



# BRITISH ATHLETICS

## 2016 MEDIA INSERT

**EUROPEAN CROSS COUNTRY CHAMPIONSHIPS**

**SUNDAY 11 DECEMBER, CHIA, ITALY**

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## **British Athletics Team Management**

### **Team Leader**

Spencer Duval

### **Head of Delegation**

Wendy Sly

### **Team Manager**

Pauline Holmes

### **Team Coaches**

Chris Jones – Senior Men  
Mick Woods – Senior Women  
Mark Pollard – U23 men  
Andi Drake – U23 women  
Charlotte Fisher – Junior Men  
Liz Yelling – Junior women

### **Medical**

Dr John Rogers - Doctor  
Andrew Walling – Therapist  
Alex O’Gorman – Therapist

### **Media officers**

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**Senior Men**

Andrew Butchart (Derek Easton)  
Ben Connor (Spencer Duval)  
Dewi Griffiths (Kevin Evans)  
Callum Hawkins (Robert Hawkins)  
Ross Millington (Steve Vernon)  
Andy Vernon (Nic Bideau)

**U23 Men**

William Christofi (David Bedwell)  
Ellis Cross (Mick Woods)  
Jonathan Davies (Rob McKim)  
Patrick Dever (Andy Bibby)  
Alex George (Paul de-Camps)  
Alex Short (Phillip O'Dell)

**Junior men**

William Fuller (George Gandy)  
Josh Kerr (Joe Franklin)  
Mahamed Mahamed (Peter Haynes)  
Sam Stevens (Alan Maddocks)  
Paulos Surafel (Craig Winrow)  
Alex Yee (Kenneth Pike)

**Senior women**

Charlotte Arter (James Thie)  
Katrina Jones (Harvey Rose)  
Emily Hosker-Thornhill (Mick Woods)  
Gemma Steel (Rob Denmark)  
Steph Twell (Mick Woods)  
Pippa Woolven (Luke Gunn)

**U23 women**

Jessica Judd (Mick Judd)  
Rebecca Murray (Alex Stanton)  
Georgina Outten (Andrew Walling)  
Mari Smith (William Alan Winter)  
Charlotte Taylor (Helen Lehman-Winters)  
Alice Wright (Joe Franklin)

**Junior women**

Gemma Holloway (Brenda Stone)  
Harriet Knowles-Jones (Paul Roden)  
Phoebe Law (Mick Woods)  
Hannah Nuttall (John Nuttall)  
Amelia Quirk (Beverly Kitching)  
Victoria Weir (Simon Anderson)

## Senior men

**Name:** Andrew Butchart  
**DOB:** 14/10/1991  
**Coach:** Derek Easton  
**Club:** Central AC  
**Best Int'l XC results:** 86<sup>th</sup> – 2015 IAAF World Cross XC SM; 35<sup>th</sup> – 2014 European XC Champs SM  
**Other career highlights:** 6<sup>th</sup> – 2016 Olympic Games 5000m

**Name:** Ben Connor  
**DOB:** 17/10/1992  
**Coach:** Spencer Duval  
**Club:** Derby AC  
**Best Int'l XC results:** 67<sup>th</sup> – 2011 IAAF World XC Champs U20; 23<sup>rd</sup> 2010 European XC Champs U20; 2010 U20 team gold medallist

**Name:** Dewi Griffiths  
**DOB:** 09/08/1991  
**Coach:** Kevin Evans  
**Club:** Swansea  
**Best Int'l XC results:** 70<sup>th</sup> – 2015 IAAF World XC Champs SM; 20<sup>th</sup> – 2015 European XC Champs SM; 2015 SM team bronze medallist  
**Other career highlights:** 5<sup>th</sup> – 2016 European Championships 10,000m; 4<sup>th</sup> – 2009 European Junior Champs 10,000m

**Name:** Callum Hawkins  
**DOB:** 22/06/1992  
**Coach:** Robert Hawkins  
**Club:** Kilbarchan  
**Best Int'l XC results:** 5<sup>th</sup> – 2014 European XC Champs U23; 2014 U23 team silver medallist  
**Other career highlights:** 9<sup>th</sup> - Olympic Games Marathon; 15<sup>th</sup> – 2016 IAAF World Half Marathon Champs

