari is also a promising track runner with times of 3:52.16 for 1500m and 8:19.72 for 3000m to his name.

Name: Jonathan Davies

Club: Reading AC

Coach: Rob McKim

Date of Birth: 28/10/1994

Biog: Jonathan Davies was an impressive winner of the McCain World Cross Trials as he crossed the line four seconds clear to secure his selection for the World Cross in style. This performance was a continuation of his excellent cross country form during a season in which he finished fourth at the Bupa Great Edinburgh International, second at the Southern Championships and first at the McCain Cardiff Cross Challenge. On the track, he was crowned English Schools 3000m champion and took silver over 5000m at the England Athletics Under-20 Championships in 2012.

Name: Lewis Lloyd

Club: Herne Hill Harriers

Date of Birth: 29/04/1994

Biog: Lewis Lloyd finished fourth at the McCain World Cross Trials to book his place on the GB & NI team. Despite competing mainly over 800m on the track, in which he won a silver medal at the BUCS Indoor Championships, the Cambridge University student has also shown good form over cross country with a recent win at the Surrey Championships and 15th place in his first BUCS Cross Country Championships.

GB & NI TEAM PROFILES JUNIOR MEN

Name: William Paulson

Club: Stroud

Coach: Christopher Frapwell

Date of Birth: 17/11/1994

Biog: William Paulson has enjoyed a successful cross country season that included his GB & NI debut at the SPAR European Cross Country Championships in Budapest in December, where he finished 40th in the Under-20 race. He then won a second consecutive Midlands Cross Country Championship title and finished third at the McCain World Cross Trials to secure selection for the World Cross. On the track, Paulson's best performance to date came in 2011 when he won the 1500m at the English Schools Championships.

Name: Michael Ward

Club: Cardiff AC

Coach: Paul Darney

Date of Birth: 10/12/1994

Biog: The recently crowned Welsh Schools and Welsh Under-20 cross country champion finished sixth at the McCain World Cross Trials to earn his place on the team for Bydgoszcz. It was a breakthrough performance for Ward, who finished 12th in the Under-17 race in Birmingham in 2012 and 45th at the McCain Liverpool Cross Challenge in November. Ward is also Welsh Champion over 1500m on the track outdoors.

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 third IAAF World Cross Country Championships after finishing second behind Louise Damen at the McCain World Cross Trials in Birmingham. In December, the 29 year old secured her second consecutive top 20 finish at the European Cross Country Championships after finishing 18th in Budapest. At the 2011 European Cross Baker was 14th and came home with a gold medal as the fourth counter in the victorious GB & NI team. The Stockport Harrier showed good track form during 2012 as she slashed her 5000m PB to 15:44.98 and got 2013 off to a good start with a 15th place finish at the Bupa Great Edinburgh International and a silver medal at the Northern Cross Country Championships.

Name: Louise Damen

Club: Winchester

Coach: Self-coached

Date of Birth: 12/10/1982

Biog: Louise Damen is one of the most experienced cross country runners on the GB & NI team; her previous World Cross appearances came in 2003 when she was 28th and in 2004 when she placed 22nd and was part

of the silver medal winning GB & NI team. She has been in excellent form during this winter with an 11th place individual finish and her fourth team medal at the SPAR European Cross Country Championships in Budapest before going on to finish first at the McCain Cardiff Cross Challenge, English National Cross Country Championships and McCain World Cross Trials. Damen is also an experienced marathon runner and boasts a personal best of 2:30.00 from the 2011 Virgin London Marathon.

Name: Lauren Howarth

Club: Leigh Harriers

Coach: Peter Riley

Date of Birth: 21/04/1990

Biog: Lauren Howarth has been in superb form during the 2013 indoor season highlighted by her selection for the GB & NI team for the European Indoor Championships in Gothenburg. In her first senior international championships, Howarth made the final of the 3000m and finished a very credible sixth. The 22 year old's only previous experience of the IAAF World Cross Country Championships came in Jordan in 2009 where she finished an impressive 13th in the Under-20 race. Howarth's cross country form has also been excellent in recent months as she finished fifth in the Under-23 race at the SPAR European Cross Country Championships in her fourth appearance at the event.

