



38TH IAAF WORLD CROSS COUNTRY CHAMPIONSHIPS

BYDGOSZCZ, POLAND 28 MARCH 2010

mediaguide2010



TIMETABLE

TIME	EVENT	DISTANCE
Sunday 28 March		
12:00	Junior Women	6K
12:30	Junior Men	8K
13:15	Senior Women	8K
14:10	Senior Men	12K

PREVIOUS TOP GB & NI PERFORMANCES

<p>2000 - ALGARVE, PORTUGAL Men - 13th Karl Keska GBR 36:13 Women - 5th Paula Radcliffe GBR 26:03 Junior Men - 25th Mohammed Farah GBR 24:37 Junior Women - 55th Henrietta Freeman GBR 22:56</p>	<p>2005 - SAINT ETIENNE, FRANCE Men - 37th Mohammed Farah GBR 37:50 Women - 27th Mara Yamauchi GBR 28:55 Junior Men - 48th Andrew Vernon GBR 26:22 Junior Women - 20th Emily Pidgeon GBR 22:15</p>
<p>2001 - OSTEND, BELGIUM Men - 38th Karl Keska GBR 41:38 1:45 Women - 1st Paula Radcliffe GBR 27:49 Junior men - 59th Mohammed Farah GBR 28:06 Junior women - 23rd Emma Ward GBR 23:31</p>	<p>2006 - FUKUOKA, JAPAN Men - 77th Gavin Thompson GBR 38:31 Women - 23rd Mara Yamauchi GBR 26:47 Junior Men - 45th Adam Hickey GBR 26:02 Junior Women - 10th Sian Edwards GBR 20:10</p>
<p>2002 - DUBLIN, IRELAND Men - 43 393 Sam Haughian GBR 36:53 Women - 1 789 Paula Radcliffe GBR 26:55 Junior men - 31 48 Tom Sharland GBR 25:15 Junior women - 31 550 Charlotte Dale GBR 22:01</p>	<p>2007 - MOMBASA, KENYA Men - 11th Mohammed Farah GBR 37:31 Women - 15th Hattie Dean GBR 28:48 Junior Men - 58th Lee Carey GBR 27:17 Junior Women - 15th Charlotte Purdue GBR 22:00</p>
<p>2003 - LAUSANNE, SWITZERLAND Men - 49th Matthew Smith GBR 39:22 Women - 19th Hayley Yelling GBR 27:47 Junior Men - 48th Thomas Humphries GBR 25:54 Junior Women - 14th Charlotte Dale GBR 21:56</p>	<p>2008 - EDINBURGH, SCOTTLAND Men - 62nd Thomas Humphries GBR 37:27 Women - 15th Liz Yelling GBR 26:13 Junior Men - 24th David Forrester GBR 24:14 Junior Women - 16th Charlotte Purdue GBR 20:52</p>
<p>2004 - BRUSSELS, BELGIUM Men - 19th Jon Brown GBR 37:38 Women - 11th Kathy Butler GBR 28:13 Junior Men - 50th Keith Gerrard GBR 26:52 Junior Women - 26th Carrie Hawitt GBR 22:00</p>	<p>2009 - AMMAN, JORDAN Men - 74th Frank Tickner GBR 37:58 Women - 38th Stephanie Twell GBR 28:46 Junior Men - 58th Tom Farrell GBR 26:13 Junior Women - 13th Lauren Howarth GBR 21:14</p>

AVIVA GREAT BRITAIN AND NORTHERN IRELAND TEAM MANAGEMENT

TEAM STAFF

Team Leader: Ian Stewart (07775 647190)
Team Manager: Spencer Barden (07917 424567)
Team Manager (Senior Men): George Gandy (07714 752731)
Team Manager (Senior Women): Wendy Sly (+48 519 313 306)
Team Manager (Junior Men): Andy Hobdell (+48 519 313 305)
Team Manager (Junior Women): Jo Mersh (07841 504006)
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Physiotherapists: Mark Buckingham (+48 519 313 304)
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AVIVA GREAT BRITAIN AND NORTHERN IRELAND TEAM

SENIOR MEN

Mo Farah (Ricky Simms)
 Newham & Essex Beagles
 Mike Skinner (Andy Hobdell)
 Blackheath & Bromley
 Andy Vernon (Nick Anderson)
 Aldershot, Farnham & District
 James Wilkinson (Phil Townsend)
 Leeds City

