

uk:athletics 

# MEDIA:GUIDE

## 2008 UPDATE SHEET

### 36TH IAAF WORLD CROSS COUNTRY CHAMPIONSHIPS

Sunday 30 March 2008  
Edinburgh, Scotland

## NORWICH UNION GREAT BRITAIN AND NORTHERN IRELAND TEAM

Senior Men	Senior Women
John Beattie	Faye Fullerton
Tom Humphries	Laura Kenney
Andi Jones	Rachel Townend
Andrew Lemoncello	Jo Wilkinson
Michael Skinner	Hayley Yelling
Frank Tickner	Liz Yelling
Andy Vernon	
James Walsh	
Phil Wicks	
Junior Men	Junior Women
Phillip Berntsen	Joanne Harvey
David Forrester	Emma Pallant
Mitch Goose	Laura Park
Dewi Griffiths	Lily Partridge
Simon Horsfield	Emily Pidgeon
Ross Murray	Charlotte Purdue

#### Reserves:

<b>Senior Men:</b>	Ian Hudspith	Dave Webb
<b>Senior Women:</b>	Gemma Miles	Felicity Milton
<b>Junior Men:</b>	Michael Gillespie	Tim Pattinson
<b>Junior Women:</b>	Hollie Avil	Lauren Howarth

### TEAM MANAGEMENT

<b>Team Leader</b>	Alan Storey	
<b>Team Coaches</b>	Nick Anderson	Stella Bandu
	Stephen Benson	Wendy Sly
<b>Team Official</b>	Spencer Barden	
<b>Team Doctor</b>	Noel Pollock	
<b>Physiotherapist</b>	Mark Buckingham	Alison Rose
<b>Media Officer</b>	Richard Warburton	
<b>Head of Delegation</b>	Bob Ashwood	



### IAAF WORLD CROSS COUNTRY CHAMPIONSHIPS TIMETABLE SUNDAY 30 MARCH 2008

12.15	Opening Ceremony
13:00	Junior Women (6km)
13:30	Junior Men (8km)
14:05	Senior Women (8km)
14:45	Senior Men (12km)
15.25	Medal ceremonies
15.45	Live band

#### UK Athletics Media Liaison in Edinburgh:

Richard Warburton (Media Manager - Performance)  
Tel: +44 (0) 121 713 8472 Mobile: +44 (0) 7701 099 763  
email: rwarburton@ukathletics.org.uk

#### Athletes Village, Team Accommodation and Event Information Office

Pollock Halls of Residence  
18 Holyrood Park  
Edinburgh  
EH16 5AY

### WORLD CROSS COUNTRY CHAMPIONSHIPS

The IAAF World Cross Country Championships were first held on 17 March 1973 at the Hippodrome de Waregem, Belgium. This series was preceded by the International Cross Country Championships, which were first held at Hamilton Park Racecourse, Glasgow on 28 March 1903. Then a race over 8 miles (12.87km) was contested by the four countries from the British Isles, so it was international in name only. From then the race was held annually, with France entering in 1907, Belgium in 1923 and thereafter the event steadily gained in international prestige.

The first non-European nation to enter a team was Tunisia in 1958, the first Oceanic team was New Zealand in 1965 and the USA competed for the first time in 1966. A junior race was first added in 1961, although there had been an international race for juniors between England, France and Belgium in 1940, and the first women's race was at Barry, Wales in 1967. There were two women's races in 1970.

A junior women's race was introduced in 1989 and from 1998 to 2006 there were both long course and short course races for men and women (with teams of four).

### WORLD CROSS COUNTRY CHAMPIONSHIPS CONTINUED

At the 35th IAAF World CC Championships in 2007 the senior championships reverted to just one race for men and for women.

The distances raced now are: Men - 12km, Women - 8km Junior Men - 8km, Junior Women 6km.

Teams are: Senior Men - maximum of nine runners, six to score  
Women and Juniors- maximum of six runners, four to score.

