



# 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 medalist 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:** Snowhomish 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

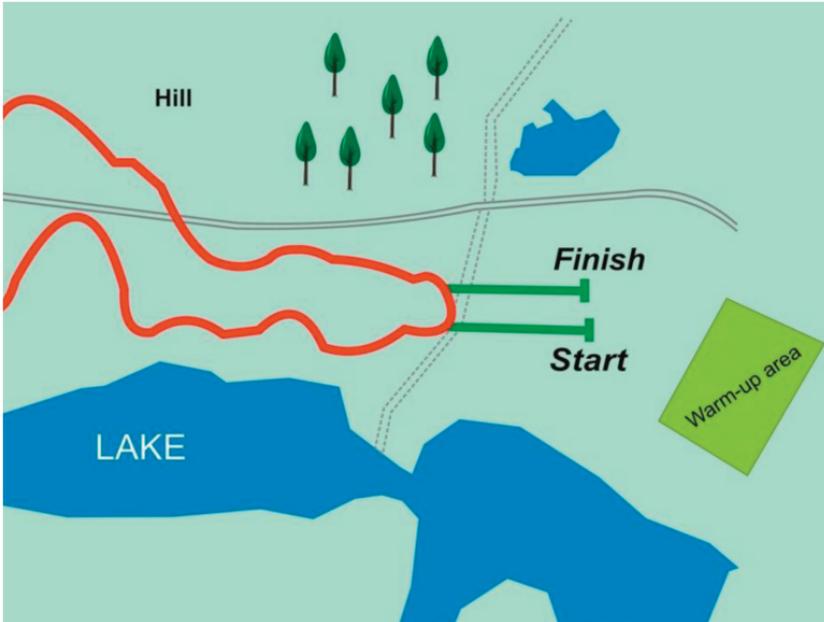
**Date of Birth:** 29/07/1994

**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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ATHLETICS**

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