SENIOR WOMEN

Faye Fullerton (Georgina Fullerton)
 Havering Mayesbrook
 Freya Murray (Steve Jones)
 Chester Le Street & Dist AC
 Stevie Stockton (George Gandy)
 Vale Royal
 Stephanie Twell (Mick Woods)
 Aldershot, Farnham & District

JUNIOR MEN

Tom Farrell (Andy Farrell)
 Border
 Richard Goodman (Geoff Williams)
 Shaftesbury Barnet
 Callum Hawkins (Robert Hawkins)
 Kilbarchan
 Jonathan Hay (Mick Woods)
 Aldershot, Farnham & District
 Ben Norris (Andy McNeill)
 Notts
 Ronnie Sparke (Richard Thurston)
 Woodford Green with Essex Ladies

Hayley Yelling (Conrad Milton)
 Windsor Slough, Eton & Hounslow

JUNIOR WOMEN

Kate Avery (Robert Ashwood)
 Shildon
 Emelia Gorecka (Mick Woods)
 Aldershot, Farnham & District
 Annabel Gummow (Chris Wooldridge)
 Bristol & West
 Sarah Inglis (Steve Cottom)
 Lothian RC
 Beth Potter (John Nuttall)
 Victoria Park City of Glasgow
 Hannah Walker (Mike Dunphy)
 Dacorum & Tring

PROFILES FOR THOSE NOT IN THE 2010 UKA MEDIA GUIDE

Name: Mike Skinner
 Club: Blackheath & Bromley
 Coach: Andy Hobdell
 Date of Birth: 21/11/1979
 Biog: Mike Skinner kick started his 2009/10 cross country campaign with back to back victories through October and November prior to a 13th place finish – and third scoring athlete contributing to a team silver medal – at the 2009 European Cross Country Championships in Dublin. He finished fourth in the World Cross Trials and will be targeting a top 60 finish in his fourth successive IAAF World Cross Country Championships campaign.

Name: Andy Vernon
 Club: Aldershot, Farnham & District
 Coach: Nick Anderson
 Date of Birth: 07/01/1986
 Biog: Andy Vernon's 12th place finish and team silver in the 2009 European Cross Country Championships added to an individual silver and bronze and team gold medals in the two previous editions of the event. Vernon has only been defeated twice in cross country in 2010 to date, finishing runner up to Kenyan Mike Kigen in a strong elite field in the Antrim International in January before his World Cross Trials defeat to Mo Farah in Birmingham. His impressive performances through 2010 to date include BUCS and English National Cross Country victories plus a lifetime best for 3000m indoors (7:49.84).

Name: James Wilkinson
 Club: Leeds City
 Coach: Phil Townsend
 Date of Birth: 13/07/1990
 Biog: Having opted to make his World Trials senior debut in Birmingham, European junior cross country bronze medallist James Wilkinson was rewarded with a place on the Aviva GB & NI team for this year's World Cross. His selection was also testament to his consistent performances domestically throughout the winter, including finishing runner-up in the English National, and his proven progress through the ranks. He made his Aviva GB & NI World Cross junior debut with an 85th place finish in the 2009 edition of the World Cross in Amman, Jordan.

Name: Faye Fullerton
 Club: Havering Mayesbrook
 Coach: Georgina Fullerton
 Date of Birth: 31/05/1984
 Biog: Faye Fullerton returns to cross country on the global stage following a focus primarily on the track in 2009. She finished 45th in the World Cross in Edinburgh 2008 and re-enters the fold following an impressive third place finish in the McCain UK Cross Challenge Final and World Trials in Birmingham.

Name: Freya Murray
 Club: Chester-Le-Street
 Coach: Steve Jones
 Date of Birth: 20/09/1983
 Biog: Consistent periods of altitude and warm weather training have contributed to Freya Murray's impressive form over the past 12 months which culminated in a UK Inter Counties and World Trials victory in Birmingham. She finished ninth in the 2009 European Cross Country Championships – second scoring athlete in a silver medal winning team performance – following an exceptional year of personal best times over 3000m, 5000m, 10000m, 5k and 10k which played a part in making up for her disappointment in missing out on the World Cross event in 2009 when she pulled out of the team with an injury. Just prior to a dominating victory in the 2010 Scottish National Championships, she won the South African World Cross Trials and further confirmed her high class credentials with a second place finish in the Fukuoka International.