**Name:** Ross Millington  
**DOB:** 19/09/1989  
**Coach:** Steve Vernon  
**Club:** Stockport  
**Best Int'l XC results:** 5<sup>th</sup> – 2014 European XC Champs SM;  
**Other career highlights:** 31<sup>st</sup> – 2016 Olympic Games 10,000m

**Name:** Andy Vernon  
**DOB:** 07/01/1986

**Coach:** Nic Bideau  
**Club:** Aldershot Farnham & District  
**Best Int'l XC results:** Bronze – 2013 European XC Champs SM; Silver – 2008 European XC Champs U23; Bronze – 2007 European XC Champs U23; Silver – European XC Champs U20  
**Other career highlights:** 25<sup>th</sup> – 2016 Olympic Games 10,000m; Silver & Bronze – 2014 European Championships 10,000m & 5000m

## U23 Men

**Name:** William Christofi  
**DOB:** 17/09/1994  
**Coach:** David Bedwell  
**Club:** Bristol & West  
**Best Int'l XC results:** Euro XC Champs Debut

**Name:** Ellis Cross  
**DOB:** 22/09/1996  
**Coach:** Mick Woods  
**Club:** Aldershot Farnham & District  
**Best Int'l XC results:** Euro XC Champs Debut

**Name:** Jonathan Davies  
**DOB:** 28/10/1994  
**Coach:** Rob McKim  
**Club:** Reading AC  
**Best Int'l XC results:** Gold – 2015 European XC Champs U23; 35<sup>th</sup> – 2013 IAAF World XC Champs U20  
**Other career highlights:** Bronze – 2013 European Junior Champs 5000m

**Name:** Patrick Dever  
**DOB:** 05/09/1996  
**Coach:** Andy Bibby  
**Club:** Preston  
**Best Int'l XC results:** Euro XC Champs Debut

**Name:** Alex George  
**DOB:** 06/02/1996  
**Coach:** Paul de-Camps  
**Club:** Gloucester  
**Best Int'l XC results:** 39<sup>th</sup> – 2015 IAAF World XC Champs  
**Other career highlights:** Gold - 2015 European Junior Champs 5000m

**Name:** Alex Short  
**DOB:** 07/01/1994  
**Coach:** Philip O'Dell  
**Club:** Bedford & County  
**Best Int'l XC results:** 26<sup>th</sup> – 2013  
European XC Champs U20

**Other career highlights:** 9<sup>th</sup> – 2016 IAAF  
World Junior Champs 5000m; 6<sup>th</sup> – 2015  
IAAF World Youth Champs 3000m

### Junior men

**Name:** William Fuller  
**DOB:** 14/05/1997  
**Coach:** George Gandy  
**Club:** Blackheath & Bromley  
**Best Int'l XC results:** Euro XC Champs  
Debut

**Name:** Josh Kerr  
**DOB:** 14/05/1997  
**Coach:** Joe Franklin  
**Club:** Edinburgh  
**Best Int'l XC results:** Euro XC Champs  
Debut  
**Other career highlights:** Gold – 2015  
European Junior Champs 1500m

**Name:** Mahamed Mahamed  
**DOB:** 18/09/1997  
**Coach:** Peter Haynes  
**Club:** Southampton  
**Best Int'l XC results:** 22<sup>nd</sup> – 2015  
European XC Champs JM; 2015 U20  
team bronze medallist

**Name:** Sam Stevens  
**DOB:** 27/03/1998  
**Coach:** Alan Maddocks  
**Club:** Leicester Coritarians  
**Best Int'l XC results:** Euro XC Champs  
Debut

**Name:** Paulos Surafel  
**DOB:** 12/01/1997  
**Coach:** Craig Winrow  
**Club:** Enfield & Haringey  
**Best Int'l XC results:** Euro XC Champs  
Debut

**Name:** Alex Yee  
**DOB:** 18/02/1998  
**Coach:** Kenneth Pike  
**Club:** Kent  
**Best Int'l XC results:** 9<sup>th</sup> – 2015  
European XC Champs U20; 2015 U20  
team bronze medallist