England, Northern Ireland, Scotland and Wales entered separate team up to 1987.

England won the following team medals:

Senior Men: 1st 1976, 1979-80; 2nd 1974-5, 1977, 1982, 1987; 3rd 1978

Junior Men: 1st 1978, 2nd 1979, 1981; 3rd: 1973, 1976, 1983-4

Senior Women: 1st 1973-4, 2nd 1980, 1984; 3rd 1978-9, 1982

#### From 1988 British team placings have been

Year	Men	Jnr Men	Women	Jnr Women	Year	Men	Jnr Men	Women	Jnr Women
1988	4	11	2	-	1998	9/10*	11	11/3*	13
1989	2	4	6	13	1999	6/8*	10	6/7*	13
1990	9	9	15	5	2000	10/6*	12	7/6*	10
1991	6	7	5	4	2001	10/13*	15	4/4*	6
1992	3	6	7	4	2002	7/10*	11	11/5*	8
1993	7	11	7	9	2003	8/-*	13	7/-*	5
1994	8	16	14	5	2004	10/-*	12	3/5	11
1995	9	15	9	6	2005	17/15*	16	6/10*	8
1996	5	12	11	12	2006	16/14*	13	7/-*	5
1997	6	15	4	11	2007	8	13	5	5

\* short distance/long distance races

#### Britain's Individual Medallists 1973-2007

##### Senior Men

1st Ian Stewart (Sco) 1975

2nd Tony Simmons (Eng) 1976, Tim Hutchings (Eng) 1984 and 1989

3rd Bernie Ford (Eng) 1976, Nick Rose (Eng) 1980, Steve Jones (Wal) 1984

##### Junior Men

1st Jim Brown (Sco) 1973, Micky Morton (Eng) 1978

2nd Steve Binns (Eng) 1979

3rd Nat Muir (Sco) 1976, Jon Richards (Eng) 1983

From 1988 Britain's best has been Spencer Duval, 12th 1989

##### Women

1st Zola Budd (Eng) 1985 and 1986, Paula Radcliffe 2001 and 2002

2nd Joyce Smith (Eng) 1973, Liz Lynch/McColgan (Sco) 1987, Angela Tooby 1988, Paula Radcliffe 1997 and 1998

3rd Rita Ridley (Eng) 1974, Liz McColgan 1991, Paula Radcliffe 1999

##### Women 4km

2nd Paula Radcliffe 2001

##### Junior Women

1st Paula Radcliffe 1992

# BIOGRAPHIES OF ATHLETES NOT FEATURED IN UK ATHLETICS 2008 MEDIA GUIDE:

## Senior Men

**Name:** John Beattie  
**DOB:** 20 January 1986  
**Club:** Winchester & District  
**Coach:** Nick Anderson

- Hampshire based John transferred from Southampton University to the University of Tulsa where he was named 2007 Conference USA Male Cross Country Newcomer of the Year.
- He is currently working towards a Masters Degree in Business Administration (MBA).
- Edinburgh will be John's Norwich Union GB debut.

**Name:** Tom Humphries  
**DOB:** 24 September 1984  
**Club:** Cannock & Stafford  
**Coach:** Keith Holt

- Tom had a long successful career in the junior cross country ranks dominating through the under 17 and junior age groups and has recently started to establish himself as a strong senior performer.
- He made his GB debut at the European Junior Cross Country championships in 2002, and has since gone on to finish 9th in the European Junior Championships 5000m in 2003 and 14th in the European Cross Country last December in Toro.
- Tom previously studied Engineering at Loughborough University, and Graphic Design at Salford.
- He completed the English National XC and Inter-Counties double at Nottingham two weeks ago.

**Name:** Andi Jones  
**DOB:** 10 October 1978  
**Club:** Salford Harriers  
**Coach:** Bob Merrell

- Andi is a talented road, cross country and fell runner who has competed for Great Britain on various services.
- He finished 4th in the 2003 World Mountain Running trophy in Alaska.
- He works as a Design and Technology teacher in Oldham.

