



BRITISH ATHLETICS

2015 MEDIA GUIDE

EUROPEAN CROSS COUNTRY CHAMPIONSHIPS

SUNDAY 13 DECEMBER, HYÈRES, FRANCE



BBC SPORT



#EVERYROADtoRIO

 **Grant Thornton**
An instinct for growth



CONTENTS

British Athletics Team Management	4
British Athletics Team List.....	5
British Athletics Team Profiles.....	6
2014 European Cross Country Championships medal table	12
British Athletics medallists at the European Cross Country Championships since 2004	13
Competition timetable.....	16
Course map	17

GB & NI TEAM MANAGEMENT

HEAD OF DELEGATION

Wendy Sly

TEAM LEADER

Spencer Duval

TEAM COACHES

Mick Woods – Senior men

Charlotte Fisher – Senior women

Andrew Drake – U23 men

Chris Jones – U23 women

Gary Lough – Junior men

Liz Yelling – Junior women

MEDICAL

Dr Rebecca Robinson – Team Doctor

Duncan Mason – Therapist

Andrew Walling – Therapist

MEDIA OFFICERS

Gareth Burrell

Email:

gburrell@britishathletics.org.uk

Mobile: +44 (0)7718 394386

Jamie Fox

Email: jfox@britishathletics.org.uk

Mobile: +44 (0) 7956 906 202

BRITISH ATHLETICS TEAM

Senior men

Dewi Griffiths (Kevin Evans)
Jonny Hay (Mick Woods)
Adam Hickey (Eamonn Martin)
Tom Lancashire (Steve Vernon)
Ross Millington (Steve Vernon)
Jonathan Taylor (Gordon Surtees)

Senior women

Kate Avery (Tony Simmons)
Lauren Howarth (Steve Vernon)
Sonia Samuels (Self-coached)
Gemma Steel (John Nuttall)
Steph Twell (Mick Woods)
Elle Vernon (Steve Vernon)

U23 men

Jacob Allen (Mick Woods)
Jonathan Davies (Rob McKim)
Richard Goodman (Mick Woods)
Henry Pearce (George Gandy)
Marc Scott (Steve Gulley)
Luke Traynor (Dudley Walker)

U23 women

Beth Hawling (Matt Richards)
Laura Muir (Andy Young)
Madeleine Murray (John Lees)
Rebecca Murray (Alex Stanton)
Jenny Nesbitt (Joyce Hogg)
Calli Thackery (Joe Franklin)

Junior men

Ben Dijkstra (Alan Maddocks)
Oliver Fox (Richard Llewellyn Eaton)
Mahamed Mahamed (Peter Haynes)
Chris Olley (Mark Hookway)
Joe Steward (Harry Kelly)
Alex Yee (Kenneth Pike)

Junior women

Grace Baker (Mick Woods)
Bobby Clay (Rob Denmark)
Amy Griffiths (Mick Woods)
Harriet Knowles-Jones (Paul Roden)
Sabrina Sinha (Peter Mullervy)
Mari Smith (William Alan Winter)

TEAM PROFILES - MEN

Senior men

Name: Dewi Griffiths
DOB: 09/08/1991
Coach: Kevin Evans
Club: Swansea Harriers
Best XC performances: 70th at 2015
World XC Champs (SM), 16th at 2013
European XC Champs (U23)

Name: Jonny Hay
DOB: 12/02/1992
Coach: Mick Woods
Club: Aldershot Farnham & District
Best XC performances: 84th at 2015
World XC Champs (SM), 4th at 2014
European XC Champs (U23)

Name: Adam Hickey
DOB: 30/05/1988
Coach: Eamonn Martin
Club: Southend AC
Best XC performances: 9th at 2014
European XC Champs (SM)

Name: Tom Lancashire
DOB: 02/07/1985
Coach: Steve Vernon
Club: Bolton
Best XC performances: 27th at the
2014 European XC Champs (SM), 19th
at 2007 European XC Champs (U23)

Name: Ross Millington
DOB: 19/09/1989
Coach: Steve Vernon
Club: Stockport
Best XC performances: 5th at the 2014
European XC Champs (SM),

Name: Jonathan Taylor
DOB: 10/10/1987
Coach: Gordon Surtees
Club: Morpeth
Best XC performances: 31st at 2013
World XC Champs (SM), 11th at the
2012 European XC Champs (SM)

U23 men

Name: Jacob Allen
DOB: 03/04/1994
Coach: Mick Woods
Club: Rugby & Northampton
Best XC performances: European
Cross debut

Name: Jonathan Davies
DOB: 28/10/1994
Coach: Rob McKim
Club: Reading/Run Fast
Best XC performances: 30th at the
2014 European XC Champs (U23),
4th at the 2013 European XC Champs
(JM), 35th at the 2013 World XC
Champs (JM)