Name: Stevie Stockton
 Club: Vale Royal
 Coach: George Gandy
 Date of Birth: 23/08/1989
 Biog: Stevie Stockton makes her Aviva GB & NI senior debut in Poland following an outing as a junior in Mombasa, Kenya in 2007 where she finished 52nd. She's had an excellent cross country season to date starting with top ten finishes in the opening two events of the McCain UK Cross Challenge series prior to a brilliant 10th place finish as an under-23 in the European Cross Country Championships, the fourth scoring athlete in a team gold medal winning performance. She's gone from strength to strength in 2010, most recently with second place finishes in the BUCS and English National Cross Country Championships behind World Cross team mate Stephanie Twell.

Name: Hayley Yelling-Higham
 Club: Windsor, Slough, Eton & Hounslow
 Coach: Conrad Milton
 Date of Birth: 03/01/1974
 Biog: 2009 European Cross Country champion Yelling, having returned to competition following a brief flirtation with retirement in 2008, was the outstanding cross country performer of the year after a surprise comeback and dominant victory in the European Cross Country Trials preceded her exceptional European Cross win in Dublin. A disappointing fifth place finish by her standards in the IAAF Permit Meet in Antrim was found to be the result of an insect bit related infection which caused her to miss the World Cross trials; she returns to action in Poland looking to better her 21st place finish in Edinburgh in 2008.

Name: Tom Farrell
 Club: Border
 Coach: Andy Farrell
 Date of Birth: 23/03/1991
 Biog: US-based Farrell raced to the top of the UK under-20 All-Time list for 3000m indoors when reducing Ian Stewart's 40 year old junior record by almost three seconds in February 2010, clocking 7:58.68. He's the first British junior to go sub-eight minutes indoors and is now the third fastest ever under-20 over the distance combining both indoor and outdoor performances. Farrell made his World Cross debut in Amman, Jordan in 2009, finishing as the first scoring Aviva GB & NI team athlete in 58th place.

Name: Richard Goodman
 Club: Shaftesbury Barnet
 Coach: Geoff Williams
 Date of Birth: 04/04/1993
 Biog: Goodman, who finished 11th when representing the Aviva GB & NI team over 1500m in the 2009 European Youth Olympic Festival, confirmed his incredible current form with a brilliant victory in the World Cross Trials event, concluding his McCain UK Cross Challenge assault with an unbeaten record. Goodman's record in 2010 reads four wins from five, including victory in the English Nationals, and he'll be looking to improve on his fifth place finish in the 2009 European Cross Country Championships when he missed out on an individual medal by less than ten seconds, but returned home with team gold.

Name: Callum Hawkins
 Club: Kilbarchan AAC
 Coach: Robert Hawkins
 Date of Birth: 22/06/1992
 Biog: European Youth Olympic Festival 3000m gold medallist Hawkins clocked PB's for 800m, 1500m, 3000m and 5000m in 2009 and ended his year with a 19th place finish and team gold in the European Cross Country Championships. He followed up his 2010 Scottish Nationals victory with a third place finish in the World Trials and makes his World Cross debut in Poland.

Name: Johnny Hay
 Club: Aldershot, Farnham & District
 Coach: Mick Woods
 Date of Birth: 12/02/1992
 Biog: Hay, who opened his 2009/10 cross country account with victory in round one of the McCain UK Cross Challenge in Gateshead, finished third in the European Cross Trials in Liverpool before placing 23rd in the European Cross in Dublin and earning team gold – one of three athletes in the 2010 World Cross junior team to have achieved that honour. He returned to the podium with a third place finish in the McCain race in Cardiff before an international victory in the LXVII Cross Internacional Juan Muguerza in Spain. Having earned selection onto the Aviva GB & NI team after demonstrating consistent form most recently finishing fourth in the Trials, he has the chance to improve on his 90th place finish in Jordan in 2009.