**Name:** Andrew Lemoncello  
**DOB:** 12 October 1982  
**Club:** Fife  
**Coach:** Ron Morrison

- In 2004 Andrew gained a scholarship to study at Florida State University in Tallahassee – he has remained in the States, now based at Flagstaff, Arizona.
- He topped the UK rankings in 2007 with his 8.23.74 3000m steeplechase performance.

## Senior Women

**Name:** Faye Fullerton  
**DOB:** 31 May 1984  
**Club:** Havering Mayesbrook  
**Coach:** Warren Roe

- Faye is a part time teacher and her other hobbies include playing the piano and the clarinet and she likes to relax by walking her Rhodesian Ridgeback in the country.
- Faye has been part of the Gold medal winning Junior women's and under 23 team and Senior Silver Medal winning team at the European Cross Country Championships. She represented GB three times at the World Cross as a junior, and as a senior over the short course. She has also represented GB on the track and road.
- She studied at St Mary's University College. When she was younger she was a six times winner of the London Mini Marathon.

**Name:** Rachel Townend  
**DOB:** 19 February 1979  
**Club:** Winchester & District  
**Coach:** Ken Hardcastle

- Rachel's selection marks the culmination of a highly successful winter where she competed at the Chiba Ekiden and won the Southern Cross Country title.
- She won the bronze at the English National and finished third in the trial at Nottingham.
- She works full time as a lawyer in the Government Legal Service, and will marry Notts AC steeplechaser Tim Woodthorpe in May 2008.

**Name:** Jo Wilkinson  
**DOB:** 2 May 1973  
**Club:** Bedford & County  
**Coach:** Alec and Rosemary Stanton

- Jo was second at the trials, and finished 4th at the English National in February
- She won the Eastern Run in the Autumn in a personal best time of 74.32.
- She competed for England in the Commonwealth Games in 2002 and finished 6th in the 10000m.
- She gained her first GB vest 18 months after giving birth to a son, Callum, who is now 3 yrs old, and she works as the Welfare Officer for England Athletics.

**Name:** Hayley Yelling  
**DOB:** 3 January 1974  
**Club:** Windsor Slough Eton & Hounslow  
**Coach:** Conrad Milton

- Hayley's greatest achievement was winning the European CC title at the end of 2004 whilst leading the British team to the silver medals.
- She is an excellent cross country specialist, but has also performed well on the track finishing 5th and 6th in the Commonwealth Games 10,000m in 2002 and 2006.
- Her brother Martin, was a former 3000m steeplechaser and top duathlete. Liz Yelling is her sister in law having married Martin in 1999.

**Name:** Liz Yelling  
**DOB:** 5 December 1974  
**Club:** Bedford & County  
**Coach:** Alec Stanton

- Liz Yelling was a team-mate of Paula Radcliffe at Bedford & County
- In 1999 she married Martin Yelling who later won the 2002 British duathlon championship and competed in Hawaii Ironman. They run a performance, health and fitness consultancy together.
- She left her job as a part-time PE/Food Technology teacher to become a full-time athlete in December 2001.
- She is the women's running editor of Running Fitness magazine and has written a book "The Real Woman's Guide to Running"

**Name:** Michael Skinner  
**DOB:** 21 November 1979  
**Club:** Blackheath & Bromley  
**Coach:** Conrad Milton

- Michael started his career over 1500m but has made a great impact in recent years over longer distances and cross country.
- He caused a surprise when winning the Falkirk cross challenge at the start of the 2004/05 season against more established cross country runners, and was 62nd in last year's World Cross Country.
- He works as a Competition Manager for the Richmond and Kingston School Sport Partnership
- He is the current UK Cross Challenge champion.