TEAM PROFILES - MEN

Name: Richard Goodman
DOB: 04/04/1993
Coach: Mick Woods
Club: Shaftesbury Barnet
Best XC performances: Silver medallist at the 2011 European XC Champs (JM), 5th at the 2009 European XC Champs (JM), 21st at the 2013 European XC Champs (U23), 71st at the World XC Champs (JM)

Name: Henry Pearce
DOB: 24/01/1994
Coach: George Gandy
Club: Tonbridge
Best XC performances: European Cross debut

Name: Marc Scott
DOB: 21/12/1993
Coach: Steve Gulley
Club: Richmond & Zetland
Best XC performances: 7th at the 2014 European XC Champs (U23)

Name: Luke Traynor
DOB: 06/07/1993
Coach: Dudley Walker
Club: Giffnock North
Best XC performances: 38th at the 2012 European XC Champs (JM)

Junior men

Name: Ben Dijkstra
DOB: 31/10/1998
Coach: Alan Maddocks
Club: Leicester
Best XC performances: European Cross debut

Name: Oliver Fox
DOB: 06/10/1996
Coach: Richard Llewelyn Eaton
Club: Wells City
Best XC performances: European Cross debut

Name: Mahamed Mahamed
DOB: 18/09/1997
Coach: Peter Haynes
Club: Southampton
Best XC performances: European Cross debut

Name: Chris Olley
DOB: 26/03/1996
Coach: Mark Hookway
Club: Tonbridge
Best XC performances: 102nd at the 2015 World XC Championships (JM)

TEAM PROFILES - MEN

Name: Joe Steward
DOB: 19/08/1996
Coach: Harry Kelly
Club: East Cheshire
Best XC performances: 53rd at the
2015 World XC Champs (JM)

Name: Alex Yee
DOB: 18/02/1998
Coach: Kenneth Pike
Club: Kent
Best XC performances: European
Cross debut

TEAM PROFILES - WOMEN

Senior women

Name: Kate Avery
DOB: 10/10/91
Coach: Tony Simmons
Club: Shildon
Best XC performances: Silver medallist at the European XC 2014 (SW), fourth at the European XC 2013 (U23), 20th at the World XC 2010 (JW)

Name: Lauren Howarth
DOB: 21/04/90
Coach: Steve Vernon
Club: Leigh
Best XC performances: 11th at the European XC 2013 (SW), 48th at the World XC 2013 (SW), 5th at the European XC 2012 (U23), 13th at the European XC 2011 (U23), 6th at the European XC 2009 (JW), 13th at the World XC 2009 (JW), bronze at the European XC 2009 (JW)

Name: Sonia Samuels
DOB: 16/05/79
Coach: Self-coached
Club: Sale Harriers
Best XC performances: 15th at the European XC 2014 (SW), 21st at the European XC 2009 (SW)

Name: Gemma Steel
DOB: 12/11/85
Coach: John Nuttall
Club: Charnwood AC
Best XC performances: 18th at the World XC 2015 (SW), gold at the European XC 2014 (SW), silver European XC 2013 (SW), bronze European XC 2011 (SW)

Name: Steph Twell
DOB: 17/08/89
Coach: Mick Woods
Club: Aldershot Farnham & District
Best XC performances: Three-time European XC gold medallist 2006, 2007 & 2008 (JW)

Name: Elle Vernon
DOB: 11/12/1983
Coach: Steve Vernon
Club: Stockport
Best XC performances: 20th at the European XC 2014 (SW), 46th at the World XC 2013 (SW), 18th at the European XC 2012 (SW), 14th at the European XC 2011 (SW), 60th at the World XC 2007 (SW)

TEAM PROFILES - WOMEN

U23 women

Name: Beth Hawling
DOB: 28/07/94
Coach: Matt Richards
Club: Cheltenham
Best XC performances: European
Cross debut

Name: Laura Muir
DOB: 09/05/93
Coach: Andy Young
Club: Dundee Hawkhill
Best XC performances: 31st at the
European XC 2011 (JW)

Name: Madeleine Murray
DOB: 19/10/1993
Coach: John Lees
Club: Edinburgh AC
Best XC performances: European
Cross debut

Name: Rebecca Murray
DOB: 26/09/1994
Coach: Alex Stanton
Club: Bedford & County
Best XC performances: 29th at the
2014 European XC Champs (U23)

Name: Jenny Nesbitt
DOB: 24/01/1995
Coach: David Walker
Club: Worcester
Best XC performance: European
Cross debut

Name: Calli Thackery
DOB: 09/01/1993
Coach: Joe Franklin
Club: Hallamshire
Best XC performance: European
cross debut

Junior women

Name: Grace Baker
DOB: 11/02/1996
Coach: Mick Woods
Club: Aldershot, Farnham & District
Best XC performances: 82nd at 2015
World XC Champs (JW)

Name: Bobby Clay
DOB: 19/05/1997
Coach: Rob Denmark
Club: Invicta East Kent
Best XC performances: 8th at the
2013 European XC Champs (JW), 27th
at the 2013 World XC Champs (JW)