GB & NI TEAM PROFILES

SENIOR WOMEN

Name: Gemma Steel

Club: Charnwood

Coach: John Nuttall

Date of Birth: 12/11/1985

Biog: Gemma Steel will appear at her second consecutive IAAF World Cross having also represented GB & NI in Punta Umbria, Spain, in 2011 where she finished 54th. The 27 year old is a former bronze medallist at the European Cross Country Championships having finished third in Slovenia in 2011. Steel set a huge half marathon personal best of 70:46 at the Bupa Great North Run last September and followed this up with an impressive seventh place at the IAAF World Half Marathon Championships in Bulgaria the following month, where she ran another quick time of 71:09.

Name: Steph Twell

Club: Aldershot, Farnham and 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. 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 finish fifth at the McCain World Cross Trials and book her place on the team for Bydgoszcz.

Name: Emily Wicks

Club: Aldershot, Farnham & District

Coach: Keith Donkin

Date of Birth: 27/01/1985

Biog: Emily Wicks will appear at her first IAAF World Cross Country Championships after finishing fourth at the McCain World Cross Trials to secure her place on the GB & NI team. The 28 year old has twice competed at the European Cross Country Championships, making her debut in Slovakia in 2011 and finishing 33rd in 2012. She got her 2013 season underway with a 23rd place finish at Bupa Great Edinburgh International and second place at the McCain Cardiff Cross Challenge. She is married to fellow cross count

GB & NI TEAM PROFILES

JUNIOR WOMEN

Name: Alex Clay

Club: Invicta East Kent

Coach: Peter Mullervy

Date of Birth: 02/09/1995

Biog: Alex Clay will head to the IAAF World Cross Country Championships alongside her sister Bobby. The 17 year old showed her track potential by finishing third in the U20 3000m at the Birmingham Diamond League in August. She then went on to clinch a 19th place finish at the SPAR European Cross Country Championships in December. Clay continued her rise up the junior ranks in 2013, finishing third at the English National Championships in Sunderland, before finishing 6th at the McCain World Cross Trials two weeks ago.

Name: Bobby Clay

Club: Invicta East Kent

Coach: Peter Mullervy

Date of Birth: 19/05/1997

Biog: At only 15 years of age, Bobby Clay is the youngest member of the GB & NI team heading to Poland. The younger sister of Alex has shown real potential underlined by stepping up an age group to finish second at the McCain Cross Trials at Cofton Park. Clay, who won at the same event last year in the Under-15 race, will be making the step up to run against girls that are potentially four years older

than her. Clay also demonstrated her potential in 2012, finishing second in the Under-20 3000m at the Birmingham Diamond League, one place in front of her older sister. Aside from her victory two weeks ago, Clay has started 2013 in impressive fashion after winning at the Cardiff McCain Cross Challenge and the Southern Championships.

Name: Emelia Gorecka

Club: Aldershot, Farnham & District

Coach: Mick Woods

Date of Birth: 29/01/1994

Biog: Emelia Gorecka is one of the most promising athletes coming through the British junior ranks. The 19 year old burst on to the cross country scene with a third place finish at the 2010 SPAR European Cross Country Championships, where she was a part of the gold medal-winning junior women's team. A year later, Gorecka claimed gold at the 2011 SPAR European Cross Country Championships in Slovenia, whilst also winning silver in the 5000m at the European Junior Championships and bronze over 3000m at the Commonwealth Youth Games to complete a memorable year. Gorecka's form continued into 2012, winning World Junior Championships 3000m bronze. She secured her selection for the GB & NI team for Bydgoszcz by winning her seventh McCain World Cross Trials title at Cofton Park.

GB & NI TEAM PROFILES

JUNIOR WOMEN

Name: Amy-Eloise Neale

Club: Snowhormish Track Club

Coach: Frank Dauncey

Date of Birth: 05/08/1995

Biog: Amy-Eloise Neale has already shown a huge amount of dedication to make it on to the GB & NI team for the World Cross Country Championships in Bydgoszcz. The 17 year old flew over 7,500 miles from her training base in Seattle to run in the McCain World Cross Trials, where she finished the 6km course in a time of 20:15. Already building a strong reputation in the junior ranks in the USA, Neale finished 5th (2011) and 7th (2012) in the high school mile at the New York Diamond League.

Name: Georgia Taylor-Brown

Club: Sale Harriers

Coach: Paul Roden

Date of Birth: 15/03/1994

Biog: Despite focusing much of her efforts on triathlon, Georgia Taylor-Brown has enjoyed an excellent 2013 cross country season. Taylor-Brown, who turned 19 last Friday, won gold at the North of England Championships before going on to finish fifth at the BUCS Cross Country Championships and fourth at the English National Cross. She then finished third at the McCain World Cross Trials to qualify for Bydgoszcz. She is the current

European Junior Triathlon Champion and was named as British Triathlon's Female Elite Junior Triathlete of the Year for 2012.