**Name:** Frank Tickner  
**DOB:** 12 October 1983  
**Club:** Wells City Harriers  
**Coach:** Clive Thomas

- Frank was a good junior cross country athlete who also competed well over the steeplechase.
- As a student of French at Birmingham, he spent his third year teaching in Lyon in France.
- At the end of 2005 he made his senior international debut at the European Cross Country.
- In early 2007 declined a place in Britain's World Cross Country team due to the need to concentrate on his studies.
- In October 2007 he started work for News International in foreign logistics.
- In early 2007 declined a place in Britain's World Cross Country team due to the need to concentrate on his studies, but returned to the GB fold to run the 5000m at the European Cup finishing 7th.

**Name:** Andy Vernon  
**DOB:** 7 January 1986  
**Club:** Aldershot, Farnham & District  
**Coach:** Nick Anderson

- Andy Studied Sports Science at St Mary's University College.
- Andy is a talented track and cross country athlete who has featured regularly in Great Britain cross country teams in recent years since his debut in 2004.
- He won the junior race silver medal at the 2005 European Cross Country Championships, and bronze in the U23 race in 2007.
- His mother represented Great Britain in rowing (coxless fours).

**Name:** James Walsh  
**DOB:** 22 September 1981  
**Club:** Leeds City  
**Coach:** Phil Townsend

- James is a three-time Midland Cross Country Champion and is part of the strong Leeds club squad winning titles on all surfaces in recent seasons.
- A former BUSA cross country champion James has also competed for Great Britain at the European Mountain Running Championships.

**Name:** Phil Wicks  
**DOB:** 14 March 1984  
**Club:** Belgrave Harriers  
**Coach:** Tom Osment

- Phil finished second in both the trial and the English National behind Tom Humphries.
- A talented endurance athlete, he has been a regular feature in recent GB cross country teams.
- In winning the recent prestigious Alsager 5 mile race he set a PB of 23.50.

## Junior Men

**Name:** Phillip Berntsen  
**DOB:** 18 January 1990  
**Club:** Andover & District  
**Coach:** Nick Anderson

- Finished third in Nottingham's trial race and was second in the English Schools senior race.
- He was third in the Southern championships in January.

**Name:** Mitch Goose  
**DOB:** 16 March 1989  
**Club:** City of Norwich  
**Coach:** Tim and Pauline Ash

- After a great early 2006 on the country, Mitch fractured his skull in an accident and suffered a blood clot in his head, which meant he missed the summer season.
- He returned to form in 2007 winning the English Schools cross country and 3000m titles.
- Mitch ran the fastest junior leg in the junior race at the English Cross Country Relays to lead Norwich to team gold.
- He is now studying at St Mary's University College.
- Mitch shares the same birthday as England and Arsenal striker Theo Walcott.

**Name:** Dewi Griffiths  
**DOB:** 9 August 1991  
**Club:** Camarthen Harriers  
**Coach:** Kevin Evans

- Dewi has dominated the Welsh National age groups in Cross country, is captain if the Welsh Boys team, and his selection will mark his Great Britain debut at the age of 16.
- He missed much of 2007 with illness and an appendectomy, but has performed well this winter on both the cross and on the indoors .
- He was 6th in the Welsh Indoor championships over 3000m.

## Junior Women

**Name:** Laura Park  
**DOB:** 31 October 1991  
**Club:** Ellenborough  
**Coach:** Brian Taylor

- Laura who lives in Cumbria, won the British fell-running title in her age group in 2006.
- Laura won an impressive seven national titles in 2007 including the English and British Fell Championships, and the English and British Schools Cross Country championships.
- Aged just 16 Laura was 27th at the European Cross Country in December and won the trial in Nottingham two weeks ago.

**Name:** Lily Partridge  
**DOB:** 9 March 1991  
**Club:** Aldershot, Farnham & District  
**Coach:** Martin McCarthy

- Lily is a middle distance athlete who performs well on the cross country. She is the current Surrey Champion and had an impressive win at the IAAF permit cross country in Seville in January.
- She was third at the trial at Nottingham.