## Senior women

**Name:** Charlotte Arter  
**DOB:** 18/06/1991  
**Coach:** James Thie  
**Club:** Cardiff  
**Best Int'l XC results:** Euro Cross Debut

**Name:** Emily Hosker-Thornhill  
**DOB:** 27/10/1992  
**Coach:** Mick Woods  
**Club:** Aldershot Farnham & District  
**Best Int'l XC results:** Euro XC Champs Debut

**Name:** Gemma Steel  
**DOB:** 12/11/1985  
**Coach:** Rob Denmark  
**Club:** Charnwood  
**Best Int'l XC results:** Gold – 2016 European XC Champs SW; Silver- 2013 European XC Champs SW; Bronze – 2011 European XC Champs SW; 15<sup>th</sup> – IAAF World XC Champs SW; 4 x Team gold medallist  
**Other career highlights:** 7<sup>th</sup> – 2012 IAAF World Half Marathon Champs

**Name:** Steph Twell  
**DOB:** 17/08/1989  
**Coach:** Mick Woods  
**Club:** Aldershot Farnham & District  
**Best Int'l XC results:** 3 x Gold – (2006/07/08) European XC Champs JW; 6<sup>th</sup> – 2015 European XC Champs SW; 23<sup>rd</sup> – IAAF World XC Champs SW; 9 x Team gold medallist  
**Other career highlights:** Bronze – 2016 European Champs 5000m; Bronze - 2010 Commonwealth Games 1500m; Gold – 2008 IAAF World Junior Champs 1500m

**Name:** Pippa Woolven  
**DOB:** 26/07/1993  
**Coach:** Luke Gunn  
**Club:** Wycombe  
**Best Int'l XC results:** Euro XC Champs Debut  
**Other career highlights:** 8<sup>th</sup> – 2014 Commonwealth Games 3000m Steeplechase

**Name:** Katrina Wootton  
**DOB:** 02/09/1985  
**Coach:** Harvey Rose

**Club:** Coventry  
**Best Int'l XC results:** 8<sup>th</sup> – 2007 European XC Champs U23; 5 x Team medallist

## U23 Women

**Name:** Jessica Judd  
**DOB:** 07/01/1995  
**Coach:** Mick Judd  
**Club:** Chelmsford  
**Best Int'l XC results:** Silver – 2014 European XC Champs U20  
**Other career highlights:** Silver – 2012 IAAF World Junior Champs 800m; Bronze – 2011 IAAF World Youth Champs 800m

**Name:** Rebecca Murray  
**DOB:** 26/09/1994  
**Coach:** Alex Stanton  
**Club:** Bedford & County  
**Best Int'l XC results:** 14<sup>th</sup> – 2015 European XC Champs U23; 2015 U23 Team gold medallist

**Name:** Georgina Outten  
**DOB:** 26/06/1996  
**Coach:** Andrew Walling  
**Club:** Birchfield Harriers  
**Best Int'l XC results:** 26<sup>th</sup> – 2014 European XC Champs U20; 2014 U20 Team gold medallist

**Name:** Mari Smith  
**DOB:** 14/11/1996  
**Coach:** William Alan Winter  
**Club:** Birchfield Harriers  
**Best Int'l XC results:** 22<sup>nd</sup> – 2015 European XC Champs U20; 2015 U20 silver medallist

**Name:** Charlotte Taylor  
**DOB:** 17/01/1994  
**Coach:** Helen Lehman-Winters  
**Club:** Nene Valley  
**Best Int'l XC results:** Euro XC Champs Debut

**Name:** Alice Wright  
**DOB:** 03/11/1994  
**Coach:** Joe Franklin  
**Club:** Worcester  
**Best Int'l XC results:** 9<sup>th</sup> – 2014 European XC Champs U23

**Other career highlights:** Bronze – 2015  
European U23 Champs 10,000m

### **Junior women**

**Name:** Gemma Holloway  
**DOB:** 07/04/1997  
**Coach:** Brenda Stone  
**Club:** Thurrock  
**Best Int'l XC results:** Euro XC Champs  
Debut