Name: Rebecca Weston

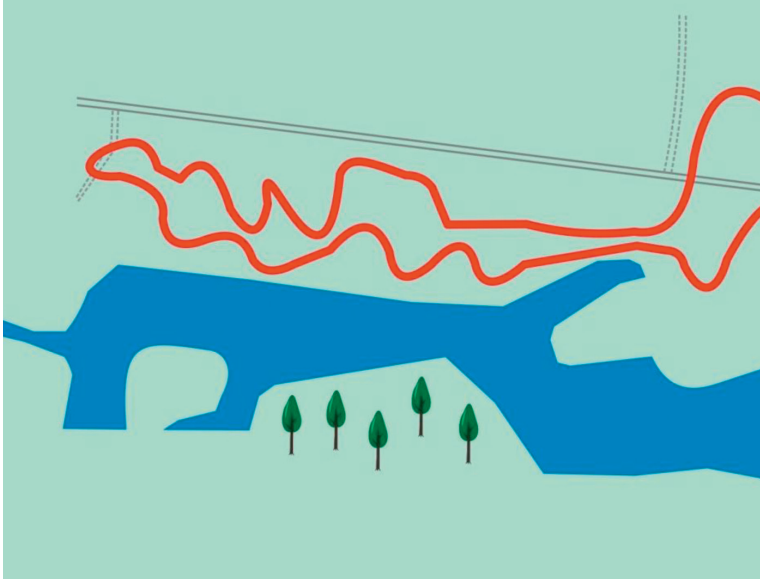
Club: Invicta East Kent

Coach: James Roberts

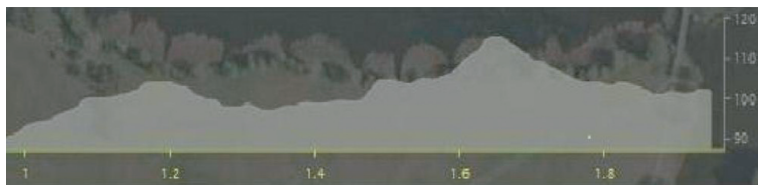
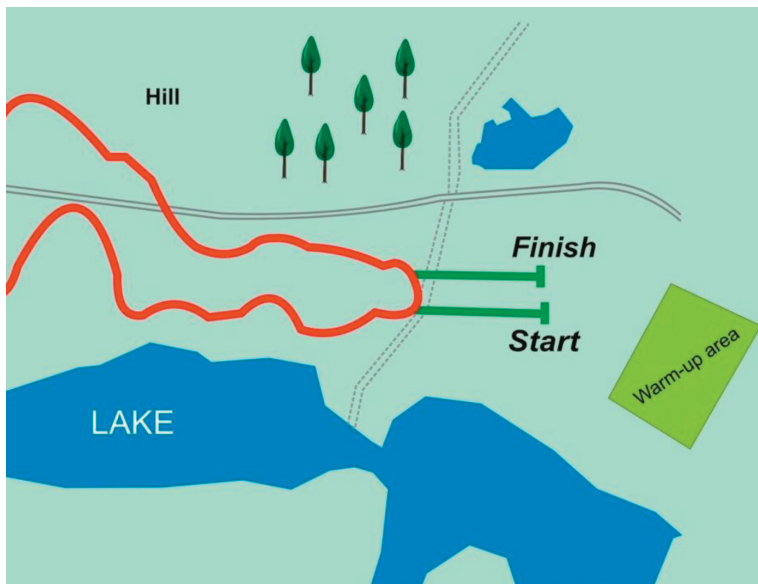
Date of Birth: 29/07/1994

Biog: Weston has been in fine form over cross country in recent months beginning season with a fourth place finish at the McCain Bristol Cross Challenge and also winning the prestigious Venta de Banos race in Spain. The 18 year old got 2013 off to a great start as she finished third behind Emelia Gorecka and Jessica Judd at the Bupa Great Edinburgh International in January and then went on to place second in the Southern Championships. Weston also claimed third in the English National Championships before finishing fifth in Birmingham to gain selection for the IAAF World Cross Country Champ

COURSE MAP & ELEVATION



COURSE MAP & ELEVATION





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