Name: Ben Norris
 Club: Notts
 Coach: Andy McNeill
 Date of Birth: 07/02/1992
 Biog: Ben Norris makes his World Cross debut in Poland following podium finishes in all six of his cross country outings in 2010 to date, most recently finishing runner up to Richard Goodman in the World Cross Trials after a sprint finish to the line. His endurance strength has been demonstrated in recent years with UK lead times over 10k in 2007 and 5k in 2008, while in 2010, prior to his runners-up spot in the Trials, his standout performances have included finishing third in the English National, and in international competition, finishing second in Belgium's Lotto Crosscup.

Name: Ronnie Sparke
 Club: Woodford Green with Essex Ladies
 Coach: Richard Thurston
 Date of Birth: 19/06/1991
 Biog: Sparke, brother of European Cross under-23 bronze medallist Jess, made his World Cross debut with an 83rd place finish in Amman, Jordan in 2009 following his sixth place finish in the World Trials that year. He went on to record the fastest under-20 time for 5k in 2009, clocking 14:25.1. He's already secured one international podium place in 2010 with victory in Belgium's Lotto Crosscup and finished one place better in this year's Trials, finishing fifth.

Name: Kate Avery
 Club: Shildon
 Coach: Bob Ashwood
 Date of Birth: 10/10/1991
 Biog: Kate Avery won an individual bronze and team silver medal in the 2009 European Cross Country Championships in Dublin following a brilliant silver medal earlier in the year at the European Junior Championships over 3000m. Her 2010 cross country form was subsequently backed up with victories in the Durham Schools Cross Country domestically and at international level in the Lotto Crosscup in Belgium. She finished runner up in the English National prior to her seventh place finish in the World Cross Trials and will be aiming to improve on her 25th place finish on her Aviva GB & NI World Cross debut in Jordan 2009 where she was third scoring athlete in a fourth placed team that finished only six points outside of the medals.

Name: Emilia Gorecka
 Club: Aldershot, Farnham & District
 Coach: Mick Woods
 Date of Birth: 29/01/1994
 Biog: Gorecka is unbeaten in cross country events since she started racing, which is a positive statistic to take into her World Cross debut. She won the opening two events of the McCain UK Cross Challenge series in 2009, including victory in the European Cross Country Trials race, but was too young to be considered for selection on that occasion; she did however travel to Doha to win gold over 3000m in the ISF world School Games. Her unbeaten run has stretched to five wins from five in 2010 to date.

Name: Annabel Gummow
 Club: Bristol & West
 Coach: Chris Woodridge
 Date of Birth: 16/09/1993
 Biog: Annabel Gummow has had an outstanding cross country season with four wins from five starts so far in 2010. She represented the Aviva GB & NI team over 3000m in the 2009 IAAF World Youth Championships, finishing seventh and has only been defeated once on all surfaces since then, finishing second to team mate Emilia Gorecka in the World Cross Trial race.

Name: Hannah Walker
 Club: Dacorum & Tring
 Coach: Mike Dunphy
 Date of Birth: 09/08/1991
 Biog: Walker has already posted a quick 10k road time of 35:48 in 2010 to rank her top UK under-20 for the year to date. She finished third in the World Trials following up her third place finish in the English National and has already been exposed to international competition completing a GB one-two-three with a bronze medal finish in Belgium's Lotto Crosscup in mid February.

Name: Beth Potter
 Club: Victoria Park City of Glasgow
 Coach: John Nuttall
 Date of Birth: 27/12/1991
 Biog: Potter, moved south from Glasgow to study and train in Loughborough in 2009 and will make her World Cross debut in Poland. She was the fourth scoring athlete in GB & NI's silver medal winning team in the 2009 European Cross Country Championships with a 25th place finish overall, concluding a successful year which included a fifth place finish in the 3000m at the European Junior Championships in Novi Sad, Serbia.

Name: Sarah Inglis
 Club: Lothian RC
 Coach: Steve Cottom
 Date of Birth: 28/08/91
 Biog: Sarah Inglis has made a remarkable comeback following a car accident in the autumn of 2009 which saw her spend a week in hospital and miss over a month of training. She returned to international action with a victory when representing Scotland in the IAAF Antrim Meet – also a Home Countries International – in January 2010, which was also round four of the McCain UK Cross Challenge series, before representing the Commonwealth Select over 3000m at the Aviva International Match in Glasgow where she clocked a new Scottish under-20 record of 9:48.49. Since then she's recorded a Scottish 4k Cross Country Championships victory, a third place finish (under-20) in the Scottish National and most recently finished fourth in the World Trials.