**Name:** Harriet Knowles-Jones  
**DOB:** 03/04/1998  
**Coach:** Paul Roden  
**Club:** Warrington  
**Best Int'l XC results:** Silver – 2015  
European XC Champs U20; 2015 U20  
silver medallist  
**Other career highlights:** 8<sup>th</sup> – 2016 IAAF  
World Junior Champs 1500m; 4<sup>th</sup> – 2015  
IAAF World Youth Champs 1500m

**Name:** Phoebe Law  
**DOB:** 12/01/1997  
**Coach:** Mick Woods  
**Club:** Kingston & Poly  
**Best Int'l XC results:** 14<sup>th</sup> – 2014  
European XC Champs U20; 2014 U20  
gold medallist  
**Other career highlights:** 14<sup>th</sup> – 2015  
European Junior Champs 5000m

**Name:** Hannah Nuttall  
**DOB:** 07/07/1997  
**Coach:** John Nuttall  
**Club:** Charnwood  
**Best Int'l XC results:** 45<sup>th</sup> – 2015 IAAF  
World XC Champs U20

**Name:** Amelia Quirk  
**DOB:** 18/12/1999  
**Coach:** Beverley Kitching  
**Club:** Bracknell  
**Best Int'l XC results:** Euro XC Champs  
Debut

**Name:** Victoria Weir  
**DOB:** 17/03/1998  
**Coach:** Simon Anderson  
**Club:** City of Plymouth  
**Best Int'l XC results:** Euro XC Champs  
Debut



### 2015 European Cross Country Championships medal table

		Gold	Silver	Bronze	Total
1 <sup>st</sup>	Great Britain & Northern Ireland	3	4	2	9
2 <sup>nd</sup>	Spain	2	2	2	6
3 <sup>rd</sup>	France	1	4	1	6
4 <sup>th</sup>	Germany	2	0	2	4
5 <sup>th</sup>	Italy	1	1	1	3
6 <sup>th</sup>	Netherlands	1	1	0	2
=7 <sup>th</sup>	Belgium	1	0	0	1
=7 <sup>th</sup>	Turkey	1	0	0	1
=9 <sup>th</sup>	Denmark	0	0	1	1
=9 <sup>th</sup>	Ireland	0	0	1	1
=9 <sup>th</sup>	Norway	0	0	1	1
=9 <sup>th</sup>	Serbia	0	0	1	1

- Great Britain & Northern Ireland have topped the medal table at the event for the last 13 years.

**British Athletics Gold medallists at the European Cross Country Championships**

Mo Farah – Senior men 2006
Jon Brown – Senior men 1996
Paula Radcliffe – Senior women 1998 & 2003
Hayley Yelling – Senior women 2004 & 2009
Gemma Steel – Senior women 2014
Jonathan Davies – U23 men 2015
Rhona Auckland – U23 women 2014
Jessica Coulson – U23 women 2012
Emma Pallant – U23 women 2011
Emelia Gorecka – U20 women 2011 & 2013
Charlotte Purdue – U20 women 2010
Steph Twell – U20 women 2006, 2007 & 2008
Charlotte Dale – U20 women - 2002