TEAM PROFILES - WOMEN

Name: Amy Griffiths
DOB: 22/03/1996
Coach: Mick Woods
Club: Aldershot Farnham & District
Best XC performances: 5th at the
2014 European XC champs (JW)

Name: Harriet Knowles-Jones
DOB: 03/04/1998
Coach: Paul Roden
Club: Warrington AC
Best XC performances: European
Cross debut

Name: Sabrina Sinha
DOB: 19/04/1999
Coach: Peter Mullervy
Club: Cambridge Harriers
Best XC performances: European
Cross debut

Name: Mari Smith
DOB: 14/11/1996
Coach: William Alan Winter
Club: Leicester
Best XC performances: European
Cross debut

2014 MEDAL TABLE

Rank	Country	Gold	Silver	Bronze	Total
1	Great Britain	4	4	1	9
2	Turkey	3	1	2	6
2	Russia	3	1	2	6
4	Italy	2	0	2	4
5	Spain	0	4	1	5
6	France	0	1	0	1
6	Bulgaria	0	1	0	1
8	Sweden	0	0	2	1
9	Germany	0	0	1	1
9	Ireland	0	0	1	1
Total		12	12	12	36

BRITISH ATHLETICS MEDALLISTS AT THE EUROPEAN CROSS COUNTRY CHAMPIONSHIPS SINCE 2004

2014

Senior women

Gemma Steel – Gold
Kate Avery – Silver
Team Gold

U23 Women

Rhona Auckland – Gold
Team Silver

Junior Women

Jessica Judd – Silver
Lydia Turner – Bronze
Team Gold

U23 Men

Team Silver

2013

Senior men

Andy Vernon – Bronze
Team bronze

Senior Women

Gemma Steel - Silver
Team silver

U23 men

Team gold

U23 women

Charlotte Purdue – Bronze
Team gold

Junior Women

Emelia Gorecka – Gold
Team gold

2012

Junior men

Kieran Clements – Bronze
Team bronze

Junior women

Emelia Gorecka – Bronze
Team gold

U23 men

James Wilkinson – Bronze
Team bronze

U23 women

Jess Coulson – Gold
Team silver

Senior men

Team silver

Senior women

Team bronze

BRITISH ATHLETICS MEDALLISTS AT THE EUROPEAN CROSS COUNTRY CHAMPIONSHIPS SINCE 2004

2011

Junior men

Richard Goodman – silver

Team gold

Junior women

Emelia Gorecka – Gold

Team gold

U23 men

James Wilkinson – silver

Team silver

U23 women

Emma Pallant- Gold

Noami Taschimotowitz – Silver

Team gold

Senior men

Team silver

Senior women

Gemma Steel – Bronze

Team gold

2010

Junior men

Team gold

Junior women

Charlotte Purdue – Gold

Emelia Gorecka – Bronze

Team gold

U23 women

Emma Pallant – Bronze

Team gold

Senior women

Team silver

2009

Junior men

Nick Goolab – Silver

James Wilkinson – Bronze

Team gold

Junior women

Kate Avery – Bronze

Team silver

U23 men

Team silver

U23 women

Jess Sparke – Bronze

Team gold

Senior men

Mo Farah – Silver

Team silver

Senior women

Hayley Yelling-Higham – Gold

Team silver

BRITISH ATHLETICS MEDALLISTS AT THE EUROPEAN CROSS COUNTRY CHAMPIONSHIPS SINCE 2004

2008

Junior men

Team bronze

Junior women

Steph Twell – Gold

Charlotte Purdue – Silver

Lauren Haworth – Bronze

Team gold

U23 Men

Andy Vernon – Silver

Team gold

U23 women

Sarah Tunstall – silver

Team gold

Senior men

Mo Farah – silver

Team bronze

Senior women

Team silver

2007

Junior men

Team silver

Junior women

Steph Twell – Gold

Charlotte Purdue – Bronze

Team gold

U23 men

Andy Vernon – Bronze

Team gold

U23 women

Team gold

Senior women

Team silver

2006

Junior women

Steph Twell – Gold

Team gold

U23 women

Team gold

Senior men

Mo Farah – Gold

Senior women

Team silver

2005

Junior men

Andy Vernon – Silver

Team silver

Junior women

Emily Pidgeon – Silver

Team gold

Senior women

Team silver

2004

Junior men

Team bronze

Junior women

Team bronze

Senior men

Team bronze

Senior women

Hayley Yelling – Gold

Jo Pavey – Bronze

Team silver

COMPETITION TIMETABLE

Event	Start time
Opening ceremony	10:15
Junior women	10:35
Junior men	10:59
U23 women	11:42
U23 men	12:26
Senior women	13:30
Senior men	14:12
Closing ceremony – flag handover	15:20

MAP



NOTES





**BRITISH
ATHLETICS**

Athletics House · Alexander Stadium · Walsall Road
Perry Barr · Birmingham · B42 2BE

Tel: 0121 713 8400 · Fax: 0121 713 8452

www.britishathletics.org.uk