## **British Athletics medallists at the European Cross Country Championships since 2006**

### **2015**

#### **Senior women**

Kate Avery – Silver

Team gold

#### **U23 women**

Team gold

#### **U20 women**

Harriet Knowles-Jones – Silver

Team silver

#### **Senior men**

Team bronze

#### **U23 Men**

Jonny Davies – Gold

Team silver

#### **U20 Men**

Team silver

### **2014**

#### **Senior women**

Gemma Steel – Gold

Kate Avery – Silver

Team gold

#### **U23 Women**

Rhona Auckland – Gold

Team silver

#### **U20 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

#### **U20 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

## 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 – silver

Naomi Taschimotowitz – Bronze

Team gold

### **Senior men**

Team silver

### **Senior women**

Team bronze

## 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

**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

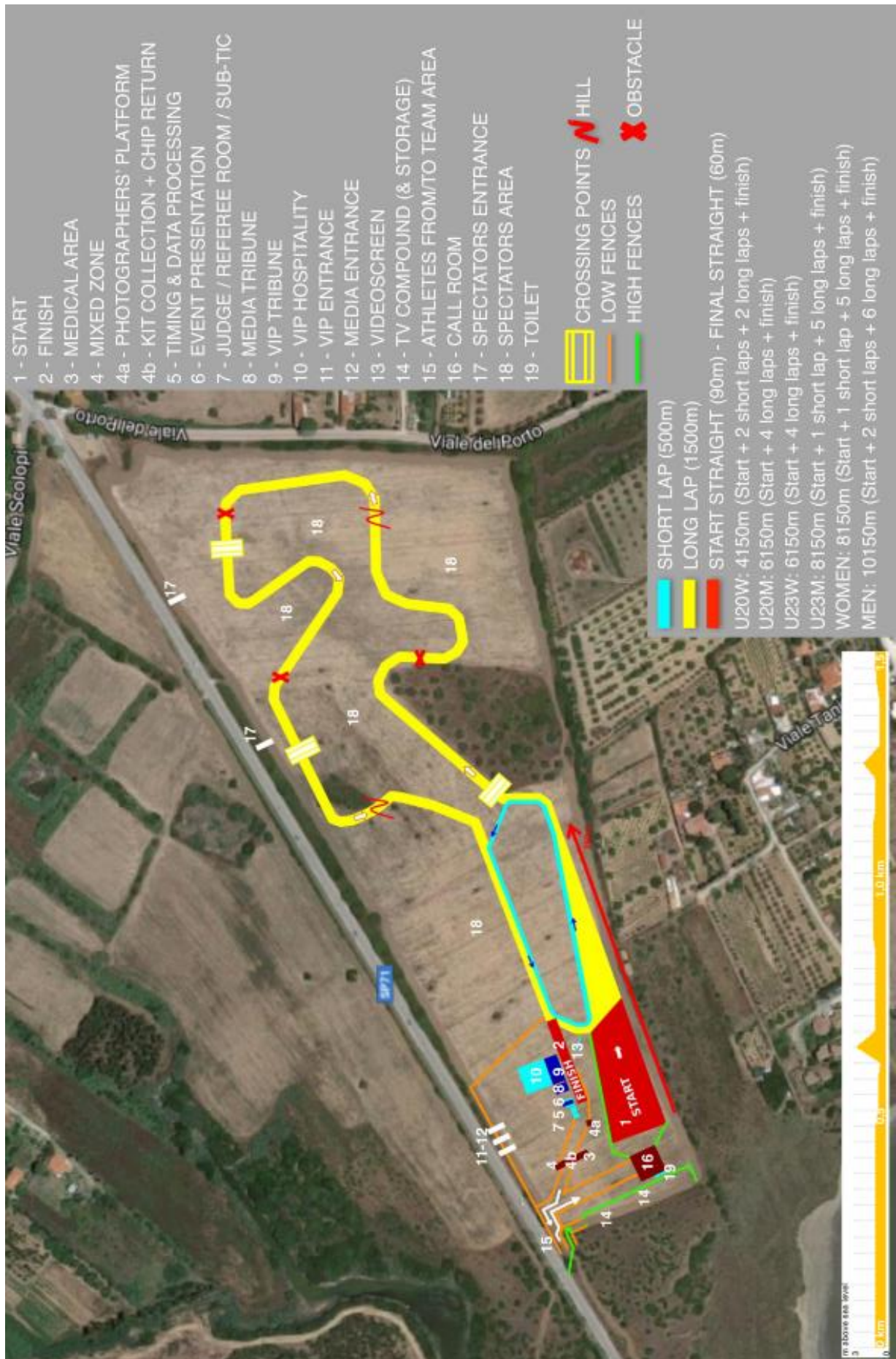
**Senior women**

Team silver

### Competition timetable

<b>Event</b>	<b>Start time</b>
Opening ceremony	10:00
Junior women	10:15
Junior men	10:40
U23 women	11:10
U23 men	11:50
Senior women	12:30
Senior men	13:10
Victory ceremonies	14:15

## Course map for the 2016 European Cross Country Championships





BRITISH  
ATHLETICS

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